

NEW EDINBURGH NEWS

October 2008

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Be the Change

film screening

"An inspiring documentary
about people living lightly
...and loving it!"

Followed by Q&A with filmmaker

David Chernushenko

**Wed. Oct. 15th
7- 9pm**

Admission by Donation

Ashbury College Theatre

Presented by: NECA, LCA, RPRA, MPRA



Halloween Howl

Where: Stanley Park Fieldhouse

When: October 26, 2008

Time: 3 to 6 pm

Costume Parade on
Stanley at 3:10 pm

Games!
Prizes!



Come dressed for scary fun!!!



Photo: Tick Tock Tom

Lumière 2008 dazzled festival-goers with lights, costumes, music and dance. Even a bit of rain could not dampen the spirit of all those in attendance. More photos on pages 22-23.

Fashion Central at 50 Sussex Drive

By Jane Heintzman

Many readers may have taken note that 50 Sussex Drive, former home of the defunct Canada and the World Pavilion, was inhabited this summer. In fact, if you were hoping for a sylvan stroll in Rideau Falls Park to admire the Falls and the spectacular view across the river, you were instead confronted by a labyrinth of barriers and a massive trailer positioned across the front of the building obscuring the view to the hills.

The mysterious tenant of the ill-fated building, whose identity had been shrouded in secrecy until early September, was ultimately revealed to be Global TV's reality TV series Project Runway Canada, a Canadian adaptation of the original American series, which features 14 youthful designers vying for the title of Canada's top fashion design-

er. In collaboration with the Ottawa-Gatineau Film and TV Development Corporation, the NCC arranged an 11 week tenancy in the building for Insight Production Company, producers of the show, who spent the summer months from early July to mid-September here in our midst, taping the 2009 Project Runway Canada series, with its glamorous host, fashion icon Iman.

For those (myself included) who are not familiar with the series, each episode features a competition among the young designers who take on some form of design challenge, ranging from the creation of an outfit in 30 minutes using a limited supply of materials, to concocting a cocktail dress from the fabric in a bunch of broken umbrellas (just two of challenges in the 2007 series). If you happened to spot some puzzling antics in the vicinity

of 50 Sussex this summer, it's entirely possible you caught the crew in the midst of one of next spring's episodes.

Needless to say, before renting the building, the NCC and PWGSC had satisfied themselves that the mould and water problems identified last spring had been dealt with sufficiently to make it safely habitable. The search for a long term occupant of the former Pavilion continues, and NECA continues to track developments on this front, having reiterated last spring its position that public access to Rideau Falls Park must be preserved under any new arrangement. In the meantime, we look forward to the removal of the jumble of barriers and the giant trailer that have created an aura more suggestive of an armed camp than a sylvan lookout throughout the summer.

Mission Impossible: 132 Stanley Avenue

By Tony Roth

Stage 1: Crisis

An emergency is an unforeseen set of circumstances, requiring immediate response. This is precisely what the proposed development at 132, first unveiled to us in December, 2007, created for the immediate neighbours, for NECA, and for the community at large: an emergency that took eight months of continuous effort to address.

It is a shock to realize that the desire of a few individuals to pursue a lucrative project is going to require colossal quantities of time, energy and money if it is to be opposed. It is intimidating to feel that one must mount a strategy in the midst of a process with which one is unfamiliar, concerning topics on which one is not

formally educated or trained, and doing so in a short period of time. It is an even greater shock to realize that the people one would expect as allies in the face of such a proposal, such as city planners in the heritage department and a distinguished heritage architect, are actually lined up against you. Life is disrupted, but there is nothing practical to do except rise to the occasion to the best of one's abilities.

Stage 2: Action

And so, to action: hit the books and internet; get educated on the issues, the laws and rules, the process and the precedents; hit the streets, with information and petitions; organize meetings within the community; enlist local councilors for support and advice, approach provincial and federal players in

the heritage area; consult with and retain a lawyer; start the search for planners and heritage experts (most of whom prefer to work for wealthy and successful developers, and/or the City of Ottawa, rather than residents or community associations); get to know the people of like mind with whom one will need to work in a completely cooperative and mutually supportive way; become aware of those opposed to one's efforts – their motives and perspectives; and mount a coherent and coordinated presentation for the upcoming LACAC hearing. And do it cheerfully, avoiding futile pessimism and defeatism at all times!

Stage 3: Disaster

LACAC voted 8-0 against the

Continued on Page 39



NECA President David Sacks Reports

Summer was an eventful time for NECA, as highlighted by a major success for the community. But first things first...

Two new members were welcomed to the board by vote last June: **Sarah Anson-Cartwright** at our annual general meeting and **Roslyn Butler** at our final seasonal board meeting. Sarah and Roslyn fill seats vacated by outgoing members **Andrew Kerr** and **Madelien Lang**. (Andrew has kindly agreed to stay on temporarily as webmaster of NECA's website, while Madelien's horticultural expertise regarding New Edinburgh Park will be sorely missed on the board.) We are most grateful to Sarah and Roslyn for stepping forward to help the neighbourhood. The board thus remains at 11 members, as in prior months; 12 would be the maximum.

Also at the June board meeting, two members were voted to be new chairs of committees: Sarah Anson-Cartwright became NECA's newly created **Environment Chair**, while **Karen Squires** took over as **Chair of the Friends of New Edinburgh Park**. Sarah brings to the job her experience and commitment as an environmental activist—indeed it was her interest that helped create

the NECA post. The first fruit of Sarah's chairmanship will be the Oct. 15 screening and discussion of the environmental-message film *Be the Change*, co-sponsored by NECA: See the announcement on page 1. Karen meanwhile has gotten energetically to work in renewing NECA's contacts with City Hall, the police, and local Neighbourhood Watch (headed by **Michael Histed**), regarding forestry maintenance, litter cleanup, and crime-safety issues in the park. In coming months, we hope to develop a more effective community-wide partnership in maintaining our beautiful park: Watch for news.

Fences at Canada and the World

The fate of the former Canada and the World Pavilion continues to concern NECA and others in New Ed. For the third time, NECA has received gracious assurance from the National Capital Commission (NCC), which currently manages the building, that any long-term tenant chosen would respect the public's right to free and public access to the Rideau Falls lookout. This latest assurance came during the summer in an exchange of letters with NCC CEO Marie Lemay and with the Prime Minister's

Office (rumoured to have a management hand in the building). The NCC subsequently leased the site temporarily to Global TV for filming and production. Many residents were irked when Global immediately erected tall barricades that blocked the building's lookout! Global and its barricades have since gone, but we're counting on a lot better from any long-term occupant.

No townhouses this time

The sky above Gatineau wasn't the only place for fireworks this summer. By far the most explosive community news was the abrupt defeat of Larco Homes' proposed construction of six townhouses on the 132 Stanley Avenue lot (as detailed in NECA's Heritage & Development Committee report on page 7 of this edition).

This happy outcome—which frankly seemed unlikely as of the previous issue of this newspaper—came as the result of a tense and dramatic hearing in July before the City's Committee of Adjustment, where New Ed residents **Joan Mason**, **Tony Roth**, **Julia Wayand**, and **Peter Boehm**, with a lawyer and planning expert, presented arguments against the granting of zoning variances for the project. An essential part of the residents' team was NECA Heritage & Development co-chair **Paul McConnell**, who made a strong speech to the committee and who had donated hundreds of hours to researching, strategizing, and writing letters and memoranda for the case. Earlier in the process, committee co-chair **Inge Vander Horst** and her committee had

also worked tirelessly, planning and making presentations against the proposed development—all on a volunteer basis, as part of NECA's service to the community.

Heritage a thing of the past?

Insofar as the 132 Stanley fight raised serious general questions about the purpose and effectiveness of New Edinburgh's Heritage Conservation District designation—which city staff had seemed to devalue or ignore in granting permissions to the developer's plan—it was decided in the aftermath of 132 Stanley to host a public forum and discussion on the question of how Ottawa's heritage protections stack up against city planners' mandate to intensify. This forum was the brainchild of Joan Mason and was sponsored by NECA and supported by the Federation of Citizens' Associations of Ottawa-Carleton.

Under the title "Is Heritage a Thing of the Past? The Intensification Crisis in Ottawa", the forum took place Sept. 10 at the Fieldhouse before a capacity crowd of over 100. People came from as far as the Glebe and Westboro Beach to hear an expert panel talk about the city's development approval process and possible recourses for residents, and to ask questions. The question-and-answer period lasted nearly two hours, until a halt had to be called; and it was striking how eager (even desperate) people were for guidance against what they see as city-sanctioned encroachments by developers. In all, the evening was a major success, with fine speakers, a large and engaged crowd, and excellent refreshments. The forum clearly responded to a need, and NECA hopes to do something similar in future.

And now unto the bridge, dear friends

"Once more unto the breach, dear friends, once more," the warrior king urges his exhausted troops in Shakespeare's *Henry V*—and unfortunately New Ed may find itself in a

similar situation: No sooner has one unwelcome development plan been defeated than another one looms, much larger and potentially more damaging—Kettle Island bridge.

In early September an NCC-sponsored study chose Kettle Island, near the Aviation Museum, as the proposed site for a new Ottawa River bridge to Quebec. While all residents are of course entitled to make up their own minds here, NECA's first reaction is that Kettle Island is simply a terrible choice for a bridge site, as it would bring new traffic flooding through the city's eastern core, to and from Route 417 and downtown. Observers are predicting it will have dreadful effects on traffic on Beechwood, Sussex, the Rockcliffe and Aviation Parkways, and Montreal Road, while also *failing to lighten truck traffic on King Edward* (which is supposed to be one reason to build a new bridge in the first place). Furthermore it will surely ruin the natural beauty around the Aviation Museum.

In taking an initial stand against a Kettle Island bridge, NECA joins such influential locals as MP **Mauril Bélanger**, MPP **Madeleine Meilleur**, Councillor **Jacques Legendre**, and many nearby community groups. Manor Park residents, highly alarmed, are comparing their predicament to that of New Edinburgh threatened by the Vanier Parkway extension in the 1990s.

NECA believes that the concept of improving the Ottawa-Quebec links is a fine one, but follow MP Bélanger and others in favouring a bridge site farther east, at Lower Duck Island where the bridge could contribute to a potential ring-road and take traffic around the Ottawa core, not through it.

NECA has joined the protest against this proposal, and we urge all concerned residents to start getting involved by logging onto the website www.stopthebridge.org.

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DEADLINE
for the December edition
of the
New Edinburgh News
November 10

Electronic copies of the *NEN*
are available at
www.newedinburgh.ca

Get Inspired About “Living Lightly”

Film Event on Oct. 15 Will Offer Practical Ideas

**By Sarah Anson-Cartwright
NECA Environmental
Committee**

A whole year without filling a garbage bag! That's the kind of challenge that grabs my attention...and has stayed on my mind since *I saw Be*

Theatre. NECA is one of the neighbourhood groups organizing the event to promote “green” living ideas and actions. The filmmaker will introduce his film and respond to a Q&A session after the screening.

Chernushenko likes about them. It proves his point that we can all do it – live more lightly. “You don't have to be rich -- you just have to want to do it,” says the former Green Party candidate, who wants to debunk the idea of the “eco purist.” “People feel daunted about not being good enough,” he says. Lots of people might want to save energy simply to save money – and there is nothing wrong with that approach, in his view. But he is also clearly tapping into the green zeitgeist.

“When it comes to pursuing a better quality of life on a healthier planet, most Canadians are ready to act,” he comments on his Living Lightly blog. “Or nearly ready — and there lies the challenge. Most of us want to take action, but we are waiting for someone to lead us.”

A national study conducted in 2006, corroborated by recent polls, found that over 80 percent of us believe we need to live more sustainably, says Chernushenko. “But, and this is a really big but, only 15 percent are actively working to adopt sustainable lifestyles, while another 67 percent, though receptive, is still only dabbling.

“Excuses are varied but there is a common theme: leadership,” he says. “We want somebody else to go first, we want somebody to show us how, we want to be inspired and reassured.”

Neighbourhoods are the places to start the search for leadership, for local heroes. That is what Chernushenko did when he set out “to make a film about the people in our midst who are working to live more lightly, and about the challenges and rewards that go with it.”

“Who on your block is building community bonds, planting trees, starting a car-sharing club, offering insulation tips? If you use those criteria, you'll find your leaders. Your local heroes,” says Chernushenko.

In the film, we meet people in Ottawa such as Randi Cherry and Robert D'Aoust, who formed an organic food buying co-op before organic was hip. They plant urban gardens, teach kids about composting, and upgrade the energy efficiency of old houses, among other things. Franklin Holtforster, a businessman with a mission who is reshaping his company, MHPM Project Managers, to be at the “green

building” forefront; and avid cyclist Denis Bouillon, who rides in all weather, even in blizzards thereby become role models.

These individuals are making personal choices, not waiting for governments to pass laws to change their behaviour. “Only we can choose to insulate our homes, to replace a car journey with a stroll, to buy a little more local produce, to finally put in those efficient bulbs and water-saving devices, to not buy something frivolous. Nobody decides for us. In this way we can vote every day,” says Chernushenko.

Be the Change

An inspiring documentary about people living lightly — and loving it

Wed. October 15, 7 - 9 pm

Film screening with introduction by filmmaker David Chernushenko and Q & A session.

Ashbury College, 362 Mariposa Avenue, Rockcliffe Park
Admission by donation.

If you want to become involved in workshops on “living lightly” in New Edinburgh, contact Sarah Anson-Cartwright, NECA Environmental Committee, at sarah@storm.ca, or telephone 613-745-4194.



Photo courtesy of www.livinglightly.ca

David Chernushenko lives lightly — with his bike, solar panels and composter.

the Change, an inspiring film made by Ottawa environmentalist **David Chernushenko**. A couple living not far from New Edinburgh, in the Cardinal Glen neighbourhood, have met that one-bag or less challenge. **Hugh and Jo-Ann Robertson's** experience is one of several stories in this film of local heroes.

The film will be screened on Wednesday, Oct. 15 from 7 to 9 pm, at Ashbury College

“Living lightly” is Chernushenko's broader project, of which the film is a key part. There is nothing like seeing what other people, all living within 100 km of Ottawa, are actually doing to realize the small steps we can take to lessen our environmental impact. And this film covers a range of practical actions you can take.

It is the ordinariness of so many of the actions that

NECA MEETINGS: All Welcome

NECA meets nine or ten times a year, normally on the **third Monday of each month at 7:30 pm** in the **Stanley Park Fieldhouse**, 193 Stanley Avenue. No meetings in July, August, or December. Our annual general meeting is in June.

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:

Monday, October 27

Monday, November 17

January: date to be announced

NEW EDINBURGH NEWS

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Ottawa City Councillor Jacques Legendre Reports

Is Heritage a Thing of the Past? The Intensification Crisis in Ottawa

On Wednesday, September 10 there was an extraordinary 'forum' on the above topic at the Fieldhouse on Stanley Ave. The event, organized by NECA, fostered a discussion of the circumstances surrounding the struggle that New Edinburgh faced regarding 132 Stanley. A "blue ribbon" panel set the tone for the evening:

- Jay Baltz (Chair of the Local Architecture Conservation Advisory Committee – LACAC)
- David B. Flemming (former President of Heritage Ottawa)
- Paul McConnell (co-chair of NECA's battle-scarred Heritage & Development Committee)
- Professor Herb Stovel (Heritage scholar at Carleton University).

It was clear that the theme

'hit a sore spot' for many other communities in the urban core as there were over 100 participants from Alta Vista, Hintonburgh, Glebe, Westboro Beach, Manor Park, Overbrook, Rockcliffe Park, Sandy Hill and Lowertown (to name those of which I am aware) as well as New Edinburgh. It was clear that the difficulties faced by New Edinburgh in the case of 132 Stanley were repeated in other core communities. These problems have surfaced all too frequently in recent years largely because the City administration chooses to interpret the "intensification" mantra too vigorously, usually setting aside the 'limiters' built into the Official Plan. Effectively, "intensification" trumps other considerations, including heritage.

That evening, the panel identified many of the corrective actions, of various sorts, that would enhance the protection of the quality of life in neigh-

bourhoods while allowing for intensification. I believe that the last speaker, Mr. David B. Flemming correctly placed the major onus on the political decision-makers. I agree that very little will change without the political will to do so.

Panellist Jay Baltz drew everyone's attention to the changes wrought as a result of the Rural Summit organized in 2005. The dissatisfaction

urban core struggling to have its particular nature recognized by the majority on Planning Committee and Council. Councillors representing the urban core of the City are in the minority on both the Committee and Council and continually lose votes to their suburban and rural counterparts. It would be an important recognition of that fact, and of the political will to

The time is right for the community to demand that planning issues in the urban core be heard on a more equitable basis around the Council table. I encourage the community to communicate that message to my colleagues on Council and to seek the support of other communities in the core. Energetic lobbying will be needed to ensure that the political will reflects the

(...) the City administration chooses to interpret the "intensification" mantra too vigorously, usually setting aside the 'limiters' built into the Official Plan. Effectively, "intensification" trumps other considerations, including heritage.

in the rural areas following amalgamation was such that the Rural Affairs Committee of Council was given responsibility for all planning matters in the rural areas. There are now effectively two Planning Committees of Council, one for the rural areas and another for the urban and suburban areas of Ottawa. An observer of planning decisions in recent years will inevitably conclude that, just as the rural areas were perhaps poorly understood by the majority on Council in the past, so currently is the

change, if at least the first decision that is made (the one at the Committee level where the most detail is heard) could be made by a planning committee composed of Councillors representing the urban core.

I expect that a white paper on governance issues will be made public this fall. This will include different approaches to arriving at ultimate Council decisions, including an altered Committee structure. The notion of a Committee charged with urban core planning matters should be part of that mix.

will of these established communities.

Jacques Legendre
Councillor, Rideau-Rockcliffe

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Troubles in Paradise

After reading your article and feeling some sympathy for the merchants of Beechwood, I wondered if practical observations might help.

With all the plans, meetings, designs and discussions has anyone considered the streetscape? As a residential/pedestrian of course I want the stores to prosper, but quite frankly it is a pretty grungy area aside from Thyme & Times Past, Lester's and Jacobson's. High rents do not excuse dirty

windows, non-existent window displays (thank Lester's for the bench and flower pot), Home Hardware's filthy flags and the dismal grey of the Pub!

With a bucket of water, a can of paint, hanging baskets of flowers and some imagination this area could become much more attractive for everyone including consumers. It really is quite easy to transform such a short block of stores.

B. Nichols

A Taste of Spring

For all the Burghers, fortunate enough to stroll about on Saturday evening [May 24], it was indeed a perfect Taste of Spring. And a reminder of how much we miss this elegant 'hood. Brava to Barbara Laskin and Margot Silver for their savoury selection of delectables served in six such diverse, distinctive homes. Right from the smashing sushi/sake combo, through canapes/kir, que-

sadillas con sangria, through savoury samosas to chocolate and port, walking, talking, sipping, it was a smashing success. For all the fundraisers we've attended in Ottawa over forty years, this had all the right ingredients. The Crichton Cultural Community Centre is a just cause and the people supporting it were justly sated. Same time next year, we hope.

Carol Reesor

Green? + Densification = ???!

In the recent article "A 'Green' House in the Burgh", [the owners of the new house on Crichton near Queen Victoria] attempt to convince the reader that they are "designing a compact infill home that respects the scale and character of the houses in the neighbourhood."

As neighbours of this current infill construction, we believe nothing could be further from the truth.

Albeit the streetscape design does somewhat conform to the neighbourhood norm in both size and design, the massive three plus storey rear structure is truly a Green Monster! Its sheer physical size, multiple balconies and massive presence functionally suck the privacy, harmony and serenity right out of the six neighbour-

ing properties.

It robs the neighbours to the north of all morning light. Its rear height, built to the maximum allowable, along with the addition of an 8 foot roof patio fence puts an individual at 40 plus feet when standing on the roof balcony. This overpowering height, so close to the existing property lines, along with the additional array of abutting balconies practically places [the new residents] in the very midst of their neighbours' properties. Its footprint is massive!

The concept is without regard whatsoever to the existing environment and the sensibilities of long established neighbours and the neighbourhood. To call that 'Green' is obscene! The construction of an infill house

of such enormous size and attitude challenges the entire Burgh to consider once again the implication and consequences of infill, densification and property redevelopment.

Had we - the immediate neighbours - been informed, as we should have been in the due course of this amended development (the design is considerably amended from the original concept), we would have attempted to limit its size and scope. Sadly, now we all have little choice but to live with this Green Monster. As 'invited' neighbours, we will surely not be sharing in their 'light' but rather intolerably, living in their shadow!

Isaac and Miriam Farbiasz
 Randy Mar

Editor's Note: NECA's Heritage & Development Committee has had no involvement with this project since 2002. It reports the first infill plans were brought forward in December 2001. These included two storeys at the front, with three at the rear, and a small rear balcony on the second floor. NECA had several objections, mainly to the appearance from the street, and many changes were incorporated in the second set of plans dated February 2002. These were submitted later that month to the Committee of Adjustment for approval. The City would have mailed a notice of the Public Hearing to all neighbours residing within 60m of the property. Subsequently, however, no construction took place. Five years later, the empty lot was placed on the market, together with the set of approved plans. The building now under construction does not match the earlier plans, e.g., re changes to the roof, balconies, and windows. However, the City must have determined that the revised plans were sufficiently consistent with the version approved in 2002 such that a building permit could be issued. No revised plans were ever submitted to NECA.

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Legendre

Cosmetic Pesticide Ban: Putting Precautionary Principle into Practice

By Jane Heintzman

Despite the recent passage of provincial legislation (Bill 64) to ban the sale and use of cosmetic pesticides in Ontario, it became evident at NECA's Annual General Meeting in June that the pesticide debate is far from over, and that many remain skeptical about the legitimacy of the ban. The controversy was rekindled in part by *Ottawa Citizen* columnist Dan Gardner ("You Heard it Here First....but You Shouldn't Have", May 28, 2008) who pointed out that the Pest Management Regulatory Agency (PMRA), the regulatory body within Health Canada responsible for the assessment and registration of pesticides and herbicides, had recently issued a decision to re-register the popular herbicide 2,4-D.

Gardner argued that since the PMRA decision was founded on solid scientific evidence indicating that the chemical was "safe" if used as directed, the provincial ban must be based more on media-fuelled public hysteria about the risks of pesticide use than on the scientific facts of the case. A number of NECA AGM participants were persuaded by this science vs. hype slant and voted against a proposed NECA Resolution formally opposing the cosmetic use of pesticides in our community. (The NECA resolution ultimately was approved.)

The PMRA decision has muddied the waters on the pesticide question, making it difficult to sort out what the facts really are. Contrary to the message conveyed by Gardner's arguments, however, the facts of the case are by no means as simple as a clash between "hard science" (the industry-supplied toxicological studies on which the PMRA decision is largely based), and an irrational public groundswell of opinion against the use of these products.

PMRA ruling notwithstanding, the facts on 2,4-D are not all in, and the evidence of serious health and environmental risks resulting from the continued use of this chemical is anything but inconsequential. In the wake of the PMRA decision and the Gardner article, that decision has been seriously challenged by a number of experts in the scientific and medical community who argue that the studies, on which the ruling is based, are far from scientifically definitive.

In a recent letter to the *Ottawa Citizen*, Dr. Neil Arya,

a member of the Environmental Health Committee of the Ontario College of Family Practitioners and an adjunct professor of environmental and resource studies at the University of Waterloo, argued that:

"Science cannot say that 2,4-D or any other toxic chemical designed to kill a biological organism is safe....Scientific

misunderstanding of the epidemiological evidence. Dr. Sears is an Adjunct Investigator at the CHEO Research Institute and Scientific Advisor to the Coalition for a Healthy Ottawa, a highly regarded advocacy group promoting a ban on cosmetic pesticide use. She is the lead author of an important article on 2,4-D and pesticide assessment, co-writ-

NECA Resolution Against the Cosmetic Use of Pesticides in New Edinburgh

Whereas there is evidence of the potential health risk of pesticides to humans, particularly children, as documented in a comprehensive review of pesticide research by the Ontario College of Family Physicians, and

Whereas the Ontario Government introduced legislation in April 2008 to ban the use and sale of pesticides for cosmetic purposes in urban areas (with some exceptions), and

Whereas the City of Ottawa passed a motion in May 2008 endorsing the provincial initiative, and

Whereas the implementation of such provincial legislation, if passed, may take a year or longer, and

Whereas there are natural, risk-free alternatives to the use of pesticides for lawn care, and

Whereas New Edinburgh would like to join other neighbourhoods and municipalities in striving to be a healthy green community,

Be it resolved that the New Edinburgh Community Alliance endorses the provincial proposed ban on the cosmetic use of pesticides, and will work towards making New Edinburgh a pesticide-free community henceforth.

evidence is immensely broader than the toxicologic (laboratory animal) risk assessment on which the PMRA primarily relies. Sadly, the PMRA demonstrates little understanding of the limitations of its methods, and has not developed a systematic process to incorporate epidemiology, studying humans in the real world, in risk assessment....Decisions are predicated on industry-supplied, highly controlled toxicology studies on genetically purified species with biological properties such as detoxifying enzymes that are often quite dissimilar to human beings."

