

# NEW EDINBURGH NEWS



December 2008

[www.newedinburgh.ca](http://www.newedinburgh.ca)

## Brooms on Beechwood and the Beechwood Pumpkin Festival

By Jane Heintzman

For the first time in our community's recent history, merchants on both sides of Beechwood took part this Fall in two collective celebrations of the season: a *Brooms on Beechwood* event launched on October 17, and a *Beechwood Pumpkin Festival* introduced the same day but extending through the month to Hallowe'en when the winners of a storefront decorating contest were announced. Both events were initiatives of the Quartier Vanier Merchants' Association (QV BIA). The BIA has recently shifted its focus from Montreal Road to Beechwood Avenue, broadening its reach to include businesses on the north side of

Beechwood in an effort to break down the artificial pre-amalgamation barrier which has precluded a serious collaborative effort to enliven and beautify our main street.

*Brooms on Beechwood* was officially kicked off at 50 Beechwood (Beechwood Loeb) by John Therien, President of the QV BIA and Board of Directors, along with our newly re-elected M.P. Mauril Bélanger, Chief of Police Vern White, and City Councillor Georges Bédard in attendance. The event received extensive media coverage, as T-shirts and brooms (purchased at our local Home Hardware) were

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Photo: Maggie McGovern

The Princess and the Fairy: Martha Burkom of Crichton Street (left) and Fiona Ivison of Queen Victoria Street (right) compare notes on their Hallowe'en haul.

## Local Communities and Politicians Weigh In on the Bridge to Quebec

By NEN Staff

The wagons are circling. Fur is flying. 'No Kettle Island Bridge' buttons are popping up everywhere. And there is no shortage of opposition to a Kettle Island bridge.

Many of the local community groups have joined forces to try to dissuade the NCC from proceeding into Phase Two of the Inter-provincial Crossing project with Kettle Island as the only corridor under consideration. The Community Action for Reasonable Analyses and Decisions (CARAD), chaired by Jane Brammer, represents 15 community associations and groups of concerned residents from Lowertown to the greenbelt. The coalition is fighting for a site selection that minimizes impacts on neighbourhoods and communities – something that the chosen corridor would not do. "The Kettle Island corridor is the most heavily populated of all the options studied and therefore has the most negative impacts on the health, safety and quality of life of the people," reports Judy Lishman, chairperson of the MPCA Bridge Committee, in a recent article in the *Manor Park Chronicle*.

Another organization that has joined the opposition to the Kettle Island option is the recently expanded Montfort Hospital. The proposed corridor "could have a negative impact on the health and safety of patients," reported Dr.

Bernard Leduc, Chief of Staff at the Montfort Hospital, during a recent press conference.

There is no shortage of politicians weighing in on the debate as well. The Honourable Madeleine Meilleur, MPP for Ottawa-Vanier, is concerned about the selection of the Kettle Island location for the crossing, arguing that the traffic, noise, congestion, and safety concerns faced by residents of Lowertown would simply be moved from King Edward further east. "The committee is further recommending that King Edward remain a truck route, therefore not solving a fundamental problem which the new Inter-Provincial River Crossing was supposed to solve," said Meilleur. "I have always been opposed to moving the problem from one community to another, and that is exactly what this crossing would do," added Meilleur.


The Honourable Mauril Bélanger, M.P. for Ottawa-Vanier, has been outspoken in his opposition to the selection of the Kettle Island corridor as the 'technically preferred alternative'. According to Mr. Bélanger, "the team of consultants retained by the NCC failed to take into account a number of crucial factors in their study. They completely ignored two specific objectives: the City of Ottawa's stated goal to reroute truck traffic away from the downtown core and the need to eventually build a

ring road around the National Capital Region."

Jacques Legendre, Councillor for Rideau-Rockcliffe, was particularly vocal at the recent public consultation at Landsdowne Park where he asked "how is it possible in 2008 for a study to consider that globally the natural environment, fish, fish habitat, etc., at 17%, is almost twice as important as the habitat for people? Home, communities, institutions ... that's at 9%!"

Add another twist in the increasingly heated debate over the proposed crossing; The Algonquins, who claim much of the land involved as their own, have recently demanded a seat at the table. Chief Gilbert Whiteduck, of the Kitigan Zibi Anishnabeg First Nation at Maniwaki, says the NCC has spent four years and nearly \$5 million on a study of new bridge possibilities on land along the Ottawa River that is claimed by the Algonquin people, including Kettle Island. "They need to bring us to the table," said Chief Whiteduck. "We refuse to be excluded."

Anyone interested in keeping up-to-date on the trials and tribulations of the Kettle Island corridor opposition can visit [www.stopthebridge.org](http://www.stopthebridge.org). There you will find press releases, video clips and even have the opportunity to share your thoughts on this important issue.




## WINTER CARNIVAL

Games

Donuts

Sleigh Rides



Prizes

Hot Dogs


Hot Chocolate

Skating


Stanley Park Fieldhouse

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## NECA President David Sacks Reports

In October, the NECA board unanimously elected New Edinburgh resident **Joan Mason** as our newest member on the board. Joan seems a perfect fit for NECA, as she brings vision, energy, a team-player attitude, and a track record of dealing knowledgeably with city hall. As *New Edinburgh News* readers will know, Joan was a major force behind 1) the recent successful resistance to the proposed 132 Stanley Avenue development, last January to July, and 2) the citywide forum on the development issue of "heritage versus intensification", hosted by NECA at the Fieldhouse

in September. Joan's arrival brings the NECA board to its full complement of twelve.

Also, Joan has agreed to be NECA's representative to CARAD (Community Action for Rockcliffe Airbase Development)—the citizens' committee, based outside New Edinburgh, which is coordinating resistance to the Kettle Island Bridge scheme. The foolishness and potential harm of the Kettle Island plan have been widely discussed by residents over this past autumn, and NECA is very happy to have Joan working on this important file for the burgh.

### New Edinburgh is not a shortcut

Speaking of Ottawa River bridges... NECA continues to view with alarm our neighbourhood's worsening traffic situation. Primarily at evening rush hour (from 3:30 to 6 pm), secondarily at morning rush hour, and at other times of day, the Beechwood-MacKay-Sussex-Stanley corridor sees some very aggressive driving, as an increasing number of motorists jockey through our streets on a shortcut route to and from the Macdonald-Cartier Bridge. The hazards to pedestrians, including children and seniors, are obvious. Many residents have observed or experienced situations where cars—pushing to get to the line-ups for the bridge—simply do not obey stop signs or slow down for pedestrians. Arguably this short-cutting is partly in response to construction and traffic jams on King Edward Street; but residents fear reasonably that motorists will stick to their "New Ed shortcut" habits even after King Edward work is completed in September 2009.

Regarding these concerns, NECA is in contact with local police officials, with traffic-control staffers at city hall, and with Councillor **Jacques Legendre**. At this writing, an emergency community meeting is set for Nov. 26, for residents and city authorities to exchange information and ideas, including the possibility of a heightened police presence and lowered posted speed limits in the neighbourhood.

Also, NECA has written sev-

eral times to relevant city staff to inquire about any response to the several traffic-calming measures suggested in our letter to the city of last June (previously published in the *New Edinburgh News* and posted on the New Edinburgh website). So far, the city has only acknowledged receipt.

To coordinate and focus NECA's work on these vital traffic questions, first-year board member **Roslyn Butler** has graciously volunteered to chair NECA's **Traffic Calming Committee**. Roslyn thus fills the vacancy created when board member **Julie Sunday** stepped down from the committee (but not from the board) last June, to prepare for the birth of her third child. On the committee, Roslyn is receiving valuable help from resident **Joanne Legault**. We are most grateful to both for taking on this job. See page 3 for results of an initial assessment of the traffic volumes in the burgh completed by Roslyn and Joanne.

### Park progress

Board member **Karen Squires**, as chair of NECA's **Friends of New Edinburgh Park Committee**, continues to raise dust (in the best sense of that phrase). Following approaches led by Karen over the summer, the city has been admirably responsive in listening to neighbourhood concerns and in recently allocating resources to clear dead trees that were causing concern. Karen and her committee are now talking with the city about the possibility of increased lighting

in certain parts of the park, and about further forestry and cleanup goals for the spring. See page 5 of this issue for Karen's full report.

In other news: The working relationship between this newspaper and NECA, as its owner and publisher, has been formally established with NECA's recent approval of the terms of reference for the *New Edinburgh News Advisory Board*. Among other points, the terms of reference 1) establish the advisory board to help guide the newspaper's decision making, and 2) clarify the relationships that will link the paper's editor, the advisory board, and the NECA board. The terms of reference are the result of months of persistence and hard work by editor **Cindy Parkanyi** and resident **Tanya Guay**, among others.

The newly launched advisory board currently has ten members: **Barbara Benoit**, **Joyce Dubuc**, **Jane Heintzman**, **David Horley**, **Gemma Kerr**, **Cathy McConkey** (with husband **Bruce** as alternate), **Cindy Parkanyi**, **Clare Robinson**, **Jim Watson**, and myself.

On behalf of NECA, may I wish to all a happy and safe holiday season. Get those snow tires on now! We'll see you in the New Year.



## NEW EDINBURGH NEWS

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# Report on the Traffic Situation in New Edinburgh - Fall 2008

**By Roslyn Butler**  
**Chair, NECA Traffic**  
**Calming Committee**

Are you concerned about the traffic which seems to engulf New Edinburgh early each morning and every afternoon after 3 pm? Here is what I have discovered; you are right to be concerned.

## Traffic Assessment

I conducted an initial assessment of the traffic situation in New Edinburgh for two weeks in late October and early November—with assistance from **Joanne Legault**—so that we can have an understanding of the current situation. Here is a brief summary of what we found:

29 October, 5:23 - 5:40 pm

A total of 124 vehicles on Crichton (in both directions) in just over 15 min. Majority were Quebec plated.

29 October, 3:15 - 4:15 pm

Corner MacKay and Union. A total of 185 vehicles of which 163 were Quebec plates. 27 did NOT STOP, 128 rolled through the sign and only 30 stopped.

30 October, 5:15 - 5:32pm

Stanley and Union intersection. The majority of vehicles heading across the Minto bridges were Quebec plated. A total

of 83 vehicles in just over 15 min.

04 November, 3:20 - 3:30 pm

Of vehicles heading north on Crichton (a total of 87 in 10 minutes), more than 80% were from Quebec.

3:31 - 3:40 pm (9 minutes)

On MacKay northbound only, there were 23, all Ontario plates.

05 November, 3:30 - 3:45 pm

On Crichton northbound, there were 92 vehicles in 15 minutes of which around 85% had Quebec plates. Many turned left onto Union and onto Stanley at Dufferin.

14 November, 4:12 - 4:35 pm

Heading north along Crichton there were 179 vehicles in 23 minutes. About 60% were Quebec plates. On Crichton heading south (toward Beechwood/Vanier) there were 172 - all Ontario Plates - in 29 minutes.

14 November, 4:47 - 5:02 pm

At the junction of Crichton and Charles there were 47 vehicles (60% Que. plates), 10 of which did not stop. Turning onto Crichton to head south there were 16 vehicles in 15 minutes.

11 November, 2:10 - 2:30 pm

Control count at off peak time and on Fed govt. Holiday, mid-weekday. North on Stanley =

6 vehicles (13 minute period) and only 5 cars on Crichton (7 minute period).

Our observations are somewhat consistent from day to day, and show a definite pattern of behaviour—probably by the same drivers who “cut through” New Edinburgh daily to access the Macdonald Cartier bridge. Many of these drivers are not residents of Ottawa. We assume they cut through

rail transitway with nothing regarding traffic volumes, and especially nothing in the inner residential areas.

At my turn to address the Councillors, I presented our traffic concerns - giving volume numbers/Quebec vehicles, and tried to tie them to the lack of public transit routing to connect to Gatineau. There is no link to Gatineau at all in the plan (there were several

generally impacted negatively the peace and pleasure of our neighbourhood. I suggested that the Minto Bridges be turned into foot and cycle traffic priority leading straight to Lowertown by closing them to all but local cars.

During the presentation by the experts a figure was given of only 8500 vehicles/day crossing over from Gatineau. This figure seems low (perhaps I heard it wrong) since our figures show that the vehicles cutting through our streets seem to be in the order of about 600 -1100/hr or around 2500 in a 3 hour rush hour period daily. This seems to be lot of wear and tear on our streets and on the heritage Minto Bridges by vehicles. In addition, those who cut across the Minto Bridges must execute an illegal ‘u-turn’ in front of NRC Headquarters in order to access the Macdonald-Cartier Bridge.

*Editor's Note: On Wednesday, November 26 a public meeting and information session was held to discuss the escalating traffic crisis in our neighbourhood. If you were not able to attend but would like to know more about the outcome of the event, check the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca) or watch for Roslyn's report in the next issue of the NEN.*

## Extrapolations from traffic counts

Early rush hour (3 - 4 pm)	=	834 vehicles/hr
Mid rush hour (4 - 5 pm)	=	1066 vehicles/hr
Late rush hour (5 - 6 pm)	=	641 vehicles/hr
<b>Total per rush hour</b>	<b>=</b>	<b>2541 vehicles*</b>

\*Of this total almost 800 cross the Minto Bridges toward King Edward.

in the opposite direction in the morning rush hour.

## Transportation Master Plan

On Monday November 10, I attended the presentation of the *Transportation Master Plan - Update 2008* to Ottawa City Council. This presentation was all day and most interesting. However it mainly concentrated on the Public Transit part with very little focus on roads, bridges or vehicular traffic. As the day went on the focus was ever more on the new light

good citizen presentations asking to do just that using the unused Prince of Wales railway bridge) and the continuing circuit of STO buses is to be maintained.

The Master Plan does go on at some length about the goal of increasing walking and cycling especially in the inner residential areas. I tried to show how the traffic volume through New Edinburgh impacted our ability to walk and cycle for large periods of the day and



**DEADLINE**  
 for the December edition  
 of the  
 New Edinburgh News  
**January 10**

Electronic copies of the *NEN*  
 are available at  
**[www.newedinburgh.ca](http://www.newedinburgh.ca)**

## 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](http://www.newedinburgh.ca), and on outdoor bulletin boards at the Fieldhouse and 200 Crichton Street.

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

**No meeting in December**  
**January 19, 2009**  
**February 16, 2009**

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## Ottawa City Councillor Jacques Legendre Reports

### 245 Crichton Street

The six-unit apartment building at 245 Crichton was acquired by the previous regional government (RMOC) in anticipation of the Vanier Parkway extension which was part of the RMOC's Official Plan at the time. The RMOC's policy was to acquire properties within planned transportation corridors as these properties were offered for sale and thus avoid the necessity of possible future expropriation. The Vanier Parkway extension is no longer part of the official plan so there is no longer a need for the municipality to retain ownership of those properties.

When this property was

offered for sale, its condition had so deteriorated that it was initially assumed that it would be demolished and redeveloped. Effectively, the municipality, subsequent to acquiring the property, was a very poor landlord of an asset that was, and still could be, affordable housing.

I will be asking for a review of the City's policies in these circumstances. In the meantime the property has been removed from the market and low cost repairs will be undertaken to ensure that further deterioration is halted.

### Changes approved to City's Corporate Pesticide Use Policy

The City's Corporate Pesticide Use Policy will be modified, based on the Auditor General's 2007 audit and an internal staff review.

Council approved changes to the policy, which prohibits the cosmetic use of pesticides on City-owned and -operated outdoor property, including:

- the policy will now apply to all third parties who lease property from the City;
- the policy will be incorporated into all agreements with private turf-management contractors;
- Ottawa Public Health will be responsible for compiling data on its implementation, while the Environmental Sustainability Division will be responsible for reporting to Council; and,
- the City will review the policy every four years.

The policy may be adjusted further as a result of the implementation of the province's ban on the cosmetic use and sale of pesticides, expected in early 2009.

### Rental fees for sports fields waived for rescheduling due to inclement weather

Sports leagues will get a break if their sports field bookings are cancelled as a result of inclement weather. Council approved a motion from the Community and Protective Services Committee that additional fees will not be charged to reschedule such bookings.

### Children and Youth Agenda Framework approved

The City has a new framework for promoting healthy child and youth development. Council endorsed the Children and Youth Agenda Framework developed through a partnership with the United Way/Centraide Ottawa. It provides guidance to youth service providers on program planning to promote the healthy development of children and youth at all stages. The framework is based on extensive research

and public consultation and is linked to specific outcomes identified by the community.

A Children and Youth Community Leadership Table will also be established to provide opportunities and partnerships for the community and the City to work together for the benefit of children and youth. The table will be made up of leaders and decision-makers who provide services and programs to children and youth, and who will champion and promote the Children and Youth Agenda.

### Festival Plaza renamed Marion Dewar Plaza

City Hall's Festival Plaza at 110 Laurier Ave. West will be renamed "Marion Dewar Plaza" to commemorate the life, service and achievements of the late Marion Dewar, a former Mayor of Ottawa, Member of Parliament, volunteer and peace activist. A plaque will also be erected in the plaza.

### Winter overnight parking regulations in effect

As we prepare for the winter months, residents are reminded that winter overnight parking regulations will be in effect from November 15 to April 1. These regulations ensure the City's snow-clearing crews are able to keep Ottawa's roads safe and clear for motorists, public transit, pedestrians and cyclists.

Between November 15 and April 1, parking is permitted on all Ottawa streets between 1 a.m. and 7 a.m., except when a snowfall of 7 cm or more is forecast by Environment Canada. This includes any forecast for a range of snow more than 7 cm, for example a forecast of 5 to 10 cm of snowfall. Vehicle owners who have a municipal on-street parking permit are exempt from winter overnight parking restrictions.

The City has a "Winter Parking e-Alerts" service. Residents may register ([ottawa.ca/winterparking](http://ottawa.ca/winterparking)) to receive e-

mails each time an overnight parking restriction is in effect. You'll also receive an e-mail if the parking restriction continues over more than one night and another when the restriction has been lifted. The service is free and one can unsubscribe at anytime.

You can also find out if an overnight parking restriction is in effect by calling 3-1-1 (TTY: 613-580-2401) or by tuning in to local media for announcements about on-street parking restrictions.

Residents should also keep in mind that snow may be removed from city streets even when no snow is forecast. When daytime or nighttime snow removal operations are planned, temporary "no parking" snow removal signs will be posted before snow removal begins. Vehicle owners are reminded not to park on streets where temporary "no parking" snow removal signs are placed. Vehicles parked during planned snow removal will be ticketed and towed to a nearby street. This restriction applies to all vehicles, including those with on-street parking permits.

For more information on winter overnight parking regulations, visit [ottawa.ca/winterparking](http://ottawa.ca/winterparking) or call 3-1-1 (TTY: 613-580-2401).

### Season's Greetings

I also take this opportunity, on behalf of my family and myself, to extend to all, Best Wishes for Health, Prosperity and Personal Serenity in 2009.

### Meilleurs vœux

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

*Jacques Legendre*  
Councillor, Rideau-Rockcliffe  
City of Ottawa

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# Snowflake

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## Complete Privacy Unrealistic in Urban Environments

Letter to the Editor

As the owners of the new home at 96A Crichton, we were dismayed, although sadly not surprised, to see the vitriolic letter in the last issue of the *NEN* admonishing us for building a "monstrous" home ("Green? + Densification = ???!" October 2008). We have received and responded to several communications from one of the authors over the construction period voicing similar concerns. We have tried to address the issues appropriately, but now that the author and co-signatories have opted to bring their personal dispute with us before the rest of the community, we feel it incumbent on us to submit our rejoinder.

The Editor's Note correctly indicates that neighbours were invited to comment on the original plans when they were submitted, in 2002. It is also true that the City determined that our revised plans were sufficiently consistent with the version approved in 2002 to issue a building permit. At various points over the course of the planning period last year, our design firm met with Sally Coutts, Heritage Planner with the City of Ottawa, to discuss the proposed modifications and ensure that the conditions of approval were respected. The final modifications to the original design are the result of this collaboration.

At issue for the authors are the height of our house and its exterior structures. Although the measurements stated in the article are inaccurate, we are

aware that our house is tall. It is, however, not unusually so. There are a great many homes of comparable height in the neighbourhood. Exterior structures like ours are also a common feature in the area. It's worth noting that the original design was for a house about 25 per cent longer than the one we built, which would have put the deck that much closer to the rear property line.

We must respectfully point out that in an urban environment, complete and utter privacy is not a reasonable expectation. Perhaps suburban subdivisions or country lots afford the complete privacy the authors seek, but this neighbourhood requires us to live in close quarters on small lots.

Too often what is printed appears to be the prevailing attitude by virtue of its publication. We know from the kind words of welcome and encouragement that we have received from our many other neighbours that this is not the case. To those who have offered us your congratulations and well wishes, thank you very much. Your graciousness is truly appreciated and has offset any attempt by a few to make us feel unwelcome. We look forward to spending many years getting to know you all better and perhaps welcoming you in to appreciate the warmth we retain in our house, despite the chill breeze that blows in across our fence.

John Thurston  
and Lorie Boucher

## NECA Collaborates with the City and OPP to Ensure Park Maintenance

By Karen Squires

A task force was assembled in June with a clear focus to work with The City of Ottawa, the OPP and associate members of NECA on park maintenance. Concerns had been raised in several areas, including increased usage of the park and the resulting increase in litter and minor vandalism.

The first meeting of the task force, with a representative from the city, occurred on July 21 and a representative from OPP also attended. The agenda included a review of issues relating to park safety and maintenance, best practices for 'park rentals' and how to work with the Ottawa Police in matters relating to crime. Additional discussions covered basic forest management and safety.

