

# NEW EDINBURGH NEWS

October 2009

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

## Cocktails for Crichton

A Roaring Twenties fundraising event for the Crichton Cultural Community Centre

Cocktails • Hors d'oeuvres • Silent & Live Auction

**Saturday, October 24 - 7pm**

200 Crichton Street (Avon Lane Entrance)

**Tickets: \$35** (At Books on Beechwood & the 4Cs)

**Information: (613) 745-2742**



**Second Annual New Edinburgh Heritage Forum**  
200 Crichton Street, Dufferin Room (2<sup>nd</sup> floor – via Avon Lane)

**7 – 9 pm, Friday October 2, 2009**  
(doors open at 6:30pm)

**"Heritage Today, Gone Tomorrow?"**  
Working together to save Canada's built heritage

An evening of discussion, expert presentations, and exhibits

Celebrate New Edinburgh's remarkable 175 years of history, and find out what we can do to ensure Canada's heritage has a future.

**All welcome**  
**Free admission and refreshments**  
Sponsored by NECA  
Additional information inside, and at [www.newedinburgh.ca](http://www.newedinburgh.ca)

## The New Edinburgh Halloween Howl

Costume Parade,  
Spooky Games,  
Creepy Crafts,  
Fun Prizes,  
and more...

**Sunday, October 25**  
**3:00pm - 5:30pm**  
**Stanley Park Fieldhouse**  
**Ages 0 - 7**

Costume Parade leaves at 3:10 pm



Photo: Paul Dickie

The sixth Annual Lumière Festival took place on August 8. More photos on pages 24-25.

## NECA Wins National Heritage Award

**By NEN Staff**

Break out the champagne! It's a pleasure to report that our community's resolute and imaginative protection of the heritage character of New Edinburgh has been formally recognized by Heritage Canada Foundation (HCF). Carolyn Quinn, Director of Communications at HCF, has announced that NECA "has been selected to receive a Heritage Canada Foundation Achievement Award for providing leadership in protecting and raising awareness about the New Edinburgh Heritage Conservation District."

The HCF is a national non-governmental organization, based in Ottawa. Its mandate includes encouraging the preservation and demonstration of Canada's heritage. One way it does this is through its National Awards Program, which aims to "recognize individuals and organizations whose work gives new life to Canada's his-

toric places". The actual nomination of NECA was submitted by Heritage Ottawa, an important advocate and educator for preserving the heritage buildings and historic landscapes of Ottawa.

The HCF Achievement Award is intended to honour individu-



**Historic New Edinburgh will now have an emblem!**  
See page 2 for more details.

als or groups across Canada for achievement in heritage advocacy and volunteering, and for projects that demonstrate a community's commitment to heritage conservation. The award to NECA is in recognition of several New Edinburgh initiatives undertaken since NECA worked with the City to create the NE Heritage Conservation District in 2001. A lot of determined and capable NE residents have been involved in a variety of ways. As the background documentation for the award noted, NECA maintains an active NE Heritage & Development Committee that promotes heritage and monitors/advises on construction plans in accordance with the heritage district guidelines; NECA has participated forcefully in the debate on Ottawa's intensification policy; it helps mobilize community involvement to protect the heritage district (such as

**Continued on Page 3**

## What's Up at the Park?

**By NEN Staff**

Plans are well underway for the remediation of contaminated NCC lands in the park along Stanley Avenue. Construction will begin sometime this fall—as early as October—and should be completed sometime in the spring of 2010 (or possibly sooner). Because it will be a construction site, with large trucks coming and going, the entire area from the pathway near the playground to Union Street will be fenced off and there will be no access by the public. This also includes the asphalt and stone dust pathways used by cyclists, pedestrians and dog walkers.

If all goes as planned, the asphalt pathways and off-leash areas of the park should reopen

in spring 2010. Other areas will continue to be fenced off in order to give the new sod a chance to take hold. These areas should be reopened sometime in the summer/fall of 2010. Tree planting will take place in spring 2010 to allow the new turf cover to become well established.

The NCC's remediation work will be performed in all areas where elevated levels of soil contaminants have been identified within 0.3 metres of the surface and will include the following:

- Capping with a minimum of 0.3 metres of clean soil cover and surface vegetation to prevent human exposure to certain metals and hydrocarbons;

- Installation of boundary fencing on NCC property, adjacent to the residential property line. The fencing will jog around any trees along the fence line;
- Constructing shallow overland swales (dips in the ground) which follow existing drainage patterns toward the Rideau River and which take advantage of seven existing low points along the residential property line; and
- Minimizing tree removal through careful tree management.

Trees already in poor health will be removed prior to soil capping. For each healthy tree to be removed, two trees of the

**Continued on Page 13**



## NECA President David Sacks Reports

New Edinburgh's most pressing community business right now is in coming to terms with the planned closing and earthmoving in Stanley Park—in the section owned by the National Capital Commission (NCC)—that will allow the NCC to cap the contaminated soil there. The park section will shut to the public probably this month [Oct] and will not reopen fully for over a year. The NCC's overview of its park remediation plan is online at [www.canadascapital.gc.ca/bins/](http://www.canadascapital.gc.ca/bins/): follow the prompts to "Stanley Avenue Park Site Construction."

Facets of the plan have involved NECA and other community members in urgent negotiations with the NCC throughout September; NECA's partner here has been a Stanley Avenue group led by longtime resident **Victoria Henry** and championed by our MP, **Mauril Bélanger**. The main disputed item has been the NCC's intention to build a permanent, freestanding, four-foot-tall, gateless chain-link fence on NCC land just behind the backyards of the 23 park-side homes on Stanley Avenue—the fence's main purpose being to stop residents from gardening on NCC contaminated land. The hazard of gardening is that it would tend to bring up the contaminated soil that (after the remediation is complete) will be lying under one vertical foot of clean soil; the handling of contaminated soil could conceivably expose homeowners and their children to unsafe levels of lead. While the fence would not prevent residents from gardening on their own property—although this is strongly not recommended—it would stop any gardens from reaching NCC land. Currently several residents' gardens (and fences) do encroach on NCC land.

The NCC's fence plan, announced in mid August, drew instant dismay from residents; meanwhile, other aspects of the remediation project remained publicly unclear. Amid some alarm and uncertainty, NECA quickly arranged for a small conference with NCC staff on Sept. 2 and a New Edinburgh public meeting on Sept. 3, to clarify, for the community, the

NCC's plans and negotiating position. On Sept. 2, staff at NCC headquarters met cordially with NECA representatives and helpfully answered NECA's factual questions about the upcoming remediation. However, the NCC declined to send staff to our Sept. 3 community meeting, and readers who were among the 70 or so people there that evening will remember NECA board member **Gemma Kerr** at the microphone, doing a masterly job of explaining to the audience the technicalities of the NCC remediation plans.

As a result of that meeting, NECA and Vicki Henry's Stanley Avenue group each wrote to the NCC with formal requests including that the fence be dropped; meanwhile, Mauril Bélanger reportedly worked behind the scenes to broker an agreement. On Sept. 21, Vicki Henry and I were able to meet for an hour with NCC Chief Executive Officer **Marie Lemay**, to discuss our requests.

The upshot: At this writing, at deadline, the NCC has agreed to drop the fence idea in its original form, pending NECA's written approval of an alternative plan, suggested by Mme Lemay. The new plan would supply the needed fencing by employing (as far as is practical) the *existing* fences of wood and of other materials that belong to 18 of the Stanley Avenue homes. Among the NCC's suggested conditions:

- Existing fences that stand on owners' properties will be left alone. Existing fences that encroach on NCC land will be relocated to six inches from the boundary line, still on NCC land; any such fences too fragile to be moved will be replaced by an NCC-built fence on NCC land. Ditto for the five Stanley Avenue backyards currently unfenced.

- The default NCC fence will be four-foot-tall chain link, but residents may by arrangement upgrade to another material at their own cost. All resultant non-chain-link fences on NCC land will be the residents' responsibility to maintain.

- For more information, see "What's Up in Stanley Park," on page 1 of this edition.

# Designing an Emblem for the Burgh

By Joan Mason

Our beautiful community of New Edinburgh, and in particular our Heritage Conservation District, is the steward of a remarkable local history—a history tied to the beginnings of Canada itself.

Bytown and New Edinburgh were born out of the Rideau Canal. Due to threat of American invasion in the first decades of the 1800s, a need for safe access between Montreal and the Great Lakes, via the Ottawa River, resulted in the cutting of the canal, now recognized as a UNESCO World Heritage Site.

In 1827, experienced stonemason and contractor Thomas McKay won the contract to build the flight of locks at the junction with the Ottawa River. He was expected to use a quarry on the Quebec side; however, he found suitable limestone close by on the Bytown side, thus saving time and money. In the early 1830s, with the substantial proceeds from his endeavour, McKay bought 1000 acres of land near the Rideau Falls, and the foundations for New Edinburgh were established. We are part of the remarkable legacy of this great man, who was later described as "the Builder of Ottawa" for his many contributions to the emerging capital.

Because of our unique situation, both geographically and historically in Ottawa, the nation's capital, we are a flagship Heritage Conservation District for all of Canada, and we need to identify ourselves as such.

Pending final discussion and a needed NECA vote, we at NECA are very pleased with this recent NCC offer. We sincerely thank Mme Lemay for her gracious and enlightened concession to the community's feelings. Also, my own thanks to residents who put time and effort into campaigning on this, including **Vicki Henry, Ann Young, Cecile Latour, David Horley, Cathy McConkey, NECA board members Joan Mason, Ernie Smith, and Jim Watson, and NECA associate Cindy Parkanyi.** And not least, to Mauril.

### New and upcoming

A belated welcome in print to **Michael Larrass**, who was voted onto NECA's board at the Annual General Meeting in June. His arrival brings the board to its full complement of 12. A three-year Burgh resident with an internation-

This need has become more urgent with every recent passing year, as ignorance and greed threaten to wipe us off the map. The menace is no longer an American invasion but the developer's bulldozer—paired with an insensitive City government that would eliminate our planning safeguards (for example: downgrading the special Heritage Overlay to a routine minor variance).



We must become as alert and ingenious as Thomas McKay and find ways to sustain and preserve Canadian history and its built heritage, both in New Edinburgh and across the country.

Traditionally, identity has been symbolized through emblems. NECA believes that a visual emblem, easily recognizable as "being" New Edinburgh, would supply an appropriate vehicle in our current fight for identity and self-defence. This would be an image that, at a glance, speaks to the significant features of New Edinburgh and recalls its history.

NECA's initial inquiries to the Canadian Heraldic

Authority were disappointing in terms of cost and design restrictions. So a professional graphic designer, Caren Weinstein of Vintage Design, a former President of the Smith Falls LACAC, agreed to work closely with us and create an emblem of relevance and distinction.

The foundation of the emblem is the limestone of the Ottawa Locks that were the original key to this community. The Rideau Falls and the lumber mill provided the power and industry for growth and sustainability. The Rideau's colour is taken from the McKay Blue tartan. The stone pillars are from the boundary fence of Rideau Hall built by McKay and now home to the Governors General of Canada. The crest is the filigree work that tops the Minto Bridges. The central gable feature represents the architectural significance of the Heritage Conservation District. Overall, the emblem tells a story about our past and stakes a claim about our right to exist into the future.

A New Edinburgh emblem should be a powerful image, one that quickly identifies the community. We at NECA believe we now have this. We hope the emblem will be used broadly and imaginatively to heighten awareness, proclaim our existence and, indeed, support our efforts to promote Canadian history and the fine men and women who built and sustained this nation, one of the most successful in the world.

al background, Michael has expressed particular interest and concern regarding building-development issues here; in addition to his board seat, he also sits on NECA's Heritage and Development Committee. We, his NECA colleagues, are very pleased to be working with him.

Lastly: The place to be on **Friday evening, Oct. 2, 7–9 pm**, is the Dufferin Room at the Crichton Community Cultural Centre: 200 Crichton Street, floor 2. There, NECA will host its second annual Heritage Forum, under the title "Heritage Today, Gone Tomorrow? Working Together to Save Canada's Built Heritage." The event is free and open to the public and will include refreshments.

The Forum will address the Canada-wide problem of disappearing heritage architec-

ture. From the starting point of New Edinburgh's Heritage Conservation District (HCD), the Forum will sketch the threats facing HCDs nationwide and discuss how they might coordinate strategies to protect and promote themselves. The evening will feature a sterling roster of expert speakers: see article on page 3, for more details.

Last year's Forum drew a hundred people and some admiring press; this year we're offering something even bigger and splashier. I hope to see you there.

**DEADLINE**  
for the next  
*New Edinburgh News*  
is  
**Nov 10**



# “Heritage Today, Gone Tomorrow?”

## The Second Annual New Edinburgh Heritage Forum

New Edinburgh: Stand on Guard for Heritage! Canadian history is under threat, in our own backyards and across the country. This year's NE Heritage Forum will explore what's at risk – and what we can do to ensure our heritage survives. Organized by NECA, the Forum takes place on Friday, October 2nd, 7–9pm (doors open at 6:30pm), in the Dufferin Room at 200 Crichton Street (via Avon Lane).

Many readers will recall last year's inaugural event, which proved extremely popular and generated a lively debate on a “hot button” topic – the heritage problems associated with the City's policy on intensification. This year's Forum takes a different approach to promoting heritage, aimed at bridging local community interest and the larger issues at stake. It provides an insight into the remarkable story of the founding and development of New Edinburgh; it also explores the possibility of collaborative action towards resolving the challenges being faced by this and other historic communities, in Ottawa and across the country.

The Forum title is “Heritage Today, Gone Tomorrow?” – Working together to save Canada's built heritage. This reflects our unifying theme, to promote involvement and action at all levels. The unique setting of the Heritage Forum has enabled us to bring together an impressive group of people and organizations. Participants are drawn from different sectors – from the City Archives and local historical society, Carleton University, the provincial Ministry of Culture, NCC, Parks Canada, and the Heritage Canada Foundation. It's quite a special event that is able to bring such a diverse group to the same table.

New Edinburgh, founded over 175 years ago, is rich in “built heritage”. But why is heritage so important? Why is it worth fighting for? Because our schools, houses, mansions, bridges, lanes, and other places are tangible reminders of this community's – and this nation's – impressive history. Yet, across the city, across the province, and across the country, historic districts and buildings are under increasing threat, despite their irreplace-

able contribution to Canadian life.

We can not stand by and allow failed laws, powerful lobbies, and short-term perspectives to destroy the historic places that were intended to project Canada's past into its future. And while we strive to preserve and promote the heritage of New Edinburgh, our efforts cannot be confined to this neighbourhood alone. We seek new partnerships with other heritage districts, Parks Canada, NCC, Heritage Canada Foundation, and others, so our voice becomes louder. This has been the objective guiding the Second Annual New Edinburgh Heritage Forum.

The event is sponsored by NECA. The Dufferin Room in the heritage-designated Crichton Street School has been made available kindly by CCCC. For more information, including the detailed Forum program, please visit [www.newedinburgh.ca](http://www.newedinburgh.ca).

*Heritage Forum Steering Committee, NECA (Joan Mason, Paul McConnell, David Sacks)*

# NECA Heritage Award...

Continued from page 1

in opposing the incompatible infill project at 132 Stanley Avenue); it shares its experience with others through the community website, the NEN, and other channels; and it sponsors and organizes the Annual NE Heritage Forum. All that and a lot more was described in the nomination.

The HCF Achievement Award is an inscribed certificate, and the formal presentation will take place during NECA's Heritage Forum, on

Friday October 2nd. This is a particularly fitting occasion because the theme of the Forum is to find ways of protecting and promoting Heritage Conservation Districts, in New Edinburgh and beyond.

It is worth noting that when HCF released its 2009 Top Ten Endangered Places in Canada, the list included all the designated Heritage Conservation Districts in Ontario, including ours. New Edinburgh is fighting back; we aren't planning to disappear, and the HCF award helps us celebrate that fact.

## NECA MEETINGS: All Welcome

NECA meets 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 will be posted in advance on the New Edinburgh website, [www.newedinburgh.ca](http://www.newedinburgh.ca), and on the outdoor bulletin boards at the Fieldhouse and 200 Crichton Street.

All community residents are welcome to attend any NECA board meeting. To make a presentation to the board, please contact David Sacks in advance to arrange scheduling. We want to hear from you! Our next meetings are:

**Monday, October 26th, 7:30 pm**

**Monday, November 16th, 7:30 pm**

**January: date to be announced**

# NECA Proposes Emblem for New Edinburgh

To: All Burgh Residents  
From: David Sacks, NECA President

Dear Friends,  
This open letter is to introduce to you an exciting new development from NECA, one that we hope will get your approving vote. NECA is offering a heraldic crest, tastefully and thoughtfully designed, to be our emblem for New Edinburgh. The design has been unanimously approved by vote of the NECA board, and we are here presenting it to the community for a “Yes/No” vote.

## Where does the emblem come from?

It is something we at NECA have created ourselves. The design is the product of many hours' work over the summer by a graphic designer in consultation with a NECA subcommittee. As the accompanying “Emblem” article on the facing page makes clear, the design reflects careful historical research and close consideration of which aspects of New Edinburgh might be most appropriate to be emphasized visually. Also the design reflects our concerns of artistic restraint and good taste.

Before we embarked on this, we did approach the Canadian Heraldic Authority as a possible source. But we were disappointed by their terms, which included a heavy fee, a long wait, and the requirement that they retain final artistic control. So we decided instead to go the “unofficial” route and commission the project privately.

The resultant design (which has been through several stages) is something we at NECA consider as final—*except for the needed addition of a scroll and motto at the bottom*. We feel this is, overall, the best design we can offer, and frankly we think it not practical to start taking requests from individuals for minor changes. However, if a majority of residents were to vote against this design, we would withdraw it. I personally urge you to vote “Yes”.

If voted in, the New Edinburgh crest would stay unofficial in that it would not be enrolled at city hall or otherwise pass to the city's control. Rather, it would be considered locally as belonging to New Edinburgh, for use for community events, projects, communications, and

the like, as desired.

## Why do we need an emblem if we've never had one?

Because a fighting army needs a flag, and we Burghers have unfortunately reached a point where we need to maintain ourselves as an army. Our “enemy,” so to speak, includes 1) incompetence and apathy at city hall, 2) inappropriate building projects from certain developers, and 3) public nuisances such as aggressive commuter through-driving and certain daytime crime. In recent past years, New Edinburgh has come under considerable pressure from these problems.

In response, the community has proven ready to organize and fight, for example in public meetings and action over the proposed 132 Stanley Avenue project of 2008, or over our traffic crisis of last fall, or over the recent need to negotiate with the National Capital Commission regarding aspects of their park-remediation plans. In such cases, New Edinburgh has projected itself as a cohesive and influential group—a group that, at the least, can offer considerable inconvenience to those

whom it opposes. By creating a New Edinburgh visual emblem, we can top-up this reputation of ours, I believe. An emblem would seem to say at a glance, “We're organized; we're ready.”

Specifically, the emblem could provide valuable help in discouraging inappropriate building development. It is hoped that developers and city planners would be less likely to bring overlarge projects forward on paper if they fear they will get a fight from New Edinburgh, and that an emblem would serve as a constant reminder of this hazard to them.

In short, the emblem has nothing to do with snobbery or pretension. Rather, it seeks to discourage people from trying to victimize our community, while encouraging city officials and others to listen to us and give help when requested.

## So what are you asking us readers to do?

Two things: 1) vote on the emblem and 2) suggest a motto to be inscribed under the image.

Before launching the emblem, we want to make sure the com-

munity approves. Therefore we ask all interested Burgh residents to email a “Yes” or “No” vote to the *New Edinburgh News*: [newednews@hotmail.ca](mailto:newednews@hotmail.ca). For convenience, please type “Emblem” and your “Yes” or “No” vote in the email subject-line. In your email message text, please include your home address, so we can confirm that you live in New Edinburgh.

Everyone who sends in a vote (even a “No”) is invited to suggest a motto to go under the crest. This is not required for your vote to be counted, of course, but is a second, optional facet. Write your suggested motto in your email message. But please, only three suggestions at most per person. Voting closes at the end of November 1.

Results of the vote—and of the motto selection—will be announced in the December *NEN*. A small prize will be awarded to the winning motto's author. So, all you New Edinburgh literates sharpen your pens! Here's hoping we can make this emblem project a big success.

## H & D Announces the B.R.I.C.K. Award And the Winner Is...

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

We are all familiar with examples of property development that dismay or alarm us. These are the ones that grab our attention. But we should not overlook the projects where owners have taken particular care to carry out their renovation or construction in a style that is sympathetic to the local environment, and the result becomes a welcome addition to the neighbourhood.

To bring greater recognition to these positive examples of sympathetic development, NECA has launched the "New Edinburgh Heritage & Development Award". In search of a pronounceable acronym, we have quickly dubbed this as the B.R.I.C.K. Award, a.k.a the "Burgh Renovation, Improvement, and Construction Kudos" award.

The NE Heritage & Development Committee had been contemplating such an award for a while, but was finally prodded into action by a Letter to the Editor of New Edinburgh News in which resident **Michael Larrass** wrote "I would like to use this unfortunate event [new construction at Mackay & Vaughan] for a proactive initiative: to have a NE Best Frontage Contest (and Award). I hope that this suggestion will contribute its share to strengthening our esthetic immune system and preventing further architectural vandalism in our community". Sure, there are other awards given out in Ottawa – for heritage construction, for modern infill design, and so on. But this is a home-grown award, intended solely for our own neighbourhood.

And what exactly is the B.R.I.C.K. award? Well, we're still working on the details – perhaps a formal certificate or

a special trophy – plus a \$100 prize to be redeemed at a business on Beechwood. The first winner(s) will be announced next June, at the NECA Annual General Meeting.

For the record, here are the formal details (which will also be posted on the community website):

**Eligibility:** Any renovation, infill, addition, restoration, or other construction project at a property located within New Edinburgh, inside or outside of the Heritage Conservation District (HCD), and regardless of whether or not the project has been formally reviewed by NE Heritage & Development Committee as part of the development approval process. Only work on the exterior of the property is eligible. The

project must be completed during the 12 months preceding the NECA AGM.

**Selection Criteria:** Review of nominations will take into account criteria such as quality of design, heritage considerations, impact on neighbours, impact on the streetscape, landscaping, and environmental "green" considerations. Where applicable, nominations will be reviewed for compliance with the NE HCD Guidelines, the City's Infill Guidelines, the Zoning By-Law, etc.

**Selection Panel:** The NE Heritage & Development Committee will constitute the Selection Panel and will document the rationale for its decisions. (Note: Members of the Committee, if nominated for an award, will be ineligible for

the cash component.)

**Nominations & Publicity:** Any resident of NE can nominate a project, at any time, to a member of the NE H & D Committee, NECA Board, or to the *New Edinburgh News*. The deadline for nominations to reach the Selection Panel is May 1, to permit review prior to the NECA AGM. Results will be published in *New Edinburgh News* and on the website as soon as possible after the NECA AGM.

We anticipate there will be one award per year, but there is no formal limit. Sadly, it is also possible that no award will be made in some years. But we're optimistic that each June we shall be able to celebrate a project that has made the Burgh a better place to live.

### Your NECA Representatives 2009-2010

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### NEW EDINBURGH NEWS

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OTTAWA-VANIER

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Sat. Oct. 24 Action on Climate Change

## Give Your Car and the Environment a Break

**By Sarah Anson-Cartwright**  
Circle Saturday, October 24 on your calendars and start planning for a car-free day.

Around the world, neighbourhoods everywhere have plans to take that day and use it to send a message to leaders to stop the climate crisis.

NECOE, the New Edinburgh Committee on the Environment, is promoting a voluntary, easy way for any of us to mark this international day of action. Let's make Saturday, Oct 24 a "Leave the Car at Home" day.

The date has been set as possibly the biggest day of grassroots action on global warming ever, led by an international group of people including Bill McKibben, David Suzuki, Tim Flannery and many other scientists and writers, under the banner of [www.350.org](http://www.350.org).

Over 1,000 communities in more than 100 countries have plans for local actions to bring attention to climate change and the important number 350. That number is the maximum amount of carbon, in parts per

million, that the atmosphere can sustain before we face runaway climate change. 350 also translates across every language and directly conveys a scientific goal. The planet is already past the limit of 350, at 390 parts per million, but if we set our sights on 350, it is a target to move back to safety - away from melting ice caps and rapidly spreading drought and disease.

October 24 is six weeks before a United Nations meeting in December in Copenhagen

where leaders will agree to a new climate treaty. 350.org proposes that leaders need to hear what scientists are stating about the pace of global climate change, and they need to hear it resonating from local communities

around the world.

Please join us in New Edinburgh and make a note to "leave your car at home" on October 24, to walk or bike, to shop locally all day Saturday, if you can. It's just one day, and perhaps we can mark it with a car-free statement in support of stopping climate change.



Free Seminar on November 4

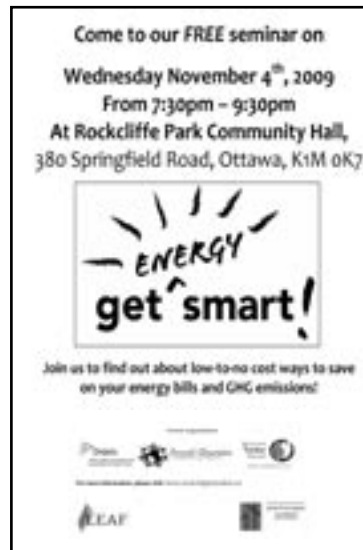
## "Get Energy Smart" to Help Your Household Reduce Its Eco Impact

**By Sarah Anson-Cartwright**

There is no denying it - fall is the time when we inevitably start creating more greenhouse gases, as we heat our homes and supplement the dwindling daylight. But this fall, help is at hand in the form of an evening seminar with advice for us to make a real difference in lowering our environmental footprint at home.

On **November 4**, the *Get Energy Smart!* seminar will be presented by Seventh Generation Community Projects, a non-profit organization in Ottawa, and co-hosted by the Rockcliffe Park Residents Association in the Community Hall and Library at 380 Springfield Road, starting at 7:30 pm.

This will be the first of a number of community events over the next year that will focus on lowering our environmental footprint at the household level. These events



coincide with the Community Environmental Reduction Project, a study covering a few neighbourhoods including New Edinburgh, where households have volunteered to track their "environmental footprint" and energy usage twice over a one-year period, and to take measures to lower their impact.

If you are interested in volunteering to participate in the study, contact Magda Goemans (c/o Jane Thompson Architect) immediately at 613-260-1003 or [goemans@gpath.com](mailto:goemans@gpath.com).

The *Get Energy Smart* presentation will focus on ways in which households can reduce energy consumption and carbon emissions. It will also be a general introduction to the Community Environmental Reduction Project as a whole, with subsequent seminars to focus on transportation, waste reduction, food choices and buying locally. The seminars will explore sustainable living and will stress the simple ways that residents can reduce their carbon footprints. A manual and other free materials will be available to provide guidance and encouragement.