Like Dr. Arya, Dr. Meg Sears, a leading authority on pesticide assessment, argues that the PMRA decision is based on incomplete data and demonstrates a fundamental

ten with Dr. Robin Walker, Vice-President Medicine at the IWK Health Centre in Halifax; Dr. Richard van der Jagt, Chair of the Canadian Leukemia Studies Group and a leading hematologist at the Ottawa General Hospital; and Dr. Paul Claman, a Professor of Reproductive medicine here in Ottawa.

In recent letters to the *Ottawa Citizen* and to Premier Dalton McGuinty and the Standing Committee on Social Policy reviewing Bill 64, Dr. Sears pointed out that the PMRA decision reflects a serious misinterpretation of a major U.S. study of the links between Non-Hodgkins lymphoma (NHL) and the use of 2,4-D. By making an invalid com-

Continued on Page 37



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Heritage and Development in New Edinburgh

By Paul McConnell and Inge VanderHorst

Co-Chairs, NE Heritage and Development Committee

Notice was received in mid-August that Larco Homes had withdrawn their plans for a six unit townhouse project at 132 Stanley Avenue. This happy turn of events was achieved through a combination of three factors: a vocal community that made its opposition clear, steadfast political and technical support by NECA, and the resolve and financial commitment of a determined group of neighbours.

The "saga of 132" illustrates the many steps in the City's approval process for a major demolition and construction project in New Edinburgh's Heritage Conservation District. It might be useful to recap here the various components and time-line.

The Road To Success

November 2007: After several weeks of negotiations with the City, the developer approaches NECA for an initial consultation on the project.

December 3: NECA's Heritage & Development Committee meets with the developer and encourages broader consultation in light of the scope and impact of the project.

December 12: The developer hosts an information session for the neighbours.

January 9, 2008: NECA hosts a public meeting for the community. The large turnout expresses numerous concerns. Neighbours begin a petition that confirms the breadth of opposition.

February 28: At its hearing, Council's Local Architectural Conservation Advisory Committee (LACAC) takes note of formal submissions by NECA and other concerned residents, persuasive comments by neighbours and guest

speakers, and an enthusiastic audience of NE residents. LACAC does not accept the position of the developer and City staff that 132 Stanley Avenue be demolished and six townhouses be built on the lot; it recommends that Council reject the project as inappropriate for the site.

March 25: The Planning & Environment Committee of Council (PEC) meets to review written submissions and formal presentations by NECA, neighbours, and others but it is not persuaded and votes to reject the advice of LACAC. Instead, it endorses the staff recommendation in favour of demolition and new construction.

April 9: The full Council meets and, despite our lobbying efforts and Councillor Legendre's support, it votes to uphold the recommendations of PEC. In principle, this has the effect of permitting demolition and construction within the Heritage Conservation District as long as there is compliance with the requirements for zoning, traffic flow, services, etc.

April 18: The developer applies for Site Plan Control, which involves a review of the infrastructure, parking,

landscaping, etc. Meanwhile, the neighbours retain a planner and lawyer for this phase of the struggle and make a formal submission to oppose approval. NECA also makes

One lesson well learned is the importance of keeping informed about potential development projects in our neighbourhood.

a formal submission stating its opposition.

June 13: In response to requests from NECA and neighbours, Councillor Legendre determines there are so many problems with the proposal that it requires more public scrutiny. He withdraws the approval authority that had been delegated to staff; instead, Site Plan Control for this project will be reviewed at PEC.

July 16: Following another requirement for a building permit, a Committee of Adjustment is convened to review Larco's request for numerous "minor" variances to the zoning by-law. Yet another formal submission by NECA, plus letters from concerned neighbours. The lawyer and planner retained by

neighbours take the lead roles at the hearing, with input from NECA and adjacent homeowners, and supported by a good turnout of NE residents.

July 25: The formal decision of the Committee of Adjustment confirms that it has rejected all of the variances and consents requested by the developer.

August 15: End of the appeal period for C of A's decision, and in fact Larco confirms to City staff it will not appeal this decision to the Ontario Municipal Board (OMB), which would have dragged on the uncertainty for several more months. The developer also withdraws the Site Plan Control application. The townhouse project is cancelled.

The NE Heritage and Development Committee was involved throughout the above process. We are now trying to learn what we can from this experience so we might

be better prepared in future. Unfortunately, one thing that has become clear is the inconsistency in how the city's plans and policies are interpreted throughout the development approval process. Even with more consistency, establishing whether or not a particular proposal is "compatible with the existing surroundings" will never be an exact science.

One lesson well learned is the importance of keeping informed about potential development projects in our neighbourhood. Unfortunately, there is only limited information provided on the City's website. However, the Heritage and Development Committee maintains an up-to-date electronic file on all projects that we become aware of in New Edinburgh. You can have direct access to this via the community website at www.newedinburgh.ca. Just follow the links to NECA Committees, then Heritage & Development, to "Property Files". We do encourage you to check the website regularly for news items. Forewarned is forearmed.



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MEET THE CANDIDATES - ELECTION 2008

Patrick Glémaud, Conservative Akbar Manoussi, Green Party



This election, the voters of Ottawa-Vanier are faced with an important decision about the future. The question on voters' minds is who they trust to lead our country safely through these tough economic times.

The Liberals, NDP and Green Party all have weak leadership, threaten to increase taxes, and consistently make irresponsible promises that Canadians don't have the means to finance.

By contrast, the Conservative Party proposes responsible, affordable and practical measures to improve the lives of Canadian families and increase their standard of living.

At the end of the day, Canadians will have to choose which leader is the best able to manage the country and the economy and to protect us during a time of global economic uncertainty.

They can choose Stephen Harper, a strong, proven leader, capable of defending our interests in a time of global economic uncertainty or they can choose Stéphane Dion who threatens to plunge us into a deficit with his risky plan and ill-conceived Carbon Tax that will increase the price of everything.

Every day, I hear that our community cannot afford Stéphane Dion's Carbon

Tax and I wonder how Mauril Bélanger can be so out of touch with Ottawa-Vanier. As far as I can tell, he's the only person in Ottawa-Vanier that wants the Liberal Carbon Tax.

The Liberal tax will cripple this community by unfairly increasing the cost of food and transportation for hard working families, seniors on a fixed income and average Canadians; unfairly increasing the cost of heating and lighting your home; and imposing a new tax on virtually all inputs and raw materials for businesses.

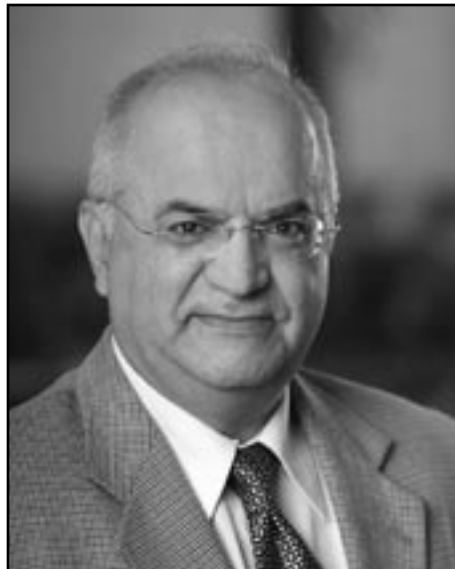
On the other hand, Conservatives will maintain the cuts to the GST which have put more money in every Canadian's pocket; introduce further anti-crime measures and continue to make our communities safer for families and homeowners; provide incentives for small business; and properly manage the economy to make sure it stays resilient and Canadians have work.

Like other families in this community, my wife Lenore and I worry about the future. We have worked hard to build a home for our family in this community and we are committed to protecting it from the destructive influences of joblessness, over-taxation, crime and pollution. We want our kids to grow up in a healthy and clean environment, to live in a safe neighbourhood, to get a good education and to have good jobs when they graduate.

I believe the Conservative plan is the only one that can accomplish this for the families of Ottawa-Vanier. I intend to make sure the voters of Ottawa-Vanier know that the Conservative Party shares their values and priorities.

I stand behind Stephen Harper as the right choice – the only choice – for a safe, bright and prosperous future. On Election Day, I hope that the Conservative Party has earned Ottawa-Vanier's vote.

*Patrick Glémaud
Conservative Party Candidate*



"The Green Party of Canada is the only political party that genuinely welcomes new ideas and new people. I want to be a part of that change for the better as the Green Party Candidate in the next Federal election"

My goal is a fair and just society in balance with nature, which values the health and vitality of our families, local communities and economies. We will achieve this through sound fiscal management and progressive social policies. Our solutions will reflect the interdependence of the economy and the environment.

Green Tax Shifting: I endorse cutting taxes on Canadian income and payrolls and would shift it to carbon and pollution taxes. The carbon tax is a key part of our climate control plan. It is the only way to accelerate the transition to a thriving economy.

Climate Change: I will ensure to have greater public discussion and education to bring dramatic changes in Government's attitude for reducing greenhouse gases and begin reversing climate change.

Energy: I will set our goal in a new, green energy direction that focuses on reducing demand rather than increasing

supply. We will not squander billions on expensive, heavily subsidized nuclear energy, or allow coal-fired plants to continue to pollute the air we breathe.

Health: I will work with local, provincial and federal governments to improve our healthcare with more resources into health promotion and disease and accident prevention. Safe drinking water and clean air are basic rights. We deserve the best health care system, available to all Canadians equally.

Local Sustainability: I will encourage restoring the health and vitality of our communities through local production of food and other goods; by working in the communities where we live; and by conserving energy and resources.

Global Reconstruction/Aid and Global Responsibility: I will work to restore Canada's reputation as a peace loving nation on the world stage. I am totally committed to the Green Party values of non-violence, human rights and justice for all.

As your Member of Parliament, I will work to bring jobs and prosperity into our community; I will improve our education, health care and transportation system to be the best in the world. I am for energy efficiency and a clean and healthy environment. I believe in ethical values, honesty and mutual respect based on social and universal justice.

Ultimately, I believe the Green Party is about protecting the future of our children and grand-children and ensuring that our children's children may live in a world as healthy as ours is today. It is about personal responsibility, local community involvement, and long-term solutions.

I will place particular emphasis on health and education; I see these as essential to promoting our overall physical and psychological well-being. Health for the body, and education for the mind.

*Akbar Manoussi
Green Party Candidate*

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MEET THE CANDIDATES - ELECTION 2008

Mauril Bélanger, Liberal



Bridges

The environmental assessment process to determine the optimal crossing points across the Ottawa River had as its general goal the provision of a more efficient transportation link to serve residents and visitors of Canada's capital region. Two specific objectives were to move heavy truck traffic away from our downtown core and to secure a corridor in the east and west that, eventually, would be integrated to a ring road around the National Capital Region.

The recommendation the consultants intend to make to the National Capital Commission and the Ontario and Quebec Transportation ministries solves neither of these problems.

Allowing truck traffic on Aviation Parkway is unacceptable. Moving truck traffic, in all or in part, from Lowertown to other established communities (Carson Grove, Manor Park, Rothwell Heights, Cyrville and Forbes Park, etc.) is hardly a solution. Moving the designated truck route and all heavy truck traffic to a location in the vicinity of the Canotek Industrial Park seems

much more sensible.

As for the eventual objective of a ring road, the same logic dictates that the Aviation Parkway option is not suitable: you don't put a ring road within the developed areas of your city!

As I canvass and knock on doors in the communities that would be directly affected, I notice the overwhelming opposition to this recommendation is growing daily. Residents are determined to stop this from happening. I am reminded of the community's similar resolve in an older battle: its successful campaign to prevent the closure of the Montfort Hospital by the Mike Harris government.

Ever since the consultants made their proposed recommendation public, I have heard all kinds of comments concerning the rigging of the study's criteria to arrive at a conclusion which City Council had inappropriately and prematurely determined last year. I have also read comments from ministers Baird and Watson claiming credit for the recommendation. (Does this mean there was political interference?)

All this is giving rise to a real concern that an east end bridge may never be built. This would be a tragedy for the people of Lowertown and Sandy Hill, who for decades have endured the degrading spectacle of heavy trucks continuously barrelling through the core of our country's capital.

For the well-being of our communities, I therefore urge the parties (NCC, Ontario and Quebec) to reject the Aviation Parkway/Montée Paiement (Kettle Island) recommendation and to instruct the consultants to complete a detailed environmental assessment of the Canotek Industrial Park/Gatineau Airport corridor (Lower Duck).

*Mauril Bélanger, P.C., M.P.
Liberal Candidate*

Trevor Haché, NDP



Leadership Passion Action!

I have knocked on thousands of doors in recent weeks and spoken with hundreds of Ottawa-Vanier residents; many of them are hungry for change. They are telling me that they deserve better from their elected representatives. I could not agree more.

For the past 25 years in Canada, whether it has been a Liberal or Conservative government, things have been getting worse in our healthcare system, in our schools and on our planet. Tuition fees are skyrocketing; the average student is graduating \$28,000 in debt. Five million Canadians are without a family doctor. One in eight children live in poverty. Our country's greenhouse gas emissions continue to rise; these national issues are serious realities in our riding.

It doesn't have to be this way.

Whether it has been Liberal or Conservative, our government has been letting us down. They have failed us, miserably. It has gotten so bad members of the student movement in Canada have coined a phrase, which we all need to ponder while we make up our minds about how to vote: "Liberal,

Tory, same old story." It is time for us to hear their cry.

It is time for change that will move us forward, not backward. It is time for a Member of Parliament in Ottawa-Vanier that will put the interests of your family first.

Ottawa-Vanier is a microcosm of the nation. Because the Liberals have given Stephen Harper's Conservatives a virtual majority by failing to stand up to them, it's been left to the NDP to fight for funding to maintain crucial programs which impact the homeless, lower income families, healthcare and immigration.

The previous Liberal government, continued by the current government has done nothing to deal with the environment. The NDP has a vision to create thousands of "green collar" jobs right here in Canada.

Regarding the bridge proposal for Kettle Island, I would recommend calling for environmental assessments on the Lower Duck option, so that we do not get stuck with Kettle Island as the only option, however, we need to look at the purpose of the bridge.

I have years of experience working on issues that matter to you. I am a thoughtful and passionate person committed to achieving results for people. I invite you to visit my website at www.trevorhache.ca, and check out the "About Trevor" section.

In this election the choice is clear. We can elect one of the two same old parties to govern in the same old pathetic way, or we can choose positive change. I invite you to choose change, not for change sake, but for the sake of our community, our young people and our planet. On October 14th, I humbly ask you to cast your ballot for leadership, passion and action. Vote for Trevor Haché of the NDP.

Thank you for your consideration.

*Trevor Haché
NDP Candidate*

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In Fair Verona-on-the-Rideau, a Fabulous Evening with the Bard

By Barbara Benoit

A fabulous, off-the-wall version of *Romeo and Juliet* rewarded Burgh audiences who settled down on the wet grass beside the Fieldhouse on July 30 and 31 (close to 200 people at each performance) to watch the Company of Fools perform its annual Torchlight Shakespeare.

Wooden swords, a small platform in front of a tent, a circle on the grass and five highly professional actors with a fine ear for Shakespearean idiom and irrepressibly comic gesture. It's *Romeo and Juliet* with a difference. You have fallen in love with these impulsive young clowns long before the tragedy strikes, and that makes it all the more poignant. All the famous lines and scenes are there, but a few of the minor characters have been expunged to keep the action moving.

Each actor plays several parts.



Photo: Andrew Alexander

Ottawa's Company of Fools brought *Romeo and Juliet* to New Edinburgh park this past summer. Pictured here are Romeo (Aron De Casmaker) and Juliet (Emmanuelle Zeesman).

If audiences noted a strong family resemblance between Juliet and her brother Tybald, it's because both roles were played (with a couple of stom-

ach-churning 10-second costume changes) by the Burgh's own **Emmanuelle Zeesman**.

"Tybald's sword fights are a lot of fun," says Emmanuelle, "but I've wanted to play Juliet since I was a little girl. I love her quirky, emotional nature, the high stakes she will play for, her quickness to act. I have never prepared so hard for an audition."

Emmanuelle, who lives with her partner, playwright **David Hersch**, on Ivy Crescent, is a core member of the Company of Fools theatre cooperative.

A graduate of the University of Windsor's Musical Theatre Performance Program, she works year-round in music theatre, theatre, film, television and clowning, and also writes music for shows. With perfect bilingualism as a big professional asset, she is based mainly in Ottawa – oodles of kids in the *Romeo and Juliet* audience recognized her from her NAC performance in *The Snow Queen*. She has also toured with the Company of Fools to the East and West coasts and across the North

from Nunavut to Yellowknife. Torchlight Theatre, in which she has performed for several summers, is one of her longest gigs: a month of rehearsal followed by six weeks of performance: four in Ottawa parks, followed by two weeks of rural touring, from Deep River to Westport.

If you missed *Romeo and Juliet* last July, you can nonetheless catch some of the Company of Fools' fall and winter productions. Their *Tempest in a Teapot*, which was a big hit last year, will be offered online starting September 22, one new webisode each week on their website at www.fools.ca – if you want to find out how it ends, you'll have to keep tuning in!

An annual event is the Twelfth Night Celebration at the NAC's Fourth Stage. The National Capital Commission has commissioned a piece blending the story lines of *A Midsummer Night's Dream* and *A Winter Tale* to be performed at 910 Gladstone (the former GCTC) during Winterlude. And, of course, Torchlight Shakespeare will be back in New Edinburgh Park next summer. The play has yet to be chosen, so remember to check the June 2009 New Edinburgh News for details.



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By Brian Torrie

The Council begins another season of special events and ongoing activities but first I'd like to recognize a couple of past events.

Joseph Cull once again organized a winning edition of the New Edinburgh ING Marathon Cheering Station. Thanks to Joseph and the legions of other Burghers who dressed

up and made some noise New Edinburgh was awarded the community cheering station award for the second year in a row. The \$2,500 won by the Council will go towards improving the Stanley Park Fieldhouse. We may finally have some decent chairs to sit on!

A special thanks also goes to **Sue Hunnewell**, the lead orga-

nizer of this year's Community Picnic in June. This year's event was one of the most popular in recent memory (perhaps it was the cheap hot dogs?) The fun included Rosie the Clown, a giant ambulance, bubbles, lots of races and all kinds of fun. Many thanks to others who helped make it such a successful event.

The next event on our calendar was the New Edinburgh Garage Sale on September 20. Sorry for the confusion around the scheduling of this event but it will always be the third Saturday in September. By the time you read this, the event will have passed so thanks to those of you donated 10% of

your sales to the Council. The Garage Sale is a key fundraiser for us so if you still want to make your contribution, please contact **Cathy McConkey** at **613-746-0303**. Thanks to Cathy and **Joyce Dubuc** for organizing the Sale again this year.



The Halloween Howl is being held October 26 from 3 to 6 pm at the Stanley Park Fieldhouse. A costume parade is planned from the Fieldhouse

to the Governor's Walk Retirement home at 3:10 so come join us for the walk followed by some fun games and activities at the Fieldhouse. Thanks to **Caroline Matt** for organizing this year's Howl.

The Council is always open to new members. We meet at 7:30 pm on the second Monday of every month at the Fieldhouse. Feel free to join us at our next meeting on October 20 (delayed one week by Thanksgiving).

The Fieldhouse is also available to the community, contact **Jill Hardy** at **746-1323** if you would like to rent this community space for your event.



Photo: Garth Gullekson, Darlington Mediaworks

New Edinburgh once again won the prize for being the best cheering station during the ING Marathon. (left to right) Roger Hardy, Caitlin Salter-MacDonald, Joseph Cull, Melodie Salter, Jim Robinson (ING), Angus McLaurin, Jill Hardy, Michel Giroux, Cathy McConkey, Caelan McLaurin, and Scott Bennett.

New Running Group in New Edinburgh

If you are like a lot of people these days who find that between their job, family and other demands, the only time you seem to find to exercise is later in the evening, usually after the sun goes down. I am looking to see what interest there is in establishing an informal running group in New Edinburgh. Anyone inter-

ested in going for a regular 5km or 10 km run beginning on Friday, October 3 at about 8:00 pm should come to the New Edinburgh Fieldhouse, 193 Stanley Avenue. If you can't make it on October 3 but are still interested in a running group, contact Brenda Baxter at brenda.baxter@hrsdc-rhdsc.gc.ca or (613) 744-4874.

Travel the World from Your Own Community Web Site

If you are like many in New Edinburgh, travel is in your bones.

In fact, there are so many Burghers traipsing around the world that we have decided to add a new travel area to our community web site (www.newedinburgh.ca).

So now when you are planning your next international

adventure you can check out experiences that others from our neck of the woods have had in that region. And when you return, you can share your impressions and information.

The initial kick-off travel piece, *Nicaragua: An Unplanned Surprise*, has come to us from **Heather Bacon**, a former Burgh resident and Crichton School teacher who was persuaded by her husband Hugh to sail around the world upon retirement. So that's just what they have been doing...

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Lighting Up Beechwood: Our Business Community and The Lumière Festival

As the Crichton Cultural Community Centre's annual summer Lumière Festival in Stanley Park wraps up another hugely successful year, attracting more than 10,000 participants from throughout the region and beyond, despite the disappointingly soggy weather conditions, it is more evident than ever that the festival has become New Edinburgh's signature event of the year. Now the Burgh is squarely on the summer tourist map for out-of-town visitors, and provides an entertainment focus for local families.

Once again this year, the majority of our local businesses pitched in to support the festival. The list is long, and includes both regular supporters from previous years and welcomes some new additions: **Janny Mills and Jeffrey Rosebrugh of Royal Lepage, Celadon Salon and Spa, Governor's Walk Retirement Residence** (whose residents had a ring-side seat), **Cooperator's Insurance, The Clocktower Brew Pub, The New Edinburgh Pub, Beechwood Optometry, Stephen McIlroy of Edward Jones, Monson's Cleaners, Pandore Innovations, Details Home Apparel, The Purple Crayon, Dale Smith Gallery, Papa Low's Bike Shop, The Physical Therapy Institute, Beechwood Canada**



Photo: Bridget Farr (c) Burundi Film Center
Christopher on the set with three students.

Auto Service, Beauty Mark Esthetics, Home Hardware, Jani-King, Fraser Café, Gymboree, Evan Lee's UPS Store (without whose tireless assistance Lumière organizers would be lost!), **Bridgehead Coffee House, Mackay Street Epicuria, Luna Bazaar, and The Illuminating Engineering Society of North America** (not local, but right on topic!)

As Lumière evolves to strengthen its role as a highlight of the Ottawa Summer Festival circuit, with a unique appeal to individuals and families of all ages, stages, tastes, financial means and cultural backgrounds, we look forward to the Beechwood business community becoming increasingly engaged in this annual event, and actively embracing the Lumière spirit. Now our community plays host to thousands of visitors, many of them keen to discover the charms

and amenities of this wonderful neighbourhood. Revitalizing Beechwood is in all of our interests, and starting with a little magic- the enchantment of a festival of lights- could be a great way to give a boost to the process!

Burundi Film Centre: Right Here on Crichton Street!

Most of us are aware (and grateful) that our community is home to all manner of interesting people with equally intriguing occupations, but I suspect that very few have taken note of the Burundi Film Centre (BFC) operating out of the home of Burgh residents **Christopher Redmond and Bridget Farr** on Crichton Street.

The Centre is a not-for-profit African media development organization launched in the summer of 2007 to train young Burundians (aged 18-25) in the basics of film theory and

production. In its short history, the Centre has already produced five short dramatic films of about 10 minutes each which have played in, or been accepted to, more than 20 film festivals all over the world, and has already garnered an award for its production, *Nothing is the Same*.

Christopher, a writer and filmmaker who has worked with the CBC, Canada Now and the Canada Council for the Arts, is co-founder and Project Manager of the Centre. He is a graduate of Carleton University where he earned a combined Honours degree in Journalism and Film Studies, and it was there that he acquired the inspiration for the BFC. He was one of the first participants in the Rwanda Initiative Media Development Project launched by Carleton Professor Alan Thompson; a program which deployed both experienced journalists and aspiring journalism students (Christopher among them) to promote media literacy in that struggling country as it emerged from the ravages of war.