Within one week of the meeting, a representative from the City of Ottawa contacted the task force leader to schedule a park audit. During the audit, which took place in August, the task force highlighted areas of concern relating to litter, potholes, dead trees and underbrush, vandalism, and improved park lighting.

The New Edinburgh Community Association would like to take this opportunity to thank the City of Ottawa for responding quickly on the issues raised during the review. Within one week of the park audit new garbage bins were installed, potholes were filled,

and park benches were restored to their original places.

In addition, most recently an entire crew of city workers spent almost a week clearing out dead trees and underbrush throughout the park area.

As intensification increases in our area and adjacent areas, we—as residents of New Edinburgh—must continue to work together with the City and with the OPP to ensure that our community is safe and our beautiful green spaces are protected. With this in mind,

the OPP has provided us with several numbers to call, should anyone need to report an issue or area of concern.

- The general number for the Police Dispatcher is 613-230-6211.
- Call centre for reports is 613-236-1222 x7300.
- Emergency calls to 911.
- City of Ottawa calls to 311.

While most of our issues were addressed, we plan to continue working with the City and other groups to ensure park safety and security.

## 280-282 Crichton Street

The "on again, off again" redevelopment of properties at 280 and 282 Crichton Street appears to be moving forward once more. At present, the site is occupied by a small apartment building and a single dwelling that was never repaired after a major fire several years ago. Various plans have been proposed over the years, including a 39-unit apartment block, but these all stalled.

The owner recently advised NECA that new plans are being prepared (we understand this will be a "stacked townhouse" project) and the latest drafts will be shared with neighbours in the near future. This is the early consultation phase; plans are not finalized and there is no formal submission to the City. NECA is ready to convene a public meeting once the owner confirms his intention

to proceed with redeveloping the site.



Photo: Louise Imbeault  
282 Crichton Street may soon be replaced by a "stacked townhouse".

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Legendre



Photo: NEN Staff

**Brooms on Beechwood:** The Quartier Vanier BIA launched its first in a series of events aimed at revitalizing Beechwood Ave. In attendance were Ottawa-Vanier M.P., Mauril Bélanger, NECA Board member Paul McConnell and his wife Bev.

**And the Winners Are...**

<p><b>1. Rassi Hair Style Beauty,</b> 2 Beechwood Ave., Suite 104</p> <p><b>2. Monson Deluxe Cleaners,</b> 110 Beechwood Ave.</p> <p><b>3. Kidsensation-All,</b> 121 Beechwood Ave.</p>	<p><b>1. Papa Low's Bicycle &amp; Design,</b> 75 Beechwood Ave.</p> <p><b>2. Pet Value Better Pet Nutrition,</b> 170 Beechwood Ave.</p> <p><b>3. Clocktower Brew Pub,</b> 422 MacKay Street at Beechwood Ave.</p>
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**People's Choice:**

1. Jacobsons Gourmet Concepts,  
139 Beechwood Ave.

2. Beauty Mark Esthetics,  
2 Beechwood Ave., Suite 103

3. Victoria's Salon & Spa  
Beechwood Village, 82 Beechwood Ave.

**Quartier Vanier Merchants Awards:**

1. Papa Low's Bicycle & Design,  
75 Beechwood Ave.

2. Pet Value Better Pet Nutrition,  
170 Beechwood Ave.

3. Clocktower Brew Pub,  
422 MacKay Street at Beechwood Ave.

**We would like to thank all the merchants who participated.**

[www.vanierbia.com](http://www.vanierbia.com)

## Brooms and Pumpkins on Beechwood...

**Continued from page 1**

distributed to merchants along Beechwood, signifying the arrival of a new era in the community and the "sweeping away" of past practices which inhibited its development as a vibrant commercial hub.

Bank of Montreal Manager Adam Kane, profiled in the last edition of the NEN, was also introduced at the event as the newest recruit to the QV BIA Board of Directors. Adam is strongly committed to bridging the gulf between the two sides of Beechwood, and has been working with Chris Green of Bread and Roses Bakery to come up with ideas to promote closer collaboration among Beechwood merchants.

Even if you missed the Brooms on Beechwood launch, it's doubtful that you failed to notice the decorative trappings of the ongoing Beechwood Pumpkin Festival. Cornstalks, hay bales and Hallowe'en pumpkins were arrayed in front of the 46 participating stores: 22 on the south side of Beechwood and 24 on the north. On October 30, each of the 46 displays was evaluated by a "VIP" panel of judges including noted Ottawa food columnist and cookbook writer Gaye Cook, Des Devoy, Editor of the Ottawa East Community Paper The NOW EMC, several members of the City of Ottawa Police, and yours truly. Our panel braved the late afternoon chill to closely scrutinize the various offerings which ranged from the simple to the ornate; the gory and ghoulish to the strikingly imaginative.

The VIP panel awarded top marks to Rassi Hair Style Beauty with their gory crime scene heavily favoured by the participating police; Monson's Deluxe Cleaners and their display featuring a pair of thrashing human legs emerging

from a duct spewing clouds of smoke; and Kid Sensation-All whose cheerful cast of characters were intended to appeal to children, the real Hallowe'en aficionados in the community.

The People's Choices, voted on by shoppers in the days leading up to Hallowe'en, spread the laurels with the selection of Jacobson's Gourmet Concepts, Beauty Mark Esthetics and Victoria's Salon and Spa. The QV BIA also picked its own favourites, extending awards to Papa Lowins' Bicycle Shop, Pet Valu and the Clocktower Brew Pub. Perhaps the most important outcome of the whole exercise was the fact that so many of our Beechwood businesses made an outstanding effort to get into the spirit of the festival, participating with enthusiasm in a collective endeavour that we hope will be the first of many for our shopping area.

One of the moving spirits behind both the Brooms on Beechwood event and the Pumpkin Festival was QV BIA Executive Director Suzanne Valiquet, a fountain of energy and enthusiasm who has recently brought her formidable organizational powers to bear in our community. Suzanne has a full agenda of projects for the area, including practical initiatives such as the repainting of lampposts, the installation of new Enviro-zone garbage bins and (City financing permitting) the eventual introduction of new street furniture customized to suit the character of our unique neighbourhood. She was enchanted by the CCCC's August Lumière Festival in Stanley Park, and sees tremendous potential for future events on a broader scale encompassing visual art, theatre and music. Stay tuned: with a dynamo like Suzanne at the helm, there's certain to be much more to come!

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# Heritage and Development in New Edinburgh

**By Paul McConnell and Inge Vander Horst**  
**Co-Chairs, NE Heritage & Development Committee**

The New Edinburgh Heritage Conservation District (HCD) is a piece of Canadian history that has managed to survive. Hopefully, by recognizing its special character through legislation as a designated heritage district, it will be preserved for future generations to experience and enjoy – but only if we play our part in protecting it.

This means we have to be good citizens in promoting and respecting the provisions of the Heritage Conservation District Plan that was formally adopted when the district was established in 2001. There has been little official publicity about the HCD – for example, we still don't have the plaques installed to mark the boundaries of the heritage district. So HCD residents may forget about the plan and its guidelines for renovations, garages, new additions, etc. Of even greater concern is the apparent lack of information available to prospective home-buyers (and, yes, developers) on the implications of moving into the heritage district, especially for those who have ambitious plans to redevelop their newly-purchased property.

## The HCD Awareness Project

The proposed redevelopment of 132 Stanley Avenue was one conspicuous assault on the HCD, but we also have to guard against an incremental, almost accidental, transformation of the neighbourhood. Oversized additions, extra storeys, incompatible design – these can chip away at the

overall integrity and viability of the heritage district. In response, NECA's Heritage & Development Committee has embarked on a major project

aimed at increasing awareness and understanding of what the heritage district designation entails – the benefits of living in the New Edinburgh Heritage

Conservation District, and the responsibilities.

The HCD Awareness Project will have many different components. For example, we are

developing an HCD information campaign aimed at briefing realtors who list property for sale in the heritage district. Perhaps we also need to create an HCD information package for newcomers. We shall be contacting other HCDs in Ottawa and elsewhere in Canada to see how they keep their residents up-to-date. Maybe we'll support another event like last September's Forum on Heritage and Intensification to raise the profile of HCD issues. We'll work with the City and try to get more publicity and services for heritage districts. We're putting more HCD-related information on the community website.

We shall also be developing a Question & Answer pamphlet about living in a heritage district. There is a lot of useful information hidden away in various places, so we want to compile this into a more useful format – an extract from the draft pamphlet accompanies this article.

As residents of the New Edinburgh Heritage Conservation District, we are its guardians. It is up to us to ensure that its special value is recognized today and preserved for tomorrow. We believe that if we can raise awareness about the existence of the HCD, and the merits of the HCD Plan and Guidelines, the greater will be the desire to comply with them. Less time would be spent on fighting to protect the HCD from inappropriate development, and more time would be spent on celebrating this special part of Ottawa.

## LIVING IN A HERITAGE CONSERVATION DISTRICT

### What is a Heritage Conservation District (HCD)?

The heritage designation is a way for the community, city, and province to recognize, protect and promote awareness of our local history. The designation applies to a large section of the New Edinburgh neighbourhood. Creating the HCD brings public recognition for its special features, as well as protection from demolition or unsympathetic alteration, so the community's heritage character can be preserved.

### Can I make alterations to my property if it lies within the heritage district?

The heritage designation provides a process for ensuring that changes to all properties in the HCD are managed carefully in order to protect the heritage character of the district. The HCD Plan includes guidelines that are part of the review and approval process for alterations, demolition, and new construction. Major changes will require approval by City Council. Other changes may require approval by Committee of Adjustment. If you are contemplating changes, you should consult the City's heritage staff as a first step. We also encourage you to make early informal contact with NECA for feedback; NECA provides input to the City on all applications to alter, demolish and construct.

### Does the heritage designation, with its restrictions, lower my property value?

No, studies suggest that property values are affected positively by heritage status. Heritage districts have special character and are protected by zoning regulations and heritage policies, so they are recognized as desirable places to live. This in turn increases demand and property values.

### Are there any grants available if I renovate my property?

A heritage grant of up to \$5,000 in matching funds is available to assist owners with approved restoration work. An owner can apply for one grant per year. Eligible projects include conservation of existing exterior elements (such as deteriorated original windows or gingerbread trim), repointing mortar joints, restoration of missing features (such as reinstating a blocked-in window, or rebuilding an interesting chimney stack), and custom restoration work (such as replicating porch columns or trim). Staff trained in architectural conservation will determine the eligibility of your project, provide technical advice, and assist you with the application process.

### Where can I get more information about the HCD designation, building restrictions, grants, etc.?

The City of Ottawa website [www.ottawa.ca](http://www.ottawa.ca) contains useful information. Just type your keywords in the "Search" box. Alternatively, you can call the City's Client Service Centre at 3-1-1, or contact the City's Heritage Section at 613-580-2424, ext. 13855 or 13474.

You can also obtain informal local advice by contacting NECA.



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## From the Desk of...



**Mauril Bélanger**  
Member of Parliament for  
Ottawa-Vanier



On September 3, the Interprovincial Crossings Environmental Assessment committee announced that Kettle Island was the technically preferred corridor for the construction of a new interprovincial bridge. While a final recommendation has yet to be made, it is expected that the committee will propose that this corridor be the only one carried forward to the second phase of the Environmental Assessment.

A bridge in the corridor of Kettle Island, corridor 5 in the committee's report of October 2007, would fail to meet two specific objectives: it would not solve the problem of heavy trucks on King Edward Avenue nor would it advance the construction of an eventual ring road. Furthermore, it would require converting Aviation Parkway into a truck route, which would adversely affect

established residential communities. Aviation Parkway also gives access to a hospital, a college and a national museum. The doctors and administration of Montfort Hospital have, incidentally, expressed their opposition to any project that could be harmful to the hospital's patients, staff and equipment.

Transplanting part of the heavy truck problem from one community to another is hardly a solution. What our capital city needs is a dedicated and mandatory truck route which would take heavy commercial traffic well outside of our downtown core and away from established residential communities. A ring road around the National Capital Region would allow through traffic to avoid the downtown core and thereby alleviate the pressure exerted on our road system.

One of the options consid-

ered by the committee meets the aforementioned objectives. A bridge linking the Canotek industrial park and the Gatineau airport, otherwise referred to as corridor 7, has all the necessary characteristics to become a dedicated truck route and, eventually, become a part of an eventual ring road. It would have the added benefit of becoming a catalyst for economic development for the region's East end, creating jobs close to where people live.

I very much fear that if only option 5 is carried forward to the second phase, an east-end bridge will never be built. This would be a tragedy for the residents of Lowertown and

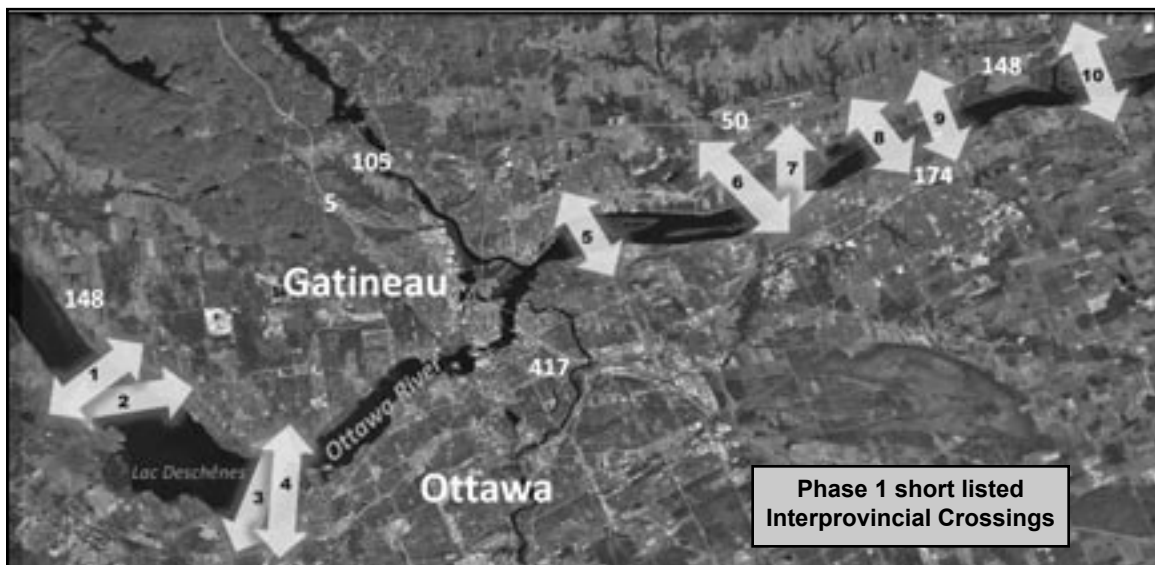
Sandy Hill who, for decades, have had to endure the noise and pollution of heavyweight trucks barrelling through our downtown core. The public consultation of September 24 at Lansdowne Park amply demonstrated the community's determination to fight the proposed bridge at Kettle Island and I have no doubt that they will win this fight.

Therefore, it is my opinion that the best way to proceed would be for the second phase of the Environmental Assessment to also take a look at alternate locations for a bridge in the East end. For the reasons I have already mentioned, I and others believe that corridor 7 is

a prime candidate for detailed analysis.

In the past few weeks, I have circulated copies of a petition to that effect among community groups involved in the fight against a bridge at Kettle Island as well as to constituents who have communicated to me their opposition to the bridge. I have already tabled a number of these signed petitions in the House of Commons and intend to continue doing so as they are returned to me.

To obtain copies of the petition, please do not hesitate to contact my office at the number 613-992-4766 or by email at [belanm@parl.gc.ca](mailto:belanm@parl.gc.ca).




**IMPORTANT  
MESSAGE**

**REGARDING  
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## Hydro Ottawa has received a number of reports from our customers that some door-to-door electricity retailer representatives are claiming to be Hydro Ottawa employees.

Hydro Ottawa is not affiliated with any electricity retail company. We are not in the business of selling electricity contracts, and our employees do not knock on doors asking to see customers' bills.

Hydro Ottawa representatives always carry identification, and will gladly show it to you upon request. If you have a question or concern about the identity of any individual representing Hydro Ottawa, please do not hesitate to contact us at 613 738-6400.

The Ontario Energy Board (OEB) licenses all electricity retail companies and has established a Code of Conduct that electricity retailers must follow. Sales representatives must identify who they are and which company they represent with photo ID. You should never feel pressured to sign a contract. Take the time to make an informed decision.

Hydro Ottawa does not benefit financially from a customer's decision to sign, or not to sign, a contract with an electricity retailer. Whether you sign with a retailer or not, Hydro Ottawa will always deliver your electricity.

The Ontario Energy Board provides comparisons of electricity supply options on its website [www.oeb.gov.on.ca](http://www.oeb.gov.on.ca).

If you have a question or concern, call the OEB toll-free at 1-877-632-2727.

Hydro Ottawa is also available to answer your questions.

 **HydroOttawa**

613 738-6400  
[www.hydroottawa.com](http://www.hydroottawa.com)





By Cathy McConkey and Caroline Matt

### Garage Sale

We had great weather for our neighbourhood garage sale held back in September. Thanks to all of those participants who donated 10% of their sales to your community (we are still accepting envelopes so don't be embarrassed to drop them off). This is our major fundraiser and proceeds go to the operation of the Fieldhouse and the rink this coming winter.

### Halloween Howl

If you were near Stanley Park on October 26, you may have come across a gathering of superheroes, Harry Potter, an elephant, a porcupine, a robot, and an erupting volcano. This wasn't Steven Spielberg's latest film shoot; it was this year's Halloween Howl.

The afternoon began with a parade that took the crowd of 60 costumed children to the Governor's Walk, where

the residents' warm reception was a welcome riposte to the cool temperatures outside. With their candy bags full and smiles on their faces, the colourful troupe returned to the Field House, where they left no pumpkin undecorated, and no beanbag unthrown. The fearless amongst them rescued spiders and brains from the cold pasta bowl of mystery. The event spilled out into the park, where Spiderman was seen climbing the spider web, monkeys played on swings, and all the pumpkins that rolled down the slide were unbroken and promptly stood up and went again. There are also rumours that a Gruffalo was there, but no one can confirm the sighting, and the Mouse cannot be reached for comment.

Many thanks to all of the volunteers who made this wonderful event happen. Special thanks to **Debra Conner, Katina Fazakas, Stephanie Monteith, Caroline Matt** and the **Governor's Walk** for hosting the parade.

### The Rinks

The Stanley Park rink relies on volunteers to keep the best outdoor rink in the city smooth and clear. Last year we had a great group of volunteers to help us clear and flood the rinks nightly and we are seeking more to join our New Edinburgh Hoser crew. It's not a big commitment as the rink season is only 8-10 weeks long and we only ask people to sign up for whatever they can do.

So, if you have always wanted to be a Hoser and want to contribute, please contact Brian at [btorrie@hotmail.com](mailto:btorrie@hotmail.com).

Once again the CCC will be hosting our annual **Winter Carnival** at the Fieldhouse. This event will happen on the 31st of January 2009 from 3-5 pm. Come on out for another great family activity including games, skating, wagon rides, hot chocolate and more. For more information or if you want to volunteer please contact **Joseph Cull** at [jjcull@rogers.com](mailto:jjcull@rogers.com).

The Fieldhouse is available for rent. Please contact **Jill Hardy** at **613-746-1323** if you would like to inquire about renting this great space for your next event.

The council is always open to new members and Hosers. We meet the second Monday of each month at 7:30 pm in the Fieldhouse.

The Crichton Community Council and its volunteers wish everyone a Merry Christmas and a Happy New Year!



Hedgehog at the Howl.

Photo: Louise Imbeault

## Tree Planting Grant Program

The Trees, Reforestation and Environmental Enhancement (TREE) Program is a four year initiative that aims to enhance the City of Ottawa's urban and rural forests through the planting of 100,000 trees between 2007 and 2010. The TREE Program empowers Ottawa residents, businesses, community groups and schools to participate in planting trees to enhance and maintain the city's forest cover and combat climate change. There are a number of ways you can take part in the TREE Program:

**Plant your own tree!** Green your own corner of the city by registering for a tree to plant on your own property. Trees will be available every spring and fall, based on a first-come, first-served basis.

**Suggest a location to plant a tree.** Work with us to find appropriate locations for trees within your community in rural or urban Ottawa.

**Learn about the Community TREE Planting Grant Program**, which aims to improve and enhance Ottawa's existing urban and rural forest cover by creating partnerships with the community for tree planting initiatives.

**Become a TREE volunteer.** Help us plant 100,000 trees!

**Green your neighbourhood** through the TREE Program's Community Tree Distributions.

**Take the national challenge!** On May 8, 2007, the City of Ottawa challenged Canadian municipalities to join Ottawa in planting trees for the planet, as part of the United Nations Environment Programme's (UNEP) Plant for the Planet: Billion Tree Campaign.

For more information about the TREE Program, contact [TREE@ottawa.ca](mailto:TREE@ottawa.ca) or call 613-580-2424, ext 1TREE (18733).



Photo: Louise Imbeault

**Stanley Park  
Rink Schedule**

**HOLIDAY SCHEDULE**  
(Dec 27 - Jan 4)

12:00 - 9:00 pm

**REGULAR SCHEDULE**

Monday - Friday 4:30 - 9:00 pm  
Saturday 12:00 - 9:00 pm  
Sunday 12:00 - 5:00 pm



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# A New Initiative Helps New Ed Live Greener, Save Energy and More

By Sarah Anson-Cartwright

What could be more pleasant than walking across the Minto Bridges from the west, looking down the Rideau River, and arriving in the green and pleasant neighbourhood where we live. The natural world is on our doorstep -- a scenic reminder of our personal roles in the ecology of the city and the climate on earth. In the midst of advice and admonishments on how to live more "green", help and action is now closer at hand.

