

NEW EDINBURGH NEWS

February 2009

www.newedinburgh.ca

Laureen Harper Set to Chair 5th Annual FurBall Gala

Laureen Harper, an Ottawa Humane Society (OHS) foster volunteer and adopter, is resuming her role as this year's honorary chair of the 5th annual FurBall. Mrs. Harper provides dedicated fostering to a number of kittens and cats she and her family care for at 24 Sussex Drive.

Ottawa's animal lovers will have a chance to dance, dine and donate to the OHS at this year's ball, to be held Saturday March 28, 2009 at the National Gallery of Canada.

The gallery's great hall will be transformed into "Rick's Café Américain" from the movie Casablanca. Guests will

take a nostalgic trip back to the 1940s with lavish entertainment and the extraordinary culinary talents of Executive Chef Kurt Waldele and other top Ottawa chefs. A variety of prizes and live and silent auctions will help raise money for the animals.

Over the years, the FurBall has become one of the key fundraisers for the OHS, as well as one of the most highly-anticipated galas in Ottawa's busy social season.

FurBall tickets are \$225 per person. To order, visit www.ottawahumane.ca/furball or call 613-725-3166 ext. 333.



Photo: NEN Staff

GHOST RIDERS: Local residents may have noticed a sculpture that appeared mysteriously at a now defunct bus stop at Union and Crichton. They have been waiting quite awhile for the bus that never comes, as indicated by a sign that reads "Dec 10".

In Our View

How Essential Can You Get?

By Jane Heintzman

As this paper goes to press, Ottawa is well into the second month of a crippling strike by OC Transpo drivers with no immediate end in sight. In this battle of attrition between the City of Ottawa and the ATU, the collateral damage to Ottawa residents, organizations and businesses has been incalculable; taking a toll far beyond the realm of "inconvenience", which has been the Mayor's label of choice for this fiasco.

Quite apart from the stress, schedule dislocation, lost productivity and sheer exhaustion, which have resulted from weeks of grid-locked traffic throughout the city, the strike has had a profoundly serious impact on the more vulnerable sectors of society. The elderly, unable to get to medical appointments are further isolated from social interaction; those living on low incomes, many of whom are threatened with job loss due to their inability to get to their workplace, or forced to spend their hard-earned wages on taxi fares; students unable to get to classes, or doing so at untold cost to their families; or new immigrants dependent on transit and lacking any community support network to lend a hand. Social service and charitable organizations are stretched to the limit, as many of the volunteers on whom they depend are marooned by the strike, along with the populations they serve.

These impacts are not "inconvenient": they are *punitive*, and

it is nothing short of astonishing that the two sides involved in the dispute have regarded them as an acceptable price to pay for the principles at stake on either side. It is difficult to imagine another major city in the western world allowing a full scale paralysis of its public transportation system for what may well be a full two month period (or indeed, even longer); less still in a geographically sprawling capital city in the grip of the coldest and harshest months of the year when public transit plays its most essential role.

The City has put in place a variety of measures to offset the effects of the strike, including emergency assistance to low income residents whose livelihood or health is imperiled by lack of public transit. Demand for this assistance has skyrocketed in recent days, swiftly exhausting the initial \$200,000 Emergency Fund announced on January 9, as

social agencies and community health centres struggle to cope with cases of acute distress. But for the vast majority of the citizens of Ottawa, the daily toll in lost time, productivity and mobility continues to mount, with no end in sight.

The environmental consequences of this strike have also been extraordinarily destructive. Not only has traffic increased exponentially, forcing cars to sit idling for hours in long lines of grid-locked traffic, or circle endlessly in search of that elusive free parking space, but also public trust in the dependability of our public transit system, and in the ability of our City to manage it competently, has been dramatically undermined. It remains to be seen whether the public trust can be fully restored when the strike ends.

The need to encourage more widespread use of public

Continued on Page 8

NECA's New Edinburgh Committee on the Environment (NECOE) presents

Green Your Home!

An information session on how to:

- reduce your home energy use
- cut down on emissions
- improve the environmental quality of your home, and
- save money

Sat. Feb. 7, 2009, 3:00 pm
at Crichton Cultural Community Centre, 2nd Floor
200 Crichton Street at Dufferin (Enter on Avon Lane)

Presentations by:

BULLFROG POWER –
Clean, emissions-free electricity

VERT DESIGN –
Green design for the home

DENYS BUILDS DESIGNS –
Energy-saving retrofits

ENVIRO CENTRE –
Energy audits, grants & efficiency tools

Let the experts answer your questions, share experiences with your neighbours and check out the information tables.

Everyone welcome! Bring a mug for coffee, courtesy of

For more information: www.newedinburgh.ca

In this issue...

Councillor's Report	Page 6
Artist's Page	Page 10
Burgh Business Briefs	Page 12
CCCC Winter Programs.....	Page 20
Winter Recipe	Page 25
The Coffee Teen.....	Page 28
For the Birds.....	Page 30
Burgh Bulletin Board	Page 38
Breezy Bits	Page 40



Photo: NEN Staff

TRAFFIC MEETING: A large turnout of residents packed into the Dufferin Room at 200 Crichton in November to discuss neighbourhood traffic woes.



NECA President David Sacks Reports

The holidays and New Year have seen NECA busy and vigilant in several areas of concern to the burgh.

On November 26, as this paper's December issue was going to press, NECA sponsored a lively community meeting with police and city-hall representatives, to discuss New Ed's traffic crisis. As readers will remember, our problems with traffic congestion and aggressive driving—especially involving evening-rush-hour cars bound for the Macdonald-Cartier Bridge—reached an unacceptable level last October and November, partly due to displacement of traffic by repair work being done downtown on King Edward Street. (That repair work, now suspended for winter, is due to resume in April.) To help residents voice concerns and exchange

information, NECA arranged for a public question-and-answer session with city traffic experts Tom Carmody and Bob Streicher, Ottawa police officers District Inspector Alain Bernard and **Constable Tom Mosco** (our local police liaison), and **Councillor Jacques Legendre**. Much of the meeting's preparation was done by Councillor Legendre's staffer **Simon Létourneau** and by NECA Traffic Calming Committee chair **Roslyn Butler** and committee member **Joanne Legault**, with NECA board members **Ernie Smith** and **Julie Sunday** giving valuable help and input. The meeting was held in the Dufferin Room at 200 Crichton Street by kind permission of the CCCC. About 80 residents attended. Overall, the audience was knowledgeable of the issues

and emotionally keyed up.

The police reps offered short-term help by promising to temporarily increase police patrols against traffic violations here. However, the two city staffers and the councillor took a cautious stance on long-term solutions. The staffers admitted that the city's budget woes would tend to reserve funding for only the worst traffic problems citywide. A suggestion from the floor to lower New Ed's speed limit to 40 kph was politely treated by the city people as impractical—expensive to signpost, impossible to enforce, and a nuisance for reasonable drivers. When one of the staffers said that a formal local traffic study was needed, audience members angrily pointed out that a 1990s study had taken years to complete and had produced little city action. In reply to statistics compiled by Roslyn and her committee, documenting heavy rush-hour traffic (subsequently printed in the December New Edinburgh News), Councillor Legendre opined that the real culprit is not volume but aggressive driving, part of a culture of careless driving in Ottawa.

The meeting ended with staffers promising to consider community concerns but with some observers feeling that residents have been left on their own to address the long-term problems. One suggestion made by residents since then is that we petition the city to prohibit rush-hour left-hand turns onto Sussex Drive from Stanley, John, Alexander, and MacKay.

Footnote to the meeting: About two weeks later, I saw an officer in an unmarked police car ticketing a motorist he had stopped on Union Street, just before Stanley, around 4 pm on a weekday. Obviously the Ottawa police were allocating resources; the meeting had produced that much benefit, at least.

Bridge of Baloney

Part of New Edinburgh's traffic concern is our worry over the ill-conceived Kettle Island Bridge proposal. At this writing, a small victory has been gained in City Council's Jan. 14 vote to consider for further study a second bridge route, as well as Kettle Island. Yet that good decision could still be reversed, as nearly half the council seems perversely against even the considering of a second route.

NECA board member **Joan Mason** continues as our "bridge delegate", representing NECA and New Ed at planning sessions of CARAD (the citywide community coalition against the Kettle Island plan) and at public meetings involving the City, the National Capital Commission, and others. If you wish to learn more on the general issues and keep abreast of developments, please visit the anti-Kettle Island website www.StopTheBridge.org. Or email Joan at apresfou@sympatico.ca regarding how you can help by writing to city council or attending public meetings, etc.

Looking Toward Spring

Joan Mason's other current NECA project is in planning a public information forum, based on the highly successful "heritage versus intensification" forum that she organized last September. That first forum brought in a panel of

experts to explain, and partly to criticize, the city's development policy of intensification since it conflicts with supposed safeguards of a heritage overlay in older neighbourhoods like New Edinburgh. The next forum, as Joan sees it, will build on the first one—seeking ways to implement suggestions from the first forum and addressing certain new obstacles created in the city's recent intensification policy document "Residential Land Use Strategies". Insofar as this vital city document never mentions "heritage"—much less assures any carve-outs for it amid future property development—NECA believes we should all hear alarm bells ringing. The forum is tentatively being planned for late March or April.

In other vein: My December report mentioned that NECA board member **Karen Squires**, chair of the Friends of the New Edinburgh Park committee, had been discussing with city staff the possibility of our getting some additional light fixtures in the park. Alas, the city's final word is no. Karen reports that her request was turned down on the thinking that the new lights as specified would not be essential for park safety. At least we asked.

From NECA, may I wish everyone a pleasant and active remainder of winter. See you out at Winterlude.

NECA MEETINGS: All Welcome

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

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

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

February 16, 2009

March 16, 2009

April 20, 2009

NEN Delivery Volunteers Wanted

Do you have a couple of hours every few months to spare? We could use your help.

Contact **Davd Horley** by phone at 613-745-6156 or by email at horlat@magma.ca

From One Edinburgh to Another

Invitation to the Community

I would like to introduce myself; I am Shirley-Anne Somerville, Member of The Scottish Parliament (MSP) for the Lothians region. Many of the people I represent live in Edinburgh. On their behalf, I would like to invite the people of New Edinburgh to our Homecoming '09 celebrations.

New Edinburgh shares an obvious link with Scotland by virtue of its name, and I hope this will inspire your citizens to visit our country and perhaps even take a journey to the namesake of their hometown.

2009 marks the 250th anniversary of the birth of Scotland's

national poet, Robert Burns, and the year's programme has been guided by Scotland's unique position as the home of Burns, Golf, Whisky, the Enlightenment and Innovation, and of course as the ancestral home of millions of people of Scots descent worldwide.

Whether you are Scottish, of Scottish decent or simply love Scotland, we have a spectacular calendar of events planned that may suit you. There is a lot happening in our Edinburgh and a full calendar can be found at <http://www.homecoming-scotland2009.com/whats-on/default.html>. If someone in your community is planning a trip, why not suggest that they leave their Edinburgh and come visit our Edinburgh.

*Yours sincerely,
Shirley-Anne Somerville MSP*



Photo: P. Tomkins/VisitScotland/Scottish Viewpoint
The statue of Adam Smith on the Royal Mile in the city centre of Edinburgh, Scotland.



Your NECA Representatives 2008-2009

Sarah Anson-Cartwright	745-4194	Neca.enviro@gmail.com	Environment
Roslyn Butler	746-8037	roslynebutler@hotmail.com	Traffic Calming
Gemma Kerr	745-7928	newedgem@magma.ca	Membership
Philip MacAdam	741-9235	pmb@bellnet.ca	
Dilshad Macklem	746-3951	ndmacklem@gmail.com	Secretary
Joan Mason	842-8693	apresfou@sympatico.ca	
Paul McConnell	746-4901	paulmcc@magma.ca	Heritage & Development
David Sacks	740-0650	dsacks1776@aol.com	President
Ernie Smith	744-8191	ernie4smith@yahoo.ca	
Karen Squires	741-2341	k.squires@sympatico.ca	Friends of NE Park
Julie Sunday	744-8224	julie.Sunday@gmail.com	
Jim Watson	745-7928	watamarack@aol.com	Treasurer
Ex officio:			
Michael Histed	741-1660	mhisted@uottawa.ca	Neighbourhood Watch
Joanne Hughes	745-2742	cccc@bellnet.ca	CCCC Program Co-ord
Andrew Kerr	749-5260	webmaster@newedinburgh.ca	Webmaster
Jill Hardy	746-1323		Fieldhouse Rentals
Jacques Legendre	580-2483	jacques.legendre@ottawa.ca	City Councillor
Cathy McConkey	746-0303	cjmconkey@sympatico.ca	Crichton Community Council
Cindy Parkanyi	745-8734	newednews@hotmail.com	New Edinburgh News
Johan Rudnik	749-2811	rudnick.johan@ic.gc.ca	CCCC President
Brian Torrie	747-7951	brian.torrie@rogers.com	Crichton Community Council

NEW EDINBURGH NEWS

P.O. Box 74038, Ottawa, K1M 2H9

Publication dates: Oct. 1, Dec. 1, Feb. 1, April 1, June 1
Deadlines: Sept. 10, Nov. 10, Jan. 10, March 10, May 10

The *New Edinburgh News* (NEN) was established as a non-profit community newspaper in 1976 and is published five times a year by the New Edinburgh Community Alliance (NECA) and supported by its advertisers. The *New Edinburgh News* is distributed free of charge by volunteers to residents of New Edinburgh as well as to area schools, libraries and local businesses. Views expressed in the NEN are those of contributors and do not necessarily reflect the views of the editorial staff, the publisher or the advertisers.

Editor: Cindy Parkanyi, 13 Avon Lane
Tel: 613-745-8734, Fax: 613-745-4766
newednews@hotmail.com

Advertising: Brian Holland
Tel: 613-257-7762 / 262-4299
nen-ads@hotmail.com

Senior Writer: Jane Heintzman, 613-741-0276
jancheintzman@hotmail.com

Breezy Bits: Joyce Dubuc, 613-745-9904
breezybits@hotmail.com

Distribution: David Horley, 613-745-6156
horlat@magma.ca

Submission Guidelines: Articles, photos and letters to the editor may be submitted to the Editor. The Editor reserves the right to edit for length, content and legal considerations. Submissions selected for publication will be published in both a hardcopy and an electronic version. Letters to the editor must include the writer's name, address and phone number to be considered for publication.

Electronic publication: The New Edinburgh News is also made available online at the New Edinburgh community website: www.newedinburgh.ca.

Printed in Renfrew, Ontario by Ottawa Region Media Group,
a division of Metroland Media Group Ltd.



**BEECHWOOD
HOME HARDWARE**
(UNDER NEW MANAGEMENT)

Decorating to renovating – help is close to home!

**Housewares
Hand and Power Tools
Paint and Painting Supplies
Plumbing and Electrical Supplies
Key Cutting, Glass and Mirror Cutting**

*"Drop in and meet Marc, Isabel
and their dynamic, bilingual staff!"*

Business Hours

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

**19 Beechwood Ave.
613-749-5959**

"We deliver too!"

Rental Units on the Rise in New Edinburgh

By Sylvain Bélanger, member, Heritage & Development Committee

Have you ever walked the streets of New Edinburgh and been astonished to see so many 'For Rent' signs on the front yards? It is time to reconsider your surprise. Whether it is an owner-occupied duplex, some faithful neighbours posted abroad for their work with the government, or an income property like so many in the city, our neighbourhood is covered with rental properties.

Who does rent in NE? As a landlord in this area I have seen all types of people interested in renting here, for many reasons. The appeal includes the feel of living in a "real" neighbourhood in contrast to life in suburbia; the rich history of the district; close proximity to shopping and downtown;

and the attraction of having the Governor General and Prime Minister as neighbours. Who would not want to see our own Prime Minister taking a walk with his family on a bright spring day?

The 2006 Census of Canada combines New Edinburgh and Lindenlea data together, making it difficult to provide exact details on the number of rental units in New Edinburgh alone. Nonetheless, the combined numbers do offer some interesting figures: there are 2,440 occupied private dwellings and just over 49% of these are rented. The data further indicates that New Edinburgh and Lindenlea have 80 duplex dwellings, 495 rental units in buildings with five or more stories, and 675 units in buildings with fewer than five stories.

Don't expect the number of rental units to be on a downward trend. New housing and condominiums on MacKay Street that have not sold have been added to the growing list of rental properties in the Burgh. And the number will grow with the proposed redevelopment of 280-282 Crichton Street. The most recent plan calls for the demolition of the current small apartment building and the burned out house next door, to be replaced by a 32-unit, 3½-storey stacked townhouse complex, with underground parking for 28 cars. This project has dragged on for more than eight years, yet we now seem close to seeing action on the properties. More on this project will be forthcoming in the next few months so keep watching the Heritage and Development Committee

column as we provide updates on the evolution of this project and any public consultations that may take place.

Also noteworthy on the rental front, and which could affect many homes in the Burgh, are the changes to municipal by-laws in 2005 (By-law No. 2005-367) that opened the door to the flourishing business of secondary dwelling units across the city, except for the former Village of Rockcliffe Park. The City of Ottawa defines a secondary dwelling unit as a "separate residential unit subsidiary to, and located in the same building as, its principal dwelling unit; and its creation does not result in a semi-detached, duplex, triplex, or similar." In layman's terms they are often referred to as basement apartments, which in some cities, such as Vancouver,

are a must if you are to afford your mortgage payments.

Finally, with the City's decision to postpone the sale of 245 Crichton Street (a 6-unit property purchased by the City when Crichton Street was targeted to become an extension of the Vanier Parkway artery), we may have another opportunity to shape our neighbourhood rental units. 245 Crichton looks like a boarded up memory of a bygone era, but taking a few minutes to appreciate its design and architecture gives you a sense of the beauty that lies within. We do hope the city and Councillor Legendre will work to maintain the property for the sake of the neighbourhood, and the opportunities that could exist to provide affordable housing with a caring owner. We will keep you informed of developments on this property as they happen.



RETIREMENT LIVING BY **revera**

enhancing lives.

From intimate, informal residences to grand hotel-style buildings and everything in between, Revera offers a range of retirement living options to suit your unique tastes and needs. At Revera, your options may be endless, but your choice is easy.

1-877-929-9222

24 Hour Information

www.reveraliving.com

Central Park Lodges
2370/2374 Carling Ave., Ottawa

Colonel By
43 Aylmer Ave., Ottawa

The Edinburgh
10 Vaughan St., Ottawa

Elmsmere Place
889 Elmsmere Rd., Gloucester

Hunt Club Manor
1351 Hunt Club Rd., Ottawa

Kanata Place
145 Castlefrank Rd. S., Kanata

Landmark Court
140 Darlington Private, Ottawa

Ogilvie Villa
1345 Ogilvie Rd., Gloucester

Queenswood Villa
370 Kennedy Lane, Orleans

Robertson House
1 Mill Hill Rd., Nepean

Sandy Hill
353 Friel St., Ottawa

Sterling Place
2716 Richmond Rd., Ottawa

Stittsville Villa
1354 Stittsville Main St., Stittsville

Delicious fresh organic foods

life organic
WWW.LIFEORGANIC.CA

life organic delivered to your door.

613 745 6868
www.lifeorganic.ca



Caldwell
and Associates Realty Limited

Dionne Caldwell
Broker

**Sales, rentals, property
management, and relocation**

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

email: caldwell@cyberus.ca

www.caldwell-realty.ca

From the New Edinburgh Committee on the Environment

Feb 7 Event: Home, Green Home

By Sarah Anson-Cartwright

What's your guess? Which is the bigger culprit in our households which contributes more to climate change – our vehicles or our homes? The fact is that average personal greenhouse gas emissions are equally divided in Canada between passenger road transport and all energy use in homes. It is not only our energy demands at home, but the unclean sources of power we rely on.

The good news is that there are various changes we can make on the homefront to lower our carbon footprint, while saving money along the way.

On Saturday, February 7, the New Edinburgh Committee on the Environment (NECOE), a NECA committee, will be hosting an information session called *Green Your Home*. Experts in clean electricity, green home design, and energy-efficiency renovations, grants and tools will share their insights.

Come learn about the topics that our presenters will address, including:

- **Clean, emissions-free electricity**

Switching to clean sources of electricity is possibly the single most "green" contribution that households can make. And with deregulation of the electricity market in Ontario and Alberta, homeowners can switch to a provider of green power sources. **Bullfrog Power** is the first 100% green retailer of electricity, relying on wind power and certified low-impact water power.

Choosing renewable ener-

gy is as simple as signing up online. Bullfrog looks after the arrangements with the home-



owner's electricity supplier and there are no changes required in the home. Electricity continues to be supplied from Ontario's grid, but Bullfrog displaces the carbon-intensive consumption with green sources based on its clients' demands. In recognition of its innovative role, Bullfrog received the Leader of the Year award from the Ontario Energy Association in 2008.

- **Green design for homes**

As its name suggests, **Vert Design** is an architectural design and planning firm in Ottawa which specializes in sustainability. Partner **Christopher Straka** will provide an overview to the rationale for a green approach to construction and renovation, and he will share a template for action in our homes. Vert Design's recent projects include a new infill home in New Edinburgh.

- **Retrofitting older homes**

New Edinburgh residents with

older homes will learn about renovations that incorporate energy-efficiency features.

Heritage award-winning renovator **Paul Denys**, of **Denys Builds Designs**, will focus on restoration and retrofitting to enhance a home's energy savings, while preserving its character.

- **Energy audits, grants and efficiency tools**

EnviroCentre is the source for audits, installation of energy-saving devices and advice on getting the best return on your renovation spending, through grants and rebates. As the City of Ottawa's non-profit partner for delivering energy-efficient services, EnviroCentre is also a source of hard-to-find products to "green your home."

"No Furnaces, but Heat Aplenty in 'Passive Houses'" was a headline in the New York Times on December 26, 2008. We may never meet the energy challenge as residents have in new homes in Darmstadt, Germany. But New Edinburgh residents can take up the cause of lowering our energy needs, saving money, and reducing our environmental impact with some education by these experts.

For more details on the presenters on February 7, visit their websites: www.bullfrog-power.com; www.vertdesign.ca; www.denys.ca; and www.envirocentre.ca.

Sarah Anson-Cartwright chairs the New Edinburgh Committee on the Environment, (NECOE), a NECA committee. Contact NECOE via email at: NECA.enviro@gmail.com.



The only good car is a shared car
La seule bonne auto c'est celle qu'on partage

50 stations 613-798-1900

www.vrtucar.com



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



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



These bags are available at:

Elmvalle Acres Home Hardware, Elmvalle Acres Shopping Centre, 731-4492
Beechwood Home Hardware, 19 Beechwood Ave, 749-5959
Heron Home Hardware, 1593 Bank St. 733-3492
Canadian Tire, 1170 Heron Rd, Bank & Heron, 733-6776



Manor Park Grocery, 179 St. Laurent Blvd, 746-1023
Shopper's Drug Mart, 3310 McCarthy, 523-2835
Village Drug Mart, 425 St. Laurent Blvd, 746-4659
Quickie/ESSO Convenience Store, 3332 McCarthy Rd., 526-1230
Loblaws at Rideau St., Bank St., Riverside Dr. and St. Laurent Blvd. locations.



Manor Park Hill



Overbrooke Infill



Lowertown



Manor Park



Quartier Vanier



Beechwood Village



Beechwood Village



Beacon Hill



Natalie
BELOVIC

Associate Broker • Courtier associé

Direct Line: 613.747.9914
RE/MAX: 613.563.1155
www.nataliebelovic.com

RE/MAX
metro-city realty ltd.

THINKING OF A NEW KITCHEN?

**Don't miss this free
information session
February 25th, 7:30pm,
at the Rockcliffe
Community Centre
380 Springfield Road**

DESIGN EXPERTS REVEAL

- The seven biggest kitchen reno mistakes
- How to stay within your budget
- If you can go completely green
- Two sinks, two zones
- Ergonomic solutions to the triangle question
- Which trends will still be fresh in ten years



**call Jan Ervin Kent at 613-731-8646
or visit www.2gokitchens.ca
to reserve a seat**



Ottawa City Councillor Jacques Legendre Reports

What is Really Wrong with a Bridge at Kettle Island Anyway?