While serving as an intern at the New Times newspaper in Kigali, Christopher first encountered **Raymond Kalisa**, a professional videographer, editor and actor whose credits include *Hotel Rwanda* (2004) and *Shake Hands with the Devil* (2007). Raymond, whose wife is Burundian, was eager to launch a similar pilot project in Burundi which he felt had been somewhat overlooked by the international community as Rwanda grabbed the spotlight, notwithstanding that Burundi had suffered an equally devastating period of war and upheaval. In the view of both Raymond and Christopher, the absence of a developed media in Burundi, which argu-

ably is even more critical than in Rwanda where there is a reasonably well established newspaper, is proving a serious impediment to the growth of democracy in the aftermath of the war.

Raymond and Christopher ultimately joined forces to launch the Burundi Film Centre, beginning the project with an open script competition, organized through the Franco-Cultural Centre in Bujumbura, as the basis for selecting their group of participating students. From a total of close to 40 submissions, BFC ultimately chose five script ideas which went into production as the students were trained in the arts of writing, shooting and editing their film videos. All five are intimate stories of everyday life in Burundi, and interestingly enough, none of the students' submissions concerned the Hutu/Tutsi divide, but rather focused more on societal issues such as rape, personal sorrows, and aspirations.

Christopher's partner Bridget Farr, Artistic Director and Photographer for the BFC, is a graduate of both Film Studies at Carleton and Photographic Arts at Algonquin. She has herself directed nine short films on the international film festival circuit. In addition to her work with the BFC, Bridget is currently teaching filmmaking courses for women as well as serving as a film certification analyst with the Department of Canadian Heritage. Both Bridget and Chris used their own equipment to mount a "traveling film festival" (largely within the Bujumbura area) to showcase the works of their first students; often setting up their screens in the middle of the street to capture an audience of passersby.



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At the moment, the BFC carries on with no operating grants of any kind, but Christopher is hopeful that given the early success of the project, this may change over the coming year, as he and Bridget look forward to returning to Burundi next summer for a second round of student-based film projects. Ultimately, their objective is to establish a Film Office in the country, and to put Burundi on the map as a film and video-producing location employing local trainees as part of the crew.

Christopher and Bridget will host a showing of the five short films this Fall at the Crichton Cultural Community Centre, 200 Crichton Street, on **Friday evening, October 24**. For details please check their website at www.burundifilm-centre.org.

As Isabelle's mother lives on Landry Avenue, she knows the area well and was quick to make a move last spring when she learned from Home Hardware's Area Manager that the Beechwood store was up for sale. While she and Marc are currently living in Gatineau, and are expecting their first child in January, they are hoping to move into the neighbourhood whose charms they have come to appreciate in the early months of operating the store. We wish them the best of luck!

If you happen to have dropped in to the store in recent weeks, you'll be well aware that Isabelle and Marc are carrying out a top-to-toe renovation of the premises, redoing floors, fixtures and shelving, and reorganizing the merchandise. Many readers may have

being completely overhauled to increase its size and product selection; more energy efficient coolers are being installed; the grocery section is being streamlined to cut products with poor sales and add new ones; and the front end of the store is slated to receive a general facelift to make it brighter and more attractive.

The completion date for the project is officially mid-November, but at the time of our interview in late August, Brian noted that the Toronto company carrying out the work had been so efficient that they were well ahead of schedule (quite unbelievable for anyone who has been engaged in a renovation!).

An even more dramatic change is coming soon to our local Loeb: a name change to switch the Loeb banner to **Metro**, the name of its Montreal-based parent company. For cost-saving reasons, the supermarket giant Metro Inc. plans to gradually change the



Photo: Louise Imbeault

Jacobson's quartet: (left to right) Lauren Wells, Debra, Irene Thornton (Manager) and Sue Jacobson (Owner).

names of its 274 Ontario stores (which include Dominion, Loeb and A&P among others) to operate the entire fleet under the Metro banner, as is the case for its Quebec outlets. While most of us will no doubt acclimatize fairly quickly to the new layout within the store, I suspect it will be some time before we cease to refer to our familiar local supermarket as Loeb, whatever the sign says at 50 Beechwood!

The News from Jacobson's
There are always exciting changes afoot at Jacobson's. This Fall, there's a big one in the offing: in mid to late October, Jacobson's will open a brand new store on the main street of St-Jovite near Mont Tremblant, a village which many of our community skiers are undoubtedly very familiar, and which for some, serves as a second home during the ski

Continued on page 14



Photo: Louise Imbeault

Beechwood Home Hardware's dynamic duo: Marc Clément and Isabelle Lamarche.

Home Hardware

A very warm welcome to **Isabelle Lamarche** and **Marc Clément**, the new owners of Beechwood's Home Hardware which was sold last spring by **Christine Jolicoeur**, the last in the long line of the Jolicoeur family operating the familiar store. Isabelle has extensive experience in the hardware business, having worked for many years at her father's Home Hardware in Casselman. While she has made a smooth transition into our community thanks to this background, she has noticed a marked difference in the clientele of the Beechwood store who are largely individual homeowners in search of the essentials for their houses and gardens, as opposed to the contractors buying building materials who make up the bulk of her father's business.

taken advantage of their pre-renovation Sidewalk Sale on September 20. The only constant feature at the moment is the staff from the Jolicoeur era; all of whom remain at the store with the exception of Christine herself and former Manager **Alain**. Isabelle hopes to finish the renovation process by late September, and when the dust has settled, the finished product promises to be more user-friendly for the harried shopper.

Loeb Beechwood

From one renovation/reorganization to another! Across the road from Home Hardware, our local Loeb has been undergoing an even more thorough renovation, with roughly 80% of the store being revamped in the process. **Assistant Store Director Brian Hubert** reports that among other changes, the produce and deli section is

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Continued from page 13

season. The new store will offer the same basic gourmet product/gift selection as the flagship store here on Beechwood, with some slight adaptations to reflect the distinctive culture of the Tremblant area.

Needless to say, the St-Jovite employees will be fluently bilingual, and Susan is delighted to report that all of Jacobson's communications materials will now be available in both languages. Indeed the new bilingual ethic has been picked up in the Beechwood store, where new employee **Lauren Wells** is able to serve clients in fluent French. Lauren also has the distinction of being a world class rower who is training to become a member of Canada's National Rowing Team with an eye on the London Olympics in 2012.

Beginning this Fall, Jacobson's will team up with its new neighbour, **Fraser Café** (at Putman and Beechwood) for a collaborative cheese venture. Each month, Jacobson's will provide the Café with a selection of three cheeses from its signature Cheese Counter which the Fraser brothers will feature on their seasonal menu. If you happen to try one that particularly appeals to you in the course of a leisurely lunch or supper at the Café, it's only a short stroll around the corner to stock up on your new favourite at Jacobson's cheese counter.

Susan reports that Jacobson's has also added to its intriguing gift section, featuring products and accessories related to its gourmet product lines. Complementing its gourmet sea salts and seasonings, there are new salt mills and pepper grinders on the shelves, as well as espresso machines designed by BMW (!) to take home with

your specially roasted Italian coffee beans.

Unlike the rest of us, Jacobson's will also be well prepared for the advancing Christmas season. Later this Fall, it will close its doors and drape its windows for a day or two while its Christmas finery is prepared for unveiling in early November, leaving clients no excuse for a last minute panic with nearly two months lead time! And in case you hadn't taken note, the store is now open seven days a week, so whatever your schedule, there will be time for a visit.

The Rockcliffe Retirement Residence: The Doors Are Open!

While its Grand Opening gala is scheduled for October 28, the new Rockcliffe Retirement Residence began receiving its first residents in mid-July, and since then, have continued to flow in on a carefully orchestrated schedule. **Executive Director Mary Albota** reports that things have gone remarkably smoothly with the exception of a few, inevitable glitches; notably a miscalculation on the part of OC Transpo which resulted in several of its buses driving under the portecochère with regrettable consequences for The Rockcliffe's new plantings and sprinkler heads.

The new 10th Floor Beauty Salon, with its spectacular vista of the Rideau River (Mary defies anyone to name a beauty parlour with more scenic credentials!), is now open to all seniors in the community, so if you happen to be interested in a hairdo or a manicure/pedicure with a view, give the residence a call at **613-562-3555**. Popular hairstylist **Vida Vikali** has now set up operations at The Rockcliffe, and as an introductory pro-

motion is offering a free set with your haircut. **Ibtissam (Ibbi) Hajjar** of **Angelina's Esthetics** (profiled in our June issue) is also offering her services at the scenic salon.

The new dining room is now up and running, and is offering a **daily meal plan** for any seniors in the community who are interested in having a main meal at The Rockcliffe. If this appeals to you, just give Mary a call and she will make the necessary arrangements with the chef. The residence is currently on the lookout for someone from the community who might be interested in **tending bar at cocktail hour** on a fairly regular basis. If you're ready and able to take on this pleasant task, please contact Mary at the number given above.

We wish Mary and all the residents and staff at The Rockcliffe a wonderful first year in their splendid surroundings on Porter's Island.

Lester's Barber Shop: Cutting Hair in a War Zone

On June 23, **Lester Clark's** capable assistant **Erica** departed for Kandahar, Afghanistan, where she has a six month hair cutting contract on the Canadian Forces Base. After the first three months, Erica will have three weeks leave to travel or return home before completing her stint in the



Photo: Louise Imbeault
Lester Clark and his wife Shabnam.



Photo: Louise Imbeault
Kate Corsten reads to some eager listeners at the Books on Beechwood Story Time.

steaming hot war zone. Lester is confident that despite recent Taliban threats that Canadians will be targeted by insurgents for their participation in the military operations in southern Afghanistan, Erica will be relatively safe, as she is confined to the base for the six month period. This should be far from monotonous for her, however, as the base is in fact the size of a medium-sized town, with a population approaching 12,000. Best of luck Erica, and we hope to get a report on your experience when you return!

In Erica's absence, Lester and his wife **Shabnam** have been holding the fort on Beechwood through a reasonably busy summer, though as the days grow colder, Lester expects that the pressure for short hair cuts will taper off noticeably.

Nature's Buzz: Organics for the Younger Set

If there's a baby (or two) in your house, you may want to drop by Nature's Buzz to try out their new selection of **Sweet Pea Organic Baby Foods**. These are frozen, puréed organic fruits and vegetables to start your little one off on a healthy régime (before he or she is old enough to go for the chips, fries and Big Macs that are inevitably on the horizon later on). Nature's Buzz also offers a selection of

Seventh Generation Chlorine Free Baby Products, including diapers, baby wipes and training pants so you can stock up on nursery supplies when you drop in for your organic meats and produce. Another recent addition to their shelves is a line of essential oils by **Essential Botanicals**.

Once again this year, Nature's Buzz will have a supply of tasty **organic turkeys** on hand for Thanksgiving, so be sure to place your order as soon as possible to ensure that your harvest table isn't missing its traditional juicy centerpiece.

Books on Beechwood: A Busy Fall Agenda

As the lazy days of summer draw to a close, Beechwood looks forward to an action-packed Fall, beginning with the resumption of **Story Time** reader **Kate Corsten**, on Saturday Mornings at 10:00 am, starting on September 13 with Roald Dahl Day (it's always Giant Peach season when you're a young reader!) If you have small fry between the ages of 2 and 6, be sure to drop by the store for an entertaining start to the weekend.

The other great news from Books on Beechwood is the launching of a **B on B Book Club** under the auspices of their staff with **Jill Moll** at the helm. The first meeting

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will take place on Thursday, October 23, at 7:30 pm, when participants will discuss the novel *Blindness* by José Saramago. Following up will be sessions on Barack Obama's *Audacity of Hope* on Thursday, November 20 and on Salman Rushdie's *The Enchantress of Florence* on Thursday, January 22, 2009. Interested readers will find sign-up sheets in the store prior to the first session in October, and there will be a discount on each book selection regardless of whether or not you're able to sign up and attend the discussion.

Two final pieces of B on B news for the Fall: 1) Sunday afternoon strollers will be pleased to learn that the store has new Sunday hours from 12:00 pm to 5:00 pm, and 2) reading enthusiasts who buy more than five copies of the same book will now be eligible for a **20% discount**.

Il Vagabondo

For nearly thirty years, Il Vagabondo has been a popular neighbourhood fixture on Barrette Street near the corner of Beechwood and Marier, and for much of that time, the restaurant has also been a faithful advertiser in the New Edinburgh News. While it is now somewhat obscured from the view of passing traffic by



Photo: Louise Imbeault
Adriana Roy has been serving up delicious fare at Il Vagabondo's for 18 years.

the new complex of stores along Beechwood at Marier, it's hard to miss the eye-catching mural along the front of the restaurant; a wonderfully colourful and evocative scene depicting the Eastview Street Car which operated in the early years of the last century.

The restaurant's regulars, and indeed anyone who has dined there in recent years, can't fail to have encountered **Adriana Roy**, co-owner, chef, hostess and generally heart and soul of Il Vagabondo for 18 of the 29 years of its operation. Adriana is passionate about her role in ensuring that each and every diner at the restaurant is treated to a fresh, healthy and tasty

meal, and accorded the kind of warm and personal welcome that will encourage regular return trips.

She is justifiably proud of the quality of her Northern Italian cuisine, which she prepares daily from scratch with the help of her sous-chef **Catalina**. The fare includes homemade pasta, tasty soups, fresh salads, seafood, and lean meats such as chicken and veal, with a liberal dose of fresh herbs used in the preparation, and the wine list features Chilean and Italian selections. Over the years, Il Vagabondo has attempted to keep their prices within a modest range to encourage the development of a regular clientele from the community, placing its emphasis on freshness and high quality as opposed to large, "super-sized" portions.

Adriana is pleased with recent developments in Vanier, and gratified by the loyalty of her growing base of regular customers. She admits, however, that keeping the ship afloat in these difficult economic times is an ongoing struggle, but one which she clearly finds worth the effort. We thank Adriana for her many years of support for the New Edinburgh News, and wish her the best of luck in the continuing operation of her welcoming neighbourhood

restaurant.

BMO Bank of Montreal: Under New Management

When **Adam Kane** first began to accompany his mother **Elizabeth Kane** (now a resident of Alexander Street) as a very small boy to the Beechwood Branch of the Bank of Montreal, it's unlikely that either he or his mother anticipated that he would one day become Branch Manager of that institution. Some years later, however, Adam has done just that, and was officially installed on August 11 following the move of former Manager **Maureen Whetstone** to the BMO branch at Montreal Road and St. Laurent Boulevard.

Adam is well acquainted with the Beechwood area, having grown up in Manor Park, attended Ashbury College (where he remains on the Alumni Executive), and opened his first bank account at the same Bank of Montreal branch on Beechwood. In addition to his talents in the banking business, Adam is also a first class athlete, former captain of the Ashbury football team, and an accomplished boxer and kickboxer, winning a bronze medal in the World Kickboxing Competition in 2006. Coincidentally, Adam's fellow Ashbury alumnus **Jeff Hill**, also a former resident of Manor Park, has recently

Continued on page 16



Photo: Louise Imbeault
New Bank of Montreal Branch Manager Alan Kane (left) and BMO Nesbitt Burns Investment Advisor Jeff Hill.

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Continued from page 15

taken over as the BMO Nesbitt Burns Investment Advisor at the Beechwood Branch, so two local boys have returned to make their mark in our community. Jeff has over a decade of experience in the investment business, seven of them with a large international bank as an assistant vice-president in their Toronto-based corporate and commercial lending operation.

Although Adam is well aware of the challenges facing businesses in this area (many of which were chronicled in a front page article in the June edition of the *NEN*), he sees enormous potential for the growth of a more vibrant commercial and residential community along Beechwood, and hopes to be

able to play whatever role he can in helping to foster that growth during his tenure at the bank. He was especially impressed by the success of the Lumière Festival in August, an annual New Edinburgh event which he sees as a source of tremendous possibilities for area businesses as thousands of visitors are attracted to our doorstep every summer.

Sunflower Café

In June, we welcomed new advertiser, Sunflower Café, to the *NEN*. The Café opened its doors in May at 521 Rideau Street on the Northwest corner of Rideau and Cobourg Streets. Owner **Alina Hellman** had cooked for many years before completing a course at Algonquin College last year to

hone her skills in the planning and preparation of larger quantities of food. She describes the cuisine at the new café as Mediterranean style, with strong Israeli, Jewish and East European influences rooted in her own background. Above all, Alina's emphasis is on fresh, made-from-scratch, delicious fare using largely local and organic fruits and vegetables, and chemical-free poultry and meat.

Chef Alina's specialties include moussaka, stuffed peppers, homemade soups, roasted root veggies, and special quiches made fresh daily. The café offers two kinds of full breakfast, the first, a hot, skillet breakfast with coffee and Israeli-style side salad; and the second, a set of egg-based options including either bacon, potatoes and eggs, or an omelette (again Israeli style), or Mediterranean vegetables with eggs on top. Hungry yet?!

If you are pressed for time and can't relax and enjoy a light meal in the warm atmosphere of the freshly decorated café, Alina and her team prepare a variety of lunch and dinner dishes for take out, including packaging for the singles and couples who form the bulk of their regular clientele in the immediate neighbourhood. The take out repertoire changes on a regular basis, and our intrepid photographer Louise Imbeault was lucky enough to find a delectable dish of roasted butternut squash with pine nuts on the day of her visit. Sunflower also does catering for parties and special events, so if a tasty Mediterranean meal appeals to your fancy for your next gathering, give them a call at **613-288-2439**.

Alina works with her capable sous-chef **Shoshana** and in late August, added another member



Photo: Louise Imbeault
Liba Bender (shown here) and partner Clode Deschamps offer helping hands when you need them.

to the team in the kitchen: a former chef at the legendary *Les Fougères* in Wakefield! The café is open for two periods each day (except on weekends) for Breakfast/Lunch, and then for Supper/Evening Take Out. On Mondays, the hours are 8:30 am to 2:00 pm, and then from 4:30 to 8:00 pm. From Tuesday to Friday, breakfast starts a little earlier from 7:30 am to 2:00 pm and again the afternoon hours extend from 4:30 to 8:00 pm. On Saturdays, the café is open from 9:00 am to 2:00 pm while Sundays are a (richly deserved!) day of rest for the Sunflower Café crew.

If you haven't yet stopped by to check out this attractive new neighbourhood eatery, remember that there is free parking on Cobourg Street, and it's also an easy walk or bike ride away. Welcome Alina, Shoshana and the Sunflower Café crew, and best of luck in your first year of operations!

Caring When It Counts: A Helping Hand in Your Home
Long time New Edinburgh resident **Liba Bender** has just launched a new business in the community, teaming up with fellow teacher **Clode Deschamps** to create **Caring When It Counts**, an eclectic range of practical services for the elderly, young families, and in general, anyone in need of a helping hand and a friendly presence in their homes. Both Liba and Clode are cer-

tified teachers in the Ottawa Carleton District School Board who currently teach on a part time basis in the mornings. At the moment, Liba teaches ESL and Special Education at Lady Evelyn Alternative School, while Clode is a French immersion Kindergarten teacher at Rockcliffe Park Public School.

Once their morning teaching duties are completed, however, Liba and Clode are free to offer their services to clients in the community by helping with a host of daily needs such as assisting with grocery shopping, chauffeuring seniors to medical appointments, helping school children with homework or special project assignments (Liba is high school certified as well), lending a hand with chores in the house, or simply providing companionship and perhaps a relaxing hand massage to the frail elderly. They are happy to take on even short 20 minute assignments if you happen to have an unexpected crisis on your hands, but are also prepared to tackle more lengthy tasks. Their rates are \$12 for 20 minutes (just enough time for a hand or foot massage!), and \$36 per hour.

As teachers in the OCDSB, both Liba and Clode have had police checks, and each has her own car to handle errands for clients or supply a personal taxi service. If you are in need of a helping hand or special assistance for a family member, give Caring When It Counts a call at 613-746-4884 or e-mail libabender@yahoo.ca for more information on their services.

Place For Paws

As always, **Place For Paws Boarding Camp for Cats and Dogs** was a lively place this summer as many local families (my own included) entrusted their pets to its care while on dog- and cat-free holiday excursions. Our puppy Atticus made his début at camp this year, emerging from the care of **Margo** and **Angela**, not to mention the company of all those fascinating new canine buddies, with irrepressible enthusiasm.



Photo: Louise Imbeault
Alina Hellman (left) and sous-chef Shoshana offer healthy dining at the Sunflower Café on Rideau.

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The dog days of summer were well spent chez Place for Paws. Jade (the Irish Terrier on left) belongs to Burgh residents Shelly Howard and Susan Bonnar.

Burgh Business Bits

Cooperators Insurance

Readers may have noticed activity in the empty premises once occupied by **Upward Dog Yoga**, and in fact, a portion of the space is about to receive a new tenant in the coming months as **Tim Hogue** moves his **Cooperators Insurance** business from Beechwood to Mackay Street. We look forward to introducing Tim in our next issue.

St Laurent Tailoring

After 30 years in the business, many of them as a faithful advertiser in the *NEN*, tailor **Paul Schaub** is retiring from his role as owner/operator of

St. Laurent Tailoring in the Rockcliffe Crossing (formerly Manor Park Plaza). His consummate tailoring skills and enthusiasm for classical musical in general and opera in particular will be greatly missed by his regular clients. We wish him the very best in his retirement and thank him for his many years of support for the *NEN*.

Bread and Roses

Our favourite local bakery is soon to be open on Mondays, sacrificing its traditional day of rest to meet the needs of its hungry clients. Owner **Chris Green** is planning renovations to the store to accommodate an expanded product line so

watch for yet more mouth-watering treats on the shelves as the Fall unfolds.

Mackay Street Epicuria

Epicuria co-owner **Heather MacLachlan** has added yet another laurel to her rapidly growing collection of honours. She was named one of the Top 50 People in the Capital in the September 2008 edition of *Ottawa Life*. Congratulations Heather!

The Edinburgh

Revera Incorporated has recently taken over the ownership of The Edinburgh, one of our well known retirement residences at 10 Vaughan Street. Like so many of our area businesses, the residence will be undergoing major renovations, and special renovation incentives are being offered to prospective tenants interested in registering for accommodation by the end of the year.

Pet Valu

Pet owners should mark their calendars for **Saturday, October 25** from 12:00 noon to 3:00 pm when Pet Valu on Beechwood will hold its Fall charity event, a **Hallowe'en Howl Costume Party** for the four-legged set. The event is sponsored by Purina ProPlan with gift bags for all and a special gift for pets that come in costume (they deserve it!)

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Is Graffiti a Problem?

By Michael Histed

Types of graffiti

The most common type of graffiti in the Ottawa area is "tagging". It is the writing, painting or "bombing" of an identifiable symbolic character or "tag" that may or may not contain letters. Other types of graffiti are: artistic, hate-based, personalized, political and profane. Looking around New Edinburgh, it is mostly tagging or nuisance graffiti.

Where it is

Graffiti is found everywhere in Ottawa. In New Edinburgh it can be found on many surfaces including bridges, buildings (garages), fences, walls, utility boxes, mailboxes, vehicles, and in Stanley Park.

Who is affected

The following is quoted from the City of Ottawa website "Graffiti vandalism is not a victimless crime. When graffiti is left to spread in the community it can leave the impression that nobody cares

or that nobody is in control". It could be said that graffiti is up to the individual whether they care about it or not. However, did you know *you could be fined by the City if you do not remove graffiti from your property?*

Taking action

The City of Ottawa and the Ottawa Police Service have programs to eradicate graffiti from neighbourhoods like ours. Although it may just look like a nuisance, it can also indicate the presence of gangs in our area, which should be of concern, particularly to those of us with younger children. The program is based on a "4E" model of graffiti management:

Eradication: Remove graffiti quickly and efficiently.

Empowerment: Maximize use of available resources and relationships.

Education: Build awareness about how to prevent and remove graffiti.

Enforcement: Apply municipal and penal code laws when necessary.

If you see graffiti, call the City of Ottawa at 311. They will either respond or pass the report onto the Post Office (for post boxes), Bell Canada, Hydro Ottawa or the impacted property owner. The response rate has improved dramatically over the past year.

If you see graffiti vandalism happening, it is considered a crime in progress and can be reported by calling 911.