The New Edinburgh Community Alliance, like many other neighbourhood groups, has recently established an environment committee to help us learn what works, why and at what cost, as we consider changes toward greener lifestyles. Many NECA activities already relate in some way to the quality of our environment, including the committees on Traffic Calming, Friends of the Park, and Heritage & Development. However, there are several major gaps and opportunities that could benefit from a more direct approach, which is why the new committee was formed.

The NECA Environment Committee will also be known as the New Edinburgh Committee of the Environment (to create the acronym NECOE). Education and awareness are key to its mandate, but NECOE is also focused on action (specific projects include treescaping our streets and a recycling/compost/garbage challenge); advocacy (promoting the NECA resolution against cosmetic pesticides and sup-

porting City initiatives such as Compost Plus, while pushing Ottawa toward more sustainable practices); and collaboration (with other environmental groups, especially in nearby neighbourhoods).

**"I want to be a 'green actor' at the local level"**

NECOE was hatched when ten Burgh residents met last June to talk about what concerns us when we consider our impact on the environment. Our discussion was wide-ranging, but we singled out concerns in four broad areas:

- Energy/ Fuel use
- Recycling/Waste mgmt
- Trees/ Greenspace
- Water quality/conservation

## NECOE Vision Statement:

*New Edinburgh is a community that demonstrates, through concerted action and advocacy, its commitment to improving the quality of the local environment, and to embracing an ethic and the lifestyles and practices required to assure a sustainable future.*

By talking with neighbours, I realized many of us are seeking practical advice and "best practices," to learn from others' examples about what works best when it comes to energy efficiency options, green electricity or solar power, adding trees, recycling properly, composting more or better, and improving transit options.

To broaden our reach as a new group, NECOE will coordinate with nearby communities such as Rockcliffe Park, Lindenlea, and Manor Park. In fact, our first project was a joint screening in October of the local film "Be the Change", hosted

by Ottawa environmentalist David Chernushenko. Inspired by the film's real-life examples of the many small acts that can make a difference, we are now moving onto our next steps.

## With a plan, we can create a future

Planning for the longer term is in the works. As a central project, NECOE will draft a Sustainable Neighbourhood Plan, inviting your contributions to create a new vision for New Edinburgh. This will be the framework for action and our advocacy with the City. We can ensure our community meets our present and future needs, relative to environmental, economic and social ele-

ments – the three pillars of sustainability.

The City has a few excellent initiatives, including the Compost Plus program (with New Edinburgh as one of the fortunate pilot neighbourhoods for several years now), the free tree program, the Zerofootprint calculator and the anti-idling by-law.

Through NECOE, we will work with the City to make sure that we take best advantage of what is available and advocate for more ways to make New Edinburgh green, in our households and throughout the community.



Photo: NEN Staff

**Joint projects, such as the recent screening of "Be the Change" at Ashbury, help NECOE to broaden its reach and explore more ways to improve our local environment.**

## One million acts of green – every bit does count

Campaigns can be effective with slogans that are easy to recall. "One million acts of green" (promoted by Cisco) taps into the idea of a cumulative effect of many individual actions. You may decide to stop idling your car, to pick up at least one piece of garbage when you are out for a walk (as David Suzuki does) or to cut meat out of at least one meal a week (saving greenhouse gas pollution by the same amount as if you drove 1860 fewer kilometres). There is lots of food for thought.

For a great new booklet on how we are connected through the water, energy and other resources that flow through our homes, visit the website [www.ecologyofottawa.ca](http://www.ecologyofottawa.ca). It shows how every action we take affects the city we live in, and the costs to taxpayers of our actions.

## Lots on offer – please check in with us

NECOE's next public event will be a workshop, with the chance to learn about the most effective and simplest energy-savers for your home, a quick course to improve your green bin composting and recycling, and more. A New Edinburgh tree plan is underway, recommending locations for additional trees which will help us capture carbon, improve the look and feel of our streets, and cool the air around our houses.

Meantime, we are setting up a link on the New Edinburgh website ([www.newedinburgh.ca](http://www.newedinburgh.ca)). We welcome your questions or comments at NECA. [enviro@gmail.com](mailto:enviro@gmail.com).

*Sarah Anson-Cartwright chairs NECA's Environment Committee (aka NECOE) and enjoys the environmental and social benefits of taking the #3 bus.*



# CLOCKTOWER

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# New Edinburgh: Contrasts within an Arboreal Community

By Chris Sraka

New Edinburgh is a neighbourhood of stark contrasts. Standing at the intersection of Crichton Street and Dufferin Road it is easy to observe the difference trees make in an urban neighbourhood. Looking west toward Charles Street, numerous mature trees growing from both private yards and the public boulevard colour the landscape. Toward Beechwood Avenue in the east, a lifeless asphalt capped boulevard defines the view.

A variety of architectural styles, structural densities, and demographic realities colour our urban experience. A short walk through New Edinburgh reveals a vibrant mosaic of human intervention. Although the neighbourhood canvas has been repainted many times since its founding, evidence of a once densely forested landscape remains. Growing from private and public property, urban trees form part of a living infrastructure that continues to bind the blocks between Sussex and Beechwood. Like most urban systems, the New Edinburgh urban forest requires ongoing management to ensure its health.

Trees are an imperative ele-

ment of a livable urban environment. A regular sequence of mature trees along a streetscape has measurable benefits. Residents of a well-treed neighbourhood enjoy increased property values, enhanced energy efficiency of buildings, better public safety, improved air quality and reduced atmospheric greenhouse effect. Ultimately, decisions concerning trees in both the public and private realms have impacts that reach across legal boundaries. Given the importance of trees to the quality of our community, collective initiative must be taken to ensure the ongoing stewardship of this shared resource.

Best practices in urban environmental design suggest that street trees should be planted at regular intervals of between 6 and 8 metres along both sides of neighbourhood roadways. In New Edinburgh this equates to approximately one tree planted in front of every dwelling.

Current traffic concerns of

New Edinburgh residents may be addressed in part using street trees. Plantings in close proximity to a roadway serve as a traffic calming agent by



Photo: Louise Imbeault

creating the perception of a compressed roadway. By locating street trees in a boulevard between the curb and sidewalk (as is found along Crichton Street) pedestrians are afforded a degree of physical protection from vehicles.

An ongoing study of New Edinburgh's urban forest reveals significant breaks in the

sequence of trees that contribute to the overall quality of our living environment. The New Edinburgh Committee on the Environment (NECOE) com-

missioned survey identifies hundreds of specific locations within the neighbourhood where new tree plantings could occur. The New Edinburgh Tree Planting Plan acts as a baseline against which to measure our community's cooperative effort to increase the number of neighbourhood trees growing along our roadways. The Plan also identifies public lands where extensive

tree planting initiatives should be prioritized. (A draft of the plan is available for download at: [www.newedinburgh.ca](http://www.newedinburgh.ca))

Fortunately the City of Ottawa shares New Edinburgh's goals for a stronger urban forest. The city has undertaken an initiative to plant 100,000 trees within its bounds between 2007 and 2010. Through the Trees Reforestation and

Environmental Enhancement (TREE) Program residents and community organizations have an opportunity to enhance the local urban forest at no cost. A variety of species and sizes of trees are available every spring and fall. You can register to receive a free tree to plant on your own property by telephone or the internet (613-585-2400 or [www.ottawa.ca/residents/healthy\\_lawns/forestry/tree\\_program/](http://www.ottawa.ca/residents/healthy_lawns/forestry/tree_program/)). Since a limited number of trees are available each season, registration should be done early to avoid disappointment.

NECOE hopes that residents will take full advantage of the City's TREE program and support the community effort to increase the number of trees growing on private property in New Edinburgh. Over the course of the coming months, NECOE will continue to work on behalf of all neighbourhood residents to encourage the planting of new trees on public lands. NECOE is also working to develop a position on the preservation of mature trees in New Edinburgh.

*Chris Sraka is a member of NECOE and a Partner in Vert Design Incorporated*

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# BURGH BUSINESS BRIEFS

- By Jane Heintzman -

## Stretch and Strength with Alex Macdonald: The Artistry of Staying in Shape

For close to two decades, residents of New Edinburgh and the surrounding communities have flocked religiously to Alex MacDonald's legendary **Stretch and Strength** classes to tone their bodies, develop strength and flexibility to reduce the risk of injury and osteoporosis, and, ultimately, to revel in the sheer joy of movement in a congenial atmosphere.

Alex's classes currently take place in the spacious **Dufferin Room** in the **Crichton Cultural Community Centre**, and each Tuesday and Thursday, she works with a full complement of registered participants

ranging in age from 30 to 82, spanning a broad spectrum of sizes, shape and levels of ability. The genius of the program lies in the fact that each of the movements in the **Stretch and Strength** repertoire can be performed to a degree of difficulty appropriate to the particular individual, so that those in the "more mature" category need not strain to keep up with younger athletes, while the latter are not held back by their elders.

Alex originally trained as a dancer, a fact which is obvious to anyone who has observed her striking carriage and fluidity of movement. She trained intensively in the pre-professional program at the Ottawa Dance Centre with the ultimate

objective of a career in dance. While she quickly recognized that her height (6') precluded a future in classical ballet, she turned to jazz and modern dance to pursue her dance studies.

Sadly, however, her aspirations for a dance career were cut short by a serious injury. During a five year stint teaching dance classes at an Arts summer camp in Rockcliffe, she sustained permanent damage to her shin bones from dancing on a non-sprung floor, and her hopes of a professional dance career were dashed. At that point, she turned to acting and directing, moving to Toronto to pursue theatre training at U of T.

In the realm of acting, she

recognized that here too, her height was a major factor in limiting the roles available to her, and she shifted her attention to directing and training with such well known professionals as Micheline Chevrier at the GCTC and Marti Maraden, then at the NAC. It swiftly became obvious to her that success in this competitive field entailed a life of continuous travel, and she ultimately opted to settle in Ottawa with her partner Martin to pursue her current work in Media and Public Relations and Special Events organization.

Alex's signature **Stretch and Strength** classes, which continue to be her real love as an ongoing vocation, were originally launched following her return from Toronto in 1989. When she discovered that aerobics appeared to be the only form of fitness instruction on offer in Ottawa, she decided to start her own class, and succeeded in having it added to the Lighthouse program offered at Crichton School. Somehow, however, it was overlooked in the Lighthouse promotional material, so she and her mother took the bit between their teeth and walked the streets of Manor Park, New Edinburgh, Linden Lea and Rockcliffe dropping flyers in every door. Needless to say, it was a resounding success that has since morphed into something close to a cult for the enthusiastic participants who depend upon it as part their weekly régime.

When Alex moved her classes into the CCCC several years ago, she was initially obliged to use the Community Room (Room 307) which offered only limited space for her substantial group and the challenges of an irregular floor. Undaunted, she set her sights

on the much larger Dufferin Room, and was instrumental in organizing a monumental volunteer effort to carry out the renovations required to make it a useable space for CCCC classes—including the installation of a new floor. Alex remains happily ensconced in this handsome facility, and has recently added a **Dance Fit** class to her repertoire, which she finds is a welcome stress reliever, and which once again has proven to have broad appeal for participants of all ages and stages.

## Centre for Continuing Education, University of Ottawa

While few of us in the middle age plus category may have a strong hankering to return to life as a full time student with all the nerve-jangling trappings of term papers, deadlines, exams and mandatory prerequisites, it's likely that a few of us have at some point come across a subject we'd like to explore in more depth, or a skill we'd like to acquire or hone. For those in the latter category, the **Centre for Continuing Education** at the University of Ottawa offers programs and resources specifically designed to address those interests, and to provide an outlet for intellectual curiosity across a broad spectrum of topics.

Director of the Centre **Serge Blais** reports that a commitment to "life-long learning" has recently been adopted as a part of U of O's core mandate, and that increasing emphasis is being placed on opening up the university to individuals of all ages and stages from early or mid-career to post-retirement. At the heart of this initiative to enhance the accessibility of the university to the wider community is the Centre for



Alex Macdonald leads local fitness enthusiasts in her **Stretch and Strength** class in the Crichton Cultural Community Centre's Dufferin Room.

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Continuing Education which offers three basic services: 1) a **Resource Centre** or "one stop shop" for adults interested in exploring the menu and scheduling university-level courses offered at U of O; 2) a **Professional Training** service providing workplace training and skills development, which over the last nine years has encompassed some 9,000 adult students, largely members of the federal public service; and 3) **General Interest Courses** which are non-credit courses intended to appeal to adults with a continuing lively interest in the world, and sufficient time and energy to pursue these interests.

The General Interest courses available this winter cover a broad range of topics, and interested readers should check out the Centre's website at [www.continue.uottawa.ca](http://www.continue.uottawa.ca) or call Administrative Assistant **Judith Sawadogo** at **613-562-5800 Extension 3431** for more details. You can register online or at the university, and typically, the cost of an 8-10 hour series is \$140 with discounts for those who bring along a friend or two to registration. Serge encourages early registration for two reasons: first, the classes are kept small (12-15) to ensure maximum individual attention and tend to fill up quickly, and secondly, the courses only run if there is sufficient subscription, so if one topic catches your eye, sign up quickly and bring along a group of friends.

Some highlights this coming winter include a university-level **Photography** course given by **Jean-Marc Carisse**, former official and personal photographer to Prime Ministers Trudeau and Chrétien; **A New Look at Canadian History**, which focuses on three pro-

vocative areas of exploration: Confederation, World War II, and Pierre Trudeau; **Ancient Civilizations, Sparta and Greece**, examining the impact of the Spartan model on subsequent government models in existence to this day in the western world; and **Medieval Society in the 12th and 13th Centuries**, which addresses some of the myths about the "dark age" and focus on family life, medicine, crime and justice in the medieval period.

#### **Voice Matters on the Winter Agenda at U of O**

Of special interest to our community is the fact that **Christina Lubbock**, creator of *Voice Matters*, a private voice coaching service which has been profiled in the *NEN*, will be offering a course at the Centre for Continuing Education this winter. Christina's coaching encompasses not only the many issues related to the tone and quality of the speaking voice, as well as the production of sound, but also the crucial aspects of overall presentation, including posture, body language, and general deportment- in a word, the essential tools of effective public speaking and social interaction.

In recent months, Christina has taught a number of university level classes, including a group of third year Queen's University students of Tax Law whom she put through their paces reading aloud passages from their tax law texts. Having listened carefully to the presentations of each of his classmates, the last student on the roster came forth with a wonderfully dramatic rendition of his chosen passage on tax law advocacy, much to Christina's delight and to the amusement of his colleagues.



**Christina Lubbock of Voice Matters**

In addition to the group sessions planned this winter under the auspices of the Centre for Continuing Education, Christina continues to offer **private sessions** to anyone interested in "Voice Matters" in the broadest sense, from overcoming bad speech habits to developing more effective communication skills; mastering the art of public speaking (including control of nerves in all their regrettable manifestations); reading aloud in public; and learning the secrets of resonance, breath control, voice projection and articulation which are the hallmark of all fine actors. Interested

readers can reach Christina at **613-744-7252**, or check out the Centre's website (noted above) for details of her winter classes.

#### **Isobel's Cupcakes and Cookies**

Many readers will have noticed that the attractive white house at **117 Beechwood**, which for a number of years was the home of **Video Mondo**, has recently acquired a new occupant. If all goes as planned, Isobel's Cupcakes and Cookies, the first and only gourmet cupcake store in Ottawa, will open its doors in late November, and add yet another supplier of tempting delicacies to our richly endowed community. Pastry chef **Heather Holbrook** is the creator and owner/operator of Isobel and Company, a thriving wholesale business which designs and produces a high quality line of hand-decorated cookies and mouth watering cupcakes with a distribution network extending beyond the Ottawa area to outlets as far flung as Victoria, Halifax, Germany, Japan and the U.S.


Heather originally worked in the advertising field, but never abandoned her childhood passion for baking, and began producing her signature hand-decorated cookies for a limited circle of family and friends. Her handiwork in the kitchen inspired such enthusiasm

among the lucky recipients that she was encouraged to take the plunge and start her own business. What began as Isobel's Cookies eventually morphed into Isobel and Company when Heather expanded her product line to include other baked items such as the gourmet cupcakes which Burgh residents will now have on their doorstep at 117 Beechwood.

Despite its exponential growth from its modest origins to a complement of 26 bakers and decorators working in a large 6500 square foot facility, Isobel's remains a family-based operation, with Heather as the prime mover and principal pastry chef and her husband Bruce as Director of Operations. The business is named in honour of two generations in the family, Bruce's grandmother Isobel and the couple's daughter Mackenzie Isobel who is named after her great grandmother.

Notwithstanding the substantial scale of the operation, Heather has made a point of maintaining the high quality and standards of true home baking. Her products are all preservative free, and made from scratch-with butter, not margarine or shortening! The intricate decorating is done entirely by hand, and the only concessions she has made to

**Continued on page 14**



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\*Tracy Anderson and Diane Spurgeon are sales representatives with Prudential Town Centre Realty Inc.

**Continued from page 13**

automation is in the production process, involving cutting and packaging. Another distinctive feature of her kitchen which may be of special interest to some families in the community is that Isobel's maintains an **entirely nut free operation.**

Heather's new retail operation at 117 Beechwood will focus on her now famous hand-deco-



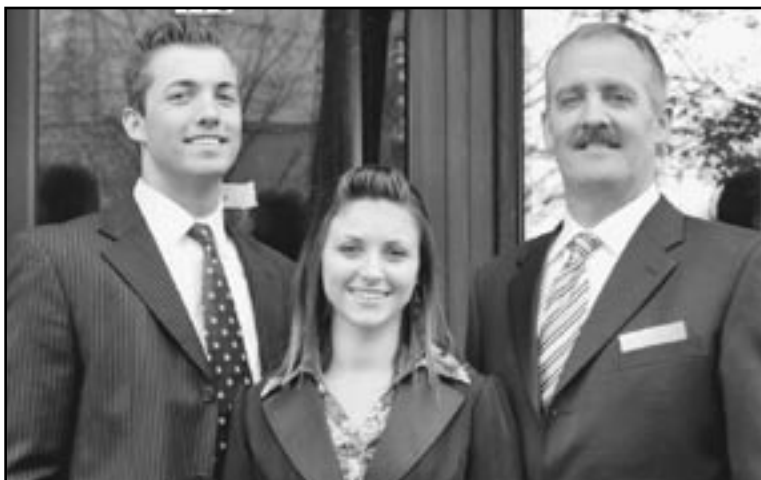
rated cookies and gourmet cupcakes, along with shortbreads and gingerbread houses in time for the Christmas season. Like a number of the recent arrivals on the Beechwood business scene, she is excited at the prospect of working in a neighbourhood with such

clear potential for significant growth in the years ahead, and looks forward to spoiling us all with her culinary handiwork. Welcome, Heather and company, and very best wishes for a successful first year on Beechwood!

**The Co-operators: On the Move to Mackay Street**

If renovations proceed as planned, on December 15 the local office of The Co-operators insurance group will move from its current location at 127 Beechwood Avenue to Mackay Street where it will occupy a 1300 square foot portion of the unit between **A Better Frame of Mind** and **Piccolo Grande** (former home of **Upward Dog Yoga**). Concurrent with the move, the Beechwood agency will divide into two segments, with half the operation moving to a new location at St. Laurent and Montreal Road, and the other half remaining in our community on Mackay Street.

We welcome **Tim Hogue** who took over the Beechwood operation last April and will be orchestrating the imminent move to Mackay Street. Tim has been in the insurance business for 20 years, transferring from Toronto's Yorkville area to Ottawa 6 years ago. He currently acts as Financial Services Advisor for The Co-

**Photo: Louise Imbeault****The Co-operators Team: (l to r) Richard Hogue, Chantal Dumoulin and Tim Hogue.**

operators, as well as dealing with commercial insurance clients, while **Chantal Dumoulin** and **Richard Hogue**, Tim's son, deal primarily with Home and Auto Insurance.

Tim is planning an Open House in his new quarters early in the New Year to welcome members of the neighbourhood, and intends to play an active role as in the life of our community. Not long after his arrival last spring, he came forward as a generous sponsor of the annual Lumière Festival, and we look forward to The Co-operators' engagement in future activities in and around the Burgh.

**Bread and Roses Bakery**

New owner **Chris Green** reports that business at the Beechwood store has kept up a steady pace through the Fall. While Chris still intends to open on Mondays at some point in the not too distant future, this plan is temporarily on hold due to a major increase in Bread and Roses' wholesale accounts; an added pressure on the business which currently demands those valuable free hours on Mondays.

Once Chris solves the logistical and space problems involved in the introduction of a new freezer, his plan is to introduce a full repertoire of frozen pies perfect for the

cold winter evenings ahead, including chicken curry, vegetable curry, tourtière, vegetarian tourtière and chicken pot pie. Meanwhile, the bakery is gearing up for the Christmas season when it will offer a full range of holiday temptations from Christmas puddings to Christmas cakes, shortbread, tourtière and undoubtedly many more goodies to relax the waistline in preparation for New Year's resolutions.

As he has done in West Wellington Village, the location of his original business **The Harvest Loaf**, Chris is becoming involved in the growing movement among Beechwood businesses to collaborate on ways and means to enliven the area, and has been working with his across-the-street neighbour **Adam Kane**, new Manager of the Bank of Montreal and a recent recruit to the Board of Directors of the Quartier Vanier Business Improvement Association. The bakery was an enthusiastic participant in the Beechwood Pumpkin Festival described earlier, and Chris looks forward to more collective ventures of this kind as the new year unfolds.