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## Ottawa City Councillor Jacques Legendre Reports

### Contamination Investigation in Stanley Park – City Lands

The City of Ottawa conducted additional soil sampling in May 2009. Previous work had been performed in 2003 and 2008. The 2009 investigation was initiated as a result of communication between the NCC and the City of Ottawa with regards to the environmental conditions in the adjacent NCC Stanley Park lands. It was determined that it would be prudent to investigate the surface soils on the remainder of the lands under City ownership in the park area. The screening level risk assessment will be completed around the end of September. Preliminary indications are that the situation on City owned lands will not require additional investigations or remedial measures. Stay tuned.

### 40 km/h speed limits on local roads

Residents may recall that I had requested that the City of

Ottawa look into the options available to us if we wished to make 40 km/h the 'default' speed limit on local residential roads. Currently, as per the Highway Traffic Act (HTA), the default speed everywhere within a municipality in Ontario is 50 km/h. To implement any other speed limit (for example, 40 km/h) regulatory speed limit signing must be installed at a minimum spacing of 300 m (Ontario Traffic Manual). Unless such signage is in place a limit other than 50 km/h is not legally enforceable. The intent of my request was to examine options for lowering the legal speed limits within residential areas at the least cost and least (or less) sign pollution.

Staff has reviewed various options/scenarios to address the issue of 40 km/h on residential streets. They included:

1. Petitioning the Province to amend the HTA to allow municipalities to set default speed limits on their roadways (less visual pollution, less

cost);

2. Installing 'gateway' 40 km/h speed limit signing to neighbourhoods (requires HTA amendment);

3. Applying the Council approved 'Residential 40 km/h Warrant' on a case by case basis (status quo);

4. Implementing 40 km/h speed limits on local neighbourhood residential streets with the consensus of 75% of the residents of said street (staff recommendation, additional visual pollution and cost).

This report will be discussed at Transportation Committee in October.

### Urban Tree Conservation By-law in effect as of September 1

Since September 1, 2009, owners of urban properties of one hectare or less will be required to obtain a permit to remove a tree that is 50 centimetres (20 inches) in diameter or greater. There is no permit fee, but residents will be required to obtain an arborist's report that outlines the reasons why the tree is being removed.

### Le Règlement sur la conservation des arbres urbains est pleinement en vigueur depuis le 1er septembre.

Depuis le 1<sup>er</sup> septembre 2009, les personnes possédant des propriétés urbaines d'un hectare ou moins devront obtenir un permis pour abattre des arbres dont le tronc mesure 50 centimètres (20 pouces) de diamètre ou plus. L'obtention de ce permis sera gratuite, mais les résidents devront obtenir un rapport d'un arboriste exposant la raison de l'abattage des arbres.

Jacques Legendre  
Councillor, Rideau-Rockcliffe

You can communicate with me at (please include a telephone number):  
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110 Laurier Avenue West

Ottawa ON K1P 1J1  
Tel: 580-2483, Fax: 580-2523  
[jacques.legendre@ottawa.ca](mailto:jacques.legendre@ottawa.ca)  
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### Back to School

By Constable Tom Mosco

It's that time of the year when children are returning to school and caution should be taken when driving throughout the city.

### School Bus Safety

Motorists need to pay particular attention to school buses during the school year. Always stop for a school bus whose lights are flashing.

Here are some simple tips about what you should do when approaching a school bus that is preparing to stop or has stopped:

- When approaching the school bus from the opposite direction, stop at a safe distance away from the front of the bus.

- When approaching the school bus from behind, stop at least 20 metres away from the back of the bus.

- Once the red lights have stopped flashing, the STOP arm has folded away and the bus begins to move, it is safe to continue driving.

- Registered owners of vehicles can be charged if they illegally pass a school bus that is stopped with its red lights flashing. Failing to stop for a school bus can result in a fine upon conviction.

### First offence:

Fine - \$400 to \$2,000 and six

demerit points

### Each subsequent offence:

Fine - \$1,000 to \$4,000 and six demerit points with possible imprisonment of up to six months

Remember: School buses are required to stop at all railway crossings, but they are not required to use the bus' upper red lights.

Check out the Ministry of Transportation's website for more school bus safety tips!

### Walkers

It is very important that children walking to school are directed to walk on the sidewalk if available. If not, walk on the left side of the roadway facing traffic.

Motorists should be aware that children are walking and riding bicycles to and from school. Special attention should be taken when driving through communities as children will be making their way to school.

### News from the police centre

Incidents of theft from vehicles continue to be an issue. Please remove items of value and lock the doors. GPS units, money and sunglasses are the most popular items stolen from vehicles.

Graffiti is an ongoing problem. If you see graffiti please note the location and call the City of Ottawa call centre at 311 and report the mischief.

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# Tree Conservation By-law Now in Effect

## Permits required to cut down large trees

**By Sarah Anson-Cartwright**  
Among the more valuable and distinctive features of New Edinburgh is our urban tree canopy, now the subject of the City's new Urban Tree Conservation By-law, in effect since September 1, 2009. The by-law places restrictions on the cutting of trees on private property in urban Ottawa, as follows:

- Owners of urban properties larger than one hectare are required to produce a City-approved tree conservation report to remove a tree 10 centimetres or greater in diameter. (This portion of the by-law came into effect on June 24, 2009.)
- Owners of urban properties one hectare or less in size must obtain a permit from the City to remove a tree that is 50 centimetres (20 inches) in diameter or greater. In addition, the owner must obtain an arborist report indicating the tree's condition and other details; such a report helps determine the legitimacy of tree removal requests.

Fines of between \$500 and \$100,000 will be imposed as a result of any unauthorized removal or destruction of the trees covered under the by-law. In the case of a contravention of a stop work order, the fine is not limited to \$100,000.

Ottawa's Official Plan includes policies to protect trees and the City also has a program aimed at adding 100,000 trees to our urban tree canopy. However, a specific by-law was clearly necessary to address instances of tree

clearing on development lands and the cutting down of large old trees in established neighbourhoods. Prior to the by-law, the City had no process in place to prevent such actions. In a recent instance, in late August this year, a 150-year-old oak was felled in the Sunnyside neighbourhood, to the disbelief and disappointment of many residents.

Ottawa was the only major municipality in Ontario without a by-law regarding tree cutting on private property, until this one was passed last June. Most of the trees in the urban area (75% according to the

conditions being attached to the final permit.)

The by-law is also timely due to the infestation of the Emerald Ash Borer which will eliminate ash trees – which represent 25% of the trees in Ottawa – over the next 10 to 15 years. The need to conserve other species of trees while adding new ones is critical.

Not least among the motivations for the by-law, the environmental benefits of trees are very significant to the community. "Among these benefits are helping homeowners save energy costs, helping filter surface water and stop ero-

### Benefits of Trees

- Trees in Ottawa's urban core store or sequester enough CO<sub>2</sub> to offset 10 million car commutes to and from work.
- One large tree provides a day's worth of oxygen for up to four people.
- Wind protection and shade cover from trees can save households anywhere between 10 to 50 per cent in heating and cooling costs.
- Research shows that trees can increase property values anywhere between nine and 30 per cent.
- Trees help improve our water quality, as they filter surface water and prevent erosion.

City's report) are on privately-owned land, so this by-law is an important step in protecting mature trees with the largest canopies. The City has chosen to create an opportunity for it and residents to have a say in the process of removing trees. The by-law reflects the view that there is a community impact of a home-owner's decision. (In cases where a permit is planned, it will be displayed in the neighbourhood to allow for community reaction which could result in

sion, and cleaning the air by absorbing carbon dioxide and other particulate matter," said Councillor Peter Hume in the City's news release on June 25, 2009. He added: "Trees also provide shade, privacy and effective insulation from noise, which makes them critical components of our urban environment."

For more information on the by-law, visit [ottawa.ca/urbantree](http://ottawa.ca/urbantree), email [urbantree@ottawa.ca](mailto:urbantree@ottawa.ca), or call 3-1-1 (TTY: 613-580-2401).



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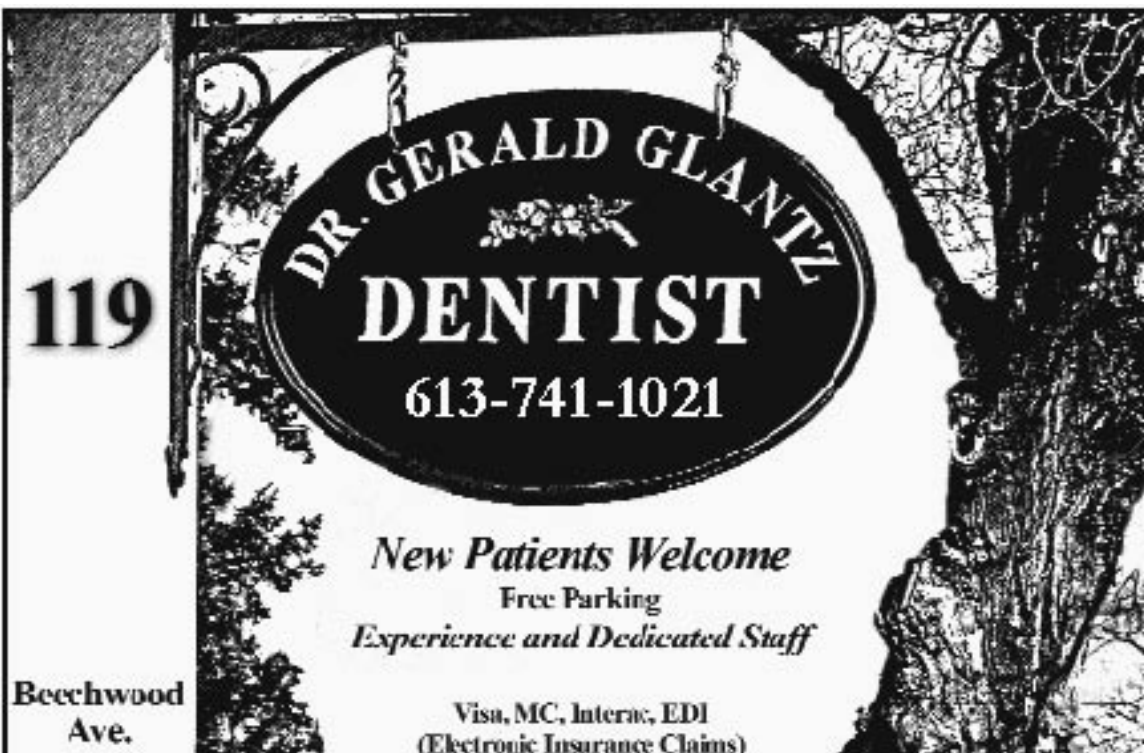
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# New Green Developments in the Burgh

By Jane Heintzman

A stone's throw from the marts of trade in Beechwood Village, two new "green" developments have been busily under construction in recent months, both of them carefully planned to incorporate materials and technologies geared to achieving the highest possible levels of energy conservation and efficiency, as well as drastically reduce carbon emissions. Local architect **Jane Thompson's** complex at **400-404 Mackay Street** is a mixed residential/commercial development incorporating two 2-bedroom apartments, one 1-bedroom apartment and 1400 square feet of office space. Around the corner at **39 Vaughan Street**, realtor **Michael Valiquette** is converting a former office building into six condominium units.

**Jane Thompson** is well known in our community where she has played a leading role in a variety of important projects. Several years ago, Jane's firm prepared the *Beechwood Revitalization Plan* which ultimately formed the basis for the *Beechwood Community Design Plan* adopted by the City as the template for new development in the area. She is currently spearheading a **Household Energy and Waste Reduction Project** in New Edinburgh and surrounding communities, recruiting households to measure their environmental

footprint using an online calculator combined with their utility bills. Throughout the year-long study, participating households will get tips on how to reduce their environmental impact via information sessions and e-mails, and at year's end, will again measure their eco-footprint to determine the effect of the recommended green improvements.

## 400-404 Mackay Street

In keeping with her objectives as a committed environmentalist, Jane has incorporated a lengthy list of green features into the new development at 400-404, notably:

- Geothermal heating, cooling and hot water heating, installed by Core Energy Technologies Inc.;
- Green roofing installed by leading local green roof contractor, David Cherry, of Job Done Construction;
- Energy efficient insulation with triple-glazed fibre glass windows;
- An energy recovery ventilator for both improved air quality and conservation of energy;
- Energy efficient light fixtures and appliances;
- Dual flush toilets and low water use taps;
- Passive solar heating and ventilation, with large windows for day lighting and

cross-ventilation;

- Solar shading from a planted trellis combined with landscaping; and
- Reuse of some materials and use of natural materials.

A particularly attractive feature for our community is a meeting room/library on the ground floor of the building which will be equipped as a **Sustainable Living Reference Centre** with reading materials and samples of environmentally friendly materials, designs and construction practices. The room will be open to the public a couple of days each week for use as a reference resource for those in search of practical ways to reduce their environmental impact. Once the building is open, Jane plans to hold an Open House for the community, as well as periodic tours of the new building.

## 39 Vaughan Street

Around the corner on Vaughan Street, Michael Valiquette's team is using much the same green template in the modern makeover of a building which dates back to the early years of the last century. Based on the archival explorations of Michael's assistant **Lada Matlak**, the building started out as a piano manufacturing establishment, later morphing into a photography business and then an aerated water bottling plant. The archeological evidence of which was apparently plentiful when the digging started and ancient bottles began emerging from below ground. Like the Jane Thompson building, 39 Vaughan Street will incorporate such green features as:

- Geothermal heating and cooling, installed by Confort Géothermique of Gatineau;
- Green roofing, once again employing Job Done Construction;
- Energy efficient fixtures and appliances;



Photo: Louise Imbeault

**Jane Thompson's new mixed use building on Mackay Street.**

- Low flush toilets and low flow showers;
- An energy recovery ventilator;
- Spray-in icynene insulation to minimize air leakage and maximize energy efficiency;
- Large floor to ceiling windows for day lighting and cross ventilation; and
- If possible, depending on design considerations still to be worked out, solar panels to provide a back-up power supply.

Michael Valiquette and the team developing 39 Vaughan Street are particularly pleased to have long-time local builder **Ron Maxwell** as the lead contractor on the job. Ron is a highly regarded and seasoned veteran in the business, and no doubt well known to many in our community where he has worked on numerous projects over the years.

One of the most significant features of both of these new green projects is their choice of **geothermal** heating and cooling to take the place of a conventional fossil fuel-based system. For those who are unfamiliar with geothermal, the basic principles are simple but ingenious. About half the energy from the sun that hits the earth each day is absorbed by the ground, and below a depth of 6 feet, the ground

remains at a constant temperature of 10<sup>0</sup>-15<sup>0</sup> centigrade all year round. A geothermal heating and cooling system makes use of this constant temperature to regulate the temperature in a building, transferring heat from the ground to warm the air in winter, and operating in reverse during the hot summer months to extract the heat from indoors and circulate it through the cooler ground.

At the heart of the system is an earth loop consisting of plastic pipes buried in the earth through which is pumped a continuous flow of an environmentally friendly ethanol solution. The solution is a highly efficient conductor of heat, absorbing the heat from the ground which is then pumped back into the geothermal unit inside the house. This unit, which is about the size of the average furnace, consists of a pump, a compressor and a fan. When the heat absorbed by the earth loop is transferred back into the house, the unit compresses the fluid to raise the temperature to the desired level and distributes it through the building via a conventional air duct system, or through pipes containing water for in-floor heating. In summer, the system operates in reverse, pulling warm air from the building into the earth loop which circulates it through the cooler temperatures below ground.



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

cost reductions can be particularly dramatic in the case of cooling, as the energy from the sun that would otherwise heat the surface of the roof is absorbed by the plants for photosynthesis. The plants also act as carbon dioxide filters and provide a welcoming habitat for birds and bees.

#### 279 Crichton Street

Another Green project is just getting underway at 279 Crichton where Vert Design co-owner **Chris Straka** is about to embark on the construction of the first officially LEED certified home in the neighbourhood, and among the first in the City to be certified at the LEED Platinum level

(CaGBC). Among the eight basic LEED criteria applied in the rating of new construction are sustainable site selection, water efficiency, energy efficiency, materials selection and indoor environmental quality. Interested readers can get more details on the rating system at [www.canadagreenhomeguide.ca](http://www.canadagreenhomeguide.ca).

Chris' new development at 279 Crichton will employ more than 90 green design initiatives, each of which will be evaluated by an independent green builder in the course of the rating process. He hopes to hold periodic Open Houses on the site to give interested members of the community a chance to see first hand the use of green materials, systems and approaches, and to understand why they are used. As passers by may have noticed, the initial deconstruction process at 279 Crichton has taken a bit more time than a conventional demolition/landfill operation, as Chris is committed to reusing the materials in the old building to the greatest extent possible. For example, the original red brick from the first floor of the building (the quantities of which were insufficient for Chris' purposes in the new building) has been carefully removed and sold to a mason specializing in heritage restoration.

In all of these new green developments in our community, the overriding aim is to achieve what is perhaps best summed up in the Canada Green Building Council's description of the environmentally sustainable prototype: "Uses less energy, water and natural resources; creates less waste; and is healthier and more comfortable for the occupants."



Sketch courtesy of Michael Valiquette

#### 39 Vaughn Street set to become green condos.

energy comes directly from the ground around the building.

Their choice of green roofing is another significant innovation with a number of important benefits. The green roof, which consists of plastic panels pre-planted with drought hardy flowers or shrubs using a design which maximizes water distribution, helps to conserve energy in the building by providing added insulation, leading to reductions in both heating and cooling costs. These

(the highest level of accreditation). LEED, the acronym for Leadership in Energy and Environmental Design, is a Green Building Rating System initially developed about a decade ago by the U.S. Green Building Council. It entails a set of internationally accepted benchmarks for environmentally sustainable design and construction, and has been adapted to the Canadian context by the Canada Green Building Council

#### From the Desk of...



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



## Stanley Avenue Park

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

Following a public meeting held on September 3, I have been made aware of the details pertaining to the erection of boundary fencing around the National Capital Commission (NCC) property at Stanley Avenue Park. As I could not attend this meeting due to another commitment, one of my staff was present on my behalf.

I thank residents who have been writing, as I have received numerous correspondence to this effect. I am taking this issue very seriously and your concerns are duly noted. My prime concern will always be to ensure the health and safety of citizens.

As a bit of background, I understand that a railway was passing through the current location of the Park a long time ago and that it was also used later as a domestic landfill. As a result, and according to a recent NCC assessment,

elevated levels of metals and a number of hydrocarbon compounds have been found in the soil at the site, which is why a remediation plan is being brought forward.

At the time of writing this article (September 14), I have been promised a briefing by the NCC, at which time I will try to establish what options are open to them and which they are prepared to consider. I have also advised the New Edinburgh Community Association's president, Mr. David Sacks, of this.

Furthermore, since this edition of *New Edinburgh News* will be distributed in October 2009, I will already have held my monthly meeting of "Coffee Anyone?" with residents in the area, during which I am sure this issue will be raised and discussed at length.

I believe that indeed there is a need for an NCC remediation plan. However, the details of such a plan remain to be decided in consideration of the concerns of those affected.

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### By Catherine McConkey

Wow! Before we start looking forward to another year of awesome events, let's go back over the past few months of our ongoing activities. What a busy and active summer we have all had.

### Marathon Cheering Station

First I'd like to thank **Joseph Cull** for his brilliantly (silver and blue) organized Marathon Cheering Station. For the third time, New Edinburgh received a 1st place finish and \$1,500 as **THE BEST Marathon Cheering Station** during the Ottawa Race Weekend way back in May. Thanks go to the neighbourhood for coming out and supporting the marathoners.

### Community Picnic

Our June picnic had great weather, lots of fun, bubbles, races and balloons. Many

thanks to the lead organizers **Caroline Matt** and **Debra Connor** and all the other volunteers who helped out.

### Garage Sale

In September we had our 30th annual **Garage Sale**. Thanks to those of you who donated 10% of your sales to the Council. The Garage Sale is a key fundraiser for us so if you still want to make your contribution please contact me at **613-746-0303** or **Joyce Dubuc** at **613-745-9904** and we will be happy to pick it up for you. On a special note, we want to thank **New Edinburgh Square** and especially **Amy Hinchey**, Marketing Manager for helping us with the posters this year. It was a collaborative effort with New Edinburgh Square covering the cost of printing the posters and Council distributing them. What a team!!

### Fieldhouse Snack Bar

As a trial this summer, we opened the Fieldhouse for a few hours each week. I want to let the neighbourhood know that it was a resounding success and that we will be looking at doing it again

next summer. This venture was run entirely by volunteers and I want to thank organizer **Stephanie Monteith**, and volunteers **Joyce Dubuc**, **Angus McLaurin**, **Daniel Opazo**, **Alexandra Carr-Moore** and **John Jaresni** for their time spent in attendance at The Fieldhouse. Keep watching this column for more details about opening hours.

### Upcoming Halloween Howl

October 25, from 3:00 to 5:30 pm is the date for the annual **Halloween Howl**. The Howl is for those aged 0-7 and includes lots of games, treats and ghoulish fun. Things will get underway just after 3 pm with the costume parade down Stanley Avenue. This event could use some more volunteers so please contact **Brian Torrie** at [btorrie@hotmail.com](mailto:btorrie@hotmail.com).

Two other important acknowledgements, the 3C's has always been very grateful to the **New Edinburgh Pub**. Throughout the years The Pub has been very generous in supplying Council with hot chocolate for the rink goers and hot dogs for the Winter Carnival. This sum-

mer, **Paul Williams**, owner of the Pub, out did himself and chose the Council as beneficiary of his annual charity golf tournament. We were absolutely thrilled and delighted when we received the cheque and want to thank Paul and his golf teams for their donation. We cannot thank Paul enough for his generosity.

At this time, we are putting out a call for **Hosers**. Yes, it's that time of year to start thinking about ice. If you are interested in becoming part of our elite group of ice-makers,

please contact Brian Torrie at [btorrie@hotmail.com](mailto:btorrie@hotmail.com) or 613-747-7951 to sign up and get scheduled in.

Council meets every 2nd Monday of the month, 7:30 pm at the Fieldhouse. If you are interested in joining or volunteering for one of our events please drop by. We meet again on the October 12 or call me at 613-746-0303 for more information. The Fieldhouse is available for rent for your next event. Please contact **Jill Hardy** at **613-746-1323** to reserve in advance.

## Annual Community Picnic

### By Caroline Matt & Debra Connor

The New Edinburgh Annual Community Picnic was held Sunday, June 14. We were lucky to have a sunny, hot day (a rarity this summer!) and we had a terrific turnout. There were races for the children (see photo on page 24), face painting, and bubble-blowing; Rosie the Clown was on hand to make balloon animals; and the ambulance bus was a huge hit with everyone.

Many, many thanks to CCC members and community volunteers who helped with putting up the posters, blowing up countless balloons, decorating, serving up hot dogs, distributing watermelon and freezies, running the snackbar, helping with the races, and cleaning it all up. An extra special thanks to our youngest volunteers, **Gina Emdon** and **Alexandra Duchemin** who worked overtime to ensure no small face was left unpainted.

## New Edinburgh Pub Golf Tourney

### By Joseph Cull

**Crichton Community Council**  
Paul and Tracey Williams did it again!

Once more they hosted the Annual New Edinburgh Pub Golf Tournament, and even the rain did not deter the Golfers. A memorable day was enjoyed by all the and it was topped off by a great feast on the Best Upstairs Patio in Town.

Friends gathered, shared their highlights of the day, balloons were burst to deliver a host of fabulous prizes.

Paul and Tracey decided on this their 20th year in the busi-

ness to give to back to New Edinburgh.

Crichton Community Council was overwhelmed and humbled by the generosity of so many during these times.

A cheque of \$6,000 was presented to Council for continued re-investment in the Fieldhouse and Stanley Park, where kids play, and families and friends gather to celebrate the joy of our community.

So a heartfelt THANK YOU to all the men and women who braved the not-so-sunny day for a great cause.



CCC and members of NE Pub Golf Day, Sunday 26th July at the Pub: (l to r) Eric Souigny, Lise Grondine, Roch Vaillancourt, Sophia Harvey, "Gorgeous George", Jasmine St. Amour, Gilles Souigny, Cathy Souigny, Paul Williams, Charlie Reid, Melodie Salter, Tracy Williams, Roger Hardy, Jill Hardy, Joseph Cull, Cathy McConkey.

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### Fall and Winter Safety Tips By Michael Histed

For the most part it has been a quiet summer in the neighbourhood. However, New Edinburgh and surrounding communities have seen an increase in the number of car break-ins. It would be prudent to remind ourselves of some simple measures we can take to keep our families and properties safe and secure.

#### Car Security

Many of us park our cars in our driveways or on the street where our cars are vulnerable to break-ins. Here are a couple of things we can do:

- Keep doors locked at all times
- Do not keep valuables visible in the cab of the car
- Keep your GPS secure
- Park in a well lit area.

#### Back to School

With the kids back at school or university, houses tend to be unoccupied for longer periods than during the summer months. Therefore, it is important to remember a few tips

for while the house is empty during the day:

- Keep windows and doors locked while you are away
- Put some lights on timers to give the impression of someone being home
- Pick up your newspapers in the morning. Do not leave them sitting on the front porch all day
- Advise your children what to do if they come home to find the front door open. Give them the name and phone number of a trusted friend or neighbour.

#### Thanksgiving

Many of us will be away visiting family over the Thanksgiving holiday. Thieves know this. Many of the same rules apply as above however, there are a few additional measures that can be taken, for example:

- Tell a neighbour that you will be away, and to watch out for suspicious activity
- Get a neighbour or friend to put their car in your driveway
- Cancel your newspapers

- Have someone pick up the mail if gone for a longer period.

#### Halloween

Halloween is a fun time for everyone. To protect your children, a few easy steps will help keep it an exciting but safe time for all:

- Make sure your children wear something bright so that they can be seen on a dark night. Carrying a flashlight will work as well
- Check candy carefully before allowing your children to indulge
- Do not open your door later in the evening if you feel uncomfortable

#### Christmas

I know it seems a little early to be talking about Christmas, but many of you keeners will be starting your gift shopping early, unlike myself. For those of you hitting the malls in November and early December, criminals are starting to watch mall parking lots for people carrying gifts to their cars. A few tips can help avoid a Christmas nightmare:

- Do not make multiple trips to and from your car. Criminals are waiting for you to return to the mall and help themselves to the

contents of your car

- Never keep items on the back seat of your car
- Keep your credit and debit cards safe. Watch out for hidden cameras at wall banks, or store staff who seem to be taking a long time processing your card.