First, a brief update. The City's Transportation Committee (on January 12) and Council (on January 14) have decided that, (1) Kettle Island should proceed to Phase II of the Environmental Assessment (EA) study, and that, (2) Duck Island should also be examined in Phase II. Phase II of the EA will involve a more detailed examination of the corridors retained and will show a greater level of detail on costs, corridor design details and any necessary mitigation measures. The decision on Duck Island is to be reconsidered at Council on January 28. Also, the two partnering provinces must endorse or modify the consultant's Phase I recommendations.

Now back to the main subject of this column. A more accurate title might have been: "What is Really Wrong with the Conclusion of Phase I Calling for a Bridge at Kettle Island Anyway?"

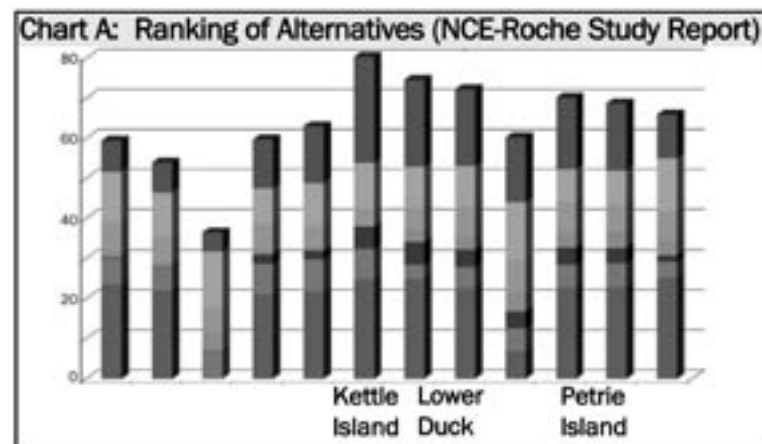
A bar chart (Chart "A" in this piece) entitled 'Ranking of Alternatives', which summarizes the conclusions of Phase I, has received wide publicity. The corridor option dubbed Kettle Island is the tallest bar and hence the perceived 'winner'.

This widespread perception that the Environmental Assessment (EA) is akin to a "first-past-the-post" election or to an Olympic 'race' wherein a runner crossing the line first by some very small fraction of a second takes the coveted gold medal must be corrected. The chart describes the sum total of many measurements.

As any first-year science or engineering student will know, a measurement is not complete without an accompanying statement about the 'uncertainty' or 'error' to be expected in the measurement. Even consumer surveys always report the margin of certainty. This is completely lacking. Moreover, as chart "A" shows, the next highest bars are only 7.2%, 10.2%, 12.8% 14.5% and 18% of the value ascribed to Kettle Island. As context, one should consider that measuring devices in everyday use (e.g. the speedometer in modern automobiles) will typically only yield a value to within plus or minus (+/-) 10% when functioning as intended. Remember also that the speedometer is measuring only one parameter – 'speed'. Each bar in the bar chart is the

trustworthy? They are not. In order to get to chart "A" the consultants applied a system of weighting factors to over 90 different criteria. The criteria were widely discussed at public meetings and some proposed by the public were incorporated. This never happened to the weights. Weights were assigned behind closed doors. There had been a proposal that a public discussion of the weights to be applied take place (I had made it) but it had been refused. This is regrettable because it is precisely by weighing the importance of different factors against each other that the public expresses its values. It is also through this process that the results of the study currently underway, gains wider acceptance.

Perhaps some may suggest that the Councillor "protests too much". So the weights were applied secretly, so what? I have reproduced a bar chart summarizing data contained in a 1999 NCC-RMOC-CUO study. The study (not an EA) was a cost/benefit analysis for three corridor options: Kettle Island (same as today),



McLaurin Bay (a.k.a. Lower Duck) and finally Orléans/Masson-Angers (or Trim Road/Petrie Island). The study compared the benefits (a) for cars, and (b) for trucks on both a short-term and long-term basis. The results have been posted at www.rideau-rockcliffe.com. It is notable that, in this case, the corridors differ significantly

accumulation of well over 90 measurements or 'estimates'. A claim as small as +/- 10% in the EA would not be credible. Given that circumstance, IF one assumes that the measurements in the chart are trustworthy, the top corridors in chart "A" are in a six-way tie!

But are the 'measurements and assessments' in chart "A"



A True Italian Family Tradition

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

Every Meal is a Special Event

186 Barrette (at corner of Beechwood and Marier)

Open for Lunch: Tues. - Fri. 11:30 am - 2:30 pm

Dinner: Tuesdays to Sundays, 5 p.m. - 10 p.m.

Open on Mondays for groups (reservations – min. 15 people)

Bring your sweetheart for a Valentine's feast!

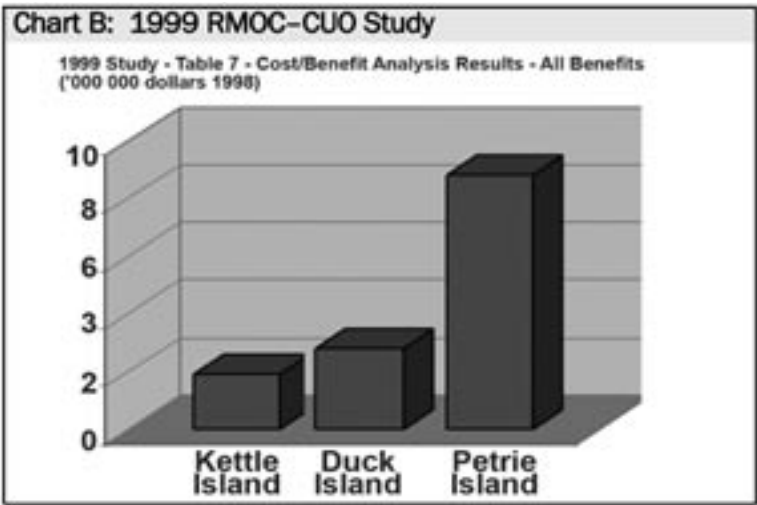
(613) 749-4877

**Outside-the-box
custom designs
for the
non
do-it-
yourselfer!**

Featured monthly on
Rogers cable 22's DAYTIME

FULL SERVICE interior decoration & design
colourplanningdraperysourcingtagging

6134483945 or 6133717582
www.dressingrooms.ca
holiday decorating – gift certificates



from one another AND Kettle Island is the least favoured.

How is one to explain this dramatic reversal of results in less than a decade? Cars and trucks have similar origins and destinations. What has happened to cause this? The answer is straightforward. The two charts dramatically demonstrate the effects of the weights assigned in the current study. One can achieve any desired result by weighting the parameters appropriately (or inappropriately!).

The City of Ottawa's principal motivation in wanting another inter-provincial crossing is and has been to remove the heavy trucks (those large articulated long-distance haulers) that every day must traverse the downtown in the heart of our business and tourist district. The fact that this study proposes an option which does not solve this for Ottawa is one of its main failings. At the heart of the failing has been the definition used for "heavy trucks" in the study. The study defines the problem truck traffic as 'trucks with more than six wheels'. This definition

includes straight-bed construction and local delivery trucks weakening the focus on the major problem, at least as perceived by Ottawa. That weakening can be seen in the data that the study provides which concludes that the origin-destination of truck traffic is mostly

Post Script

You will have been subjected to repeated misrepresentations, based no doubt on misunderstandings of the report's actual conclusions (September 2008): Kettle Island actually rated 1st for only two of the seven broad criteria categories.

- Traffic & Transportation.....1st
- Natural Environment3rd
- Cultural Environment (i.e. communities).....7th
- Water Use & Resources7th
- Socio-Economic Environment2nd
- Land Use & Property1st
- Costs3rd

local (i.e. it starts in a municipality on one side of the river and ends in the other)! That is patently not the case for articulated long-haulers which represent the main deleterious element running through our core, very close to parliament hill. It cannot be said that the wrong-headedness of this definition was only noticed after the Kettle Island option was advanced in September. It

was noticed at PCS #1 early in 2008. I personally pleaded with Mr. Taylor to change the definition or at least provide another category of trucks that would truly focus on the problem for which the City of Ottawa seeks relief. You have before you the evidence and the result of his refusal.

In spite of extensive public consultation it cannot be said that the public has actually been heard on the most important aspects of this study. That is regrettable.

It is important, for the health of our communities and for the best use of our tax dollars, that either local government or the senior governments be persuaded to make the most strategic decision. There are good reasons why a bridge at Kettle Island does not serve the National Capital Region as well as bridge further east. The NCC should be persuaded to do a credible study on this important question.

I believe that it is now time to focus on what the provincial authorities have to say on the January 5th Summary Report. If the Ontario government can be persuaded that this study lacks the necessary rigor to proceed in its current state, they have the ability to demand major changes to the next phase or even require that some of the 'evaluations' be reconsidered as not representing the values of the Ottawa community because of the weights applied by the Evaluation Committee.

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 2009 remplie de santé, prospérité et sérénité.

Jacques Legendre
Councillor, Rideau-Rockcliffe

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

City of Ottawa
110 Laurier Avenue West
Ottawa ON K1P 1J1
Tel: 580-2483, Fax: 580-2523
Email: jacqueslegendre@ottawa.ca
Web Site: www.rideau-rockcliffe.com

Fern Hill School

Leadership – Knowledge – Community

An Independent Day School – Preschool to Grade 6

Preschool to Grade 6
At Fern Hill School...
our students are our focus.

Registrations accepted for the 2009/2010 school year.

Space available in the current year in select classes.

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

50 Vaughan Street, Ottawa, Ontario K1M 1X1

PTI Physical Therapy Institute

SPORTS MEDICINE & FITNESS

optimum **health**

- **Physiotherapy**
- **Massage Therapy**
- **Gym/Rehab Strengthening & Conditioning**

350 Crichton Street
(above Guardian Pharmacy)

(613) 740-0380

Email: admin@ptisportsmed.com
Website: www.PTIsportsmed.com

ASSURANCE

FH ROWAT

INSURANCE

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

613-747-9737

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

www.fhrowat.com

OakWood

DESIGN + BUILD

Complete Professional Home Improvement Services

Consumer Choice Award 2008 for Business Excellence

BBB A+ 50 Years of Service

oak.ca

613 236.8001

How Essential...

Continued from Page 1

transportation as an efficient, dependable and environmentally beneficial alternative to the private automobile has never been greater, and indeed Ottawa is poised to take a major step towards this objective through a multi-billion dollar investment in a new light rail system. And yet, the very fact that this strike has been allowed to drag on for so long sends precisely the opposite message, i.e. that the real backbone of the city's transportation system is and will remain the private car, with public transit filling in as a supplementary but ultimately expendable resource. Far from supporting much needed progress towards a more environmentally sustainable and livable city, this endless strike simply reinforces the culture of car dependence which has done so much to disfigure and pollute the urban landscape over the past six decades.

Just how the deadlock between the City and the ATU

will ultimately be broken remains unclear as we go to press. There is apparently no appetite at the federal level to legislate the strikers back to work, and while the Minister of Labour, Rona Ambrose, has asked the Canadian Industrial Relations Board (CIRB) to consider whether OC Transpo could be declared an essential service, it is considered unlikely that the City's current crisis will meet the CIRB's strict criteria which require that "an immediate and serious danger to the safety or health of the public" be established before such a designation can be made. While over 3000 submissions to Board have argued that such a danger is indeed posed by the continuation of the strike, this is not thought likely to be sufficient evidence. (Perhaps a quick blood pressure survey of area residents might change their minds?)

As the sense of helpless anger and frustration among the citizens of Ottawa continues to escalate, the whole question of

the legitimacy of public sector strikes in an area of such critical importance to the life of the city has understandably come to the fore in the public debate. Unlike strikes in the private sector which predominantly affect the management and workers engaged in the dispute, leaving the general public with other options to turn to for the goods or services in question, a taxpayer funded public service such as OC Transpo operates as a monopoly. As we know to our sorrow, there are no competing bus lines to take up the slack when the system shuts down. The citizens who pay for the service, not the parties to the dispute, are left to bear the lion's share of the burden. So much for fairness in our civic institutions.

Perhaps the single greatest hope we can hold on to at this stage is that when Ottawa finally emerges from this debacle, there will be a groundswell of public opinion in favour of changing the rules of the game governing public transportation in our City so that this cannot happen again. Whether by eliminating or curtailing the right to strike in this sector, by extending the criteria for an essential service to include public transportation or by some other means, it will be crucial for the City to put an end to the possibility of another protracted strike of this kind if it is to have any hope of restoring public trust in Ottawa's public transportation system.

2008 Environmental Report Card for City Councillors

By Jane Heintzman

For the third consecutive year, two of Ottawa's most active environmental organizations, Ecology Ottawa and the Sierra Club of Canada's Local Ottawa Chapter, have collaborated to produce an environmental report card for each of our 24 City Councillors, the Mayor included, assigning each one a rating based on his or her voting record on key environmental issues in the course of the past year.

Sixteen specific motions were selected as the basis for this evaluation, 12 of which were considered "green" or environmentally positive in their potential impact, while the remaining 4 were "grey" or likely to have damaging environmental repercussions. First the good news: of the 12 green motions, 9 were ultimately approved by Council. On the downside, however, all 4 of the "grey" motions were also approved, so the overall record for 2008 was mixed at best, (the time-honoured teacherly phrase "needs work" would seem to apply!)

The 16 votes selected covered topics ranging from the proposed 7.5% transit fare hike to accelerated lead pipe replacement, deferral of the LEED green pathway program, the light rail transit plan, implementation of organics and a move to bi-weekly garbage

collections once the organics program is up and running. For the complete list of the motions considered and a detailed breakdown of the results, check out the Ecology Ottawa website at www.ecologyottawa.ca.

Councillor Legendre Gets an 'A' Once Again

At the top of the class was a small group of Councillors, all representing ridings in the urban core of Ottawa, who were judged to have made a consistently strong contribution to the development of progressive solutions to the City's environmental challenges. Councillors **Georges Bédard, Alex Cullen, Clive Doucet, Diane Holmes** and our own **Jacques Legendre**, all scored an A ranking in at least 2 of the 3 report cards issued since 2006. Not far behind with rankings in the B range were Councillors **Michel Bellemare, Diane Deans** and **Peter Hume**.

At the bottom of the pile with Failing grades were Councillors **Jan Harder, Gord Hunter, Rob Jellett** and **Doug Thompson** for whom environmental stewardship clearly ranked low on their priority lists. The other 12 Councillors (Mayor Larry O'Brien included) occupied the mediocre middle with ratings in the C range, tending to resist environmentally beneficial changes which entailed either significant cost or a challenge to the status quo in urban development policies.

Councillor Legendre was congratulated for achieving "another excellent year" in his environment-related performance on Council, and for his record of consistency "in his support for environmentally sane City policies." Well done, Jacques: we are grateful for your wise representation, and for your environmental leadership on Council.

Nature's Care
HEALTH PRODUCTS

64-C BEECHWOOD AVE 613 741-1572

5\$ OFF

NEW MANAGEMENT

Eroxil, 1000 Vitamin C, Emergen-C, SISU, Cleanse

- Ion Cleanse available
- We carry Pet Food

WHISKERS AND PAWS
Pets of House Sitting
PATRIS ET MOUSTACHES
Garderie d'Animaux et de Maisons

BILINGUAL PET SITTING SERVICES IN THE OTTAWA REGION
PET ASSOCIATION MEMBER, BONDED AND INSURED

Professional dogwalking • Puppy, cat and critter visits •
Bed and biscuits includes many outdoor activities, parks
and hiking trips • Senior dog and cat care who need
medication incl. insulin injections.

Nicole Verdon | Home: 613-736-7387 | Cell: 613-668-7387
www.whiskers-and-paws.com

host india

Fine Indian Cuisine

Lunch Buffet Every Day
À la Carte Dining: Every Evening
Sunday Dinner Buffet
10% Discount on Take-Out

★★★★★
Four & a half Star Rating
Ottawa By Night Journal

622 Montreal Rd., Ottawa
Tel: 613-746-4678
www.hostindiaca.com



The Stanley Park rink looks great each winter thanks to the hard work of Michel Giroux and our community volunteers.



By Brian Torrie

The Crichton Community Council's main activity this winter is maintaining the rink at Stanley Park. Thanks to some early snow, cold temperatures and a number of volunteers we were able to get some ice ready by December 20. Both rinks have now been operating for a number of weeks with regular hours seven days a week. A special thank you to **Michel Giroux** who leads the rink crew and to our numerous volunteers who have come out in the cold to help flood the rink and provide the best ice around. The hot chocolate at the Fieldhouse is provided courtesy of the **New Edinburgh Pub** – thanks to them for their continuing support.

You may also notice some new chairs and tables at the Fieldhouse. The funds to buy these were provided by the City and our winnings from being selected as the city's best cheering section during last year's ING Marathon. Thanks to **Joseph Cull** for spearheading that effort. He is promising another glittering performance this May – watch for more news on this in the next issue of the *NEN*.

Joseph was also responsible for leading the organization of this year's **Winter Carnival** (see article below). Many thanks to him for another successful event – we are lucky to have his energy and creativity in our neighbourhood.

See you at the rink!

By Joseph Cull New Edinburgh Winter Carnival Chair 2009

Thanks to all who came out, participated in the games, and enjoyed the Sleigh Ride sponsored by the Realty Duo **Pauline Bogue and Catherine Bell of Royal Lepage**. The hot dogs and hot chocolate were provided by **Paul Williams of the New Edinburgh Pub** (which has the best upstairs patio in town), and we can always count on **Tracy Clark and Gina Becker of Bridgehead** to keep us in their hot and delicious fair-trade coffee; but will they share their recipe for those mouth-watering Chocolate Pecan Cookies?

This was also the year we wanted to spotlight other fantastic food businesses we have in The Burgh who kindly contributed merchandise and/or gift certificates for the Winter Carnival. As I always say,

"Shop local, shop often!" Yes times are tough, yet these folks dug deep and gave generously! Leading the pack, **Jose and Maria of El Meson**, perhaps our longest-standing food establishment on the Beechwood strip, provided great gift certificates to their establishment



(where one always feels like one has come home). Thanks to our new kids on the block, **Heather Holbrook of Isobel's Cupcakes and Cookies** for those tasty mini-morsels of heaven; bigger versions available at the store. Long time Burgh resident and food guru **Heather Matthew of the Scone Witch** will give you a truly out of this world food experience with her delectable Scones!

Let's not forget the dynamic **Michael Farber of Farb's Kitchen and Wine Bar**, a new hot spot to enjoy and relax while sipping your cocktails and sampling some taste bud delights! When you want to pick up and go, **Irene Thornton and Sue Jacobson of Jacobson's** will not leave you empty handed. Have you tried their great selection of imported cheeses there, WOW! For that extra special freshly baked treat, check out **Bill Ross of Da Bombe Desserts and Fine Foods** for

delights to compliment any get together you are having! The sit and relax atmosphere of **Fraser's café** is always a treat, and brothers **Simon and Ross Fraser** will make sure you leave gastronomically satisfied! Want something wild, crazy, zany and the best designer burger in town, **Ion Aimers of The Works Gourmet Burger Bistro** will certainly not disappoint you, try the Peppercorn Broiler with Blue Cheese, ummm ummmm ummm !!!

This year too, we had the good fortune of bringing on board, **Adam Kane, Branch Manager for the Bank of Montreal** and **Jeff Hill of Nesbitt Burns**. For the first time at the Winter Carnival, we introduced *The BMO/Nesbitt Burns Fieldhouse Café*, where everyone knows your name!

What would our carnival be without having again the incredible photography talents of **Garth Gullekson of Darlington Mediaworks**, the best guy in town to capture the essence of any event and a nice guy to boot!

A special thanks goes out to all those who work endless hours keeping the rinks open, and the fieldhouse ready for you to have a seat and enjoy a cup of hot chocolate after a magical evening of skating or hockey.

Last but not least, a very-special thank-you to all the **Crichton Community Council** members who give so much of their talents and time to bring so many social opportunities to the residents of New Edinburgh.

Stanley Park Rink Schedule



REGULAR SCHEDULE

Monday – Friday 4:30 – 9:00 pm

Saturday 12:00 – 9:00 pm

Sunday 12:00 – 5:00 pm

MAURIL BÉLANGER MP / DÉPUTÉ OTTAWA-VANIER



House of Commons / Chambre des communes
649-D, Centre Block / 649-D, Édifice du centre
Ottawa (Ontario) K1A 0A6
(613) 992-4766 Téléc./Fax: (613) 992-6448

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

belanm@parl.gc.ca

www.mauril.ca



Dr. John Martins
Dr. Patricia Prud'homme
Dentistry



200 Beechwood Ave.
Ottawa, Ontario K1L 8A9

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

Welcome to the Artist's Page

Ron Noganosh: Portrait of a Burgh Artist

Editor's Note: Catherine Murphy, a resident of neighbouring Lindenlea and an artist in her own right, will be conducting a series of interviews with artists in our community. This is the first of that series.

By Catherine Murphy

Ron Noganosh, a New Edinburgher and Fine Arts Student of Ottawa University enjoys testing the boundaries of sculpture and painting. An Ojibway and a grandfather, in 2008 he received the Ministry

of Culture Premier Award for Excellence in the Arts.

When you meet Ron you know you are in good company. He gives each piece a chance to say something back to you. It is rewarding to meet an artist who has both talent

and thinks outside of the box.

This past month, I had the pleasure of sitting down with Ron to explore with him his feelings about life and art. To set the scene, imagine yourself with sculptures all around and feeling the warmth of Ron's radiating character.

heavy burden as the onus is on First Nations people in Canada to explain why we and our philosophies and political viewpoints are different and why our treaties and land claims should be respected.

My art reflects my native ancestry and viewpoints, yet I hope that it rises above provincial or national perspectives to speak to all in a universal language.

WHY ARE YOU SO INTRIGUED WITH SCULPTURE?

RON: As a youngster on the reserve, I spent some time debating what I wanted to be when I grew up and I guess am still doing this today! While exploring the highs and lows of life in the big city, in this case, Toronto, I came to the conclusion that art had a certain panache that would probably afford me the opportunity to spend long lazy days contemplating my navel! No such luck!

It has proved to be crazy hours working at odd jobs to support my art habit, interspersed by mad rushes to get ready for exhibitions – but never a dull moment! While studying fine arts at the University of Ottawa, my professor Peter Gnass opened my eyes to the possibilities of making sculpture from found objects. It definitely called to me and I am sure he is looking down from heaven in amazement today that I am still at it.

WHAT ARE YOU WORKING ON?

RON: Recently, I– who thought



Photo: Jeff Thomas, Ottawa
Portrait of the artist, Ron Noganosh.

SO, WHO IS RON?

RON: That's a good question and one that I am constantly wrestling with. One evolves in response to new challenges and responsibilities. But as well, as a native person and artist in Canada, an Ojibway, I carry with me the dichotomy of an aboriginal person in a First World country at the beginning of the 21st century! It is a

Charles Sezlik Group

CINDY SEZLIK, CHARLES SEZLIK, DOMINIQUE LAFRAMBOISE
Sales Representatives

#1 in Ottawa, #5 in Canada
Top 10th of a percent in North America.*

Sandy Hill

This river facing home on prestigious Range Road delivers the very best of cosmopolitan, ultra livable Sandy Hill.

New Edinburgh

Elegant urban lifestyle awaits you. Steps to dining, shopping & river walkways. Spacious & airy town home.

700 Sussex

Ottawa's Premiere address. Luxury lifestyle can be yours with executive amenities & 24 hr concierge.

New Edinburgh

Beautiful 3 storey Georgian inspired row unit. Make your mark on history by living in this notable home.

Living, working and supporting our community for over 20 years. Call today and put our knowlegde to work for you.

Prudential
Town Centre Realty
Brokerage

CSGHOMES.COM (613) 744-6697

© 2007, An independently owned and operated broker member of Prudential Real Estate Affiliates, Inc., a Prudential company.
*Prudential and Prudential are servicemarks of The Prudential Insurance Company of America and are used herein under license.
*Charles Sezlik Group, 2007, units sold amongst 63,000 Prudential real estate affiliates across North America. Charles Sezlik, Cindy Sezlik, Dominique Laframboise, Diane Spradon, and Tobias Andros are licensed sales representatives with Prudential Town Centre Realty Inc., Brokerage.

GREENTREE & COMPANY

Rental Management for the Foreign Service Community

Our services include:

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

We've been there...we care!