Safety Reminders

As we start the fall months, a few simple reminders are always useful:

- Cleaning the garage? Keep garage doors locked at all times when you are not around.
- Keep your downstairs windows locked when you are away from the house or at night.
- Tell a trusted neighbour when you go on vacation. Alternatively hire a security service to look after your home.
- Place lights on timers when you are away.
- Make sure you cancel your newspapers when on vacation. Most newspapers offer an easy vacation stop

via the phone.

- Do not leave your bike left unattended.
- Be vigilant in the park. Do not walk alone after dark in the park.
- If you are walking at night, tell someone where you are going and when you expect

to be back.

Lastly, remember those numbers to call in case of an emergency

For a crime in progress call:
911

To report an incident call:
613-236-1222



St. Brigid Young Author Wins Award

Daphnée Dubouchet-Olscheski, a Grade 6 Immersion student from St. Brigid School won the 2008 OECTA Young Authors Award/Prix jeunes écrivains for her short story, *Le riche contre le pauvre*. It had previously won the Short Story category among all the schools

in the Ottawa Catholic School Board and went on to win the provincial prize for Grades 5 and 6.

The winning stories, including Daphnée's, were published in the 2008 Young Authors book, which will be available in libraries across Ontario.



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Petrie's Landing—Waterfront Condos

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Kids Helping Kids Concert Set for Nov. 4

By Laurent Côté

I would like to invite you and the entire community of New Edinburgh to a fundraising concert in which I will be performing with nine other accomplished young musicians between the ages of 12 and 19. The concert will be held on November 2 at 4 pm at **MacKay United Church** (corner of Dufferin and MacKay). All proceeds will go to help support the Peaceful Children's Homes in Cambodia.

Most of the young musicians who will be performing at the concert are active participants in other musical ensembles in Ottawa. Five performers are members of *Stellae Boreales*, and toured China for two weeks this past summer (stellaeboresales.wordpress.com). **Daniel Parker**, a cellist, placed second in the national finals of the Canada Music Competition and, with his trio 'Con Brio' placed first in the Chamber Music category at the National Finals of the Kiwanis

Music Competition. The repertoire performed will include works by Kreisler, Bach, Bruch, and other classical composers. We are very grateful to **Julian Armour** for agreeing to support our endeavours as our Master of Ceremonies.



Photo: Sergey Ivanov

(left to right) Catherine Sirois-Delisle, Laura Telford, Laurent Côté and Christina Deaville.

This is the third fundraising concert organised by Kids Helping Kids. The organisation is made up of young musicians from Ottawa who work to support the Peaceful Children's Homes. I was fortunate to perform in the previous two concerts, and thanks to the tremendous support of

the community and the greater city of Ottawa, we were able to raise \$4000 in each event. This money was used to buy rice and seeds for 166 children living in Cambodia.

I hope that you can join me and the other young people involved in this event for a wonderful afternoon of music. Tickets are \$15 for adults and \$5 for children and are available online at www.khk-es.ca and at **A Better Frame of Mind** (417 Mackay Street; No phone calls please). Space permitting, tickets will also be on sale at the church door.

If you have any questions, please send an email to info@khk-es.ca or call (613) 730-2712. Myself or other members of Kids Helping Kids will be happy to help you in any way we can. If you are unable to attend the concert but would still like to contribute to this youth initiative, you can also make a donation at www.khk-es.ca.

Book Fair '08: Literary Festival at Rockcliffe Park Public School

By Melanie Harmon

How many times have you read a book and wished you could ask the author why he ended the book that way, or what inspired her to write the story, or when will the sequel be out? These were some of the questions I heard our children ask visiting authors last year when I sat in on some of the workshops. What an extraordinary experience to have the opportunity to converse with an author of a book you have just read and loved! For almost 30 years, the best kept secret at RPPS has been a series of workshops we hold leading up to Book Fair that brings authors in to every class in the school. This year we will be highlighting them by calling them a Literary Festival.

RPPS is able to provide these workshops because of the profits made from the previous year's Book Fair sales. So thank you for all those volunteer hours that help make Book Fair so successful! We have had many well known and talented artists visit the students at RPPS. This exceptional opportunity for our children to converse and learn from poets, storytellers, authors, and illustrators dates back to 1980 and includes, among oth-

ers, **Farley Mowat**, as one of the visiting authors. Since then we have had other well known artists such as **Brian Doyle, Rachna Gilmore, Marie-Louise Gay, Eric Wilson, Ingrid McCarthy, Joan Fitzgerald McCurdy, Wallace Edwards, Michel Lavoie, Andree Poulin, and JC Sulzenko**. If you are not familiar with any of these names just ask your children who they are. They have been reading their poems, novels, and stories. Our children have been inspired to explore within themselves and create wonder-

ful stories, poems, and artwork because of their exposure to such talented people.

A team of parents is currently working on the Literary Festival line up for fall 2008. During the festival each class will have one workshop in the morning and one in the afternoon. Many of the visiting artists are available for book signing during Book Fair so there will be an opportunity for early Christmas gift purchases.

Look for more information on the visiting artists for our Literary Festival just prior to Book Fair 2008.



Author Louis Mercier fired up students' imagination at a workshop during last year's literary festival. The workshops take place as part of the Annual Rockcliffe Park Book Fair.



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By Constable Tom Mosco

School is Back

Once again it is that time of the year once again to direct our attention to the safety of children as they make their way to school. Obeying stopped school buses with red lights flashing is a legal requirement. Be aware of the movement of the school buses throughout the neighbourhood and of the marked school bus loading/unloading zones. Stopping in these zones carries a hefty fine.

Many children walk to school and it is very important to teach them how to be safe pedestrians. Where there are no sidewalks always walk facing oncoming traffic, and always check traffic flow before crossing any roadway.

If children are riding bicycles they must wear a helmet and they should ride on the right side of the roadway as close to the curb as possible.

It is a good practice to be extra vigilant with respect to others using the roadway. An ounce of prevention is worth a pound of cure.

News from the Police Centre
We have had a very success-

ful summer with respect to our Ident-a-Bike program. We were out on the Rockcliffe Parkway three times this past summer and met a large number of cyclists who were very interested in the program. We offered the program at the Sunday Cycle on the Victoria Day long weekend, the Civic Holiday weekend in August and the Labour Day long weekend. We hope to see you next year.

Once again we will be working with the elementary schools in the area to offer the Child Print Program. Details will follow with your child's take-home notices.

The next Neighbourhood Watch meeting will be held October 8, 2008 at 7 pm in the Community Hall 360 Springfield Road.

There have been arrests made in the Central East District pertaining to residential break and enters and automobile break-ins. In the case of the car break-ins, the suspect would try all of the doors on the cars in the area to determine if the doors were left unlocked.

For more information please call 613-236-1222 extension 5915.

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Linden House “Arms” for the New Season

By Marlene Spatuk

The sophomore season of a local theatre company with roots in Lindenlea begins with an ambitious and humorous take on war.

Following on the success of last season's *The Lady's Not For Burning*, the company is presenting George Bernard Shaw's *Arms and the Man* in Elmwood School's Old Auditorium from October 16 to 18 and 22 to 25.

“*Arms and the Man* has all the hallmarks of vintage Shaw,” says New Edinburgh resident **Janet Uren**, founder and producer of Linden House. “In this play, he weaves comedy and romance together as a

delightful backdrop for some really muscular argument.”

The story, set during the Serbo-Bulgarian war of 1885, follows Raina, a young Bulgarian aristocrat, as she begins to question her preconceived notions of the glories of war. Late one November night, a Swiss mercenary officer fighting for the Serbs seeks shelter in her bedroom from the Bulgarian forces. At first she believes him to be a coward for not believing in fighting for a cause, but she agrees to help him sneak away with the help of her mother.

Months later, Raina's fiancé, a high-ranking officer, returns from the war – and the mer-

cenary also makes a sudden appearance, forcing her to decide between romantic ideals and practical matters.

The theme of soldiers of fortune has resonance for modern times. Mercenaries working for so-called private military companies are fighting alongside coalition forces in Iraq, and their presence provokes controversy today as it did then.

Ironically, Bulgaria's recent history has been peaceful. The former Eastern Bloc country made a relatively smooth transition from Communism to a free-market economy, and it was even spared the horrors of more recent wars involving its Balkan neighbours in the former Yugoslavia.

The theme of the futility of war is typical in the works of Shaw, who excelled in presenting social, moral and political issues with a light comedic touch. Well known for his socialist values and his championing of the working class, this prolific writer and literary critic was also a member of the Fabian Society, which laid the groundwork for the modern British Labour Party.

“Linden House is focusing on a particular kind of play,” says **George Stonyk**, a founding member of Linden House. “We want to produce plays that are great fun for the audience but



George Stonyk (director) and Tara Berish (in the role of Louka) rehearse for the upcoming Linden House production of *Arms and the Man* at Elmwood's Old Auditorium.

City's Snow Go programs help seniors and people with disabilities with snow removal

The City recently announced its Snow Go and Snow Go Assist programs to help seniors and people with disabilities secure reliable and affordable services for clearing snow and ice from private driveways and walkways.

The Snow Go Program matches those in need with reliable snow and ice clearing service providers. The Snow Go Assist Pilot Program offers financial assistance to eligible, low-income seniors and people with disabilities to pay for up to 50 per cent,

up to a seasonal maximum of \$250 towards snow and ice removal costs.

The participating community support agency for our area is the Good Companions Seniors Centre.

To be matched with a snow removal provider or to apply for Snow Go Assist Pilot Program funding, contact the participating community support agencies, or visit the Services for Seniors section on www.ottawa.ca or call 311 (TTY: 613-580-2401).

that also interest and provoke.” Stonyk returns as director for this production following the inaugural performance of *The Lady's Not For Burning*. In fact, the linden tree that shades his house was the inspiration for the name of the company.

The production itself is being staged in the unique setting of the Old Auditorium of Elmwood School, a century-old barn that is at the heart of the school's own theatrical tradition. “Good stages are in short supply in Ottawa,” says Uren, herself an Elmwood Old Girl. “We are really lucky to have access to this delightful auditorium.”

Ticket sales from the October 16 preview benefit for the Old Girls Scholarship Fund, while the show on October 22 for IODE members will raise funds for the organization's various charitable works.

Tickets are selling now for \$25 (adult), \$18 (seniors) and \$15 (students) and can be purchased at **Books on Beechwood**, as well as Collected Works Bookstore (1242 Wellington St. W.) and Octopus Books (116 Third Avenue). Information on ticket sales is available at www.lindenpro.ca or by calling 613-203-7235.

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Notice of Public Meetings for Jean Vanier Catholic Intermediate School Accommodation Review

The public is invited to attend the Public Meetings of the Accommodation Review Committee (ARC). Four public meetings are to be held for the Accommodation Review between June 2008 and November 2008. Following are the dates and locations of the remaining meetings to discuss the Jean Vanier Catholic Intermediate School Accommodation Review.

Public Meeting #3 will be held **Tuesday, October 21, 2008**** at 7:00 p.m. at Immaculata High School, 140 Main Street, Ottawa.

Public Meeting #4 will be held **Monday, November 3, 2008** at 7:00 p.m. at Jean Vanier Catholic Intermediate School, 320 Lajoie Street, Vanier.

**** Please note revised date.**

For further general information on the policy and process, please visit the “School Accommodation Review” link from the Board's website at www.ottawacatholicschools.ca.



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Taylor School of Irish Dance Celebrates Five Years in New Edinburgh

Jigs, reels, hornpipes and more!

For the past five years, children from the New Edinburgh neighbourhood and beyond have been learning a style of dance that has been performed since the 18th century -- Irish dance, an exciting expression of culture and art, often described as 'ice of the body and fire of the feet'.

at the Chrichton Cultural Community Centre. A part of the broader Ottawa community, the Taylor School Irish Dance performs at a number of local festivals, seniors homes, and charitable events. Dancers also compete in feisanna -- gaelic for competitions.

In the early 1990's Irish dance received international recognition as shows like the

culture through its tradition of dance.

The boys and girls of the Taylor School of Irish Dance celebrated the school's fifth anniversary at its annual Spring recital on June 5, 2008, at the Richelieu Community Centre in Vanier.

Under the direction of Suzanne Taylor, girls and boys of all ages learn a variety of dances include jigs, reels and hornpipes as well as traditional Ceili (group dances) dances. Suzanne started her Irish dance career at the age of 4 years in Ottawa and competed at the championship level in competitions in Canada and the United States. Suzanne has over ten years of Irish dance teaching experience and is certified (T.C.R.G.) and registered through An Coimisiún Le Rincí Gaelacha in Dublin, Ireland. She is a member of the Irish Dance Teachers Association of North America and the Irish Dance Teachers Association of Canada.

For more information about the Taylor School of Irish Dance please visit www.tayloririshdance.com or contact Suzanne at suzanne@tayloririshdance.com.



Students at the Taylor School of Irish Dance at a special recital to celebrate the school's fifth anniversary.

The Taylor School of Irish dance, celebrating its fifth year, is a proud member of the New Edinburgh community. Memorial Hall, MacKay United Church has been home to the dance school and with increased enrollment of students, lessons are also offered

Riverdance and Lord of the Dance travelled throughout the world, performing for millions of people. 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

Fern Hill School Goes High-Tech

By Gina Watson

Students at Fern Hill School got a high tech surprise upon their return in September. Over the course of the summer the school invested in 10 new computers and set up a computer lab for students in the grade school.

"Kids in general have really enthusiastic curiosity towards computers. We want to cultivate that curiosity and teach them the skills they need to use computers wisely," says Julian Janes, technology teacher at Fern Hill.

Each grade school classroom will have one technology period per week focused on teaching age-appropriate computer skills. Topics covered will range from how computers work to typing and word processing, photo editing, slide show presentations and internet research.

"We are trying to hit all different aspects of computers starting in grade one and building knowledge year by year," says Mr. Janes. Each class will deal with the same topic with varying degrees of difficulty. "Kids will have to live with computers their whole lives, so the sooner we start teaching them, the better."

The other teachers at Fern

Hill School can also use this new resource to their advantage. The new computers, which are networked together in the computer lab, complement pre-existing workstations in each grade school classroom and four laptops. Together they enable each class to have one computer per student.

Teachers can use the computer lab to supplement what they are teaching in their classroom. Grade five math and science is taught right in the computer lab.

"Children are naturally drawn to computers, so having easy access to computers can only enhance our program," say Grade four/five teacher, Stella Burnet. "Through computers and technology we can try to meet the needs of all our learners."

Principal Elizabeth Milligan agrees. "Technology will reinforce student learning about computers and software and these concepts can be woven into other subject areas."

But if you ask the children, it's quite simple. "I like the new tech lab because computers are cool. Technology classes are fun," says grade four student John Phillips.

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PHOTO CREDITS: (Clockwise from top right) Cheshire cat by Paul Dickie; fairy by Etienne Poisson; green goblin, chinese dancers, medieval horser; dancers in blue by Paul Dickie; Snow White by Rengarajan J.; mosque; parade of drummers, little pink fairy and orange lanterns (centre) by Paul





...; jar lanterns and dragonfly
men, labyrinth lanterns and
lantern by Etienne Poisson;
Dickie.



In Memoriam: Marion Dewar, C.M.

The CCCC is deeply saddened by the recent death of **Marion Dewar**, a well known and much loved former Mayor of Ottawa, and a staunch supporter of the efforts of the CCCC to build a thriving community centre at 200 Crichton Street.

Over the course of her long and enormously productive career, Mrs. Dewar served the community and the country not only as Mayor, but also as President of the federal NDP, Member of Parliament for Hamilton Mountain, Chair of the Ottawa-Carleton Police Services Board and Chair of Oxfam Canada.

She was above all a champion of social justice causes across a broad spectrum ranging from women's issues to the plight of the Vietnamese "refugees" welcomed to Ottawa in the late 1970's. The Crichton Cultural Community Centre was honoured and grateful to have Mrs. Dewar's support in our struggle to keep Crichton public, and her warmth and enthusiasm for our efforts will be greatly missed.



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**To contact Board members please call
745-2742 or email ccc@bellnet.ca**

An Open Invitation: Please Join the CCCC for Our Day in Court

By the time this paper reaches readers in the community, the CCCC will be in the throes of a 10 day trial to determine, for once and for all, the extent and nature of its interest in the former Crichton School, and to establish the framework for a resolution of its longstanding dispute with The School of Dance (TSOD). The trial began on Monday, September 29 and is expected to continue until the end of the following week on Friday, October 10.

Over the years, our supporters have been wonderfully faithful about attending the CCCC's court appearances, to underscore our community's strong commitment to keeping Crichton public, and to establishing our highly-valued community centre on solid ground. Thanks to the assistance of the Friends of Crichton and the ongoing loyalty of our supporters, we look forward once again to a substantial, community presence at the courtroom as the trial unfolds. **If you are able to spare an hour or two in the course of this two week odyssey, your presence at the Court House would be greatly appreciated.** For details, please give the office a call at 613-745-2742 or check our website at www.crichtonccc.ca. Several members of our Board will be testifying as witnesses, and the moral support provided by an audience of friendly faces cannot be overestimated!

In the course of the spring and summer, our legal team has worked diligently to build a solid case supporting the CCCC's claim to a legitimate interest in 200 Crichton, and to marshal the arguments in favour of the CCCC's petition to bring the dispute to a final resolution by means of a judicial sale of the building at fair market value.

As is evident in the extensive coverage of our ongoing and prospective activities elsewhere in this issue, it has been full steam ahead at the CCCC despite the preoccupations of preparing for the trial, and the Centre is humming with activity.

Once again this summer, the Lumière Festival was an outstanding success, shining through the gloom of a soggy evening to attract a crowd of more than 10,000 for the festivities at Stanley Park. Thanks to a grant from the Community Foundation, the CCCC launched a new Lumière outreach initiative with the Centre

Richelieu Vanier Centre which marks the start of a new partnership with that community. Our heartfelt thanks go to our Community Facilitator **Joanne Hughes** for her extraordinary dedication and skill in organizing this popular event, which in its brief five year history has already become a highlight on the Ottawa Summer Festival calendar and a landmark event in the community.

The CCCC program schedule for the Fall of 2008 is packed with a remarkably diverse range of programs for all ages and interests. These run the gamut from an impressive array of Fitness programs (including Fitwoman Boot Camp!) to yoga and meditation; dance and more dance from Afro-Caribbean to Bolivian, Irish, Highland and Ballroom; a new program of music lessons for young children under the auspices of Push Music Industry Arts; a full slate of programs for Infants and Children; visual arts and once again this Fall, Canine Obedience for those of us who are better at loving than at training our dogs. Our rental facilities are also in increasingly high demand.

The new Corridor Gallery, launched last April with the help of a grant from the Ontario Trillium Foundation, is gearing up for a full season of exhibitions planned over the coming months, including two by the members of our resident MainWorks Artists Cooperative; two by students of Canterbury and De la Salle High Schools; an installation by Ottawa Photography X and an exhibition of architectural

drawings by the Royal Society of Architects.

We are hoping that the *Get Together For Girls and Guys*, a groundbreaking and enormously successful program launched at the CCCC to develop the skills and enrich the lives and experience of visually impaired young people, will also be back again this Fall, building on the CCCC's unique core of expertise in this area.

As we actively move ahead with plans for further development on all these fronts, we are seeking ongoing, stable funding support from the City of Ottawa, similar to that provided to many community centres in the city. This will allow the CCCC to make further progress towards its objective of building a vibrant hub for the arts, cultural activity and community life at 200 Crichton.

Needless to say, the future prospects of the CCCC depend critically on the outcome of the court proceedings now underway. The Centre has come a long way since its early days in a single room on the second floor, and it is no exaggeration to say that it would not be operating today, let alone be the thriving operation it has become, without the rock solid loyalty of the community. Our thanks to everyone who has helped to keep our community centre alive and thriving, and as the trial unfolds and decision day approaches, we look forward to your continuing support as we move ahead on what we hope and believe will be a more secure foundation at 200 Crichton.

PUSH Music Industry Arts

Calling all young recording artists in the Ottawa area! PUSH will be rehearsing at the CCCC.

The PUSH MUSIC INDUSTRY ARTS has been several years in the making. The program was created by Sonia Ndongmo, a performing and recording artist for the past 17 years who has performed with some of the biggest names in show business - Nelly Furtado, Ziggy Marley, Colm Feore, Ving Rhames to name a few. Sonia has pulled together a wonderful team of top professionals to answer the question: "What do today's young recording artists need in order to succeed?" The answer: PUSH MUSIC INDUSTRY ARTS!

It's in Ottawa and auditions are September 27, 2008!

This is where you go if you're 10-21 years old, you've got cool song ideas bouncing around in your head, you love being onstage and love to entertain, or if everyone keeps telling you, "You should really consider a career in music."

If you're looking for the opportunity to improve your performance skills overall, study piano or guitar for the purpose of song writing, record your own music, and perform live around the city, come check us out. Audition information and other application forms are online at: www.pushcanada.com.

Original music samples from young artists coming soon...

5th Annual Ottawa Lumière Festival



The 5th Annual Ottawa Lumière Festival took place on Saturday, August 9 in beautiful Stanley Park. Keeping with the tradition of the Lumière Festival, amazing performers showcased their talents throughout the evening, delighting the crowd as the sun fell, and the park glowed with the light of thousands of lanterns.

Community response continues to be very positive with over 10,000 people in attendance, even more surprising given that it was raining for the first hour of the evening. Enchanting lanterns of all shapes and sizes, many of which were created by local artists and members of the community, greeted festival goers. The 2008 entertainment lineup was impressive – featuring many talented and enthusiastic performing and visual artists.

A new project for 2008 was the *Allumez Vanier/Light Up Vanier* initiative. Lumière staff initiated collaborative partnerships with Vanier com-

munity organizations such as Richelieu-Vanier Community Centre and the Vanier Community Service Centre, and produced lantern workshops. Creations from these workshops were featured at the festival. These activities have enriched the Lumière Festival and strengthened the CCCC relationship with community partners.

The CCCC would like to sincerely thank the hard work and enthusiasm of the 2008 Lumière Festival staff, Board, volunteers, and partners.

The Lumière staff included Producer **Joanne Hughes**, Artist in Residence Director **Manon Doran**, Outreach Workshop Coordinator **Michelle Petersen**, In-House Workshop Coordinator **Christos Pantieras**, Volunteer Coordinator **Robin Campbell**, and Production Assistant **Julie Hadley**. This team did an incredible job by pulling together the festival in six weeks, working day and night to get ready for the big event.

Board members **Ellen**

Goodman, Johan Rudnick, Bethann Robin, and Carol Burchill, were dedicated event day volunteers.

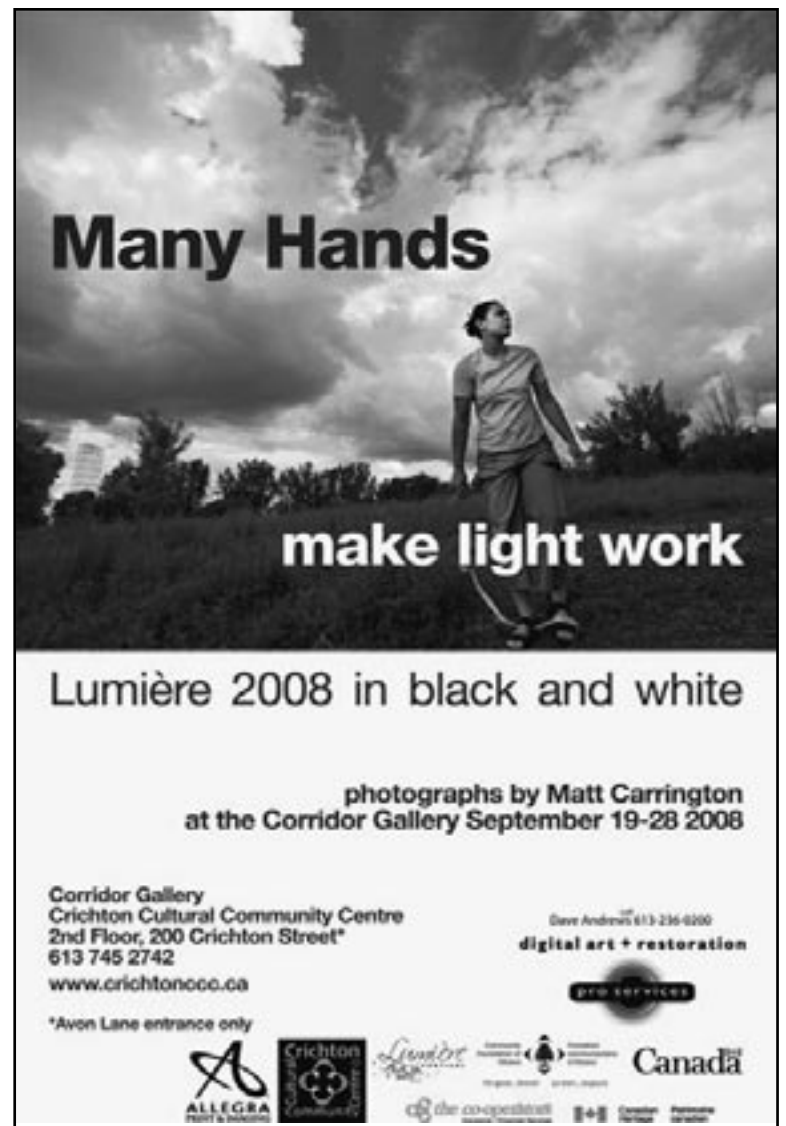
We also would like to give generous thanks for our funders; **The City of Ottawa – Arts, Ministry of Culture and Heritage and the Community Foundation of Ottawa.**

Our collaborators included **Crichton Community Council, St John's Ambulance, Spins & Needles, Manor Park, Ottawa Art Gallery, Embassy of Japan, Governors Walk, Garderie Quatre Saisons, Greenboro Library, La Verendrye Day care, Centre de services communautaires Vanier, Richelieu-Vanier Community Center and Casselman High School.**

The City of Ottawa staff in Special Events, Parks and Recreation, Funding and every other department we contacted was efficient, friendly and responded quickly and without complaint to our every request!