**Monson's Deluxe Cleaners: Under New Ownership**

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Blondin family, **Monson's Deluxe Cleaners** changed hands early this Fall when **Mark Kaluski** and **Hashm Nasser** purchased the business from **Pierre Blondin**, a well known and highly regarded member of the Beechwood business community and proprietor since 1987. We thank Pierre for his many years of exceptional service to our community and wish him a long and happy retirement (not to mention a great golf season when spring rolls around again!)

Mark and Hashm are both

graduates of the Queen's University Business School, and recognize a winning formula when they see one. Mark emphasizes that the friendly staff and efficient service to which Monson's clients have become accustomed will remain unchanged. To the extent that innovations at Monson's are on the agenda in the new year, these will reflect Mark's personal priority of moving the business towards more environmentally sustainable practices in all aspects of its operations; from the introduction of biodegradable plastic bags

to reusing hangers, minimizing packaging, and purchasing a portion of its energy requirements from renewable sources. If Monson's memorable participation in this Fall's Beechwood Pumpkin Festival is any guide, it also looks as if Mark and Hashm are planning to uphold the Monson's tradition of active engagement in the life of the community.

Welcome Mark and Hashm, and our best wishes for a happy and prosperous first year in our community.

#### **Farb's Kitchen and Wine Bar**

On August 29, chef **Michael Guy**'s critically acclaimed fine dining establishment **Ambiente** closed its doors at 18 Beechwood, somewhat to the surprise of neighbours and clients to whom the restaurant had appeared a going concern. Michael has since left Ottawa to relocate at a restaurant in the west (which we understand may be in Banff), and could not be reached to comment on the unexpected closure of **Ambiente** just short of 3 years after its launch in December 2005. We gather, however, that his departure is in part a result of his desire to spend more time with his wife and young children, a worthy objective with which the topsy turvy hours of the restaurant business were increasingly incompatible.

As readers may now be aware, the doors at 18 Beechwood were not closed for long. In early Fall, the business was purchased by **Michael Farber** who took possession in mid-

October. After a brief period of refurbishing and redecorating, it reopened in November as **Farb's Kitchen and Wine Bar**. Until October 3, Michael was part of the team in the kitchen at **Domus** and is a close acquaintance of brothers **Simon** and **Ross Fraser** who recently launched **Fraser Café** at Putman and Beechwood. Michael gives full credit to the Fraser brothers and to **Domus** chef **John Taylor** for their influence in helping to hone and enrich his culinary skills, and looks forward to working in close proximity to Simon and Ross. While he is himself a west end Ottawa boy, he purchased the new business on the strength of his conviction that our community is on the cusp of a major flowering of activity with the influx

of significant numbers of new residents in the condos and town houses currently under development. Delighted by the warm reception he has received from neighbouring businesses on Beechwood, the restaurant looks forward to becoming a popular community gathering place.

Michael's plan for **Farb's Kitchen and Wine Bar** is to maintain the high quality of cuisine and standards of service for which **Ambiente** was acclaimed, but to do so in a much more relaxed, less formal atmosphere. Gone are the white table cloths, and with the new lighting and colour scheme introduced in October, Michael is aiming to create a brighter, cosier ambience where diners can unwind after a busy work

**Continued on page 16**



Photo: Louise Imbeault

**New Owners at Monson's: Mark Kaluski (right) and Hashm Nasser (left).**

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Photo: Louise Imbeault

**Michael Farber recently opened Farb's Kitchen and Wine Bar on Beechwood.**

**Continued from page 15**

day. One other significant change at Farb's Kitchen, and one which will be particularly welcome to patrons in these tumultuous economic times, is the cost of a meal. Michael's aim is to become a neighbourhood restaurant for both drop in and reservation clients, as opposed to a "special occasion" venue affordable only as an occasional extravagance. He plans to keep his prices as low as possible (main courses below \$25), and hopes to build up a clientele of regulars.

We wish Michael and his team a warm welcome and a bustling business in their first

year on Beechwood.

#### **Mood Moss Flowers**

Once again this year, our enterprising local florist Mood Moss Flowers was selected as one of the floral designers for the **Homes for the Holidays** fundraiser for the Hospice at May Court. The event took place on November 14, 15 and 16, and featured a tour of seven landmark Ottawa venues, including six distinguished private homes. Mood Moss owner **Eric Cardinal** and his team were charged with the decoration of 9 Linden Terrace, an attractive house facing the Rideau Canal in the Glebe, and their handiwork was undoubt-

edly much admired by the substantial number of Ottawa residents who took part in this popular event.

If you happen to be contemplating a wedding some time in the new year, you may want to check out the Mood Moss promotion now in effect. Wedding parties who book in one of the florist's slow months—January, March, July and November—will receive a free bridesmaid's bouquet for an order of \$800 or more, (not to mention a good deal less hassle booking a reception venue and/or a church!)

Mood Moss recently said a fond farewell to long time employee **Michelle Stenson** who has moved to Kingston to pursue her floral artistry.

#### **Nature's Care: Essentials for the Flu Season**

As winter weather approaches inexorably, in lockstep with the season of flu and colds, Nature's Care at 64 Beechwood (in the 7-Eleven mall) is likely to be a popular destination for supplements and natural products to fend off the viruses and infections that are part of our lot as inhabitants of a northern climate.

Nature's Care proprietor **Muna Al-Zaydi**, who was profiled in a previous edition of the *NEN*, has a new weapon in her arsenal of defences against illness. The **Sea Breeze Ion Cleanse Footbath** is a simple, but reputedly effective, method of detoxifying the system by drawing residual chemicals, heavy metals and other toxins out of the body by applying currents of positive and negative ions to a basin of salty water. In most cases the level and type of toxic build up is immediately obvious from the colour of the water produced during the ½ hour procedure, a colour which is distinctive to



Photo: Louise Imbeault

**Muna Al-Zayadi of Nature's Care on Beechwood.**

each client.

Maximum benefit is reportedly achieved through a course of about five such ½ hour sessions, at the end of which the intensity of the colour in the water (and hence the quantity of toxins extracted) should be noticeably diminished. The immediate benefits of the procedure include relief from fatigue, increased energy, relaxation, improved sleep patterns and increased mental alertness. Muna serves as the technician administering the foot baths and is currently charging \$30 per half hour (a rate considerably below the going rate for comparable treatments). If you are interested in checking out the properties of this treatment in more detail, check out the website at [www.seabreezeioncleanse.com](http://www.seabreezeioncleanse.com) or drop in and have a chat with Muna about its potential benefits.

For those grappling with flu-like symptoms, or attempting to ward them off before they take hold, Muna supplies a wide range of products including Echinacea; Vitamin C; Pycnogenol, a pine bark extract with anti-histamine and anti-inflammatory properties, in addition to its effectiveness as immune booster; and astragalus, a traditional Chinese medicine noted for its positive effect on the immune system. Depending on your specific symptoms or vulnerabilities, she can supply guidance in making a judicious selection from her shelves, so drop in and equip your family for the long winter months ahead. And if you happen to be under the

weather already, Nature's Care offers **free delivery to households in our community**, so give them a call at **613-741-1572**.

#### **Pick Custom Driving: Take the Stress Out of Holiday Parties**

Since launching his personalized limousine service, Pick Custom Driving, exactly a year ago, owner/operator **Alan Pickersgill** has acquired a small core of daily customers and a larger contingent of regulars who have opted for a convenient and stress-free mode of transportation to and from their respective destinations. A number of his clients have been delivered to Trudeau Airport in Montreal to catch their European flights, and often collected again on their return. This option is particularly attractive for groups or families who face multiple bus, taxi or train fares to get to the airport (quite apart from the complex logistics involved in meeting bus and train schedules). Alan's door-to-door service is available at the same price for 6 people (the capacity of his comfortable Toyota Sienna XLE van) as for two, so the service has special appeal for larger groups.

Mont Tremblant has been another popular destination for Alan's clients, both for skiers and snowboarders in the winter and for golfers in summer. In many cases, these groups have taken advantage of their custom-tailored ride to make a brief stop at the Chateau Montebello en route and/or to visit the Parc Omega Nature Preserve just

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outside Montebello. Recently, one group of software engineers from Bangalore, India, working at the Ottawa office of Alcatel, enjoyed a thoroughly scenic route on their trip to Montreal, departing from Highway 417 to travel with Alan via Montebello and enjoy some of the local sights along the way.

Pick Custom Driving has proven an especially valuable service for the elderly who are no longer comfortable driving, and for whom the door-to-door aspect of the service is crucial. Alan's older clientele have made use of his services for a variety of purposes, including visits to an ailing relative in Syracuse, NY; meetings with friends in small towns such as Merrickville; and group outings within the city to lunches, museums, galleries and shopping areas. While the economics of the service (which are based on the \$75/hour regulated rate for all limousines) may be prohibitive for a single client, they are considerably more attractive for groups of elderly people, for example those who inhabit the same retirement residence, as the cost when shared becomes a reasonable price to pay for the reassurance of personal, customized service.

**Customized sightseeing tours** are another increasingly popular aspect of Pick Custom Driving service. If you have family visiting from out of town over the holiday season, you may want to take advantage of Alan's guided tours which

include Ottawa and Gatineau downtown; Sussex Drive to the RCMP Musical Ride site and the Aviation Museum; New Edinburgh; Rockcliffe; the Rideau Canal and Experimental Farm; Wakefield and the Gatineau; and the craft studios of Merrickville and Perth.

As the holiday season approaches and your social calendar begins to fill up with celebratory events, many readers may want to consider taking the stress out of these occasions, including the inevitable worries about weather, road conditions, parking and designated drivers, by giving Alan a call at **613-232-4900** and treating themselves to a worry-free evening with door-to-door service and no unreasonable constraints on the enjoyment of holiday cheer.

## Burgh Business Bits

### Papa Low's Bike Shop

**Paul Bouchard**, co-owner of Papa Low's Bike Shop at 75 Beechwood and bike technician extraordinaire, is offering two instructional sessions for cyclists as we head into winter: *Bike Maintenance*, a four hour course on how to identify and fix problems that crop up on the road; and *Riggin' It*, an eight hour course on the mechanics of a complete overhaul. Paul plans to offer the courses to small groups of up to 3 interested participants so drop by the store or call **613-321-BIKZ** to schedule your session. Also on the winter agenda at Papa

Low's are maintenance for bikes and strollers; waxing and tune-ups for cross country skis, and November to April storage and tune ups for bikes whose owners are short on space in their homes.

### Culinary Conspiracy: Happy Anniversary

Happy fifth anniversary to **Robert Jutras** and his team at Culinary Conspiracy, a successful catering enterprise at 541 Rideau Street. Robert eluded us this month as he was enjoying a well deserved holiday, but we look forward to catching up on the Culinary Conspiracy news in the new year.

### Fraser Café

**Simon and Ross Fraser** were recently chosen to represent Ontario at the **Canadian Chef's Congress**, a two day gathering of 450 chefs from across the country held in Singhampton, Ontario at Michael Statlander's legendary

*Eigensinn Farm*. The intent of the Congress was to reinforce the links between chefs and the primary producers- farmers, fishermen, gardeners and artisanal food producers- who provide the raw materials with which these masters work their culinary magic. Congratulations Simon and Ross: no doubt you returned with some inspirations for the fare at the café!

### Pro-Fit Tailoring

In our last issue we reported on the retirement of tailor **Paul Schaub** of **St. Laurent Tailoring** in the Rockcliffe Crossing Mall. Fortunately for those of us who have relied on Paul over the years for alterations and repairs, his business has been purchased by another skilled tailor, **Anna Dao**, who has changed the name to Pro-Fit Tailoring. She will continue to offer high quality tailoring service in the same location, with Paul remaining on the scene to

assist her with the transition process. Welcome Anna, and best of luck in your first year at Rockcliffe Crossing.

### Shunnya Centre

We welcome **Christine Garand** who has recently opened the Shunnya Centre at **63 Beechwood**, adjacent to the Beechwood Village Chiropractic Centre. The Centre offers yoga, meditation and wellness classes, and is intended to provide a restorative oasis from the hurly burly of daily life where clients can relax, breathe freely and deeply, restore their equilibrium and enjoy the refreshments provided at every class.

Christine has had a busy month of November offering workshops on a variety of topics, as well as Moon Meditations to unclutter and focus the mind. Drop by the Centre or check out their website at [www.shunnycastle.com](http://www.shunnycastle.com) for more details.

# Buying or Selling?

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By Michael Histed

### A New Tool in the Fight Against Crime

Being involved in neighbourhood watch, I am often asked about the presence of Police vehicles in the Burgh: "There were two Police cars on my street, should I be concerned, is there something I should know". Well last month the Ottawa Police launched a new tool on their website that provides real-time statistics on crimes across Ottawa.

To access the site, go to [http://ottawapolice.ca/en/resources/crime\\_analysis\\_statistics/crimereports.cfm](http://ottawapolice.ca/en/resources/crime_analysis_statistics/crimereports.cfm).

The site starts off by giving you a complete overview of the City of Ottawa. You can easily focus on the area of interest to you (the whole of New Edinburgh, or just your block). Once there, the map will show you the locations of all crimes that have occurred in that area for the last 7, 14 or 30 days. Placing your mouse over the icon on the map will provide more details of the crime with location, date, time and type. You are restricted to the terminology used by the Ottawa Police, so don't expect detailed descriptions of the

crime. The Police will identify types of crimes using "Break and Enter" or "Vehicle theft". Nevertheless it is still a great tool, and I applaud the Ottawa Police for being one of the first in Canada to use it.

Amazingly, at the time of writing this article, the area bounded by Sussex, Stanley, Mackay and Beechwood had zero crimes reported. It is indeed a sobering view as you can now visually compare the relatively safe New Edinburgh area with other neighbourhoods across the City.

Nonetheless, the challenge is now to keep it that way. In these difficult financial times, criminals will want to take advantage of vulnerable populations, particularly as we approach Christmas. Here are a few simple reminders:

- Take care when someone asks for money donations over the phone. Make sure you are giving to a recognized charity.
- People may come to your door asking for charity donations. Only give to someone you know, or if you know the charity and the person has clear identification.

- Never send money to a caller offering a free holiday or Christmas prize in return for a cheque.
- Do not respond to emails claiming they are verifying your bank account details and passwords. Banks do not do this, no matter how legitimate it might sound.
- Criminals watch parking lots for shoppers dropping off items in the car, and then returning for more shopping. Try to do all your shopping in one trip.
- When you get back home, unload the car immediately.
- Keep wrapped gifts away from a window without curtains while you are out shopping. They make an enticing opportunity for thieves.
- Remember to lock all doors and windows when away from home.

**Reminder:** Traffic is becoming an increasing problem in our neighbourhood, particularly as a shortcut for drivers wanting to avoid the King Edward construction. If you notice drivers ignoring stop signs, or exceeding the speed limit, call the general Police number and register a complaint, providing as much information as you can (type of vehicle, location, time of incident).

Thank you and have a happy and safe Christmas.

## Is Heritage a Thing of the Past?

By Tony Roth

On September 10 the New Edinburgh Community Alliance (NECA), emboldened by recent victories in connection with proposed developments at 5 Putnam Avenue and, above all, 132 Stanley Avenue, sponsored a Forum on Heritage and Intensification, entitled "Is Heritage a Thing of the Past?" It proved to be a rallying point for concerned citizens and a wake-up call to planners, politicians and developers. Organizers expected perhaps fifty participants but, in fact, more than twice that number attended, coming from virtually every urban ward in the City of Ottawa.

The clear messages emerging from the forum were that people care greatly about Heritage and are increasingly angry at the manner in which intensification, crudely defined, is being used as an excuse for developers to disregard heritage considerations and effectively destroy communities in pursuit of short-term profit. It was also noted that while official city policies concerning heritage and intensification are reasonable, they are not upheld

effectively by city staff and councillors during the development approval process.

Beyond the confirmation of concern and commitment, several specific proposals were brought forth, led by the comments and suggestions of the expert panel. Chief among the proposals were:

i) Increasing the authority and centrality within the development application process of the Local Architectural Conservation Advisory Committee (LACAC). This would provide greater re-assurance about the transparency and impartiality of the process;

ii) Ensuring a meaningful role for community associations early in the review process. This would help reduce concerns about pre-process 'arrangements' between developers and city planners and politicians, which tends to make a sham of the formal process;

iii) Encouraging developers to consult communities and LACAC before they go to City Hall, or at least concurrently. This would help them gauge reactions, reduce misunderstandings, and avoid expensive commitments that end up forcing many cases to be decided at the Ontario Municipal Board (OMB);

iv) Creating an Urban Affairs Committee within City Council, much like the Rural Affairs Committee, which would be mandated to handle issues of urban core development. At present, rural councillors on the Planning and Environment Committee (PEC) have decision-making authority for development in areas they do not understand and which have little or no bearing on their re-election;

v) Mounting and maintaining a strong voice for Heritage via communications with government officials and by monitoring and creating input for important legislation, such as the Official Plan in Ottawa;

vi) Encouraging greater collaboration among community associations and other concerned organizations, so they can have a more powerful voice and can strengthen the political will of politicians.

*Editor's Note: Tony Roth's full account of the forum can be found on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca).*

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# Decision Day for the CCCC is on the Horizon

By Jane Heintzman

After a grueling three week trial, in the course of which the Honourable Madam Justice Giovanna Toscano Rocco heard many hours of testimony from witnesses, and complex legal arguments from counsel for both sides of the case (supported by documentation representing a sizeable forest). Lawyers for The School of Dance (TSOD), the CCCC and the City of Ottawa prepared and submitted their final written submissions in November. Final oral presentations to court are scheduled to begin on **Monday, December 1**. We hope that as many of our

friends and supporters as possible can be present in the courtroom for this final summation. Your attendance will boost our hard working legal team from McCarthy Tétrault, **Tom Conway, Ben Mills** and articling student **Chris Hutchison**, and to send a clear message to all concerned that the community cares deeply about preserving this historic building as a public space.

## God Bless our Lawyers!

To our legal team, we would like to express our profound appreciation for their tireless efforts to prepare and present a case of truly mind-boggling

complexity and detail. Despite many long weeks of 12 hour days and forfeited weekends, their stamina and skill in building the legal case for the CCCC was exceptional, and their patience, goodwill and professionalism in marshalling the facts and working with our witnesses was unfailing. It is no secret that the case has been painfully long, intractable, and frequently frustrating for all concerned, and we are particularly grateful for the commitment of our McCarthy Tétrault team in seeing us through to what we hope will be a final and constructive conclusion for the community.

Thanks also to our witnesses who gave generously of their time to respond to lengthy and often tough questioning with accuracy and admirable composure. Special thanks to our core group on the CCCC Board of Directors, **Ellen Goodman, Johan Rudnick** and **Anne Thompson**; to **Carol Reesor**, one of the trio of founders of the Friends of Crichton/CCCC project eight years ago; to our hard-working and committed City Councillor **Jacques Legendre**; to Charlesfort Developments President **Doug Casey** who was a key figure in facilitating the original purchase of the School from the Ottawa Board of Education; and to **John Clark** of Regional Realty who provided a professional appraisal of the building. The late **Marion Dewar** was also with us in spirit as her affidavits were submitted as part of the written evidence in support of the CCCC case.

Once the final arguments have been heard in early December, Madam Justice Toscano Rocco has the daunting task of sifting all the evidence and arriving at a verdict. While this process could

take up to nine months, there may be reason to believe that the decision could be issued much sooner, in which case we anticipate that the CCCC will have solid ground on which to move forward with its agenda for the new year and beyond. Stay tuned: whichever way the wind blows when the verdict is brought down, we plan to host a community celebration to thank all of those who have supported and guided us through the choppy waters of recent years, culminating in the epic three week trial this fall, and—we hope—to raise a toast to the fulfillment of our dream to acquire the building for the community.

As we await the verdict of the court, life goes on apace at the CCCC with a busy slate of fall/winter programs on the agenda, and an active effort underway to develop new programming ideas to boost and broaden public participation in the life of the Centre. At present there are some 25 programs on the schedule, spanning a range of activities from health and wellness to dance, visual arts and music, general interest and children's programming. Our website is also an important focus of our efforts this fall, and with luck, a shiny new user-friendly and up-to-date version will be ready to roll early in the new year. In mid-November, our resident MainWorks Artists Co-operative showcased their work in a successful three day Open House, when community members and art lovers from throughout the city gathered at the Centre to visit the artists' studios and admire their exhibits in the spacious Dufferin Room.

Needless to say, the CCCC—like every other arts and community organization in the City

—faces daunting financial challenges in 2009 as funding institutions at all levels struggle to cope with the effects of global economic turmoil on a near unprecedented scale. The City's current draft budget contains dramatic cuts to arts and culture funding (again), including the elimination of support for festivals, while the province has slipped into a deficit position (not to mention a have-not status under equalization), and the federal government is tightening the screws on expenditures in the wake of its swiftly evaporating surplus. Faced with the reality of grim market conditions and a resulting "donor chill", the Community Foundation of Ottawa (formerly a generous Lumière funder) has also suspended its grant program for the coming year.

In short, while it is never a simple matter for a small non-profit group like the CCCC to find the financial resources with which to run its programs and maintain or upgrade its facilities, this year presents special challenges for our organization. We will need the support of all our volunteers and friends in the community to weather the storm.

Despite the hurdles on the horizon, we look forward to the New Year with considerable optimism and renewed determination to move ahead with plans to secure 200 Crichton as a public resource for present and future generations in our community, as it has been for so many generations past. These are indeed "interesting times", with all that that well worn adage implies, but with a little bit of luck and the continuing help of our loyal friends and supporters, 2009 promises to be a landmark year for the CCCC.



## CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

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## Health & Wellness

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Carolle Laliberté

(613) 263-0539

[cardio.kickboxing@videotron.ca](mailto:cardio.kickboxing@videotron.ca)

or visit [ckb.ericlaliberte.com](http://ckb.ericlaliberte.com)

Monday & Wednesday

6 - 7 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+.