Mary Ellen Boomgaardt
Representative
Tel: (613) 746-2367
Fax: (613) 746-3050
E-mail: greentreeco@sympatico.ca

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

that I was somewhat dyslexic and definitely colour blind—have launched myself into painting and lo and behold, things have, for the most part, turned out to be wildly colourful. Another myth put to rest! I have only exhibited a few of my paintings here at the Ottawa Art Gallery and in Winnipeg at the Urban Shaman Gallery, but I am hoping to combine my paintings and sculpture in a new incarnation.

My sculpture speaks of the destruction of civilization – about a disappearing natural world given up to urban encroachments and the human and social costs involved.

It comments on issues such as ecology, racism and socio-economic hierarchies that are universal to all. While my paintings explore life through Birth, Childhood, Old Age and Death and things in between and thereafter, by placing the two in juxtaposition, I hope to spark people's imagination and incite them to action to create a better world.

HOW DO YOU SEE YOUR ART AS A VEHICLE FOR INNER PEACE?

RON: Art is often a reflection of the inner turmoil of many artists and I am no exception. For me, the actual doing of art is the culmination of a long



And All That Jazz. Mixed Media Sculptural Installation. Collection of the Artist.

thought process which may take several years. I mull over what I want to do and finally find the right objects which will work in the piece. I do feel most peaceful when I am working on my own, creating a piece and seeing it come to fruition. There is a wonderful feeling of release at the end of that cycle.

WHO ARE YOUR MENTORS AND WHY?

RON: Last June when I was presented with the Premier's Award for Excellence in the Arts by the Minister of Culture in Toronto, my acceptance speech focussed on the people who created turning points in my life and helped me to become the person I am. For

example, my mother, who instilled in me the belief that I could be successful in whatever I dared to dream. Then there was a boy that I went to school with who looked down his nose at me because I was just an Indian. This inspired me to read omnivorously so that I could get better marks than he did. Lastly, my professor,

Peter Gnass at the University of Ottawa. I paid tribute to the National museums and galleries around the world that have exhibited my work.

And finally I acknowledged the institutions that provided me grants along the way, like the City of Ottawa, the Ontario Arts Council and the Canada Council.

But above all my mentors have been my wife Maxine and my daughter Alexandra, who have put up with my idiosyncrasies, funded more art projects than all of the grants put together and challenged me to keep going when the road seemed roughest! They, and my new granddaughter Ayla who is two years old and a bundle of excitement at life and amazing wisdom, inspire me to be better and greater than I might have been.

NEXT SHOWS - FUTURE PLANS?

RON: I am hoping that the show that recently opened at Urban Shaman will travel to several well known large galleries and museums in the U.S., However, this is not yet finalized.

To meet Ron and see his work, please contact him at ronnoganoshart@hotmail.com.

WONDERFULLY DIFFERENT!

The ROCKCLIFFE

RETIREMENT RESIDENCE

- Stunning location on Porter's Island, with panoramic views
- Variety of suites
- Full continuum of care
- Excellent cuisine, elegant surroundings
- Laundry, housekeeping and valet services
- Daily activities and scheduled excursions

Details are available at The Rockcliffe Retirement Residence, 100 Island Lodge Road. To arrange a tour, please call **613-562-3555**.



NOW OPEN • www.TheRockcliffe.com

BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Beechwood Canada Auto Service

2009 marks the 30th Anniversary of Beechwood Canada Auto Service at **188 Beechwood Avenue** (at Marier), and we wish a happy anniversary and prosperous new year to its current owner **Pierre Fortier**. As many of the old timers in our community may remember, the business started out in 1979 as a BP gas station leased from BP by Pierre's father. In 1984, when BP sold to PetroCanada, Pierre's father purchased the property and ran the business as a full service gas station until 1996.

Since then Beechwood Canada has been in the business of repair and maintenance for virtually all models of cars and trucks, with Pierre at the helm since 2000 when he took over from his father. The job of an auto mechanic has changed dramatically in recent years with the introduction of

sophisticated computerized technology in the manufacture of newer vehicles. Pierre estimates that up to 25% of his time is now spent behind the desk at his computer, which has replaced the trusty wrench as the contemporary auto technician's primary tool. He and his fellow technicians are constantly updating their skills and knowledge with online courses as auto technology evolves. Most recently, Pierre completed a course on hybrid vehicles which he describes as "different in every way" from conventional cars.

Cars manufactured since June 2007 are all equipped with a fancy new gizmo called a tire pressure monitoring system (TPMS), while the range of tire sizes has increased exponentially from the basic 20 types which used to cover all vehicle models. According to Pierre, even a simple oil change is now a more complex task as

some luxury cars are equipped with oil cartridges rather than filters, while in other compact models, the filter is no longer readily accessible without removing other components under the hood. And that's not all: there are now countless different grades of oil and a much larger range of quantities appropriate to different models, so the simple oil change has become a complex calculus requiring some advance research into the specifics of the model in question.

Perhaps the most fundamental change resulting from the revolution in vehicle technology is the shift to a world of electronic modules where the watchword is *replacement* as opposed to repair when problems arise. Pierre points out that this shift has serious environmental consequences. As an environmentally conscious business owner, Pierre is part of the City of Ottawa *Take It*



Photo: Peter Glasgow

Happy 30th Anniversary to Beechwood Canada Auto!

Back program and will accept worn out tires for recycling at a modest handling fee of \$3 each.

We wish Pierre and his crew continuing success in their long-established Beechwood business, and best of luck in the challenging task of keeping up with the electronic whirlwind in vehicle technology.

Culinary Conspiracy: Happy 5th Anniversary

A very happy 5th anniversary to **Robert Jutras** and his team at Culinary Conspiracy at **541 Rideau Street**, who celebrated this milestone with many of their loyal customers who flocked to the store on December 13 (the actual opening date) for appetizers and

prosecco. Since launching the business five years ago, Robert has changed very little in the basic prepared food/catering operation, following the time-honoured principle "if it ain't broke, don't fix it." While the business formula remains the same, the menus are constantly evolving as principal chef **Richard Kletnicks** and pastry chef **Brandy Nieto** (who happens to be Richard's wife) acquire new inspirations to tempt their appreciative clients.

If you are new to the area and haven't had a chance to check out Culinary Conspiracy, the store is located in a lovely old Victorian house at the corner of Rideau and Cobourg Streets.

<p>for results call</p> <p>Christopher BARKER BROKER 613-612-9555</p> <p>Tony RHODES SALES REPRESENTATIVE 613-276-6061</p> <p>COLDWELL BANKER PREVIEW'S INTERNATIONAL</p> <p>RHODES & COMPANY BROKERAGE 613-236-9551</p> <p>• Number 1 Team in Ontario • Number 2 Team in Canada</p>	<p>For Sale • \$1,399,000</p>	<p>For Sale • \$499,000</p>	<p>For Sale • \$499,000</p>
	<p>For Sale • \$480,000</p>	<p>For Sale • \$1,895,000</p>	<p>For Sale • \$1,200,000</p>
	<p>For Rent • \$8,500/Mth</p>	<p>For Rent • \$7,300/Mth</p>	<p>For Sale • \$529,000</p>

It is attractively laid out with display cases of sweets on the right and savoury foods on the left. All the prepared foods are made fresh daily (from scratch, of course!), and the fare includes soups, salads and gourmet sandwiches for the lunch crowd, and a highly diversified dinner menu ranging from vegetarian polenta pie or roasted root vegetables gratin for the vegetarian, to duck,

out the store's complete Valentine's dinner package for two, or "lovers' package" as Robert refers to it, noting that his team takes pleasure in coming up with "an irreverent menu" for the occasion! All you need to supply to complete the meal is a bottle of champagne. Give them a call at **613-241-3126** or check out the website at www.culinary-conspiracy.ca.



Photo: Louise Imbeault

The Culinary Conspiracy team: (left to right) Chef Richard Kletniaks, Chef Brandy Nieto (pastry specialist), Matthew Cooper, Johnny Bonney and owner Robert Jutras.

rabbit and pistachio game pie or organic pork tenderloin with hoisin sesame glaze and shi-take mushrooms for the meat eaters. To complete your meal, there is no shortage of baked desserts to slake the sweetest imaginable tooth, including tarts, cookies, squares, "death by chocolate" truffles and mouth-watering cakes.

If you happen to have a house full, as many of us did over the holidays, Culinary Conspiracy also has a freezer of take home pies which were a particular hit at Christmas when Bombay lamb, game and French Canadian tortières were on the menu.

As Valentine's Day is fast approaching, be sure to check

Sylvie Sauvé: Esthetician-Electrologist

We wish a very happy New Year to *NEN* advertiser **Sylvie Sauvé**, a certified esthetician and electrologist who works from her fully equipped home studio at **54 Dunvegan Road** in nearby Manor Park. Sylvie's special expertise extends well beyond the realm of beautifying treatments to include the therapeutic techniques of comprehensive foot care. As an **advanced podologic foot care technician**, Sylvie provides much more than simply an attractive pedicure. She is trained to deal with the myriad problems of aging and/or neglected feet, including corns, in-grown toe nails,

and the particular afflictions of many diabetic clients who frequently suffer from circulation and healing problems, as well as intractable foot sores. In these wintry months when our feet rarely see the light of day, but are encased perpetually in thick socks and squashed into uncomfortable winter boots, many of us would be well served by an expert treatment or two to repair the damage inflicted by the season.

Another of Sylvie's therapeutic skills is in the realm of **hygienic ear care**, where she offers an ear cleaning procedure to remove wax accumulation. And of course, beautifying procedures are also foremost on her agenda, including electrolysis and comprehensive esthetic care, not simply for women but also for men and "tweens" (age 12 and up). She is an **eyebrow specialist**, often working with permanent makeup to address the problems of those with very active lifestyles whose eyebrow makeup has a tendency to disappear on the ski slopes or the golf course.

Each new client is offered a free consultation to determine his or her specific needs, and to establish a personalized care program. The consultation includes a **skin scan analysis** using black light to assess the problems needing special attention. At the

moment, Sylvie's clients range in age from young teens to older folks, as well as all age groups in between.

As February 14th looms on the horizon, readers may want to give Sylvie a call to check out her six different spa packages for Valentine's Day, whether for Mum, for Dad or for someone in the high school set. She can be reached at her home studio at **613-748-0352**.

Wild Birds Unlimited (WBU) Nature Store

If we feel under siege in the cold, blustery days and long nights of the Ottawa winter, just imagine how our brave over-wintering bird population must feel as they scabble for sustenance in a snow and ice covered world. **Eric Garrison**, owner of Wild Birds Unlimited

(WBU) Nature Store at **1500 Bank Street**, stresses that this is a crucial time to keep our backyard bird feeders well stocked with nourishing seed and suet to sustain birds through these lean months, and to provide the protein essential to feather development and replacement.

WBU offers a host of different seed and seed mix varieties, of which black oil sunflower, safflower (for the cardinals) and nyjer seed (for the finches) are the staples in our garden. They also supply suet, peanuts and a new concoction called **bark butter** which has the consistency of peanut butter and is applied to the bark of your backyard trees with a fork to attract a greater variety of

Continued on page 14

*Discover the difference of personalized
Care for Women, Men & Teens*

Sylvie Sauvé
Esthetician - Electrologist
Advanced Podologic Foot Care Technician

by appointment (613) 748-0352
54 Dunvegan Road (Manor Park - 5 min drive from downtown) - Ottawa

SHUNNYA
centre
movement into stillness

Yoga Classes &
Wellness Workshops
in Beechwood Village
All are welcome.
Relax & Renew.

63 Beechwood (613) 656-5644
info@shunnyacentre.com
www.shunnyacentre.com


A CULINARY CONSPIRACY
[FINE FOODS ON THE GO]

**From Lust to Love
From Soup to Nuts...**

**We have everything
to show your
Valentine
that they are very
special**



**Drop into our
heart-filled store
and let us put
some romance
on your plate**

**541 Rideau Street
(at Coburg)
613.241.3126**


**WE KNOW YOUR CAR AND TRUCK...
GUARANTEED!**

BEECHWOOD CANADA AUTO SERVICE

Beechwood Canada Auto Service is a full-service preventive maintenance and automotive repair centre that has been performing high quality, guaranteed automotive repairs in the Ottawa area since 1979.

We service and repair all makes and models of domestic and import vehicles. We are your logical alternative to the dealership for all scheduled maintenance of your personal vehicle, or fleet car or truck.

Bring in your foreign and domestic auto, SUV, or pickup today with complete confidence that your vehicle will be serviced correctly while maintaining your manufacturer's warranty.

We only use quality replacement parts, and our technicians are ASE-certified.

**Experience the advantages that our independently
owned service centre offers you.**

Fuel System Service \$139.95*	Transtech III Transmission Flush \$200*	Complete Vehicle Inspection \$89*
-------------------------------------	---	---

* on most vehicles

Pierre Fortier
188 Beechwood Avenue
Ottawa, Ontario K1L 8A9
beechwoodcanada79@yahoo.ca

**TECH-NET
Professional**
613-749-6773
www.beechwoodcanada.com

Continued from page 13

birds, including some of the more rare winter residents such as the American robins which have been seen frequently in our community this year. If you are a regular seed purchaser, WBU's **Daily Savings Club** is well worth investigating. For a \$25 annual fee, you receive a discount of 15% off all bird food purchases, plus an additional 5% when the food is on sale. You can also accumulate "Bird Buck" coupons which can be applied to the purchase of any store merchandise, including such other essentials as feeders and squirrel baffles.

Anyone with a bird feeder knows that the war against marauding squirrels is never ending, and very frequently a losing battle. Eric has two recommendations to deal with these varmints. The first is an ingenious WBU feeder called **The Eliminator** which

is designed to fend off squirrels and heavier birds such as pigeons. When the heavy critter touches the perch ring of this device, its weight closes the seed ports and the fun is over for these uninvited guests. A second suggestion is WBU's **Advanced Pole System (APS)** which is an elaborate hardware system enabling you to hang several feeders at once, and, which can in turn be successfully defended by a squirrel baffle attachment.

If you are currently losing the squirrel/pigeon battle, you may want to check these devices out on the WBU website at www.wbu.com/ottawa. (The Eliminator is not currently shown on the Ottawa link but you can find it on the main site at www.wbu.com: go to Products, Feeders and Squirrel Proof Feeders). Better still, call Eric and his team at **613-521-7333**, email your questions to wbu@bellnet.ca, or drop in to the store at 1500 Bank Street

to load up on your feeding supplies and examine all the options for your backyard bird sanctuary.

**Pina Grocery and Deli:
"Real Italian Food....Just Like Mama's"!**

We welcome new advertiser **Pina Ardovalini** who recently launched Pina Grocery and Deli at **293 St. Laurent Boulevard** (just north of Hemlock). Pina was born in Southern Italy in the town of San Gregorio Dippiona close to Vibo Valentia. She grew up immersed in a culture where good food was a central focus of family and community life, acquiring her culinary skills and authentic Italian recipes from her mother, her aunts and countless relatives, many of whom had their own trattoria in the area. Each Sunday, the extended family would gather at Pina's family home for the evening meal, and from a very young age, she recalls spend-



Photo: Louise Imbeault

Pina Ardovalini of Pina's Grocery and Deli.

ing much of the day in the kitchen preparing sauces and pasta dishes for this special meal.

What began as a family chore became a life's vocation for Pina, who has brought both her cooking skills and her extensive store of Italian recipes to her new business on the edge of Manor Park. The Deli offers a daily take out menu of freshly prepared foods ranging from a dozen kinds of tasty deli sandwiches to five different varieties of "Pina's specialty zesty Italian sandwiches" to daily pasta specials. The restaurant is open early (**Monday through Saturday, from 7 am to 7 pm**) so you can stop by on your way to work to pick up lunch or, if you have time to

pause at the lunch hour, enjoy your sandwich at one of the tables in the deli. At supper time there are dinners to go for two or four people when no one in your household has time to prepare a meal, or when you simply have a hankering for real Italian food.

In addition to her take out meals, Pina has an extensive **catering menu** featuring antipasti; soups; cheese platters; innumerable fresh pasta dishes; specialty entrées and Italian desserts. Interested readers can check out her website at www.ottawaitalianfood.com or give her a call at **613-745-4872**. She also carries a variety of Italian (and some Canadian) deli meats such as prosciutto, capicola, porchetta and panchetta,

Buying or Selling?

"... I remember that I was struck with a tremendous sense of relief at how lucky we were in our choice of real estate agents." - R.W. and A.J.

Janny and Jeff... Working for You

proven performance in
New Edinburgh
since 1986



Janny Mills · Jeff Rosebrugh

Sales Representatives

ROYAL LEPAGE
Performance Realty
Brokerage, Independently Owned and Operated

613.238.2801

jannyandjeff.com

Pina

Grocery & Deli
panino pit

a Taste of Italy

Specializing in
Deli Meats, Cheeses, Italian Pastries and Ice Cream
Ottawa's Famous Sandwich and Pastas daily.
Catering.

293 St. Laurent Blvd. Tel: 613-745-4872
www.ottawaitalianfood.com

7am to 7pm
Monday - Saturday

New Edinburgh Pharmacy

5 Beechwood Ave.

(Corner of Crichton
and Beechwood)

TEL: 749-4444

FAX: 741-1866

Guardian

Monday - Friday — 8:30 a.m. - 8:30 p.m.

Saturday — 8:30 a.m. - 6:00 p.m.

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

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

and a full line of Italian cheeses including asiago, caciocavallo, gorgonzola, marscapone, provolone and many more.

We wish Pina a very happy and successful new year, and hope that she is able to share her passion for real Italian cooking with many new clients in 2009.

**Pet Bed and Breakfast:
Announcing a New Art
Contest with A Charitable
Twist**

Melanie Walker's cageless boarding facility for cats and small animals such as rabbits (no dogs please!) is now entering its eighth successful year of operation in the Canotek Business Park just off Montreal Road at Shefford Road. Pet Bed and Breakfast, which was profiled in the *NEN* in 2002, offers what has become a popular alternative to the traditional boarding kennel in which your beloved feline cools its heels in a crate or cage while you are away.

At "Aunt Mel's" facility, there are no cages to be found, but rather the spaces are specifically designed to provide cats with the cosy nooks, cranies and window sills they may need to relax, and are also fitted out with play areas where energetic residents can spend their energies and socialize with other cats. The only exceptions to the open concept model are a number of quiet private rooms for special needs felines with age, health or temperament issues which are less well suited to collective living. In recent months, Melanie has created a blog on which you can check out the facility in action, and which many owners apparently use to keep an eye on the welfare of their cats while they are away: <http://ottawacatchit-chat.blogspot.com> or go to the link on her website at www.petbedandbreakfast.ca.

Melanie's bustling business, which was truly hopping this Christmas as the blog photo

gallery attests, suggests that her cageless model has caught on like wildfire in the cat community. She now serves clients from as far afield as Washington, D.C. and Nunavut, as well as more "local" families from outlying areas such as Cornwall, Calabogie and Kemptville. Her next step in the business is to find a more spacious location in Ottawa, preferably a stand-alone building with an outdoor area where play structures can be installed for her fresh air-loving customers.

To mark the start of her 8th year of operation, Melanie has launched a **Pet Bed and Breakfast Monthly Art Contest** open to creative participants of all ages and from all walks of life. Contestants are currently divided into two age categories, 18 and under and 19 and up (though she may refine this as the contest unfolds), and are invited to submit work from virtually any medium (water colour, oil, pastel, coloured pencil, line drawing, charcoal, original digital drawing etc.). The contest parameters are posted on the blog and website (noted above) by the 3rd of each month, and in January, the challenge was to produce a bumper sticker for Pet Bed and Breakfast. At the time of our interview, Melanie was contemplating an invitation to produce Animal Graffiti (not just cats, but any animal you like) for the month of February, but interested readers may want to confirm the details by going to the blog or website.

Now, here's the best part: the two winning artists each receive a \$100 cheque and a donation of at least \$200 to a charity of their choice. The winning designs will be printed on an assortment of T-shirts and made available for sale through Pet Bed and Breakfast in a variety of colours and sizes. Melanie's hope is that the

scale of donations to the designated charities will increase as T-shirt sales grow, and she is able to contribute a percentage of sales to the selected charities. If you are a budding artist with a cause you would like to help in these lean times, (or indeed if you have a cat that needs a temporary home while you are away on a trip), check out the website and blog, or give Melanie a call at **613-748-3585**.

Bryson Farms: A Happy Ending

Those who followed the *Ottawa Citizen* coverage last June will be aware that Bryson Farms co-owner **Stuart Collins** ultimately lost his lengthy legal battle against an extradition order requiring him to return to his native Texas to face two counts of misappropriation of funds dating back to the early 90's, charges which he vehemently denied. Stuart's extraordinary saga was covered in the *NEN* in our June 2008 issue. Despite the appeals of his family, friends, community and many supporters throughout the region, Stuart was extradited in late June.

In the end, however, fortune was on Stuart's side, and thanks to the efforts of his capable lawyer, Joel Androphy, the decency and compassion of Harris County Court Judge, Marc Carter, the support of the Collins family, and his own



Melanie Walker runs "cageless" Pet Bed and Breakfast.

indomitable, positive spirit, Stuart's case was ultimately dismissed and in late November, he returned to Shawville and his family and community at Bryson Farms.

The legal avenue that led to the dismissal of Stuart's case was a nuanced procedure (apparently unique to Texas) referred to as "deferred adjudication". In a nutshell, if a judge agrees to enter into this process, an accused person may avoid both trial and a record of conviction by complying with the terms of a court order after pleading guilty to the charge. While the latter was obviously a major sticking point for Stuart who had consistently denied

the charges, the only other choice was to spend several years (and countless thousands of dollars) fighting the case with no assurance of a positive outcome, and with devastating consequences to his family and his thriving business in Canada.

Ultimately Stuart swallowed the bitter pill, pleaded guilty and set to work complying with the court order to pay a fine and restitution, and to engage in 200 hours of community service. The latter proved to be a positive experience rather than a burden to Stuart, who threw himself wholeheartedly

Continued on page 16

Clothes Encounters
of a Second Time



50% off Regular Price
WINTER SALE
starts Saturday, January 10

Distinctive Consignment Fashions

67 Beechwood Avenue
Tel: 613-741-7887
www.clothesencounters.ca

Mon-Sat: 9:30-5:00
Fri: 9:30-6:00
Sun: 12:00-5:00

WANTED
BE PART OF OUR 2009 DEMO HOUSES

2009 Promotion at the price of 2008
We need 7 houses in your area to be part of our demo houses.
Let us give you the opportunity of having:

- * Lifetime warranty Nuden Eminence Vinyl Siding and/or
- * 50 years warranty Nuden Super Magic Windows and/or
- * Lifetime warranty Nuden Classic Aluminum Roof

installed on your home at a **substantial saving cost**.
As a display home participant (upon qualification) in your neighborhood, you will have access to our special o.a.c.,
low interest bank financing.
Nuden Vinyl Products Inc.
will provide you with an unsurpassed beauty and
energy saving...guaranteed!

**-Invest wisely in your home-
This 2009 promotion will end soon!**

**Please call: 1-888-849-6364 (7am to 4:30pm)
613-742-1546**





Stuart Collins of Bryson's Farm is back!

Continued from page 15

into the work of the Beacon Homeless Shelter in Houston, and subsequently into an emergency support role in the aftermath of Hurricane Ike in September.

By November, he was able to prepare for his return to Canada, and was given crucial assistance by Lawrence Cannon, M.P. for the Pontiac region as well as Minister of Foreign Affairs, whose office helped to obtain the Temporary Residence Permit required to authorize his return. Cannon's

spokesperson Catherine Loubier is reported to have said, "We needed him back", referring to the "thriving business" at Bryson Farms which is "invaluable" to the Pontiac Region.

At this point, Stuart's main objective is to focus his energies exclusively on the farm, and on plans for a further expansion of Bryson's landmark organic operation. Welcome home Stuart! We're delighted that all is well, and that you can at last turn your attention to the important business of producing more and better varieties of Bryson's signature heirloom, organic veggies.