The media were also instrumental in helping Lumière information reach the region. Those were **CBC Radio, The Citizen, The Jewel, Rogers, Metro, CTV, Capital X-Tra, 55 Plus magazine**, and the **New Edinburgh News.**

Finally, from all of us at



Lumière we sincerely thank the Ottawa region for taking such delight in this event, for feeling enchanted, for seeing magic in lantern light, for making their own lanterns, and for attending in costume.

Please feel free to email us

links to your photos – we'll add them to our 2008 Gallery.

Visit the Lumière website at www.lumiereottawa.com for pictures of the event, and to relive the event celebrating the magic and beauty of light.

In the Works at MainWorks

Introducing Anne Alcorn

This month's featured MainWorks Artist is **Anne Alcorn**.

Born in Digby, Nova Scotia, raised in Dartmouth, educated in Halifax and married in Moncton, Anne has strong Maritime roots. So why is she painting trees and not seascapes you might ask? Having spent the last twelve summers at a lake in Quebec, just north of Ottawa, Anne has discovered the source of her inspiration. "When I gaze out of my windows I see nature and all of its elements. On canvas, I try to convey the majesty of the nature that surrounds me."

Anne works mainly in acrylics, which she paints with a strong textural background combined with soft layerings of colour. This creates tension between the trees of her forests and the landscape that embraces them, replicating the yin and yang of nature. The paintings are not of a specific place,

or time, but still communicate a special somewhere that we have experienced, if only in our mind.

Driving to her studio in New Edinburgh from Val des Monts, Quebec each day has left Anne extremely conscious of our diminishing rural and natural habitat. "When my husband and I purchased our cottage, few houses were located along the route to the lake, and now houses populate the entire seven kilometres." Many of Anne's paintings reflect the isolation and quietude experienced amidst natural surroundings. Although the paintings are from within, they are influenced and defined by the visual stimuli from the environment which surrounds her.

Mathematics is also integrated in some of Anne's paintings. "I like to reflect the orderliness of mathematics within the randomness of nature. I have always been interested in math

and I find it quite satisfying to incorporate this into an art form."

A member of MainWorks for the past six years, Anne's work can always be found in her studio, at the top of the stairs on the second floor of the 4C's. She is also represented in Toronto by Canvas Gallery and Gallery 133, as well as Cube Gallery in Ottawa. In fact, she will be having a solo show in the Salon of Cube Gallery, from September 24 to October 19, 2008. You can meet Anne at Cube Gallery during the Artist reception September 28, from 2 to 5 pm. (The gallery is located at 7 Hamilton Avenue, between



Bit of Blue painting by MainWorks artist Anne Alcorn.

Parkdale and Holland).

Anne will also be exhibiting her work during the upcoming annual MainWorks Open House, Friday November 7, 5 to 9 pm, Saturday November 8 and Sunday November 9, noon to 5 pm.

Also In the works at MainWorks: **Frances Caswell-Routhier's** Exhibition "*De l'autre rive*" is

showing at the Bytown Museum from now until November 30. A multi-disciplinary, in-situ installation including photography, drawings and audio components. This exhibition explores the commute of francophone workers; and reveals their modes of transportation within the national capital region, from both the Quebec and Ontario sides of the Ottawa River.

A complementary exhibition, titled "*D'une rive à l'autre*" is being held simultaneously at the Montcalm Gallery in Gatineau on the Quebec shore from September 18 to October 26, 2008.

These funded projects reveal two generations of francophones living face to face on either side of the border.

Gail Bourgeois will be opening her solo exhibition titled, *Strands*, at the IPO Gallery on Thursday October 30. The gallery is located at 110 O'Connor Street, Ground Floor, www.ipogallery.ca.

Crichton Cultural Community Centre

Weekly Programs 2008

Health & Wellness

CARDIO KICKBOXING

Carolle Laliberté
(613) 263-0539
cardio.kickboxing@videotron.ca
or visit ckb.ericlaliberte.com
Monday & Wednesday
6:00-7:00 pm
16 classes (twice/wk) \$125; 8
classes (once/wk) \$70; 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

Alex MacDonald
(613) 748-0870
Monday, Wednesday, Friday
10-11 am
Monday, 7-8 pm
1 class/week \$168,
2 classes/week \$286 (includes a
15% discount)
3 classes/week \$378 (includes a
25% discount)
Late registration available.

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 workout, 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.

FITMOM POST NATAL FITNESS

Cassandra Mactavish
(613)-884-7800
www.fitmomcanada.com
\$168+GST for 12 sessions (rolling admission)

All FITMOM + Baby™ classes include exercises to target all the major muscle groups. Each class concludes with a baby activity that changes weekly. In the course of the session participants will be able to address concerns about postnatal fitness and will receive handouts on relative topics for their interest.

FITNESS SERIES

Louise Lettstrom-Hannant
613-747-1514
golouise@rogers.com
Sharon Collins 613-816-4307
caj_2@sympatico.com

Fall classes run from September 8 - December 15: 14 weeks

Please note that there will be no classes Monday October 13 for Thanksgiving. Register before or after class. We require a minimum of ten participants to run each class.

1 class/week \$ 125,
2 classes/week \$240,
3 classes/week \$345,
Unlimited classes over the 14 weeks \$400.00 Drop in \$12.00.

Early Bird Total Body Work-Out
Monday, Tuesday, Thursday
7:30 - 8:30 am

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
Wednesday, 7:30 - 8:30 am

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.

Fusion on the Ball: Have a Blast!
Monday, 9:00 - 10:00 am

A total body workout using the stability ball, hand held weights and toning bands. This class incorporates cardiovascular work and balance exercises to achieve overall functional strength and core stability. We will end this class with an extended stretch and deep relaxation for the calming of the spirit.

Core Training: Physical Strength Comes from Our Centre
Thursday, 8:30 - 9:30 am

This class focuses on gaining power in the core of our body. Through dynamic movement and concentrated work we will achieve abdominal strength resulting in improved posture. The class has been developed using pilates as well as sports conditioning techniques. The class will end with a complete stretch, leaving you relaxed and rejuvenated!

Stretch: A Delicious Hour of

Release and Relax

Friday, 7:30 - 8:30 am

Start your weekend with a release of your tension as well as relaxing your mind and body. We will begin our Friday morning class listening to soft music encouraging us to move with breath and full body movements. This class will continue with a generous stretch component reaching all of the sections of the body and devoting enough time to attain our full stretching potential. We will end this delicious hour with a total body relaxation. Now we are ready for the weekend!

FITWOMAN BOOTCAMP

Cassandra Mactavish
(613) 884-7800
www.fitmomcanada.com
Mondays, 8 - 9 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.

STOTT PILATES

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
(Tuesday class SOLD OUT!)
Next session: Sept 8 - Dec19.
(No class Remembrance Day.)
1 x week: \$168
2 x week \$286 (includes a 15% discount)
Late registration available.

A neighbourhood favourite for 19 years, this unique class that combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination. Suitable for a wide range

of abilities and ages, the class consists of a warm-up to get the body going, exercises to stretch and strengthen the muscles and a dance section to work on balance and co-ordination. The class finishes with a 10-minute relaxation period, leaving you feeling calm, centered and rejuvenated.

Alex MacDonald has trained extensively as a dancer in ballet, modern and jazz and is a certified Fitness Instructor Specialist with Can-Fit-Pro.

Yoga & Meditation

IYENGAR YOGA

Barbara Young
(613) 728-8647
b-young@rogers.com
Monday, 9:00-10:30 am, *Level 1*
Thursday, 9:00-10:30 am *Gentle*

Iyengar yoga teaches postures, or *asanas*, that bring flexibility, strength and endurance. Awareness deepens as students learn to practice with precision and subtlety, but even beginners can taste the well-being and stillness that yoga brings. Classes build over time, and so no two are the same – though each ends with a period of guided relaxation and inward focus. Come and taste the well-being and stillness that yoga can bring.

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!

ZEN MEDITATION

Theresa Redmond
613-521-1509
theresa.redmond@rogers.com
Wednesday 7:30-8:30 pm, every
two weeks
\$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

SCHOOL OF 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.

BEGINNER BALLROOM DANCE

Stefania Baraniak
(613) 741-5569
ballroomdnc@gmail.com

October 2008

Tuesday 8 - 9 pm
\$60 / person

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 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.

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) 231-1215
suzanne@tayloririshdance.com
www.tayloririshdance.com
Thursday, 7 - 9 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 7:30 - 8:30 pm

The Katharine Robinson School of Highland Dancing offers classes in highland dancing, a traditional Scottish dance form. Depending on their interests and goals, dancers are prepared for annual examinations of the B.A.T.D., competition, choreography and performance.

Music & Voice

MUSIC LESSONS

PUSH Music Industry Arts
613-288-0446
www.pushcanada.com

Lessons designed to help students learn and perfect their instrument as they learn to compose.

Piano Lessons (Megan Parent)
Wednesdays (\$25/wk + GST)

Keyboard Composers Level I
(New or novice pianists)
4:30 - 5:25 pm
Keyboard Composers Level II
(Intermediate level pianists)

5:30 - 6:25 pm
Keyboard Composers Level III
(Advanced level pianists)
6:30 - 7:25 pm

Guitar Lessons (Rene Gely)
Saturdays (\$25/wk + GST)
Guitar Composers Level I
(New or novice guitarists)
2:00 - 2:55 pm
Guitar Composers Level II
(Intermediate level guitarists)
3:00 - 3:55 pm
Guitar Composers Level III
(Advanced level guitarists)
4:00 - 4:55 pm
Vocal Performance Coaching
(Natalie Fraser-Purdy)
Thursdays (\$25/wk + GST)
Modern Vocal Perform. Level I
(New or novice singers)
4:00 - 4:55 pm
Modern Vocal Perform. Level II
(Intermediate/Adv. level singers)
5:00 - 5:55 pm

Refer 3 people and you each receive 15% off for the entire semester (Oct. '08 - May '09)! Pay in full and receive an additional 10% off. Accepted forms of payment: Cheque, Visa, MC.

SIGHT SINGING AND EAR TRAINING COURSE

Marie-Lynne Sauvé
(819) 827-2657 or
mlsauve@videotron.ca
<http://pages.videotron.com/mlsauve>
Sunday 1:30-4:30 pm
(beginner & 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.

Visual Arts

FIGURE PAINTING AND DRAWING

John Jarrett, 613-594-0182
johnjarrett812@hotmail.com
Wednesdays 9:30 am-12:30 pm
\$40 for six classes

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

Infants & Children

BABY SENSORY

Jill Vyse, (613) 830-6690 #1
OttawaEast@babysensory.ca
Tuesday 10:00-11:00 am
\$125 for 10 weeks
Newborn to 13 months
Baby Sensory comes to Ottawa!

NEW EDINBURGH NEWS

These one hour classes are joyful and interactive! Your class opens with music and continues with visual and tactile exploration, ball and bell play, baby signing, massage and we leave time for free play. Each parent and baby joins in at their own pace! Please call or email for registration and questions.

FAMILY ART SMART

(3-6 yrs plus adult)
Michelle Petersen
(613) 265-7955
michelle.est.la@gmail.com
Monday 4:15-5:00 pm
\$80 per child/adult
\$120 per 2 children/1 adult
6 week session - includes all supplies

You and your child will be introduced to different art styles as well as different mediums like collage, gouache, crayons, and plasticine. You'll get a chance to share your work in your own art show. All projects are age appropriate and fun!

Pre registration required.

INFANT & CHILD CPR

(Level 'F')
Erin Shaheen, 613-260-7309
werehip@magma.ca
\$35 per person
Sunday, Nov 30, 9:30-12:30 pm

This Heart & Stroke Foundation course covers CPR for infants, children and adults. Participants receive a course completion card and Heart and Stroke booklet.

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.

MODERN MANNERS FOR CHILDREN®

Cecilia Pita, (613) 244-9535
cpita@savoirfairecanada.com
Saturday 9:30-10:30 am
8 Classes-\$135 +GST

Saturday's program is for children ages 8-12. The program includes the same topics discussed above but goes into greater detail. Email and phone etiquette, common courtesies and respect will also be discussed.

The programs are designed to build confidence through etiquette-filled activities and take home handouts. Classes are limited to 10 children to increase one-on-one instruction.

SAFE PARENT: INFANT & CHILD

Amanda DeGrace
(613) 746-1415, degrace.

An Introduction to Memoir Writing: A Holistic Approach

Every story matters.

Have you ever wanted to write your life stories but didn't know where to start? Do you have stories about summers at the family cottage, backpacking in India, your sister's wedding or your youthful misadventures? Or, are you waiting to write down those small, everyday adventures—like walking the dog, taking the bus, swimming at the Y—that make up who you are? This dynamic 4 week course is an introduction to memoir writing. We will take a holistic approach to writing by including a combination of gentle and modified yoga postures, breathwork and meditation at the beginning and throughout each class as ways to invite contemplation, calm the mind and find

focus as we turn memories into compelling narratives through writing exercises and assignments. Explore and record your life experiences. Share written work in a safe and supportive environment. Anyone interested in writing is welcome. No experience in yoga, meditation or breathwork is necessary. Yoga mats and props are provided courtesy of CCCC.

Dates: Sunday Nov 9, 16, 23 and 30

Time: 10 am to 12 noon.

Location: CCCC, room 307 – 2nd floor 200 Crichton St. Avon lane entrance only

Cost: \$80

Email:

writingandyoga@gmail.com

Blog: <http://bodyandbreath.blogspot.com>

energetics@sympatico.ca

Saturday October 18, 2-5 pm

\$35/individual, \$50/couple

This course details infant and child CPR, choking (conscious and unconscious), bone injuries and breaks, head injuries, poisonings and MUCH MORE! This course is recommended for all parents, ECE, child care providers, grandparents and anyone else who shares their life with a child. We will also look at household safety tips to keep your infant safe.

SPORTBALL

Gloria Hui, (613) 569-5300

Also register online at
www.sportball.ca

Multisport (3-5 year olds)

Monday 12:30-1:30

Tuesday 10:00-11:00

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. Programs are carefully designed to focus on the child's gross motor development. Through creative instruction, customized sports equipment, and positive encouragement, children develop balance, strength, co-ordination, stamina, and timing. Programs for pre-school and primary school children are held once a week for one hour.

Canine

CANINE OBEDIENCE

Chantal Mills
613-296-dog-e (3643)
dog_trainer@rogers.com
www.ottawak9school.com
Sunday 10 am - 1 pm
Tuesday 7 - 9 pm

Basic Canine Obedience

Chantal's says "my goal during the Basic Obedience course is to develop the willingness in your dog to follow you. You want your dog to be obedient with an enthusiastic attitude!"

Private classes available.

CCCC Office:

Joanne Hughes
#307-200 Crichton
Ottawa, ON K1M 1W2

Phone: 745-2742
Fax: 745-4153
cccc@bellnet.ca
www.crichtonccc.ca

For more information about the Centre call 745-2742.

To register for a specific program please call the instructor.



New in November: The Doodle Arts Festival is Born!

CALL FOR SUBMISSIONS

If you can make a mark, a scratch OR scribble – it's a doodle! Send it to the Doodle Arts Festival... it may even win a prize!

Organizer **Aimee Britten** hopes to hold the brand new Doodle Arts Festival (DAF) at the Crichton Cultural Community Center, (entrance only at Avalon Lane), starting Friday, November 28, 2008. Artists of all kinds, all ages, amateur and professional, are invited to get together for a great big party that will also be a fundraiser for community projects.

"As far as I know, this Doodle Arts Festival will be the first Doodle Arts Festival in the world!" says Ms. Britten. "The goal is to create a groundbreaking event that criss-crosses art forms with fun and playfulness. We want this event to have easy access and participation by everyone in the community."

"Everyone who hears about the festival, loves the concept. It's causing excitement."

Rules for Doodles

According to Britten, there are no rules.

"Doodles are fun, and they

are everywhere. They appear with spontaneity from the magic of imagination. Whether free-style, brooding and melancholic or sparkling, funny and satirical, doodles appear in many shapes, colours, sizes and on just about "anything." Doodles are honest expressions of imagination and they infect all arts – from paper to film. The Doodle Arts Festival celebrates the infinite variations, random delightful spontaneity of doodles.

Everybody Doodles!

Send your best and worst doodles – share them with the world!

This festival is aimed at getting everyone to have fun with the arts and celebrate the inner artist in themselves and others. All doodles of any kind on any portable materials are welcome and encouraged.

Lots of fun activities are planned, including:

- A great exhibition of Doodles of all kinds
- The Oodles of Doodles Competition with prizes
- Artists of various kinds, exhibiting and selling their works

• Films and Abstracts and Surprises

• Lectures and Workshop Presentations on Doodle-Drawing, the role of doodles in all aspects of life, and the role of doodles in film, books and other arts.

• Special classes by art lovers and teachers like **Cristian**

exhibits and sale

• And more, including the big reveal of Competition Winners, for various categories including Best in Class Doodle and the Biggest Doodler!

Visit the Doodle art Festival for fun, giggles, wholesome family entertainment and incredible art – generated from the heart and from the soul.

The Crichton Cultural Community Center -- filled with resident artists, the MainWorks Artist Cooperative, musicians and performing arts enthusiasts -- is a wonderful venue and backdrop for the world's first Doodle Arts Festival!

Send your doodles. Enter the Oodles of Doodles Competition. Come make a doodle. Come and buy a doodle! Discover secret

doodlers -- your family, neighbours and friends ... Anyone who has ever made a doodle can be an official DAF doodler! Whether a simple squiggle or a fancy concoction of fantasy and playfulness... we want to see your doodle or bunches of doodlers... the world wants to see!

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According to Ms Britten, a doodle represents the true artistic freedom of expression in all its glory. "Much maligned, and usually ignored as an art form... the doodle refuses to be ignored. It sneaks up unexpectedly and bursts into life spontaneously, in all the oddest of places. Anywhere and everywhere... A doodle is perfectly at home."

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Elementary Etiquette

By Cecilia Pita

The frog legs are coming! The frog legs are coming! Imagine: An impeccably dressed eight-year-old girl sitting down to dinner in a fancy French restaurant with her parents. While the owners and staff fawn over the girl for being so seemingly well behaved and dressed up, she's ready to throw a fit of epic proportions. She's worried that daddy dearest has just ordered frog legs—the restaurant's specialty and a true delicacy—and he's going to make her taste them. Sure, she has grown accustomed to visiting restaurants and trying new things, but the thought of one of those slimy little creatures finding its way onto her plate is just too much. And, there's poor daddy, excitedly telling her what a lucky little girl she is! Lucky? Oh sure, she wouldn't have to eat a whole leg if she didn't want to, he said. But, she would have to at least taste it. That was always the rule.

I did taste the frog legs and if you must know, I didn't make too much of a fuss that night. To be perfectly honest, I quite enjoyed it. But, this was probably one of my very first lessons in etiquette: Never share your dislikes for certain foods, cringe at the dinner table as you may offend the host or chef, and always taste a little of everything on your plate.

This is just one of the many

things I try to teach children in my manners classes. Children as young as four learn how to address others, introduce themselves, shake hands, and conduct themselves at the dinner table. Although these are topics that I also teach adults, I think it's important to introduce awareness of them at a young age.

I use interactive activities to engage children and give them little homework assignments they can share with their family. I also like to incorporate the notion of consideration and thoughtfulness into the activities. Etiquette is about rules but at its core, it's about how we treat one another.

Saturday's program is for children ages 8-12. The program includes the same topics discussed above but goes into greater detail. Email and phone etiquette, common courtesies and respect will also be discussed.

The programs are designed to build confidence through etiquette-filled activities and take home handouts. Classes are limited to 10 children.

For more information about my classes and seminars, please email me at cpita@savoirfairecanada.com or call me at 613-244-9535.

Modern Manners for Children® at the CCCC

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Rockcliffe Revisited

Opening Saturday, October 25. An exhibition of over 60 photographs by **Neville Poy**. This is your opportunity to see the streetscapes, stately homes and ambassador's residences of Rockcliffe Park. Also featuring views of Rideau Hall, the Rockeries, McKay Lake, and Beechwood Cemetery.

Dr. Poy provided a number of images for the book *Rockcliffe Park: A History of the Village*, by historian **Martha Edmond**. Many of those featured in the



The Manor House, the Papal Nunciature, 724 Manor Avenue. Photo by Neville Poy.

book, and numerous others, will be on view and for sale.

The public is invited.

Rockcliffe Park Community Hall

380 Springfield Road
October 25 & 26
10 am - 5 pm

The Corridor Gallery at the CCCC

2nd Floor – 200 Crichton St,
Avon Lane entrance only
October 27 - 31, 10 am - 6 pm

The exhibit is presented by the Rockcliffe Park Resident's Association and sponsored by Jane Davis of Faulkner Real Estate Limited, John Wallack of Wallack Galleries and Epicuria.

Join us for this unique event! Meet the photographer and author.

There will be a presentation by Dr. Poy and Martha Edmond on Saturday, October 25 from 11 am to 12 noon.

For more information see www.Rockcliffepark.ca.

Thank You to Our Sponsors

The Crichton Cultural Community Centre (CCCC) would like to thank the following businesses for their contribution to the 2008 Lumière Festival.

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- Physical Therapy Institute
- The Beauty Mark

With the help of local sponsors such as these, we were able to make this year's festival our largest yet. These local businesses should be congratulated as their contributions make up a third of Lumière revenue. This revenue allows us to help pay a living wage to local performers and artists and a by donation activity,



ensuring that it is accessible to all!

The Lumière team would encourage you to shop locally and let these community members know that their support is appreciated!

Extra thanks:

Evan Lee, The UPS Store – no matter how rushed a job or what format he receives it in, Evan always provides efficient and friendly service, often spending extra (and unbilled) hours ensuring that the finished product is perfect.

Morna Paterson, Celadon – Morna's enthusiasm and

excitement about Lumière was much appreciated. I can highly recommend her beautiful and relaxing salon & spa!

Tracey Black, Epicuria – Tracey generously catered a Lumière staff luncheon providing Grilled Maple Hoisen Chicken, Asian Noodle Salad, Vegetable Slaw, and a beautiful Chocolate Cake embellished with the words Thank You. The entire team was thrilled to share this delicious meal as we discussed plans for next year.

Andre, Arturo's Market – Andre returned this year with a delicious BBQ. Andre's tasty and fresh food received great feedback from festival attendees as was apparent when he sold out before the festival ended!

Paul Williams of the New Edinburgh Pub saved the day by agreeing to host the Lumière banner on the Pub balcony.

Gina Becker of Bridgehead has supplied staff and coffee to Lumière annually and then donated all the proceeds from coffee sales to the festival!

Finally, welcome to some brand new businesses who came on board to support the festival – **Linda Meek of Governor's Walk Retirement Residence**, **Ross & Simon Fraser of the Fraser Café**, **Walter Hoekstra of Jani-King**, **Paul Bouchard of Papa Low'ins Cycle Shop**, and **Marc Clement of Jolicoeur**

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THE SCENE

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SIGNATURE DISHES

- Pan-seared sweetbreads with Vermouth and St. Augustine honey
- AAA filet mignon with five-peppercorn sauce with Armagnac and Roquefort butter
- Duck confit spring roll with caramelized onions, cassis syrup and exotic fruit salsa
- Trio of crème brûlée: basil, mango and lychee, rum and blueberry

For the Birds



By Jane Heintzman

The summer of 2008 has disappeared at lightning speed, and birders have barely had time to draw breath between the mating and nesting seasons and the Fall migration, which is now well underway.