### STRETCH & STRENGTH

Alex MacDonald

(613) 748-0870

Tuesday, Thursday 6 - 7 pm

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.

### DANCEFIT

Alex MacDonald

(613) 748-0870

Monday & 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](http://www.fitmomcanada.com)

Thursday, 11:15 am - 12:15 pm

\$168+GST for 12 sessions (rolling admission)

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

### FITNESS SERIES

Louise Lettstrom-Hannant

(613) 747-1514

[golouise@rogers.com](mailto:golouise@rogers.com)

Sharon Collins (613) 816-4307

[caj\\_2@sympatico.com](mailto:caj_2@sympatico.com)

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 - 10 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](http://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](mailto: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 modifica-

tions 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.

## Yoga & Meditation

### IYENGAR YOGA

Barbara Young

(613) 728-8647

[b-young@rogers.com](mailto: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](mailto: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](mailto: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 endocrin-

ien et les fonctions cérébrales s'en trouvent améliorées.

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](mailto: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](mailto: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.

### IRISH DANCE LESSONS with

the Taylor School of Irish Dance

Suzanne Taylor T.C.R.G

(613) 231-1215

[suzanne@tayloririshdance.com](mailto:suzanne@tayloririshdance.com)

[www.tayloririshdance.com](http://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.



#### CCCC Office:

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

Phone: 745-2742

Fax: 745-4153

[cccc@bellnet.ca](mailto:cccc@bellnet.ca)

[www.crichtonccc.ca](http://www.crichtonccc.ca)

For more information about the Centre call 745-2742.

To register for a specific program please call the instructor.



# Community Centre ams 2008/2009

## Music & Voice

### SIGHT SINGING AND EAR TRAINING COURSE

Marie-Lynne Sauvé  
(819) 827-2657 or  
[mlsauve@videotron.ca](mailto: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](mailto:johnjarrett812@hotmail.com)  
Wednesday 9:30 am - 12:30 pm  
\$40 for six classes

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

## Infants & Children

### BABY SENSORY

Jill Vyse, (613) 830-6690 #1  
[OttawaEast@babysensory.ca](mailto:OttawaEast@babysensory.ca)  
Tuesday 10 - 11 am  
\$125 for 10 weeks  
Newborn to 13 months

Baby Sensory comes to Ottawa! 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](mailto: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  
\$35 per person  
Call for dates and times.

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.

### SAFE PARENT: INFANT & CHILD

Amanda DeGrace  
(613) 746-1415, [degrace.energetics@sympatico.ca](mailto:degrace.energetics@sympatico.ca)  
Call for dates and times.  
\$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.

## Canine

### CANINE OBEDIENCE

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[www.ottawak9school.com](http://www.ottawak9school.com)  
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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.



Room 307 is bright and open with 6 ft tall windows that allow natural light to fill the room.

## The CCCC Has Two Beautiful Spaces Available for Community Activities

The Crichton Cultural Community Centre is ideal for:

- Social functions (birthdays, retirement, wedding shower)
- Weekly courses (health and wellness, art & culture, music, children's programs, general interest)
- Rehearsals & auditions (musical, theatre, dance)
- Workshops (yoga, financial, visual art)
- Photography (shoots, classes, workshops)
- Exhibitions (art, sculpture)
- Non-profits (meetings, fundraisers)
- Business (meetings, AGMs, interviews)
- Community events (garage sale, fundraiser, parties)

The CCCC promotes community culture by offering the Centre to individuals and

organizations for a nominal fee. Additionally, the Centre assists users by promoting their activities in: The New Edinburgh News, The Manor Park Chronicle and seasonal activity guides.

The Centre is available seven days a week. The fees are comparable to other local community centres and all day rates are available for registered non-profit organizations. Additionally we offer a lower rate to arts and cultural groups looking for rehearsal space.

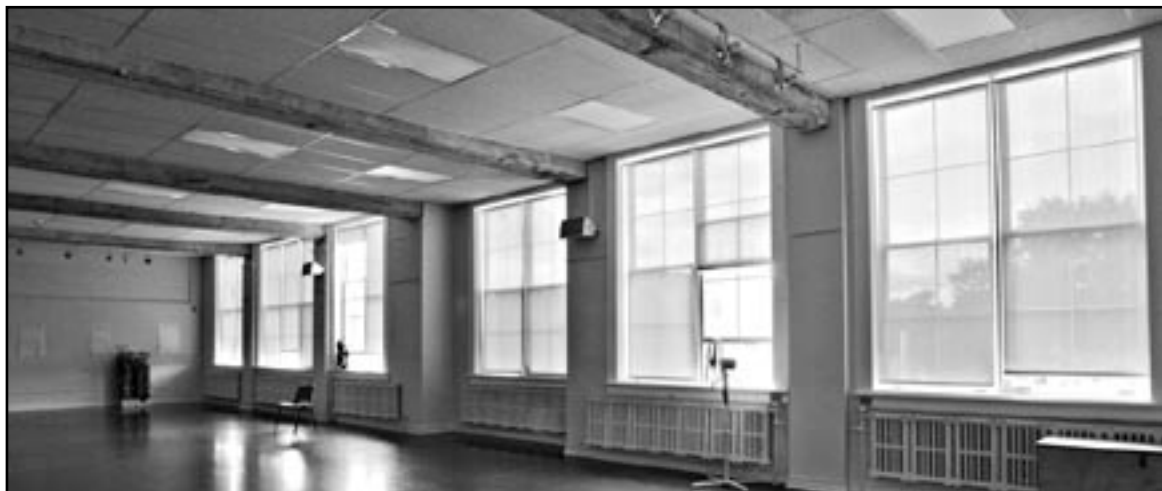
### We offer two very distinct spaces:

Room 307 is a lovely renovated classroom with a bright and open atmosphere, graced with 6 tall windows that allow natural light to fill the room. Gleaming hardwood floors and 12 ft ceilings highlight its historical ambiance. The room measures 34 ft in length and 26 ft in width.

The Dufferin Room is a unique loft-style multipurpose room that measures an impressive 28 x 64 feet (7 x 20 meters) with high ceilings. Tall windows cover one entire wall and these look out onto Stanley Park and let in stunning natural light. Dufferin also has a wall of exposed brick, one of the building's many heritage features.

Dufferin has a sprung floor finished with vinyl tiles making this room ideal for most activities. Dufferin contains a sound system with CD player, mounted speakers and microphone, as well as a piano. The CCCC has 25 tables, 80 chairs, and yoga equipment that are available to users.

To check the availability of the community rooms please check our on line calendar at [www.crichtonccc.ca](http://www.crichtonccc.ca) or contact the Community Facilitator at 745-CRIC (2742).



The Dufferin Room is a unique loft-style multipurpose room with a sprung floor and vinyl tiles that make this room ideal for most activities.

## Ellen Goodman Awarded Ontario Medal for Good Citizenship

By Jane Heintzman

Less than a year after receiving a National Excellence in Teaching Award in November 2007, Ellen Goodman, past Chair and moving spirit of the Crichton Cultural Community Centre, was awarded the Ontario Medal for Good Citizenship, an honour created by the province to recognize those who make a significant contribution to the well-being of their community. Ellen received her medal from Lieutenant-Governor David Onley in a ceremony at Queen's Park on Monday, October 20, which unexpectedly fell during the epic three week court hearing of the issues in dispute between the School of Dance and the CCCC and its code-defendant, the City of Ottawa. Ellen played a pivotal role in the hearings as a witness and client advisor to the Centre's legal team.

Ellen's medal was awarded in recognition of her 28 years of service as an educator working with children with visual

impairments. The award recognized in particular her ground breaking work in launching the Get Together for Guys and Girls (known as GT4G) which has operated at the CCCC for the past two years, and her leading role in shaping the province's blind-low vision early intervention program which offers services from birth to Grade One. In her citation for the award, Ellen is described as "an exceptional teacher committed to helping children and youth achieve their personal best," and as "a respected advocate, both locally and provincially, for children with visual impairment and their families."

We congratulate Ellen on this latest in her growing list of well-deserved distinctions related to her teaching career, and sincerely thank her for her "extra-curricular" avocation contributing to the well-being of her community as a tireless volunteer in support of the cause of securing ongoing public access to 200 Crichton.



Ellen Goodman in a group photo of recent recipients of the Ontario Medal for Good Citizenship.



Mainworks Artists: (left to right) Front Row: Pierre Lagalisse, Gail Bourgeois, Wendy Simmons. Middle Row: Alberta Dickson, Diana Bates, Anne Alcorn, Susan Parisien, Frances Caswell-Routhier. Back Row: Corinne Nieuwburg, Karen Bailey, John Jarrett, Liz Minnes. Absent: Pat Fyfe, Karen Rasmussen, Chris Flodberg.

## MainWorks Open House Showcases Hotbed of Creative Activity

Once again MainWorks opened their studio doors for their annual Open House on Friday November 7. The fifteen artist studios located in the Crichton Cultural Community Centre were a hotbed of creative activity, and a large enthusiastic crowd turned out on all three days. Visitors were well received and treated to a visual feast as artists displayed their works and spaces for public viewing. This year MainWorks gained two new members, **Wendy Simmons** and **Chris Flodberg**. Their creative energy is a welcome addition to the group.

All MainWorks Artists would like to take this opportunity to thank the New Edinburgh Community for their continued support, and to those who encourage and appreciate our artistic endeavors. We look forward to seeing you again next year! In the meantime, please continue to check the

"In the Works at MainWorks" articles in the New Edinburgh News for all artist information and activities during the rest of the year.



Currently, **Gail Bourgeois** has a solo exhibition at the IPO Gallery in downtown Ottawa. The gallery address is 110 O'Connor Street (corner of Slater). The gallery follows business hours and is open until 8 pm on Thursday evenings. If you are downtown on business or for pleasure, please stop in to see an art exhibition in an unusual setting. The exhibi-

tion continues until December 12. Visit [www.ipogallery.ca](http://www.ipogallery.ca) for more information.

**Alberta Dickson** will be having a solo show at Francesco's Coffee House, 857-A Bank Street in the Glebe, from December 1 to 31. A vernissage takes place from 3-5 pm, Sunday December 7.

**Anne Alcorn** will be part of a group show *Great Big Smalls IV*, Dec 3 to 24 at Cube Gallery. The opening party is Friday December 5 at 7 pm. The gallery is located at 7 Hamilton Ave (between Parkdale and Holland). She will also be having a solo show from January 6 to February 20, 2009 at the Lorraine 'Frtzi' Yale gallery located at the Great Canadian Theatre Company, 1223 Wellington Street West. She will be producing pieces interpreting the play *Tempting Providence* written by Robert Chafe.



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# The Test of Time

By André Sanche  
Brand Manager, Mackay  
Street Epicuria

Sadly the harvest is behind us, and a long hard winter lies ahead. After two months of produce being overly abundant and having these remarkable choices, things start to slow down. This time of year always has me wondering what fresh local products will be available in the coming months. Unlike our ancestors, our concern for the lack of fresh foods is not a matter of life or death. Diversity in our food choices is what inspires us to plan ahead.

In the past, preserving the year's harvest was a necessity. From this necessity came such practices as drying produce (raisins, dates, figs and currants) and preserving things in alcohol and sugar. Unknown to our distant relatives, this would also allow them to have food on hand that still contained natural nutrients such as Vitamin C, and to avoid diseases such as scurvy.

Our modern-day use of these techniques, however, is much more about flavour and texture than it is about preservation and survival.

Throughout the holiday season we see an onslaught of products derived from these methods of preservation. Two prominent examples are the ever-popular fruitcake or any dried fruits such as figs, apricots and cranberries. Unfortunately, a lot of the dried fruit available here in Canada is imported from abroad. Cranberries, however, can be an exception to this rule.

Unbeknownst to most, cranberries are easily available locally. Located just south

of the city, **Upper Canada Cranberries** ([www.uc-cranberries.com](http://www.uc-cranberries.com)) is considered to be one of the only bogs in Eastern Ontario. You can get any of their products directly from the farm gate on **Stage Coach Road in Greely**, or at the **Ottawa Lansdowne and Carp Farmers Markets**.



In an effort to highlight this greatly under-used and readily available product, I have put together a recipe perfect for the holiday season. Once cooked, this relish, both sweet and savoury, can be kept in the fridge, well sealed, for 2-3 weeks.

## Cranberry Orange Relish

3 cups fresh cranberries  
1-cup sugar  
1 orange thinly sliced, and roughly chopped  
2 cups water  
½ tsp ground cinnamon  
¼ tsp ground nutmeg  
1 tsp freshly ground ginger  
1 vanilla bean, pod scraped and seeds added to pot

1/8 cup Grand Marnier  
1 cup dried cranberry

Combine all ingredients, except Grand Marnier and dried cranberry in a heavy bottomed saucepan. Bring to a boil and reduce to a sim-

# Benin!! Here We Come

By Marie-Hélène  
Chomienne, MD,CCFP,MSc

As a longtime resident in the burg (over 25 years) from Stanley Avenue where my first child was born to Alexander St, to Mackay St and now Rideau Terrace, I come to share with you my travels to Bénin, West Africa.

For the last six years I have accompanied and supervised medical students and family medicine residents of the University of Ottawa. This is a medical rotation supported by the Bureau des Affaires Francophones of the University of Ottawa, Faculty of Medicine, the Montfort Hospital and the Department of Family Medicine.

For a period of five weeks, 5 - 6 students/residents of our program travel to Benin. This rotation allows them to better understand the disparities in health in developing countries. Most often the experience goes beyond the medical experience and has a profound impact on their lives.

During that period, they work side by side with African



students and the local doctors and see a number of diseases we rarely see here in Canada.

Towards the end of the rotation we organize medical consultations in a remote village where we also educate children and young mothers on basic hygiene, diarrhea, malaria and contraception. We bring medication, education tools and distribute bed nets and we need your help. Here are two ways to help:

- CALL Marthe 613-746-4621 ext. 6002
- MAKE AN ON-LINE DONATION <http://www.givemean.com/project/beninmedstudents>.

*Afongandjia!* (Good day!)

mer, stirring constantly for 2-3 minutes, or until cranberries begin to pop. Remove from heat, stir in Grand Marnier and cranberries and cool, to room temperature, before setting in refrigerator.

Serve chilled with almost any meat or cheese. If you would like to add a little texture, throw in a handful of toasted walnuts as it cools.

Don't forget to save the vanilla bean! Add it to a mason jar full of sugar, let it sit 7-10 days, and you'll have your own vanilla sugar.



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# VIII Econoclastic Economics Part II: Idols and Icons

*Editor's Note: Environmentalist Hugh Robertson is the author of a six part series of articles on Climate Change which have appeared in the New Edinburgh News and which are posted on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca). The following article is the second in a series entitled Econoclastic Economics 101 which examines the intimate connections between the economy and environment, with specific reference to the tragic paradox that the growth and health of the economy is fuelled by a pattern of unsustainable over-consumption that is increasingly lethal to the environment. The article addresses the roots and environmental implications of the current crisis in the global economy.*

**By Hugh Robertson**

## "Earth Overshoot Day"

On September 22 we celebrated the autumnal equinox when night and day are in equilibrium. (The two equinoxes in March and September symbolize the sacred balance between light and darkness.) But September 22 also marked another watershed between light and darkness that shattered both balance and equilibrium.

Just one day after the equinox, the Global Footprint Network announced that the planet had slid into deficit. September 23 was Earth Overshoot Day. In less than ten months, global society has consumed what it

takes the planet twelve months to produce. For the rest of the year we will be dipping into our ecological reserves and borrowing from the future.

At the same time, in a series of reckless financial ventures and lavish compensation packages, the barons and brokers of Wall Street triggered an economic crisis. The contagion spread rapidly as stock markets imploded around the world. Billions of dollars of investments and retirement savings vaporized, severing the social contract between Wall Street and Main Street. In the midst of the financial storm, environmental concerns among the public predictably vanished as well.

Balance and equilibrium vanished overnight.

## Over-Consumption and Resource Depletion

Global finance or global ecology? Are we not aware that our consumption footprints far exceed the biocapacity of the planet? Do we not realize that economic recovery is only possible and sustainable if we first balance nature's books?

Turmoil in the world economy, depletion of natural resources, pollution and the threat of global warming will soon confront us with fundamental questions and choices. Some of our iconic economic values and practices will undergo a seismic shift. These

assumptions include easy access to resources, technology as environmental saviour, globalization and trade liberalization, as well as consumption patterns and economic growth discussed in a previous article.

Oil is a non-renewable resource and it is scarce. Production has peaked at about 88 million barrels per day. No matter the present gyrations of oil prices – due to speculation, shortages, and now, recession – the era of cheap oil is over. In a feeding frenzy that will last about two centuries, we will have depleted a resource four hundred million years in the

new life to the rustbelt of North America as plants reopen and domestic production gears up.

The decline of globalization is already underway. At the recent Doha round of the World Trade Organization talks, the developing countries made it clear that they would no longer be the dumping ground for subsidized food and electronic waste from the developed world. When we dump cheap corn on Mexico and drive farmers off the land, do we not understand why we get a flood of illegal migrants in return? Trade, after all, is a two way flow.

The theory of comparative advantage which was the basis

*In less than ten months, global society has consumed what it takes the planet twelve months to produce. For the rest of the year we will be dipping into our ecological reserves and borrowing from the future.*

making – with nary a concern for the energy needs of unborn generations.

The Decline of Globalization

An early casualty of scarce, and expensive, oil will be globalization. International tourism will plummet as recreational flying becomes prohibitive. It is not only highly refined aviation fuel that will become expensive, but even the lowly bunker fuel used by freighters. Bunker oil is also the filthiest fossil fuel after coal.

No longer will it be possible to ship fish caught off Newfoundland to China for processing and then import the same fish as frozen fillets. No longer will we be flying flowers in from South America overnight. The escalating costs of importing cheap consumer goods from China will bring

of international trade for three centuries has become distorted. No longer do nations trade largely on the basis of geographical advantage, such as importing bananas from tropical areas. Modern trade routes and the drive to globalization have been shaped by the exploitation of cheap labour, the location of international garbage dumps, inexpensive transportation and the lightning speed of international capital flows.

Ironically, trade liberalization that has been largely driven by wealthy countries, may be reversed by the same countries. The Obama administration will likely introduce a new era of protectionism by reopening NAFTA. Growing concern about global warming could lead countries to impose car-



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bon tariffs and punitive sanctions on products from polluting countries, such as tar sands oil from Alberta.

The moral justification for globalization that it will raise the prosperity levels in the developing world is largely fraudulent. The "trickle down" theory of wealth distribution and the analogy of a rising tide lifting all boats simply do not hold water. Globalization has benefited the developed world and the only boats to rise on the tide of prosperity are the yachts of the wealthy.

To modify the metaphor, a more sinister tide is the rising "red tide" of toxic algae blooms that threatens to engulf the planet. Unfettered globalization, generating ever more consumption, is environmentally destructive and ecologically unsustainable.

Indeed, we do have a moral responsibility to raise the living standards of all impoverished people but it can only be achieved by reducing our own expansive footprints, not by exporting our ruinous consumption practices. Wealth must be redistributed in an environmentally benign way, such as improving education, health, nutrition and gender roles.

#### The Myth of the Techno-Fix

Technology is a double-edged sword in the environmental battle. While it improves the efficiency of resource use, it can discourage conservation and actually increase consumption rates, as well as spawning negative side effects.

William Jevons pointed out 150 years ago that improved efficiency in the use of coal due to technological innovation actually increased the demand.

*The "trickle down" theory of wealth distribution and the analogy of a rising tide lifting all boats simply do not hold water.*

The "Jevons Paradox" is used to explain how technological progress, by reducing the cost of energy, can increase consumption and drive environmentally destructive economic growth.

Instead of consumers benefiting – and banking the savings – from reduced energy costs due to technological efficiency, they frequently upgrade from small hybrids to "muscle" hybrids or drive further or purchase larger homes and televisions. Incinerating garbage is another techno-fix that does not encourage waste reduction but simply promotes waste proliferation.

Technological innovation

can also create environmental nightmares. The practice of vacuuming the ocean floors to produce cheaper fish has wiped out the breeding stocks of countless fish species. Likewise, aquaculture is decimating salmon stocks. And are we not unleashing uncontrollable ecological problems by genetically engineering our food? We should always heed "the law of unintended conse-

quences" when tinkering with nature.

Geo-engineering is the new buzzword for technology solutions applied to environmental problems, such as global warming. Some of the proposed mega solutions include carbon sequestration, seeding the oceans with iron filings and releasing sulfates and small mirrors into the upper atmosphere. However, there are no magic techno-bullets that will reduce our oversized footprints. Behavioural changes, such as modifying our lifestyles and conserving resources, are a more effective solution to the ecological crisis than expensive and potentially

dangerous techno-fixes.

The business community promotes technological solutions, not so much for environmental reasons, but for investment opportunities and to stimulate consumption and economic growth. Governments also encourage technological projects because they give the illusion of countering problems, such as global warming. Techno-fixes, subsidized with tax dollars, are always more politically popular than restrictive regulations or attempting

lifestyle changes among the public.

We are living way beyond our means both economically and, more perilously, ecologically. Environmental deficits do not respond to Keynesian economic strategies. Stimulating the economy with easy credit to encourage consumption and increase demand will simply accelerate the downward spiral of the natural world, taking the economy and our lifestyles with it.

### Visit The Burgh Online!

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

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



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

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# Christmas Gift Suggestions from Books on Beechwood

It's that time of year again when the first few forays out Christmas shopping often result in buying things for oneself rather than others. In the case of book buying, the earlier you start, the more time you have to read the book before wrapping it up! After all, one can never be too careful about matching the content of the book with the recipient's tastes.