Lastly, a reminder on some simple steps you can take walking the dog, or taking a walk for exercise after dark, particularly now that days are getting shorter:

- Try not to walk alone if you can
- Do not walk through the

park alone at night, particularly areas with no lights

- Take a cell phone with you
- If you must walk alone, tell someone where you are going and when you expect to return
- Think of your neighbours. If you live next to an elderly person who is afraid to go out at night, offer to escort him or her around the block.

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Jennifer Stone admires the display of Julie Liger-Belair's intriguing collection of painting at the Dale Smith Gallery.

## The Arts Page by Catherine Murphy

# Burgh Arts Scene ...

The month of June brought lots of talent to the Burgh. **Julie Liger-Belair** – Editor's pick in the *Ottawa Citizen* was on display at Dale Smith's Gallery. Delightful and creative, one cannot but want to open the little doors in her paintings and look inside. The illusion of mystery and intrigue.

Doors Open Ottawa and **Gordon Harrison** launched "Summer" at John Street. The scene at Gordon's vernissage was more like a neighbourhood party, with neighbours **Martin Low** and **Bill Flurry** along with many of his patrons enjoying that lovely evening.



Doors Open at the Gordon Harrison Studio.

July's exhibit of **Aaron Weldon MacLean**, **Adrea Crabbe** and **Brittany Roberts** at Dale Smith Gallery was a show of diverse talent that brought invigorating energy to the art scene.

### Mark your calendar for a good cause

Mark **Friday, October 30** on your 2009 calendar and come to Dale Smith Gallery in the Burgh for the official launch of the 2010 Osteoporosis Canada—Ottawa Chapter fundraising calendar featuring photographs by Lindenlea and former Burgh resident **Gavin Murphy**.

Titled *Posing for the Cause*, the calendar showcases 17 photographs of women in everyday situations. As well, five pictures from the calendar, enlarged to 2ft x 3ft and reproduced on canvas, will be available for purchase that evening. The calendar sells for \$20 (tax included) and all proceeds will be donated to Osteoporosis Canada—Ottawa Chapter.



Photo: Gavin Murphy  
**Untitled, London, England.**

"Osteoporosis is a disease that afflicts women of all ages and *Posing for the Cause* celebrates women of all ages," Gavin explained. "This calendar has three objectives: to be a practical and functional product; to educate about osteoporosis; and to help raise funds."

The launch reception takes place from 7-10 pm at Dale Smith Gallery, 137 Beechwood Ave. near Acacia Ave. For further details please contact Dale at 613-321-0101 or Gavin at 613-741-4029.

## Interview with the Artist:

# What Makes Amy Thompson Tick?

By Catherine Murphy

Because I am fascinated by her style of creativity, I recently spoke with Ottawa based mixed media artist Amy Thompson.

*When you create, do you look beyond what you usually see?*

I definitely feel that any artist's job is to look beyond what they

normally see but it's also the fun part of the job!

*Who are your favourite artists that influence your present stream of thought.*

Kiki Smith and Louise Bourgeois are two artists I greatly admire and would think have been an influence on my

work, whether consciously or subconsciously. While both of these artists' work is mainly sculptural in nature I find the emotional expression they convey through their work incredibly powerful. I think I'm drawn to this work because, not only is it visually striking, they both deal with themes of femininity, sexuality, identity and in Smith's case Nature, which are all themes I am also interested in expressing through my work.

*I find your subject ideas pleasing. How do you collect your ideas, sketch then create?*

My ideas stem from a variety of places; music, reading, travel, visiting museums and galleries, are all ways for me to find inspiration. Very often my own memories of childhood inform my work. I try to capture the feeling of the time when you are discovering yourself and the world around you.

I keep a sketchbook for my thoughts and ideas by my bed as I tend to have ideas in the moments just before I fall asleep.

**Don't miss it:**

*Glint* – New work by Amy Thompson October 16 to November 10 at Dale Smith Gallery – 137 Beechwood.



Amy Thompson in her studio.

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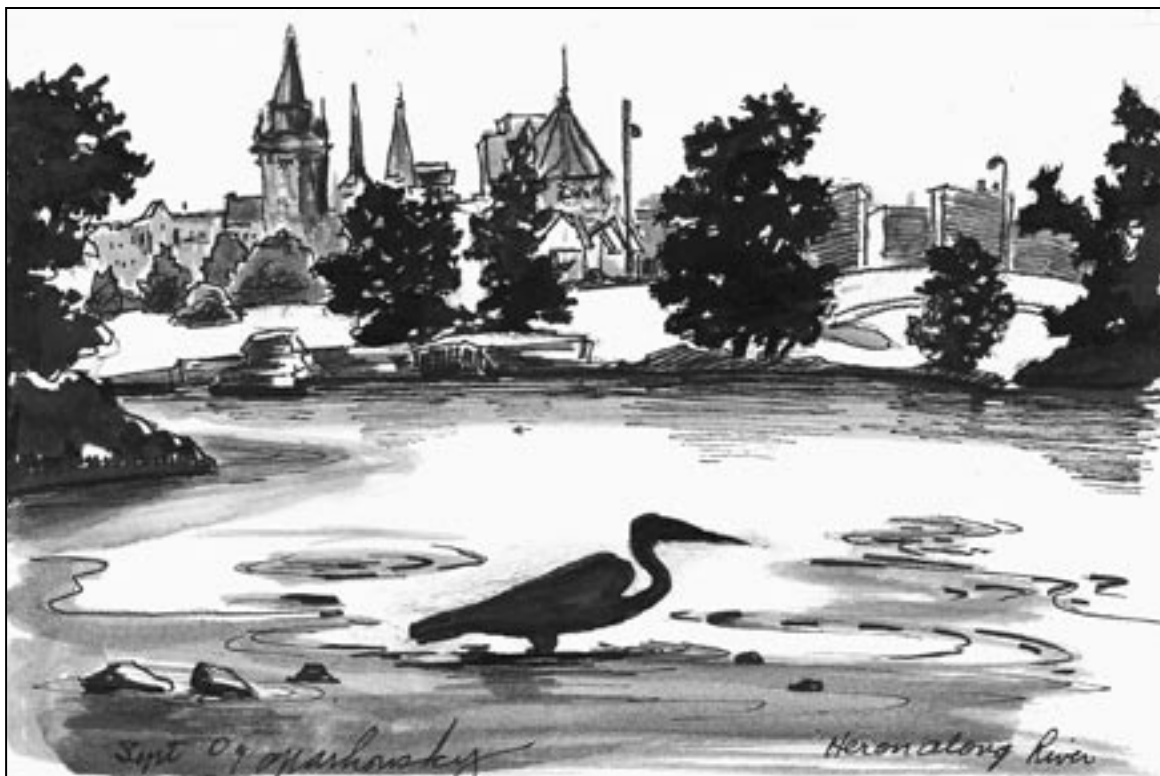
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Heron Along River

Sketch by Martha Markowsky

On Oct 24 and 25, Martha Markowsky will be exhibiting some of her latest paintings at Coloris sur la Baie at the River Rock Inn in Rockland, ON. Admission is free.

## Stanley Park...

Continued from page 1

same or similar species will be planted as a replacement. Preference will be given to replanting native tree species.

Health Canada had recommended that there be a one-metre clean soil cap placed on contaminated NCC soils where digging in these soils, such as backyard gardening, cannot be monitored by the NCC. However, the NCC's consultant (Interra Engineering) noted that placing one metre of soil right up to the property line with private residences was not practical for a number of reasons. These include creating local drainage problems, putting too much fill in the flood plain, killing existing trees and creating a major visual impact for residents. Instead, the consultant recommended that a 30-centimetre (one-foot) cover be placed on the NCC soils, coupled with a fence, in order to create an appropriate physical barrier between the soils and users, and to keep gardening activities by private residents within their own properties.

In early September, NECA held a public meeting to discuss the NCC's plans to deal

with the contamination in Stanley Park and to install fencing along the property line of Stanley Avenue houses backing onto the park. The discussion was lively—particularly regarding the proposed NCC boundary fence and an additional park entrance path near Keefer Street. This prompted NECA and affected property owners to pursue other alternatives with the NCC.

### Good Fences Make Good Neighbours

"The NCC wants to be a good neighbour but must also act responsibly and think long-term on issues of public health and safety," stated NCC Media Relations Manager Jean Wolff.

After what NECA president David Sacks described as a very "amiable" meeting with NCC CEO Marie Lemay, the NCC issued a letter identifying changes proposed to by the NCC. "I am very pleased with the outcome of our engagement with the NCC," announced Sacks at the September NECA Board meeting.

"Fences that are currently on private property will remain as is," Lemay writes in her letter. Fences located on NCC

land will either be moved or a new fence will be built. For properties that currently have no fence, the NCC will install a standard 4-foot black chain-link fence. "If the owner prefers an upgrade, such as a wood fence, they would have to pay the difference in cost, as well as be responsible for maintenance."

Another issue that came up during the public meeting was community opposition to a proposed park entrance path near Keefer Street. The NCC has listened to the community's request and has "dropped plans to build the proposed path."

A copy of the NCC letter is posted on the community website: [www.newedinburgh.ca](http://www.newedinburgh.ca). For more information on the remediation, go to [www.canadacapital.gc.ca](http://www.canadacapital.gc.ca) and click on the link to the Stanley Ave Park Site Construction.

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# A Nearby Theatre RENEWED!

## *Lettice & Lovage* Opens October 16

The Linden House Theatre Company – created by New Edinburgh resident **Janet Uren** in 2007 – will stage its third annual performance (*Lettice & Lovage* by Peter Shaffer) in a theatre that over the summer has been rebuilt to a professional standard.

Stages for community theatre are in short supply in Ottawa, and actor and producer Uren is grateful to **Elmwood School** for allowing her to use the stage where she first acted as a high school student in the 1960s. “I have a real sentimental attachment to this theatre,” she says, “and I’m thrilled to see it being given new life.”

This stage has a long history. Ninety-two years ago, the founder of a little elementary school in a village on the distant outskirts of Ottawa, decided that her school – sheltering in a rented farmhouse on Elmwood Farm – badly needed an assembly hall and theatre.

Theodora Philpot had almost no money, but she loved theatre and was not afraid of a challenge. She organized the fathers and brothers of her students to move the old barn up to the house and to connect the two buildings with a long corridor. The farmhouse was replaced long ago, in 1925, but the old barn and corridor are still there (more or less).

Thanks to the vision of headmistress **Cheryl Boughton**, and of **Angela Boychuk**, director of the school’s senior drama program, the school has used revenues from its annual auction to open up the proscenium and extend the apron forward. As a result—without cutting into the seating space

by more than a few feet—the acting space has been virtually doubled. As well, the new stage has all the flexibility of a professional venue, with three sections of floor that can be removed, depending on the demands of the play, to reveal three different sets of stairs.

Elmwood has also taken thought about the comfort and happiness of its audience and has re-decorated the auditorium in deep rich red with cream-colour trim. As well, it has invested in new, movable seating upholstered for audience comfort.

“Linden House is honoured, in October, to be presenting the first performance on this renewed stage,” says Uren. “We have been busy with tape measures, spreading ourselves out instead of trying to figure out how to get 13 people on the stage at once without causing traffic accidents. The variety of configurations gives us enormous scope for our upcoming production.”

Linden House will be presenting *Lettice & Lovage* – a modern British comedy by Peter Shaffer, the author of *Amadeus* and *Royal Hunt of the Sun* – from **October 16 to 24**. The story is all about living joyfully. An unusual tour guide (Lettice) with a taste for romance has to dramatize the facts – and, in fact, invent whole stories – to keep visitors awake as they tour the “most boring house in England.” She is fired for her pains. Driven by a passion to experience life at its most uplifting and profound, Lettice takes revenge by inspiring the woman who dismissed her (Lotte) with

something of her own capacity for living largely. Together, the two women resolve to do something positive about the ugly world that surrounds them.

The roles of Lettice and Lotte are played by Janet Uren and **Manon Dumas** respectively, with the sardonic support of well-known local actor and the play’s director, **George Stonyk**, and of **Linda Marchand**, who has brought so much charm to the New Edinburgh Players productions over the years.

*Lettice & Lovage* will open on Friday, October 16 at 7:30 pm, with performances to follow on October 17 and 22 to 24. There will also be a Sunday matinee on October 18 at 2 pm. Tickets are: \$20 (general admission), \$18 (senior) and \$15 (student). Group discounts are available. The performances on October 22 and 23 will benefit the **IODE Laurentian Chapter** and **St. Bartholomew’s Church** respectively. Call **613-842-4913** for tickets or information or see the website at: [www.lindenpro.ca](http://www.lindenpro.ca).



Manon Dumas (left) and Janet Uren rehearse for the British comedy, *Lettice & Lovage*, on stage this October.

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# MacKay's Third Chamber Music Season Begins with Brahms

By Linda Roininen

It's hard to believe that October 25 will mark the beginning of MacKay United Church's Chamber Music Series Third Season. At the end of Season Two the fundraising total came in at just over \$34,000, two-thirds of our way to our goal for the new grand piano.

The season starts off with a real treat. The evening will start with the Mozart String Quartet in D major K. 499 followed by songs by Antonin Dvorak: *Cypresses*, *I Know That on My Love to Thee*, and *Death Reigns in Many a Human Breast*. The second half of the concert will feature **Kimball Sykes**, principal clarinetist with NACO, in the Brahms Clarinet Quintet in B minor, Opus 115. Joining Kimball will be **Leah Roseman** and **Mark Friedman** (violins), **David Thies-Thompson** (viola) and **Margaret Munro Tobolowska** (cello). This will be David's first time performing in the concert series. It will be a delight to welcome him to the group. He will also be performing again next May playing the viola in Brahms' String Sextet No. 2 in G major, Opus 36.

When we see musicians perform we often get so caught up with the beautiful sound they make, that we forget that they have more going on in their lives than music. Such is the case with Kimball. Not only is he a master of the clarinet, but the master of **Joe**, a lovable Golden Retriever, pictured with Kimball in their backyard. I asked Kimball a few questions about his music and his dog and here are the responses:

*It's quite a coup to have you come and perform for our Chamber Music Series fundraiser. We at MacKay are excited to hear you play. What made you choose the Brahms' Clarinet Quintet?*

I will be playing the piece in New York in the spring, so

when I was asked what to play for the fundraiser, I suggested the Brahms. It will be great to have an opportunity to to play it twice in one season.

*Is it your favourite Chamber piece for the Clarinet?*

It is one of my favourites. It is one of the last works that Brahms wrote. Brahms had decided to stop composing, but was so inspired by a clarinetist he heard, that he decided to write four major works for the instrument.

*Are there many Clarinet Quintets other than the Brahms and the Mozart?*

There are others but the Mozart and Brahms are the two stand-outs.

*At what stage of your career did you begin to perform the Brahms' Quintet?*

I was in my early twenties the first time I played the Brahms Quintet.

*Is it required repertoire for Clarinetists?*

We don't have the huge repertoire that some instruments have so we can't ignore a major piece like the Brahms

*The photo of you and your Golden Retriever Joe is wonderful. The Manor Park/New*

*Edinburgh/Rockcliffe neighbourhood is chock a block full of not only music lovers, but DOG lovers. I'm sure the readers would love to know if your approach to the clarinet has changed since getting Joe. A dog adds so much to one's life, but does it add to one's musical life as well?*

I enjoy having to walk Joe each day. It is quiet time where I can relax and not think about anything in particular. Joe is a goofball and makes me laugh.

*Final question. If Joe could play an instrument, which one would he play?*

Joe is a dog that likes to take it easy so I would have to say it needs to be an instrument that one must play sitting down, so I will say the cello.

Having looked after Joe on numerous occasions in my capacity as dog care professional, I concur that Joe would indeed be a cellist. It makes me wonder how many readers have pondered the question as to what musical instrument their pooch would play? Hmmm..... Interesting topic of discussion for the reception after the concert. Fabulous music, and thought provoking banter to follow. NOW,



**Kimball Sykes (seen here with his trusty companion Joe) will be playing the clarinet at the MacKay United Chamber Music season opener on October 25.**

THAT'S ENTERTAINMENT!

The concert starts at 7:30 pm and will be held at MacKay United Church, 39 Dufferin Street. Tickets are \$20 adults, \$15 students and seniors at

the door or at the **Leading Note** on Elgin or at **Books on Beechwood**. For more information contact the Church office at **613-749-8727** or go to [www.mackayunitedchurch.com](http://www.mackayunitedchurch.com).

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# BURGH BUSINESS BRIEFS

- By Jane Heintzman -

This Fall, there is plenty of action to report on our local food scene, with comings and goings, moves and new collaborations, and milestones to be celebrated.

## Fraser Café: They're on the Move

If all goes as planned, in early September brothers **Simon** and **Ross Fraser** will open the doors of their immensely popular Burgh restaurant, **Fraser Café**, at a new location at **5 Springfield Road**, the former home of **Fratelli's**. As its regular patrons are well aware, **Fratelli's** closed its doors on Springfield in early summer, and over the course of the past two months, the Frasers' contractor **Stephane Brisebois** of **Breakwood Design Build** has been hard at work redesigning the interior of the restaurant to meet Simon and Ross' specifications for their substantially enlarged café.

While highly regarded in Ottawa culinary circles and extraordinarily popular with both residents of the community and lovers of fine dining from farther afield, **Fraser Café** had effectively outgrown its original location at 143 Putman Street where elbow room was in short supply. The new Springfield location affords about three times the space available on Putman, and has enabled Simon and Ross to enlarge their kitchen and double the number of seats available to their enthusiastic clientele. Readers can now look forward to both the same exquisite fare and friendly service the Frasers are famous for, and a more spacious setting in which to savour it.

## The Plot Thickens in the Food Fraternity!

One of the instigators of the Frasers' plan to make their move to larger quarters in the

neighbourhood was **Ion Aimers**, owner of the amazingly successful gourmet burger chain **The Works**. As burger lovers in the community know, prior to its meteoric expansion into a six outlet restaurant chain with locations throughout the city, **The Works** had its modest beginnings in the Frasers' first home at 143 Putman Street. Today, **The Works** remains very much a part of our community, but in considerably larger quarters on St. Laurent at Rockcliffe Crossing where by all accounts (our son currently works there), business is booming.

As both a client and a friend of the Fraser brothers, **Ion** encouraged them to go after the Springfield location when it became evident that the **Valente brothers** (co-owners of **Fratelli's**) might be willing to sell. And as luck would have it, the Frasers' timing was fortuitous. Busy and successful as they were at their Springfield location, **Richard Valente** reports that family reasons ultimately tipped the balance in favour of a sale.

Both he and his brother **Robert** have very small children, and both live in the extreme west end of the city, making the hike to New Edinburgh an increasingly difficult challenge in their daily rounds. Ultimately, Simon and Ross teamed up with **Ion** to make a bid for the Springfield location, and from the Valentés' perspective, it was an offer too attractive to refuse. We wish the **Fratelli's** team a fond farewell, and will no doubt have

occasion to meet up with them again at one of their four other locations in Ottawa, ranging from Bank Street in the Glebe to Westboro, Barrhaven and Kanata.



Photo: Louise Imbeault  
**Ion Aimers, owner of The Works and gourmet burger magnate.**

## Coming Soon: Pizza on Putman (Gourmet Style)

Not only is the ever-enterprising **Ion Aimers** a partner in the Frasers' new venture on Springfield Road, he has reclaimed the original **Works** location on Putman which will soon be reopened (probably in November) in its new guise as a gourmet pizza establishment, offering an array of tasty and interesting alternatives to the traditional pepperoni and cheese slab, both for take out and for consumption on the premises. No word yet on the menu options, but if **The Works'** immense and imaginative burger list is any guide, there will be something on offer to satisfy even the quirkiest cravings! And while the Fraser brothers will be investing their primary energies in their new Springfield Road location, they too will retain an interest in **Ion's** Putman pizza enterprise.

## The Scone Witch: Now on Beechwood!

Since closing her shop at **42 Crichton Street** early this summer, **Heather Matthews** has been hard at work orchestrating **The Scone Witch's** move to **Beechwood Avenue** in the New Edinburgh Square building next to **Books on Beechwood** (former home of **Jazz'oo Café** and a string of predecessor coffee shops). At the time of our interview, **Heather's** aim was to open up on **Beechwood** on October 1, so if all goes as planned, many readers may be perusing their copies of this **NEN** edition while enjoying a scone and a cup of tea on her new premises.

The comparatively spacious (40 seat) **Beechwood Scone Witch** will follow essentially the same winning formula as **Heather's** popular downtown establishment which is still going strong at 388 Albert Street. For those heading off to work or school, the restaurant will be open for breakfast each weekday morning from 7 am, when hearty eaters can enjoy an **Eggwitch**, a savoury scone filled with creamy scrambled eggs and garnished with fresh fruit and greens, or a **Bacon and Cheese Melt**. Needless to say, if you're in a rush, there is always time for one of **Heather's** eight tempting scone varieties with a dollop of **Moss Berry Farm** jam and a fresh coffee or tea.

For the lunch crowd, **The Scone Witch** offers seven mouth-watering **SconeWitches** ranging from goat cheese, tomato and pesto to smoked turkey with stilton cheese, as well as four kinds of hot **MealWitches** for those needing fortification against the cold days to come. If there is a lunch meeting planned in your office, **The Scone Witch** also provides trays of open-faced **Scone Witches** (especially user-friendly for participants at a working lunch!) at \$40/dozen.



Photo: Louise Imbeault  
**Brothers Simon (l) and Ross (r) Fraser in their new digs on Springfield Road.**





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Photo: Louise Imbeault

**42 Crichton owner/chef Susan Jessup (r) and her assistant Hannah Jacobs (l) and the new storefront at 42 Crichton.**

Heather's weekend brunches from 8 am to 3 pm on Saturdays and Sundays are certain to appeal to many families in the community, so drop in and check out the menu when you're next on your shopping rounds on Beechwood. We are delighted to welcome Heather and her Scone Witch team to Beechwood Village, and wish them the best of luck in their first season in the new location. It seems especially fitting that she has found a home right next door to Books on Beechwood, whose clients can now amble into the café with their new purchases and munch while they read!

#### 42 Crichton Street Fine Foods Inc.: A New Arrival on the Burgh Food Scene

In mid-September, The Scone Witch's former home at 42 Crichton Street reopened after extensive renovations and a thorough face-lift in the course of the summer. We welcome **Susan Jessup** and her new business **42 Crichton Fine Foods Inc.**, a gourmet take-out establishment featuring an extensive and interesting menu of freshly prepared and frozen dishes, created with a special emphasis on seasonal and locally grown ingredients. For the lunch crowd, 42 Crichton will have sandwiches, salads

and soups available from their spotless new fridges and food cases, as well as freshly roasted coffee from the Wakefield supplier Bean Fair. You can check out samples of the daily fare at [www.42FineFoods.ca](http://www.42FineFoods.ca), or drop in and pick up a menu card (and/or your dinner!)

Susan is a Cordon Bleu chef, and is well-known in the Ottawa food community where she has been active as a consultant, a core instructor at the Urban Element and a frequent commentator on local media. CBC Radio listeners may remember her appearance on Adrian Harewood's afternoon show, *All In A Day*, where she presented a menu especially designed to complement the Canada Reads' top choice, *The Book of Negroes* by Larwrence Hill - not an easy task, but one which she tackled with considerable flair!

Susan's overriding interest in her endeavours as a chef and culinary consultant has been the support and promotion of local agricultural production. She is a member of both Savour Ottawa, a group dedicated to promoting the Ottawa area as a culinary destination, and to providing recognition to suppliers and producers of local agricultural products through its Savour Ottawa "stamp of approval", and Just Food, an organization which promotes local food production as the basis for ensuring the security of the food supply for all income levels in the community. She is well acquainted with many of these local growers whose produce will be featured in the "terroir" cuisine at 42 Crichton.

While many certified organic ingredients will be included in her cooking, Susan is well aware that many farms are currently "in transition" to organic production (a process which takes up to 5 years), and while

they are in fact growing their crops without chemicals or pesticides, they have not yet worked their way through the intricate paperwork required to be "certified" organic. Susan is supporting this transition process by purchasing some of these uncertified but none-the-less organically produced products (for example, some of her white flour and grains) for her kitchen at 42 Crichton.

Susan's business partner and the new owner of the building is **J.P. Simbandumwe**, who has reportedly been a driving force in launching 42 Crichton Fine Foods Inc., and a hands-on participant in the re-design of the interior and attractive landscaping around the store front. Her right hand man in the kitchen is long-time colleague **Chris Hudson**, also an active advocate of the local food movement. Susan, Chris and their assistant **Hannah Jacobs** will make up the initial three person team at the store.

We hope that readers will drop in to wish them a warm welcome and sample their wares. The store is open from Monday through Saturday.

#### Le Saint-Ô: Happy 20th Anniversary

Not far down St. Laurent Boulevard from The Works' Rockcliffe Crossing location (mentioned above) are two other long-established restaurants with which most readers in our community will be extremely familiar. **Le Saint-Ô** at **327 St. Laurent** (corner of Hemlock and St. Laurent) is renowned among those in Ottawa with a passion for the cuisine of Southern France, and this year celebrates its **20th Anniversary** as a fine dining establishment in the community.

In recent years, the prestigious *Guide Debeur* has ranked Le Saint-Ô among the top 500 restaurants in Eastern

**Continued on page 18**



Photo: Louise Imbeault

**The indefatigable Heather Mathews - despite racing between locations, errands, banking and traffic - made it to the new location for a quick photo which reflects her state of mind.**



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**Canine Touch & Tell**



## Continued from page 17

Ontario and Quebec, and over the past two decades, chef/owner **Philippe Dupuy** has worked tirelessly with his wife, **Natasha Dumont**, who serves as maître-d', to maintain its high standards in both cuisine and service. Philippe has impeccable culinary credentials, having had 15 years of training and work experience in some of the finest restaurants in Quebec City. He takes particular pride in the freshness of his ingredients, many of which are supplied by local producers, as well as in the artful presentation of his culinary handiwork.

If you haven't yet had the pleasure of a visit to the restaurant, Le Saint-Ô is open for lunch from Wednesday to Friday, and for dinner from Tuesday to Saturday. Bear in mind, too, that if you're planning a party this season and are keen to impress your guests with delectable French cuisine, Le Saint-Ô also offers catering,

and will even send the chef to work his magic in your own kitchen. You can check out their menu at [www.lesainto.com](http://www.lesainto.com). We wish a very Happy 20th Anniversary to Philippe and Natasha and their team at Le Saint-Ô.

**Rockcliffe Bistro: Warm and Intimate**

Almost next door to Le Saint-Ô is another popular dining establishment. **Rockcliffe Bistro (319 St. Laurent)** offers what owner/chef **Tony Skaf** describes as "casual fine dining" with an Italian/Canadian theme. In addition to its traditional steak and seafood fare, Rockcliffe Bistro features an array of nine gourmet pizza options; a host of tasty Italian pasta dishes including some off-the-beaten-track with such ingredients as curried chicken, spinach, pine nuts and gorgonzola; and a fine selection of wines to accompany your meal.