Clothes Encounters of a Second Time: The Silver Lining of the Economic Cloud

It is an old and somewhat annoying adage that *it's an ill wind that blows no good*. Annoying or not, there is much truth in this old chestnut, and while the high-end retail clothing emporia weep (and/or slash prices) during the current economic recession, consignment clothing businesses flourish as never before. Owner **Monique Dugas** reports that Clothes Encounters of a Second Time, a

fixture on Beechwood for over two decades, has recently been doing an especially brisk business both with clients eager to make some much needed cash by selling their ill-fitting or no longer affordable designer clothing, and with those who are opting to save their pennies by purchasing good used clothing as opposed to the pricey designer labels available in retail outlets.

Not only are there deals to be had on a regular basis at Clothes Encounters, the store is currently in the midst of its **Annual Winter Sale** which runs from **early January to mid-February** when everything in stock is 50% off the original price. Needless to say, Monique reports that clients have been taking full advantage of these bargains, making noticeably more purchases than in previous years. If you haven't been into Clothes Encounters recently, you'll find that its repertoire includes everything from casual sports wear to business attire and evening clothes for both men and women. While you may come across such designer labels as Vuitton, Gucci, Versace, Hermes and Prada, you won't be faced with the accompanying designer prices, especially during the current sale period.

If you're interested in the consignment side of the business and would like to sell some of the surfeit items in your wardrobe, give Monique a call at **613-741-7887** or check out the website at www.clothesencounters.ca. Consigners receive 50% of the selling price of good used clothing (dry clean first please!) and in these bleak times, the extra cash is certain to be welcome.

Hair of the Dog Care Services

We wish a very happy new

year to local dog walker **Linda Roininen** of Hair of the Dog Care Services, a well established business known to many in our community who have come to rely on Linda's dependable assistance for their pooch's daily exercise. While many dog owners are daunted by the snow, ice and drastically shortened daylight hours which are part and parcel of our northern winter, Linda is every bit as intrepid as the legendary postman, forging ahead

ible temptation, often with dire consequences in terms of skin eruptions and/or acute gastrointestinal upsets.

In the New Edinburgh area, her walks extend throughout the morning to about noon and resume in the afternoon after 3:00 pm following her stint downtown where she has clients in the Glebe and Old Ottawa South. Each group is walked for about 40 minutes a day, with variable rates depending on the number of



Photo: Louise Imbeault

Clothes Encounters: (left to right back row) Lise Leclerc and Camille Maggi; (left to right front row) Thérèse Charron, Monique Dugas (owner) and Marie-France Charron.

with her daily dog walking routines whatever the weather.

The majority of Linda's canine clients are exercised in small groups of three (to a maximum of 4). Linda collects her charges in her van and in this part of the world, they are taken for an off-leash romp in the Pine Hill Woods, the field by the Rockeries or occasionally, the golf course area on the Rockcliffe military base. She avoids Stanley Park because of her large contingent of Golden Retrievers for whom the Rideau River is an irresist-

walks per week. (5-day/week clients are charged \$18 per walk or \$25 for 2 dogs, while those opting for a 3-day/week package pay slightly more at \$19 per walk). As the majority of Linda's canine charges are larger breeds such as Golden retrievers, Lab mixes, border collies and Portuguese water dogs, she prefers not to take very small dogs with whom the group chemistry can become problematic.

For a number of preferred clients and in some special circumstances (for example,



CLOCKTOWER

BREW PUB

UNWIND

GREAT FOOD *****
6 HANDCRAFTED BEERS ON TAP

est. 1996

TRY OUR NEW MENU!

MONDAY - THURSDAY: 1/2 PRICE APPETIZERS 3 TO 7 PM

TUESDAY: WING NIGHT

422 Mackay 613-742-3169

when a dog is not well socialized and has difficulty with the group dynamics involved in collective outings), Linda also undertakes individual on-leash dog walks. In addition to her daily exercise routines, she offers **dog-sitting** and **puppy visiting services**, and is even available on some (though not all) weekends to take over dog walking duties when a family is fully occupied with other activities. A prerequisite for her dog-sitting charges is compatibility with Linda's own dog Stradivari, an Australian shepherd/Golden retriever cross whose name reflects Linda's other avocation as a knowledgeable music aficionado and Co-Chair of the Piano Fundraising Committee at Mackay United Church. (Readers should take note of her article elsewhere in this issue reporting on the next event in the **Mackay United Concert Series** coming up on **Sunday, February 8.**)

As a measure of her important role in the lives of her regular clients, both canine and human, Linda was recently invited to be present when one of her older charges was quietly euthanized in the family home. While clearly saddened by the passing of this beloved friend, she was honoured to have been included by the family on the occasion of this final farewell.

Interested readers who are struggling to find the time (and in this weather, the inclination)

to properly exercise their dogs should give Linda a call at **613-842-4443**.

Fraser Café: A Top Pick on Anne Debrisay's List for 2008

Congratulations to **Simon** and **Ross Fraser**, co-owners of Fraser Café at Putman and Beechwood. *Ottawa Citizen* restaurant critic Anne Debrisay reported in her year-end column that one of her "happiest bites" of 2008 was a meal at Fraser Café sampled in a July visit to the restaurant. Specifically, she singled out an entrée of wild-caught striped bass on a bed of snow crab served with a smoky sauce of charred tomato with paprika. Well done guys: you have done much to raise the gastronomic profile of the Burgh since your arrival last year! Keep up the good work in 2009.

The Edinburgh

Residents of The Edinburgh are looking forward to a number of celebrations and musical and theatrical entertainments in the coming months to relieve the monotony of the long Ottawa winter. In keeping with The Edinburgh's Valentine's Day tradition, residents will be treated to a special breakfast featuring mimosas and a sumptuous buffet to begin the day. On the following day, **February 15 at 3 pm**, a number of music students from **Ashbury College** will perform a concert in the newly renovated penthouse at the residence. The complete floor-to-ceiling renovation and



Stellae Boreales will be performing at The Edinburgh Residence on Feb 20.

redcoration began in January and was ongoing at the time of writing, but with luck, the finished product will be available in time for this musical event.

Later in the month, on **Friday, February 20 at 7 pm**, another group of young musicians from a group called **Stellae Boreales** will perform for both the residents and any members of the community who would like to attend. Stellae Boreales is an accomplished collection of advanced Suzuki Music violin students, most of whom have been studying the instrument since age 4 or 5. Many of its members have performed with Pinchas Zukerman and the NACO, and they recently undertook an exciting two week performance tour in China.

Participants in the concert at The Edinburgh will be **Laurent Côté** (age 16), **Catherine Sirois-Delisle** (age 17), **Laura Telford** (age 14) and **Christine Denville** (age 16), who will perform their repertoire for this year's upcoming Kiwanis Festival. Many readers may be familiar with this talented crew who organized and performed the *Kids Helping Kids* concert at Mackay United Church last November, where they raised over \$4,000 in support of Cambodian orphans. The Edinburgh's Program Director **Luisa Romero** reports that there will be a wine and cheese

reception following the concert, so if you are interested in hearing these young musicians, be sure to mark your calendar for the event.

The Edinburgh is extending another invitation to the community to a performance by the **Shine Theatre Company** on **Friday, March 13 at 7 pm**. The group specializes in musical/theatrical presentations for seniors and sounds like the perfect antidote to the Friday-the-Thirteenth jitters! Once again, there will be a wine and cheese reception with the performance, in this case beforehand at 6:30 pm. And of course, as always St. Patrick's Day will be celebrated at The Edinburgh with suitably Irish entertainment.

Papa Low'Ins Bike Shop: A Sad Tale

At the end of December, **Paul Bouchard**, owner/operator of Papa Low'Ins Bike Shop at

75 Beechwood, abruptly shut down the business and disappeared from the scene. As many cyclists in the community know, the arrival of Papa Low'Ins was much heralded last spring, as our community has long been in need of a local facility for bicycle repair and maintenance. Paul was greeted with great enthusiasm, and many bike owners flocked to his quaint little shop for their spring tune up or in some cases, for major repairs.

Sadly, however, Paul apparently encountered serious financial problems late last Fall, and was unable to keep the operation afloat. While we have been unable to reach Paul directly, the *Manor Park Chronicle* reports that he is hoping to reopen at new location in Vanier this spring, and can be reached in the interim at 613-302-3379.



Linda Roininen with her own pooch Stradivari (right) and canine friend Luna (left).




Hair of the Dog

Care Services (Since 1999)

Dog Walking	~	Dog Sitting
Puppy Visits	~	Vet Visits
Insured and Bonded		
Member of Pet Sitters International		

613-842-4443

Linda Roininen 43 Alexander Street, Ottawa ON K1M 1N1




Frank J. Wallace, M.Mus.

Voice • Piano • Theory

613.255.2077 • fjwallace@carefultouch.ca

the SCONE WITCH

enter and win one of 3 Valentine gift baskets...



name _____

address _____

phone _____

fill out this entry and drop it at the shop, first timers will get a free scone (okay, regulars too) all entries must be in by Thursday, February 12th at 4 pm (when offer expires)

42 Crichton St. (corner of Union) to order ahead call 613-744-2585



By Michael Histed

Going on Holiday?

With Christmas now behind us, we are now thinking of escaping the cold weather and taking that long deserved break. By doing so, however we can leave our homes and vehicles vulnerable, particularly since we have made our homes more lucrative targets with all those new gifts from the holidays. The period following the Christmas break can be one of the busiest for break and enters, but it does not have to be.

As I have written in previous articles, New Edinburgh has made tremendous strides in reducing the number of break and enters over the past two to three years. However, a dark unoccupied house presents the ideal opportunity for a criminal. So before you leave on your vacation, take some simple steps to improve security:

- Cancel all newspapers, and have someone collect your mail. (Cancelling your papers is now fully automated and easy to do.)
For the *Ottawa Citizen* call 613-596-1950;
For the *Globe and Mail* call 1-800-387-5400.

- Make sure someone will clear away the snow. Have someone roll tire tracks on your driveway to give the impression of a vehicle coming and going.
- Put lights and a radio on timers.
- Protect those sliding glass doors by securing with a piece of wood or a steel rod inside the window tracks.
- Keep your heat on a minimum level to prevent pipes from freezing.
- Verify with your insurance company to establish how often your house needs to be checked in your absence.
- Have a trusted neighbour keep an eye on your home while you are away and report any suspicious activity.

Home Security Inspection

The Ottawa Police can provide homeowners with a Home Security Inspection program that is completely free. New Edinburgh residents can learn more on how to make their home safer by phoning the Rockcliffe Community Police Centre:

613-236-1222, ext. 5915

At your request, police representatives will visit your home (house, condo, apartment, etc.) to assess ways to make your home safer. This audit is based on a checklist, and participants are provided with a booklet that identifies safety improvements, provides crime prevention tips and promotes other crime prevention initiatives offered by the Police Service. The checklist is available online the Ottawa Police website at:

http://ottawapolice.ca/en/crime_prevention/home_security_inspection_program.

This site also includes tips for buying alarm systems, as well as many additional crime prevention tips.

To help those that may be looking after your house, provide them with these useful phone numbers:

Important phone numbers

For a crime in progress call:

911

To report an incident call:

613-236-1222

Make the Call!

Remember, the Police want your calls. They can only take action once they have been made aware.

Do not assume someone else has made the call.



**OTTAWA POLICE SERVICE
SERVICE DE POLICE D'OTTAWA**

*Working together for a safer community
La sécurité de notre communauté, un travail d'équipe*

Winter Motorists Call to Action: Stay Alert and Drive Safely

By Cst. Tom Mosco

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

These tips can help you stay safe on the road:

- Be aware and be cautious. Weather conditions can deteriorate quickly or change as you travel.
- Don't be fooled by clear skies. The road surface, in whole or in part, may still be slippery.
- Slow down. Posted speed limits reflect ideal conditions, not wet or snowy conditions.
- Keep a safe distance between you and the vehicle in front of you. On slippery road surfaces,

double the two-second rule.

- Avoid sudden turns and sudden braking and accelerating that could cause a skid.
- See and be seen. Always clear ice and snow from all vehicle windows to maximize visibility, and turn on your lights when blowing snow and white-outs impair your visibility.
- Make sure you know how to use your braking system in all weather and road conditions.
- Allow more time to get to your destination. Extra time is required to negotiate snow-covered roads.
- Your vehicle's tire treads should be in good condition and you should always have plenty of windshield washer fluid to assist with visibility.

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

McConville's



AUTOPRO

KROWN

613 748-7731

www.getitfixed.com

Fax: 613-748-3526

306 Montfort Street, Vanier

2008-2009 WINTER SPECIALS FREE LOANER CAR WITH EVERY VISIT

**Out with the Old &
In with the New
OIL, FILTER, LUBE**
with a Complete 32 pt. Insp.
Most Makes

\$34.95

(add \$2.00 for Environmental Disposal)

**Get Ready For Winter
MEGA Check**

300 PT. Bumper to Bumper
Inspection

\$69.95

Get A Grip This Winter

**WINTER
TIRE DEAL**

25%OFF

Please Call For A Quote.

**New Car Warranty Approved
Free Loaner Cars!!!**

RULES OF THE ROAD:

- 1- Call for appointment, One card per vehicle.
- 2- Please present this card when requesting work.
- 3- This program EXPIRES on March 31st, 2009.



REV12-11-08



EPICURIA
FINE FOOD STORE AND CATERING

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

MACKAY STREET EPICURIA
419 MACKAY STREET, OTTAWA
TEL (613) 745-7356 fax (613) 745-2869

CCCC UPDATE: Once and for All in 2009

By **Johan Rudnick, Chair, Crichton Cultural Community Centre**

Despite the economic and other challenges of 2008, the CCCC managed to have another successful year, and is poised to continue its progress in 2009 when we hope to find out whether or not we can 'Keep Crichton Public' for once and for all.

In 2008, we continued to develop and expand local community and regional level programming. The number of CCCC program participants has steadily increased across a diverse range of interest areas from Dance Fit, Pilates, Yoga and Cardio Kickboxing

to Afro-Caribbean Dance, Zen Meditation, Family Art Smart, Sight Singing and Ear Training and Figure Drawing. In the realm of special programs and events, we saw everything from philosophy seminars to birthday parties and religious group meetings held at the Centre. In 2009, we look forward to introducing new programs for families and children, and if possible, for seniors as well.

The CCCC is always looking for and open to new program interests, opportunities, workshops, special interest groups and partnerships. If you are interested in starting a program or would like one developed for you, please contact **Joanne**

Hughes at ccc@bellnet.ca or call her directly at **613-745-2742**. You may be surprised to learn how easy it can be to get a new program running with even just a few people!

In 2008, we successfully converted our wonderfully large 2nd floor hallways into a real gallery space and launched The Corridor Gallery in early April with an inaugural exhibition, *To Build A Vibrant Centre*, curated by local artist **Alisdair MacRae**. The new gallery showcased works by local artists such as Matthew Carrington, Alex Leblanc and Theo Pelmus, as well as excellent exhibits from MainWorks, the resident artist cooperative at the Centre. Planning is actively underway for the Gallery agenda in 2009, so if you have suggestions for a possible exhibition, please let us know by contacting Joanne Hughes.

In addition to launching the gallery, we created an open door office for Joanne, so dropping by now is really easy!

Last year also marked the fifth anniversary of the CCCC annual **Lumière Festival**. And despite the rainy August weather, Lumière had succeeded once again in attracting over 10,000 participants to see the lantern displays and performances in Stanley Park. With acrobats like the giant stilt walkers from the **Ottawa Stilt Union**, dancers like the **Fire Weavers**, the story telling of *The Road to Faerie* and other **Tales** and the ever popular Mountie theatrics of **The Renfrews**, the rain did little to dampen spirits! In 2009 we expect to develop the cultural component of the festival while also creating an amazing fiery finale.

In early December, Lumière teamed up with the National Capital Commission to provide beautiful blue and white lanterns for the spectacular opening of *Christmas Lights Across Canada* on Parliament Hill. Stay tuned for more news on the exciting Lumière 2009 repertoire as the spring unfolds.

Financially, it looks as if we succeeded once again in covering off our 2008 operating and program expenses. All three levels of government supported our programming – a **Province of Ontario Trillium grant** supported our capital improvements, the **Ontario Ministry of Health Promotion - Communities in Action Fund** and the **City of Ottawa** supported our Get Together Recreational Program for

Children and Youth with visual impairment. Both the **City of Ottawa** and the **Government of Canada** supported our Lumière Festival to build community and provide opportunity for emerging artists.

Given the current economic outlook, we expect marginal growth in programming and grant revenues for 2009. We will be mounting a focussed fundraising program, including a **New Edinburgh Players** benefit performance on **April 29**, a possible reprise of the **Friends of Crichton Taste of the Burgh** evening later in the spring, and, the pièce de résistance, our soon-to-be annual fundraising event, an exciting **CCCC Auction on Oct. 24**.

On the legal front, the court case regarding the sale of Crichton and the interests of the CCCC finally wrapped up in December, with a decision expected in the coming

sorely missed. In 2008, we also saw our City of Ottawa interlocutor, **Colleen Hendricks**, reassigned as part of a municipal reorganization. Colleen, who was also instrumental in the partnership agreement, had the responsibility of trying to help resolve the difficulties with the School of Dance management. The CCCC greatly appreciates her fair and even-handed efforts and her unfailing professionalism over the years, and we wish her well in her new assignment.

To all of our wonderful supporters, we would like to say a special thank you - without you it is hard to imagine how the Centre could have survived the rigours of recent years. To both **NECA** and the **CCC**, your support and encouragement is very much appreciated, and we look forward to an ongoing, close collaboration. To our political repre-



The McCarthy Tétrault Team: (left to right) Christopher Hutchison (articling student), Tom Conway and Ben Mills.

months, possibly in late winter or early spring. Our legal team from **McCarthy Tétrault** and the City argued strongly that the community had a beneficial interest in the building, and we went so far as to offer almost \$1.0 million to the School of Dance for their interest in 200 Crichton. Depending on the nature of the court decision and how residual issues will be dealt with, we expect to focus much of our effort in early 2009 on preparations for a potential 2009 sale that would probably not close until late 2010 or early 2011. Suffice it to say that in finally getting to court in 2008, we incurred significant legal costs.

In 2008, we also marked the loss of a dear friend and CCCC supporter, **Marion Dewar**. As a former Board member of The School of Dance, Marion was instrumental in establishing the original partnership agreement with the CCCC and the City, and subsequently became a CCCC supporter. Her generous spirit and guidance will be

sentatives, **Jacques Legendre, Madeleine Meilleur, and Mauril Belanger**, who quietly toiled diligently on our behalf, a very special thank you. And last but not least, to my colleagues on the **2008 Board of Directors**, thank you for your steadfast commitment to the community and preserving Crichton itself.

Looking Ahead

On the immediate horizon is our **Annual General Meeting** scheduled for **Sunday, March 1, at 3 pm** in the Dufferin Room. I would like to invite everyone to join us on the second floor (*please remember to use the rear Avon Lane entrance*) to share your thoughts on our future plans and directions, or let us answer any questions you might have.

Looking ahead at 2009 and beyond, we remain optimistic that, with continuing community support, we will indeed be able to open the doors on Crichton, and for once and for all 'Keep Crichton Public.'



CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

Alex MacDonald
Anne Thompson, Treasurer
Bethann Robin
Carol Burchill
Carol West
Colin Goodfellow
David Tobin
Ellen Goodman
Jane Heintzman, Secretary
Johan Rudnick, Chair
John Jarrett
Lise Rowell

Ex Officio:
Gemma Kerr, NECA
Penney Place, CCC
Karen Bailey, MainWorks
Karen Rasmussen, MainWorks

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

Health & Wellness

CARDIO KICKBOXING

Carolle Laliberté

(613) 263-0539

cardio.kickboxing@videotron.ca

or visit 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 work out, followed by a stretching and relaxation period. No dance ability required just a love of dancing! Alex MacDonald has trained extensively as a dancer in ballet, modern and jazz and has been teaching the neighbourhood Stretch and Strength class for 18 years. She is a certified Can-Fit Pro fitness instructor specialist.

FITMOM POST NATAL FITNESS

Cassandra Mactavish

(613) 884-7800

www.fitmomcanada.com

Thursday, 11:15 am - 12:15 pm

\$168+GST for 12 sessions

(rolling admission)

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

FITNESS SERIES

Louise Lettstrom-Hannant

(613) 747-1514

golouise@rogers.com

Sharon Collins (613) 816-4307

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

Crichton Cultural Weekly Pro

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

Please contact instructors to get
For most of our courses,

devoting enough time to attain our full stretching potential. We will end this delicious hour with a total body relaxation. Now we are ready for the weekend!

FITWOMAN BOOTCAMP

Cassandra Mactavish

(613) 884-7800

www.fitmomcanada.com

Mondays, 8 - 9 pm

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

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

SOCARAMBA

FREE DEMO CLASS FEB 14 AT 11 AM

Alex Eloise

socaramba@gmail.com

Saturday, 10 - 11 am; 11:15 am

- 12:15 pm

\$80+GST for 8 weeks. Drop-in \$12.

Socaramba focuses on cardiovascular and muscular endurance, mind and body coordination, agility, balance and most importantly on creating a new lifestyle. Once you taste the Socaramba experience you will never want to stop!!!

Master group fitness instructor, nutrition and wellness specialist, and personal trainer, Alex Eloise has been working in the fitness industry for well over 16 years. He has conducted classes in many areas including cardio kick boxing, boot camps, circuit training and aerobics and has now decided to put all his skills and expertise into the creation of Socaramba.

STOTT PILATES

Stuart Maskell

(613) 796-3476

Stuart@Firmfit.ca

Tuesday, Friday 9 - 10 am

1 Class \$17, 8 Classes \$120, 16

Classes \$215, 24 Classes \$315,

32 Classes \$380

Prices do not include 5% GST

As a certified STOTT Pilates Instructor, Stuart bases his mat classes on the principles of posture. This is effective, especially for toning the mid-section. Pilates Matwork focuses on increasing abdominal and back strength and mobilizing the spine! Variations and modifica-

The Ottawa Lumière Festival NEEDS Your Support

By Joanne Hughes, Lumière Producer



With the current economic situation, arts and cultural events are often hard-pressed to find the funding required to produce top-notch events. Festivals, which generally exist on shoestring

budgets, are often the first to be cut from many government and corporate budgets. Lumière has already received word that one of its major funders has had to freeze its sponsorship program for 2009.

As the Lumière producer it falls to me to ensure that the festival has adequate staffing and resources. To do this, I borrow expertise from community members such as Peter Honeywell, rely on the good will of partner organizations like NECA and Crichton Community Council for donations of space and *NEN* promotions, canvas Beechwood merchants for donations, and 'dumpster dive' on recycling days for used objects to feed the creativity of my talented artistic team.

In 2009, I'm not sure that my usual methods will be enough and I am concerned that limited resources this year will find the festival in dire straights. This is why I am calling in the cavalry – YOU – to please help me collect the resources necessary to provide you and your family and friends with a magical and enchanting evening.

SUPPLIES

- Jars –any size clean jars (no labels or lids). Baby food jars are Lumière GOLD!
- Large coffee cans – clean without lids.
- Other supplies – wire, LED lights, glitter, objects that could become lanterns, etc

VOLUNTEERS

- Register NOW for a volunteer shift. We have tasks for everybody. Great for students to complete community hours. Many jobs can be completed at your own home!

REVENUE - Every single \$1 collected is meaningful.

- Donate NOW – help pay for visual and performing artist fees, lantern and site supplies, and festival staffing.
- Sponsor NOW –support an event that will attract people to visit New Edinburgh and who may then visit your business.
- Support Lumière events – register for a lantern-making workshop, order Lumière supplies and host your own lantern making event, or have Lumière lanterns at your next party.

To donate supplies or to volunteer call me at **613-745-2742** to arrange for drop off. To donate or sponsor please mail cheques (written to CCCC) to CCCC, 2nd Floor – 200 Crichton St, Ottawa, ON K1M 1W2.

Community Centre grams 2009

For course details and to register,
registration is on-going.

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

Monday, 9:00-10:30 am, *Level 1*
Thursday, 9:00-10:30 am *Gentle*

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

KUNDALINI YOGA

John Yazbeck

(613) 747-8111

john.yazbeck@sympatico.ca

Monday, 7:30 - 9:00 pm

Flex, stretch, connect, focus and relax. The benefits of Yoga are well documented and well known. Dynamic exercises combined with relaxation and meditation techniques help you:

- create a calm mind and stay centered in the midst of chaos
- increase concentration and focus
- develop a more powerful and resilient body, less susceptible to strain, weight gain and injury
- build confidence and a positive self-image
- reduce stress and fatigue
- have fun!