June 2008

During the month of June, our garden was full of bird life with the usual suspects busily congregating at our feeders and foraging for insects in the cedars. The regulars included **white breasted nuthatches**, **American goldfinches** (by the dozen), **house finches**, **song sparrows**, **chipping sparrows**, **robins** (including a nesting pair) and our resident **cardinal pair**. In my dog-walking rambles, I also regularly encountered a pair of **gray catbirds** nesting in the shrubbery along Sussex Drive close to the entrance of the Prime Minister's residence.

Not far along the same stretch of Sussex on a sharp slope down to the Ottawa River, on several occasions I spotted a group of **American redstarts** flashing their bright orange and black plumage as they flushed their insect prey from the dense foliage. The redstart, often referred to as "the butterfly of the bird world", is a member of the warbler family. Young males start out life with the less flashy gray and yellow plumage of the female redstart, usually not acquiring the bold black and orange of the adult male until their second fall. The redstart's piercing "wee-see, wee-see, wee-see" song (which initially tipped me off to its presence in the ravine)

is a distinctive series of high notes with a noticeable accent on the end note.

At roughly the same spot on Sussex Drive, I watched four **Great Blue Herons** rise languidly up from the Ottawa River, possibly emerging from a rookery on the Quebec side. Other additions to my June bird list included several **mallard pairs** on the Rideau, a young **common merganser**, several **double crested cormorants**, a flock of adolescent **Canada geese**, a **blackpoll warbler** (female) nesting along Princess Avenue by the Rideau Hall Fence, a **cedar waxwing**, a **golden crowned kinglet**, several **black ducks** and a **common loon**, heard (though not seen) in the middle of Rockcliffe Park.

July 2008

For most of July, I was fortunate enough to be back in the Georgian Bay area where the bird life was endlessly interesting and varied. The majority of the **osprey** nests were active this year, and our own was inhabited by a single chick which we observed closely as it developed through the month. It ultimately fledged in early August after a dramatic flying lesson from Mum and Dad, who careened around on either side of it, screeching until its technique was perfected.

Among the other regulars on our July birding roster were the ubiquitous **red-eyed vireos**, **song sparrows**, **white throated sparrows**, **chipping sparrows**, **black capped chickadees**, **Eastern Wood Pewees**, **Eastern phoebes**, **common loons**, **double-crested cormorants**, **ring-billed gulls**, **herring gulls**, **Arctic terns**, **black ducks**, **mallards**, **common mergansers** (including an enchanting procession of close to 20 ducks, gliding along behind Mother like the tidy crocodile formations of schoolgirls in Ludwig

Bemelmans' *Madeline*), and **great blue herons** who turned up in significant numbers. The **wood thrushes** were also back this year, and I made a point of a daily pilgrimage to the small bay where they were nesting to have the pleasure of hearing their wonderfully musical, fluty songs. It was a mournful day in mid-August when their piping was silenced and they headed south for the winter months.

Thanks to a robust insect population this year, including a full-fledged infestation of gypsy moth, the warbler and flycatcher populations were correspondingly large. In addition to the usual cast of characters from the warbler family, including the **yellow-rumped (myrtle)**, **yellow, common yellow-throat**, **black and white**, **magnolia** and **pine warblers**, we observed a number of new warbler visitors this year, notably the **worm-eating warbler**, the **bay-breasted warbler** and the **ovenbird**.



Worm-eating warbler.

Perhaps the most distinctive characteristic of the **worm-eating warbler** is its song, a mechanical one-note trill closely akin to the sound of a sewing machine. As I watched one of our resident pair in the trees behind our cottage, its whole body vibrated as it produced this extraordinary drilling noise, perhaps in the throes of digesting a hearty meal of the gypsy moth caterpillars which were decimating the foliage of our oak trees. While it is non-descript in comparison to many of its warbler cousins, the two black stripes

on its head, and black stripe through its eye make it readily identifiable.

The **bay-breasted warbler** is another avid caterpillar eater whose populations apparently rise and fall with the incidence of infestations. It is closely related to the **blackpoll warbler** and hybridizes with its **blackpoll**, **yellow-rumped** and **blackburnian** cousins, so if you find warbler identification a special challenge, there may be a very good reason! The bay-breasted is a fairly large warbler (5 1/2 inches) and the male has a black face, deep chestnut-coloured breast and sides, two white wing bars and reddish flanks. (Predictably the female is somewhat less boldly coloured, with a dull olive green head.) Once again it was the song of this species - a high-pitched buzzing "seetzy, seetzy, seetzy" which I thought at first was a bat or an insect - that tipped us off as to its identity. Bay-breasted populations have declined markedly in recent years because of widespread spraying to eliminate spruce budworm, combined with loss of its winter forest habitat in Panama and South America.

The **ovenbird** is a well-known inhabitant of the Georgian Bay area, often difficult to spot but easy to identify through its noisy "teacher, teacher, teacher" call. For the first time this year, ovenbirds turned up in large groups on our small island, busily foraging in the pines and often on the ground for our abundant insect population. While their markings are not especially noteworthy, they have an orangey crown bordered with black stripes that distinguishes them from other warbler species. The bird gets its name from the shape of its nest, which is a covered structure with a dome and side entrance closely resembling a Dutch oven.

By comparison to the skittish warblers which are often difficult to spot in the dense foliage, the **great-crested flycatcher** is a tree-top hunter which sits clearly exposed in the tops of trees, almost as if posing for a photograph. The bird has a bright yellow belly, an olive-brown back, a long tail and an endearing fluffy crest which sticks up prominently when it is excited by the presence of prey or a threat to its territory. The great crested flycatcher's nests often contain snake skins and other crinkly materials like plastic wrap or cellophane, and indeed we did find several discarded snake skins around the island this year, so it's entirely possible that we played host to a nesting pair.



Photo: Lloyd Spitalnik
Ovenbird.

August 2008

As always, the month of August was marked by a dramatic decline in bird song, although the population of song birds remained relatively stable. The exception to this eerie quiet was the raucous call of the **blue jay** which was in evidence everywhere here at the Bay, along with its cousin the **gray jay** or "whisky jack". Until late August, many of our resident warbler species were still around, often congregating in the low shrubbery at the water's edge in the late afternoons to forage for insects. In addition to the **worm-eating** and **bay-breasted warblers** and **ovenbirds** who continued their valuable bug-consuming activities on our island, we spotted **pine warblers**, **yellow warblers**, **yellow-rumped warblers** and **magnolia warblers** in our paddles along the shorelines of larger islands.

Our new sightings in August included several **spotted sandpipers**, a **pine siskin**, large groups of **American goldfinches**, a female **ruby throated hummingbird** (which, incidentally, has a white throat), **turkey vultures**, a **broad-winged hawk** and two very large **common ravens**, one of which greeted us not only with its accustomed deep-throated "gronk", but also with a succession of much softer, almost musical crooning sounds, as he kept vigil on the top of a dead tree. While we never actually sighted this small, brown fellow, we tentatively identified the song of a **winter wren** along the shore of the neighbouring island. The wren's song is a long, melodious series of trills and twitters that we were able to check out using our new cottage 'bible', the *Stokes Field Guide to Bird Songs: Eastern Region*, a set of three Audio CDs which are invaluable aids to bird identification. (Interested readers can get hold of the CDs at **Wild Birds Unlimited**, 1500 Bank Street.)

On two occasions in August, (both were days of low pressure and unsettled weather), our tiny island was suddenly inundated with swarms of birds arriving en masse and departing abruptly a couple of

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hours later. Within the space of about 10 minutes on August 8, I observed a large group of **yellow rumped warblers**, a flock of **American goldfinches**, a **worm eating warbler** pair, several **hairy woodpeckers**, a pair of **Northern Flickers**, **chipping sparrows**, **ovenbirds**, **pine warblers**, **white throated sparrows**, and a large mixed flock of **cedar** and **bohemian waxwings**. I had a similar experience on August 17 with a slightly different cast of characters, including: **red-eyed vireos**, **yellow, worm-eating and pine warblers**, **least fly catchers**, **brown creepers**, **ovenbirds** and a gorgeous **yellow throated vireo** two feet from our back door. The previous evening I was awakened by the call of a **Boreal Owl**, a lovely long series of rapid, whistled "hoo's" which carried across the water from its roost on a nearby island. What a day!

Reports From Our Readers

Local birder **Edwin Daudrich** reported an astonishingly long and interesting list of the birds he observed in early summer, including no fewer than six different species of sparrow. (If you are like me and have immense difficulty sorting out the members of the **sparrow family**, check out the McGill Bird Observatory website which has many helpful tables of the fine distinctions among sparrow species: www.migrationresearch.org/mbo/id/sparrows.html) In the Mer Bleu area, he encountered **yellow-bellied sapsuckers**, an **American bittern**, a **common yellow throat warbler**, a **chestnut-sided warbler**, a **Lincoln's sparrow** (quite hard to distinguish from its song sparrow cousin), a **Virginia rail**, a **belted kingfisher**, a **gray catbird** and a **purple finch**.

In the area south of the airport, he spotted a **grasshopper sparrow**, a **field sparrow**, a **clay coloured sparrow**, a **savannah sparrow**, **wild turkeys** (adults and chicks), a **bobolink pair**, an **Eastern Meadowlark**, a **Vesper sparrow**, a **brown thrasher**, a **red-breasted grosbeak**, an **Eastern Kingbird** (an especially aggressive flycatcher which we profiled last October), an **Eastern Bluebird**, a **House Wren** and a **Black-billed cuckoo**. The **Black-billed cuckoo** was a particularly exciting find, as they are extremely secretive birds and more often heard than seen. They are voracious caterpillar eaters and during the breeding season, the male of the species vocalizes throughout the night, filling

the air with its distinctive "cu-cu-cu-cu, cu-cu-cu-cu" call.

Mr. Daudrich added still more species to his June/July birding log on an expedition in the Armstrong Road area where he spotted an **American Kestrel**, **bank swallows**, **barn swallows**, **tree swallows**, **turkey vultures** and a number of beautiful **Eastern bluebirds** around their nesting boxes.

Later in the summer, he came across a **spotted sandpiper** and a **green heron** at the Giroux Quarry Ponds (east end of Innes Road); a **Northern harrier** on Armstrong Road; a **ruby throated hummingbird** and an **ovenbird** at Britannia Bay and a **black swan** on the Ottawa River. Mr. Daudrich notes that birding in the late summer and early Fall is a special challenge due to the number of immature birds, many of which are of indeterminate plumage and impossibly difficult to identify, combined with the fact the adults are no longer sporting their breeding plumage and are often beginning to look somewhat scruffy after the rigours of producing and raising one or two broods of young.

Philip MacAdam of Alexander Street spotted a **Baltimore oriole** in his garden this summer, and has been listening to the hungry cries of a very late brood of **Northern cardinal** babies in the cedars outside his window. (Cardinals can have as many as two or three broods in a single season.) Philip also reports that **goldfinches** and **house finches** have been regular visitors to his feeders.



Artwork: Mike Leveillé
Rail family at Macoun Marsh.

In addition to the **boreal chickadees** and **common loons** which she encountered at Opeongo Lake in Algonquin Park, **Isabel Glasgow** paid a visit to the **Wild Bird Care Centre** this summer and managed to spot an impressive list of species in evidence at the Beaver Pond next to the Centre. These included a **cedar waxwing**, a **kingfisher**, a **fox sparrow**, a **grebe**, a group of gregarious **black-capped chickadees** who fed directly from her hand, and a small flock of unidentified birds resembling the **lark buntings** of the Great Plains (bobolinks, perhaps, or

immature red-winged blackbirds?) For more information on the work of The Wild Bird Care Centre, see Isabel's article accompanying this column.

My friend **Charles Crichton** reports that the **common nighthawk** population in Lowertown has been on the decline recently due to the loss of the nighthawk's nesting habitat, where plastic membranes on the flat roofs have replaced tar and stone and affecting the nighthawk's ability to lay eggs. The nighthawk, or "bullbat", is well known for its dramatic display dives, accompanied by a booming sound made by the bird's wings. These acrobatics are performed during the mating season, as well as while on the hunt for prey or in the protection of territory.

Manor Park naturalist **Dave Collyer** reports a lengthy list of interesting sightings in the course of the summer including large numbers of **American redstarts**, **yellow warblers** and **warbling vireos**. Other notables included **chestnut-sided magnolia** and **yellow-rumped warblers**, a **Great Blue Heron** at Mackay Lake, numerous **red-winged blackbirds** in the marshy areas, **pileated woodpeckers**, **great crested flycatchers**, **Baltimore orioles**, and a **black-crowned night heron** which he was able to observe close up at Mackay Lake. Dave also sent in a reminder to spread the word that it's time to get our feeding stations cleaned up, filled and installed so that wintering birds can become familiar with their locations.

Birder **Vick Metcalfe** spent the last part of the summer on the south shore of Nova Scotia at Medway Bay where she spotted an impressively long list of species recorded in an article accompanying this column.

News from Macoun Marsh

Mike Leveillé reports that the Macoun Marsh has recently been home to a resident **Great Blue Heron** as well as to a family of **Virginia rails**. While Mike had no difficulty getting the heron to pose for a close up shot, the secretive rail family was trickier to capture and in the end, Mike opted for a different medium, painting wonderful images of the rails on the wall of the outdoor classroom (See his handiwork in the accompanying photo). The Virginia rail is a bird of freshwater marshes that is beautifully adapted to its life of slinking through the weeds in search of insect larvae, frogs, fish and small snakes. It has a compact, chicken-like body, long toes, flexible vertebrae



Photo: Mike Leveillé
Tame Great Blue Heron at Macoun Marsh.

and a very long bill, and is able to swim under water to escape predators.

As I sign off this column in

The Wild Bird Care Centre

By Isabel Glasgow

The Wild Bird Care Centre is an organization that takes care of orphaned and injured birds. It's located on Moodie Drive by the Sarsparilla Trail. When you go inside, there are rooms where lots of different birds fly around. The staff there are friendly and treat the birds with great care. They have many different species; all brought in by kind citizens. You can even volunteer here! The birds are treated well with rooms that fit their natural habitat.

early September, the Fall migration is now well advanced, with the majority of the cheerful warbler family now en route for their winter haunts. Wintering birds such as **black-capped chickadees**, **American goldfinches**, **Northern cardinals** and many members of **sparrow** community are still very much in evidence however, and if recent years are any guide, many species of **ducks** will be around on the Rideau for many weeks to come. For a fascinating summary of the whole phenomenon of bird migration, check out www.wbu.com/education/birdmigration.html. And please don't forget to send in your reports on sightings of Fall migrants for our December issue!

If you would like to donate to them, their mailing address is:

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You can also e-mail them at mojo@wildbirdcarecentre.org. You can even visit their website at www.wildbirdcarecentre.org. The centre is a great place to visit! While you visit, bring some bird seed on the trail. The chickadees land right in your hand!

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Birding in Nova Scotia

By Vicki Metcalfe

We spent a few weeks in August on the edge of the Medway River estuary near Liverpool on the South Shore of Nova Scotia. There are varied habitats - open water, tidal marshes, and mixedwood forests - within sight of the cottage, and broad sand or rock beaches and mudflats close by. The birding has been good, both improved and complicated by the start of Fall migration. Here's our list, with varying degrees of certainty:

On the saltwater estuary: Five female **mallards** nosing around the reeds, groups of female and immature **common mergansers** (ambling in fives, sixes and sevens up to 15 at a time), **great black backed** and **herring gulls**, **cormorants**, **bald eagles** (two of which were devouring their breakfast on a rock nearby), **osprey** (including one that flew over my head with a fish in its talons and sat on a nearby tree), and **loons**.

In nearby woods and roads: Dozens of **goldfinch**, **mourning doves** and **pigeons**, **chickadees**, **dark-eyed junco**, **palm** (and maybe **pine**) **warblers**, and **yellow-rumped warblers** were spotted. **Red-eyed vireos** and an **owl** were heard. Also seen were **crows**, **ravens**,

kingfisher, **song sparrows** and possibly a **Nelson's maritime sparrow**, **swallows** (I think **tree** and **bank**), **white-breasted nuthatch**, **yellow-bellied sapsucker**, **olive-sided flycatcher**, **cedar waxwings**, **blue jays**, **robins**, **crows**, a **hummingbird**, and a small quick reddish-brown bird that flashes white tail edges as it flies up from the edge of the road - **vesper sparrow**? There was also a pair of **pileated woodpeckers** that I surprised at the end of our laneway, only a few feet off the ground, and a turkey vulture on the road to the Fundy shore.

On the beaches: **American black ducks**, **yellowlegs** (greater and possibly lesser), a single **ruddy turnstone**, **pip-ing**, **black-bellied** and **semi-palmated plovers**, **least** and **semi-palmated sandpipers**, **Sanderlings**, **great black-backed** and **herring gulls**, **great blue herons** (including one struggling to eat a snake), **common terns**, and the very rare **roseate tern**.

p.s. Earlier this summer I discovered that there's pretty good birding on the Rockcliffe Air Force Base lands: **indigo bunting**, **yellow warblers**, **goldfinch**, and a **Baltimore oriole** among others.

VII "Econoclastic" Economics 101

By Hugh Robertson

Editor's Note: Local environmentalist Hugh Robertson is the author of a series of articles on Climate Change which have appeared in the previous six editions of the New Edinburgh News, and which are posted on the community website at www.newedinburgh.ca. The current article, *Econoclastic Economics 101*, is the first in a two part series exploring the intimate connections between the environment and the economy; an economy which is based on continuous growth fuelled by a pattern of ever-increasing and unsustainable consumption. His appeal for recognition of the urgent need to address this pattern of unsustainable consumption, and to reduce our "eco footprint" as individuals and as a society, offers a clear theoretical foundation for environmentalist David Chernushenko's "Living Lightly" project, and for his inspiring film "Be the Change" which will be presented to the community this Fall by the NECA Environment Committee and a number of other community groups in our area.

Part 1

In recent years the environmental debate has focused increasingly on the growth of green-

house gases and their impact on climate change. Climate scientists and climate skeptics battle one another over whether we will hit an irreversible tipping point when atmospheric carbon dioxide levels reach 400 or 600 parts per million or whether it will be a 3 degree

consuming resources and creating waste well in excess of the regenerative capacity of the earth. Canada has overshoot nature's biocapacity four times - in other words, if everyone lived at our level of material consumption, we would need four planets.

Dominant in our western economic ideology is the notion of constant growth and perpetual progress and prosperity.

or a 5 degree rise in global temperatures that will catapult us into climate chaos. Others even question the notion of anthropogenic (man-made) climate change.

In the heat of the debate, we forget that rising atmospheric greenhouse gases are simply a symptom of a system out of balance at ground level. In the short term, it is our ecological footprint (which measures our "ground level" activity) rather than our carbon footprint (which measures our greenhouse gas emissions) that will drive changes in our economic system.

Our ecological or "ecofootprint" represents the amount of land and water required to provide both the resources that we consume and to eliminate the waste that we create. As a global society, we are now

The resources of the planet are not only finite, they are also held in an intricate balance best described by James Lovelock as the Gaia theory. An economic system is only sustainable if it operates within this balance. The old adage may be trite but it is true: the economy is a wholly owned subsidiary of the environment. If we interfere with nature's balance by destroying biodiversity and by polluting our water, land and air, we will unleash cascading natural failures that will first decimate economic life before devastating our civilization.

Ecological exploitation has destroyed societies in the past. Ronald Wright and Jared Diamond have chronicled the demise of the Easter Islanders and the Mayans who, by ransacking their resource base, doomed their civilizations. As recently as 1975, the Club of Rome warned us that we risked exceeding the carrying capacity of nature unless we curbed our rapacious consumption. Unlike earlier isolated societies, the destructive power of contemporary global consumerism could take down the whole planet.


It is debatable whether we have yet hit any irreversible tipping points in resource depletion or atmospheric carbon dioxide. We have certainly hit - and possibly surpassed - peaks in oil, natural gas, fresh water, arable land, clean air and forests. We have probably passed the tipping point for most edible fish stocks worldwide. The Atlantic cod fishery, for example, has moved from the geography to the history textbooks in the short space of two decades.

In the economic euphoria and the steadily increasing standard of living for many during the past two centuries, certain myths and values have ingrained themselves in the conventional wisdom. In the west particularly, these beliefs have almost become part of our genetic make-up. The major



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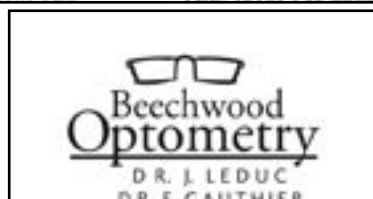


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question now is what impact the impending environmental changes will have on these iconic economic beliefs.

Dominant in our western economic ideology is the notion of constant growth and perpetual progress and prosperity. But present economic growth rates, exemplified by our expansive ecofootprints, far exceed the biocapacity and the regenerative resilience of nature. We are no longer living off nature's interest, we are eating into nature's capital. Deficit financing does not operate in the natural world and there are no vulture funds to rescue floundering companies. We, the planetary shareholders, have hit nature's bottom

because spending has become such an integral part of our culture. Even politicians remind us that it is our moral duty to shop.

Consumption is destructive both in the scarce resources that it uses and in the waste that it creates. It is estimated that 90 percent of our consumer purchases are in a landfill within 12 months. Not even "green consumerism" is a panacea because, as recent studies have shown, "greenwashing" camouflages many of the detrimental effects of so-called "green" products. Furthermore, "green consumerism" is still consumerism; it only comforts our conscience.

mental crisis to fundamentally change our unsustainable consumption.

Growth, consumption and environmental degradation are closely correlated with income. A recent study by the Canadian Centre for Policy Alternatives demonstrated empirically what has always been suspected: our oversized ecofootprints are a function of income. The richest 10 percent of Canadians have an ecofootprint that is two and a half times the size of the poorest 10 percent. Another study from the Center for Economic and Policy Research in Washington quantified the relationship between work and the environment. The longer

of our natural legacy – the source of all economic wealth – for future citizens. We look to our politicians for principled leadership and for vision and courage – often in defiance of our own short term interests. We expect them to articulate and foster the moral and ethical imperatives that shape and sustain vibrant societies.

We are in the midst of a federal election surrounded by environmental crises that are rooted in our footprints: increasing frequency and intensity of hurricanes, the death spiral of the polar icecap and rapidly rising atmospheric levels of carbon dioxide. Previous governments of all stripes pontificated endlessly on the emerging ecological crisis but undertook little concrete action. The planet

can no longer afford political myopia. The crucial question in this important election is whether we, the grassroots voters, will ask the tough questions that will drive changes in environmental policy.

We cannot allow the pollsters and the politicians to separate and juxtapose the "economy" and the "environment" as opposite and alternative election issues: that is Orwellian doublespeak. The economy and the environment are inseparable and polarizing them for political purposes is a phony and reckless strategy. On these and other environment related issues, we must question and challenge our political parties relentlessly. As the proxies for unborn generations, we have no other choice.

Modern governments have assumed a powerful and intrusive economic role and a variety of tools allows them to influence the direction of the economy. But governments also have an overriding responsibility to act as the custodians of our natural legacy – the source of all economic wealth – for future citizens.

line and the question is now how we stave off ecological bankruptcy.

As a global society, it is imperative that we confront both the idolatry and the ideology of economic growth. Growth underpins our values, our assumptions, and our lifestyles – it has even bred a sense of entitlement. Our challenge will be to build a stable state economy that operates within the sustainable limits of nature. The challenge is daunting because the growth imperative is deeply embedded in our political economy and in our minds.

We cannot scale back our economic growth rates unless we curb consumption. Growth is fuelled by consumption and both feed on nature's limited resources. Changing the consumption habits of North Americans will not be easy

It is only in the past century that "consumption" has shed its negative image and become a central iconic feature of our economic culture. It was once used as a synonym for tuberculosis and dictionaries still define "consume" as "to destroy, waste, or spend." The excessive lifestyles of the wealthy elites in earlier years were often referred to derogatively as "conspicuous consumption."

What will change our destructive consumption patterns? It is unlikely that governments or corporations will lead the offensive. Will it be individual self-restraint or will excessive consumption, like smoking, soon become unacceptable as a measure of social standing. It may fall to that prominent driver of change – increased prices due to resource scarcity – or it may take an environ-

Americans work, the more they earn and the more they consume with a commensurate increase in their ecofootprints.