Over the 12 years that he has operated the restaurant, Tony



**Photo: Louise Imbeault**  
**Rockcliffe Bistro owner/chef Tony Skaf offers friendly, warm service.**

has placed special emphasis on friendly service and a warm atmosphere where diners can relax and enjoy a night out without having to dress up or blow the family budget. Tony also offers catering and take-out for those who prefer to entertain at home, and you can check out his menu options at [www.rockcliffebistro.com](http://www.rockcliffebistro.com). The restaurant is open for dinner from Monday through Saturday, and for lunch on Thursday and Friday. Because the Bistro is small and intimate, (seating for 30 plus 10 seats at the bar), Tony strongly recommends making reservations in advance at 613-745-3319, particularly on the weekends.

**Gastronomica Vanier: Fundraiser for HIPPY Canada**

On Wednesday, September 30, several of our local restaurants will participate in a fundraising event in support of **HIPPY** (Home Instruction for Parents of Preschool Youngsters), a program recently launched at the Vanier Community Services Centre. As its name suggests, HIPPY is a family-

focused education program which helps families to prepare their 3, 4 and 5 year olds for the challenges of the early years at school. It was introduced in Vanier in 2008, and is reaching out to the community to support its ongoing operations.

Two of our local restaurants, **Farb's Kitchen and Wine Bar** at 18 Beechwood and **Arturo's Market** at 49 Beechwood will donate 25% of their proceeds from the fundraising evening to HIPPY, while **El Meson Restaurant** at 94 Beechwood has donated a \$150 Gift Certificate for the lucky winner of a draw available to donors of \$50 or more. Kudos to our local restaurants for their generous support of this worthy community cause, and best of luck to the organizers for a successful evening.

**Beechwood Village Chiropractic Centre: Taking Up the Green Challenge**

Congratulations to the management and staff at **Beechwood Village Chiropractic Centre** (BVCC) which is the first Beechwood business (and indeed, a pioneer on the wider Ottawa scene) to take up Ecology Ottawa's *Green Buildings and Workplace Challenge*, working with the latter group to bring about changes in its workplace policies and practices designed to achieve serious reductions in its collective environmental footprint.

In light of the grim statistic that nearly 2/3 of Ottawa's greenhouse gas emissions come from energy used to heat, cool, light and power our buildings, combined with the significant impact these building have on water consumption, waste production and air & water pollution, Ecology Ottawa recently launched the Green Buildings

and Workplace Challenge program which is geared to assisting the management and staff of multi-user buildings to take the corporate decisions necessary to reduce their environmental impact.

Under the program, which is sponsored by the Ontario Trillium Foundation; Human Resources and Skills Development Canada and On Your Mark Print and Design, Ecology Ottawa offers participating businesses both a variety of online resources, including its Green Team Guide and Green Team Workplace Template, and hands on assistance in the form of introductory workshops; facilitation of brainstorming sessions and ongoing advice as the business' green priorities are established and implemented.

BVCC's **Stuart Bell** reports that the Centre has had an ongoing commitment to environmental responsibility both from an immediate health perspective (hence its no-scent policy and use of exclusively non-toxic cleaning products), and from a broader global perspective taking into account its overall impact on the environment. As a result, BVCC jumped at the chance to participate in the Workplace Challenge, and in early June, staff took part in the first of two workshops provided by Ecology Ottawa to launch the process.

After a good deal of brainstorming on a practical list of green priorities, combined with a disciplined effort to establish a mission statement, tactics, delegations, outcomes and deadlines, BVCC has embarked on a plan which includes:

- Measures to reduce garbage and waste production;
- Introduction of a compost-



**Photo: Louise Imbeault**

**Le Saint-Ô chef/owner Philippe Dupuy has worked tirelessly with his wife, Natasha Dumont to maintain high standards.**

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- Pan-seared sweetbreads with Vermouth and St. Augustine honey
- AAA filet mignon with five-peppercorn sauce with Armagnac and Roquefort butter
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- Trio of crème brûlée: basil, mango and lychee, rum and blueberry






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**Photo: Louise Imbeault**  
**The Beechwood Village**  
**Chiropractic Centre Team:**  
**Stuart Bell, RMT, Dr. Debra**  
**Dunlop, Chiropractor and**  
**Acupuncturist (sitting),**  
**Catherine Nicholson (Clinic**  
**Manager).**

ing program, combined with stringent office re-use and recycling policies and practices;

- Use of paper from 100% post-consumer recycled sources;
- Purchase of a rain barrel to collect sufficient water to keep indoor plants watered without the use of tap water;
- Introduction of a suite of green policies for staff with respect to coffee cups, recyclables, lights etc.

According to Stuart, the staff has bought into the plan wholeheartedly, and while it continues to work towards further green progress with the assistance of its Ecology Ottawa advisor, the team at the centre is pleased with the strides it has made since joining the Workplace Challenge. They would be delighted to share their experiences with any Beechwood businesses that might be interested in participating in the program. Just give them a call at 613-748-0611, or for more information about the challenge, check out the Ecology Ottawa website at [www.ecologyottawa.ca](http://www.ecologyottawa.ca), or call project coordinator Jocelyne Molyneux at 613-860-5353.

### Physical Therapy Institute

Physical Therapy Institute (PTI) owner **Pam Siekierski** is justifiably proud of the capable team she has assembled at 350 Crichton Street, offering a broad range of services from Personal Training, Fitness Assessments and Nutrition Counselling to Pilates, Golf Instruction and Conditioning, Physiotherapy, Respiratory Therapy and Therapeutic Massage. The members of her team represent a magnificently cosmopolitan mix of ethnic origins, spanning the globe from Peru to Italy, Scotland, Hungary, Ukraine, Moldavia, Latvia and India, to mention only a few, so the chances are high that whatever your language of origin, you'll be able to communicate freely in your PTI sessions!

As most readers are aware, PTI has a fully equipped gym with special membership rates for students and seniors, as well as a modest per visit drop in fee of \$5 for those who want to test the waters before committing to a membership. As of September, the gym is open 7 days a week: 7 am - 8 pm from Monday to Thursday; 7 am - 6 pm on Fridays; 8 am - 1 pm on Saturdays and from 9 am - 2 pm on Sundays, so however busy your life may be, there is bound to be a time when you can drop in and refresh yourself with a workout.

In the gym, Pam has an impressive line up of Personal Trainers, including **George Chiappa** who has been at PTI for some time and currently teaches a popular Seniors' Fitness Course. George brings to bear a special expertise in Biosignature Modulation, a long name for a very practical process involving the testing of body fat levels as a basis for determining a course of action to bring about the necessary fat loss. Also on the team is **Lydia Szucks** whose background as a Psychology graduate from McGill provides

a helpful added dimension to her training skills. Personal Trainer **Stuart Maskell** is the Pilates specialist at PTI, and for the many golf enthusiasts in the community who may find their skills and conditioning need a little fine-tuning, Stuart has additional expertise as a Titleist Golf Fitness and Performance trainer.

A popular new arrival at PTI is Peruvian born **Eduardo Avila**, a Personal Trainer and Nutritionist with special expertise in weight management issues. Eduardo begins the training process with a thorough fitness assessment covering everything from blood pressure to strength, flexibility and fat deposit distribution. Based on this assessment, he provides advice on dietary changes and exercise, keeping up with many of his clients between sessions by e-mail to help them tackle any problems in their régimes. Pam reports that Eduardo has been a particular magnet for Spanish speakers in the area (of which there are apparently many!).

Eduardo has already had some notable success with many of his clients, including Beechwood's own **Christine Jolicoeur** who was slim, trim and fit for her son's wedding in early September thanks to Eduardo's recommended régime. Former Elmwood stu-

**Continued on page 20**

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## Continued from page 19

dent and accomplished equestrian **Rebecca Willens**, who currently works part-time on the desk at PTI, is also working with Eduardo to ensure that she is in top shape for the international riding circuit.

Beginning in September, trainer **Bruce Martens** will be starting weekend coverage in the PTI gym. Bruce graduated with distinction from the University of Saskatchewan with top marks in Orthopedics, and has his certification with the National Strength and Conditioning Association. As an avid tennis player, Bruce will also be on deck to offer sport-specific treatment and advice on preventative strategies to the many year round tennis players in the community.

As most of us know firsthand, Pam's own specialty is Physiotherapy, which she continues to practice at the clinic and in home visits to elderly and house bound clients. Her team of colleagues includes **Diane Stickley** who returns from maternity leave this Fall; **Jessica Goodwin** who will remain on staff until her much regretted departure for Toronto at some point in the next few months; **Charlotte**

**Mee**, a respiratory therapist and asthma educator who offers a special smoking cessation program for those who are ready and willing but not able to shake the nicotine habit; and **Neha Chopra Tandon**, a relatively recent addition to the physiotherapy line-up who has special experience working with neurological disorders such as stroke, brain injury, Parkinson's disease and multiple sclerosis. Because the latter conditions are frequently so disabling as to make visits to the clinic impossible, Neha is offering Home Visits to begin the process of rehabilitation.

Last but by no means least (especially when your neck muscles are in spasm after too many hours at the computer!) is the PTI therapeutic massage team, **Anna Gaidamasciuk**, **Jurijs Sekrets**, **Oleg Volochay** and **Julia Low** who is returning on a part-time basis this Fall.

**Connaught Communications**  
We wish a warm welcome to new advertiser **Frances Phillips** of **Connaught Communications**, a communications consulting business based in our community. Interested readers can check out her background and services at [www.connaughtcomm.com](http://www.connaughtcomm.com).

While Frances grew up in London, England, where she worked in the television business, she has since travelled extensively throughout South America, the Caribbean and Mexico, logging a string of adventures ranging from cycling trips to Mexico and across Spain to excursions to the Arctic, a sailing trip around the Americas, and numerous adventures pursuing her equestrian passion, including participation in a cattle round-up on an Alberta ranch. Apart from her impressive credentials as a global traveler and adventurer, Frances has a background in Political Science; Risk Communications; Consultation and Third Party Negotiating, and is a graduate of Canadian securities and other financial courses.

Frances began her professional life as a financial journalist, working initially in Mexico City, and later New York and then Calgary, where she served as Alberta Bureau Chief for the Financial Post in the heady days of the oil patch boom. While working as a print journalist, she also became a regular commentator on television and radio, as well as a judge of numerous magazine awards.

Although she declares her-

self still very much a journalist at heart, Frances has had extensive experience on the other side of the microphone and press scrum. In the course of the past two decades, she has worked for a variety of government departments and agencies, both federal and provincial, on a number of the "hot button" policy issues of the day, most notably provincial Auto Insurance and Equal Pay for Work of Equal Value legislation, NAFTA (where she brought to bear her fluency in Spanish) and the infamous Paul Martin deficit-slashing budget of the mid-90's.

In formulating her communications advice to Ministers and senior government officials, Frances consistently "thought like a journalist", striving to crunch material down its essence, expressed with clarity and directness, and produced in a format amenable to the deadline driven media. Her specialty is the punchy one-page communications strategy (enthusiastically adopted during her stint with the Competition Bureau), and she has long experience boiling down the complexities of legal briefs and annual reports into manageable bites. On a more general level, she remains a strong proponent of more sub-

stantive, direct ("spin-free") and timely communications on the part of governments to ensure that the citizenry is kept "in the loop" about the policies and initiatives brewing on the public policy agenda.

Frances is a resident of nearby Vanier where she has created a magnificent wild flower garden around her house. She is enchanted by the welcoming atmosphere of Beechwood Village where she does all her shopping, and finds that the warm and attentive greeting she receives in our small business community surpasses any possible communications strategy the experts could devise, an observation which few of us would dispute! Readers who are interested in investigating Frances' services as an accomplished communications consultant with both breadth and depth of experience in the field can give her a call at **613-745-2551** or drop her an e-mail at [fp@connaughtcomm.com](mailto:fp@connaughtcomm.com). Welcome, Frances, and best of luck with Connaught Communications.

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and stiffness of dogs of every imaginable size and description, many of them (though by no means all) senior citizens of the canine world. As I have reported in earlier columns, Sandy has played an important role in our family, ministering for several years to two of our elderly and arthritic yellow Labradors, quite literally making their lives worthwhile in their declining years through her skilful touch and her warm, affectionate presence.

For the past two years, Sandy has operated solo following the retirement of her colleague **Sylvia King**. At the moment, she has two principal locations for her appointments, one in the Britannia area at **Barks and Bubbles** grooming establishment, and a second close by at **A Guy, A Girl, Two Dogs and A Cat** at 207 Dalhousie Street (at Guigues Street) where many dog-owning readers in our community currently purchase their top-of-the-line pet foods. She is on site at the Dalhousie store every Friday afternoon from noon - 6 pm, so if your canine companion has aches and pain

that would benefit from a therapeutic rub down, drop in at the store or give Sandy a call to arrange an appointment at **613-762-8869**.

Sandy also does home visits for clients who have difficulty transporting their pooches to another venue. Her constant companion in all her activities is her own Guide Dog **Jet**, a charming black Labrador with whom she was matched at the Manotick-based training centre Canadian Guide Dogs for the Blind. In recent months, Jet has accompanied Sandy to a host of dog-related events, including the Guide Dog Walkathon in late May and fundraising events for numerous Rescue Clubs where she offers her massage services to four-legged participants, often donating a portion of the proceeds to club in question.

Apart from my own household, Sandy has a number of close connections to New Edinburgh. Our local dog trainer **Chantal Mills** of the Ottawa Canine School, who in recent years has held her Obedience Training and Agility Classes at the Crichton

Cultural Community Centre, has two rescued dogs of her own, **Hemingway** (Hemi), an enormous Great Dane, and **Everest**, a white Shepherd. Both have been clients of Sandy who has greatly enjoyed the experience of working with such a knowledgeable owner, and helping the dogs through a number the issues related to their difficult start in life.

More recently, Sandy has acquired a regular client on Crichton Street. The venerable **Jake**, beloved companion of **Janet Uren**, appears to have responded beautifully to Sandy's ministrations, and has reportedly acquired both greater mobility and a little more "pep" as a consequence of her regular visits. (Perhaps the latter relates at least in part to the presence of irrepressible Jet, which is enough to revive the play instinct in almost any creature!)

#### Studio Four 30, 30 Marier Avenue

Earlier this summer, a new venture opened its doors at 30 Marier Avenue (former home of the Electric Gallery) with a flair and enthusiasm characteristic of its youthful team of operators. **Studio Four 30** is something of a rarity on the Beechwood area scene - a one stop, full service production studio, offering makeup and hair design; a roster of professional fashion photographers; modeling and creative direction.

Owner **Viresh Pujara** has a background in the modeling agency business, working with one of Ottawa's premier agencies, Cover Model Management Ottawa. Viresh first discovered the Marier location while accompanying one of his models to a photo session with a husband and wife team whose studio had been located there.



Photo: Louise Imbeault

The fab four at Studio Four 30: (l to r) **Viresh Pujara** (model agency), and photographers **Laura Berg**, **Brittany Veinot** and **Denis Murphy**.

He was so charmed by the large studio space that when the photographers in question departed for Toronto last spring, he acquired the lease and set about gathering a new team of photographers to open his business. There are now five photographers on hand at 30 Marier, **Laura Berg**, **Denis Murphy**, **Brittany Veinot**, **Colin Armstrong** and **Luc Pigeault**.

One of the Studio's first projects, which is taking place

in collaboration with Ottawa Police, is to produce a calendar of a variety of locations in Vanier. The format will include a contemporary photograph supplied by Studio Four 30 plus a shot of the same location from the archives to provide a Then and Now perspective. Viresh is hoping to include a photo of 30 Marier in its present incarnation, and in its former guise as a Produce Mart grocery store in the 1960s.

Continued on page 22



Canine Masseuse **Sandy Benoit** and her comfortable client **Jake Uren** of Crichton Street.

Conseil des écoles publiques de l'Est de l'Ontario

## Apprendre avec le corps, avec l'esprit, avec le cœur...

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**Time:** 1:00 - 5:00 PM

**Place:** Our Office- 266 Beechwood Ave., Suite 201, Ottawa ON



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MAKING SENSE OF INVESTING

## Continued from page 21

We wish Viresh and his group a successful first year in our community, and in particular, we wish him safe travels and a fascinating adventure in his forthcoming trip to China when he will escort 20 of his top models on a tour of 15 Chinese cities.

## Burgh Business Bits

**A Better Frame of Mind**

After more than a decade as one of the stalwarts of the Beechwood business community, **Keith Malcolm Lawrence** closed his doors this summer, leaving his familiar framing and gift shop darkened and empty. Keith's eclectic and imaginative window display (always artfully arranged with his characteristic sense of humour) has long been a highlight on the Mackay and Beechwood corner, and his



Photo: Peter Glasgow

commitment to and engagement in our community will be greatly missed. We understand that Keith has moved on to new adventures in British Columbia and we wish him the very best in his future endeavours.

Keith's window at **417 Mackay Street** won't be empty for long, however, as **Thyme**

and **Times Past**, our popular local haven of antiques, gifts, collectibles, ornaments and flowers, will soon be moving into the space next door to Epicuria, leaving its original home on the corner at 25 Beechwood. Many readers may already have taken advantage of the store's moving sale to stock up on treasures for holiday season.

**Il Vagabondo**

Passers by may have noticed an eye-catching new sign above the entrance to **Il Vagabondo** at **186 Barrette Street**. The sign features a radiant photo of **Il Vagabondo** owner and principal chef **Adriana Roy**, and if readers feel a sense of déjà vu when they first encounter it, they may be interested to know that the photo was in fact taken by **NEN** photographer **Louise Imbeault**, and first appeared in the pages of this paper in our October edition last year!

**Celadon Spa**

Photo: Louise Imbeault

**Déjà vu: New sign at Il Vagabondo Ristorante.**

The team at **Celadon Spa** is delighted to announce the arrival **Vadim Bujura**, RMT, who brings to the community his special skills in deep tissue and shiatsu massage. Vadim, who is fluent in English, French and Russian, also practices reflexology, acupuncture, and magneto therapy. He has impressive credentials in his field, holding diplomas in medicine, neurology and acupuncture from the University of Moldavia, and a Natural Medicine diploma from the University of Moscow. We wish him well in his new practice in our community.

**Ma Belle**

A new arrival at **121 Beechwood** (former home of **KidSensational**) is **Ma Belle**, a clothing and accessory shop owned and operated by **France Thibeault**. Watch for more details about **Ma Belle** in a future edition of the **NEN**, and in the meantime, we wish **France** a warm welcome to **Beechwood Village**.

**Nest: Natural Comfort and Play**

**Mackay Street** resident **Lisa di Lorenzo** has recently launched a new venture, **Nest** ([www.nestfamily.ca](http://www.nestfamily.ca)), at **204**

**Dalhousie Street** in the market, where she hopes to introduce Ottawans to some of her favourite European amenities, including cherrystone warmers, wool and silk long underwear for all ages from infant to adult, and wooden toys.

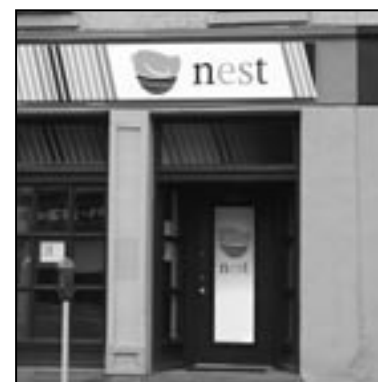


Photo courtesy of Nest

We wish **Lisa** luck with her business, and look forward to telling readers more about the store in our next edition.

**Vrtucar: New Location**

Our local car sharing enterprise **Vrtucar** has a new location here in the Burgh at **New Edinburgh Square, 420 Mackay Street**. The new spot replaces the former **Crichton Street** location where it ultimately proved impossible to maintain the service because of bylaw restrictions.

# Buying or Selling?

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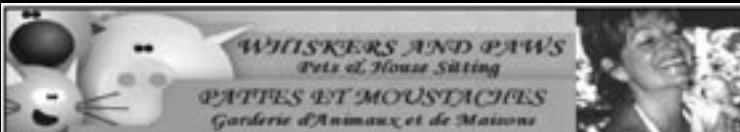
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# Summer/Fall Scen



**Photos/credits (clockwise from top right)**  
Lumière Dancer by Paul Dickie; Night Fa  
by Louise Imbeault; Fairy Lantern by P  
Dickie; Stiltman by Paul Dickie; Sam  
Elliott Go-Cart by David Mennier; Water  
in Stanley Park; Double Decker Bus Par  
'Santa' at Garage Sale by Bruce McLaur  
New Edinburgh Picnic Race by John Arn  
Garage Sale Juggler by Bruce McLaurin  
A Fair Exchange by Bruce McLaurin;  
Company of Fools in New Edinburgh P  
by Louise Imbeault; Dawn at the Weeken  
End Breast Cancer by Gavin Murphy; Lun  
Bowl Music by Louise Imbeault; Lantern  
by Paul Dickie (centre).



# ...es in the Burgh...





# Triage: A War Artist in Kandahar Solo Exhibition by Karen Bailey

Crichton Cultural Community Centre  
2nd Floor, 200 Crichton Street

Monday, Sept. 28 - Friday, Oct. 9, 2009

Vernissage: Wednesday, Sept. 30, 5- 8:00 pm

By Jane Heintzman

Artist **Karen Bailey** needs no introduction in our community where for many years she has worked in her sunny studio at the Crichton Cultural Community Centre. Karen is well known as a skilled and sensitive painter of people, specifically, those members of society whose toil and devotion is largely unrecognized and unheralded, but whose service is nonetheless worthy of respect and tribute.

As we reported in our October edition exactly two years ago, in June 2007 Karen travelled to Kandahar, Afghanistan as a war artist appointed under the Canadian Forces Artists' Program (CFAP) launched in 2001 by former Chief of Canadian Defence Staff, General Maurice Baril. In keeping with her tradition of focusing on the daily efforts of behind-the-scenes workers,

as opposed to the head-line grabbers on the front lines, Karen spent her days in the Role 3 critical care hospital on the base, observing the tireless and heroic work of Canadian military medical personnel caring for wounded soldiers and civilians. Her new exhibition **Triage: A War Artist in Kandahar**, is a series of 20 acrylic canvasses depicting the daily work of these dedicated doctors, nurses and medical technicians, and paying tribute to these "unsung heroes" of the conflict.

While the Canadian Forces who commissioned the work have regrettably not been helpful in facilitating an exhibition of the *Triage* collection, a number of the faculty of the University of New Orleans are now actively fundraising to mount an exhibition in that beleaguered city in 2010. At the same time, Karen is in the



Photo: Art Babych

Karen Bailey's solo exhibition runs Sept 28 - Oct 9 in the CCCC Corridor Gallery.

process of preparing a *Triage* book incorporating her paintings in a colour format with bilingual text. If she is successful in raising funds for the publication, in part through the current exhibition at the CCCC, she hopes to have it published early next year.

The book will also include an article by **Dr. Laura Brandon**, local art curator and historian,

on the long tradition of women war artists in Canada, putting into perspective Karen's role as a successor to such distinguished artists as sculptors **Frances Loring** and **Florence Wylie**, second World War artist **Molly Lamb Bobak**, and **Pegi Nicol MacLeod** whose depiction of everyday military life has been a particular inspiration for Karen's work.

Don't miss a chance to see these arresting and often moving canvasses while the exhibition is on at the CCCC at 200 Crichton Street. You can drop in any time between 10 am and 2 pm (September 28 - October 9) to view the exhibit, and if you're lucky, meet the artist and have a chat with her about the fascinating tales behind the images.

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# It's Back to the Roaring Twenties at *Cocktails For Crichton*

## CCCC Fall Auction, Saturday, October 24, 2009

By Jane Heintzman

Over the years, the CCCC has established an honourable tradition of hosting parties—not just your run-of-the-mill stiff social gatherings—but really great neighbourhood parties where members of the community come together to renew old acquaintances, make new ones and in general to share an evening of fun and laughter in support of the work of the Centre. Well, as we reported in our auction preview in the June edition of the News, it's party time again this fall, and time to get your tickets to *Cocktails For Crichton*, our gala fundraising auction on Saturday evening, October 24.

In case you missed our report in June, the theme of this year's auction will take you back to the infamous Roaring Twenties, the Jazz Age of speakeasies, flappers, gangsters, bootleg-

gers and the Great Gatsby's colourful underworld. We're hoping that as many participants as possible will get into the spirit of the evening by coming in costume, and organizers have lined up prizes for the most impressive 1920s get up. If you happen to be short of time, or perhaps have lost track of that dusty box of Roaring Twenties gear somewhere in your attic, fedoras, feather boas and headbands will be available for purchase at the door at extremely modest prices.

Rumour has it that a pair of notorious gangsters will be posted at the back door to greet you on the 24th, but if you happen to note a resemblance between these shady dudes and Bank of Montreal Manager Adam Kane and his colleague, BMO Nesbitt Burns Investment Advisor Jeff Hill, this will be purely coinci-

dental. While other highlights of the evening are still to be confirmed, it's entirely possible that you may find yourself in the midst of your first (we hope!) police raid, and/or witness the flashy arrival of antique cars from the period bearing our invited VIPs.

In the tradition of any self-respecting speakeasy, there will be cocktails flowing, with two classics of the era, the *gin fizz* and the *pink boa* to be featured at the bar. Our all-important selection of cocktail foods will be provided by **Thyme and Again Catering**, one of the top catering establishments in Ottawa whose high quality foods have been a staple at countless glittering social events in the area for close to two decades. In addition to **Joseph Cull**, our incomparable Auctioneer, popular local CBC Radio personality **Alan Neal** will be on hand to act as MC, and one can safely assume that the Joe and Alan combo will make for a lively, irreverent and altogether hilarious evening.

### Taking the Pain Out of Christmas Shopping, 1920s Style

While you immerse yourself in the atmosphere of F. Scott Fitzgerald's zany world and sip your gin fizz, you can at the same time take care of all your Christmas shopping in one fell swoop, as you bid on a marvelously eclectic list of items with something to appeal to almost any taste and age. Here are a few of the highlights on our current list of auction items to give you some advance inspiration:

- **A reading or talk** by celebrated local author and historian **Charlotte Gray**, to take place at your Book Club, in your classroom, or at your private cocktail party or other gathering;

- **A week in a glorious villa in Tuscany**, kindly donated by former CCCC Board member **Jennifer Barbarie**;

- **A sommelier-led wine tasting evening for 10**, with sommelier and wines donated by **Savvy Grapes**, and accompanying food delicacies and service provided by **Mackay Street Epicuria**;

- Breakfast or Lunch with **Leonard Lee**, founder of **Lee Valley Tools** and a highly regarded member of the local

business community;

- **Tea and a Tour of the historic British High Commission Residence**, Earncliffe (former home of our first Prime Minister, Sir John A. MacDonald), for 12 people—what a great idea for your Bridge Club, Garden Club, Book Club or family gathering;



- **A tour of the Parliamentary Library** guided by Parliamentary Librarian **Dr. William R. Young**, followed by Lunch on the Hill;

- **A Winter Weekend getaway** for 4, kindness of **Hilary Armstrong**;

- **A Custom Portrait** by MainWorks' Artist **Karen Bailey**;

- **A Custom painting** by MainWorks Artist **John Jarrett**;

- **A Landscape painting** by MainWorks Artist **Liz Minnes**;

- **2 Passes to Bluesfest with Dinner for 2 at The Works**;

- **A Tour of the National Gallery** guided by former curator **Gyde Shepherd**; and

- **A page from the manuscript of Farley Mowat's latest book**, complete with handwritten notes and edits by the author!