KUNDALINI YOGA - EN FRANÇAIS

Sophie Terrasse

(613) 842-9771

terrasse@rogers.com

Jeudi, 7:00- 8:30 pm

Le Kundalini yoga ou yoga de la conscience est accessible à tous; c'est une science complète qui comprend : une pratique corporelle tonique (asanas : postures statiques et dynamiques), un travail respiratoire (pranayamas), de la relaxation, de la méditation, du chant (mantras).

Un travail spécifique est effectué sur les aspects physiologique et psychologique de l'individu de telle sorte que la chimie du sang, le système nerveux, le système musculaire, le système endocrinien et les fonctions cérébrales s'en trouvent améliorées.

Le Kundalini yoga permet d'activer la circulation de l'énergie vitale, de renforcer le système immunitaire, de stimuler les systèmes d'auto guérison, de se régénérer mentalement, d'être plus centré, moins stressé, plus joyeux et optimiste!

ZEN MEDITATION

Theresa Redmond

(613) 521-1509

theresa.redmond@rogers.com

Wednesday 7:30-8:30 pm, every two weeks

\$15/term

Meets for an hour twice a month. While not open to the general public, experienced meditators can contact the instructor to discuss joining the group.

Dance

SCHOOL OF AFRO CARIBBEAN DANCE

Suzane Lavertu

Artistic Director

(613) 863-3493

afrocaribdance@videotron.ca

Saturday

SOULRHYTHMS: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

Socaramba at the CCCC

It's the new craze...

Socaramba...developed in the Caribbean, marinated in Brazil and fine tuned in Canada. Socaramba is a fast-paced fitness dance aerobic workout featuring Caribbean soca and Brazilian samba. It's hot, fast and exhilarating. Looking for that special program to get you in shape, improve your health or even prepare you for the various carnivals in the Caribbean? Then Socaramba is for YOU.

Socaramba focuses on cardiovascular and muscular endurance, mind and body coordination, agility, balance,

and most importantly, on creating a new lifestyle. Once you taste the Socaramba experience you will never want to stop!!!

Master group fitness instructor, nutrition and wellness specialist, and personal trainer, Alex Eloise has been working in the fitness industry for well over 16 years. He has conducted classes in many areas including cardio kick boxing, boot camps, circuit training and aerobics and has now decided to put all his skills and expertise into the creation of Socaramba.

Alex was also responsible

for developing and implementing a tremendously successful program at Canada Post's Wellness Centre, encouraging participants to make a profound lifestyle change through proper diet and physical exercise.

Classes begin on Saturday, February 21 from 10 to 11 am and from 11:15 am to 12:15 pm

Cost \$80.00 - 8 weeks. Drop-in \$12.00

Free demo class will be on February 14 at 11 am.

Contact Alex Eloise at:
socaramba@gmail.com.

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

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.

Music & Voice

SIGHT SINGING AND EAR TRAINING COURSE

Marie-Lynne Sauvé

(819) 827-2657 or

mlsauve@videotron.ca

<http://pages.videotron.com/mlsauve>

Sunday 1:30-4:30 pm

(beginner & intermediate)

These small group workshops

(8-10 participants) are geared toward choral singers and anyone interested in gaining the ability to sing music they have never seen before directly from sheet music. Participants will become familiar with the basic elements of music including rhythm, melody and intervals from both a theoretical and aural standpoint. Lots of singing is on the program as well as time for individual questions and one-on-one work adapted to each person.

Visual Arts

FIGURE PAINTING AND DRAWING

John Jarrett, (613) 594-0182

johnjarrett812@hotmail.com

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.

BABY SENSORY

Jill Vyse, (613) 830-6690 #1

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.

INFANT & CHILD CPR

(Level 'F')

Erin Shaheen, (613) 260-7309

\$35 per person

Sunday, Feb 22 & March 29

12:30 - 3:30 pm.

This Heart & Stroke Foundation course covers CPR for infants,

children and adults. Participants receive a course completion card and Heart and Stroke booklet.

Topics include:

- Recognition of heart attack and respiratory arrest
- Home safety and injury prevention for babies and children
- Definition of CPR
- Performing CPR on infants and children (one-rescuer)
- Clearing airway obstructions in children and infants (choking)
- Barrier Devices
- CPR and the Heimlich on adults
- Safe and healthy lifestyles

Babes in arms are welcome to attend the course.

SAFE PARENT: INFANT & CHILD

Amanda DeGrace

(613) 746-1415

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

Chantal Mills

613-296-dog-e (3643)

dog_trainer@rogers.com

www.ottawak9school.com

Sunday 10 am - 2 pm

Tuesday 7 - 9 pm

Basic Canine Obedience

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

Private classes available.



CCCC Office:

Joanne Hughes

#307-200 Crichton

Ottawa, ON K1M 1W2

Phone: 745-2742

Fax: 745-4153

cccc@bellnet.ca

www.crichtonccc.ca

For more information
about the Centre call
745-2742.

To register for a specific
program please call
the instructor.

1908-2008 St-Charles Borromée: A Century Proclaimed

By Louise C. Imbeault

After a year long of festivities commemorating the 100th anniversary of St-Charles Borromée Parish in Vanier, December 13, 2008 concluded with the ordination of a permanent Deacon (Yvan Lavoie) during the closing Mass presided by Msgr Terrence Prendergast s.j. Archbishop of Ottawa. After the religious service, we gathered at the Knights of Columbus Hall on McArthur Road (Council 5571) for a banquet catered by none other than **Goodies Fine Catering** on Marier Street. Conrad Mineault's Team fed us a sumptuous three course meal fit for royalty.

Not to sound like a list of Ottawa's Who's Who... I must mention the many figures of importance who joined us. The table of honour consisted of St-Charles' Parish priest, Fr. Pascal Nizigiyimana, Msgr Gérard-J. Deschamps, s.m.m. Our Lady of Lourdes on Montreal Road, Msgr. Terrence Prendergast, s.j. Archbishop of Ottawa, Msgr. Luigi Ventura, Nuncio Apostolico, Msgr. André Drouin, p.h. Ste-Anne's Parish on St-Patrick Street and Mrs. Solange Fortin, President

of the Centennial's organizing committee.

Also in our midst were well-known political figures, Mauril Bélanger, Madeleine Meilleur, Georges Bédard and past Vanier Mayor, Guy Cousineau, who was part of the organizing committee along with Diane Doré and Isabelle Frappier. A surprise visit by Fr. Jean-François Morin, now serving at Ste-Trinité Parish in Rockland, brought on a spontaneous round of applause from the parishioners.

After the traditional blessing of the food by Msgr. Ventura, the guest speakers shared congratulatory messages throughout the banquet. The cherry on the sundae, if I may use this expression, was the proclamation presented by City Councilor Georges Bédard, on behalf of the Mayor, to Mme Solange Fortin.

How thoughtful of Mayor O'Brien to declare that from this day forward December 13 is officially St-Charles Borromée Day in Ottawa.

All in all, a powerful closing event that rejoiced and humbled my heart, as St-Charles Borromée is after all the parish of my youth.



Photo: Louise Imbeault

A special banquet was held at the Knights of Columbus Hall on McArthur Road to celebrate the centennial of St-Charles Borromée Parish in Vanier.

OYE ~ OYE ~ OYE

Par Louise Imbeault

La paroisse Saint-Charles Borromée a eut 100 ans en 2008 et fête toute l'année durant pour finalement conclure le 13 décembre dernier avec une messe grandiose. L'Eglise était bondée de paroissiens/ennes, dignitaires et politiciens ainsi qu'amis et visiteurs. La chorale entonnait le chant thème, composé tout spécialement pour l'occasion, les Chevaliers de Colomb ornaient l'allée principale de leurs couleurs vibrantes et tous, nous étions en haleine regardant défilier la procession en grande pompe.

Au coeur de cette messe clôturant le centenaire pris place un événement de marque.

M. Yvan Lavoie (avec son épouse Monique) qui après un long cheminement préparatoire offrirent leur vies en service à l'Eglise. M. Lavoie fut ordonné diacre permanent par l'onction de notre archevêque Mgr. Terrence Prendergast s.j. accompagné par Mgr. Gérard Deschamps, s.m.m. (Paroisse N.-D. de Lourdes, Vanier) du

curé P. Pascal Nizigiyimana, cby et soutenu par plusieurs confrères diacres et prêtres.

Ce qui m'a particulièrement

térité du peuple de Dieu qui anime la paroisse Saint-Charles Borromée en marche vers le 200e... Quel bel héritage!



(c) Louise C Imbeault

Councillor Georges Bédard presents the St-Charles Borromée Day plaque to Mrs. Solange Fortin, President of the Centennial's organizing committee.

touchée fut l'ardeur et la beauté qui émanait de chacun/une des participants. L'ordination, ce moment fort dans la vie d'une communauté croyante et pratiquante, redonne espoir à ceux et celles qui l'accueillent, et qui espérant qu'en cette relève insufflée par l'Esprit, donnera nouvelle vie à la paroisse de ma jeunesse.

Je tiens à vous remercier de m'avoir invité et toléré (beaucoup de flash) en capturant le tout sur photos digitales pour les archives et la pos-

Bravo à toute l'équipe du comité d'organisation pour leur travail phénoménal au succès des festivités 1908-2008.

Pour en savoir plus sur l'histoire, sur la communauté et leur multiples activités s.v.p. visitez régulièrement le site internet qui leur est dédié et où vous pourrez voir les photos et entendre le splendide chant thème www.st-charles-borromee.com.

Vous souhaitant une année de paix et de joie.

www.askaround.ca

Who do your neighbours recommend?

Ask Around

www.askaround.ca

New Edinburgh Spa

serving this community for 18 years

Make an appointment today and treat yourself to one of the many spa services available.

www.newedinburghspa.com

613.749.2116

131 Crichton Street

Time to think about ...

... contributing to your Registered Retirement Savings Plan (RRSP): the deadline is only weeks away!

And don't forget the new Tax-Free Savings Account. It's an ideal way to save 'that little bit extra'.

Call us to find out which tax saving strategy will be right for you.

Frances Phillips
Consultant, Mutual Funds Representative
O. 819 243 6497
C. 613 862 1589
Frances.Phillips@investorgroup.com

The Plan
by **Investors Group**

Investors Group Financial Services Inc.
Financial Services Firm

Mackay United Concert Series Continues Feb 8

Warm Up Your February with Mozart and Dvorak

By Linda Roininen

On February 8, **Charles "Chip" Hamann, Principal Oboist from the NACO**, will be the guest artist for our second concert of the series. We at MacKay United are very fortunate to have such a talented performer donating his time to our fundraising efforts.

Chip is a native of Lincoln, Nebraska, and is recognized as one of Canada's foremost oboists. In 1993 he was appointed acting principal oboe of the National Arts Centre Orchestra at the age of 22, and after serving for two seasons in that role, was chosen to become principal oboe of the Orchestra on a permanent basis. A passionate and dedicated teacher, he is a member of the Faculty of Music at the University of Ottawa and the National Arts Centre's Summer Music Institute. As a lover of chamber music, he participates annually in the Ottawa Chamber Music Festival, and has toured in Canada and in the United States with the National Arts Centre Wind Quintet.

Chip will be performing **Mozart's Oboe Quartet in F major K370** along with **Leah Roseman, Sally Benson**, and



"Chip" Hamann, Principal Oboist from the National Art Centre Orchestra.

Leah Wyber. I was curious about this choice and decided to ask Chip a few questions.

Linda: Why have you chosen to play the Mozart Oboe Quartet in F major K370? Is it required repertoire for oboists?

Chip: Yes, K 370 is "required repertoire" for oboists and a virtuoso showpiece. It has sparkle in the first movement, operatic longing in the second movement, and joyous celebration in the third; a mini-opera for chamber ensemble. Audiences love the super-special ending, too.

Linda: Have you ever performed at MacKay before?

Chip: No, this is my first time at MacKay, but I hope our performance will contribute to the purchase of your new piano, certainly a worthy cause for any church committed to a good music program for its congregation.

Linda: What made you decide to help us with our fund raising for a new grand piano?

Chip: I am always delighted to be asked to give something back to the community that supports local musicians. Thank you for inviting us, and we look forward to playing for you.

As if the Mozart wasn't enough, Leah Roseman, Mark Friedman, Sally Benson and Leah Wyber will also be pre-

sending **Dvorak's lyrical String Quartet No. 11 Opus 61.** A truly heavenly evening to be sure. A reception to meet and greet the musicians will follow the concert which will be performed without intermission.

The concert is February 8 at 7:30 pm at MacKay


United Church (39 Dufferin Road). Future concerts are on **April 26**, featuring works by Haydn, Brahms and Puccini; **June 7** Bach Cello Suites Nos. 4 - 6. Tickets are \$20 adults, \$15 students and seniors at the door. For more information contact the Church office at 613-749-8727.

University of Ottawa Centre for Continuing Education
offers winter courses on
Voice Training for Better Communication
Presented by **CHRISTINA LUBBOCK**
Course Dates: February 4th, February 11th and February 18th, 2009
Times: 6:30-8:30 p.m.
Suite 1208, 1 Nicholas Street
Contact: 613-562-5272
continue@uottawa.ca www.continue.uottawa.ca

MACKAY UNITED CHURCH
Minister: Rev. Dr. John Montgomery
39 Dufferin Road at MacKay Street
613-749-8727
Sunday Worship with Sunday School & Nursery
10:30 a.m.
admin@mackayunitedchurch.com www.mackayunited.ca

PLACE FOR PAWS 
Boarding Camp for Dogs & Cats 
THE place to stay while your family is away! 
Visit the spa-like atmosphere and see for yourself.
Dogs enjoy 6 daily supervised outings in our fenced acre & country trail walks.
Separate sunny CAT condos
Transportation Available **613 446-2280**
Margo Edwards Ledoux


Buy with Confidence Sell with Pride
JANE DAVIS
Sales Representative
231-4663
janedavis@livinginottawa.com
www.LivingInOttawa.com

BOOKS ON BEECHWOOD

At Books on Beechwood, we know our books!
Phone us or order online - we deliver!
phone: 613 742-5030
staff@booksonbeechwood.ca
www.booksonbeechwood.ca
35 Beechwood Ave.
Ottawa, Ontario
K1M 1M1

119
DR. GERALD GLANTZ
DENTIST
613-741-1021
New Patients Welcome
Free Parking
Experience and Dedicated Staff
Beechwood Ave.
Visa, MC, Interac, EDI
(Electronic Insurance Claims)

Maison Inuksuk House

By Jane Heintzman

Many readers are undoubtedly familiar with St. Margaret's Anglican Church in Vanier, a diminutive but beautiful stone building nestled at the corner of Montreal Road and Cody Street (one block west of the LCBO). St. Margaret's dates back to 1887 when Lady Macdonald, wife of Sir John A., laid the cornerstone for the building. The church remains an extraordinarily active centre of community life in the area, and currently serves as spiritual home to several different linguistic groups.

In addition to its regular English language Sunday service at 9:00 am for the surrounding parish in Vanier, St. Margaret's hosts an 11:00 am Sunday service in French for the congregation of St. Bernard de Clairvaux which was obliged to move out of St. James Anglican Church in Gatineau when the latter closed its doors several years ago. Yet another group will have moved to St. Margaret's in late January when a Mennonite congregation is scheduled to begin regular Sunday evening services at the church.

Apart from its role as a hub for both French and English congregations in the area, St. Margaret's is an important



Rev. Roger Briggs conducted a special service in Inuktitut this past Christmas at St. Margaret's. (Seen here with a parishioner.)

focal point for Ottawa's growing Inuit community, many of whom are residents of Vanier, and several are prominent members of St. Margaret's parish. Once a month, a group from the Inuit community meets at the church for a meal and gathering conducted in Inuktitut and presided over by the **Reverend Roger Briggs**, who recently celebrated a special service in Inuktitut at St. Margaret's this past Christmas.

With an Inuit population of from 2,000 to 2,500, Ottawa is the largest Inuit community in southern Canada, and home to many young Inuit pursuing training and education programs. A number of Inuit social

service organizations are currently concentrated in Vanier, including a resource centre and daycare right around the corner from the church. Since about 7 out of 10 Inuit in Canada are members of the Anglican Church, it is perhaps not surprising that St. Margaret's has become one of the focal points for their spiritual and cultural life.

When **Canon Bill Prentice**, Director of Parish and Diocesan Services for the Anglican Diocese of Ottawa, became aware through his ministry of the struggles among many Inuit to find adequate, affordable housing in Ottawa, he and a number of other colleagues were inspired to pull together a working group to explore the possibility of developing a portion of the St. Margaret's Church property as an Inuit centre, offering both adequate housing and communal facilities to this growing community.

Over the course of the past few years, the idea has gradually taken shape as the core

group worked in close collaboration with members of the Inuit community and the social services agencies which support them, as well as with the Anglican dioceses of both Ottawa and the Arctic, to develop a specific proposal for the site, assisted by \$100,000 in pre-development CMHC funding. Last fall the group officially incorporated as **Maison Inuksuk House**, and in late October, a public meeting was held to explain the proposal to the community and unveil concept drawings of the centre prepared by **Anthony Leaning of CSV Architects**.

The current proposal envisions a mixed use facility consisting of a six story, 45 unit apartment building to be constructed on property now in use as a parking lot, with some additional retail space fronting on Montreal Road, and community meeting space on the main floor. Other ideas currently in circulation are proposals to create an Inuit art gallery and deli at Maison Inuksuk House. The existing Parish

CSV design is an enormous 70 foot Inuksuk at the entrance on Montreal Road, underscoring the central role of the proposed building as a home and cultural hub for the Inuit community.

At the moment, the group is awaiting a response from the federal and provincial governments with respect to the all important question of capital funding to get the project off the ground. In an interview last fall with the CBC's Adrian Harewood, Canon Prentice estimated that if all goes well and a decision on funding is rendered sooner rather than later, the building could be up and running as early as 2010.

Improbable as this may sound given the track record of governments in the speed department, perhaps there may be grounds for some optimism in light of the enthusiasm of governments at all levels for getting "shovels into the ground" to counteract the impact of the current recession.

We look forward to seeing how the project unfolds in the coming months, and wish the



Maison Inuksuk House.

Courtesy of CSV Architects

Hall of the church would be replaced by new facilities integrated into the new structure. Unquestionably the most striking architectural feature of the

participating Inuit members of the group well in their efforts to create a facility that truly responds to the needs of their community.

UNIQUELY CANADIAN jewellery

799 Bank St. 613.233.2065
2nd level, Rideau Centre 613.562.0101
www.magpiejewellery.com

magpie jewellery

Kavanaugh's Esso
Providing Automotive Repair Services Since 1954
Services provided by
Certified Automotive Repair Technicians

TECH-NET
Professional
Auto Service

RUST CHECK

222 Beechwood, Vanier 613-746-0744

- Motor Vehicle Inspection
- Wheel Alignment
- Air Conditioning Specialist
- Specializing in Steering, Suspension and Brake Repairs
- Repairs made to Domestic and Imported Vehicles
- General Repairs by Licensed Technicians

Lester's
Your neighborhood
Barber shop

OPEN 7 DAYS
to serve you better!

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

Tel: 613.745.9623

3 Barbers
Clean Cuts

Young Children
Are more than
Welcome
(Thomas train + Lollipops)

Cassoulet: Comfort Food in the Economic Downturn

By André Sanche
Brand Manager, Mackay
Street Epicuria

With the sudden slump in the economy coinciding with the drop in temperature, I find myself looking to prepare richer, heartier meals without having to break the bank.

Taking less expensive cuts, such as a shank or shoulder, and braising them with hearty vegetables and rich wines helps to tenderize otherwise tougher cuts of meat.

Braising consists of browning the meat and placing it in an oven safe dish with a small amount of liquid in the bottom, covered and baked on low heat over a long period of time.

Braising not only helps to keep the cost of food down, but it also makes use of any ingredients that may be lying around, such as dried beans, and still finishes with very intense flavours.

The recipe below is for a new seasonal dish on our menu called **Lamb Shank Cassoulet**. Inspired by Gordon Ramsay, this dish is slow-baked and every ingredient is meticulously chosen for its balance of flavour with the lamb. Since this dish is *always best the day*

after it is prepared, I like to make it the day before and then pull the meat off the bone and serve it to four of my closest friends, my wife and myself.

Breaking it down over three days makes this an easier recipe to prepare.



Lamb Shank Cassoulet

4 lamb shanks (each under 1lb)
Canola oil
12-15 small Vidalia Onions, blanched and peeled
3 Garlic cloves, chopped
2 tbsp Fresh Thyme, chopped
100g Double Smoked Bacon,

½ inch cube
1 cup White Wine
1 litre Chicken stock
1 large can Canadian tomatoes
2-3 Garlic Sausage, sliced ½ inch thick
2.5 cups dried Great Northern Beans

**Remember to season this dish only just before serving as the salt will prevent the beans from softening.*

2 Days Before Serving

Soak beans in 7 cups of water overnight.

1 Day Before Serving

Strain beans into heavy-bottomed pot. Cover with fresh cold water, bring to a boil and simmer 15 minutes, strain and set aside.

Preheat oven to 275° F.

In a cast-iron pan, brown shanks in a small amount of oil and set aside in heavy-bottomed pot.

In the same pan, over low heat, brown bacon, sausage and onions and set aside with shanks. Add thyme and garlic to pan and cook 2-3 minutes. Deglaze with white wine and chicken stock, add tomatoes, and cook out 5-7 minutes over medium heat, reducing liquid

by half.

Add everything, including strained beans, to large pot. Stir, ensuring shanks are submerged. Cover and put into oven until both beans and shanks are tender (2-3 hours). Season well. Remove shanks from bean mixture and cool.

Day of Serving

Slowly re-heat beans in a heavy-bottomed pot. Warm meat in oven, covered, 20-25 minutes.

Meanwhile, grill thick slices of rustic bread. Once grilled, rub with a raw clove of garlic. Set aside.

Spoon bean mixture into the bottom of individual shallow bowls, setting warmed meat and bread ovetop. Drizzle with good quality olive oil.

Enjoy! And don't forget to keep your eyes on our upcoming menus as we are incorporating more and more local ingredients where we can.

Visit The Burgh Online!

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

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



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

www.newedinburgh.ca

1 Beechwood Avenue, Ottawa

Phone: 613-748-9657

NEW EDINBURGH

20th Anniversary!

PUB

NEW DAILY SPECIAL > BIG SCREEN > SENS GAMES > NTN > SCOTCH BAR
> LARGE SELECTION OF DRAUGHT > NEWLY DESIGNED ROOF TOP BAR

MONDAYS: 1/2 PRICE PIZZA + TALLBOYS FOR \$3.99 FROM 4 PM – 1 AM
TUESDAYS: WING NITE – .40 EACH
WEDNESDAYS: PERSONAL PITCHERS OF DOMESTIC DRAUGHT \$5.95 KIDS EAT FREE FROM 4 PM – 8 PM (12 & UNDER)
THURSDAYS: WING NITE # 2 – .40 EACH
FRIDAYS: CHEF'S SPECIAL
SATURDAYS: 2.4.1.FAJITAS
SUNDAYS: BRUNCH FROM 10:30 AM – 1:30 PM
 BUY A PITCHER AND PAY HALF PRICE FOR YOUR NACHOS. ALL DAY.

\$1.00 FROM EVERY NEW EDINBURGHER WILL BE DONATED TO JUVENILE DIABETES FOUNDATION TO HELP FIND A CURE

A New Challenge for Heather Maclachlan

By Jane Heintzman

Shortly before Christmas, the almost unthinkable happened at **Mackay Street Epicuria**. Former co-owner and Director of Catering **Heather Maclachlan** officially retired from her post after selling her portion of the business to **Tracey Black**, who remains as sole owner. Heather then headed home to spend what must have been her first truly restful Christmas in nearly two decades.