If socio-economic factors, like income and lifestyle, can have such negative ecological impact on the common wealth, should society impose constraints? Do we allow a wealthy minority to commandeer the commons to the disadvantage of the majority? Attempting to resolve income disparity is sensitive territory in our mixed market democratic system with its delicate balance between individual and collective rights.

Modern governments have assumed a powerful and intrusive economic role and a variety of tools allows them to influence the direction of the economy. But governments also have an overriding responsibility to act as the custodians

Boosting Beechwood Avenue

By Marilyn Hart

Responding to 'Troubles in Paradise'

In the last edition of the New Edinburgh News, our intrepid commercial reporter, Jane Heintzman, bemoaned, as others have done before, the fact that Beechwood Avenue, our village Main Street, has somehow not quite reached its potential. Why is it not as buzzing as Westboro Village, or even what is now called Old Ottawa South?

You may recall, a few years ago that Jane Thompson, a local architect, spent months, if not years, trying to galvanize action through specific design ideas to improve the fortunes of Beechwood Avenue. This evolved into a full two-year long study known as the Beechwood Community Design Plan, which was finalized in September 2006. New zoning bylaws, new permitted building heights and design guidelines, were established for both sides of the street. I myself sat on the Steering Committee for this study as a representative from South of Beechwood. More on this later.

Having thought a great deal about Beechwood, and being a

veteran urban planner, I would like to offer up some of my comments. Why are there so many vacant stores? Why are some properties so dilapidated? Why aren't there more people on the streets in the evening? Why do our favourite stores leave?

The rights of private property owners

In a free enterprise capitalist country such as Canada, commercial property owners have a right to do what they wish with their properties; charge what commercial rents they like, and lease to whomsoever they wish, within the bounds of municipal zoning bylaws. For example, takeout, vehicular-oriented food outlets are prohibited now on most Main Streets in Ottawa. Most other commercial activities are fair game. We should be grateful that Beechwood is not the home of pawn shops and pizza parlours, tattoo salons and betting shops. Leaving a store vacant for any length of time is also the right of the property owner, much as we might find this disconcerting. Commercial property owners have the same right to make these decisions. We cannot make property owners lease to the types of enter-

prises some would like, but we can perhaps persuade.

The Three Major Landowners on Beechwood

Unlike other 'village' Main Streets in Ottawa, Beechwood is unusual in that we find that just three families own three major sections of what is presently the prime area of Beechwood; that is the Parkway to St. Charles. This means that the specific policies adopted by any one of these landowners can have an exaggerated impact on the street as a whole. There is less opportunity for incremental change brought about by enthusiastic owners of single properties, as has happened in Westboro.

The three major landowners are:

Mrs. Helen Carter (The North side, approx Jolicoeur Hardware around the corner to the gelato ice cream store on MacKay, Nature's Buzz etc)

The Karam Elmarji Family (The North side, Douglas around to the convenience store on Springfield, including the new Arturo's food store on Beechwood etc.)

The (Claude) Lauzon Family, managed by Lise (The South side between El Meson - not owned by them - and the pet grooming salon). Many of these stores are empty and somewhat dilapidated, but read on.

Beechwood Business Improvement Area (BIA)?

Most Main Streets in Ottawa are managed, as cohesive 'village' Main Streets through established BIAs, for example Somerset BIA, Westboro BIA. Beechwood Avenue is not.

What is a BIA, and what is its



Photo: Louise Imbeault

A view of the "Lauzon" section of Beechwood.

purpose? As far back as 1970, when I was a young urban planner in Toronto, the Bloor West merchants and property owners wanted to do something to reverse the run down nature of their area and to fill vacant stores. They asked the City of Toronto to authorize the collection of a levy, from both property owners and merchants, to provide funds for marketing and promoting the street, for landscaping and festive decorations. This was agreed to. Shortly thereafter the Province of Ontario enacted legislation to encourage what were known as Business Improvement Areas in all Ontario cities.

The program still flourishes and the legislation has more recently been fine tuned in Section 204 of the 2001 Municipal Act. To quote their documentation "A strong BIA is a tool that can help in creating a strong sense of place and a vibrant local neighbourhood."

Beechwood is the only retail Main Street that, prior to amalgamation, formed a

boundary between two municipalities. Historically we had two City Halls administering Beechwood, two financial budgets, and with two elected Councillors. A Main Street must be managed and considered as a totality. Both sides must function in unison.

So what have we inherited historically? We have, as you probably realize, the South side of Beechwood still being part of the Montreal Road centred Vanier BIA !! This fact in itself is somewhat incongruous, as the Provincial BIA legislation was aimed at strengthening individual retailing streets, and not whole municipalities.

There is a very logical case to be made, at least conceptually, for both sides of Beechwood to become one new Beechwood BIA. However, a BIA can only be established with a majority agreement of all property owners concerned, and with full discussion on the precise extent of the BIA, i.e. how far along Beechwood? It may not be an easy thing to establish, but it should be aimed for. The



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formulating experiences of the newer BIAs in Ottawa can be drawn upon.

Comment from the existing Vanier BIA

This is not the first time that the idea of a Beechwood BIA has been raised. However, as the One City of Ottawa is now firmly in place, I felt it might be time to discuss the concept of a Beechwood BIA again with the management of the existing Vanier BIA.

The new Executive Director of the Vanier BIA, Ms. Suzanne Valliquette, could only be described as being hostile to the idea. Her response was a definite NO, in so far as the Vanier BIA, centred on Montreal Road, wanted the revenues (dues) from those on the South side of Beechwood. But wouldn't it make more sense for both sides of Beechwood — that have a completely different customer base from Montreal Road, and also McArthur — to operate as one entity? "All we would contemplate," she said, "would be for New Edinburgh to join the Vanier BIA." I personally think that makes no marketing sense at all.

I suggest that the New Edinburgh Community Alliance consider addressing the Vanier BIA at one of their monthly meetings on the subject of retail enhancement of Beechwood Avenue.

Future Redevelopment - the Lauzon Project

The Lauzon family bought their extensive landholding on the south side of Beechwood, between St. Charles and Loyer, perhaps some 10 years ago. Old time residents will remember the cafes and art gallery that were there before. Many of the store premises have been allowed to fall into a derelict state; others have been rented to various ventures over the years. Contacting the City Property Standards officers has largely been non-productive as the site has been the longstanding subject of a redevelopment application.

Good news, and bad news. The new zoning bylaws that were discussed in the Beechwood Community Design Plan have now been legally enacted. The South side of Beechwood, formerly a three storey height limit, was increased to five storeys. The Lauzons now have the motivation to redevelop, according to the Study concept, which was for retail at grade and residences at the upper levels. An architect has been hired. This form of development is being encouraged throughout the City's Main Streets,

to bring people and life to the 'village' centres. Westboro has already started this trend. It will be a very positive step for Beechwood, and the first of such commercial/residential developments in our area.

However the bad news is as follows, as told by a frustrated Lise Lauzon. It all revolves around the hydro wires on Beechwood. Apparently Hydro requires new premises on the street to be set back at the upper levels, to avoid danger, in a manner that was not anticipated in the approved urban design guidelines. Although an architectural re-design is of course possible, it results in some loss of floor space. The alternative is to bury the hydro wires, a visually preferable approach perhaps, but a very expensive solution. And who is to pay? At this point it would seem, somewhat unrealistically, that the property developer would have to pay; and furthermore says Lise, pay for the whole south side from the Parkway to almost St. Charles, to meet some technical transformer requirement. The initial estimated cost may be around \$1,500,000.

Other redevelopment opportunities

The Beechwood Community Design Plan (available in the Councillors' offices and at the New Edinburgh Community website) and its related zoning bylaws, do provide the opportunity for the redevelopment of many sites along the whole stretch of Beechwood, up to and beyond Marier. As a community, on both sides of Beechwood, we should keep abreast of any future developments, and encourage those that bring more residents and new stores and amenities into our village.

Talk to landowners and the many good developers that make their home in New Edinburgh. Be enthusiastic for change, otherwise Beechwood will remain a rather sleepy, economically unviable, and architecturally fragmented village. Establish a Beechwood BIA. Bring people to Beechwood. The new Landry project by Claridge Homes will soon be bringing more shoppers, and this in itself will most likely stimulate more change. Hopefully any urban change on Beechwood will be well designed, although as you well know these days that cannot be guaranteed!

Marilyn Hart is a writer and policy analyst focusing on urban issues. She lives on Laval Street in the South of Beechwood neighbourhood.

Bill Matthews, 1947-2008

New Edinburgh Says Goodbye to One of Its Own

By Barbara Benoit

Until his physical decline became acute earlier this year, Bill Matthews was a familiar figure to the many Burghers with whom he chatted while walking his dog Harvey in New Edinburgh Park.

Bill died on September 8 of amyloidosis, a rare medical condition in which the deposit of a rogue protein causes systemic organ failure. Although he had been experiencing symptoms for several years, the condition was diagnosed only last February.

He was an off-and-on Burgher, whose career as one of Canada's outstanding television producer-directors took him all over the world.

His two daughters, Anna and Madeline, and his Burgh-born ex-wife Heather gave him an anchor in the neighbourhood. Heather, who founded the housewares store Domus, is currently the owner/ manager of the Sconewitch (at Union and Crichton, and downtown on Albert at Lyon). She has taken Harvey in.

Passionate and professional, Bill had an uncanny ability to hold a thousand strings in play as he brought a production together. Over his 40-year career he worked for CJOH (now CTV Ottawa), for CBC television in Ottawa and Toronto, for ABC-TV in New York, and as a freelancer. His colleagues will miss him for his quick intelligence and

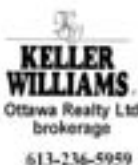
his generosity in giving others a helping hand with their careers.

One of his last major projects was creating a film record of the Royal Commission on the Future of Health Care in Canada (the Romanow Commission), whose recommendations were released in November 2002. Bill was very proud of this project, and as his health deteriorated he thought about it a lot.

All friends and neighbours who would like to gather and say goodbye are welcome to join members of the family at the New Edinburgh Fieldhouse, 193 Stanley Ave. on Sunday, September 28 from 2:00 to 6:00 pm.

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Small Plates: Big Appetites

By André Sanche

Brand Manager, Mackay Street Epicuria

You may all have heard about a new trend in food called *small plates*. This relatively new arrival to our plates (not new everywhere else in the world: Mezze, Tapas, Dim Sum), involves everyone ordering an item off the menu to share amidst friends. Social dining. Small bites with big taste.

The plates that come are small portions, made for sharing, allowing everyone to taste a number of different things. This has caught on so well that many restaurants are now solely focused on this type of menu. It is possible to find

15 – 40 options on any given menu. As you can see, sharing is an essential part of the experience if you don't want to leave the table stuffed.

Bringing this type of service to your home not only makes dinner easy to prepare, it also allows for better entertaining, especially with an open concept kitchen. If you've read my articles in the past, you know that I am all about proper preparation. *Mise en place*, French for "everything in its place", is essential for any meal; even more so for a gathering around Small Plates.

When properly prepared, you serve one dish while you prepare another. This also leaves a sufficient amount of time

between portions. Take advantage of this time to pour different types of wines or local beers to match each course.

Making this effort for every plate not only demonstrates the care and love you put into each meal, it also allows you to pick one main ingredient and focus on it with every course. Choose local, seasonal elements and your choices are limitless.



Seared Halloumi Cheese
Serves 6 (small portions)

Halloumi (Hallomi, Haloumi) is traditionally a mixture of goats and sheep's milk cheese that can be grilled or fried due to its higher than normal melting point. It is now available at most supermarkets or at Middle East Food Shops. A salty cheese, because of its brine, it goes well anywhere you would serve Feta.

In this recipe, we pair it with several garnishes that contrast both the resistant texture and salt of the cheese. Make sure you are ready to go before you sear your cheese as this should be the last thing you do before serving.

Remove cheese from its packaging and cut into 1/2" thick slices. Heat a non-stick pan, with just a touch of canola oil to medium heat and fry Halloumi until golden. This won't take very long, about 20

seconds per side.

Set out onto dishes and drizzle with olive oil and cracked black pepper, and serve with toppings. Remember, the more interesting the dish looks, the tastier they'll find it!

Ingredients

1 – 350g piece of Halloumi
Good peppery olive oil
Canola oil
Maldon salt
Freshly cracked black pepper
1 Medium butternut squash
1 Bunch thyme, finely chopped
1 Clove garlic
1/2 Bunch rapini, cleaned, cut into 1" pieces
1 Medium Shallot
2 tbs Apple Cider Vinegar
4 tbs water
1/2 pint heirloom currant tomatoes, quartered
1 small red onion
4 sprigs cilantro
1 cup 1/2" cubed watermelon

Thyme Roasted Butternut Squash

Cut squash in half, coring and then peeling the outer skin. Using a knife is probably the best way to do this, cutting away from you down towards a cutting board.

Once peeled, make 1/2" cubes, coat with a little canola oil and 1/4 bunch of thyme, salt and freshly cracked pepper. Roast in a 375F degree oven until just tender. Set onto table with other toppings.

Garlic Rapini

One of my favourite fall vegetables is rapini. Somewhere between chard and broccoli, this vegetable has a touch of bitterness that blends well with the salt in Halloumi.

Clean rapini under cold running water and cut into 1" segments. Set aside.

Slice 1 shallot into thin slices and do the same with a whole clove of garlic. Heat a medium



pan on low heat and sweat until both onion and garlic are tender without browning. Turning up the heat, add rapini sautéing another 2 minutes. Add apple cider vinegar and water, let simmer on low until tender, another 7-8 minutes, stirring frequently. Season with salt and pepper and serve.

Heirloom Tomato Confit

This is an uncooked confit made with our own organically grown tomatoes from Navan.

Slice currant tomatoes into quarters and set in colander. Sprinkle with a touch of salt and let rest over a large bowl. At this point, the salt will pull all the juice out of the tomatoes. Reserve this juice to make your dressing. Cut 1 cup watermelon into 1/2" cubes and add to tomatoes.

Cube half a small red onion into 1/8" pieces and set aside in a medium sized bowl. Take cilantro and chop roughly. Add to onion.

Once your tomatoes have sat for about 20 minutes add them to your onion and cilantro mixture. Season tomato mixture with Maldon salt, freshly cracked black pepper, good olive oil, reserved juice and a hint of sherry vinegar. Toss and serve along side warm Halloumi.

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Feed Your Green Bin with Kitchen Waste All Year Long

By Sarah Anson-Cartwright

Guess how much of your household waste could go into your green bin for the City's organics/composting program? "Up to 54% of household garbage is organic, and could be recovered and diverted from landfills" according to the City.



Equally important, the green bins should be fed with kitchen waste *all year-round*. No need to stop loading up the green bin after the leaves have all been raked up. If we get into

the habit of disposing of all kitchen waste into the green bins, we'll be in great shape and will have far less garbage left over to go into our landfills. While the garbage pickup schedule may not change in the immediate future given Council's recent vote against such a measure, it is a very real possibility in the longer term, and our community is in an ideal position to be well prepared and a leading example for the rest of the City.

New Edinburgh is one of the fortunate neighbourhoods to be part of the Compost Plus pilot project. We are already reducing the amount of household waste now going to landfill. But not enough of us are regularly putting out our kitchen waste in the green bins, and contributing to the objective of diverting more of the City's waste from our overburdened landfill sites. No matter how

small the amount, the City wants your organics waste. So this fall and winter, remember to "feed the land, not the landfill."

Use only paper fibre products to line your bin or to wrap

items being added to the bin. No plastics please!

If you'd like some practical tips or questions answered about to use the green bin system with a minimum of fuss and bother, and in a thoroughly

hygienic manner, go online to: <http://ottawa.ca>, and Search for "How to participate in Compost Plus," or please feel free to contact janeheintzman@hotmail.com or newednews@hotmail.com.

What Goes into the Green Bin?

Here's all the stuff that *should* be going into your Green Bin:

Food Waste	Other Household Waste	Yard Waste
Fruits and veggies	Paper towels and tissues	Leaves, grass
Meat, fish, scraps, bones	Greasy pizza boxes	Hedge clipping
Dairy products	Paper bags for sugar or potatoes	Plants and weeds
Breads, Cereals	Cold fireplace ash	Windfall fruits
Coffee Grounds and filters, teabags	Kitty litter	
Egg shells	Wood chips and sawdust	
All food leftovers		

Cosmetic Pesticide Ban...

Continued from page 6

parison between the 2,4-D user group and a small sample group using *other* pesticides, the PMRA arrived at the astonishing conclusion that 2,4-D users are less likely than others to develop this intractable form of cancer. In fact, as the authors of the study pointed out, the relevant comparison between 2,4-D users and those using no chemical pesticides actually shows that those exposed to 2,4-D are *three times as likely to develop NHL as the pesticide free control group*.

Dr. Sears highlighted numerous other scientific deficiencies in the PMRA assessment, including the fact that several key studies which should have been taken into account in its decision are still pending. Specifically:

- developmental neurotoxicity and multi-generational animal studies which could point to the need for further reductions in the exposure of children are not due until September 2009 - potentially allowing two seasons of 2,4-D application in the interim;

- the additional studies of the child cancer-pesticide link which were recommended by the Science Panel advising the PMRA have not been undertaken; and

- the dioxin which is produced in significant quantities as a by-product in the manufacture of 2,4-D, referred to as 2,7-DCDD, has not been moni-

tored, and is treated within the regulatory framework as if it were non-toxic, notwithstanding that the U.S. Agency for Toxic Substances and Disease Registry found this substance to be at least as toxic as the most toxic of regulated dioxins (remember Agent Orange?) in tests of immuno-suppression, a leading contributing factor in chronic diseases including cancers such as NHL.

Dr. Sears concludes that "...pesticide epidemiology is complex and many years pass before latency periods pass and populations are harmed sufficiently to be significant in scientific studies. ***Very little risk is acceptable for these non-essential uses.***" (Emphasis mine).

Her view was strongly supported by Dr. Richard van der Jagt, a leading researcher in hematological malignancies, who argued in a recent letter to Dalton McGuinty and the Standing Committee on Social Policy that the incidence of lymphoma, including the Non-Hodgkins lymphoma most closely linked with pesticide exposure, has increased dramatically in Ontario in recent years, and concluded that "the facts are irrefutable; we must do everything possible to put as strong a ban in place as possible."

Virtually the entire medical establishment in the province has lined up in support of a ban on the use of pesticides

and herbicides for cosmetic purposes, ranging from the Medical Officers of Health of Ottawa, Toronto and Ontario (in the latter cases, the late and highly respected Dr. Sheela Basrur); to the Ontario Public Health Association; CHEO; the Canadian Cancer Society; the Ontario College of Family Physicians; and the Registered Nurses' Association of Ontario.

At the very least, the cautionary notes sounded by Doctors Arya, Sears, van der Jagt and many of their colleagues are grounds for reasonable doubt about the validity of the PMRA decision to re-register 2,4-D. The Government of Canada is itself committed to the ***Precautionary Principle*** in science-based risk management, a principle which essentially posits that a lower level of proof of harm should be used in policy-making whenever the consequences of waiting for higher levels of proof could lead to serious or irreversible damage.

A ban on the cosmetic use of pesticides seems an ideal case in point for the application of this principle. We well know from bitter experience with substances such as DDT and even tobacco that protracted delays in definitively proving the lethal effects of these substances can result in vastly increased numbers of casualties along the way.

The International Pesticide

Action Network perhaps summed it up most clearly in a 2006 Briefing Paper: "...precaution is *more thorough and more scientific* than standard risk assessment procedures because it requires *recognition of the limitations of science* such as uncertainty about the

chronic effects from ongoing low-dose exposure to mixtures of chemicals, recognition of the lack of knowledge of causal links.....and attention to all other factors such as *less harmful alternatives...*" (Emphasis mine).

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Pay Off Your Mortgage or Contribute to Your RRSP? That Is the Question ...

By Frances Phillips

Have you ever wondered whether it makes more sense to pay off your mortgage or to invest in a Registered Retirement Savings Plan (RRSP)? Perhaps you are expecting to receive some extra money from an inheritance or an employment bonus, and you're not sure which route to take.

The truth is, there's no easy answer. Many variables need to be taken into account. Concentrating on paying down a mortgage may be the best route for one person, while focusing on an RRSP may benefit another.

Some factors to consider

Your age

When you are young it's wise to make your RRSP a priority. The sooner you get money into

a sheltered retirement plan the longer it will grow on a tax deferred basis. However, don't overlook the need to try and build home equity at the same time. It can give you a head start on the expenses of moving to a larger home as your family or needs grow.

Investment returns

Pay attention to the general rate of investment returns you could reasonably expect to earn when you make your decision. Astute investors could be further ahead by investing their money than paying down the mortgage. The benefits of investing are magnified by an RRSP, with tax-deferred growth within the plan as well as the tax deductions on contributions.

Your income

The more you earn the higher the rate of tax you will pay. That means you must earn more in before-tax dollars to make mortgage payments. If you are a high income earner you may want to quickly reduce what can be an expensive debt.



Your mortgage rate

On the other hand if your current mortgage rate is low it may make more sense to invest

in an RRSP. In times of good returns for financial markets, low borrowing costs make a compelling case for contributing to your RRSP.

Your pension plan

Those with generous workplace pension plans that provide for a secure retirement may be able to concentrate on a mortgage without giving up financial security in later years. It really depends on what you think you will need to live comfortably in retirement, and if your pension will be sufficient to cover that lifestyle.

Are you behind on your RRSP?

If you have made less than your maximum annual RRSP contribution in the past, a lump sum could allow you to catch up.

You are allowed to make up for unused contribution room that you've accumulated from past years – which can also generate a healthy tax benefit. This brings us to a final point you might want to consider.

You can focus on both your RRSP and your mortgage. For example, you could contribute to your RRSP and then apply the tax refund it generates towards a prepayment on your mortgage.

Before you make a decision, you may want to ask for an assessment of your personal situation. An advisor can help you decide which course of action best suits your financial circumstances and objectives.

Frances Phillips is a Consultant at Investors Group Financial Services Inc.

132 Stanley Ave

Continued from page 1

proposal, but, in the end, this only highlighted the issue of its degraded status when compared with the recommendations of city planners and a celebrity architect. The hammer dropped at the hearings before the Planning & Environment Committee (PEC) of City Council, which were likened by some to a Vaudeville Act, and by others to a Kangaroo Court. I will never forget looking up during my presentation to see members working on their blackberries, whispering to assistants, or looking bleary-eyed over my head, and then being grilled on a minor point I raised at the end of my five minute presentation, prepared and timed with utmost care for weeks in advance, while the bulk of the points were ignored. It was like that for the entire opposing group, including LACAC representatives and people from NECA and Heritage Ottawa, and it was in sharp contrast to the easy banter and respectful questions put to the proponents. It seemed like a rehearsed performance leading to a foregone conclusion, and, indeed, despite a few qualms expressed by 1 or 2 members, the scheme was approved at PEC, and this was followed by a 14-6 vote at full council in favour of the proposal. Disaster.

Stage 4: Mission Impossible: Completed

After a brief period of recovery and reflection on our experiences with Council, we rallied for a renewed effort before the Committee of Adjustment.

By now we fully realized that efforts by residents, no matter how sincere and sensible, were necessary but not sufficient. Professional assistance would be essential, and fortune favoured us as we finally found a planner prepared to work with us, and a heritage expert eager to look at our case and write an opinion. At this point we knew we were looking at a significant financial investment in this process, and also that we were battling a feeling among many, bolstered by the erection of a huge advertisement for the proposed buildings on the 132 property, that it was now a fait accompli and the effort would be futile, or that the best we could hope for was a slight reduction in the size and scale of the project. I myself was a little despondent at one point, but bolstered by the confidence of Joan Mason and the ongoing commitment of key neighbours and members of NECA, soldiered on to the C of A.

And, lo and behold, to victory! Committee of Adjustment was a grueling experience of waiting, waiting, waiting for our turn while being taut with readiness. The difference between the City Council stage and this group of intelligent experts can scarcely be over-stated. When I gave my presentation I was aware of the focus and scrutiny of the committee, and, at the end of the day, it seemed likely that any decision would be based on a full understanding of the proposal and the laws and rules concerned with it. We had always been certain

that if, at any stage in this long process, this standard of intelligent understanding and examination would occur, we could not but win the case, given the extreme (not to say absurd) nature of the proposal and the laws, rules and guidelines it had to set aside as 'minor variances' in order to proceed. Indeed, LACAC had already proved this point once, and the C of A, after hearing from neighbours, NECA, a professional planner (Tony Sroka) and a highly competent lawyer (Barb Sinclair of Lang-Michener), and provided also with a Cultural Heritage Impact Study by Mr. Herb Stovel that challenged that of Mr. Barry Padolsky in a most thorough and convincing way, followed up in similar fashion. The proponents of the development decided not to proceed to the OMB, which is like the Supreme Court for development issues, and the process was complete. Mission Impossible: Case Closed.