There are plenty more attractive possibilities you can bid on in our Silent Auction, including passes to the **Chamber Music Festival**, **Bluesfest** and the **Jazz Festival**; Gift Certificates to such premier Ottawa area gourmet establishments as **Les Fougères** and **Mariposa Farms**; classes with CCCC instructors such as **Barbara Young**; **Louise Hannant**; **Fit MOM**; **Socaramba** and our own **Alex MacDonald**, chief organizer of the Auction; and

contributions from local artists **Pierre Lagalis** of **MainWorks** and **Bridie Hyndman**.

As always, our local business community has been extraordinarily generous in its support of the CCCC's fundraising efforts, and you can look forward to attractive offerings from **Bridgehead Coffee House**; **Nature's Buzz**; **Bread and Roses Bakery**; **El Meson Restaurant**; **Home Hardware**; **Mackay Street Epicuria**; the **New Edinburgh Pharmacy**; **Isobel's Cupcakes**; **Delish**; **Jacobson's**; **Monson's Cleaners**; **Da Bombe Desserts**; **Mood Moss Flowers**; **The Works**; **The Physical Therapy Institute**; **Books on Beechwood**; **The Scone Witch**; the **Dale Smith Gallery**; the new **New Edinburgh B&B** on **Union Street**; and the newest kid on the business block, **42 Crichton Fine Foods Inc.** which opened its doors in mid-September.

Our thanks also to our generous event sponsors **Thyme and Again Catering**; **Randall's Paints Ltd.**; **Mezotech Technologies**; **BMO Financial Group** (Beechwood) and **Quality Entertainment**, whose collective contributions are sure to make this year's *Cocktails For Crichton* a memorable evening, not to be missed.

Throughout its decade-long history, the CCCC has benefited enormously from the engagement and support of our community. As we look ahead to the next decade and to the challenges both of building up our programming capacity within our ongoing operations, and of securing the future of 200 Crichton as a public resource for the community, your continued support will be critical to our success. And what better and more painless way to show it than by getting a group of friends together for a wacky and wonderful evening at *Cocktails For Crichton* on October 24? Christmas shopping in a "speakeasy" in your flapper gear with your gin fizz, lively companions, zingy commentary from Joseph and Alan—and all for a worthwhile community cause—now that's a winning formula!

**Tickets are on sale (\$35 each) at the CCCC Office (613-745-2742) and Books on Beechwood.** Please join us for a great evening!



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# Crichton Cultural Community Centre

## Weekly Programs Fall 2009

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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 and pilates balls. This class focuses on overall functional strength and core stability. We will end this class with an extended stretch and deep relaxation.

Fitness Fusion: A Rejuvenation of Body and Spirit  
Tuesday & Wednesday, 7:30 - 8:30 am

The focus here is functional fitness beginning with a 15min extended cardiovascular warm up move into a fusion of Pilates, strength exercises and yoga. We will use exercise balls, weights, and toning bands and 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.

ZUMBA: a Latin-based aerobics dance class  
Wednesday 9 - 10 am)

We are proud to introduce Xemina Puente who teaches Zumba, the hottest new way to exercise. Zumba is a dynamic

work out designed to be fun and easy to do. It combines simple dance steps with a Latin flavor that anyone can do! Zumba will help you sculpt your body, burn calories and is great for both body as well as the mind. It is a fun workout for any age.

Core Training: Physical Strength Comes from Our Centre  
Thursday, 8:45 - 9:45 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 Relaxation  
Friday, 7:30 - 8:30 am

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

#### FITWOMAN BOOTCAMP

Cassandra Mactavish  
(613) 884-7800  
[www.fitmomcanada.com](http://www.fitmomcanada.com)  
Mondays, 8 - 9 pm  
\$180+GST for one class per week, \$280+gst for 2 classes a week

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

Alex Eloise  
[socaramba@gmail.com](mailto:socaramba@gmail.com)  
Saturday, 10 - 11 am; 11 am - 12 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.

*Please contact instructors to get course details*

*and to register. For most of our courses, registration is on-going.*

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](mailto:Stuart@Firmfit.ca)  
Tuesday, Friday 9 - 10 am  
Wednesday 6 - 7 pm  
1 Class \$17, 8 Classes \$120, 16 Classes \$215, 24 Classes \$315, 32 Classes \$380

*Prices do not include 5% GST*

As a certified STOTT Pilates Instructor, Stuart bases his mat classes on the principles of posture. This is effective, especially for toning the mid-section. Pilates Matwork focuses on increasing abdominal and back strength and mobilizing the spine! Variations and modifications are given to accommodate all levels and abilities. For best results, join us twice a week!

Join anytime with one of our flexible drop in packages.

#### STRETCH & STRENGTH

Alex MacDonald  
(613) 748-0870  
Monday, Tuesday & Thursday 6-7 pm  
Wednesday 10 - 11 am  
1 x week: \$12 per class  
2 x week: \$10 per class  
3 x week: \$9 per class  
Late registration available.

Celebrating 20 years in the Burgh!

This unique class 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.

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

### Yoga & Meditation

#### IYENGAR YOGA

Barbara Young  
(613) 728-8647  
[b-young@rogers.com](mailto:b-young@rogers.com)  
Monday, 9:00-10:30 am, *Level II*  
Karin Holtkamp  
(613) 422-8384  
[daveandkarin@rogers.com](mailto:daveandkarin@rogers.com)  
Thursday, 9:00-10:30 am *Level I/ Gentle Yoga*

Iyengar yoga teaches postures, or asanas, that bring flexibility, strength and endurance. Awareness deepens as students learn to practice with precision and subtlety. Standing poses are incorporated to improve balance, posture and strength. Slow stretching improves flexibility, and a guided relaxation helps reduce stress and tension. Classes build over time, so no two are the same – though each ends with a period of guided relaxation and inward focus. Come and taste the well-being and stillness that yoga can bring.

#### KUNDALINI YOGA

John Yazbeck  
(613) 747-8111  
[john.yazbeck@sympatico.ca](mailto:john.yazbeck@sympatico.ca)  
Monday, 7:30 - 9:00 pm

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

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

#### CCCC Office:

Joanne Hughes  
#307-200 Crichton  
Ottawa, ON K1M 1W2  
Phone: 745-2742  
Fax: 745-4153  
[www.crichtonccc.ca](http://www.crichtonccc.ca)  
[communitycentre@rogers.com](mailto:communitycentre@rogers.com)

*For more information about the Centre call 745-2742.*

*To register for a specific program please call the instructor.*



**ZEN MEDITATION**

Theresa Redmond  
(613) 521-1509  
[theresa.redmond@rogers.com](mailto:theresa.redmond@rogers.com)  
Wednesday 7:30-8:30 pm  
\$15/term

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

**SAHAJ MARG - HEART CENTRE MEDITATION**

Janet, (613) 261-2261  
[www.sahajmarg.org](http://www.sahajmarg.org)  
Sunday 7:00-8:30 am  
No cost

Sahaj Marg is a Sanskrit term meaning 'Natural Path'. While this system of meditation originated in India, its purpose is spiritual and universal, without religious or cultural bias. As its name implies, it is a simple and natural practice. Moreover, it offers a means by which we can, with capable guidance and self-effort, evolve from our present condition towards a future that realizes our full spiritual potential. The method is taught worldwide at no cost, the only qualification being an individual's willingness to follow a daily meditation practice.

**Dance****SCHOOL OF AFRO CARIBBEAN DANCE**

Suzane Lavertu  
Artistic Director  
(613) 863-3493  
[afrocaribdance@videotron.ca](mailto:afrocaribdance@videotron.ca)  
Wednesday, 7:00 - 8:30 pm

Saturday  
*SOUL RYTHMS: Adult dance*  
10:00 - 11:00 am

*Dance Racine:*  
11:00 - noon  
children ages 4-6

*Mouvement Kwèyòl*  
12:00 - 1:00 pm  
Children ages 7-12

*Kubuli Dance Company Program*  
1:00 - 2:00 pm  
Ages 12-18

Our programs are designed not only to teach dance but also to promote the development of well-rounded, culturally aware and strong principled young persons. We believe that the process of learning and sharing our unique culture fosters an appreciation and respect for all traditions and diversity.

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Suzanne Taylor T.C.R.G.  
(613) 231-1215  
[suzanne@tayloririshdance.com](mailto:suzanne@tayloririshdance.com)  
[www.tayloririshdance.com](http://www.tayloririshdance.com)  
Thursday, 7 - 9 pm

Irish dance lessons are available

to girls and boys of all ages. Irish dance is an excellent and fun way to strengthen and develop skills in music, tempo and rhythm, improve physical coordination and to learn about the Irish culture through its tradition of dance.

**Infants & Children****BABY SENSORY**

Clarissa Mason (613) 424-4710  
[ottawa@babysensory.ca](mailto:ottawa@babysensory.ca)  
Tuesday, 1-2 pm  
(Session 1: Sept.8 – Nov. 10)  
\$125.00/10 week session.

Baby Sensory's award winning baby development classes are now running in your area! You and your baby will experience different sensory activities designed to support your baby's sensory development every week. Activities include: light shows, baby signing, music, infant massage, and puppetry. Baby Sensory is an extremely popular baby development program and many of our classes are fully booked, it is advisable to book early. For more information, visit [www.babysensory.com](http://www.babysensory.com).

**INFANT & CHILD CPR**

(Level 'F')  
Erin Shaheen, (613) 260-7309  
\$35 per person  
Sundays on October 25,  
November 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.

**MONKEY ROCK**

John King and Sheryl Parks  
(613) 421-0590  
[www.monkeyrockmusic.com](http://www.monkeyrockmusic.com)  
Wednesday, 4-5 pm

Monkey Rock Music is now offering classes for older children and their caregivers!

Monkey Rock Music is a fun, entertaining and creative participatory music program for young children and their adult caregivers. Our primary goal is to instill a love of creating and experiencing music that will last a lifetime. Nothing has a stronger impact on a child than enjoying an activity with the people they

love. We look forward to singing with you!

**Visual Arts****FIGURE PAINTING AND DRAWING**

John Jarrett, (613) 594-0182  
[jjjarrett@sympatico.ca](mailto:jjjarrett@sympatico.ca)  
Wednesday 9:30 am - 12:30 pm  
\$45 for eight classes

In this workshop the model will sustain a pose over two sessions

# A Fulsome Fall at the CCCC: There's Never a Dull Moment!

Since our last report in June, the CCCC has held yet another hugely successful **Lumière Festival** on Saturday, August 8, attracting large crowds from the community and throughout the region for an evening of enchantment in Stanley Park. Special thanks to our festival organizer extraordinaire, CCCC Coordinator **Joanne Hughes** and her capable team, including **Manon Doran**, Artistic Director, and **Michelle Petersen** who contributed much to our outreach workshops. Thanks also to the many volunteers who helped to make this remarkable event run smoothly and to ensure that the park was left in pristine condition in its aftermath!

**Ellen Goodman**, our tireless creator and coordinator of the CCCC's ground-breaking **Get Together in the Community** (GTC) program for children and youth with low vision or blindness, was also hard at work this summer, working with a talented young team on the production of a ten minute film on the GTC. The film, which was produced by former New Edinburgh resident **Tessa Bourdon** with the assistance of two summer university students, **Arshina Kassam** and **Kathleen Forestell**, premiered at the Centre on Friday, September 25. The new GTC website was also launched at this event, creating the basis for a virtual community for young people with blindness or low vision. Interested readers can check it out at [www.gettogetherottawa.ca](http://www.gettogetherottawa.ca).

The CCCC's Corridor Gallery is hopping these days, with a full slate of exhibitions on the books between now and the new year, two juried exhibitions, and much more to come thereafter. **Karen Bailey's** fascinating exhibition, *Triage: A War Artist in Kandahar* started off the season, opening at the end of September and running until October 9. Don't miss a chance to see Karen's remarkable portraits of the

for a total of six hours. This will permit participants to complete a painting or to do a number of sketches or drawings.

**Other****CANINE OBEDIENCE**

Chantal Mills  
613-296-dog-e (3643)  
[dog\\_trainer@rogers.com](mailto:dog_trainer@rogers.com)  
[www.ottawak9school.com](http://www.ottawak9school.com)  
Sunday 10 am - 2 pm

Monday 6 - 7 pm  
Tuesday 7 - 9 pm  
8 weeks cost \$ 75 or drop in class \$ 12

**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.

heroic work of the Canadian Military Medical Corps in Afghanistan. In November, our resident **MainWorks Artists Cooperative** will host its annual **Open House** when once again the Gallery walls will be resplendent with interesting works. The Open House begins on Friday evening, November 6 and continues over the weekend on the afternoons of Saturday, November 7 and Sunday, November 8.

The CCCC's major fundraising event of the season is also fast approaching. *Cocktails for Crichton*, our second **Fall Auction**, is coming up on Saturday, October 24, so be sure to check out our full report on the highlights of the evening in this issue of the News. More to the point, be sure to purchase your tickets for this not-to-be-missed community event at the CCCC Office (613-745-2742) or at **Books on Beechwood**.

Participants at the Auction will have the pleasure of finding the Dufferin Room spruced up and gleaming with a new coat of paint, generously donated by **Randall's Paints Ltd**, and applied by a skilled team of volunteers led by **Martin Clary** (thanks Martin et al!) We would also like to thank **NECA** for its much needed and greatly appreciated donation of 30 chairs to supplement our original supply. As NECA and others make increasing use of the Centre to host community meetings on the hot community issues of the day, an ample supply of comfortable seating has become a high priority and we are most grateful for NECA's generosity. At the same time, we also appreciate NECA's eloquent letter of support for the CCCC, sent to City officials, endorsing operating assistance along the lines of that being provided to all other community centres throughout the City.

As we head into the fall with a busy schedule of programs and plans for some new innovations on the children's pro-

gramming side, events on the legal front continue to unfold following the decision of the Ontario Superior Court rendered last spring. To begin with, our legal team led by **Tom Conway**, formerly of McCarthy Tétrault (MT), has been obliged to withdraw from the case following MT's closure of its Ottawa office and Tom's decision to join a new partnership of litigators, **Cavanagh, Williams, Conway, Baxter**. We remain extremely grateful for all that he has done to ensure a fair hearing for the CCCC, and for his willingness to assist with a smooth transition to new counsel. **Ron Prehogan** of **Brazeau Sellers** has now taken over as our lead counsel, and is extremely familiar with our case because of his involvement as an advisor, particularly in the area of commercial real estate, over the past few years.

In early summer, the School of Dance (TSOD) withdrew its appeal of the judge's decision, an appeal which, as was reported in June, had triggered a requisite counter appeal by the CCCC. Furthermore, the expected clarification of certain aspects of the judgment from the court, and TSOD's agreement to a formalization of the judgment, did not materialize. The net result is that now the only way for the CCCC to obtain the necessary clarification of the judgment, and to ensure adequate protection of its opportunity to acquire and remain in 200 Crichton is, unfortunately, to pursue the appeal - which is in fact what the CCCC is currently doing. At this point, the timetable for this process is uncertain, but could extend well into next year and beyond.

In the meantime, however, life goes on apace on the second floor of 200 Crichton, and we look forward to a busy and productive fall season and with your help a hugely successful Auction.



# 6th Annual Ottawa Lumière Festival

By Joanne Hughes

The 6th Annual Ottawa Lumière Festival took place on Saturday August 8 in beautiful Stanley Park. Keeping with the tradition of the Lumière Festival, amazing performers showcased their talents throughout the evening, delighting the crowd as the sun fell, and the park glowed with the light of thousands of lanterns.

We were truly blessed, enjoying one of only a few rain free days, making Lumière 2009 a sun warmed evening! Community response was fantastic with an astounding 15,000 people in attendance. Enchanting lanterns of all shapes and sizes many of which were created by local artists and members of the community greeted festival goers. The 2009 entertainment line up was impressive – featuring many talented and enthusiastic performing and visual artists.

A new project for 2009 was the collaboration of local businesses in the lantern making process. Stores were provided with white lanterns and encouraged to create a building that represented their business. The results were wonderful and wacky and added some local

colour to the festival. Also as part of this program, artists John Jarrett created one of the most beautiful lanterns to date – John painted his lantern with towers from New Edinburgh,



and this detailed and community relevant lantern won the hearts of us all!

The Crichton Cultural Community Centre would like to sincerely thank the hard work and enthusiasm of the 2009 Lumière Festival ([www.lumiereottawa.com](http://www.lumiereottawa.com)) staff, Board, volunteers, and partners.

The Lumière staff included Producer Joanne Hughes, Artistic Director Manon Doran, Outreach Coordinator Michelle Petersen, In House Workshop Coordinator Jonathan Major, Volunteer Coordinator Norma Wheeler, and Production Assistant Patrick Gouthreau. This team did an incredible job by pulling together the festival in 6 weeks, working day and night

to get ready for the big event.

A special hug to my supportive family...Dan who every year devotes his summer holiday to posterizing, driving back and forth to collect box maze boxes, and doing every other task asked of him, and this year creating one of the most interesting lantern pieces – the large apartment tower which allowed us to peak in people's windows! Tegwyn and Enid, you are my delightful dynamic duo

– my daughters worked many hours this year helping with lantern production, carrying supplies down the stairs, selling merchandise and doing make up in the transformation tent.

Board members Johan Rudnick and Bethann Robin, were event day volunteers. Carol Burchill worked tirelessly for three days in row with set up and clean up and her presence was much appreciated.

It was delightful to see friends Charles Wesley-James and Peter Honeywell who both showed up at the critical clean up time after the festival.

We also would like to give generous thanks to our funder the City of Ottawa, without

their generous grant the festival might not have happened! The City of Ottawa staff in Special Events, Parks and Recreation, Funding and every other department we contacted was efficient and friendly and responded quickly and without complaint to our every request!

Our collaborators included Crichton Community Council, Mainworks Artist Cooperative, St John's Ambulance, Manor Park Community Association, Governors Walk, and Casselman High School.

The media were also instru-

mental in helping Lumière information reach the region. Those were CBC Radio, *The Citizen*, Rogers, *Metro*, CTV, and the *New Edinburgh News*.

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

Please feel free to email us links to your photos – we'll add them to our 2009 Gallery.

Visit the Lumière website at [www.lumiereottawa.com](http://www.lumiereottawa.com) for pictures of the event, and to relive the event celebrating the magic and beauty of light.

## Want to Take Command of Your Own Finances?

If so, you'll want to attend a financial planning workshop with Investors Group Consultant Fernando Campomar to discuss the basics and ensure that you have a high level of confidence in your financial decision-making. Allow Fernando to help define your goals, focus your options and understand recommended actions for every stage of your life. Although your goals may change over the years, your need for reliable information will always remain.

We would appreciate if you could call to sign up for this workshop at **613-299-0100** or email [fernando.campomar@investorsgroup.com](mailto:fernando.campomar@investorsgroup.com) so that we have an idea of how many participants will be in attendance in advance. Thank –you!

**Thursday October 22**  
Attend either the 1-3 pm or the 6:30-8:30 pm session

**Room 307, Crichton Cultural Community Centre**

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# Thank You to Lumière Festival Sponsors!

**By Joanne Hughes**

The Crichton Cultural Community Centre (CCCC) and Joanne Hughes would like to thank the following businesses for their contribution to the 2009 Lumière Festival.

**Super Star Sponsors:**

- The City of Ottawa

**Shooting Star Sponsors:**

- Epicuria: fine food store and catering

- Janny Mills and Jeff Rosebrugh Royal LePage Realty
- Clocktower Brew Pub
- Governor's Walk Retirement Residence

**Star Sponsors:**

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- Arturo's Market
- Dr. Luc Ducharme

**Candle Sponsors:**

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- Monson Cleaners
- Details Home Apparel
- Greentree & Company

With the help of local sponsors such as these, we were able to make this year's festival our largest yet. Each dollar I collected this year was incredibly meaningful given that many small businesses are struggling, which shows the importance of community amongst our local businesses.

Sponsorship contributions make up a third of Lumière revenue, revenue which allows

us to help pay a living wage to local performers and artists and to hold a by donation activity, ensuring that it is accessible to all! I personally encourage you to shop locally and let our local businesses know that their support is appreciated!

**Extra thanks:**

**Janny Mills and Jess Rosebrugh of Royal LePage Realty** have been one of Lumière's top sponsors for the past six years. Thank you!

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

**Tracey Black, Epicuria** – Tracey generously catered a Lumière staff luncheon providing a delicious lunch and a selection of beautiful desserts. This lovely treat is truly magical to the lantern team and we all feel very pampered and fortunate as we share our delicious meal together.

**Andre, Arturo's Market** –Andre returned for his third



**Photo: Louise Imbeault**  
**The Bridgehead team got into the Lumière spirit.**

year with a delicious BBQ. Andre's tasty and fresh food received great feedback from festival attendees and this year he sold out before the festival ended!

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

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



**Photo: Louise Imbeault**  
**Arturo's Market: Returned for a third year of providing great tasting BBQ treats.**

**www.MetroOttawaRealty.com**

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## Celebration 2010: Nominate a Stellar Sports Volunteer

By Jim Watson, MPP Ottawa West-Nepean

With the Vancouver 2010 Olympics less than 150 days away; it's time we recognized the hard work of the community heroes in Ottawa who sacrifice so much for Canadian Olympians to reach their dream.

As an example, where would our Olympic hockey players be without the person who late at night, stands in the freezing cold, gripping a hose to flood the community rink?

This is exactly why I have launched a new city-wide program called Celebration 2010. This is an award program to honour these "unsung" heroes in Ottawa's sports community – not athletes.

This is a city-wide program and stretches beyond partisan lines. Each of Ottawa's eight MPPs will be eligible to award up to 25 community sports volunteers with medals.

The medals are limited edition and don't exist anywhere else, as they were specially designed and donated. I encourage New Edinburgh News readers to get behind the initiative and nominate heroes.



The nomination period is now open and people are asked to submit to the nominee's MPP a one page summary of why you believe your candidate deserves this recognition. Please enclose the name, address and telephone number of both you and your community sports volunteer.

The deadline for nominations is November 13, 2009.

Successful nominees and their nominators will be notified by their local MPP. MPPs will host a Celebration 2010 ceremony in their communities in January 2010.

For more information on this program please visit my website at [www.jimwatsonmpp.ca](http://www.jimwatsonmpp.ca).

## House Exchange - Affordable Travel

By Vicki Metcalfe

If you happened to see a couple of young Germans, or a Dutch couple, in the neighbourhood this summer, they may have been people staying in our house while we were staying in theirs. This summer we had two weeks in Mülheim an der Ruhr close to Düsseldorf, and four weeks in the small city of Almelo in the Netherlands. These were our third and fourth exchanges through Homelink International.

Home exchange is a neat system. You register with an internet agency, pay an annual fee, and add to their on-line catalogue what you have to

antique wineglass that had been left out for us to use the first night.) And then there are the frustrations of living the life of locals without a full command of the language. (Our German is minimal and Dutch almost non-existent.) It took three days to figure out that our German hosts have a separate knob on the kitchen sink tap for the water supply to the dishwasher. Transportation also has its challenges when you can't read the signs.

And finally, managing a house exchange is labour-intensive! All that cleaning and clearing out space for other people's use, preparing a detailed man-

biked in town and through the nearby forests and farmlands to surrounding villages. It's such a cliché, but everybody really does bike in the Netherlands. We see mothers taking the kids to school, groups in their 70s on a day's outing, everybody shopping and just getting from place to place. They hold cell phones and umbrellas and briefcases, sometimes all at once. We watched one man dressed in a suit, estimated age 83, who was having a little trouble balancing to start up from the stoplight, but who did just fine once he got going; a moped might be his next means of transportation.

*It's a way to get to live the life of locals – grocery shopping, getting about... You get free accommodation and sometimes a relationship.*

offer and what you're looking for. Then you put out feelers, respond to requests, and try to put together a match in location, amenities and dates. It may take a year or more to get what you want, or you can let serendipity take over and react spontaneously. (We had two requests for Winterlude stays while we were away last February! Dates worked for the people from Maryland, so we had a non-simultaneous exchange – they used our house while we were in Georgia and we will go to Annapolis this fall while they're on holiday in Nova Scotia.)

It's a way to get to live the life of locals – grocery shopping, getting about... You get free accommodation and sometimes a relationship: we exchange Christmas cards with Edinburgh, and we got to know our Mülheim hosts through prolific e-mail exchanges. They arrived with breakfast rolls on our last morning, and drove us to the train after a good long chat. You get to learn more about other people and ways of life than by staying in a hotel.

On the other hand, there's the risk of strangers living in your house and using your car, although the risk is considerably reduced by the reciprocity aspect. (We broke an

ual on the operations of the house, and gathering materials for activities and interests – in our case, up-to-date brochures on the NAC, the national gallery and various museums, road maps and biking maps...

We've had houses in our Edinburgh and North Holland exchanges. This trip we've had apartments, but as different as different could be. Mülheim was in a busy city, very urban, but two-storey and with a beautiful rose-filled garden. The place was overflowing with an eclectic mix of antique furniture and the personality of the owners. The Almelo apartment is on the sixth floor of a modern block on the edge of a small city, overlooking farms and a ring road. It looks and feels like an IKEA showroom – completely modern and impersonal, but also functional and convenient.

We planned to mostly stay put and explore the local areas on foot, as well as by bike and local transit. We did though buy a 5-day rail pass, and it served to spur us on when we were getting too lazy – had to get our money's worth!

In Mülheim we never used the car. We walked a lot, biked along the Ruhr to nearby villages, and took day trips by train to Düsseldorf, Köln (Cologne), the Moselle, and an astounding mediaeval village called Hattingen where the houses are totally covered in slate tiles. We were also treated by our exchangers to a 6-hour cruise on the Ruhr with lunch and a running historical commentary. Needless to say, we understood nothing of the commentary, nor of our fellow passengers.

From Almelo, we mostly

We drove to the nearby town of Enschede where we went to a magnificent small art gallery and saw the Netherlands National Orchestra, and to two national parks – De Weerribben where we canoed old peat-digging channels, and Hoge Veleuw with its art gallery and a collection of van Gogh works to rival the van Gogh museum in Amsterdam. Both galleries were gifts to the state from wealthy industrialists.