Heather has been an important presence in our community since 1990 when she formed a partnership with **Cindy Ryley** to create Ryley Maclachlan, a comparatively small but highly regarded prepared food operation which was the precursor to the present bustling business at Mackay Street Epicuria. In those days, there were no massive kitchens full of enterprising chefs and cooking assistants or teams of friendly staff at the retail counter. Heather and Cindy did it all, working more or less solo, shouldering the burden of all aspects of the operation from sales to cooking, purchasing, and no doubt even lifting and hauling boxes. When Cindy retired from her role in the operation in 1997, Heather remained to carry on the business which gradually

morphed into the Epicuria that continues to flourish today.

Throughout her two decades in the corporate world in Ottawa, Heather has achieved remarkable distinction, serving for a term as President of the Women's Business Network, and in April 2008, receiving the Business Woman of the Year Award in the Entrepreneur category. It seems clear that the formidable energy and skills behind her successful career in the business world are unlikely to lapse into the dormancy of a leisurely retirement. And indeed, that isn't about to happen.

While Heather's ultimate future plans remain somewhat unresolved, she has a clear and explicit short-term goal. Last Fall, Heather became Chair of the Fundraising Committee of **L'Arche Ottawa**, one of the 27 plus communities of L'Arche Canada, which in turn is part of a much larger world-wide L'Arche organization founded in 1964 by revered humanitarian Jean Vanier. Heather has been involved with the organization since her daughter Margaret became part of a L'Arche Canada community, and is now eager to take the fundraising bit between her teeth and devote as much time and energy as she can to boost-

ing the profile of the organization and developing solid corporate relationships to support its work. She is already enrolled in two evening cours-

Many readers may be familiar with the work of L'Arche, and with its distinguished founder, Jean Vanier, who was recently named "Nation Builder of

settings that are integrated into local neighbourhoods. L'Arche communities are open and welcoming to all, and designed to ensure that each member of the community is cherished as an individual, and is able to make his or her own contribution to the life of the whole.

The L'Arche idea grew out of Jean Vanier's profound distress at the isolation, institutionalization and loneliness of people with developmental disabilities. The movement began modestly when Vanier invited two men from a nearby institution to share his own home, which he named "L'Arche" ("the Ark" of biblical origins). The idea swiftly caught on, and since those early days 45 years ago, the organization has expanded to encompass 130 L'Arche communities in 34 countries around the world.

L'Arche Ottawa, for which Heather has become Fundraising Chair, was launched in 1972 and is now a community of 30 core members and a staff of about 27, operating predominantly in French. The community consists of 7 homes and a spacious community centre, and according to Heather, it continues to grow and thrive. If you are interested in finding out more about the organization, or better still, supporting its wonderful work, check out the website at www.larche.ca, and click on the link to the Ottawa community.

Farewell Heather, and our thanks for your outstanding contribution to the life of our community over the past 20 years. Best of luck in your new endeavours, and please keep us posted on your progress at L'Arche Ottawa.



Heather Maclachlan.

es on Fundraising at Algonquin College, and in late January will represent the Ottawa Chapter at a major conference in Montreal for L'Arche communities throughout Canada and the U.S. (so much for a relaxed retirement!)

2008" by the *Globe and Mail*. If you haven't heard about this remarkable movement, the organization is devoted to creating community living environments for people with developmental disabilities, focusing on small groups in family-like

CELADON
salon & spa

Replenish. Rehydrate. Restore.

Facial and Body Polish \$115

Treat Your Valentine to
the Celadon Spa Experience

HAIR - SKIN - BODY - NAILS

373 St. Laurent (at Hemlock)
613 746-3500 celadonspa.ca

ManorPark.ca

Manor Park
PLAYSCHOOL

"Where children laugh, learn and play."

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

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

* St. Brigid and Manor Park schools

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

Gift
Certificates
Available

Give the gift
of sight!

178 Beechwood Ave.
613-749-0481

www.bwopt.com

90th Birthday Celebration for Celebrated 'Burgher

By Michal Crawley

Peter John Bligh Cock (he is indeed a descendant of John Bligh of mutiny on the Bounty) was feted last October by his many friends and admirers at a fabulous party hosted by 'Burghers' Philip MacAdam and Jean Bellefleur. The planners included Joan Andrews, John MacAdam, Jim Turpie and me.

Peter has lived in the Burgh since 1964. He has led a life filled with adventure, humour, thoughtfulness and optimism.

His parents, Harry and Nancy, moved to Canada in 1912 where Harry joined the Royal Canadian Regiment. His sister Pamela was born in Halifax in 1913, his brother Tony in 1916, Peter in 1918, both in England, and sister Molly in 1928 in Calgary. Military families are peripatetic. In 1930, they were back in England where Peter spent the next seven years in boarding school before returning to join the family in Saint John in 1937.

"Now that you are educated you can get a job, so which of the forces are you planning to join, Army, Navy or Air force?" said Harry, Peter replied that he wanted to be an artist! He enrolled in art school, but ever a dutiful son, he joined the Royal Canadian Navy Volunteer Reserve as a midshipman.

In 1939 Peter was called up and was shortly aboard the destroyer HMCS Skeena on his way to England. By 1941, as second-in-command of the corvette HMCS Kenogami he spent 2 years escorting convoys across the Atlantic.

He was part of the escort of the storied convoy SC42. This slow-moving convoy of 66 ships spread over 30 miles of ocean had only four escorts. Admiral Doenitz ordered 21 U-boats to attack and sink it.

During a battle of 7 days, 16 merchant ships and their crews were lost.

In February 1944 he joined the crew of the destroyer HMCS Algonquin attached to the British Home Fleet in Scapa Flow. Algonquin escorted larger warships and aircraft carriers bombing the German battleships hidden in the Norwegian fjords. In May, Algonquin sailed to Portsmouth to prepare for the invasion. On June 5th Captain Desmond Piers, assembled his crew and announced:

"Tomorrow is D-Day... I have the great honour to advise you we have been chosen to be in the spearhead of the invasion... We will be at the point of the spear". And so they were at Juno Beach. Should you see Peter, you might ask him about martinis on D-Day.

After the invasion Algonquin



Peter and his beloved dog Tred.

sailors.

In 1947 Peter, then the youngest Lieutenant-Commander in Canada's Navy, returned to civilian life. He was 28 and had never had a job. What to do?

That year he joined Crawley Films Limited. Over its 47 years the Ottawa company became Canada's largest independent film producer—with more than five thousand films and 255 national and international awards to its credit. Peter produced many films at Crawleys including one which starred a young actor named Christopher Plummer in his first film role.

His film career took him all over Canada, and to the US, Indonesia and Kenya. He taught film courses at Algonquin and lectured at Carleton and St. Paul University.

Peter produced, pro bono, a video entitled Parks not Pavement as part of New Edinburgh's campaign against the proposed extension of the Vanier Parkway through Stanley Park. It won the national Canadian Cablevision prize for best public service production, and helped convince the

Ontario Municipal Board to cancel the proposed extension.

After his so-called "retirement" Peter discovered a new, undreamt of role, that of New Edinburgh dog owner. When his elder sister moved from Kingston to The New Edinburgh retirement home he had to adopt her Schnauzer, Fraser, who was ten years old. He had never owned a dog. How I recall the complaint - "Oh God! I have to take the dog!"

Peter discovered a whole new facet of life. Adopting Fraser brought Peter total responsibility for a "man's best friend" and a whole new

host of friends and source of three times daily walks. When Fraser died it took a while of grieving, but, in 1984, an adorable Schnauzer pup, the one and only Tredennick (also known as Tred, Treddy or Tredums depending on how he behaved) came into his life. Tredennick was Peter's father's middle name. Peter and Tred were a combo and a landmark in Stanley Park for 13 years. Tred died in 2007.

To paraphrase Shakespeare — time may have withered Peter, but custom has not staled his infinite variety!

To Peter! A jolly good fellow in every sense of the word.



Peter John Bligh Cock, ca. 1923.

returned to Scapa Flow, a base for the notorious Murmansk Run. Convoy escort to the Russian port was a dangerous job as the enemy used U-boats and aircraft to prevent the supplies from getting through. One night Murmansk saw an unusual hockey game between the Russians and Canadian

Rockcliffe Bistro
Restaurant - Catering

613-745-3319
319 St. Laurent Blvd.

*Fine Dining
Relaxed Atmosphere*

ROCKCLIFFE BISTRO
\$10 TEN DOLLARS
GIFT CERTIFICATE

Limit 1 certificate per couple with 2 dinners and salads.
Not valid with any other promotions, dining in only.
Valid Monday to Thursday. Expires Feb 26, 2009.

www.rockcliffebistro.com

ad design by i GAS GRAPHICS @ROGERS.COM

NANCY BENSON.COM
Sales Representative

613.747.4747

SPECIALIZING IN UNIQUE HOMES

KELLER WILLIAMS
OTTAWA REALTY LTD.
BROKERAGE, INDEPENDENTLY OWNED AND OPERATED

610 Bronson Ave., Ottawa ON K1S 4E6 613 236 5959

The Coffee Teen: Music with Heart



By Will Brereton

In the ever-changing world that we live in, music can play a prominent role in terms of empowering people through creative means.

I am pleased to say that I have developed a good friendship with a pianist who, thanks to Help Lesotho, has found a humanitarian cause to donate some of the proceeds of her debut CD. And, it is through Help Lesotho that I discovered this pianist and her unique compositions.

The esteemed pianist is Lenore Dixon and she resides in Belleville, Ontario. She is in her mid-sixties and started composing music very late in life. With a long history in music, Lenore has a huge passion for her job where she works as the Minister of Music (organist and choir director) at St. Mark's United Church in Cannifton, Ontario.

When asked about what inspired her to compose, Lenore explained, "Since I had experienced 'the joy of music' and knew it as the language of my soul, I wanted to share that with others. That language took shape in the form of the now 'crowning glory' of my musical career, namely, the production of a CD of original piano compositions. These compositions were inspired by the birth of my fourth grandchild; he was the first child of my first child."

In October 2006, Lenore released her first album entitled *The Greenleaf Variations*. The connection to Help Lesotho came about when the founder of Help Lesotho, New Edinburgh resident Peg Herbert, visited Belleville in 2004.

Lenore's debut album also included a song composed for the CD which revolves around her relationship with her 'daughter in Lesotho', Tebello.

"I can best speak of that relationship with Tebello through the song that I composed for her called *Tebello of Lesotho*. Because of that song, my life has been enriched having known that Tebello has listened to 'her song' at the orphanage; that the CD bearing that selection has traveled

to almost all the continents; and that many people have become aware of the country of Lesotho as a result of the CD," explains Lenore.

Lenore's goal is to eventually release a second CD (date to be determined) dedicating a portion of the sales to the work of Help Lesotho, particularly the Bytown Orphanage project and the work of Sister Margaret, located on the outskirts of Maseru, the capital of Lesotho.

Help Lesotho has allowed the story of the Basotho people to be known about throughout Canada and the rest of the world. Donation of CD proceeds and spreading awareness of Lesotho through music has been done by a number of musicians around the world; all with good cause and heart for achieving Help Lesotho's goals.

My friend Lenore also helps to support my love for coffee. When I visited Belleville on Boxing Day before heading up to visit old friends in Ottawa, we concluded the visit in Belleville by heading to the one Starbucks located in the town. Out of curiosity I asked, "What is your favourite coffee shop and why? Lenore appropriately responded,

"I must admit that I enjoy



Lenore Dixon recently sat down with the Coffee Teen (aka Will Brereton) to discuss her music CD.

the atmosphere of the local Starbucks coffee shop in Belleville. The people who work at this location are warm and friendly—recognizing me, now, as one of the regulars! I stop in once or twice a week for my favourite drink, a Tall Ristretto Latte! I like lots of milk and minimal caffeine."

Lenore Dixon is a wonderful pianist, storyteller, and a good friend to have. Her music has travelled to many parts of the world and has even attracted the attention of the Lesotho High Commission in Ottawa. Her sense of care and love for the Basotho is admirable.

It is my hope that other people

can follow Lenore's example and, through music, be empowered to inspire change resulting in more compassion.

Lenore has a website where you can learn about updates in her musical career, life in general, and what she is continuing to do in order to help inspire change. You can listen to Tebello of Lesotho at www.reverbNation.com/lenoredixon. Also, you can still purchase CDs through Lenore!

Feel free to check out my blog: www.thecoffeeteen.blogspot.com and look for the page where I originally wrote about Lenore in early January 2008.

MACDONALD-CARTIER ACADEMY

FOR A LIFE OF *Infinite* CAPACITY

Macdonald-Cartier Academy (MCA) is one of the most respected, coveted, and genuine junior high school French Immersion educational institutions in the nation's capital.

From science to the humanities; sporting activities to cultural events – MCA develops and perfects the problem solving methods, study habits, time management, and social skills a child needs to confidently address the challenges inherent to continuing educational endeavors, career, and life.

- Private – Co-educational – Grades 7 and 8
- 16 students per class – Personalized attention
- Structured, rigorous, explorative environment rich in academic, physical and cultural curricula
- Equal student intellectual levels allow an unfettered educational pace
- Unrivaled and equal proficiency in Canada's official languages

At this pivotal chapter in a child's development, MCA students learn to learn – prepared for the next level of their education, and readied for a lifetime of learning that is virtually infinite.



For confidentiality, comfort, and accurate assessment, entrance examinations are administered on an individual basis.

For further information, please contact:
Jean Mantha, Headmaster
Macdonald-Cartier Academy
270 Crichton Street
Ottawa, ON K1M 1W4
Tel: (613) 744-8898



www.mcacademy.ca

Ottawa Public Library Bibliothèque publique d'Ottawa

Rockcliffe Park Branch
380 Springfield Road 613-745-2562

Winter 2009 Programs

Sonia Doyon
Public Supervisor
sonia.doyon@bibliooottawalibrary.ca

Children's Programs

Please note that Storytime will be offered on Monday mornings starting in March.

English Storytime (3-6 years old)

Stories and rhymes for young children. Parents and caregivers are welcome to join in. Mondays March 9, 23 and 30 at 10:00 am.

Bilingual Toddler Time (2-3 years old)

A story-based program for toddlers and a parent or caregiver with rhymes, songs and games. Mondays February 2, 9 and 23 at 10:30 am

Bilingual Babytime Sessions (0-24 months)

A program for babies and their parents or caregiver with stories, rhymes, songs and games. Mondays January 12, 19 and 26 at 10:30 am.

Adult Book Chats - Between the Lines (meeting start at 7 pm)

Drop in at the library for an informal chat about great books and authors

January 8th *The Good Doctor* by Damon Galgut

February 12th *Their Eyes were Watching God* by Zora Neale Huston

March 12th *Eleanor Rigby* by Douglas Coupland

Get Ready for a Winter Adventure of Shakespearean Proportions!

Don't miss Jesse Buck in the

Tickets are available now at the Gladstone Theatre Box Office, open Tuesday to Friday, 10am-4pm. Call 613-233-4523 or order online at <http://thegladstone.ca/>.



THINKING OF A
NEW KITCHEN?

**Don't miss this free
information session
February 25th, 7:30pm,
at the Rockcliffe
Community Centre
380 Springfield Road**

DESIGN EXPERTS REVEAL

- The seven biggest kitchen reno mistakes
- How to stay within your budget
- If you can go completely green
 - Two sinks, two zones
- Ergonomic solutions to the triangle question
- Which trends will still be fresh in ten years



230
CUSTOM KITCHENS

call Jan Ervin Kent at 613-731-8646
or visit www.2gokitchens.ca
to reserve a seat

For the Birds



By Jane Heintzman

In the final weeks of 2008, I had the pleasure of watching the late migrating water fowl plying the Rideau River in front of our house on Stanley Avenue. In late November and early December, **mallards**, **Canada geese**, **hooded mergansers**, and **common goldeneye** were still regularly in evidence on this stretch of the river, the latter two appearing in mixed flocks to share diving space in front of the former City Hall. (Several times I came across the entertaining, if slightly undignified spectacle of a flock of a dozen ducks, all backside up like a group of synchronized swimmers!)

The **common goldeneye** is one of the last ducks to migrate in the fall, and normally winters as far north as open water can be found. The male has a black back and head with a distinctive circular white spot on its cheek, distinguishing it from the much more rare **Barrow's goldeneye** which has a larger white facial marking. While I have never had the good luck to spot a Barrow's goldeneye, there were a number of reported sightings in the area this fall, including one in nearby **Riverain Park** on December 10. Now in the depths of winter, I am missing the companionable sound of quacking outside my front door, and looking forward eagerly to the ducks' return in spring.

Life at our backyard feeders has been bustling in recent weeks, with the usual cast of characters in evidence at this time of year, including the ever present **black-capped chickadees**, **American goldfinches**, **cardinals** (who have greeted our new safflower seed feeder with special enthusiasm), **white breasted nuthatches**,

streaky little **pine siskins**, **common redpolls**, and hordes of **European house sparrows** whose bullying habits are frequently a deterrent to other more attractive species. Regrettably, pigeons have also turned up in significant numbers, but through a combination of strategic measures (including unleashing my two energetic Labradors to give chase and repositioning the feeders), we have made some progress in discouraging their visits. A Cooper's hawk has also appeared on several occasions this year, making the garden even less welcoming to these ungainly critters.

In the course of my winter walks, my notable sightings have included a **tan morph white throated sparrow** in late November; a small group of **song sparrows** not far from Earncliffe on Sussex Drive; an enormous flock of **American robins** in the Rockeries in early December, hurtling around in noisy and chaotic motion with a smaller group of **white-breasted nuthatches** and **black-capped chickadees**; a **red-shouldered hawk** (heard not seen); a swarm of screeching **American crows** frantically circling what I assume was probably a **great-horned owl** in the Pine Hill Woods; and numerous **pileated woodpeckers**, one of them oddly situated at the very top of a decaying tree.

To the complete delight of several residents of the Burgh, including **Edwin Daudrich**, **Jill Hardy**, **Philip McAdam** and yours truly, a number of **American robins** has lingered in our neighbourhood this winter. They were spotted in Jill's garden on Boxing Day, and several days later (on January 3 in our case) at the Sussex Drive end of the neighbourhood. On January 4, Edwin Daudrich sighted a group of 7 robins on the roof of Mackay United Church at Dufferin and Mackay. The pair which lighted in our garden were robust and brilliantly coloured and obviously in command of a



Photo: Wade Clare

Pine siskin.

sufficient food supply. While they appeared to go nowhere near our feeding stations, they concentrated their efforts on our mountain ash and crabapple trees to bulk up on berries like the **bohemian waxwings** that are around in large numbers this winter. Please let us know if you spot robins in your corner of the neighbourhood as the winter unfolds (janeheintzman@hotmail.com or newednews@hotmail.com).

This year's **Ottawa Christmas Bird Count** took place on December 14, resulting in reports from participants of record high numbers of **wild turkeys**, **bald eagles**, **pileated woodpeckers**, **northern ravens**, **dark-eyed juncos**, **Northern cardinals**, **white-winged crossbills** and **American crows**, of which 34,000 were tallied on the day of the count.

Books on Beechwood's Jean Barton spotted **wild turkeys** here in town this winter, and was astonished to come across a group rooting around just off the Vanier Parkway close to the Queensway. The wild turkey population in North America has recently bounced back since its precipitous decline in the early part of the last century. These awkward creatures, which were Benjamin Franklin's surprising choice as the national bird of the United States, subsist on acorns, nuts, seeds, fruits, insects, buds, fern fronds and seemingly anything within pecking range in their foraging areas on the ground.

Ottawa Becomes Owl Capital in the Winter of 2008/2009

The toast of the birding world here in Ottawa this winter is unquestionably the **Northern hawk owl** which has made regular appearances both in

Gatineau and in Shirley's Bay and the Grandview/Carling area since mid-December. The hawk owl is a resident of the boreal forest region, but in times of food scarcity when its preferred diet of voles and other small mammals is in short supply in the north, as is reportedly the case this year, it moves southward in search of better pickings. This fellow hunts both at night and in broad daylight, and can detect its prey at distances of up to 800 metres. If you happen to be one of the small mammals on its menu, you can't rely on the winter to provide protective cover from this skilful predator, as it can plunge through a thick snow crust to find and seize its prey under a foot of snow cover.



Photo: Francine Streeting
Northern Hawk Owl.

As legions of enthusiastic local photographers have discovered over the past month, the Northern hawk owl is far from camera shy, and indeed seems to enjoy the limelight, in one instance swooping right up to photographer **Brendan Toews** and attempting to land on his camera! We have had the good fortune to receive no fewer than 16 magnificent photographs of this impressive raptor by two of Ottawa's finest bird photographers, **Wade Clare** and **Francine Streeting**. They have given us a close up view of the owl in such an extraordinary variety of poses (including a series of four images by Wade Clare in which it caught and devoured a large mouse—gory but spectacular!)

Reports from Our Readers
Local birder **Edwin Daudrich** reported a rich and diverse range of species on his bird list over the past two months, including a number of sightings

of the camera-loving **Northern hawk owl** at Shirley's Bay in mid-December. The Shirley's Bay area proved to be a prime birding location in late fall and winter, and in November, Mr. Daudrich's feathered finds there included a **horned grebe**, a **red-throated loon**, (both birding firsts for Mr. Daudrich), **American tree sparrows**, **hairy and downy woodpeckers**, **white-breasted nuthatches**, **American goldfinches**, numerous **blue jays** and **black-capped chickadees**, **mallards**, **Canada geese** and **bufflehead ducks**.

In his December visits to Shirley's Bay, Mr. Daudrich encountered many of the same cast of characters, but also a number of a new species (apart from the Northern hawk owl) including a group of a dozen **pine grosbeaks**, **cedar waxwings**, **dark-eyed juncos** and a massive flock of **ring-necked gulls** heading south. Along Carling Avenue, he also sighted an **all brown Rock Dove (Pigeon)** which is apparently something of a rarity.

Elsewhere in the area, Mr. Daudrich's late fall/winter sightings have included **common goldeneye**, **red-breasted mergansers**, **common mergansers**, **green-winged teal**, **hooded mergansers**, **lesser scaup** and **bufflehead** at Andrew Haydon Park; a **rough legged hawk** on Armstrong Road as well as a **white-winged scoter**, **ring-necked ducks**, **hooded mergansers** and **common mergansers** on the Armstrong Road pond; a comparatively "tame" **pileated woodpecker** and 20 **house finches** at Mud Lake, and 12 **common goldeneye** and a solitary **black duck** on the Ottawa River.

Mr. Daudrich also reports that **snowy owls** have recently moved into the area thanks to the shortage of lemmings, voles and other small mammals in the boreal regions, and suggests that we can soon expect an influx of the **great gray owl** in larger numbers. Special thanks to Mr. Daudrich for providing us with a series of marvelous photographs by his friend Wade Clare.

 <p>VICTORIA ISLAND REALTIES INC. REAL ESTATE BROKERS</p> <p>613-742-9319</p>	<p>PETRIE'S LANDING BUILT BY BRIGIL WATERFRONT CONDOMINIUMS ON THE OTTAWA</p> <p>For an exclusive presentation of a select number of Riverview Apartments in Orleans call Victoria Island Realties at 613-742-9319.</p> <p>Priced from \$459,000</p> <p>Michael 613-255-7779 Lada 613-266-1057 Knud 613-884-7676</p>	 <p>Tower #1 Spring Occupancy</p> <p>24/02/2009</p>
--	--	---

News from the Macoun Marsh

St. Laurent Academy teacher and ardent naturalist/nature photographer **Mike Leveillé** spotted a noisy **Carolina wren** at the Macoun Marsh shortly before Christmas on December 10. This chatty fellow apparently has one of the loudest songs per cubic centimeter of bird, and is readily identified by its incessant *tweedle-tweedle-tweedle* prattle. The Carolina wren's range has moved steadily north with the warming of the climate, and it is now common in urban areas, frequently nesting close to houses in hanging plants rather than in the safe seclusion of a bush or tree.

Also spotted at the Marsh were **black-capped chickadees**, **cardinals**, **mourning doves**, **downy woodpeckers**, numerous **European starlings**, a **white throated sparrow** (tan morph), **common redpolls**, **house finches**, **goldfinches**, **dark-eyed juncos**, 2 **tree sparrows**, a **Cooper's hawk**, a **Barred owl** that appeared on Boxing Day and allowed itself to be photographed at close range, and a flock of 20 **bohemian waxwings** that swept in on New Year's Day.

The **Barred owl** has a particularly distinctive call, often characterized as *Who Cooks For You?* or *Hoo-Hoo-to-Hoo*, and its breast feathers may frequently have a pinkish tinge which some ornithologists have attributed to its habit of wading in the water to catch crayfish.