## Here are a few suggestions for most tastes in fiction

To celebrate fifteen years of the Giller prize, Penguin Canada, and Jack Rabinovitch have published *The Scotiabank Giller Prize Anthology* which contains prize-winning Canadian fiction, selections or short stories from past winners of the prize including Margaret Atwood, David Bergen, Austin Clarke, Elizabeth Hay and eleven others.

Political thriller fans will be delighted with the new offering from John Le Carré, *A Most Wanted Man*. It is one of his best in many years. Alan Furst's new novel, *The Spies of Warsaw* will appeal to the same readers and might be a new discovery for many.

Thirty years after *The Witches of Eastwick*, John Updike has written the sequel, *The Widows of Eastwick* which promises

the same wicked wit and great entertainment.

The *Guernsey Literary and Potato Peel Pie Society*, a novel by Mary Ann Shaffer and Annie Barrows is one of those books that snuck onto the bestseller list by word of mouth. It is set in London and on the island of Guernsey at the end of the Second World War and is told entirely through an exchange of letters. A true delight.

Romance, history and suspense all feature in Susanna Kearsley's novel, *The Winter Sea* which newspaper *Scotland on Sunday* describes as "live vintage Mary Stewart by way of Rosemary Sutcliffe...updated with a sprinkling of the supernatural." Susanna Kearsley also writes thrillers under the name of Emma Cole.

Nonfiction options are almost limitless, from feel-good stories about a cat to sit-up and take notice books about debt.

The cat book is *Dewey, the Small-Town Library Cat Who Touched the World* by Vicki Myron, and is described by W. P. Kinsella as a story with "a five hanky ending, that is not just about an extraordinary cat, but of the resilience and humanity of the people of Iowa and of Spencer in particular".

Two Canadian biogra-

phies worth mentioning are Farley Mowat's autobiography, *Otherwise* which covers the years between 1937 and 1948, his wartime service and resulting disenchantment with humanity. The other is *Lester B. Pearson*, Andrew Cohen's contribution to the "Extraordinary Canadians" series. Edited by John Ralston Saul, this is a must-read for anyone interested in Canadian political history.



*Payback, Debt and the Shadow Side of Wealth* by Margaret Atwood is this year's CBC Massey Lecture, and is—believe it or not—literary, thought-provoking, timely, and very funny.

Step into our science fiction section with a few choice titles: Orson Scott Card brings us back into Ender's life with the sequel to *Ender's Game*, *Ender*

*in Exile*. Another great read is *Anathem*, Neal Stephenson's latest tome, is long but fascinating! Michael Flynn launches us into his award winning space opera, *The January Dancer*, a story of pirates, assassins and would be kings. It'll keep you on your toes!

Cookbooks are a very popular Christmas gift, even for those who only cook when it rains. This year one of the many new books is Bonnie Stern's *Friday Night Dinners*, providing ideas for family gatherings of any description and full of classics and not so classics.

*A Taste of Canada, a Culinary Journey* by Rose Murray is a collection of classic and contemporary Canadian dishes featuring regional ingredients. No cod tongues are included. It is beautifully presented and easy to follow.

Ina Garten, better known as the Barefoot Contessa also concentrates on the classics with her new *Back to Basics, Fabulous Flavors from Simple Ingredients*. It is an inspiration to get cooking even if the sun is shining.

In the children's book section we have bath books, cloth books, pop-up books, board books, picture books, chapter books, activity books, and books for young readers.

Starting with the youngest book fans, a good bet would be Sandra Boynton's new board book, *Fifteen Animals* which starts out "I really like animals. I like them a lot. Fifteen animals is what I've got." And on it goes.

*The Aunts come Marching* by Bill Richardson, and illustrated by Cynthia Nugent, is a hoot with its cacophony of aunts who come for a visit and bring their marching band with them. Local author, Susan J. Atkinson has written a delightful story, *Where Do Witches Go?* The whimsical drawings by Elizabeth Todd Doyle complement the story of what witches do after Halloween is over. *The Flight of the Bumble Bee*, by Derek Dioro and beautifully illustrated by Crystal Beshara, is the story of a bumble bee who is responsible for creating a "famous piece of music". *Imagine A Place*, by Sarah L. Thomson and paintings by Rob Gonsalves, will appeal to any child's imagination. Two new arrivals from Usborne are Usborne's *Illustrated Fairy Tales*, a wonderful addition to a child's library and the *Wind-up Train Book*. Farmyard tales and a model train with three train tracks come together in this interactive book.

The young adult selections

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will appeal to the readers who enjoy stories of adventure, friendship and love, vampires, fantasy, and mystery. Kenneth Oppel's latest book, *Starclimber*, places Matt Cruse at the helm of the aerocrane and leads to one space adventure after another. Ottawa author, Charles de Lint's, *Dingo* is a "quintessential [...] mixture of

darkness and hope, humour and mystery, and the friendship within love." Adventure lovers will also enjoy reading, Sean Dixon's, *The Feathered Cloak*, Part I in the trilogy that whisks the reader back to a time that is part real and part imagined, weaving myth and history into an epic tale for young readers.

Stephanie Meyer's series on vampires comes to an end with *Breaking Dawn*, a must read for all Meyer fans. Joan Bauer has written a mystery story, *Peeled*, that involves a high school reporter on the hunt for a ghost. "This funny, thought-provoking mystery" will keep any teenager enthralled.

## also's Fourth Annual Amazing Book Race and Barbecue at Stanley Park

### Fun and Fundraising for Literacy

On Saturday, September 27 over 100 runners raced around the streets of downtown Ottawa on foot or by bus. 31 teams were in and out of bookstores and libraries, participating in a variety of fun-filled literacy activities. The race started and ended at the Stanley Park Fieldhouse, the perfect venue for this community event which raised \$13,000 to support adult and family literacy services for low-income families in local programs.

### RACE HIGHLIGHTS

Way ahead of the pack by 30 minutes were winning team **Jonathon Braun, Nic Marion, James Hayes and Matt Lemieux**. A fit group of young men, they acknowledged that the buses arrived exactly when and where they needed them. This was Jonathon's third year in the race, and he was determined to win. (See attached picture). Second place went to a team of Moms from **Rockcliffe Park School** led by an energetic and enthusiastic **Maggie Knaus**. The race welcomed three teams from Rockcliffe Park School this year, two family teams and one teacher team. Winner of the *Fred Adolphe Spirit Award* was **Jennifer Nichol**. This new award was created to honour and celebrate the memory of Fred Adolphe, who was an avid supporter of the Amazing Book Race, and who died very recently. Thank you to Ottawa Public Library for the donation of hundreds of quality books for our Book Mountain. Every volunteer and runner got to take home books at the end of



Way ahead of the pack were winning team **Jonathon Braun, Nic Marion, James Hayes and Matt Lemieux**.

the day. A big thank you goes to the 65 volunteers—friends of *also*—who made it happen. Next year we're aiming for 50 teams so do join the fun. If you'd like to be on our race email list for next year let us know at [bookrace@also-ottawa.org](mailto:bookrace@also-ottawa.org).



*also* acknowledges the following contributors: **Crichton Community Council** for allowing us to host the event in the Stanley Park Fieldhouse. **Celebrity Guests at the Fieldhouse Barbecue**

- JC Sulzenko, celebrated author and guest speaker
- Gerry Griffin, local musician
- Phil Marsh, Running Room guru
- Linda Rainville-Wagar, local marathon runner and author

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The Ottawa Citizen, Starbucks, Heartwood House, Ottawa Public Library, The Running Room.

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# A Tribute to Bunny Matheson

By Jane Heintzman

Our community was deeply saddened by the recent death of Bunny Matheson, the moving spirit of the New Edinburgh Pharmacy for three decades, and a long time resident of New Edinburgh. Bunny died on October 30 at the age of 83 after contracting pneumonia while convalescing from the effects of a stroke last spring. Few, if any, residents of the Burgh could come close to equaling the breadth of Bunny's circle of friends and acquaintances in the neighbourhood, fewer still her encyclopedic knowledge of the history of our community and its inhabitants since the end of the second world war. She will be sorely missed.

Bunny's roots in our community go back a very long way. After a stint in the Navy during World War II, she returned briefly to her home in Kingston, but moved to Ottawa shortly thereafter and never left. In the late 1940's, Bunny began her 60 year career in the pharmacy business on Beechwood when she started work at **Hart's Pharmacy**, then located in the present quarters of **Parker Cleaners** and **Time Sharpening**. She first met her husband **Colin**, who at that point was working around the corner at the former Number

6 Fire Station at Mackay and Vaughan Streets, at the **Linden Restaurant** (now **Hamie's**) just a few doors down the street.



While her pharmacy work was interrupted periodically by the demands of family, including time out to raise her three children Colin, Heather and Sheila, Bunny returned to full time employment in the early 1970's and has been faithfully serving her New Edinburgh clients ever since. For the past 30 years, she has worked closely with **Frank Tonon**, our well known community pharmacist, and owner of the New Edinburgh Pharmacy, whom she has been known to describe as "the best boss in the world"!

Frank has been equally

devoted to Bunny who worked tirelessly to keep customers happy and well served, and to provide the kind of personal attention and concern that has made our pharmacy a much valued neighbourhood institution. As many readers well know, early retirement was not on Bunny's agenda, and she continued her daily pilgrimage to 5 Beechwood Avenue until just months before her death when she was obliged to slow down because of a stroke.

Bunny's welcoming presence at the pharmacy has been an important fixture in many of our lives, and in addition to the endless assistance and advice she freely offered over the years, she kept close track of our families as they evolved; in some cases over several generations. I remember in particular the kindness and warmth with which she treated her frail elderly clients, anticipating their needs, responding to their concerns and doing her best to lift their spirits. It's scarcely an exaggeration to say that Bunny knew virtually everyone in the community, and her presence at the pharmacy will be greatly missed by all of her friends and acquaintances.

We extend our sincere condolences to her son Colin, her daughter Sheila and her 8 grandchildren and 4 great grandchildren, as well as to Frank Tonon and her pharmacy family among whom her loss will be deeply felt.

# The Coffee Teen: Witnessing a Change in American Politics

*Editor's Note: Will Brereton is a Burgh teenager who is currently residing in Buffalo, New York*

By Will Brereton

The historic date of November 4, 2008 is going to resonate with many people for years to come; not only with Americans, but also with people from all over the world, including most New Edinburgh News readers back home.

I remember vividly the moment at 11:00 pm (as I sat on my couch watching the election results, with a cup of coffee at hand), when Senator Obama was declared the winner of the Presidential election. I was utterly speechless.



Despite being as young as I am, I feel there is much significance to the fact that Barack Obama has been elected the first African-American President of the United States. His election represents a change in how



**Will Brereton, aka The Coffee Teen.**

domestic and foreign policy is going to be transcribed onto the world stage.

Youth, all over the world, I believe, are proud that Barack Obama is going to be the new face of America to the world.

Buffalo, New York, where I am currently living is an absolutely Obama-friendly city and this 'blue-collar' area of New York State is very proud to have a Democrat back in the White House. Buffalo has seen its share of social inequality in terms of class and race.

The poverty rates in Buffalo are much higher compared to other more prosperous cities in the United States and the city has certainly not escaped the current economic recession that the world is struggling with at the moment.

The fact that Senator Obama will become the next President of the United States is not only inspiring to many African-Americans but to many people of different minorities in the United States.

I feel fortunate to be witnessing a shift in American politics that can also bring positive change to the rest of the world, since the United States plays such an important role on the international stage.

President-elect Obama is the new face of America and I am happy to be young and active during what is going to be one of the most "interesting" periods in American and global politics.

African-Americans finally feel that justice has been served for them in the United States and are excited that Barack Obama is going to be an important contributor to the history of our world for a really long time.

If you would like to hear more of my thoughts on this momentous and historic American Presidential election, feel free to check out my blog: [www.thecoffeteen.blogspot.com](http://www.thecoffeteen.blogspot.com).

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# LEAF Update and Plans

Over 200 people from New Edinburgh and other nearby neighbourhoods turned out to watch a film exploring how people in Ottawa are making a difference by living in a more environmentally friendly way.

"The strong turnout shows a local commitment to the environment," says **Liz Muggah**, a co-founder of Local Eco-Action Families (LEAF), which helped to organize the film event.

"People are clearly concerned about climate change and other environmental issues and want to learn about what they can do as—individuals and as members of communities—to make meaningful change," Muggah adds.

The screening of *Be the Change*, a documentary created by Ottawa environmentalist David Chernushenko, was co-sponsored by community associations in Lindenlea, New Edinburgh, Rockcliffe, Manor Park and Cardinal Glen. The event was held October 15 at Ashbury College.

The screening was organized to spark conversations about sustainable living and to inspire environmental action.

LEAF, which has members from New Edinburgh, Lindenlea as well as other local neighbourhoods, is already planning its next event.

One of the environmental heroes featured in *Be the Change* was **Hugh Robertson**, who lives in nearby Cardinal Glen. Incredibly, Mr. Robertson and his wife have managed to reduce their household waste to less than one garbage bag a year! LEAF has invited Mr. Robertson to share his garbage-cutting secrets at

a planned workshop this coming February. Stay tuned for details.

the garbage rather than the recycling bin.



## 5 Garbage Reduction Tips

1. Think twice before buying. Add "resist and rethink" to the "reduce, reuse, recycle" catchphrase. Resist the urge to purchase unnecessary products (and packaging), and then rethink how we dispose of what we do buy.

2. Begin using a backyard composter now rather than waiting for the city to launch its composting program. This will dramatically reduce the size of the bag you have to put out on the curb - and your garden will thank you.

3. Find new homes for unwanted items. Check out Ottawa Freecycle online, Ottawa's very own 'trash-to-treasure' group on Yahoo! You can use it to give away unwanted items or request items and usually your offer is claimed and picked up in just a day or two. Other websites where you can sell used items include usedottawa, Craig's List and Kijiji. The city has Give Away Weekends in the fall and spring. You can also drop off clothing and household items at second-hand and charity stores.

4. Take advantage of the city's Take it Back! Program, which involves some 500 Ottawa retailers that will take back used household products, including everything from batteries and light bulbs to plant pots and computers. (See the City of Ottawa website for details.)

5. Attend the upcoming LEAF Waste Reduction workshop to learn more about how to shrink your garbage bag

## Garbage Facts

- Ottawa sent more than 212,000 tonnes of residential waste to landfills in 2005—enough to fill more than 25,000 transport trucks.
- Up to 54 per cent of household garbage is organic, and could be recovered and diverted from landfills. The City is scheduled to begin a new citywide organics (composting) collection program in 2009. Residents will place kitchen food wastes including meat, dairy and soiled paper into a different container from their garbage. This container will be collected and brought to a composting facility.
- While residents of Ottawa now recycle most newspaper and cardboard, a large percentage of other items - notably milk cartons, juice boxes, fine papers, plastic bottles, envelopes and clean aluminum foil wind up in



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## Make the Call!

It's 3:30 am you have been awakened by an alarm sounding somewhere in your neighbourhood.

It's 11:30 pm and there is a group of teens in the park. They are loud and smashing bottles.

It's 10:00 am and you have found your car has been broken into and the glove box contents adorn the cars interior.

These are all real recent events. And they have become the subjects of neighbourhood gossip and concern. When I here people talking about similar events that they have witnessed as evidence that the neighbourhood is becoming less safe my first response is, "Have you reported this incident?" The answer is usually, "No".

## Who to Call?

The Ottawa Police Service is an emergency service that responds to calls for assistance 24 hours of the day.

In the first scenario a call to **911** is required. An alarm is an emergency plea for assistance.

In the second scenario a call to **613-230-6211** is appropriate. This call goes to the police dispatcher and will get a tiered response as 911 calls take priority. However police will respond.

In the third scenario a report should be lodged with the police call centre at **613-236-1222 extension 7500**. These calls are very important as they indicate the types of criminal activity within a community.

Recently, a number of arrests have been made regarding break-ins to vehicles and property. Solen items such as cell phones and global position systems have been seized. Property can only be returned to the rightful owner only if a report has been made, so it is important to make the call.

For more info visit [ottawapolice.ca](http://ottawapolice.ca) or call 613-236-1222 extension 5915.

*Constable Tom Mosco*



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# For the Birds



By Jane Heintzman

## Migration: Miracle and Menace

The central birding story since our last issue has been the **Fall migration**, with many of our summer song birds moving out of the area, and others passing through en route between their northern breeding grounds and their winter habitat in the south. Thanks to comparatively mild weather in the first three weeks of October, a number of species, notably many of those in the **warbler family**, lingered in our area for longer than usual this year.

How and why birds migrate is one of the most intriguing aspects of ornithology. Birds fly south in search of warmer conditions and to find adequate food resources when the pickings become scarce in northern areas as temperatures drop, plants and insects die off, and rodents go into hibernation.

The timing of their departure is triggered by a combination of shorter days, seasonal temperature, atmospheric changes,

and hormonal changes in the birds, initially signaling the need to "bulk up" in preparation for flight (hence the logic of well-charged Fall feeding stations). This pre-migration feasting also fuels the molting process which ensures that their plumage is in top shape for the journey.

Physiologically, birds are built for these long excursions in flight. Their body shape is streamlined and their skeleton light weight, with hollow bones that minimize both air resistance and the amount of energy required to fuel their flight. They have well developed pectoral muscles attached to a structure unique to birds called the **furculum** which provides the power needed for flapping their wings. Their long wing feathers act as airfoils to supply the lift necessary for flight, while their large four-chambered hearts (proportionately six times heavier than a human heart) beat at an extraordinarily rapid rate (up to 500-1000 beats per minute).

While the majority of species fly south at heights of roughly 500 to 2000 metres, there are some high flyers such as **swans** and **bar-headed geese** cruising at altitudes of 8-9000 metres. Dramatic variation among species in the distances



they cover in migration range from a short hop up or down mountain slopes to a journey of thousands of kilometers such as the **Arctic tern** which makes an annual trek of 30,000 km. from its Arctic breeding ground to its winter habitat in the Antarctic seas.

Precisely *how* birds find their way on these epic journeys remains a matter of ornithological investigation, but there is general agreement that their destination, routes and techniques of migration are hard-wired into their brains. One of the navigating tools ascribed to birds is an ability to monitor the earth's magnetic fields using both their visual system and tiny grains of magnetite lodged in their heads. There is also evidence that they inherently clue into the position of the sun and stars, as well as sensory clues such as the smell of the sea and the sound of

waves surging on the shore.

Tragically, it is estimated that **only about half the bird population heading south will survive for the return journey in the spring**. This astonishingly high attrition rate is attributed to a range of factors including: severe weather, predation, collisions with tall buildings (which kill many millions of birds each year), and most importantly, loss of winter habitat through the destruction of tropical rain forests, the draining of wetlands and the pollution of air and water. A recent report from Bird Life International estimated that more than half the world's migrating species have experienced sharp population declines in recent years, and concluded that roughly 1200 of the world's 10,000 bird species are now threatened with extinction.

While my own bird sightings this Fall have been limited to a relatively small number of species, the numbers of birds involved have been enormous as species congregated in large groups to roost and/or to head south for the winter. In late September along the Ottawa River bike path, I encountered: a flock of **Bohemian waxwings** gorging on serviceberries; a **Northern flicker**; a **Great Blue Heron**; a group of **white-throated sparrows**; several **golden crowned kinglets**; a **female cardinal** with her distinctive reddish-orange beak; **Canada geese** overhead, and a noisy **murder** of **American crows** which typically assemble in large (sometimes massive) flocks to roost at night once the breeding season is over.

From early to mid-October, our garden was bustling with a group of six or seven **white-crowned sparrows** in transit from their Arctic breeding grounds to their southern winter habitat; several **white-breasted nuthatches**; **chipping sparrows**; two **pileated woodpeckers** (an ominous sign for the health of our tall pines); two **downy woodpeckers**; countless **black-capped chickadees** and **slate coloured juncos**; a pair of **American robins** and the occasional imposing **blue jay** which swept in to take control of the sunflower seed feeder. All of this activity, apparently, attracted a hungry **Cooper's hawk** which, though it came and went unobserved, left a tell-tale calling card in the form of a perfect striped feather under the feeders.

In recent weeks, **pine siskins**, **goldfinches** in their olive coloured winter plumage and **house finches** have also joined the throng in our backyard, and in my Rockcliffe rambles with the dogs, I have encountered large groups of **American robins** and literally clouds of **juncos**, in one case apparently—and inexplicably—feeding on the newly laid asphalt along Princess Avenue.