Aside from a couple of days in Amsterdam, we had two excursions from Almelo. First was to Texel – the nearest in the string of islands that curves around the north of the Netherlands – where we stayed in a B&B and rented bikes to explore the forests, beaches, heaths and farmlands. We also stayed three nights in Berlin and fell totally in love with the city with its museums, parks, shopping and transportation system... all in a vibrant cosmopolitan setting. Our hotel was in the former East Berlin, which was an added source of interest.

Now that we are birders – and six weeks means a lot of time on our hands – we took our binoculars and a borrowed Birds of Britain and Europe (thank you, Jane). We were able to list about 70 species of bird with varying degrees of certainty. The easy way to expand one's life list is to change continents. Even Berlin offered up two "life" birds, the Hooded Crow and the Goldfinch – not our colourful American goldfinch but with a bright red patch on its face and bright yellow wing patches. The complete list of our bird sightings can be found on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca).



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## In Our Midst Burgh Resident Profile

By Louise C Imbeault

Born, raised and educated right here in Ottawa, **Ernie Smith** is known by many residents in our area for his involvement in the community.

He studied at Ashbury, Ridgemont High, Algonquin College and Carleton University. His concentration focused on Communications, Sales and Fundraising but Ernie's passion lies with music. Relentless band promoter and booking agent, he fine-tuned his people and networking skills and soon started putting them to good use.

His journey in the Burgh began when he arrived in 2000, starting with volunteering in different venues such as phone canvasser for a national political party, supporting the Ottawa-Vanier Lions Club, the Citizen Advocacy of Ottawa and lending a hand at MacKay United Church with the annual Christmas Bazaar. Since 2007, Ernie has sat on the NECA Board of Directors.

He has dedicated his adult life to helping his fellow man (and woman). He readily shares his knowledge and advice; he'll

research information and make resources available to those who seek his counsel and has an uncanny ability of merging creative ideas and good deeds, thus making him a most appreciated and valuable participant to our community's life and growth. Ernie is a gem!

In his free time, you can find him watching televised soccer games at the New Edinburgh Pub (his favorite team: the Montreal Impact) or on any given day of the week chatting up the patrons over soup and gelato at Piccolo Grande.

Charming, personable and funny, Ernie has an unfalteringly good disposition and a permanent smile. What is your secret I asked? He humbly replied: "Be thankful for what you have. Don't sweat the small stuff and count your blessings 'cause we live in the best darn country in the world." Very wise words for all to ponder.

So, if you happen to pass him on the street, say 'hello' and you'll have met a most charismatic personality and maybe even made a friend, I know I have.



Photo: Louise Imbeault

Ernie Smith and friends at the Citizen Advocacy of Ottawa's annual picnic at the Stanley Park Fieldhouse. For more info please visit: [www.citizenadvocacy.org](http://www.citizenadvocacy.org) (613-761-9522).

## Attention All Cyclists!

By Roslyn Butler, NECA Traffic Calming Chair

Please note that the NCC will be starting the remediation of the contaminated areas of Stanley Park soon.

This means that the park and bike paths will be closed from the tennis courts to Union Street and from Stanley Street/Fieldhouse parking area to Union Street. This closed area includes the entrance from

Queen Victoria Street. Cyclists will be diverted along Stanley Street – both directions.

You are urged to take extra care when negotiating Stanley Street due to the high number of parked cars on both sides, frequent stop signs at intersections (please obey them), and heavy traffic during rush hours. There are many children, pedestrians and dog

walkers crossing Stanley Street near the playground/fieldhouse heading to the remaining open areas of the park.

The heavy rush hour traffic is of particular concern as those drivers are concentrating on getting to the Macdonald-Cartier Bridge or the Vanier Parkway as fast as possible. Recently, a cyclist was knocked down by a hit-and-run vehicle near the intersection of Union and Stanley.

Safe Cycling!

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# For the Birds



By Jane Heintzman

The October column is always bittersweet as it marks both the end of summer and the final stages of the south migration of most of the songbirds and waterfowl we have enjoyed over the past few months. Softening the blow, however, is the continuing presence of multitudes of **black-capped chickadees** feverishly bulking up on the last insects and spiders of the season, as well as caching seeds, berries, bugs and other food items in secret hideaways in the bark of trees where they will retrieve them in the course of the coming winter. In our garden, the chickadees have been joined by a number of **white breasted nuthatches** actively engaged in much the same food-stashing exercise in the tall pines along

the lane. The nuthatch gets its name from its intriguing (and noisy) habit of jamming large nuts and acorns into tree bark, and then drilling away at them with its sharp beak to “hatch” out the seed.

## The Birds of Summer

While much of my summer was spent out of Ottawa, we had some wonderful walks along the Ottawa River in the month of June when the bird life was both tuneful and abundant. Among the species we encountered in our rambles were **great-crested flycatchers**, **yellow warblers**, **American redstarts**, **black and white warblers**, **American goldfinches**, **American robins**, **Northern cardinals**, **white-breasted nuthatches**, **red-eyed vireos**, **warbling vireos**, **yellow throated vireos**, **song sparrows**, **chipping sparrows**, a mixed flock of **cedar waxwings** and **bohemian waxwings** foraging in a dense cluster of serviceberry bushes along the bike path, **Northern flickers**, a **gray catbird**, several **Great Blue Herons**, a

## NEW EDINBURGH NEWS

**wood duck pair** and a **common raven**.

To my delight, a **white-crowned sparrow** group also returned to our garden in early summer, stopping to fill up on seed and insects while in transit to its northern breeding grounds. The **white-crowned sparrow** closely resembles its better known cousin the **white throated sparrow** (the *O Canada, Canada* bird!), but is slightly longer and leaner, and lacks the white throat's characteristic yellow eyebrows.

For several weeks this summer, the bird population in our garden was disoriented by the loss of our “feeding tree”, an ancient lilac which finally succumbed and had to be removed. Life is returning to normal now, however, with the transfer of our feeders to a fulsome mountain ash where **American goldfinches** (still bright yellow as I write, but soon to be drab olive in their winter plumage), **black-capped chickadees**, **song sparrows**, **house sparrows** and **house finches** are once again happily feasting. Clouds of immature **American robins**, distinguishable from their elders by their much paler, spotted breasts and heads, have also descended on our lawn in search of a hearty worm meal. Sadly, though, the resident **Northern cardinal** pair in the lane behind us appears to have been displaced when a City crew butchered the cedar hedge where they were nesting. (311 doesn't deal with that crisis!)

## Georgian Bay Birds

From our vantage point in the midst of the vast archipelago of Georgian Bay islands, one of the great pleasures of the summer is the collection of **water fowl**, **seabirds** and **gulls** that are regularly in evidence around our cottage. In July, we encountered small groups of **Canada geese** island-hopping in a search for locations free of inhospitable humans and marauding dogs; **double-crested cormorants**, including one which had positioned itself at the top of a tree, perhaps in an attempt to imitate the **belted kingfisher's** practice of perching to locate its prey, then plunging into the water to seize it; **ring-billed gulls**; **herring gulls**; **common terns**; **common loons**, often in full throat; several **Great Blue herons**; and numerous **common mergansers**, including one enchanting family of a mother and six ducklings who swam into the shelter of our front pond for what appeared to be an intensive session of practice diving. Later in the summer, the same thing happened,

but with a greatly expanded group of 24 mergansers streaking around the pond like kids let loose on a go-kart track.

Our neighbouring **osprey** nest (about 500 yards off our dock) was also occupied in July, although we saw less feeding activity than usual this year, to the point that we had begun to wonder whether the parents had abandoned the lone chick to its fate. Fortunately, this proved not to be the case, and the youngster was duly attended to until it fledged in mid-August.

Because our part of The Bay is comparatively densely wooded with a mixed evergreen and deciduous forest cover, we have a healthy songbird population in the area, with a number of regulars in evidence this year, including **red-eyed vireos**; several species of **warblers**, including **black and white**; **myrtle (yellow-rumped)**; **common yellowthroat**; **yellow**; **worm-eating** (a relatively rare one which turns up in prime caterpillar years); **ovenbird**; and **pine**; **American goldfinches**; **black-capped chickadees** in large numbers; **song sparrows**; **chipping sparrows**; **white-throated sparrows**; **blue jays**; **gray jays** (known as “whisky jacks”); **cedar waxwings**; **Eastern kingbirds** and a single **ruby-throated hummingbird** (female) which made a swift pass at our splendid yellow lily but apparently found it wanting in the high octane nectar needed to fuel its sugar-guzzling engine and departed swiftly.

Once again this year the **wood thrush** with its haunting, flute-like call was also in the area, but unlike previous years when it remained in one nesting spot at the back of a nearby island, it appeared to move from one island to another, and sadly, departed unusually early in late July.



Photo: Greg Lavaty  
**Double-crested cormorant.**

## Prince Edward Island

Some of the birding highlights of our summer took place in the course of our brief 4 day visit to **Brackley Beach** on the North shore of P.E.I. in late July. Here we encountered numerous **osprey**, **great black-backed gulls**, **herring gulls**,

October 2009

**ring-billed gulls**, **double-crested cormorants**, **semi-palmated sandpipers**, **semi-palmated plovers** (though sadly, no piping plovers this time), and extraordinary numbers of **Great Blue herons**, including a group of a dozen which flew in a stately procession directly over our cabin. Later at nearby Covehead Bay, we watched the amazing spectacle more than two dozen leggy herons fish-



Photo: USWFS

## Bald Eagle.

ing companionably in a reedy inlet.

A first for us this summer was the discovery of a bald eagle roost on the farm property where we were staying at Brackley Beach. The **bald eagle** is the second largest raptor in North America (after its cousin the Golden Eagle), and from the back porch of our cabin, only a few hundred yards away from their roost in a row of tall pines, we were able to watch these magnificent creatures hovering on their perches, and then soaring with powerful sweeps of their immense wings to comb the fields and the shoreline for a tasty meal of fish, small mammals, ducks, or gulls. At one point, a small group of eagles flew directly over our cabin, affording us a clear view of their massive brown bodies (up to 37” in length); imposing wingspan (up to a stunning 90”); and contrasting pure white head and tail. On an excursion to Tracadie Harbour not far from our farm, we had a good look at a bald eagles’ nest which can only be described as monumental. Bald eagles’ nests are reportedly the largest of any bird in North America, measuring up to 13 feet in depth, 8 feet in width and one ton in weight!

## Reports From Our Readers:

### Correcting the Record:

Many thanks to reader **Peter Browne** who took the time to correct the record in relation to the bird list reported from our trip to the UK last spring. Mr. Browne has many years of experience as a birder in England, on the basis of

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which he pointed out a number of misidentifications in my account in June. Specifically, he indicated that several of the species listed are extremely rare in England, including the **common night hawk**, the **surf scoter**, the **Franklin's Gull** (which he thought was probably a **Black-headed Gull**) and the **Lesser Scaup** (perhaps a **Tufted Duck**). He also suggested that the charming **wagtail** at Haile's Abbey in Gloucestershire was more likely to have been a **Yellow Wagtail** than the much more rare **Citrine wagtail** I had suggested, and noted too that in the U.K., the raven is found only in the uplands or along rocky coasts, so the immense, shaggy, black creature we spotted near Oxford was probably a **Carion Crow**, a much larger bird than our familiar **American crow**.

### A Summer Birding Diary of Epic Proportions

Our regular birding reporter **Edwin Daudrich** has surpassed even his own extraordinary birding record this summer, compiling a list of bird sightings at no fewer than 11 different locations ranging from Newfoundland/Labrador to Alaska, and spanning the time period from mid-May to early September. Mr. Daudrich's complete "summer birding diary" will be posted on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca) where keen birders can review the extraordinary number of interesting species he encountered in his travels. Needless to say, our limitations of space in the paper permit only a very brief summary of his birding adventures, concentrating on those in the Ottawa area of most immediate interest to readers.

One of Mr. Daudrich's prime local birding locations was **Mud Lake/Britannia Conservation Area**, an urban forest and wetland area in Ottawa's west end. In the course of the summer, he spotted a virtual catalogue of **warblers** there, including the **Northern parula**, **redstart**, **yellow rumped**, **yellow**, **chestnut-sided**, **Cape May**, **black-burnian**, **magnolia**, **black-poll**, **Nashville**, **black-throated green**, **black and white**, **Wilson's**, **Tennessee**, **bay-breasted** and **black-throated blue**. As late as September 7 and 8, there were still 13 of these warbler species around, so clearly the fall migration was in abeyance as the summer weather hung on.

On six of his excursions to Mud Lake, Mr. Daudrich logged over 30 different species (to a high point of 43 species on September 5th!),



Photo: Francine Ouellette-Streeting  
**Black-crowned Night Heron near Mud Lake.**

including such highlights as a **rose-breasted grosbeak**, a **hermit thrush**, a **blue-headed vireo**, a **scarlet tanager**, a **belted kingfisher**, a **Little Gull**, a **black-crowned night heron**, a **green heron**, a **great blue heron**, **merlin**, **Baltimore orioles**, and numerous **mallard**, **black and wood ducklings**.

The Armstrong Road/High Road area south of the airport was another fruitful birding location this summer. Highlights here included numerous members of the sparrow family, including the **chipping sparrow**, **grasshopper sparrow**, **savannah sparrow**, **clay-coloured sparrow**, **field sparrow**, and **vesper sparrow**. Others of special interest were the **mourning warbler** and the **willow flycatcher** (both firsts for Mr. Daudrich), as well as the **eastern bluebird**, **eastern meadowlark**, **indigo bunting**, **warbling vireo**, **bobolink** and **hermit thrush**.



Photo: Wade Clare  
**Chestnut sided warbler.**

At the **Mer Bleue Conservation Area** in Ottawa's east end, Mr. Daudrich added still more species to his summer tally, and in addition to numerous species of warbler and sparrow, encountered, among others, **American bittern**, **sandhill cranes**, **veery**, **Virginia rail**, **common snipe** and **alder**, **least**, **great-crested** and **willow flycatchers**.

Trips to **Gatineau Park** resulted in yet more interesting sightings (including 28 species on June 4!), notably an **indigo bunting**, a **scarlet tanager**,

numerous **yellow-bellied sapsuckers**, **ruffed grouse** and an **eastern phoebe**. In the **Stony Swamp Conservation Area** in June, Mr. Daudrich encountered a lone **great egret** and numerous **great blue herons** with their chicks, while at the **Embrun and St. Albert Sewage Lagoons**, he spotted four birding "firsts" in his experience, a **dunlin**, a **Wilson's phalarope**, a **blue-winged teal** and a **northern pintail**. Other highlights at the lagoons were a northern shoveller, a lesser yellowlegs, a semi-palmated plover and a semi-palmated sandpiper.

Last but not least, close to home here on the Rideau River, Mr. Daudrich sighted a pair of **mute swans** in early August, along with a **gray catbird** and a **double crested cormorant**. Our congratulations to Mr. Daudrich on a truly epic summer of birding, which we hope will inspire more birders in the community to take advantage of the avian riches of the Ottawa Valley. Check out <http://www.ofnc.ca/birding/wheretogo/britanniabirding.php> for a helpful listing of the prime birding sites in and around the Britannia Conservation Area, including a detailed map and a season-specific summary of the species likely to be found in each location.

### Vicki Metcalfe's European Travels:

Our peripatetic birding reporter Vicki Metcalfe spent six weeks this summer in Germany and the Netherlands (a full account of her trip is included in this edition of the *NEN*). In the course of her leisurely travels, she and her husband Denis Orchard identified an astonishing list of about 70 species of birds. For interested birders, the complete list will be posted on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca), but to give readers just a small sample of Vicki's sightings, here are a few of the species they encountered: **avocet**,

**black swan**, **black-tailed godwit**, **chaffinch**, **collared dove**, **cuckoo**, **dunlin**, **Egyptian goose**, **Eider duck**, **goldfinch**, **grey heron**, **goldcrest**, **jackdaw**, **lapwing**, **laughing dove**, **moorhen**, **mute swan**, **song thrush** and **tufted duck**.

**Nature's Encounters:** Manor Park naturalist **Dave Collyer** clearly had a wonderful summer of birding, reporting both a long species list and large numbers of birds. Dave's 2009 list includes **American redstarts**, **Yellow warblers**, **Common Yellow-throated warblers**, **American robins**, **Eastern Kingbirds**, **Tree Swallows**, **Cedar Waxwings**, **Black-capped Chickadees**, **Red-breasted Nuthatches**, **Northern Cardinals**, **Turkey Vultures**, **Killdeer**, **Savannah Sparrows**, **Bobolinks**, **American Crows**, **Ring-billed Gulls**, **Pileated Woodpeckers**, **Northern Flickers**, **Canada Geese**, **Rose-breasted Grosbeaks**, **White-crowned sparrows**, **White-throated Sparrows**, **Great Blue Herons** and **Black-crowned Night Herons**.

The **Black-crowned Night Heron**, a lesser known but apparently quite widespread cousin of the Great Blue, was captured in a magnificent photograph by accomplished local wildlife photographer **Francine Ouellette-Streeting**,

who has kindly allowed us to include it in this edition of the *NEN*. Francine's photo was taken at nearby Mud Lake in the late afternoon when this nocturnal creature had emerged from its daytime hideaway to stand regally on one leg, with one wing outstretched, while sharing a log with a turtle! To see more of Francine's remarkable photographs, check out her website at <http://www.redbubble.com/people/digital-lystill>.

Reader **Philip MacAdam** reports that his feeders at Alexander and Thomas Streets have been bustling all summer with **American goldfinches**, **house finches**, **purple finches** and **black capped chickadees**. Regrettably, however, there have been fewer **Northern cardinals** since their nesting area was disturbed by a major landscaping operation next door. Philip also encountered a young **heron** in the course of a cottage visit just north of Perkins, but is uncertain of the species, noting that its neck was visibly multi-coloured. Guesses anyone?

**Peter and Isabel Glasgow** had an interesting excursion to Algonquin Park this summer, where they spotted a **Northern parula warbler**, a **whip-poor-will**, and numerous **common loons** (along with a few black bears!)

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# El Camino: My 800km Pilgrimage Across Spain

**Rev. Dr. John Montgomery MacKay United Church**

Some time has passed now since I completed my pilgrimage, an 800km walk across northern Spain. Upon reflection, I now realize that it was not entirely what I expected.

I began my walk from St. Jean-Pied-de-Port in France on April 23, 2009 on a beautiful sky blue day, crossing the mighty Pyrennes that first day in 9-1/2 hours, and finished, 32 days and 800 km later, on May 24 at my destination: Santiago de Compostella, the resting place of St. James the Apostle.

It was the most unique experience of my life. I can now understand why this has been a pilgrimage route since the 10th century AD. All who walk it—and there have been many—cannot help, I'm sure, but be touched in some deep way by the beauty, the history or the spiritual power of this path.

A year in its preparation—training, reading and deciding on and purchasing what to take and, more importantly, what not to take—my Camino, as it turned out, was not quite what I had planned on. I read somewhere, before I went, “you don't walk the Camino, the Camino walks you.” I now know what this cryptic saying means. When you are open to the deep mystery, ancient history and spiritual forces on the Camino you may be in for many surprises. Such was my experience.

I had decided early on, in my planning stage, not to tell

people I was a minister, a “religious professional”, so to speak, because I wanted my pilgrimage to be mainly an interior journey to deepen my experience of God, to reflect upon my life and seek direction for my future ministry and where it might take me. I didn't want to have to explain, “no, I'm not a priest,” and no, I am not what many people unfamiliar with Christianity think of when they hear “Christian

isolation. Sure, I knew others would be on the same path and I was not averse to meeting folks, but that was secondary to the main purpose of my pilgrimage, or so I thought.

## I “came to my senses” on the Camino

That was a revelation I recently had as I struggled to put into words my Camino experience. It perplexed me why I was having such a difficult time articu-

found and literal way, unlike any other time in my life. What I mean is my mind was overshadowed by my senses: sight, sound, smell, taste, touch, all of these became heightened during my walk.

Another way to say this is I had a shift in consciousness. I underwent a transformation in the way I experienced the world around me. This is a wonderful thing to happen to a person. I believe this shift from

in our heads much of the time. Our minds have control of us. We are constantly thinking about things—events from the past or plans for the future—what we want to do this afternoon, tomorrow, next week, next year. We become, possessed, so to speak, by our minds. We think that we are our minds. But we are not. Our essential self is our spiritual self. In the Bible this essential core of being is referred to as “the Heart” (I use a capital “H” to distinguish it from our physical heart).

The mind is a wonderful and necessary part of our being. But we are not our mind. Many spiritual teachers talk about this.

I led a book discussion group, my Discovery Group at MacKay United Church, on Eckhart Tolle's book, *The Power of Now* not long before I walked the Camino. Tolle talks about the importance of living in the NOW—the present moment, which is all we really have. The past is gone and the future has not yet arrived—and when it does it is no longer the future. So the present moment, the NOW, is the only reality there is. The Buddhist monk Thich Nhat Hanh teaches “present moment, wonderful moment” meditation and also stresses the importance of living in the Now.

To stop living through our mind and return to our senses is a spiritual discipline that has to be experienced and practiced. On the Camino what I discovered was that although I knew, discussed, taught and preached about these ideas, I had never really and truly experienced this way of “being” until I walked El Camino. And when I did, it changed my Camino experience dramatically.

The experience of living in the present moment is not something one can explain or describe by words. This, I now realize, was why I was having such a difficult time writing and talking about my Camino experience. For me, it was an experience of spiritual transformation that is not easily articulated, nor ever adequately explained, by words.

Perhaps this is why “Camino alumni” seek each other out and sometimes travel thousands of miles to reunite with one another. This was the case recently at my church when Leslie Harmon organized a one year reunion of her 2008 Camino friends from Australia, Germany, Sweden and Canada. They “understand” and are “connected” to each other because of this shared experience.



minister”, namely, what they see on television! I wanted to make my pilgrimage a solo journey into the mystic, into the “Cloud of Unknowing” where I could ponder the BIG questions of life in splendid

lating this incredible experience. After all, there were so many experiences; why could I not just share them? The reason, I now realize, is that while walking the Camino I “came to my senses” in a very pro-

our preoccupation with our mind to a focus on our senses is at the core of spiritual life. Such a transformation enables one to “see”, and therefore act, in a whole new way.

Most of us live our lives



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When I came back to my senses on the Camino from my mind-dominated self (and this started slowly to happen the first day climbing over the Pyrennes from France into Spain), my Camino experience took on a different shape from what I had imagined.

The experience of becoming fully present to the moment, the NOW, initially evoked a deep awareness of the natural world around me, literally with each step I took (I haven't calculated how many steps I may have taken on this pilgrimage but it was a lot!). When you are "on foot", walking, and in the NOW, life slows down; I mean really slows down, especially after the first few hundred kilometres.

Each detail is noticed: every slight rise of elevation in the terrain, every new ounce of weight in your back pack, every shift of wind direction... variation in temperature, sounds and smells (dung one step, roses the next). The distant mountains became my "friends" on the desolate meseta. I talked with a raven when I was very lonely one day (and when I lifted my right arm with my staff in it, the raven raised its right wing as if to say "adios", and flew away).

One morning as I sat in the mountains near the "Cruce de Ferro", a distant cowbell rang out across the valley. I was transported back to a Buddhist retreat I took many years before with Thich Nhat Hanh in New Hampshire. I recalled his "bell of mindfulness" practice. Every time the meditation bell was sounded during the retreat, no matter what you were doing, you would stop and BREATHE.... and say "present moment, wonderful moment". I started this practice again, each day.

Then I became much more aware and open to the something else around me. This "something else" had a major impact on my initial Camino game plan of walking in soli-

tude. I had imagined that solitude would be my "way" into a deeper connection with God, the Sacred, the Spirit and myself. It seemed like a "pilgrim" thing to do. Solitude has for a long time been a conducive place for me to experience the sacred, and it still is, and was on the Camino as well (even though at times it invoked in me a real sense of loneliness). But coming to my senses and into the present moment also took me out of my solitude to a place I was not expecting.... to the place of people.



I'm a "people person". I like people. It's one of the reasons I went into the ministry. Connecting with people is a major part of my work, but on the Camino I planned to, well, do something different: to experience this journey without people. I had decided to walk solo. But as it turned out, the people I met along the way greatly enriched my Camino experience and even became central to it.

The shift came when I decided to tell people that I was a minister, something I was intent on concealing, as I have mentioned. The Camino has a way of "opening you up". I now realize: how could I possibly be open to all the Camino had to offer if I was not open myself.

My shift came shortly after receiving a gift from an unknown person at an albergue I stayed at in Puente La Reina on the fifth day of my journey. It was a crude wooden "Tau" on a simple white string so you could wear it around your neck. I was not familiar at the time with the stylized "T" shaped symbol called Tau, but I took it anyway with thanks and, surprisingly, wore it that

day. I never took it off for the rest of my journey.

This was a strange thing for me to do as I never wear anything around my neck, but here I was wearing this "thing" for all to see and I didn't even know what it was! I had to learn quickly lest people asked me what it signified, but when I asked locals I got vague and differing answers.... "I think it has something to do with Francis of Assisi".... "I believe it is connected to the Knights Templars".... "Isn't it a cross of some kind?"

On the 15th day of my pilgrimage, when I was walking through the flat desert-like "meseta", I came upon the tiny hamlet of San Anton. About the only thing there were the ruins of a convent dedicated to "St. Anthony the Great", and lo and behold, the Tau symbol was everywhere, built into the windows and doors of this crumbling edifice.

I have since discovered that St. Anthony (251-356 AD) was an Egyptian Christian anchorite (not to be confused with St. Anthony of Padua, 12th century). He was one of the more famous "desert fathers" who devoted himself to a life of prayer, poverty and solitude in the harsh desert 95 miles from Alexandria. There he fought off many temptations of body and mind (Salvador Dali did a famous painting entitled, "Temptation of St. Antony"). I have also discovered that the Tau is a symbol on the crest of St. Antony's College at Oxford University.

According to Wikipedia, there are many more associations with this symbol. It is actually the 19th letter of the Greek alphabet but became a symbol for many things. (All those early answers I received from the locals were right!). Strangely, Wikipedia makes no mention of the Tau being connected to St. Anthony or his Order. Yet, having seen it with my own eyes, I know it is.

It is an eclectic symbol to be

sure which made it fitting for me, an "unfinished" Christian as I call myself, to wear. But that I should wear it "religiously" without knowing this at the time - without really knowing anything about this symbol's meaning was, for me, yet another one of the mysteries of the Camino. For as it turned out, this crude symbol given to me by a stranger became the conduit for my "disclosure" and my shift to a new kind of Camino experience with people, people and more people of all types and persuasions.