Nature's Encounters

Manor Park naturalist **Dave Collyer** reports that there are plenty of back yard feeders



Photo: Mike Leveillé
Carolina wren.

in operation in the community this winter, attracting the usual cast of characters such as **black-capped chickadees**, **white-breasted nuthatches** and **Northern cardinals**. In his birding explorations around Beechwood Cemetery, Mackay Lake and the surrounding woodlot, and Mile Circle, Dave spotted 35 **bohemian waxwings**, 40 **common redpolls**, half a dozen **pine siskins** and a flock of 30 **white-winged crossbills** feeding high up in a tree on Hemlock Road.

The **white-winged crossbill** is a hefty finch with a thick, curved and notched bill with crossed tips adapted for extracting the seeds from the cones of conifers. The male is red or pinkish with black wings and two prominent white wing bars, while the female is yellowish-green with the same markings. The crossbill is noted for travelling great distances to follow the cone crop from place to place, so its presence in Ottawa this year suggests a comparatively rich cone supply in our area.

Dave also encountered a **Barred owl** while making his way to the feeding stations at the Macoun Marsh, so perhaps the fellow that Mike Leveillé came across at the Marsh on Boxing Day has decided to stick around for a while.

Alexander Street resident **Philip MacAdam** spotted what he believes to have been a **Northern goshawk** consuming its prey on a perch on Union Street between Stanley Avenue and River Lane. While he initially thought it might be the more common **Cooper's hawk**, the blue-gray tinge to its back and breast suggests that it may indeed have been the much more rare goshawk,

feasting no doubt on the rabbits and squirrels that frequent our back lanes.

Philip's home at Alexander and Thomas is "Cardinal City" at this time of year when these dazzling beauties flock to his safflower feeder in large numbers. He also reports a regular contingent of various **finches** at his nyjer feeders, but like most of us, he is plagued from time to time by a **pigeon** infestation. If you would like to secure your feeding stations against these and other unwelcome visitors (squirrels come to mind), **Wild Birds Unlimited** has a



Photo: John C. Carlson
Northern goshawk.

couple of excellent suggestions described in the Business Briefs column in this issue.

Birding reporter **Vicki Metcalfe** was once again on the road this year, and has filed a separate report on her fascinating sightings in **Belize** over Christmas. As the spring rolls around, we look forward to her future reports from her next destination, **Jekyll Island, Georgia**, a prime spot on the Atlantic flyway.

Happy New Year to all, and please remember to send us your sightings of the first returning migrants as the spring approaches. In the meantime, the bone-chilling cold of the week in which I write this column prompts me to urge all fellow birders in the community to keep their feeders well stocked with protein- and fat-rich seed and suet to help these vulnerable little creatures survive the rigours of the Ottawa winter.

Birding in Belize

Report From an Exotic Location

By Vicki Metcalfe

Dennis and I spent Christmas week in **Caye Caulker, Belize**. It's not much more than a sandbar in the Caribbean - no cars, just half-wrecked bikes, golf carts and a whole lot of barefoot strollers. We saw a great variety of underwater species and some wonderful birds. We hadn't taken our bird books and had only a plasticized sheet with 60 pictures on it, combined with an old Peterson Eastern Birds and a checklist of Caye Caulker birds borrowed for a day, to help us. (Life list birds are marked with an asterisk.)

Seabirds: We spotted **Laughing gulls** and other small gulls including **Bonaparte's** (it was hard to tell in their winter colours), **common brown pelicans** and **double-crested cormorants**, and great numbers of magnificent **frigate birds** soaring over the island. One afternoon we watched a man holding up small fish to entice the frigate birds to swoop down. He finished to the crowd's applause by holding one of the little fish in his mouth and having it snatched away! Frigate birds are interesting in that they look absolutely giant in the sky but are really quite small up close.

Shorebirds: **Black-bellied** and **Wilson's plovers**,

Sandwich* and **Royal** (and maybe **Caspian***) **terns**, a single **black-necked stilt*** and a single **clapper rail***, **willetts**, **dowitchers**, and maybe a **whimbrel***. Two **ruddy turnstones**.


Other birds spotted: Many **yellow-crowned night herons**, some close enough to see the large orange eye; **Great** and **little blue herons** and an immature **green heron**; **White ibis** including immature; **Tri-coloured herons**; and just possibly a **bare-throated tiger heron***, though more likely an immature tri-colour; Two **roseate spoonbills** on the wing; and a single **glossy ibis***.

Tree birds: **Cinnamon hummingbirds***; **great tailed grackles***; **yellow warblers**; **mangrove warblers***; a **northern parula**; **Yucatan vireos***; a couple of **osprey** on nests; a **common black hawk***. While kayaking the almost uninhabited north island, we heard what sounded like a large parrot in the mangroves - squawking, whistling, chucking and screaming. As hard as we tried, we couldn't see a bird. Back on dry land, we heard the same sounds and traced them to the **black catbird*** - all 8 inches of it.

And to finish the trip, we saw **Turkey vultures** circling near the airport.



Photo: Wade Clare
Snowy Owl.




ST. LAURENT ANIMAL HOSPITAL


Dr. Thomas Kral Dr. Brigitte Mehlhorn

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

Discover a Refuge in Your Own Backyard



Backyard Birdfeeding
Visit Wild Birds Unlimited for all your birdfeeding needs. Home of the greatest variety and best quality birdfood in town.



Wild Birds Unlimited[®]
Nature Shop

1500 Bank Street, Ottawa, ON
(613) 521-7333

Anjali: India as an Inspiration for Mixed Media

By Anne-Marie and Tony Gaston

Editors Note: December saw long-time New Edinburgh residents Anne-Marie and Tony Gaston back on the trail of arts, antiquities, curiosities and just plain life in South India. After 40+ trips to the subcontinent, they are becoming veteran Indophiles.

We arrived only a week after the terrible terrorist attacks on Bombay, but passing through the airport at Bangalore the atmosphere was relaxed, the greetings friendly. Anne-Marie (Anjali) had been invited to perform "Dance Theatre of the Earth", a mixed-media presentation with dance, video and images, at the National Institute for Advanced Studies, Bangalore. The show explored the beauty, fragility and savage power of nature using environmental themes from Canada woven around the art, stories and majestic scenery of Haida Gwaii and the ancient reverence for nature found in the Rig Vedic Hymns of India, written over 2000 years ago.

The press and the audience were enthusiastic:

"A stunning and memorable

synthesis of innovative choreography drawing upon the many different strands of Indian dance traditions, while at the same time creating a language and idiom uniquely her own, which conveys broader universal ideas. The perfect synchronisation with the very fine visuals added greatly to the evocative power of the performances."

After Tony's lecture at Mysore University on Climate Change in the Canadian arctic we were ready to begin our search for more images and ideas for the new recital to be presented at Ottawa's Arts Court Theatre, in March. We rented a car to travel westwards, through the rugged hills of the Western Ghats, where there are wild elephants, boar and a variety of monkeys. The area is draped in verdant coffee, cardamom and tea plantations and home to parakeets, barbets, hornbills and other colourful birds. We spent a few days exploring, during which the only sour note was provided by leeches which managed to attack Tony, who was wearing open sandals, leaving him trailing blood everywhere.



Next we struck the coast where we swam in the gorgeous warm waters of the Arabian Sea by day and at night videoed and photographed

performances of ritual dances called "Teyyam" in which the extraordinarily costumed dancers go into a trance and begin to channel local deities,

babbling and shouting while their ravings are translated by accompanying priests.

We had seen Teyyam in 1977 and were anxious to compare both the performance and the experience. Since Teyyam uses some of the same movements as one of the dance styles Anne-Marie performs, Kathakali, she wanted to observe innovations and changes. Teyyam is practised by agricultural workers and most events take place in rural areas, often in remote villages accessible only by jeep. In 1979 the villagers had not seen outsiders at these events so they crowded round us making us feel very claustrophobic. The experience this year was quite different. Even though we were the only non-Indians watching, everyone has seen white people by now and the crowd was relaxed.

Many of the Teyyam recitals go on all night. Our longest lasted from 7 pm to 8 am. It was pure theatre: drums, fireworks, torches, fire, incredible costumes, relays of actor-dancers replacing one another continuously and the thunder of the kettle-drums hardly faltering throughout. The finale

RETIRE *in style*

Discover an independent lifestyle which is enhanced by our superb service. We do the work, so you can have the leisure time to enjoy everything The Edinburgh has to offer.


THE EDINBURGH
RETIREMENT RESIDENCE

10 Vaughan St., Ottawa (613) 747-2233

www.reveralliving.com



for one of the sessions included the performer lying on hot coals for several minutes while wearing a costume made of palm leaves, cotton and grass and a huge mask. Despite our long experience in India we found the entire experience amazing and mystifying, by turns grotesque and touching, but there was no doubting the devotion and enthusiasm of the performers, organizers and onlookers. We left before the end having been there for 13 hours. We had rented a car, as there was no public transport to the village which lay deep in the interior. The host at our hotel had arranged for us to be met by one of the make-up artists who helped us navigate the maze of narrow lanes. In fact our driver was very upset when he realized that he would have to stay all night and threatened to leave us there, but he too did not know how to get out in the dark, so eventually agreed to stay until dawn.

Reeling somewhat from our exposure to Teyyam, but inspired, we took a succession of trains to reach the lush, rice-growing region of the Kaveri river delta. Our destination was Kumbakonam, a small market town with ancient temples and the centre of a region famous for the production of bronze sculptures. The industry is booming, with huge sculptures being cast almost daily and shipped around the world to Hindu communities, as well as public spaces like airports, libraries and embassies.

We were fortunate to spend several sessions videoing, photographing and talking to craftsmen in workshops where bronzes were being produced by the more than 1000 year old, traditional "lost wax" process. In this technique, a model is carved in wax and then enclosed in clay that is allowed to bake in the sun. Once cured, molten bronze is poured into the mould, melting the wax, which is caught as it runs off and re-used. Once the

metal has cooled, the mould is broken and the sculpture is 'finished' with a cold chisel and abrasives. We were fortunate to be present one evening when the metal for a large, 1 metre high sculpture was being poured. The crucible containing the molten metal was hoisted on a frame by four men and then poured manually into the mould: a potentially very dangerous procedure. At 1400 degrees, flesh does not burn, so much as vapourize on contact!

Teyyam and bronze casting are only a tiny part of the vast cultural kaleidoscope of India. After 40 years we still marvel at the Wonder that is India. The country has a huge amount to offer the curious traveller, but it can all seem a bit overwhelming at times. The riot of colour, the strange beasts and stranger sounds that inhabit the great temple cities can seem quite impenetrable to a naive visitor. In reality, however, there are a small number of major themes that are repeated in different styles and formats throughout the arts of India and which, with a little background, can be easily discerned. Knowledge of them can enrich any trip to the east, as the art and culture of India has influenced the art and culture of all of South and South East Asia: Thailand, Laos, Myanmar, Sri Lanka, Vietnam, Bali, Indonesia, China. For thousands of years trade has meant an exchange of artistic and philosophical ideas. As the west increasingly looks east for trade it is time for us to know at least some smattering of the art of these countries, helping to forge personal ties and links with the people.

One of the greatest sources for inspiring the dance, art, music and literature in South and South-east Asia is the Ramayana: the story of Prince Rama of Ayodhya whose wife is abducted and who wages a great war to retrieve her. The characters of the Ramayana are archetypes for the teachings of Indian sages of its period:

Rama is the perfect king, his wife Sita the perfect wife and his brother, Lakshman the ideal brother. They confront Ravana, the powerful king of demons. This sprawling epic was created several millennia ago and first written in Sankrit about the same period that Homer was penning his epics. There are also versions in most regional Indian languages, as well as in Khmer, Thai, Lao and Malay. It is an essential element of India's artistic heritage that can be seen throughout South and South East Asia.


A dance based on the Ramayana will form part of Anjali's latest mixed media creation, "Myth, Mime and Mantra" (dance, video, images) which will be presented by Cultural Horizons, a registered non-profit charity at Arts Court Theatre on 20-21 March at 7.30 pm. Using Dance, Video and Images it will give an authentic introduction to the arts of India using a variety of artistic expressions to present ancient tales, as well as

environmental themes. There is a reception afterwards, with Indian snacks, to meet the dancers, musicians, and artists and enjoy some of the art work on display by local artists and NGOs who specialize in the arts of India. Myth, Mask and Mime tickets \$25, \$22 info 613 564 7240, 613 745-1368.; suitable for all over the age of 8 years. Anne-Marie's stage name is Anjali and the presentation will be performed by her and her company

What to expect: sensory

overload: magic and colour of the costumes, vibrant beating of the feet, facial expressions, pulsating rhythms, all wrapped in a package that provides sensitive explanations and background on the arts displayed. As Alvina Ruprecht, the CBC Art Reviewer, said of an earlier recital "You will not only enjoy yourself but you will learn a great deal".

We do hope you will join us at Arts Court, on March 20-21 at 7.30 to celebrate India's immense culture.



Arts Court Theatre
March 20-21, 7.30pm
www.culturalhorizons.ca

613 564 7240 \$25, \$22

Travel the World from Your Own Community Website

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

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

So now when you are planning your next international adventure you can check out

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

Send your travel contributions to newednews@hotmail.com and we will have them posted on the community website.

Happy Travels!

**Pauline
Bogue**

Sales Representative

**Catherine
Bell**

Sales Representative

(613)725-1171

contactus@theottawahometeam.com



**Capital Service
with 28 years of combined
Real Estate experience.**

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

ROYAL LEPAGE

www.theottawahometeam.com

Burgh Business Marketplace

Supporting those who support the community

Caring When it Counts

A Helping Hand in your Home

- *shopping assistance
- *light cooking and cleaning
- *lifts to nearby appointments
- *hand/foot massages
- *guided homework/projects & tutoring



613.746.4884

Michael K. Edwards

Chartered Accountant

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

68 Stanley Avenue
New Edinburgh

Tel: 749-7013
Fax: 749-6603

Fine Chinese Antique Furniture & Reproductions

Centuries old Chinese craftsmanship
All natural, hand rubbed finished



All Furniture 20% Off!

Watermelon Seed

503 Rideau St. (613) 789-3120
watermelonseed503.spaces.live.com
Tues. - Fri. 10-4; Sat. 11-6

Interest-free Financing Available

Rent-A-Wife Household Organizers

"Every working woman needs a wife!"

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

rent-a-wife-ottawa.com

Laurel 749-2249

LEE-ANN ZANELLI
OWNER

BEAUTY MARK

SALON & SPA

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



Evan Lee
Owner/Operator

27 Beechwood Avenue
Ottawa, ON K1M 1M2

613.842.8964 Tel
613.842.4262 Fax
store292@theupsstore.ca

theupsstore.ca/292

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

— Computer Repair - all kinds —

The UPS Store



A.L. PAINTING

With 20 years of painting experience,
Andre Lefebvre knows what it takes to
do the job professionally. So whether it's a
small room or an entire house, Andre will
do the job the right way every time.

Your time is valuable!

Don't waste it painting. Let Andre paint it for you.

For a free estimate call: 613-794-0778

FUOCO CRONIER

CONSTRUCTION • RENOVATIONS

Incorporated in 1986

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

613-744-3801

www.fuococronier.ca
55 Vaughan - Ottawa

Marnie Edwards R.M.T.

Registered Massage Therapist

Serving New Edinburgh, Rockcliffe and Manor Park

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

AND MORE

For an appointment, Call 613-741-3470

Clients may also be treated in the privacy of their homes.

Please call for more information.

10 Braemar St.
Manor Park



16 Pretoria Avenue
(613) 565-0588

PREVENTIVE HEALTH CARE FOR YOUR PET

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

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

LOUIS HUTCHISON

Furniture

Repair, Refinishing, Restoration
On-site Service - Commercial and
Residential



Pick-up and Delivery
Kitchen and Bathroom cabinetry and furniture

Call 613-850-6707 for free estimate
Ottawa/Gatineau area

Pick
CUSTOM • DRIVING

Door to Door Driving Services
Local and Long Distance
By the Hour or by the Day

www.pickcustomdriving.ca
alan@pickcustomdriving.ca
613.232.4900

Six Passengers in Safety and Comfort
Luxury Toyota Sienna
Licensed Limousine



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

*"Some businesses go far
beyond the average standard
in maintaining high standards
of ethical behaviour.
They do what is right
& fair without question,
without compromise..."*

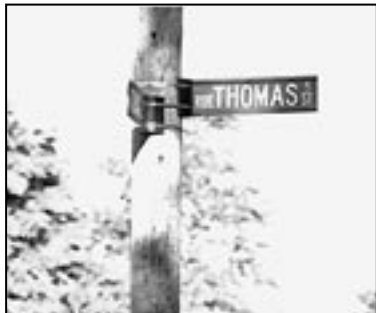
Better Business Bureau

745-8502

From the NEN Archives

Thomas Street at the Turn of the Century

Editor's Note: This was one of a series of NEN articles outlining the colourful history of New Edinburgh streets. The article was published in the February 1999 issue.



By Marc S. Lowell

Thomas Street, now at one end of the Burgh, was a busy street at the heart of New Edinburgh Village for almost exactly a century. Homes make their first appearance on Thomas Street in the City of Ottawa directories for 1861.

The first residents on the east side, at Number 50, were Mr. and Mrs. Robert Tink. Mr. Tink was a teamster, while his wife ran a grocery store from the house. Robert seems to have died in 1881: in 1882 the Widow Tink was operating Tink's Boarding House. Her first "clients" were Ambrose Bray, a gas fitter, and a D.M. Williams. Three Tink sons lived with their mother: Roland Tink was a moulder; James was a carter; and William, a carpenter. The boarding house operated until at least the turn of the century, then the building was demolished in 1907.

At about the same time as the Tinks, a Mr. John Patterson, tailor, moved in across the street, where he lived until 1882, when his son James, a patternmaker, took possession

of the property.

A new neighbour bought a house on Thomas Street, in the 1870's. Mr. John Sorley, on the east side at Number 70, was a Rideau Hall gardener. The house at #70 became something of a magnet for Rideau Hall gardeners: William McCullough is listed there in 1880; William Martin in 1882; John Bell in 1899, and David Bell in 1900. James Sorley, perhaps the son of John, and listed as a Rideau Hall forester, was living at #101 in 1900. George Muhlig, another Rideau Hall gardener, was there in 1911; and another gardener, Adam V. Main, lived across the street at Number 10 in 1912.

In 1923, a new house was built at #80 for Mr. Ralph O. Croll, who held the exalted position of Assistant to the Superintendent of Rideau Hall.

By no means did all of the residents of Thomas Street hold agricultural or artisanal positions. C. F. Street, worked for the Finance Department, and was living at #71 in 1882. In 1885, #71 was the home of T. Farmer (Steamboat Captain) and Thomas J. Farmer (Miller). One wonders whether a single



Present day at #71 Thomas Street.

gentleman was wearing two hats. They were gone, in any case, by the following year,

when Charles B. Sanson, who worked for the Secretary of

State Department, was living there. The records are a little hard to follow, since in the Directories #71 seems to bounce back and forth between the east side and the west side of the street.

In 1895-96, Mr. Thomas Stratton of T.E. Stratton & Company Grocers was operating his business at 554 Sussex. He moved into #71 Thomas Street and remained there until 1897. In 1898, Gilbert Ogilvy, a bookkeeper for W.C. Edwards & Company, moved into the property. The house was vacant the following year, then, at the turn of the century, John Stewart of Stewart & Company (a business located at 34 Rideau Street) took up residence. In 1902, it appears to have been the home of Frederick G. Sinclair, whose occupation is listed as "Organizer." Mr. Sinclair was joined the following year by Mrs. Jane Hill (Widow of Alfred), and they shared the house until 1906.

Thomas Street had its cultural associations as well. Helen Sorley of #101 (perhaps the sister of James) was a music teacher at the Harmon School for Girls. The Harmon School was originally located on Daly, in the Union Mission building recently demolished. The School later moved to Elgin Street to the building now occupied by Swagman Jack's.

SANDY HILL CONSTRUCTION

**DESIGN • DESIGN BUILD
RENOVATIONS • REPAIRS**

CELEBRATING OVER 15 YEARS
OF QUALITY AND SERVICE

613-832-1717

www.sandy-hill.on.ca

BBB Honor Roll 2006 & 2007

PSYCHOTHERAPY

Individual
Couple
Family

200-16 Beechwood Avenue
Ottawa, On. K1L 8L9
Facsimile: 613.741.8784
E-mail: suzanne@stjohnsmith.ca
www.stjohnsmith.ca

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

Tel: 613.741.2756

activa physiotherapy clinic

200 Rideau Terrace, Suite 202
Tel. 744-4188

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

The sign of
OTTAWA'S BEST

Faulkner
Faulkner Real Estate
Inc. Brokerage

Mary Jane
McKendry
Sales Representative

613-231-4663
FOR SALE

Faulkner
Faulkner Real Estate
Inc. Brokerage

Buy with Confidence Sell with Pride

HomesInOttawa.com

Leo La Vecchia SALE: 20% OFF

from Jan. 1 to Feb 29, 2009

on
**Made to Measure
Suits, Sport Jackets,
Overcoats, Pants**
Ladies & Gentlemen
Finest European Fabrics

**We also Specialize in
Made to Measure Shirts
(starting at \$130)
and Alterations**

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



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

Ismene Wood
Sales Representative

**KELLER
WILLIAMS**
Ottawa Realty Ltd
brokerage
613-236-5959

Direct Line: **613-745-4562**

www.IsmeneWood.com



**Councillor
at your Service** **Conseiller
à votre service**

**RIDEAU-ROCKCLIFFE
Ward/Quartier 13**

**City of / Ville d'
Ottawa**

**110, av. Laurier Ave West/Ouest
Ottawa, ON K1P 1J1**

**Tel/Tél. : 613-580-2483
Fax/Téléc. : 613-580-2523**

**jacques.legendre@ottawa.ca
www.rideau-rockcliffe.com**

General Inquiries / Renseignements généraux : 311

**Jacques
Legendre**

Second Dose of Mumps Vaccine Can Prevent an Outbreak

Ottawa Public Health is encouraging young adults to get a second dose of the mumps vaccine at one of the scheduled free clinics being held at four post-secondary campuses and within the community between January and March. It's part of a larger provincial Mumps Vaccination Catch-up Program.

Most young people born between 1970 and 1995 have received only one dose of the MMR (Mumps/Measles/Rubella) vaccine, for maximum protection two doses are required. Following new recommendations in 1996, most children now receive two doses of the vaccine before entering elementary school.

"Young adults are encouraged to check their immunization records to see if they require a second dose," says Mayor Larry O'Brien. "If the records cannot be located or show only one dose was administered, they should take advantage of the free catch-up clinics."

"Cases of mumps have been increasing across Canada over recent years," says Councillor Diane Deans, Chair of the Community and Protective Services Committee. "Several outbreaks have occurred in

four provinces – mostly at universities."

Young adults are more at risk of contracting the mumps due to their close living conditions, socializing habits, and other lifestyle risk factors. Young people who contract the mumps must be isolated at home for at least nine days to prevent spreading the virus to others.

Mumps is a highly contagious disease that can be spread person-to-person from direct respiratory droplets from the mouth or nose; this can happen when an infected person coughs or sneezes. Symptoms usually last ten days, and can include, painful swelling of one or salivary glands, usually accompanied by fever, headache and loss of appetite.

Mumps can have serious complications including encephalitis and meningitis, hearing loss, permanent deafness and swelling of the reproductive organs (testicles and ovaries), which can cause infertility.

"Considering the potential impact on both your health and your schedule, ensuring you are fully vaccinated is your best defence," says Isra Levy, the City's Medical Officer of Health.