In mid-October we returned briefly to the Georgian Bay to close our cottage for the winter. Once again this year, we managed to paddle our canoe straight into the midst of a very large flock of **common loons**—we estimated 30 or more—congregating on our bay in preparation for departure. The majority of these birds appeared to have acquired their **non-breeding plumage** which is far less sleek and distinguished than the classic summer plumage of the "calendar loon," and includes white feathering on their throat and cheeks and a grayish tinge to their bodies. Also in evidence around our island was a large flock of **mallards** fishing peacefully with a **Great blue heron**; a **pileated woodpecker**; several **common mergansers**, **ring-billed gulls** and **double-crested cormorants**, and innumerable **black-capped chickadees** and **blue jays** feasting on our abundant

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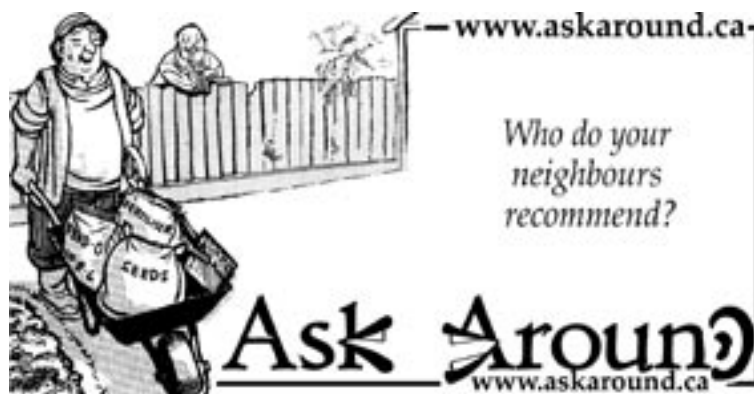
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### Reports from Our Readers

Our premier birding reporter **Edwin Daudrich** has had an epic Fall season, beginning with a trip to Nova Scotia and New Brunswick in September when he sighted a **mute swan** in Halifax; **osprey** at Peggy's Cove; a **ruddy turnstone**, many **common eider**, and a **greater yellowlegs** near Lunenburg; **semi-palmated sandpipers** near Digby; three **great cormorants** and about 70 migrating **northern gannets** on Brier Island; a pair of **great egrets** and many **green wing teals** in Moncton; and several **greater scaup**, a **sanderling** and 40-50 **lesser yellowlegs** in Bouctouche, N.B.



Photo: Isabel Glasgow  
**Hermit Thrush.**

In the Britannia Bay area in late September, Edwin spotted no fewer than ten different species of warblers, including **yellow-rumped**, **blackburnian**, **bay-breasted**, **chestnut-sided**, **orange-crowned**, **palm**, **Nashville**, **black-throated blue**, **Northern parula** and **magnolia warblers**. In the same area, he reported a **hermit thrush**, immature **yellow-bellied sapsuckers**, many **blue-headed vireos**, **Philadelphia vireos**, an **Eastern phoebe**, a **scarlet tanager** in drab fall plumage, large groups of migrating **sparrows**, including **white throats**, **white crowned** and **chipping**, **dark-eyed juncos**, and many **ruby-crowned** and **golden crowned kinglets**. His list of waterfowl in the area included **mallards**, **black ducks**, **Canada geese**, **American widgeon**, **ring-**

**necked ducks**, **wood ducks**, **pied-billed grebes** and a **green heron**.

Many of the song birds on Mr. Daudrich's September list were still around late into October when he returned to the Mud Lake area at Britannia Bay. These included eight of the **warbler** species (**palm**, **yellow-rumped**, **black-throated green**, **black-throated blue**, **Nashville**, **orange-crowned**, **blackpoll** and **Northern parula**); **ruby crowned** and **golden crowned kinglets**; **blue headed**, **Philadelphia** and **red-eyed vireos**; **white-throated**, **white crowned** and **chipping sparrows**, as well as two new sparrow additions, the **Lincoln** and **field sparrow**; **dark eyed juncos**; a **hermit thrush**; **scarlet tanagers**; **eastern phoebes** and a **winter wren**. Among the additions to his September list were **belted kingfisher**; **American coot**; **purple finches**; **brown creepers**; a flock of **pine siskins**; **house finches**; a **Cooper's hawk** and a **great horned owl**, both of which were the objects of raucous abuse from a flock of crows.

The abundant waterfowl at Mud Lake in October included **American widgeon**, **lesser scaup**, **ring-necked ducks**, **hooded mergansers**, **common goldeneye** and **common mergansers**. Mr. Daudrich's other sightings in October included a group of **sandhill cranes** on Milton Road; a single immature **snow goose** with **Canada geese** at a pond on Giroux Road, and **ruddy ducks** on another pond on Giroux.

In early November at Andrew Haydon Park, he spotted **merlin**, **green-winged teal**, three **snow geese**, **common goldeneye**, **hooded mergansers**, **buffleheads**, **lesser scaup** and a single **red-necked grebe**, and on a later expedition to Shirley's Bay, he encountered three **horned grebe** and a **red-throated loon**, a smaller cousin of the common loon and the only member of the loon family to be capable of taking flight from land.

Mr. Daudrich notes that that typically, the season for the **Winter Bird Count** begins on December 1 and runs through to the last day of February, so

if you're a keen birder, dust off those binoculars and keep an eye out for sightings. For more background on seasonal bird counts, and just about anything else bird-related, check out Larry Neily's Ottawa Birding Guide at <http://ca/geocities.com/birdguide.htm>.



Photo: Wade Clare  
**Saw Whet Owl.**

### News From the Marsh

As always, the Macoun Marsh has been a mecca for bird life this Fall. In mid-October, **Mike Leveillé** reported a long list of sightings, including **white-throated** and **white-crowned sparrows**, a **Carolina wren**, **fox sparrows**, **house finches**, **juncos**, **black-capped chickadees**, **white-breasted nuthatches**, **Northern cardinals**, **American robins**, **blue jays**, **red-winged blackbirds** (in large numbers), **goldfinches**, a **wood thrush**, and perhaps most exciting of all, a **Northern saw whet owl** which posed placidly for a photograph, and whose presence apparently caused chaos and alarm amongst the song birds on site at the time. The saw whet is an enchanting small owl (about 7-8" long) whose defense upon discovery is to sit absolutely still, so it's perhaps not surprising that the *NEN* has received no fewer than four superb photos of this critter in recent weeks.

**Vicki Metcalfe** spotted a **black-throated blue warbler** in early October, and also reported three "mystery ducks" on the Rideau River which she tentatively guessed might be **green-winged teal**. The males apparently had deep blue teal

heads, bright cinnamon cheeks with a vertical white slash, and largely gray bodies with a blue teal slash on the wing: guesses anyone?

**Isabel Glasgow** passed along a helpful tip about keeping squirrels away from our feeders this winter. She fills a spray bottle with water and squirts the marauders at close range. According to Isabel, after three or four thorough dousings, they eventually give up and go away. On her walks home from school, Isabel has observed a **pileated woodpecker** on Minto Place. Her father, **Peter Glasgow**, watched with fascination as a **Cooper's hawk** chased a defiant little red squirrel which (unwisely) stopped periodically to scold its pursuer. Peter is reasonably certain the little rodent escaped in tact.

Manor Park naturalist **Dave Collyer** reports seeing some lingering fall migrants such as **red-winged blackbirds** and **purple grackles**, as well as large groups of **white throated sparrows** and **slate coloured juncos** passing through on their way south. He urges birders to have their feeders in place, filled and ready to serve the hardy over-wintering species such as **black-capped chickadees**, **cardinals**, **blue jays**, **white-breasted nuthatches** and **downy** and **hairy woodpeckers**. He also empha-



Photo: Louise Imbeault  
**Hairy Woodpecker at work.**

sizes the importance of adding beef suet to your backyard bird menu to provide a rich source of heat and energy on those cold days and nights to come. Dave confirms that **Northern saw whet owls** have been showing up in large numbers this fall, speculating that their presence is a result of a lack of food sources in northern areas. He would be grateful to hear of sightings of the owls, or any other interesting species, as he is a keen nature photographer. You can reach him at [naturesencounters@rogers.com](mailto:naturesencounters@rogers.com).

Many thanks to all who contributed reports and photographs to the *NEN* for this edition of For the Birds. Please keep them coming in the New Year!

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# Gavin Murphy's "Reel Women" Photo Exhibit to Support CanHave Charity

By NEN Staff

*Reel Women*, the title of Gavin Murphy's exhibition of new photographs, is a double entendre. The women photographed are real people and the images are captured on a reel of traditional 35 mm film. No digital wizardry here, his photographs are full frame, un-cropped and untouched.

A trained journalist, Gavin is self-taught in the art of photography. Although he initially picked up the camera to complement his journalism skills, he has since turned his atten-

tion to capturing "instant portraits" of people—and in particular, women. "As a man, I am especially intrigued by the challenge of capturing the natural essence of a woman—in 10 seconds or less. Basically, you either get the shot or you don't," says Gavin.

Gavin was born and raised in Ottawa and resided in New Edinburgh for many years. Now living in Lindenlea, he and his wife Catherine have also spent time in England where Gavin's photographs continue to be exhibited and

appreciated.

His exhibitions in Montreal and Ottawa have also been well received. "An incredible photography exhibit," reported the A-Channel Morning program about last year's exhibit in Ottawa entitled *Instant Portraits*.

For the current exhibit, most of the photographs were taken in Ottawa and encompass all age groups and the ethnic diversity of our city. Each photograph is a "lasting image in an instant", as Gavin does not stage his shots, preferring to capture the spirit and spontaneity of the moment.

In a new twist on fundraising and the arts, proceeds from the *Reel Women* exhibit will

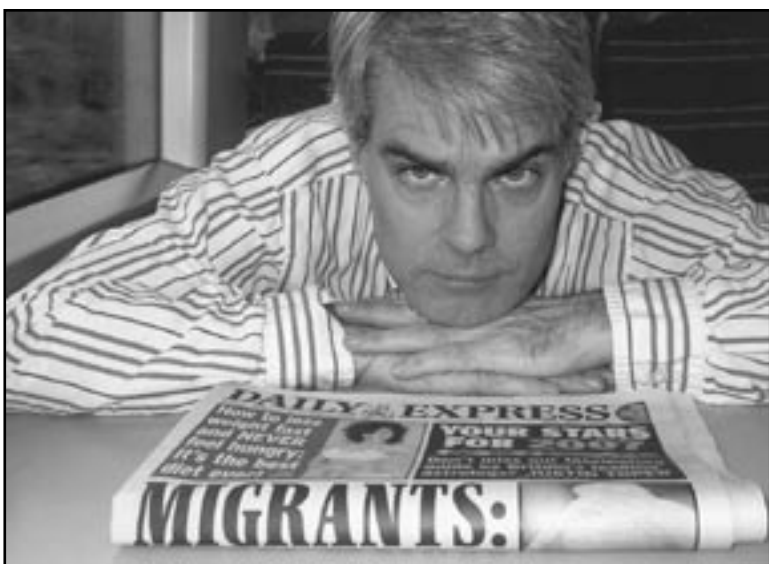


Photo: Gavin Murphy

***Double Fun* is just one example of the captivating "instant portraits" on display at Gavin Murphy's charity exhibition.**

be donated to CanHave, an Ottawa-based charity which supports AIDS orphans in Uganda. Combining artistry with charity is "a win on so many different levels," according to Gavin.

The exhibition will take place at Francesco's Coffee Company (857-A Bank Street in the Glebe) from January 2 to January 31. There will be a vernissage on Sunday, January 4 from 3 to 5 pm.



Gavin Murphy, Photographer.

Photo: Catherine Murphy

## Winter Overnight Parking Regulations in Effect

As the leaves fall from their trees, we are reminded that winter will be here before we know it. In preparing for the winter months, the City of Ottawa wishes to remind residents that winter overnight parking regulations will be in effect from November 15 to April 1. These regulations ensure the City's snow-clearing crews are able to keep Ottawa's roads safe and clear for motorists, public transit, pedestrians and cyclists.

Between November 15 and April 1, parking is permitted on all Ottawa streets between 1 a.m. and 7 a.m., except when a snowfall of 7 cm or more is forecast by Environment Canada. This includes any forecast for a range of snow more than 7 cm, for example a

forecast of 5 to 10 cm of snowfall. Vehicle owners who have a municipal on-street parking permit are exempt from winter overnight parking restrictions.

Be in the know about snow. Sign up for the City's Winter Parking e-Alerts to receive e-mails each time an overnight parking restriction is in effect. You'll also receive an e-mail if the parking restriction continues over more than one night and another when the restriction has been lifted. The service is free and you can unsubscribe at anytime. Sign up today at [ottawa.ca/winterparking](http://ottawa.ca/winterparking).

You can also find out if an overnight parking restriction is in effect by calling 3-1-1 (TTY: 613-580-2401) or by tuning in to local media for announce-

ments about on-street parking restrictions.

Residents should also keep in mind that snow may be removed from city streets even when no snow is forecast. When daytime or nighttime snow removal operations are planned, temporary "no parking" snow removal signs will be posted before snow removal begins. Vehicle owners are reminded not to park on streets where temporary "no parking" snow removal signs are placed. Vehicles parked during planned snow removal will be ticketed and towed to a nearby street. This restriction applies to all vehicles, including those with on-street parking permits.

For more information visit [ottawa.ca/winterparking](http://ottawa.ca/winterparking) or call 3-1-1 (TTY: 613-580-2401).



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# News from RPPS

By Melanie Harmon

I need to preface this article by saying that I am not a quote person. I don't have motivational snippets of wisdom framed above my computer to push me through stressful situations, and while I love to read, I can barely remember the plots let alone individual lines from these stories.

So let me start with a quote: "Volunteers are not paid not because they are worthless, but because they are priceless". Nowhere have I ever been made more aware of this than at the **Rockcliffe Book Fair** which took place November 7 - 9 in the gymnasium of Rockcliffe Park Public School.

Now in its 47th year, the Book Fair is nothing new to those living in Rockcliffe and the surrounding communities. One only need look around at the throngs of people that file into the two gymnasiums over the course of the weekend to know that this is a big event. With thousands of used books, CD's, videos and games and an outstanding café, everyone leaves with something. Even better is the fact that with the proceeds from Book Fair, not only RPPS, but also several other schools throughout the city are able to do things that their operating budgets simply would not permit otherwise. It is truly rewarding to walk through the halls of RPPS and read some of the thank-you letters from these other schools.

But there is another side to Book Fair that most people don't see, and that is what I am truly in awe of. I have written in past years that Book Fair volunteers log an average of 3,600 hours preparing for and running the event, but what that number doesn't tell you, is just how these hours are spent. While some of these hours are consumed by meetings and planning sessions, the bulk of them involve grueling physi-

cal work. Books are heavy, and every book that you see during Book Fair has been carried, stored, sorted and priced by some unnamed volunteer. There are volunteers working the cash registers, volunteers re-shelving books, volunteers to give information and volunteers working at the café and craft areas. For every volunteer you see, there are probably three others that you do not.

Many of these volunteers are parents of children in the school, but many are members of the community who have been involved in the past, or simply love Book Fair.

I have my suspicions that there may be a few volunteers who did not actually leave RPPS for the two weeks leading up to Book Fair. **Caryn Kewell**, who was in charge of the children's section, explained her dedication this way; "Once you start, it's hard to leave. You want to see it through to the end, even if that means a very long weekend."

I would love to name each and every volunteer and give credit where credit is due, but the list would be too long. So to **Maggie Knaus**, and every other person, including the dedicated staff of RPPS who gave their time to make the 47th Book Fair the best ever, congratulations and thank you. You are priceless.

## Thank You Café du Monde Sponsors

A very heart felt Thank-you goes out to all our sponsors for this year's successful "Café Du Monde": Achmed N. Sadik, Barrister & Solicitor, TROTT, Kevin Jackson, Giant Tiger, Sitar Indian Restaurant, St. Laurent Pizzeria, Totoya Japanese Restaurant, Takara Japanese Restaurant, Bangkok Thai Garden Restaurant, Clocktower, Da Bombe, Vittoria Trattoria, Epicuria,

Bread and Roses, Arturo's, Wang's Noodle House, Aubrey's, Sausage Kitchen, Trinidad and Tobago High Commission, Spanish High Commission. We truly appreciate all you have done!

The aromas wafting out of the café enticed many book buyers to taking a break and enjoying the amazing selection of savory and sweet specialties.

## Concert of French Christmas Music at Eglise Sainte-Anne in Lowertown

By Ian MacKay

A special concert of French Christmas music will take place at Eglise Sainte-Anne on Friday, December 19, 2008 at 7:30pm. Sponsored by the Ottawa Centre of the Royal Canadian College of Organists the concert will feature among other performers, local organists playing organ arrangements of classic French Noël's. Also, there will be a brass ensemble and opportunity to sing a number of Noël's.

Eglise Sainte-Anne is a parish church of the Ottawa Diocese of the Roman Catholic Church in Lowertown. Its history is closely linked to the early days of Ottawa, having been formed in 1872 to serve the growing French Catholic population in this area of town. The church was designed by the architect J.P.M. Lecourt and built by Pierre Rocque and James O'Connor. The cornerstone was laid by Bishop Guigues in 1873. The 1914 organ is a three manual instrument installed by Casavant Frères of St. Hyacinth, Quebec.

The word Noël derives from early French and roughly means "news", as in "good news". Early use of the word did not refer to Christmas at all but rather to joyous exclamations to get someone's attention. There is an early French poem which describes a vege-

table merchant announcing his wares at a market with shouts of Noël! Noël!

The word Noël as a reference to the birth of Jesus Christ dates from the 13th century.

organists' treatment of them, became a Christmas tradition. Thankfully we have had the opportunity to transport ourselves back to a time when crowds would gather in the



Eglise Sainte-Anne is located on Old St. Patrick Street.

By the 15th and 16th centuries the word was used as an exclamation and greeting during Christmas celebrations, as well as to describe a song or carol that incorporated some mention of the Christmas story. Most Noël's are parodies of vernacular poetry and in some cases are based on drinking songs and dance melodies that would have been well known in households and communities at the time. Collections of these lyrics and music were often printed and sold in the street to common folk for use during Christmas celebrations.

As Noël's became more and more popular in the 18th century some clergy incorporated them into worship services with the explicit intent to boost attendance. In other instances they were summarily rejected as unwelcome secular influences. Once in the church, however, these tunes became fodder for organists who were always looking for a theme. Gradually these tunes, and the

churches of France to hear this unique contribution to the music of Christmas.

Louis-Claude Daquin and Claude Balbastre are among others well known for their organ arrangements and a few of their pieces will be showcased at the concert. Both were organists in 18th century Paris who spent time as organists at Notre Dame cathedral. Their virtuosic playing drew large crowds whenever they played—especially at Christmas.

If by December 19 you are not yet in the Christmas mood (and even if you are), make a point to come out for what promises to be a delightful and festive concert in a charming setting right here in our neighbourhood. Expect to leave the concert humming delightful tunes and with a Christmas smile on your face.

Eglise Sainte-Anne is located at 528 Old St. Patrick between Coburg St. and Beausoleil Dr. Admission is by donation.

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# Musings on a Garage Sale

By Jackie Claxton

It's the day after the annual New Edinburgh Garage sale and I'm sorting through the stuff that did not sell in order to decide what will go to charity and what we'll keep. The day of the sale dawned chilly but bright, warming up as the morning unfolded—perfect garage sale weather. Not as large as the famous Glebe sale, the New Edinburgh sale nevertheless draws hundreds of eager shoppers turning the usually quiet streets of the neighbourhood into something more akin to London's Portobello Road on a Saturday morning or an African market.

Having decided to put stuff out this year, I started the week before to search for un- or underutilized items to include in the sale. I also had my husband bring up boxes from the basement so I could sort and price things. Every day I asked him if he had anything he wanted to include but he did nothing. Instead he would look at what I had put out and take things off the pile exclaiming that he liked them and was not giving them up.

The morning of the sale I was up at the crack of dawn to complete preparations and

start to haul things outside. I got my husband out of bed before his usual waking time to help bring the large furniture items up from the basement and set up our tables. Taking a look at what I had assembled he exclaimed, "There's hardly anything here. Where is all of our stuff!!" Having harassed him for the past week, I gave him an annoyed look which sent him into the house to find bits and pieces to add.

One thing you learn at garage sales is that items you think are hideous will be happily bought by people who think they are lovely. It's a great way to recycle gifts that you hate but could not refuse. Young parents looking for books, toys and clothing for their little ones, students and other looking for inexpensive ways to furnish their homes are always among the happy shoppers. In this era of heightened awareness of the need to reduce waste, garage sales are the ultimate exercise in recycling.

One year, a friend and I set up our tables outside the gates of the Governor General's residence on MacKay St very early in the morning. Our first customer was a man heading to the cottage. He bought a lamp

from my friend which he told us would be put to good use in his outhouse!! Later on that same morning, who should come down the street checking out the goings on at her doorstep but her Excellency Adrienne Clarkson, the then Governor General. I doubt that she bought anything but it was good to see her out amongst her neighbours.

One of the things I love most about garage sales is the interaction with the customers. My favourite are the young children whose eyes light up when you give them a ridiculously low price on something that has caught their attention and they march off proudly clutching it in their hands. Then there are the people who tell you they don't really need the item they're holding up, that they have any number of them at home but at garage sale prices, who can resist?

The best feeling is when a cherished item for which you no longer have use goes to a good home. Thirty plus years ago, and having recently returned home from university, I went with my father to a flea market in Mississauga to look for car tires. I came home instead with a beautiful old table which has graced every



Photo: Laurette Coupe

**You never know what treasures you may find at the Annual New Edinburgh Garage Sale.**

apartment and home I've lived in since. Having moved to a new house, it no longer fit in with the décor and was put out at this year's sale.

The young woman who bought it struck me as someone who will take good care of my table. I had chatted with her earlier on in the day as she went by our house, my atten-

tion drawn by her sweat shirt which promoted an annual event on Nova Scotia's Cabot Trail. She told me she liked the rounded edges of the table as her young child would not hurt himself should he bump into it. This morning, I picture her seated at "my" table with her family and wish her many years of enjoyment.

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## Winter: The “It” Season is Coming

By Douglas Cornish

The “it” season is about to arrive (officially, by the calendar, that is). Early on, winter is referred to as “it”, as if people are somehow afraid to even mention the “w” word, let alone the “s” word. In late fall conversations are sprinkled with: “It is coming,” which

It’s all downhill from here, so to speak, or perhaps uphill depending on your perspective.

Winter enters conversations all year around. We really are winter people, northern people. Unlike the other nations that surround the North Pole, like Norway, Finland and Sweden,

prehistoric. Winter is the old season, the cold season, the boldly brutal season. It’s dictatorial, it’s not diplomatic, it’s confrontational, and non-compromising. Winter can be sworn at by many people, but one can always swear and take small comfort in the fact that there is another season arriving at the end of it. Winter is not here all year long, as some people seem to feel, and cursing winter doesn’t make it go away either, not until it makes up its own mind to retreat.