Stage 5: Reverberations

From the outset, those lined up against this proposed development were aware of its precedent-setting status and its broad significance. I, as a neighbour, knew that this was about a lot more than whether there would be construction next door and the reality that my personal quality of life would be compromised. This was a matter of social justice, community integrity, and the viability of the very concept of Heritage Conservation Districts. Having been successful in this case, it must be our goal now to harness the energy generated through the 132 process and make it reverberate into the future.

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Volunteers' Circle: A Celebration at the National Gallery

By Jean Seasons

Barbara Chamberlain lives in a charming heritage home on Stanley Avenue and these days she is getting ready for another year as a volunteer at the National Gallery of Canada. She belongs to the Volunteers' Circle – 300 members strong, who are marking their 50th birthday (1958-2008) with a day-long party at the Gallery on October 5 from 10 am to 4:30 pm.

This is going to be a grand celebration and everyone is invited. There will be art tours and talks for adults, children's scavenger hunts (through the pictures), teen-led workshops on art – and music everywhere. In keeping with the birthday theme, there will even be '50s food favourites served in the cafeteria. Admission is free.

Barbara is co-convenor of the "Wednesday Morning Study Group" – a job she is doing for the second time. This group had its beginnings in the early 60s when a few women, who belonged to the University Women's Club, began to meet regularly in each other's homes

to discuss social and political issues of the day. Their focus soon changed to art history and they moved to the National Gallery which was then on Elgin Street. They have never looked back. Today 250 people every second week week – on Wednesdays, of course – meet in the Gallery's auditorium to hear lectures given by their own members, complemented by talks given by curators, other art history specialists or artists themselves.

Barbara talks about her foray into the volunteers. "I joined the 'Wednesday Morning Study Group' when I moved to Ottawa. I didn't know anybody here and joined the Gallery to meet like-minded people. Which I did – wonderful, kind and sometimes alarmingly knowledgeable people – many of whom became great friends. Most rewarding has been everything I've learned through the volunteer lectures and the research I had to do for my own talks. I went from never having addressed a group larger than my children to talking to an auditorium full of

people."

Visitors to the party on October 5 will be able to see members of the WMSG – as they are called – in action as well as all the other groups that function under the umbrella of the Volunteers' Circle. There are many of them as well as five other study groups – four in English and one in French – which are also very active.

There are two groups of docents (one French, one English), volunteers who have been specially chosen

and trained for their jobs. If you have ever paid a visit to our beautiful National Gallery building on Sussex Drive, you may have had a tour of the paintings and sculpture led by one of them. They conduct adult tours and others specifically designed for classes of school children. In two other groups, "Looking at Pictures" and "Vive les arts!" the volunteers go out to schools to show the children reproductions of paintings and their visits are eagerly anticipated. The travel

committee is one of the busiest in the Volunteers' Circle; the News readers may have been on some of the exciting trips all over the world and the interesting day trips in our own area.

All in all, the Volunteers' Circle has a lot to celebrate. Barbara assures us that it will be a day to remember. "Be sure to put it on your calendar," she says. "Sunday, October 5. There will be something for the whole family that is interesting and fun."

The Spirit of Thanksgiving

By Douglas Cornish

To thank someone and to give to someone are two of the noblest actions known to mankind. Thanking and giving, these two gestures carry a lot of weight. Thanking is a sign of respect for another individual. Giving conveys the highest compassionate regard for another person, as well as a great deal of self-respect. If a national holiday is named after these two actions, then the holiday must hold much relevance.

First celebrated by the Plymouth Colony in 1621 and observed as an acknowledgment of the divine favours received

during the year, it's now generally accepted as a non-religious holiday. Believers and non-believers alike can celebrate this holiday with meaning and with purpose.

Thanksgiving's roots rest in companionship, in family, in love of the land, in gratefulness for a bountiful harvest, and in respect for hard work. Thanking, receiving, and welcoming all revolve around the central idea of a basic goodness in all people.

Thanksgiving is all about coming together, not drifting or growing apart. Traditionally, Thanksgiving has been connected with the "conventional

family". I come from such a family, which meant many wonderful and large Thanksgiving dinners with a roaring fire, turkey, pumpkin pie, children, adults, dogs, family friends, lots of laughter filled conversation, all amid the backdrop of that marvelous painted season of autumn.

Thanksgiving has been presented as one of those holidays with strict societal parameters attached to it, such as large old-fashioned traditional-type families gathered around an enormous table in a Norman Rockwell-like fashion. Akin to the legal word, though, it's the "spirit" not the "letter" that's ultimately important.

Thanksgiving is not about style, but about substance. I once worked with someone who proudly proclaimed that "presentation is 75% of anything". I don't think that I agreed with that statement when I first heard it and I still don't subscribe to that sort of philosophy.

Whether it's a large family gathering sharing an elaborate dinner, or a few friends getting together, or someone alone doing a good turn for another, or helping out at a local food bank or soup-kitchen, it's important to realize that whoever we are or whatever our current human condition may be, all of us have a great deal to be thankful for.

Thanksgiving can take us back to those simple days when people gathered yearly for a dinner; its purpose was to practice humility and teach that life is full of abundance and hope. The idea of Thanksgiving can be an oasis in the midst of today's stress. It reminds us that the truly important things in life dwell within us, and are outwardly expressed by the gestures of caring, of kindness, of gratitude, of helping and sharing and, of course, of thanking and giving.

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The Multifaith Housing Initiative

Anna's Story: From Despair to Dignity

By Ellen Brohman

Ottawa's Multifaith Housing Initiative is a small, dynamic charitable organization bringing together the energy, passion and hopefulness of a number of Hindu, Jewish, Muslim, Unitarian and Christian faith communities – many of which are represented in this neighbourhood. MHI's purpose and work is simple and practical;

sion upon meeting Anna is that her gracious presence and hospitable home suggest her sixty plus years have, no doubt, been eventful and interesting.

Anna's life has been similar to so many women of her age. She was raised in a happy functional home and while attending university, met her husband. She left school to work and support her husband's

secure, it is a challenge to meet basic expenses for housing, food, transportation, and medication.

In Anna's case, troubles began with divorce proceedings that, despite her wishes, continued for close to a decade with unmanageable legal costs and a meagre financial settlement. To compound her difficulties, Anna developed a chronic, often debilitating illness, that forced her to retire from her much-loved career in the arts community after almost twenty years of self-sufficiency. The years that followed brought an ever-increasing strain of physical, emotional and financial burdens punctuated by frequent moves to reduce costs.

Anna gives a matter-of-fact account of the years since her retirement, explaining the obvious and less obvious challenges. With medical costs mounting and finances dwindling, Anna often went several months unable to afford her prescriptions. Although "Trillium"-subsidized medication assistance is and was available to her, it took years to find out about and obtain the service. In fact, an unclear and complicated bureaucracy involved with her pension, disability and health care repeatedly proved more troubling than helpful. Anna also describes a sense of isolation and even embarrassment during this time in her life.

Finally, about a year and a half ago, having downsized and economized as much as she could, Anna realized she would have to seek seniors' subsidized housing. Her search, ini-

tially fraught with bureaucratic red-tape has ended happily. A fortuitous, perhaps providential, series of events, including an evening stroll by the future site of Somerset Gardens and a visit to an MHI affiliated synagogue, all led the way home.

Anna has only been in her new home for a few months but peace of mind, calm and hope have returned to her and she now plans for the future rather than merely coping with the present. She loves her new neighbourhood, has found

time to relax with friends and looks forward to volunteering with the Multifaith Housing Initiative.

As for MHI, plans for the future are also well underway. This partnership plans to work with its members and inspire Ottawans to join them to help raise funds, buy more units and to help tenants of diverse backgrounds live with dignity and peace. Anna's story is only Chapter One. For more information, please e-mail mhi-imh@sympatico.ca.



Somerset Gardens near Elgin: Anna's new home.

to buy housing and become both landlords and mentors to those offered affordable rents in these urban units. Somerset Gardens is a new condominium tower located on Somerset near Elgin Street. The building has 119 one bedroom units, ten of which have been purchased by MHI, and one of which has become "Anna's" new home.

Anna's apartment is small, yet bright and well-laid out and decorated tastefully, even elegantly. One's first impres-

education through graduate school. Two decades of full-time motherhood, relocation to a number of European centres, social and volunteer functions followed. Anna speaks fondly of both this time in her life and her role in her family during these years.

Yet Anna is representative of a quiet, growing sector of our population; older women who, despite years of contribution, find themselves impoverished. Instead of being financially

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Wed, Oct 15, 7 - 9 pm

FILM SCREENING *Be the Change* - Followed by Q&A with filmmaker David Chernushenko. Admission by donation. Presented by NECA, LCA, RPRA, MPRA at the Ashbury College Theatre.

Fri, Oct 17 - Sun, Oct 19

ENRICHED BREAD ARTISTS OPEN STUDIO takes place at 951 Gladstone Ave. For more info visit www.artengine.ca/eba.

Fri, Oct 17 - Sun, Nov 2

DALESMITHGALLERY EXHIBITION *Analogue Heat* - New light-based works by Reuel Dechene (Ottawa). *Vernissage*: Friday, Oct 17, 7-10 pm. 137 Beechwood Avenue. 613-321-0101. www.dalesmithgallery.com.

Until Tue, Oct 21

PANORAMANIA is a neo-surrealist-conceptual exhibition where artists Adrien Asselin, Michel Boyer, Louis Godbout and André Paquin, Peter Boyadjieff and Denis Taman Bradette (with BeneCorpo) integrate real photographic elements to conceive incredible compositions and create innovative images that carry us off to another world, an indefinite time. Le Centre d'artistes Voix Visuelle located at 81 Beechwood Avenue. Tuesday to Saturday from 11 am to 4 pm. Info: (613) 748-6954, www.voixvisuelle.ca.

Thur, Oct 23, 6:30 pm

IMAGINE Come celebrate 90 years of IODE Municipal in Ottawa at a fun-raising evening at the Hellenic Banquet Centre featuring a dinner, fashion shows, balloon bonanza and silent auction.

za and silent auction.

Tickets are \$45 and funds raised will go to support a program for teen girls at the Youth Services Bureau in Ottawa and other community projects. Call Adrienne at 613-228-7290 or Marnie at 613-592-6116.

Sun, Oct 26, 3 - 6 pm

NEW ED HALLOWEEN HOWL at the Stanley Park Fieldhouse. A costume parade is planned from the Fieldhouse to the Governor's Walk Retirement home at 3:10 so come join us for the walk followed by some fun games and activities at the Fieldhouse.

Sun, Oct 26, 3 pm

SOPRANO ALEXANDRA LEBLANC in recital at Resurrection Lutheran Church, 1325 Gaultois Avenue, Orléans. Alexandra is the winner of the ORMTA Provincial Young Artist Competition. Accompanied by pianist José Hernández. Adults \$10; Family of 3 or more \$25. For more information call Sandra Menard at 613-834-3052.

Sat, Nov 1 - Sun, Nov 2

NOTRE DAME CATHEDRAL BAZAAR Adult and children's books, Sat. 9 am - 4 pm; Sun 9 am - 2 pm. Entrance 50 Guigues. Baking, books, crafts, knitting, treasures, knickknacks, tea room, white elephant. Free parking on Parent St. Call 613-241-7496.

Fri, Nov 7 - Sun, Nov 9

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Fri, Nov 7 - Sun, Nov 30

DALESMITHGALLERY EXHIBITION *Offset* - New work (hand embroidery on canvas) by Michèle Provost (Ottawa). *Vernissage*: Friday, Nov 7, 7-10 pm at 137 Beechwood Ave. www.dalesmithgallery.com.

Sat, Nov 8, 1 - 4:30 pm

ST. BARTHOLOMEW'S ANNUAL BAZAAR AND TEA, 125 MacKay Street. Home baking, gifts, jams and preserves, attic trea-

asures, Christmas items, books and CD's, toys, and more. Everyone is welcome. Free admission, barrier free access. Info: 613-745-7834.

Sat, Nov 8 & Sun, Nov 9, 10 am - 5 pm

OTTAWA AUTHORS BOOK SALE at the RA Centre - Clark Hall 2451 Riverside Dr. More than 50 local authors will display and sell their books. A basket of books will be raffled with proceeds donated to CHEO. Info: (613) 731-3873.

Until Sun, Nov 9

OTTAWA ART GALLERY *Le Salon: Celebrating 35 Years of the Firestone Collection of Canadian Art.* Curated by Catherine Sinclair. The exhibition *Le Salon* celebrates this significant anniversary through a selection of stunning, key works by some of Canada's most influential artists. **Special lecture:** Thursday October 23 at 6 pm. *Patronage and Provenance: The Rise and Demise of the Firestone House* - Lecture with Benjamin Gianni, Architect and Professor, Azrieli School of Architecture and Urbanism, Carleton University (in English). OAG - 2 Daly Avenue, 613-233-8699.

Until Sun, Nov 16

OTTAWA ART GALLERY *Evidence: The Ottawa City Project.* Curated by Emily Falvey. Drawing inspiration from local author Rob Mclellan's book of poetry *The Ottawa City Project*, the artists included in *Evidence* chart the fragmentary proof of a living city that is constantly changing. OAG - 2 Daly Avenue, 613-233-8699.

Fri, Dec 5 - Tues, Dec 30

DALESMITHGALLERY EXHIBITION *New work* - Recent paintings by Sarah Hatton (Ottawa). *Vernissage*: Friday, Dec 5, 7-10 pm. 137 Beechwood Ave. 613-321-0101.

ONGOING

ST. ANDREW'S RINGERS invite you to be part of an English Handbell Choir. Rehearsals are Wednesdays from 6:45 - 8:15 p.m. at St. Andrew's Church (82 Kent Street). Previous handbell experience is not required, basic music reading skills are needed. The rest you can learn while ringing! Contact music@standrewsottawa.ca or call 613-232-9042.



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

DOG/CAT WALKING and sitting. Your house plants are also safe with me! Emergency and regular daily walking. Available early afternoons. References. Liba Bender: 613-746-4884

PROFESSIONAL HOUSE-KEEPER - Very efficient, thorough, detailed and responsible. Reasonable rate. References available. Contact (613) 725-4790.

WANTED - Donations of recent, brightly illustrated children's story books, children's encyclopedias, children's books covering science, history, geography, social sciences and literature suitable for a school library serving Grades 1 - 6 in an inner city school. All books which are not accessioned by the library will be placed in the Parents' Resource Center so that children may freely take them home. Please contact Maxine Bedyne, (613) 749-8789 to arrange pickup.

RAGDOLLS KITTENS for sale. Available from September 13 please call (613) 853-5833 for more information.

LOST 2 black pens in a brown leather case - lost between New Edinburgh and the National Gallery. Reward \$400 - if found please contact (613) 725-4790.

PROPERTY MAINTENANCE Fall Special: Fertilizing (\$50), Soil Aerating (\$75) and Leaf Pick-up (\$65). 1/2 acre maximum. 10% off for package. Interested inquiries to: Havremaintenance@gmail.com.

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LOOKING FOR A DAYTIME COMPANION for a four month old, very sweet Boxer puppy. Daisy is playful, walks well on a leash and well behaved. We would drop her off to your place at 9 am and pick her up at 3 pm Monday to Friday - this could be an all week or occasional arrangement. Please call Dan & Joanne at (613) 747-1587.

HOME CLEANER/ELDERLY ERRANDS-companion/babysitter available for New Edinburgh, Lindenlea, Rockcliffe. Mature, responsible. Reasonable rates. References. Message Kim at 255-8714 or 745-5593.

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PERSONAL COMPUTER ASSISTANCE - Clear, patient support / training, using your system or my laptop. E-Mail, Internet, Windows, Word Processing. \$60 for 90 minutes. David (613) 237-5208.

MacKay United Church News

The **Christmas Starlight Bazaar** will be held on Friday, November 14 from 4:30 to 8:30 pm in the Memorial Hall, 39 Dufferin. There will be baked goods, preserves, jewelry, a silent auction, gift baskets, a children's corner and more. Come to our Tea Room for a chili and soup supper and stay for dessert and coffee while you do your shopping.

Bethlehem in the Burgh is back! A Community Outdoor Nativity Service will be held at MacKay United, 255 MacKay St. on Sunday, December 14 at 6:30 pm. Come join us in celebrating the Christmas Story with singing and live animals. Refreshments will be served in the Memorial Hall following the service. Donations to the Ottawa Mission will be welcomed.

Would you like to explore Christian spirituality or deepen your spiritual life? Then sign up for our **Discovery Group** led by Rev. Dr. John Montgomery. This 10-week session, beginning on Thursday September 25 at 7 pm will discuss "Soul Feast: an invitation to the Christian Life" by Marjorie Thompson. Call the MacKay office at 613-749-8727 to register. Book price \$15.

Community Neighbours: MacKay United Church is a neighbour of the School of Dance. In June, the **MacKay United Church Women (UCW)** asked if it would be possible to have a small dance recital at their last meeting before summer break. Although classes had not yet started, Merilee Hodgins, the Director, kindly arranged for seven of her pupils to come to the School and dance. Enchanting! Merilee explained each movement beforehand and the dancers put it into practice. The pleasure the young people took in dancing was matched by the pleasure experienced by the audience. The School of Dance believes strongly in outreach and community and the UCW were delighted beneficiaries of that program.

Volunteers Needed

High Horizons, a community social group for adults with physical disabilities meets every Tuesday, September to June from 9:30 am to 2 pm in the Memorial Hall.

Fun activities are singing - crafts - entertainment - exercise - painting and much more. Lunch is provided by church groups from various denominations. Annual Membership is \$10.

Attendant care is available, provided by LunchAbility/The Good Companions - Community Support Services, however volunteers are needed to help with the activities and to push wheelchairs if requested. For more information or to register, call 613-746-9699.

OTTAWA SALUS

www.salus.on.ca
Event: Dessert and Mixed Bridge Party in support of Ottawa Salus
Friday, October 17, 7 pm.
Venue: The Royal Ottawa Golf Club
Cost: \$50.00 per person (a \$40.00 tax receipt will be issued)
For tickets: Carolyn Buchan, 613-745-1892; Jane Breen 613-745-1006; Jayne Gibson, 613-741-5907.

Salus is a not-for-profit agency offering safe and affordable supportive housing and mental health services to clients with serious mental illness. Salus has been providing its services to our community for 30 years.

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Burgh Breezy Bits

Celebrations

On September 13, family and friends of **Carol Gusen**, of Stanley Avenue, gathered at the Fieldhouse to celebrate her 60th birthday. 'Perfect!', beamed Carol. The fabulous photographic record on display was a big hit.

Hats off to **Gordon P. Jackson** for hosting a surprise June Birthday Bash, at Fraser Cafe on Beechwood, for his lovely partner, **Elizabeth Kane**. An intimate setting with fabulous food, good friends and a breathtaking Birthday Girl... she is truly ready for her close-up! Age?... a lady never tells!

Comings & Goings

Welcome to new Burgh residents, **Victor, Christine** and baby **Madeline**, who recently moved to Crichton Street from Halifax.

John Arnold, Paula Thompson and **Zoya** and **Maksim Thompson-Arnold** have moved from Crichton Street to John Street.

Heloise and Clive Emdon, Heloise' mother **Moir**, **Benjamin** and **Gina** plus two dogs and two cats arrived on Vaughan St from South Africa in August.

Already mentioned in the Citizen's society page, *NEN* would also like to welcome **Sue O'Sullivan** to the neighbourhood.

Congratulations

Congratulations to **Bailey Rudnick** of Ivy Crescent who won her fourth consecutive Athlete-of-the-Year Award at Lisgar Collegiate, from which she graduated in June. In addition to being an Executive member of the

Intramural Council, Bailey captained the girls' rugby, hockey and basketball teams at Lisgar, receiving tribute as "a rare athlete" in the Ottawa Citizen's July 20th report on Ottawa's top high school athletes in 2008. A rare athlete indeed: well done Bailey!



Happy Birthday, Liz Kane!

Babies

We're happy to announce the birth of **Charlotte Rose Iles** on September 4 after a whirlwind two-hour labour. All are healthy, happy and home. Parents are **Mike Iles** and **Julie Sunday** of Noel. Sisters **Ella** and **Madeleine** are thrilled.



Charlotte Rose Iles with big sister Ella.

Get Well Soon

NEN photographer **Peter Glasgow** had a bad bicycle accident this summer, ending up with a broken clavicle. Peter reports that

he is managing pretty well as a lefty and settling into a full-time routine of lying on the couch and reading long novels and working through a backlog of great old black-and-white films from the TurnerClassic Movies channel. We wish him a speedy recovery.

A hearty 'get well soon' also goes out to NECA Treasurer and Stanley Ave resident, **Jim Watson** who was grounded this summer due to a foot problem.

Playgroup

"Me and the Kids" is a cooperative playgroup that has been active in the New Edinburgh area for over 20 years. This is a parent run playgroup and is meant to be a support network for parents with small children. We are actively seeking new members. We currently meet Tuesday mornings and Thursday afternoons at St. John Evangelical Lutheran Church, 270 Crichton St. We plan to be open for some school holidays and March break, if interest is shown. Please contact **Joni Hamlin** at joni@hamlin.ca or 613-842-8747 for times and other information.

Condolences

Our condolences to **Ray** and **Mary Ellen Boomgaardt** on the recent death of Ray's mother **Janke (Jane) Boomgaardt**, who died at the age of 96 in early August after a full life and with an impressive legacy of 6 children, 17 grandchildren and 6 great-grandchildren.

Louise and Pat Imbeault lost their beloved **Patch** on July 14. Patch was the sweetheart of the neighbourhood making his daily rounds with Louise or Pat. It just won't be the same without seeing Patch strolling along every day or sitting out front keeping an eye on things.

Sharon Leonard (previously of Crichton Street, now at 77 Vaughan) is mourning the loss of her beloved cat **Trio**, who passed away yesterday of cancer. She was a joy to have around. She had a



Photo: Louise Imbeault

The skies above New Edinburgh over the Labour Day Weekend were a colourful sight - hundreds of hot air balloons floated over from Gatineau's Festival Mongolfière.

unique little squawk when she wanted you to pet her or give her a treat and loved to sit on her perch looking out at the neighbourhood. Her two brothers, Buster and Doody, I know will also miss her and will be able to comfort Sharon in her time of grief.

Our sympathies to **Jan** and **Santiago Reyes** on the death of their beloved Golden Retriever **Joey** over the Labour Day weekend. Joey was a remarkably handsome and well known member of the canine cabal in Stanley Park, and a wonderfully entertaining character who will be deeply missed by his devoted owners and friends.

Other News

Renata Frankovich - Medical Director at Palladium Sports Medicine and Physiotherapy Centre attended the Beijing Olympics, covering our men's waterpolo team, swimming and synchronized swimming. She was thrilled to be at the pool to see Michael Phelps get his historic 8th gold medal. Her Vaughan Street neighbours were excited to see Renata march in the Opening Ceremonies.

The **McConkey/McLaurin** home on Stanley is much quieter this September since daughter Alex McLaurin left to attend the University of Guelph.

Vaughan St. had their second successful block party this June - thanks to **Cam Smith** and **Mary Grainger** and their team who helped out.

Isobel Bisby (Crichton St) organized the Fourth Annual Amazing Book Race to raise funds for family literacy services on September 27. As the main location for this citywide event is our own field house it is a great opportunity to volunteer for this great cause.

Several Burgh families attended **McKay United Church's** annual "family camp weekend" at Camp Kallala in early September.

We were pleased to hear from former (and very active) long-time Ivy Crescent residents, **Jim** and **Meriel Bradford** that they enjoy reading the *NEN* and keeping up with the news of the neighbourhood. They advise that their son, **Dominic**, and his wife, **Tiffani Fraser** (Whitehorse), are so happy to have welcomed twins into the world on May 20. The twins are son, **Finegand Lee Fraser** and daughter, **Aramantha Ariana Fraser**. Although the twins arrived about a month early, parents and babies are doing well. The Bradfords also celebrated the wedding of their youngest son **Tolly Bradford** and **Lesley Harrington** in Woodstock Ontario on August 16.

Got a Breezy Bit?

Send your Breezy Bits or photos to **Breezy Bits Editor Joyce Dubuc**:

breezybits@hotmail.com

Deadline for submissions is November 10.