There were people from literally all over the world walking, biking and riding the Camino. When people started to approach me asking about the Tau I soon mentioned quite naturally, after all my fuss about keeping "mum" about my occupation, that I was a Christian minister. After several minutes, often many, many minutes, explaining what the United Church of Canada stood for and what it did not, conversations soon morphed into all sorts of questions and discussions about spirituality and religion. Many personal things were shared with me and I was very interested and enlightened by these conversations as I walked. I was able to share my faith and ideas with many interesting people.

I found that people, especially in the 30-50 age bracket, where quite interested in matters spiritual. Many were going through significant changes and passages in their lives and had uncertainty about their futures. Some seemed to be seeking something "more" in their lives. Talking and listening to peoples' stories, beliefs, dreams and loves turned my Camino experience into a community experience.

El Camino was a unique community, a transient community constantly in flux. A community where you would fall in and out of relationships quickly and easily.... and then often

resume a relationship with someone you hadn't seen for several weeks just as quickly and easily - greeting them like a long lost friend even though you may have only talked with them for a few hours.

This sense of community extended to all areas of need and life. People would literally give "strangers" the shirt off their back if needed. Shared meals were often prepared and shared together in the very basic surroundings of the albergues where pilgrims slept and bathed together in dormitory style settings. It was like what I imagined the very early Jesus communities to be like as described in the book of Acts where "all things were held in common".

This experience made me reflect a lot on the importance and nature of community in the contemporary church.

The peregrinos (pilgrims) on the Camino were literally "one" in their goal of walking the same path - all heading in the same direction even though each had their own motivation for making this journey. The church also needs a common vision to bind individuals together. It is only when members of a congregation share a common vision, have a common goal, can true community flourish - be a place where we "share each others burdens" and "walk in the other's shoes".

Genuine community may be the one thing that can save a crippled, ailing church, a category that many churches of all denominations fall into today.

When I look back on my Camino experience the old cliché comes to mind: "God works in mysterious ways". The Camino also works in mysterious ways. If you ever get the opportunity to discover just how El Camino can work on you, you will be truly blessed, as I was, with a unique experience that may very well change your life.

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# The Rockcliffe: A Year of Firsts

By Mary Albota, Executive Director, The Rockcliffe Retirement Residence

We celebrated our first Anniversary on July 15 at the weekly buffet with a large and scrumptious cake prepared by Chef Josette. The buffet was supper club style with a pianist from the University of Ottawa music program who has entertained at The Rockcliffe in the past, and is an accomplished master of the grand piano in the dining room. Classic popular music from the forties and fifties was the order of the day, with works by Cole Porter, Gershwin and the other greats of the era. We gathered as a community to make the day a special one, and I was delighted to be able to add to the celebration with vocal contributions. *(Editor's Note: Mary is an accomplished soprano with the University of Ottawa Choir).*

It has been a year of firsts at The Rockcliffe. During our first autumn in September and October 2008, the fallen leaves revealed to those of us on the lower floors the full beauty of the surrounding river. The water seen through the trees has a unique beauty, but to see the river everywhere unobstructed was spectacular. The constant influx of new members to our

group over the fall and winter was steady and gratifying. People were delighted with the residence, its amenities and its stunning location.

Our first winter was a true Ottawa winter, with its usual share of snow and more snow. The river was an icy circle around the island, and its traffic was mainly limited to dog walkers and some cross country skiers. During these cold months, we particularly appreciated the comfort of the valet and limousine services. There was no such thing at The Rockcliffe as getting into a cold car with icy windows! We were snug on our island in the middle of the city. The holiday season was a joyful one, replete with feasts and celebrations that enabled us all to come together as a caring and sharing community. We continued to welcome new members to our community, even in winter, at a steady rate. Visitors simply loved what they saw.

Spring came to The Rockcliffe literally with a bang! The City of Ottawa crews came to the water around the island, dynamite in hand, to "cut the keys". With our panoramic vantage point in the middle of the river, we fully enjoyed the spectacle, even with the accompanying sound effects. The ice was

blasted in strategic locations to enable the Rideau to flow unencumbered into the Ottawa, over the Rideau Falls near the Prime Minister's residence. The first harbinger of spring in the east end has announced itself loudly in this way over many years. Residents at The Rockcliffe have reserved seating for the whole show, which takes about a week to complete and includes blasting, boats, and men in orange suits scurrying about.

Soon thereafter the ducks and geese were back, and we spied our resident pair of Great Blue Herons, though we couldn't locate their nest. We began to see for the first time what summer would bring to The Rockcliffe. The grounds became alive and colourful with plantings that were set in the fall of 2008. We were able to set in the ground the herbs that a group of gardening residents had so carefully nurtured in the penthouse activities room. The food staff was delighted! We realized that we had ground-hogs, fat ones, as well as rab-



Photo: Louise Imbeault

On Saturday, Sept 26 The Rockcliffe Retirement Residence hosted a TABI fashion show and sale.

bits that shared our island, and learned that these were interesting tenants. However, The Rockcliffe's most interesting creature neighbours were the very large turtles which crawled up on the riverbank to lay their eggs in our garden. We did our best to protect the nests from marauders.

The immense linden trees in the patio garden came into full leaf this summer, making lovely shady places where we could sit and listen to the birds. The outdoor bar was opened and we were able to enjoy din-

ing on the patio and celebrating special events there whenever we wished. (We might have wished that the weather was a little more summer like so that we could have enjoyed the patio more often!)

The Rockcliffe year of firsts has been a busy, productive and gratifying one. From the construction dust, we have progressed to an actual community with shared interests, interactive and vibrant, who live, by any measure, in one of the most beautiful residences in the city.

## Ottawa Valley Weavers' and Spinners' Guild

### More Than Cloth: 60th Anniversary Exhibition and Sale

This year visitors to the annual Exhibition and Sale of the Ottawa Valley Weavers' and Spinners' Guild (OVWSG) will be treated to a special exhibit of Guild members' work. To mark the 60th anniversary of the Guild, members were challenged to collaborate to produce an article demonstrating the wide variety of fibre arts represented by Guild members. Originally formed in 1949, the Guild has grown from a group of five weavers to the present membership of over a hundred. In 1986, the Guild grew again with the addition of spinners and now encompasses dyers, knitters, felters, basket makers, rug hookers and even shepherds raising their own sheep,

alpacas and angora goats.

The 60th Anniversary Challenge was designed to encourage this wide variety of fibre artists to combine their skills and talents to produce an art object or practical piece to foster teamwork and awareness of other members' talents. The Guild received twelve entries that have been judged and were displayed at the Ontario Handweavers' and Spinners' Conference and the Heartwood House Gallery, both in May 2009. The pieces will also be displayed at the Mississippi Valley Textile Museum in September and at the Guild Exhibition and Sale where the public will be asked to vote on their favou-

rite piece. The People's Choice Award will be presented on Sunday afternoon. These fibre artists, together with the other Challenge participants, can be seen with their work at the annual Exhibition and Sale.

The wide variety of fibres arts that made this challenge possible will be represented in the diversity of articles offered for sale at the Exhibition and Sale. Not only will there be the more traditional woven scarves, vests, jackets and household linens, but woven wire sculptures, baskets, Christmas ornaments, and felted hats will also be offered for sale. Some weavers spin and dye their own yarns, and some even raise the animals that produce it. Guild members have revived and revitalized the old arts of rug hooking, dyeing and spinning, while others have revolutionized weaving and brought it into the computer age.

In 2009, the Guild is celebrating the history of the fibres arts in the Ottawa Valley by preserving the old and encouraging the new developments.

#### "More Than Cloth"

Oct. 30-Nov 1

Glebe Community Centre  
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# Ottawa's Original "All Boys" School Now Completely Co-ed

This fall, for the first time in its 118-year history, Ottawa's oldest and most respected independent school will be accepting applications for girls in Grades 4 through 8. Founded in 1891 as a boy's school, Ashbury College began its transformation to co-education in 1982 when it opened its doors to girls in the Senior School. With the arrival of the first Junior School girls in the fall of 2010, the transformation will be complete.

"Academic and co-curricular programs are enhanced by the participation of girls," says Headmaster Tam Matthews, "and we believe co-education plays an important role in preparing our students for university, family life and careers."

Ashbury has a long history of preparing young people to succeed. Many of its students have become corporate and public leaders; one, John Turner, became prime minister.

Ashbury has been getting ready to receive Junior girls for well over a year. Brian Storosko, Head of the Junior School, has played a central role. "We thought we'd have to revamp the curriculum extensively, but public consultations told us that we shouldn't

change things just because girls are coming in. The critical factor is good teaching. Whether you're teaching boys or girls shouldn't make any difference."



Photo courtesy of Ashbury  
It will be a mixed group from here on in.

Kendal Young, Assistant Director of the Junior School, agrees. "We want to be sensitive to learning differences, but that's a matter of responding to individual needs. We have the resources and the small class sizes to offer individualized attention. And we have teachers ready to go the extra mile."

Hiring top quality teachers is central to the school's success according to Headmaster Matthews. "Students need good role models and a nurturing, supportive environment, especially in the early years. We look for teachers who are committed, enthusiastic, and passionate about their subject matter."

Ashbury provides a caring environment and combines a rigorous academic program with active, hands-on learning. Junior School students have the opportunity to take part in a range of sports, art, music and dance programs. They also participate in trips, spend time in the outdoors learning about the environment, and engage in community service projects, where they learn the values of generosity, goodwill and cooperation.

"The experiences children have at Ashbury are unique," says Matthews. "That's why I believe an Ashbury education is the best investment you can make. I'd also say the earlier you can start your children the better, because you're giving them the confidence and the tools to succeed throughout their school years and beyond."

## Thank You to Community: Le Jardin's Yard Makeover Project a Big Success!

By Adrienne Blair

The parents, staff and children at **Le Jardin Co-operative Daycare** would like to thank several local businesses for their generous support of our recent **Yard Makeover Project**. Vanier resident and professional horticulturalist **Karen Hogan** (also an alumni mum) provided her inspired vision and expert know-how and donated her valuable time to guide us along.

Many thanks also to **Beechwood Home Hardware**, **The Home Depot Gloucester**, **Greely Sand & Gravel**, **RONA Home & Garden Gloucester** and **Canadian Tire Coventry Road** for donations of materials and special rates for the many items on our shopping list. We also wish to thank **Arturo's Market**, **Metro Vanier** and **Farm Boy Hillside** for helping to feed our hungry volunteers.

We appealed to many local businesses to help us—a small, non-profit co-operative organization—create a safe and inspiring play space for our

children, and these magnanimous folks answered the call. In difficult economic times, it's easy for business owners to decline such requests – all the more reason to applaud the community spirit of these kind supporters!

The success of our Yard Project is a testament to the power of teamwork, something we at Le Jardin understand very well. The daycare was founded by several working families who wanted to remain involved in their children's day-to-day learning and development, but were disheartened by the limited family participation in conventional daycare settings. Inspired by the Kinder Garden, a successful Toronto co-op, Le Jardin's true founding couple, **Amy Lightfoot** and **Alasdair Stuart-Bell** bought their home in Beechwood Estates with the express intent of starting a daycare.

With lots of organization, dedication and elbow grease, the families opened Le Jardin in October 2006—just four

days after Amy and Alasdair took possession of the house—and for the first two months, operated solely with parent volunteers! After a long search, however, we found our marvelous Early Childhood Educator, **Lana St. Jean**, a teacher and friend who makes every day an adventure, both for the children and the Duty Day Parent. (Each family volunteers for a "Duty Day" once a week and also assists with behind-the-scenes operations: menu planning, programming, administration, cleaning and finance.)

As our third anniversary approaches, we look back at all the wonderful kids and parents who've been part of Le Jardin and marvel at the fact that we've just seen our first "graduates" head off to JK. We're proud of and thankful for all the folks who have made Le Jardin such a wonderful community-within-a-community—a place for children and parents alike to grow and thrive.

For more information, visit [www.lejardincop.ca](http://www.lejardincop.ca).

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## Fall 2009 Programs

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### Open House Saturday, Oct. 3

Join us for family fun.  
At 10:30 am - Ian Quick, magician, at 11:30 am - Entertainatorz and at noon - refreshments. Other activities include crafts, face-painting and competitions.

### Children's Programs

#### Bilingual Babytime (0-18 months)

Stories, rhymes and songs for babies and a parent or caregiver.

Monday October 5 at 10:30 am

#### Bilingual Toddlertime (2-3 years old)

A story-based program for toddlers and a parent or caregiver with rhymes, songs and games.  
Mondays Oct 19 - Nov 9 at 10:30 am

#### Adult Book Chats - *Between the Lines*

(meetings start at 7 pm)

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

**Oct 8** *Turtle Valley* by Gail Anderson Dargatz

**Nov 12** *Out Stealing Horses* by Per Petterson

**Dec 10** *An Uncommon Reader* by Alan Bennett



  
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# The Coffee Soul

*Will Brereton*

## Farewell Buffalo, Hello Peterborough

Words cannot describe the feelings I have about leaving Buffalo—four years of my life there just completely flew by without notice.

I have now returned back to Canada to commence a new chapter of my life at Trent University in Peterborough, Ontario. As much I have been really anticipating my return to Canada, there is much about Buffalo that I will miss. Important aspects of my life would never have been experienced anywhere else.

Though there is a required ‘right of passage’ that every young person should take, it really saddens me that I will have left forever the city that I grew so fond of. Of course Buffalo is not like most major metropolitans in the world, but it has a distinct flavor that worked well with my interests and ambitions.

**Moving on...looking back**

It is a different world being at university, a place where many things go beyond the realm of high school life.

I dearly love Trent University and I have even encountered people from New Edinburgh! I would never want anything else for a new life experience, but I still reminisce about Buffalo—a city where I discovered heavy things about myself.

It is also a city where I made profound friendships and I sadly worry that my farewell could accidentally turn permanent. Part of moving around means ups and downs do happen.

But since my parents have just moved to Atlanta, I too must begin my new, independent, experience!

Though I have only been at university for a few days, I know that there will be many adventures ahead for me here.

Mostly, my thoughts are hard to describe, but I know that everywhere I go, friends will always mark profoundly the places I have lived in my life and the many experiences I have had.

As I come to terms with my new live in a new place, all I can say is: “I’ll be back Buffalo... Hello Trent!”

Change. It’s inevitable.

Since I am now 18 years old and am living on my own, I feel a change of name would be appropriate. The Coffee Soul – I know it is not a major change, but one word can really make a difference.

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Please join us at our upcoming events:

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Wednesday, October 7th

Harvest Fall Festival  
Saturday, October 10th

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

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# This Year It's a Different Kind of Flu Season

Every year as winter approaches, we begin hearing about the flu. This year we're hearing about a different flu season. That's because in addition to the regular or seasonal flu,

seasonal flu and the other against H1N1 flu. Remember, you might need them both. The seasonal flu shot will not protect you against the H1N1 flu. The H1N1 vaccine will

pregnant women, persons with pre-existing health conditions and people who live in remote and isolated communities.

**When should I seek medical care?**

health problem that requires regular medical attention;

- are elderly or frail; or
- have an illness or are receiving treatments – for example, for diabetes, can-

then suddenly become worse. In addition, seek care if you notice any of the following signs in your child:

- fast or difficult breathing;
- bluish or dark-coloured lips or skin;
- drowsiness to the point where he or she cannot be easily wakened;
- severe crankiness or not wanting to be held; or
- dehydration – not drinking enough fluids and not going to the bathroom regularly.

## Protect yourself against the flu.



Wash hands thoroughly & often.



Keep alcohol-based hand sanitizer handy.



Cough or sneeze into a tissue or your sleeve.



Keep surfaces & items disinfected.



Get both seasonal & H1N1 flu shots.

we have to protect ourselves against the H1N1 flu virus that has been such a big story worldwide in 2009.

This H1N1 flu virus was first detected in Mexico last spring. Within just a few months, it spread to many countries around the world, prompting the World Health Organization in June to declare the first global flu pandemic in 41 years. The H1N1 flu virus has affected many Ontarians to date, and this coming flu season it is expected to affect many more. So we need to be ready.

### Flu shots – seasonal & H1N1

This year, two vaccines have been developed – one against

first be offered to target groups such as health care workers, pregnant women and people with pre-existing medical conditions. Everyone who needs and wants the H1N1 flu shot, as well as the seasonal flu shot, will be able to get one. Consult your health care provider or public health unit about this year's flu immunization programs.

### Who's most at risk?

High risk groups for seasonal flu include children 6 to 23 months, adults 65 and older, as well as those with pre-existing health conditions. High risk groups for H1N1 flu are being identified. They could include

You should seek medical care immediately if you experience flu symptoms and you :

- are pregnant;
- have heart or lung disease;
- have any other chronic

cer, or HIV/AIDS – that might affect your immune system.

If your child is suffering from the flu, you should seek medical care immediately if his or her symptoms improve and

### For More Information

For information about seasonal flu, H1N1 and pandemic preparedness visit [www.ontario.ca/flu](http://www.ontario.ca/flu) or call **ServiceOntario, Infoline** at 1-866-532-3161 (Toll-free in Ontario only) or **Telehealth Ontario** at 1-866-797-0000.

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# Book Fair '09 Twenty Questions

## Mark Your Calendar for November 6-8

By Melanie Harmon

The Rockcliffe Book Fair was originally started to fund literacy programs and to encourage a love of reading. 48 years later, the Book Fair is still doing these things, but on a much larger scale. It is now one of Ontario's biggest and best attended used book sales. This may not be news to anyone familiar with the fair, but there are so many other surprising aspects of this event that I decided to play "20 questions" with this year's co-chairs, Maggie Knaus and Michelle Hayman.

1. *How many books does the Rockcliffe gym actually hold?*

Based on sales and what other much smaller book fairs sell, I would say we are close to 75,000 books.

2. *Where do they come from?*

They are donated each year by anyone who wants to give us books. They are primarily from generous individuals who like the benefit of a clean basement or tidy bookshelves. This year, we received books from the Rockcliffe Air Base, which is closed down this summer.

3. *Is there one book title that you receive the most of?*

"What to Expect when you're expecting".

4. *Any books you can't use?*

Computer, finance and business books. The computer books are usually outdated by the time we get them and the financial world has been turned on its ear in the last few months so that those books offer no relevant advice.

5. *Is it just books you receive?*

NO. We have games, CD's, DVD's, puzzles and maga-

zines.

6. *Do any donations stand out in your mind?*

We once received an estate donation that consisted of letters and postcards a woman had collected and saved. It was amazing to see the places and adventures she had. You could follow her entire life through her collection.

7. *Do you recall the most valuable book ever donated?*

I cannot recall the most valuable book per se, but each year we have a silent auction of rare and valuable books. It's a great way to showcase some of the special books we receive and to raise money.

8. *If you had a Book Fair wish list, what would be on it?*

Volunteers! We can never get enough. We also need current children's books.

9. *Book Fair relies on the strength of volunteers—is it really 3600 hours to set up and run the Book Fair?*

That number came from asking our committee how many hours they volunteer throughout the year and by counting every hour in our volunteer sign-in book. That does not include all the wonderful donated food that sustains us during the two-week set up or that constitutes our Café du Monde.

10. *Where do the volunteers come from?*

They are primarily parents, but we have many dedicated community volunteers, who have no direct association with the school, but who come back year after year.

11. *Are there still areas in which you need volunteers?*

Every year we need volunteers to help sort and price the books. There is no experience necessary as we have guidelines for these areas. We would love to have new people who just want to help!

12. *Each Fall, you take over the gymnasium for two weeks—how do the students and staff feel about that?*

We have an incredibly supportive staff at RPPS. Not only do they help us set up, but they help price and sort the books as well as man the cash registers. Many bring us food to keep us going as they see us in there 12 hours a day for two weeks. They see the big picture, a couple of weeks sacrifice for a year's worth of benefits.

13. *This year you are giving people another opportunity to help RPPS. Can you tell us about it?*

Absolutely. The school library is in dire need of books, many of its current collection are either outdated or in terrible condition. This year we are going to give people the chance to buy a book for the library during the Book Fair. To recognize their donation, there will be a sticker on the inside of each book they purchase with their name on it. It's a great way to stock the library and thank the donors.

14. *Have you seen the benefits of the Book Fair outside of RPPS?*

Each year we give grants of 10% of our net sales to five area schools. The schools write us letters and send cards thanking us for helping to build their libraries or literacy programs.

15. *Some of the people who started the Book Fair 48 years ago are still involved. Do they notice a big difference between then and now?*

VOLUME. When Joan Askwith and Jane Dobell started this event, they stored books in basements all over the community. We now have four dedicated closets in the school to store the books throughout the year. And we are busting at the seams by August!

16. *Maggie, you've been chair of the Book Fair for four years, are you getting tired of used books yet?*

I love books and people so this is my perfect way to spend time. There is always a new person to meet, a funny story to tell and I love being part of this community.

17. *You've always had great themes for Book Fair - what is it this year?*

"Cover to Cover". We want to emphasize the artwork that helps bring stories alive.

18. *Any special activities planned?*

We are working with the teachers and hope to have a fun school-wide event that revolves around artwork and illustrations. We hope to use these works to decorate Book Fair this year. And, once again the highlight of the pre-book fair excitement is the author's workshops. We have an author visit each classroom and work with the children on a project or talk to them about their experience as an author. Past authors have included Farley Mowat, Laurent de Brunhoff and so many other fabulous people.

19. *Do you have a favorite book fair story?*

Last year, there were twin 4-year-old boys who found out that they were able to buy one 25¢ book before the fair began. This was the first time they were able to choose their very own book and they couldn't believe their luck. They came up with an idea to sleep in pants that had zippers and put their quarter in the zipper pocket so the money would be safe while they slept and this way, they would be ready first thing in the morning to buy their book. From two stuffed bookshelves of books at home, they can still pick out the books they bought in seconds.

20. *And finally, if you had to sum up the Book Fair in one word, what would it be?*

Community.

Be sure to mark your calendar for **November 6-8** when this year's Book Fair will take place in the Rockcliffe Park Public School gymnasium at 370 Springfield Road.

For more information, please go to our website at [www.rockcliffebookfair.com](http://www.rockcliffebookfair.com).

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## The Pleasures of Fall:

# Roasted Cauliflower Soup with King Eryngii Mushrooms

By **André Sanche**

Brand Manager, Mackay Street Epicuria

I have to say that Fall is probably my favourite time of year. With fall comes a variety of local fruits and vegetables ripe for the picking (or even better; pickling!).

One of my favourite jewels of fall has to be cauliflower. A long underestimated vegetable, it has recently been a highlight of many great chefs. Believe it or not, it belongs to the Brassicaceae family. As some of you may already know, its closest relatives are cabbage, brussel sprouts, kale, broccoli and collard greens. Cauliflower has been the black sheep of the family.

The versatility of this vegetable (as well as proper cooking techniques) is really what has helped to bring it into the limelight.

From purées, to gratins, this vegetable can really help brighten up any meal. When the weather starts to cool, I really start to appreciate a rich hearty soup. I've chosen to use cauliflower and garlic, and roast them both to highlight their natural sugars.

If the taste and flavours of the vegetable aren't enough to convince you, doing a little research on the health benefits just may! I am no professional (I do food, not medicine), but the talk about high fiber content, possible cancer preventative nutrients and strengthening of the immune system are quite impressive. Don't take my word for it, try it yourself!



### Roasted Cauliflower Soup with King Eryngii Mushrooms

(Yield: 6 servings)

- 1 large Ontario cauliflower, cleaned and quartered
- 1 whole head local garlic
- 2 celery branches, halved
- 1 large Spanish onion, peeled and quartered
- Canola oil
- 2 sprigs thyme
- 1 - 750ml Beau's Lugtread Beer (as required)
- 4 large Le Coprin King Eryngii Mushrooms, quartered lengthwise



Now that's an eryngii!

- ½ cup Mascarpone Cheese
- Dried Cranberries for garnish
- Sea salt and Freshly ground pepper to taste
- Preheat oven to 350° F.

Toss cauliflower, whole head of garlic, onion and celery in canola oil. Set out evenly on baking sheet, sprinkling cauliflower with thyme, salt and pepper. Bake. When edges of vegetables are brown (20-25 min) remove baking sheet from oven and put all except garlic in large heavy bottomed pot with beer. Once cooled, squeeze roasted garlic from skin and add to pot. Simmer approximately 15 minutes on low heat.

Divide mascarpone into two. Using a blender, and in two batches, purée vegetables with mascarpone until smooth. You may need to add a cup or two of water to reach desired consistency. Season well. Set aside to cool.

To prepare for serving, place soup in a large stock pot on low and bring to a simmer.

Meanwhile, put a heavy bottomed saucepan on the stove top at medium high with a film of canola oil. Toss in mushrooms and brown evenly on all sides.

Ladle soup into bowls, topping with warm mushrooms and sprinkle with dried cranberries.

## 2nd International Youth Symposium for Biodiversity

100 students (Grades 6 to 12) from around the world and their chaperones gathered in Ottawa this past July to celebrate Youth Initiatives in Biodiversity.

Countries attending this event included Japan, India, Honduras, Barbados, Mexico, United States, and Canada. There were five teams from Canada and three teams from the United States. Those invited but were unable to obtain visas were Albania, Bolivia, Cameroon, and Iran. Five local schools hosted the delegates as part of our Youth Board. They were St. Laurent Academy Elementary and Junior High, Jean Vanier School, Ashbury College, St. Mark Catholic, and Holy Trinity Catholic.

Our youth have been engaged in the development of the Global Youth Accord for Biodiversity that was first created by nine nations during the First Youth Symposium in Mexico in 2005. Our Symposium team has been invited by the Convention on Biological Diversity to present our revised Youth Accord at the 10th Conference of the Parties to the CBD (COP 10) in Nagoya, Aichi (Japan) in October 2010. We will have many other opportunities as well as the International Year

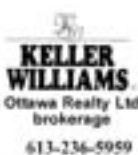
for Biodiversity approaches in the year to come.

Some of our many participants and guests included Dr. Ahmed Djoghla (Executive Secretary-CBD), the Honourable Mauril Bélanger (MP Ottawa-Vanier), Ms. Jaime Webbe (Programme Officer, Convention on Biological Diversity), Ms. Ulrika Nilsson (Biosafety-Associate Public Information Officer, CBD), Dr. Gracia-Garza (Director General, Science and Technology (S&T) Strategies at Environment Canada), Bob Anderson (Entomologist-Canadian Museum of Nature), Donna Cansfield (Ontario Minister of Natural Resources), Ms. Bonnie James (Manager, Environment Canada Ecosystems and Biodiversity Priorities), and Mr. Yasir Naqui (MPP Ottawa Centre).

Some of our key presenters and animators included the Lets Talk Science team, USC Canada, Dan Bisaccio's team from Brown University, Environment Canada's Biosphere team from Montreal, Ralph Simpson's youth team from New Brunswick, Little Ray's Reptile Zoo, and the youth team POWER from Halton.