Winter is the spoiler for many. It’s what they dread about being in this country. But what they don’t realize is that this “it” season probably keeps us sane. Winter isn’t silly like summer, it is serious. It’s survival; it prevents us from doing foolish things.

The key to the “it” season, though, is to embrace it, not shun it. Hiding from it only makes it last longer. The white season is upon us, making the nights brighter, making us more helpful if someone gets car trouble or slips on ice, and increasing our awareness that beauty doesn’t always have to have leaves on it or to bloom. There is blustery beauty, there is rugged beauty, there is even cold beauty, and winter is evidence of this. Winter is another dimension, another way of looking at things. Winter is the price one pays for future re-birth and future abundance. Winter makes us prepare, makes us plan. Winter keeps us humble.

It will be here for the next four months or so, so prepare yourself and acknowledge that it is inevitable, and “it” is here.



Photo: NEN Staff

### Winter scene on the lanes in New Edinburgh.

inevitably becomes “Well it’s here now.” Eventually, of course, it becomes, “When is it going to go away?”; and then, “It’s finally gone.”

I’m afraid that we are a nation of seasonal “it” people, or to be more specific “winter people”. As Rudyard Kipling once said, there are two seasons in Canada—winter and the month of July. Canadians are more than aware of this fact, but most are in denial, to the point where they can’t even call the season by its proper name; it’s just called “it”. The winter solstice officially arrives this year on December 21, but in many minds it probably came as soon as the temperatures started to (permanently) drop.

we don’t seem to embrace winter and befriend it. Instead, we (some of us) are grumpy all season long. Even the word “hate” which is pretty strong language is often used in the same sentence when discussing the season. Does winter get a bad rap? Is winter just another season, distinctive and colourful as the other three seasons? Most people probably see winter as a “non” season. They see it as a killer of other seasons, a destroyer. They don’t see it as a necessary hiatus where everything can lie dormant, then return (almost from the dead) in the spring. Winter is viewed as cold (no pun intended), uncivilized, primitive, perhaps even

## When You Can See Your Breath, It’s Time for Winter Tires

Is it time for winter tires?

The Rubber Association of Canada recommends that drivers not wait for the first snowfall, or their first encounter with black ice, to switch over to winter tires. The proper time to changeover is when the temperature dips below seven degrees Celsius, or when people can see their breath.

Canada’s tire makers also advise motorists to use winter tires on all wheel positions. Using winter tires on the front or rear axle only can create a serious traction imbalance that can lead to a loss of control, particularly when cornering.

When shopping for winter

tires, motorists can identify a winter tire by looking for the mountain snowflake symbol on the sidewall. Tires stamped with this distinctive symbol meet or exceed specific snow traction requirements established by the tire industry.

Proper tire inflation is another winter driving priority. Tires that are under-or-over inflated have a smaller footprint on the road surface, which weakens their grip. Drivers should invest in a reliable tire gauge and measure their tire pressure monthly to ensure their tires are always inflated to the vehicle manufacturer’s recommendation.

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# Canada's New Tax-Free Savings Account

By Frances Phillips

The Federal Government's new Tax-Free Savings Account (TFSA) comes into effect in January 2009. It is designed to help us save 'that little bit extra', and offers something for almost everyone.

- Saving for that down payment on a new home, car or your holiday of a lifetime?
- Wanting to top up an education plan for your children?
- You still have disposable income to save after maxing out your other Registered Plans?
- Needing a 'rainy day' fund for those years when your cash flow just won't cover unexpected events or purchases?

If you identify with any one of these ideas, the TFSA is something you will want to know more about.

In its own literature the government hails this new tax saving plan as "the single most important personal savings vehicle since the introduction of the RRSP."

That's because a TFSA will accept most of RRSP-eligible investments such as mutual funds, publicly traded securities, bonds, Guaranteed Investment Certificates. And while in your TFSA the capital gains or other investment income will not be taxed.

## Here's how it works.

- Starting in 2009, any Canadian over 18 years of age can save up to \$5,000 each year in a TFSA.
- An individual may have more than one TFSA but cannot exceed the \$5,000 annual savings limit in total.
- Contributions to a spouse's TFSA are permitted.
- TFSA contributions do not qualify as deductions (unlike RRSP contributions, which do qualify).
- Investment income earned within the TFSA – including capital gains – will not be taxed, even when withdrawn.
- TFSA funds can be withdrawn at any time for any purpose: from buying a new car to starting a business, or to finance that hard-earned sabbatical.
- Withdrawn amounts can be replaced, without reducing contribution room.
- Unused TFSA contribution room can be carried forward to future years.
- Neither income earned in a TFSA, nor withdraw-

als, will affect eligibility for federal income-tested benefits and credits. These might include the Canada Child Tax Benefit, Age Credit, Guaranteed Income Supplement and EI Benefits.

In addition, a TFSA can be a good option if ...

- At age 71, you have extra cash flow to invest and other tax-free savings options are now closed to you.
- You have maxed out your RRSP contributions and want to save more in your high-earning years.
- You simply want to save a little extra for retirement, compounded and tax free.

The government estimates that an individual contributing \$200 a month to a TFSA for 20 years will enjoy additional sav-

ings of \$11,045, compared to using an unregistered account.

However, while investments salted away in a TFSA may deliver better returns than some non-registered investments, there is a right and wrong strategy for investing in this new account. That's because capital losses will not be deductible. So a TFSA is better suited to more conservative investments, which are more likely to return relatively stable growth over the longer term than more speculative investments.

Will a Tax-Free Savings Account become a feature in your own financial planning? Ask the experts, and you may want to open an account this year to ensure your TFSA is in the starting block for January 2, 2009. The sooner you start the more you will save and shelter from taxes.

## Are You Tailgating?

Following the two-second rule is a sure sign that you're not tailgating. Allowing a two-second cushion between vehicles provides motorists more reaction time and reduces the risk of a rear-end collision, according to the City's Integrated Road Safety Program's "Back Off" campaign.

The majority of rear-end collisions are caused by motorists following other vehicles too closely. Between 2005 and 2007, 13,333 rear-end collisions occurred on Ottawa's roadways, resulting in 4,237 injuries and 11 deaths.

"The Integrated Road Safety Program's campaign is committed to reducing these numbers," says Mayor Larry O'Brien.

"The City is recommending that motorists apply the two-second rule in determining a safe following distance from other vehicles," says Councillor Maria McRae, Chair of the City's Transportation

Committee.

The two-second rule uses roadside objects, such as poles or signs, as a point of reference. Drivers can wait for the back end of the vehicle in front to pass the sign or pole. Then the driver counts how many seconds it takes for the front of his/her vehicle to reach the same reference point. If it is less than two seconds, it is too close.

"The reasons why people follow too close range from being distracted or preoccupied to being a competitive individual who always wants to be ahead," says Superintendent Charles Bordeleau, Ottawa Police Service. "But the root of the problem is the same for all aggressive driving behaviours...everyone is in a hurry, running against time."

So if you're speeding, slow down. Life has years for you to enjoy; why risk it to save a few seconds.

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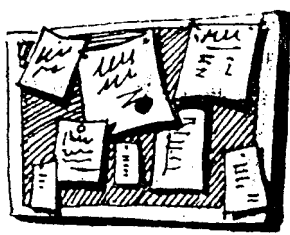
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## Burgh Bulletin Board

**Thur, Dec 4, 6 pm**

**THE LIGHTS GO ON!** The CCCC's *Lumière Festival* is teaming up with the National Capital Commission to provide gorgeous blue and white lanterns for volunteers and members of the Ottawa Stilt Union to carry at the Christmas Lights Across Canada opening on Parliament Hill.

**Thur, Dec 4, 7:30 pm**

**OTTAWA STORYTELLERS'** Christmas Concert *Lighting the Darkness: Seasonal Tales of Magic and Renewal* at the NAC 4th Stage. The tellers are Ruthanne Edward, Marta Singh, and Mary Wiggin, accompanied by carols and wassail songs performed by Neville Miller. Tickets are \$15, \$12 students and seniors and are available at the NAC box office or Ticketmaster, 613-755-1111 (www.ticketmaster.ca).

**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.

**Sat, Dec 6, 8 pm**

**CHRISTMAS GOOSE IS BACK!** 6th Annual Local Songwriters' Christmas Concert Supports the Ottawa Food Bank. At the NAC 4th Stage. Come enjoy this great evening, as local singer-songwriters bring you a mix of original and traditional seasonal songs. Tickets are \$18, and are available at the NAC Box Office / TicketMaster (surcharge applies), and the Ottawa Folklore Centre (OFC Music).

**Sun, Dec 7, 1 - 2 pm**

**THE LYON STREET CELTIC BAND** present Christmas/Celtic Music at the Cumberland Heritage Village Museum, 2940 Old Montreal Road. 613-833-3059 or museums@ottawa.ca.

**Tue, Dec 9, 7 - 9 pm**

**A CHRISTMAS CAROL** by Charles Dickens portrayed by Mr. John Huston, presented by Revera at St. Bartholomew's Anglican Church. This festive evening is a fundraiser for the Alzheimer's Society and will be led by Rob Clipperton who will also lead a Christmas carol sing-a-long between each Stave. Reception with John Huston following the performance. Tickets are \$25 each and can be purchased by calling 613-864-6026 or Christine.forget@reveraliving.com.

**Wed, Dec 10, 6:30 pm**

**STAIRWELL CAROLLERS'** Christmas Concert "Laludemus cum Armonia" at St. Columba Anglican Church, 24 Sandridge Road.

**Sun, Dec 14, 6:30 pm**

**BETHLEM IN THE BURGH** outdoor nativity at MacKay United Church.

**Sun, Dec 14, 6 pm**

**CHRISTMAS CANDLE-LIGHT SERVICE** at the Beechwood Cemetery. A special way to remember loved ones, our service features a candlelight memorial with carols and a tree lighting ceremony. We encourage you to bring an ornament to place on our tree in memory of a loved one. Please join us in front of our Reception Centre, 280 Beechwood Avenue. Our event

## Bethlehem in the Burgh is back!

A Community Outdoor Nativity Service will be held at MacKay United Church, 255 MacKay Street, on Sunday, December 14, at 6:30 pm. The heart of the presentation remains a celebration of the Christmas story with singing and live animals (including the return of Gracie the camel). Refreshments will be served in the Memorial Hall following the service.



Donations to the Mission will be welcomed.

is outdoors, so please dress warmly. For more information please call 613-741-9530.

**Sun, Dec 14, 7 pm**

**OTTAWA INTERNATIONAL CHILDREN'S FESTIVAL** presents *Angel Square* by Ottawa's own Brian Doyle at the Ottawa Little Theatre. This staged reading is directed by Ottawa writer-director Janet Irwin and features Todd Duckworth, Mary Ellis, Kris Joseph, John Koensgen, and Sarah McVie. Special guests include jazz piano legend Brian Browne, Amanda Lewis, Alan Neal and Tim Wynne-Jones. There will even be a few surprise guests! Tickets can only be purchased through the festival office by

calling 613-241-0999 or visiting the office at 61A York Street in the Byward Market (Mon-Fri, 9:30 am to 4:30 pm). www.ottawachildrensfestival.ca.

**Sat, Dec 20, 10 am**

**FRESH HOLLY SALE** at the John Stuart Hall of St. Columba Church, 24 Sandridge Road in Manor Park. Jams and jellies will also be on sale. For information telephone 613-741-3552.

**Until Tues, Dec 16**

**CENTRE D'ARTISTES VOIX VISUELLE** invites you to the third annual *International Digital Miniprint Exhibition*, in Ottawa. Artists from Algeria, Canada, Hungary, Iran, Slovenia and the United Kingdom are exhibiting small scale works. Curated by Cécile Boucher. 81 Beechwood Avenue. Information: Shahla Bahrami (613) 748-6954 or voix\_visuelle@hotmail.com. Website: www.numartexpo.ca.

**Until Sat, Dec 20**

**OTTAWA SCHOOL OF ART** 24th Annual Holiday Fundraising Art Sale. 35 George Street. www.artottawa.ca.

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**NEW EDINBURGH HOSERS** - Volunteers needed to join the New Edinburgh Hoser crew. It's not a big commitment!! We ask people to sign up for whatever they can do. If you have always wanted to make ice, contact Brian at [btorrie@hotmail.com](mailto:btorrie@hotmail.com) or Michel at 613-978-3059.

**LOOKING FOR RENTAL** - Quiet, mature, working lady - with cat - looking for local large one or two bedroom apt in a duplex/triplex. Parking required. Laundry hook-up or facilities in building. Looking to pay \$650 - \$725 (heat and storage shed for bike included). December/January occupancy. Call Madeleine at (613) 746-9596 or (613) 944-0664.

**FIELDHOUSE RENTALS** - If you are looking for a venue to rent for your next event, consider The Fieldhouse in Stanley Park. Contact Jill Hardy at 613-746-1323 for inquiries.

**WATERFRONT**, Notre-Dame Lake, La Pêche, QC. Superb! 2,009 sf, 3 bedrooms, custom built, hardwood and ceramic flooring, fieldstone fireplace in living-room plus wood stove in basement, 1 acre, quiet area on landscaped wooded lot, sandy beach, 2 sheds. 15 min. West of Wakefield, 45 min. from Ottawa. (MLS 8017496) \$429,000. Paul Richard, Affiliated Real Estate Agent, Royal LePage Vallee de l'Outaouais. 613-248-2478.

**DAYCARE** - We are a newly opened home-based daycare in N.E. with space for children 1-5 years. Please call Pamela at 613-746-6447 for more info.

# Holiday Services

**ST. BARTHOLOMEW'S**  
125 Mackay St.

**Sun., Dec. 21, 9:30 am**  
Advent 4 Holy Eucharist (BAS)

**4:00 pm** Service of Nine Lessons and Carols

**Wed., Dec. 24, 4:00 pm**  
Holy Eucharist (BAS)  
Christmas Eve Family Service  
**10:30 pm** Holy Eucharist (BAS) Christmas Eve Service  
**Thurs., Dec. 25, 9:30 am**  
Holy Communion (BCP)

**MACKAY UNITED CHURCH**  
MacKay St. at Dufferin Rd.  
749-8727

**Sun., Dec. 14, 6:30 pm**  
Bethlehem in the Burgh is back! A Community Outdoor Nativity Service

**Wed., Dec. 10, 7:00 pm**  
Blue Christmas Service

**Christmas Eve 7:00 pm**  
Christmas Eve Communion

**ST. LUKE LUTHERAN CHURCH**  
326 Mackay St. 749-1731

**Wed. Dec. 24, 7:30 pm**  
Christmas Eve Service

**Thurs. Dec 25, 10:30 am**  
Christmas Service



**ST. JOHN EVANGELICAL LUTHERAN CHURCH**  
270 Crichton St. 749-6953

**Sun., Dec 14, 10 am**  
*The World Sings Noël*  
Children's Pageant followed by potluck lunch

**Christmas Eve, 7:30 pm**  
Candlelight Service

**Christmas Day, 11:00 am**  
Worship Service at Garry J. Armstrong Cntr, Porter Island.

**ST. ANDREW'S CHURCH**  
Wellington at Kent

**Sun., Dec. 21, 4 pm**  
Candlelight Choir Concert

**Christmas Eve**  
Live Nativity, 6:15 - 7:15 pm  
Pageant, 7:30 pm  
Candlelight Service, 11 pm

**Christmas Day, 11 am**  
Christmas Service with Children's Program

**Every Sunday, 9:30 am**  
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**Every Sunday, 11 am**  
Advent Worship Services (with Church School and Nursery)

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# Burgh Breezy Bits

## Comings & Goings

**Eileen Welsh**, who is one of the original residents on Vaughan is leaving the street. Eileen and her late husband Martin have lived on Vaughan since Martin built the house shortly after World War II.

**Marion Haunton** has recently moved from Dufferin Road, after 22 years. She didn't want to go too far, evidently - as she only moved as far as the Village Square on Crichton Street. She probably didn't want to get too far away from the Book Club. Glad you're still with us, Marion.

## Celebrations

A group of regulars at the New Edinburgh Pub were pleased when Senator Player - #15 took the broad hint from **Roger Hardy** and treated them all to a round. Thanks **Dany!**

Congratulations and best wishes to **Peter Cock** of Stanley Avenue who celebrated his 90<sup>th</sup> Birthday on October 8. Friends **Philip MacAdam** and **Jean Bellefleur** gave a gala party in his honour on Saturday, October 11 when an overflow crowd assembled to toast his long and interesting life. We look forward to Peter remaining active and engaged in community events, and wish



Local resident and international author **David Sacks** was caught 'in costume flagrante' at a recent party in the Burgh.

him continuing good health in the coming year.

**Jerry Turchyn** invited friends and neighbours to **Mary Grainger's** big 50 - then left town for a week on business -- luckily he planned the party to be held at Henry and Beth Ann's place down the road!! Congratulations Mary.

## Congratulations

**Derek Hardy**, after a stint with Perth Police and the OPP was sworn in with the Ottawa Police Service on Oct 20. Derek has a long Burgh history, as his great-grandfather, Arthur Hardy (Jill's grandfather) came to the neighbourhood with Governor General Bing of Vimy.

Congratulations to **Charles Benoit** of Noel Street, who has landed a job on Wall Street for next summer, following completion of his second year of law studies at Georgetown University in Washington, D.C.

Any Burghers holidaying in Australia this winter will be in good hands. **Anne Benoit** of Noel Street has completed the intense paramedic training required to work as a volunteer lifeguard on Sydney's Bondi Beach. She is also part-time Communications Manager for advertising and promotions firm T-Bone Productions, part-time beachside café server, and part-time riding instructor.

**David Sacks** of 67 Thomas Street has "become" an author in China. His 2003 book on the Roman alphabet, *Language Visible* (written in English), is now out in Mandarin translation from a Chinese publisher. Previously the book has been translated into French and Serbo-Croatian; a Korean edition is in the works. Random House notes that "Letters are tangible language. Joining together in endless combinations to actually show speech, letters convey our messages

and tell our stories. While we encounter these tiny shapes hundreds of times a day, we take for granted the long, fascinating history behind one of the most fundamental of human inventions -- the alphabet. Packed with information and lavishly illustrated, *Language Visible* is not only accessible and entertaining, but essential to the appreciation of our own language."

**Grace Jarrett** was selected to take part in a volunteer program with an organization called Youth Challenge International. YCI is an NGO supported by CIDA, which works with youth from Canada, Australia and developing countries (in this case Vanuatu) to help organize youth and to work for sustainable change in their communities. She will be doing everything from educating about HIV/AIDS and Malaria to installing clean water systems in the island communities. It's a 10 week program and in order to go she needed to fundraise \$3900. The cupcakes and old junk she sold at the New Edinburgh Garage Sale netted \$700 alone! "It's been a very long and hard process but I'm so excited to take part in this terrifying yet amazing experience and it's getting even more exciting as my departure gets closer."

**Zaneta Pernicova**, a resident of Rockcliffe, joined internationally renowned cancer specialist Dr. Richard van der Jagt at the recent Canadian Leukemia Studies Group Dinner Gala with her exhibit of hope. Originally from Czechoslovakia, Pernicova has actively been involved in the arts since childhood. Art, history, culture, and politics are great influences in her work.

Congratulations to ex-Burgher **Emma Anderson** and U of O scholar. She has won the Best First Book in the History of Religion prize at the American Academy of Religion. The book, *The Betrayal of Faith: The Tragic Journey of a Colonial Native Convert*, examines the life of an Innu boy transplanted to France where he converted to Catholicism before returning to Canada.

*Leo's War, from Gaspé to Vimy*, a book by local Stanley Street author Gordon Pimm, has been selected for inclusion in the upcoming National Film B documentary Front Lines. The film is based on letters written during World War I by several soldiers, including Pimm's uncle Leo "Boots" LeBoutillier.



Did John Jaresnic really get called down to Washington to discuss finances with Barrack Obama?? That's the word on the street and John's Facebook picture seems to bear this out...

## Other News

Rumour has it that **Gillian Campbell** of Noel St. was almost arrested for not paying for her gas at the Beechwood Shell station. If you see Gillian around the neighbourhood with a siphon in her hand, approach her with extreme caution. Thankfully, gas prices have gone down in recent days.

**Kristen Hahn**, whom many readers will remember from her years at **Books on Beechwood**, now operates her own bookshop, **Upper Case Books**, in her hometown of New Hamburg, Ontario. In recent years, Kristen has attracted widespread notice and acclaim for her role as creator and chief organizer of several **Harry Potter Festivals** in New Hamburg. Undaunted by the termination of that legendary series, Kristen is about to present **A Hogwarts Christmas in New Hamburg** on Thursday evening, December 4. The event, which coincides with the release of *The Tales of Beedle*

*of Bard* by J.K. Rowling, is in support of The Children's High Level Group, a charity co-founded by Rowling. Good luck Kristen and best wishes for a happy Hogwarts Christmas!

## Condolences

Our hearts go out to the family, friends and co-workers of longtime resident of New Edinburgh, **Bunny Matheson**. Her special presence will be sorely missed.

Sympathies are extended to the **Turchyn/Grainger** home on Vaughan St. Charlie, one of their cats, was hit by a car last month.

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

[breezybits@hotmail.com](mailto:breezybits@hotmail.com)

**Deadline for submissions is January 10.**



Photo: Louise Imbeault

Local artists in residents **Ron Noganosh** and **Judy Dougherty** hammed it up at Judy's recent art exhibit in her home on Crichton Street.