Ottawa | Public Health
Santé publique

Mumps Catch-Up Vaccination Program Clinic Schedule 2009

Tuesday, January 13
Algonquin College
1385 Woodroffe Ave.
The Cafeteria: D Building
10:00 am – 3:30 pm

Monday, February 2
University of Ottawa
85 University Ave.
Jack Turot: Terminus
10:00 am – 3:30 pm

Tuesday, February 24
Sir Wilfrid Laurier
Secondary School
1515 Tenth Line Rd.
The Cafeteria
3:30 – 8:30 pm

Wednesday, January 14
Algonquin College
1385 Woodroffe Ave.
The Cafeteria: D Building
10:00 am – 3:30 pm

Tuesday, February 3
University of Ottawa
85 University Ave.
Jack Turot: Terminus
10:00 am – 3:30 pm

Thursday, February 26
Holy Trinity High School
180 Katimavik Rd.
The Cafeteria
3:30 – 8:30 pm

Monday, January 26
Carleton University
Fenn Lounge
Residence Commons
4:00 – 8:00 pm

Thursday, February 5
University of Ottawa
85 University Ave.
Residence
4:00 – 8:00 pm

Monday, March 23
Ottawa City Hall
110 Laurier Ave. West
Jean Piggott Hall
3:30 – 8:30 pm

Thursday, January 29
Carleton University
1125 Colonel By Dr.
The Unicentre: Galleria
10:00 am – 3:30 pm

Tuesday, February 17
La Cité Collégiale
801 Aviation Pwy.
The Cafeteria
10:00 am – 3:30 pm

Tuesday, March 24
Sir Wilfrid Laurier
Secondary School
1515 Tenth Line Rd.
The Cafeteria
3:30 – 8:30 pm

Friday, January 30
Carleton University
1125 Colonel By Dr.
The Unicentre: Galleria
10:00 am – 3:30 pm

Wednesday, February 18
La Cité Collégiale
801 Aviation Pwy.
The Cafeteria
10:00am – 3:30pm

Thursday, March 26
Holy Trinity High School
180 Katimavik Rd.
The Cafeteria
3:30 – 8:30 pm

Monday, February 23
Ottawa City Hall
110 Laurier Ave. West
Jean Piggott Hall
3:30 – 8:30 pm

Oh Those February Blahs

By Doug Cornish

The only month of the calendar year that has one dismal word associated with it is February. Oh, sure, it can be a cold January, but it can also be a mild January. Or, you can have a nice September or it can be a rainy September, a warm May or a chilly May. Every month has various additional words that can be attached, depending on the year. February, though, always has the same word permanently tied to the month. That word is 'blah'.

Stuck in the middle of winter, February is too far from the fall and not close enough to spring. February is not a weather month so much as an emotion month. It's the month that we, in this part of the world, are tired of winter. Winter is nice to have for Christmas and a little after the New Year, but by February we've developed that non-medical symptom called the blahs. February is the month that there doesn't seem to be much movement. It's still winter. We're not yet moving towards spring; we're somehow stuck in an endless

cycle of cold and snow, with the feeling that it will never end. There's no light at the end of the February tunnel, just another snow storm or another cold snap. The only good thing about February (aside from Valentine's Day) is that it is the shortest month of the year (even though it sometimes seems like the longest).

February is winter's version of November, which is a sort of a non-month. It's like that with February, too—you just want it to be over, so we can move into March, into the beginning of some sort of civilized weather. That is not to say that March can't be nasty, but by March you know it's pretty much all over. In February, though, it's not over, and you wonder when the heck it will be over. You feel yucky, you feel blue. You feel blah. It's a meridian month, a barrier between the dead of winter and the bright and warm hope of an approaching spring. There is no concrete evidence of a warmer season approaching, or more specifically the end of winter approaching.

It is ironic that the February birth flower is the iris, because there are no irises in sight in February (except indoors). February reminds me of an old car, that spurts and sputters when you try to start it, and you wonder if it's going to move at all. Oh, sure, the days are longer, but the blahs are still there.

It's no coincidence that February is the popular month to escape - not to indoors - but the country itself. February just won't move, so people (with means) do. They go south for a month or so and return to find winter at its end. In February there is no end. This feeling is constant. It's blue, it's blah, it's ... it's ...it's I don't even want to talk about it.



BRAVO! Noble Women of Ottawa

By Isobel Bisby

On the evening of Saturday, December 6th I attended a unique fund-raising event that was held in the Dufferin Room at 200 Crichton in New Edinburgh. The Noble Women of Ottawa, a multicultural women's group dedicated to the support and advancement of women, held their annual fund-raising dinner, dance and fashion show, which was enjoyed by over 100 people. Funds raised were donated to various missions in Ottawa.

What made this event so special for me? First, I love dancing and combine this with a worthy cause and I'm there. I had purchased tickets for this annual event in 2007, but had forgotten to go! Second, this year it was happening in New Edinburgh so I didn't have to drive... lovely! I invited two women

friends from New Edinburgh and we all agreed that we had a wonderful and very special evening. Third, it was a family event, all ages had fun, and the music was GREAT! Fourth, the Fashion Show was funky and original, and displayed clothing created by local designer Margaret Bekor-Fatona, who also teaches sewing and English as a Second Language at Heartwood House. Fifth, the food was fantastic...an all you can eat meal of ethnic foods of Caribbean and African origin. What a treat. Sixth, tickets were only \$20.

So if this fine group of women decides to again hold their annual dinner, dance and fashion show in our community I encourage you to come along next year. If you'd like to be placed on their mailing list please email mclean_boyoy@hotmail.com.

Yoga Tips for Winter Well-Being

By Christine Garand

Yoga breathing exercises, which are called *pranayama* in Sanskrit, may be done in association with yoga poses or just while sitting quietly. There are specific benefits with each exercise. Here are a couple you can try at home.

Breath for Calmness

This breath is a 1:2 ratio segmented breath. You will inhale in four segments and exhale in eight segments. Continue for three to eleven minutes. It will stimulate the parasympathetic nervous system and produce a calm and relaxed state of being. It is good when you are feeling stressed or anxious.

Breath for Stress Relief & Clearing Emotions of the Past

This breath meditation is especially useful for dealing with stressful relationships and with unsettling issues from the past. Hands are in front of the centre of the chest in a tent. All the fingers touch as do the thumbs which are held separate from hands. Palms do not touch. 1:1:1 ratio breath that uses long slow deep smooth

breathing. Inhale for a count of five, suspend the breath for a count of five and then exhale for a count of five. Eyes gaze at the tip of the nose. Continue for three to eleven minutes.

Winter Tip: Pepper Tea--just the thing to fight off mucus

Black peppercorn tea works wonders to reduce mucus. Simply boil 1/4 cup black peppercorns in two litres of water for 30 minutes (boil down to one litre).

Add soy or rice milk (not cow's milk as it produces more mucus), heat and then drink with a little honey.

Black peppercorn has plenty of healing benefits: stimulant, carminative, decongestant, expectorant. Use it for burning up toxins; to treat colds, flu, cough, fever, sinus congestion, cold extremities, obesity; boost metabolism, make a gargle for a sore throat, and help raise digestion.

Christine Garand is an Ayurvedic Nutritionist & Yoga Teacher, Owner of Shunnya Centre, 63 Beechwood Ave. www.shunnyacentre.com (613) 656-5644.

Do you know what your daughter can do when she puts her mind to it?



Let's find out.

The dynamic and motivating environment at Elmwood School lets students achieve academic success, develop creativity and find their voice. Registration for the 2009 - 2010 school year in our Junior, Middle and Senior Schools is well underway and limited spaces are available.

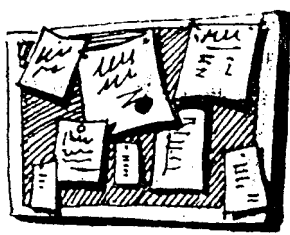
To find out what your daughter could become with an Elmwood education, please call (613) 749-6761 or visit our website at elmwood.ca.



ELMWOOD SCHOOL

An Independent Day School • Since 1915





Burgh Bulletin Board

Wed, Feb 4, 6 pm

PHOTOGRAPHY SHOW
Vernissage/Opening. *Stars*, photography by Lois Siegel. Ottawa Bagelshop and Deli, 1321 Wellington St. Phone: 722-8753. Show is ongoing until March 13.

Thur, Feb 5, 7 pm

STORY SWAP, offered by Ottawa StoryTellers, is an open stage night on the first Thursday of every month at Library and Archives Canada (Room 156). This is an opportunity to experience the art of storytelling for the first time or for new storytellers to practice before an audience. The evenings also include stories by experienced tellers so that new tellers can learn the art.

People are welcome to come and listen, but anyone wishing to tell a story should register on arrival with the evening's host. Stories should be no longer than ten minutes and must be told, not read. They may be traditional stories, folk tales, literary stories, or personal stories.

The evening runs from 7:00 – 9:30 p.m. with a short break in the middle. Light refreshments are served during the break.

Admission is free.

Fri, Feb 6 & Sat, Feb 7, 8 pm

POPS CONCERTS - Featuring Bizet's Suite No. 2 from the opera "L'Arlésienne" (played in our inaugural concert in 1984) and music by George Gershwin, Sir Arthur Sullivan and Richard Rodgers. Adults: \$15; Seniors and Students: \$10; Children Under 13: \$3; Children Under 6: Free Library Card Discount: \$2.

Fri: Arlington Woods Methodist Church, 225 McClellan Road, Nepean.

Sat: St. Thomas D'Aquin 1244 Kilborn Ave, Alta Vista

Sat. Feb 7, 3 pm

GREEN YOUR HOME A free information session organized by NECOE on how to reduce your home energy use, cut down on emissions, improve the environmental quality of your home, and save

money. 200 Crichton (Avon Lane entrance), 2nd floor. Refreshments will be available.

Feb 23 - Mar 4

TEMPEST IN A TEAPOT TOURS! It debuted in Ottawa and now the original Company of Fools production gets ready to make its mark on the Mainline Theatre in Montreal. Preview webisodes of the show on our website: www.fools.ca.

Ongoing til Feb 24

LE CENTRE D'ARTISTES VOIX VISUELLE presents Martin Simard who proposes "ARCHETYPE", which in philosophy is defined as the original pattern or model from which all things of the same kind are copied. The artist pursues a quest on Humankind and the Universe surrounding us. His works are tantalizing and unusual, offering worked-over digital art prints. All together, they constitute a body of work that straddles the boundaries between image and installation work. Hours: 11 am to 4 pm, from Tuesday to Saturday, 81 Beechwood Avenue, in Vanier.

le 5 mars, 18h00

GALA du RéSAFF (Réseau Socio-Actif des Femmes Francophones) aura lieu au

Centre St-Elias à Ottawa (Parc Mooney's Bay). Stationnement gratuit. Toutes sont bienvenues. Réserver vos billets en vous adressant à Mme Charlotte Calen 613.744.0992 x 201, par courriel: dg@resaff.ca ou encore visiter le site web: www.resaff.ca.

Voilà 20 ans que le RéSAFF existe et apporte son soutien aux femmes francophones, ça se fête !

Until Fri, Mar 6, 4 pm

YOUNG AT ART - The City of Ottawa and Kanata Civic Art Gallery invite developing visual artists to submit their original artwork. *Young at Art* is a juried art exhibition for artists between the ages of 13 and 19-years-old. Works selected will be displayed in Ottawa community galleries and recognized for outstanding work at awards presentations in the east, west and central areas of the city.

Application forms and guidelines are available at secondary schools and Ottawa Public Library branches, on ottawa.ca/arts or by contacting Mike Taylor, Young at Art Coordinator at 613-580-2424, ext. 29288 or mike.taylor@ottawa.ca. The deadline for Young at Art 2009 submissions is Friday, March

6, 2009 at 4 pm.

Until Mon, Mar 16

55 + SHORT STORY CONTEST BY the City of Ottawa invites submissions of original, unpublished short stories or memoirs by Ottawa residents 55 years or older. Submissions must be 2000 words or less. Eight entrants will be named to the Winners Circle, sharing recognition and prize money of \$400. They will be recognized at An Afternoon of Storytelling on Wednesday April 29 from 1 to 4 pm at the Heron Seniors' Centre, 1480 Heron Road.

One of the winning stories will be selected for publication in the spring issue of Forever Young newspaper.

An entry fee of \$5 per story is applicable. Deadline for submissions is Monday, March 16, 2009.

For full contest details, pick up a brochure at any City of Ottawa Client Service Centre or call the Heron Seniors' Centre at 613-247-4808, ext. 1

Fri, Mar 20 & Sat, Mar 21, 7:30 pm

ANJALi and Company Indian Temple Dances premiere of the RAMAYANA Arts Court 2 Daly Ave Tickets \$25-\$22 613 564-7240 or at the door www.culturalhorizons.ca

Fri, Mar 27

OTTAWA THEATRE CHALLENGE The Company of Fools throw down the gauntlet (or is that, rubber chicken?) as theatre companies from across the region compete in a 48 hour contest of creation. In two days, who can write, rehearse and present the best short new work? The winning company receives bragging rights and the coveted Rubber Chicken Award. National Arts Centre's Fourth Stage.

Ongoing

The Ontario Hockey Federation (OHF) Bursary Program will provide \$26,000 in financial assistance to OHF registered participants to help offset the cost of post secondary education. All students who are enrolled or plan to enroll in a Canadian post secondary institution and are members of the OHF are eligible to receive bursary funds. For more information visit www.ohf.on.ca, or contact Melissa Wolk, Ontario Hockey Federation. Phone: (416) 426-7258. Email: mwolk@ohf.on.ca.

RETIREMENT MAY BE FAR OFF, BUT THE DEADLINE FOR RRSP CONTRIBUTIONS ISN'T.

You only have so many years to prepare for retirement. Fortunately, you still have time to increase your RRSP contribution before the March 2, 2009 deadline. In fact, the more you contribute, the closer you can move toward your retirement goal. Plus, by acting now you can take advantage of substantial tax benefits.

Even if you already have an RRSP elsewhere, it's easy to transfer to Edward Jones and begin receiving the face-to-face advice you deserve.

Experience the advantages of an Edward Jones RRSP. Call or visit your local Edward Jones advisor today.



Steve McIlroy
Financial Advisor
266 Beechwood Avenue
Ottawa, ON K1L 8A7
613-742-6811

www.edwardjones.com Member CIPF

Edward Jones
MAKING SENSE OF INVESTING

Share an experience with great wine and great times



Special Offer!
For limited time
10% OFF
Selection & *Selection*
ESTATE SERIES & SPÉCIALE SERIES


Our 100% satisfaction guarantee ensures you enjoy a great winemaking experience every time



HOP 'N VINE
BRINGING HOME THE ART OF MAKING WINE SINCE 1988

5360 Canotek Rd. (Montreal Rd & Sheppard)
613.748.1374





Classified Ads

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

BUILDING FOR SALE

- Heritage building, 3 units, 2 residential, 1 commercial. (Commercial tenant happy to stay or move on.) Email heather@sconewitch.ca for PDF with listing details. Agents welcome.

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

HOUSECLEANING by long-time Burgh resident. Good references in neighbourhood. Available immediately. 613-744-8449.

WINTER TIRES - Almost New 4 Toyo Observe G-02 Plus winter tires. 225/60R18 \$200.00. Call Stephen at 613-830-5487.

CREATIVE WRITING

SERVICES by published author. Are you planning to write your memoirs or a novel? I will help you to get started and will assist and guide you from the opening sentence to the final word. Wordprocessing, proofreading, editing, ghostwriting, fact checking. Call Ingrid McCarthy 613-860-2371. www.ingridmccarthy.com.

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.

ALTERATIONS - Expert alterations / fast service/ good prices. 27 years experience!! English/French/Spanish all spoken fluently. Near Montreal/St. Laurent Pierrette Dubuc Najera 613-680-8838.



Ottawa Montessori School • École Montessori d'Ottawa

- ✓ Serving Ottawa's children since 1966
- ✓ 18 months to Grade 8
- ✓ Providing extraordinary French Second Language education
- ✓ One of only 3 CCMA accredited Montessori schools in Ottawa
- ✓ Not for Profit
- ✓ Parent/Community Board of Directors
- ✓ Stable, experienced Montessori staff with international training
- ✓ Large, bright and owned facility (includes a full size gymnasium, library, art resource room, 3 playgrounds and student gardens)
- ✓ Located in a quiet neighbourhood between CHEO and train station

Now accepting registrations for September 2009 in our English and francophone programs.

Nous acceptons des inscriptions pour septembre 2009 dans nos programmes francophone et anglophone.

- ✓ Au service des enfants d'Ottawa depuis 1966
- ✓ De 18 mois à la 8e année
- ✓ Excellent programme d'anglais langue seconde
- ✓ Une des 3 écoles Montessori d'Ottawa accréditées par CCMA
- ✓ Organisme à but non lucratif
- ✓ Conseil d'administration formé de parents et de membres de la communauté
- ✓ Personnel Montessori qualifié internationalement ayant de nombreuses années d'expérience
- ✓ Propriétaires de nos aménagements modernes (comprenant un gymnase, une bibliothèque, un atelier d'art, 3 cours de récréation, des jardins pour les élèves)
- ✓ Située dans un quartier résidentiel entre l'hôpital des enfants et la gare d'Ottawa



All Montessori schools are independent of one another and there is no control over the label MONTESSORI. Learn what to look for in an authentic Montessori school at one of our "101" info meetings. CALL TODAY!

Toutes les écoles Montessori sont indépendantes les unes des autres et il n'y a aucun contrôle sur le nom Montessori. Venez découvrir ce qui caractérise une école Montessori authentique en assistant à une de nos séances « Montessori 101 ». APPELEZ-NOUS DÈS AUJOURD'HUI!

www.ottawamontessori.com • 613.521.5185 • 335 rue Lindsay Street, Ottawa

34 Alexander Street



This cornerstone of Old New Edinburgh is the finest example of Victorian Wishbone Architecture in Eastern Ontario. Top 2 floors are a magnificent apt. and the ground floor combines 2 wonderful apts. with period architectural elements. **\$1,300,000**



VICTORIA ISLAND REALTIES INC.
REAL ESTATE BROKERS

Byward Market - St. Andrew Street



This 3 bdrm. all brick semi overlooks an inner city park and is steps from riverfront park land and tennis courts. 9 ft. ceilings, hardwood flrs. and antique stair case. The sun-filled master features a wall of closets. Finished lower level with PR. **\$309,000**

FOR SALE UNIT 710



SOLD An amazing panorama of the river, city skyline, and the Gatineau Hills. A 2 Bed-

FOR SALE UNIT 1411



SOLD Beautiful 2 bed room Condo in Beechwood Village. An amazing Panorama from a bright corner unit on the

FOR SALE UNIT 711




SOLD Move in and enjoy all the up grades: Hardwood floors, renovated kitchen a delightfully renewed bathroom.

OUR OFFICE HAS BEEN TEMPORARILY RELOCATED TO 67 BEECHWOOD AVE AND WILL BE RETURNING TO 39 VAUGHAN ST IN THE SPRING OF 2009 WHEN OUR NEWLY RENOVATED OFFICE SPACE WILL BE COMPLETED.

Phone: 613-742-9319
Fax: 613-744-7254

Nelson at Laurier



Lovely 3 bdrm, 2 bthrms Mansard Style in the core of Sandy Hill. Central hall with antique staircase. Formal LR w/FFP. Separate DR. Home Office. Family Room/Sun Room. Mod Kit. w/bkfst room. Denis Riopelle 613-296-9710



A Proud Addition to the Burgh

A unique enclave of Terrace Apartments with soaring ceilings found only in Lofts. With walls of windows in the Great Room and Master Bedroom sunlight abounds throughout. Luxury en-suites include 5 ft. separate showers and soakers. Abundant closets and en-suite laundry. Kitchens with separate pantries, floor to ceiling windows and a breakfast bar. Separate dining room and two distinct areas for each of the bedrooms. The Developers will be happy to discuss their green package features Occupancy - Spring 2009.

THINKING OF SELLING?

What a great way to end the year! Three more happy sellers and three more happy buyers at 40 Landry St. in Dec. 2008. If 2009 is the year for change in your household, please let us make your move as easy as these have been.

MICHAEL VALIQUETTE 613-255-7779

KNUD POULSEN 613-884-7676

LADAMATLAK 613-266-1057

Burgh Breezy Bits

Best Wishes

Our best wishes go out to **Mildred McDonald** for a speedy recovery. Mildred's distinct voice was a staple of CBC Radio for years.

On Dec 2, *NEN* photographer **Louise Imbeault** was invited to take photos for the Canadian Centre for International Justice at the West Block on Parliament Hill. She has also been published recently in the French newspaper *L'Express*. (The article also appears on Page 22 of this edition.) Well done! And if that is not enough, Louise has been offered and accepted an "honorary" membership with the RéSAFF, a non-profit networking association for professional francophone women in Ottawa. We think your plate may be full, Louise!

Congratulations

Jim Kennedy, Nora Kennedy and **John Jaresni** were the New Edinburgh residents who won the Champions for Children 14th Annual World Trivia Night at Aberdeen Pavillion in November with a perfect score. Congratulations – that is one tough game.

Andrew and Joni Hamlin (of Noel Street) are happy to report that **Scott Hamlin**, who just turned 3 in December started preschool at Fern Hill on Tuesday, January 6. He



Right of Passage: Scott Hamlin is off to school !



Eloped! John-Paul Gouett and Lisa Di Lorenzo of Noel Street tied the knot on Oct. 8 in Stowe, Vermont.

had a great time on his first day and settled in quickly. Way to go Scott!

The regulars at the New Edinburgh Pub sent in this headline: "Local man wins big - gets a full 20 ounce pint last Thursday night." Says the recipient: (quote) "this is better than winning 649!" We recognize long-time resident **Robin McGuire** – but the inside joke escapes us.



Robin McGuire gives a big 'thumbs up' after winning a pint at the New Edinburgh Pub.

Joseph Cull reports that for two years in a row, the New Edinburgh community has won the **National Capital Cheering Station** award for the best noise makers in the city for their enthusiasm for the Runners of the National Capital Run through our fair city. Come out this year, more details on our New Edinburgh Web Site in the coming months!

Although she still lives in the Burgh and enjoys reading the *NEN*, **Martha Markowsky**

has not been doing much sketching of the area lately. Why? She has been very busy in Lachine (a suburb of Montreal) where she has been teaching and painting. Martha was recently honoured with an Award of Excellence in the Arts from the City of Lachine.

Other News

Kathryn Verey and David Mennier, along with their two boys **Samuel and Elliott**, are moving seven doors down from 65 to 87 Vaughan Street. They have just purchased long-time resident **Eileen Welch's** home and are glad to stay in the community. They have spent the last four years doing updates to 63/65 Vaughan Street, previously the property of the **MacAdam family**. They hope to complete renovations on their new property by the summer and still have time to enjoy some backyard barbecues.

Calling all gardeners: Is anyone interested in exploring the possibility of creating allotments in the rough grass area of Stanley Park? Is so, please contact **Mark and Isobel Bisby** at mbisby@gmail.com.

Thank You

A big heartfelt THANK YOU to friends and neighbours on Stanley Avenue and Noel Street for contributing to Lesotho when the four happy Christmas Carollers (**Alexandra Duchemin, Bianca Acland, Maia Shen, and Anna Woodcock**) dropped by on that cold evening December 22, 2008. A very generous \$252.00 was raised for the school in Lesotho that Rockcliffe Park Public School is twinned with. The girls were absolutely



Burgh resident artist, Martha Markowsky receives an Award of Excellence in from the City of Lachine.



Trivia Night Winners: (left to right) Jim Kennedy, John Jaresni and Nora Kennedy. A perfect score!

thrilled when they counted the money up over steaming cups of hot chocolate. It was a very warm feeling for everyone!

on the passing of Margo's mother **Betty Silver**. Mrs. Silver passed away on January 4.



The DaleSmith Gallery was hopping at the opening of New Year New Works featuring several local artists. It is a great show and was nicely supported by New Edinburghers! (left to right) Dale Smith, Gallery Owner, Catherine Murphy, artist Marion Fischer, her sister and niece.

Thanks to **Alain Poirer** (a former rink attendant) who made arrangements with the Armed Forces to donate pucks to our rink... Go Navy Go.

Our condolences go out to **Peter and Barbara Boole** of Crichton Street on the recent loss of their beloved Golden retriever Simba.

Condolences

Our thoughts and prayers are with **Mary Fowler** and the family of distinguished diplomat **Robert Fowler** of Stanley Avenue who disappeared on December 14 while on a UN assignment in Niger. We hope fervently for a happy outcome of this unimaginably frightening and distressing ordeal for the Fowler family.

Our sympathies go out to **Margo Silver, Jacques Dumas, Mariette and Oliva**

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

breezybits@hotmail.com

Deadline for submissions is March 10.