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# XI Environmental Ethics

**Editor's Note:** Hugh Robertson's previous articles on Climate Change, "Econoclastic Economics" and "Ecological Economics" are posted on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca). The following article represents the culmination of the arguments presented earlier in the series, introducing the concept of a global societal failure to live up to our moral responsibility as stewards of the environment for future generations. Mr. Robertson's powerful message is directed not primarily to our community of readers, whose engagement in the effort to combat climate change he fully recognizes and applauds, but rather to a much wider audience, including those in positions of political, economic and cultural influence and power who he believes are complicit in the perpetuation of our unsustainable institutions, lifestyles and practices. His final article, "Cry the Beloved Planet", will appear in our February 2010 edition following the all-important international Climate Conference in Copenhagen in early December.

**By Hugh Robertson**

July 1st, 2009 was a day of celebration for Canada but it was also a day of ignominy. On that day a joint assessment undertaken by the *World Wildlife Fund* and the international insurance company *Allianz* declared that Canada stood last among the G8 countries in implementing policies to combat global warming.

By any yardstick, our record is dismal. We have the third highest ecological footprint in the world and our per capita carbon emissions also place us in the top three offending countries. In their annual Greendex report which measures consumption patterns in seventeen countries, *National Geographic* ranked Canada second last.

Our record and our reputation have strangely not registered in our collective conscience. Do we lack the honesty to face our darker side? Are we opposed to sacrifice because we are so comfortably cocooned against adversity? What has happened to our vaunted "Canadian values"? Have we deluded ourselves by what Jeffrey Simpson

of the *Globe and Mail* recently referred to as "our deadliest sin: an unsinkable moral superiority"?

Why does Canada lack the political will to confront the climate crisis? Why are we the laggards and not the leaders in the international environmental movement? Is it because

to reduce energy waste, such as smart meters.

Party tacticians are astute at reading the tea leaves. They know that it is budget "goodies" that win elections, not tough medicine. If it is primarily opinion polls, not principles, that direct public policy, then we have only ourselves

*Why does Canada lack the political will to confront the climate crisis? Why are we the laggards and not the leaders in the international environmental movement?*

the electorate cannot muster the level of engagement that is fundamental to the functioning of a democracy? Is it because we allow our baser instincts, like self-interest, to direct our voting preferences?

We, the voting citizens, are engaged in a dance of deceit with our politicians. Although we demand moral leadership, courage and vision from our elected officials, they know we have split personalities. We tell the pollsters that environmental concerns are a priority but we tenaciously oppose carbon taxes and increased gasoline prices and we resist initiatives

to blame. The lack of political resolve is merely a reflection of the lack of our own moral resolve. We are willing dance partners.

## A Crisis of Morality

The ecological crisis is a moral crisis. At the core of the crisis are our economic system and our material lifestyles, underpinned by a value system focused on competitive self-interest, excessive consumption, and hyper-individualism.

The argument that we are selfish creatures by nature is fallacious. Early tribal societies only managed to survive

against overwhelming odds by co-operating. The so-called "selfish gene" has evolved through cultural conditioning over many centuries.

Our obsession with individual rights and freedom of choice has bred a sense of entitlement in our society and has spurred a dramatic increase in material consumption. The climate crisis is essentially a problem of over-consumption and because consumption involves both choice and free will, it is, above all, an ethical issue.

We do not need continuous economic growth to maintain our standard of living. If the Canadian standard of living was replicated by all people on earth, we would need another four planets. So, if our standard of living is clearly

tion that the market operates in a "value vacuum" is a myth – the market is suffused with self-interest. The institution of the market operating in concert with its twin – private property – drives the economic engine which in turn creates a range of problems that have serious environmental side effects.

- The market distorts the distribution of wealth and income in society. Since wealth shapes our ecofootprints, the environment is really a socio-economic issue.

- The market has no ethical vision; "vision" is restricted to forecasting speculative opportunities. Shareholder value becomes more important than precaution.

- There are no moral constraints in the functioning of the market that constrain the use of resources and preserve them for future generations. "Drill, baby, drill" is the clarion call of the oil industry.

- The stock market itself has become a barometer of ecological destruction and greed rather than a measure of economic and social well-being.

Some banks and investment houses are advising clients how they can benefit from the ecological crisis. Headlines, such as the following: "Global opportunities of investing in climate change" or "Food for thought—opportunities in agriculture" abound in glossy promotional literature for investors. Ethical investments, such as renewable energy for example, do not seem to merit the same banner headlines.

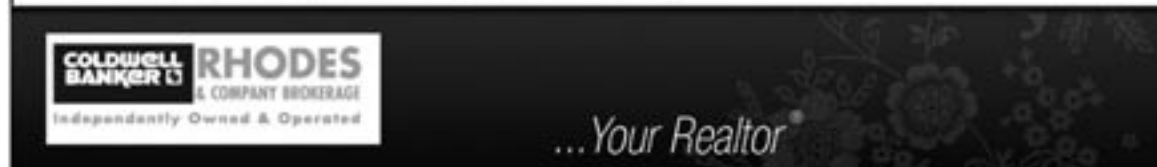
Even the media are complicit

unsustainable, what is the purpose of "sustained" economic growth that is so environmentally destructive? The mantra of endless economic growth is both ecologically suicidal and spiritually bankrupt.

The "market" has assumed a central role in our economic ideology. Its proponents argue that it is a value-free mechanism that allocates resources efficiently and determines prices and incomes in an equitable manner.

Why introduce the role of the market, one might ask, in a discussion about environmental ethics? The proposi-







in hawking opportunities to cash in on global catastrophes with headlines, such as "Canada can profit from the world food-price crisis" – while half the world is starving. The following dubious headline appeared in the business section of a national newspaper recently: "Marketing as a philosophy: How to mine the crisis."

"Mining" misfortune, capitalizing on crises and selling lifestyles that are unsustainable is hardly ethical journalism and advertising. What has happened to the much hyped "corporate social responsibility" promoted by business? How effective are ethics courses taught at MBA schools? Can values actually be taught?

The Global Climate Coalition, made up largely of the oil, coal and auto industries, has led an aggressive public relations campaign countering the scientific claim that fossil fuels are a major cause of global warming. Now the American Petroleum Industry is organizing public rallies to oppose President Obama's climate and energy reforms. The US Chamber of Commerce is even attempting to put climate science on trial.

How responsible is it for some businesses to fight efforts aimed at climate mitigation only to climb aboard the gravy train of climate adaptation by publicizing potential investment opportunities? Selling short is a questionable investment strategy, but selling the future of the planet short is lunacy.

Paul Krugman, Nobel Laureate in Economics,

was moved to write recently in the *N.Y. Times* that the Congressional representatives who voted against the climate change bill were climate deniers, guilty of both "treason against the planet" and the betrayal of future generations. Sadly, the same accusation of intergenerational treachery is also true of many of our captains of industry.

A newcomer to the ecological scene is carbon offsets. But are they not just another ethical cop-out? We cannot neutralize our extravagant lifestyles by purchasing forgiveness.

*There are few practical economic or technological solutions to the climate crisis. There is only our determination to live with less and to live in harmony with nature...It is in our hearts where the solution to a sustainable planet lies, not in our bank balances.*

Offsets are merely a modern equivalent of the medieval practice of papal indulgences. Buying offsets may comfort our consciences but they will not fast track us to heaven. A lower ecofootprint offers far better odds for that momentous journey.

There are few practical economic or technological solutions to the climate crisis. There is only our determination to live with less and to live in harmony with nature. Market panaceas, such as cap and trade credits, and price increases through carbon taxes will not curb our appetites. It is in our hearts where the solution to a sustainable planet lies, not in our bank balances.

#### Of Society and Security

Our political culture and economic ideology is firmly focused on short term gain: the long term pain will be our legacy to future generations. Destabilizing the climate system and polluting the planet will destabilize both domestic societies as well as international security in the future.

Democracy has never been tested in times of resource scarcity and climate chaos. The Great Depression was a financial crisis precipitated and manipulated by financial interests. Environmental collapse, however, will trigger a break-

us together as a planetary people and that we ensure the safe and secure transmission of stable societies into which future generations will be born? From the affluent financier to the landless peasant, we are all shareholders with an equal stake in the natural wealth of the planet. We should remember that we live in a society not an economy.

#### Environmental Racism

An offshoot – and certainly not a "green shoot" – of an economic system that distributes wealth unevenly is environmental racism. Impoverished

communities, usually black, indigenous or Hispanic, are often located near freeways, garbage dumps and oil refineries. The Mikisew Cree of Fort Chipewyan on Lake Athabasca are experiencing first hand the toxic fallout from the Alberta tar sands with sky rocketing cancer rates.

The Nuclear Waste Management Organization is presently seeking a willing community to take spent nuclear reactor fuel for containment in a "deep geological repository." What a tragedy and an indignity it would be if a struggling First Nations' reserve was "persuaded" by the lure of money and jobs to accept lethal radioactive waste -- from our wasteful use of

electricity -- for burial on their ancestral homelands.

Ecological and social justice for disadvantaged minorities must be an ethical priority in our society. We impoverish ourselves spiritually when we wage war on the weak.

#### Return to Ethics is the Key

Scientists have established the magnitude of our climate problem, while economists still debate endlessly the costs and benefits of development versus sustainability. But where are the ethicists and the philosophers imploring us to search deep within ourselves for answers to the ecological crisis? At some level, albeit emotional, intuitive, or intellectual, we must realize that our lifestyles are out of balance with nature.

We are a sentient species. We have memory and vision, conscience and cognition, imagination and awareness, and yet we are still mired in addiction and denial. Despite our unique traits, we are afflicted with both ethical amnesia and moral myopia. How could we, for example, fish the Atlantic cod to near extinction and now drive the Pacific salmon to a similar fate?

Each generation holds the planet in trust for future generations. We act as the custodians of their birthright. The real test of our morality and our humanity is the state of the world that we bequeath to our offspring. There are those who say that purpose of life is, ultimately, the perpetuation of life. Stewardship of the planet, therefore, must surely rank as the highest form of ethics.



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# Talent on Parade... Manor Park Artisans' Show Takes Place Nov 21

By Judith Larkin

A core group of local talented artisans have for several years carved out and established an annual presence in the area, where they display and sell their varied works. Originally, the group started this endeavour in a private home, and over the years, it migrated to two other local residences before moving into larger premises.

Approximately four years ago, the group realized that they had outgrown the beautiful and homey comfort of the Rogan residence on Lonsdale Road in Manor Park. So, in order to offer better parking, and more space to the growing numbers of both artisans and customers, the group moved to St Columba Church Hall on Sandridge Road (at the end of St Laurent Blvd).

I personally joined the group about three years after it started, and have been actively participating for about 15 years. Among the original founders were Jacqui Lecuyer (doll maker) and Sandy Rogan (chocolate), neither of whom is still participating, and Christine Gendron (jewellery) who is still with us and is this year's Convenor.

Over the years, new artisans

whose craft was not already represented in the group were invited to join, adding an array of media such as fabric, stained glass, wood, porcelain, wheat, jewellery, tapestry, yarn, chocolate, marinades and sauces.

We are currently about fourteen in total and we rotate the "convenorship" of the Annual Show and Sale from year to year. In preparation for the event, everyone must take on a task ranging from advertising/publicity (my mandate!) to floor plan layout; signage; designing posters and flyers; maintenance and assignment of call-back lists; non-paid publicity thru web-sites and bulletin boards; music arrangement etc...countless small tasks, but everyone chips in.

For many of us, almost every weekend from late September to usually first weekend in December is already booked for shows (I personally have seven booked!) But for most everyone, this is a creative hobby and interest. Meeting customers who admire the work, even if they don't buy is, in itself, a reward. In many cases, the ease and convenience of one stop shopping and lower prices at mega-stores is so attractive to customers in these diffi-

cult times, that it's difficult for independent artisans to continue to produce and sell quality hand-made items.

For example, I make things using tapestry: wall-hangings, placemats, runners, pillows, shams, and footstools (which I build from scratch). But, similar items can be bought, having been made in China for a fraction of the price. Artisans and crafters often think that they work for free, yet we still do it!

I guess, too, that it is important to stress that we are all local. Unlike the Lansdowne, Congress Centre, or Nepean Sportsplex shows where vendors come from all across Canada, we all call Ottawa our home. Our show offers free parking and free entrance, unlike the big shows, but the quality is comparable. As an assurance of quality, our work is "juried." If I am a 'sewer', for example, then my product is inspected by another artisan in the same media. Indeed, often our customers ask if we are doing the "big" shows, but for most of us, the entrance costs are prohibitive.

When you join us for our annual Show and Sale on November 21, not only will

you be supporting local talent, you'll save the GST on all purchases, AND, **entry and parking is free!** Come and see our wares at St Columba Church Hall. You may even be lucky enough to win one of the door prizes donated by the

artisans...draws will be held at 11 am, 12:30 pm, and 2 pm. See you there!

**Saturday, Nov 21  
9:30-3 pm  
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## Celebrating the Rideau Canal and Colonel By

By Stephanie Brown

Colonel By Day, Monday, August 3, not only made history, but celebrated it too! The day was marked by a free, one-day, family-fun festival that commemorated the founding and heritage of the city of Ottawa. Organized by the Council of Heritage Organizations in Ottawa (CHOO/COPO) in partnership with the Bytown Museum, Colonel By Day served as the finale event of the 4-day long Rideau Canal Festival, taking place next to the Ottawa Locks in between Parliament Hill and the Château Laurier.

The ambitious engineering project of building the Rideau Canal was supervised by Lieutenant Colonel John By of the Royal Engineers between 1826 and 1834. Over time, a settlement burgeoned that came to be known as "Bytown" in the Colonel's honour. The construction of the Rideau Canal also stimulated the flourishing of many of the city's communities, including New Edinburgh.

Lured to Bytown in 1826 by the prospect of work on the Rideau Canal, Scotsman Thomas McKay was selected by Colonel By to undertake the masonry work on the eight entrance locks. Subsequently, McKay acquired property in what is now New Edinburgh where he set to work construct-

ing flour and saw mills powered by the water energy of the Rideau River. This purchase was influential in stimulating the growth of a settlement in the New Edinburgh area, named in honour of McKay's native Scotland.

The Rideau Canal has had a long-lasting impact on the development of our city and its many communities. It is no wonder, therefore, that approximately 6,500 people partook in the festivities of Colonel By Day. The free, fun-filled day featured activities, performances, and demonstrations that included Scottish dancing, musketry demonstrations, flax and linen weaving, Aboriginal drumming and music by Northern Voices, blacksmithing, costumed characters, free admission to the Bytown Museum, professional face painting, and tabletop exhibits from local heritage groups and museums.

In celebrating the construction of the Rideau Canal, Colonel By Day recognizes all that arose from this engineering feat, including the birth of many prominent Ottawa communities such as New Edinburgh. We thank all those who stopped by to enjoy the festivities and we look forward to celebrating our unique heritage with residents of New Edinburgh in the years to come!

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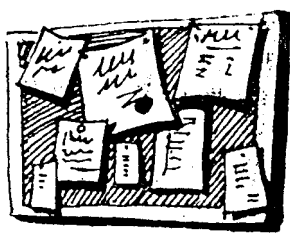


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## Burgh Bulletin Board

NOTRE DAME CATHEDRAL  
BAZAAR Sat. 9am - 4pm.  
Sun. 9am - 2pm. Entrance: 50  
Guigues St. Baking, books,  
crafts, knitting, treasures,  
knickknacks, tea room, white  
elephant. Free parking Parent St.  
lot. 613-241-7496.

**Sat, Nov. 14, 9 am - 3 pm**

12TH ANNUAL CHRISTMAS  
TEA AND BAZAAR St. Luke  
Lutheran Church, 326 MacKay  
St. at Noel. Come, enjoy a fun  
day. Have lunch at the deli, take  
a chance at the toonie table, buy  
one of our delicious pies, and  
have a wonderful time exploring  
our Christmas crafts, handicrafts,  
baked goods, preserves, and  
white elephant tables.

### Ongoing

COMMUNITY BULLETIN  
BOARD Do you have a notice  
you would like posted in  
the Display Case outside the  
CCCC's at 200 Crichton? Isobel  
Bisby is looking after the case  
and will receive postings by  
email ([ibisby@sympatico.ca](mailto:ibisby@sympatico.ca)) or  
please leave them in her mailbox  
at 143 Crichton. All items will  
be submitted to Joanne Hughes  
at CCCC before posting. Please  
indicate for how long you wish  
the posting to last.

**Saturday, Oct 24, 7 pm**

COCKTAILS FOR CRICHTON  
Fundraising event. Dufferin  
Room, 200 Crichton St (Avon  
Lane entrance).

**Sunday, Oct 25, 3-5:30 pm**

NEW EDINBURGH  
HALLOWEEN HOWL at the  
Stanley Park Fieldhouse.

**Sunday, Oct 25, 7:30 pm**

MACKAY UNITED CONCERT  
SERIES - Brahms Clarinet  
Quintet, featuring Kimball  
Sykes, Dvorak Cypresses and  
Mozart String Quartet. MacKay  
United Church, 39 Dufferin  
Street. Tickets are \$20 adults,  
\$15 students and seniors at  
the door or at the Leading  
Note on Elgin or at Books on  
Beechwood. 613-749-8727 or  
[www.mackayunitedchurch.com](http://www.mackayunitedchurch.com).

**Sat. Nov. 7 - Sun. Nov. 8**

## Newsbits from MacKay United Church

### Upcoming Special Services

**October 4:** Worldwide  
Communion - 10:30 am.  
**November 8:** Remembrance  
Day Service - 10:30 am.  
**November 22:** Anniversary  
Sunday. 10:30 am. Guest  
Speaker Rev. Elizabeth Bryce

### Ongoing activities

We have an active **Sunday  
School** and welcome all young  
people. Sundays at 10:30 am.  
**UCW** (United Church  
Women): meets the fourth  
Wednesday of every month at  
noon in the Memorial Hall.  
**High Horizons:** meets every

Tuesday at 9:30 am in the  
Memorial Hall.

**Choir:** Rehearsals are every  
Thursday at 7 pm in the  
Sanctuary.

**Meditation Circle:** meets  
Mondays from 7 - 8 pm in the  
Sanctuary (use front door).

**Drum Circle:** starts up again  
in October in the Sanctuary -  
(check website for date).

**Discovery Group:** begins in  
September - will discuss the  
book "Imagining a Church in  
the Spirit" (check website for  
date).

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



## 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](mailto:newednews@hotmail.com).**

DOG/CAT WALKING and sit-  
ting. 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 FOR SALE:  
Four Toyo observe G-02 plus  
225/60R18. DC72406. Used  
only one season. \$150 for all  
four. Call: 613-830-5487.

QUEEN ELIZABETH PUBLIC  
SCHOOL is looking for a morn-  
ing Breakfast Monitor for 1.5hrs  
a day, 5 days/week @ \$11.75/hr.  
Please contact Kathi Kay, the  
VP, at 613-746-3246.

WATERFRONT COUNTRY  
HOME 45 minutes from  
Ottawa, Lake Notre-Dame in the  
Gatineau Hills, central heating  
two-storey home with dormers,  
cathedral ceiling with loft,  
maple and ceramic floors, field-  
stone fireplace, large kitchen,  
three bedrooms, 1½ bathrooms  
with whirlpool, wrap-around  
porch, lakeshore dock facing  
wildlife sanctuary, wooded  
acre. \$419,000. 613-745-0708,  
[ro.routhier@sympatico.ca](mailto:ro.routhier@sympatico.ca).

DRAWING AND PAINTING  
CLASSES for adults and chil-  
dren in New Edinburgh. Call:  
Ana Iriundo de Bryson at 613-  
740-0489 or visit her website at  
[www.anairiondodebryson.cjb.net](http://www.anairiondodebryson.cjb.net).

CAREGIVER WANTED:  
We are looking for a full-time  
home daycare or a family with  
whom we will share a caregiver/  
nanny so our one year old son  
Marcus will have some pals in  
the neighbourhood! Interested/  
Suggestions? Contact Jodi or  
Anthony at 613-248-8853 or  
[jodibrown@rogers.com](mailto:jodibrown@rogers.com).

MORE WINTER TIRES  
FOR SALE: Four Yokohama  
225/60R16. All four tires  
\$150.00 Call: 613-257-7762.

PIANO LESSONS WANTED  
for my 13-year-old son in New  
Edinburgh. He is a motivated  
novice. Call 613-745-8734.

HOSERS WANTED!! Yes, it's  
that time of year to start thinking  
about ice. If you are interested  
in becoming part of our elite  
group of ice-makers, please  
contact Brian Torrie at ([brian.torrie@rogers.com](mailto:brian.torrie@rogers.com) or 613-747-  
7951) to sign up and get sched-  
uled in.

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## STRETCH & STRENGTH

A neighbourhood favourite for 20 years!

Mondays, Tuesdays - 6pm  
Wednesdays - 10am

Crichton Cultural Community Centre  
200 Crichton Street, 2nd Floor

For information, contact Alex MacDonald  
v: 613-748-0870 e: [alex.macdonald@mezzotec.ca](mailto:alex.macdonald@mezzotec.ca) www.crichtonccc.ca



# Burgh Breezy bits

## Congratulations

Congratulations to **Susanna Saville** and **Tim Frizzle** of Bertrand St, on the occasion of their marriage, August 8 2009. Wedding guests had the added attraction of watching Italy fill the sky with their awesome fire-work display at Lac Leamy.

**Gail and Ken Larose** of Crichton Street are the very proud first-time grandparents of **Sophie Victoria**, (born on Ken's birthday on May 24). Their son **Christian** and his wife **Stephanie** have inherited the family pram to take Sophie around New Edinburgh.



**Sophie Victoria will be pramming it on Crichton Street.**

**Joyce Bryant**, a NE resident since 1947, celebrated her 10th year at The Edinburgh Residence at 10 Vaughan St. The garden party she hosted on the newly renovated patio was held on one of the few perfect days we enjoyed during this short summer.

**Edna West** of The Edinburgh Residence celebrated her 95th birthday in August. Her age was a surprise to many, most of whom believed her to be at least one decade younger.

Newcomers to Queen Victoria Street **Andrew and Jennifer Mackinnon** are proud to announce the arrival of their twin daughters. **Allison** and **Rebecca Mackinnon** were born on August 18, 2009.

**Megan McCarthy** and **Alexi Hebert** are to wed. Megan's mother (**Dorinda McCarthy**) lives on Alexander, Alexi's parents live on Douglas (**Brian and Dominique Hebert**); Megan

and Alexi are currently living on Union Street and loving it. They will marry October 3, at the Royal Ottawa Golf Club and honeymoon in France and Italy.

In August, **Beverley and Paul McConnell** collected campaign medals for reaching 40 years of matrimony. They report that they are pleased that all the amazing photographic evidence is hidden away in the archives.



**Joseph John Sigouin Ozere was born June 30.**

**Jocelyn and Tom** of Queen Victoria Street are thrilled to announce the arrival of their first child, **Joseph John Sigouin Ozere** on June 30 at 6:55 am at the Civic Hospital. Joseph weighed in at 6 lbs. 4 oz.

Kudos to MainWorks artist **Gail Bourgeois** who created one of the winning bike rack designs chosen for the City of Ottawa's Bank Street North Rehabilitation Project. 31 new artist-designed



**Shirley Bittner Photography**  
**The Mackinnon twins of Queen Victoria Street.**



**Union Street residents Megan McCarthy and Alexi Hebert will be married on October 3, then off to Europe!**

bike racks will be installed on Bank Street between Laurier Avenue and Somerset Street.



**Ernie Smith turns 60 this month! He sure doesn't show his age.**

*Capital Style* magazine published some of the Genie Awards photos taken last April by our own *NEN* photographer, **Louise Imbeault** in the July edition. Editor Diana Rose has gone on to welcome Louise aboard their photography team as a "collaborator".

## Coming and Goings

**Lisa Di Lorenzo** and **John-Paul Gouett** have moved from their rental at 122 Noel Street and purchased the little "German house" at 247 MacKay. They are so happy to be staying in the neighbourhood, and want to thank all of their neighbours for making it home.

Vaughan Street welcomes **Dany, Berndt and Ella Zeiter** to the 'street'.

**Sheree and Jim:** Welcome to your new home on Noel Street.

Welcome to the neighbourhood to **Jaden Winfree** who recently moved to Crichton Street.

**Nicholas Galambos** and **Robert Mundie** of Stanley Avenue are pleased to welcome Nicholas' mother, **Eleanor Galambos** to the neighbourhood. She moved this summer into Governor's Walk Retirement Residence and looks forward to making new friends.

**Bernadette St-Jean** and **David Paget** are very happy to be back in New Edinburgh, again on MacKay Street, after an absence of three years in Warsaw.



**Ex-pat sighting: Dave Sankey.**

**Dave Sankey**, formerly of Queen Victoria Street, dropped by the old neighbourhood in late September. He is now living in Cumnor, UK and renovating a home overlooking the lovely Oxford countryside.

Neighbours of **Maggie McGovern** on Queen Victoria Street said their farewells at a BBQ in her honour on Aug 23. Maggie, who is moving to Toronto to be closer to family, will be sorely missed by all who have known her here in the Burgh.

In May/June, **Jerry Turchyn, Mary Grainger, Daniel, Martina and Daphne** (Mary's mother) visited Guyana, Trinidad and Tobago. They visited the family farm in Guyana (Northern coast of South America) where Daphne grew up. They all enjoyed snorkelling in Tobago, visiting family and watching Leather Back Turtles in Trinidad.

Avon Lane welcomes **Denis Delorme** and his wife **Madeleine**. The many school-aged children living on the lane are very excited by the arrival of "Mr. D", the former principal at Rockcliffe Park Public School

## Sports

Thank you to those who replied to my request for names of those who took part in the May 24 Race Weekend:

**Dominique Laframboise** (Queen Victoria) and **Chantal Biro-Schad** (Noel) ran their first half marathon together.

**Denise Walters** (Dufferin), **Nicholas Galambos** and **Bruce McLaurin** (both of Stanley Ave) ran the full marathon.

**Helen Griffiths** (MacKay) ran the 10K.



**Photo: John Arnold**  
**One of our young wildcats demonstrates the well-loved "nose on the ball" maneuver.**

For three years now, the **New Edinburgh Wildcats** have introduced neighbourhood 2-5 year olds to soccer through fun-filled games led by volunteer parent coaches. If you were in Stanley park on Tuesday nights in June, you may have noticed a sea of yellow and white t-shirts kicking the ball around.

## Condolences

Died peacefully on June 13, at the age of 95, **Frances Dorothy Bender**, mother of Liba Bender, in Winnipeg Manitoba.

**Martin Wittfooth** of Charles Street, died at the beginning of the summer. He leaves his wife Kristina and two sons, Marcus and Martin. He was a very gentle, courteous man who had been frail for some time. His neighbours will miss him.

**Baxter/Wallace** household of Crichton Street: **Fortune** our beloved 12 year old Golden Retriever passed away at home on 19 August 2009 after a courageous two year battle with cancer.

**Deadline for submissions is**

**Nov 10.**

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