

NEW EDINBURGH NEWS

December 2009

www.newedinburgh.ca

Heritage & Development

The Height and Grade Mystery

By Michael Larrass and Paul McConnell, NE Heritage & Development Committee

How would you calculate a building's height? Perhaps by measuring from street level to the top of its roof? That would be logical, unambiguous, and easy to confirm – but it would also be wrong, at least according to Ottawa's Zoning By-law. Instead, an adjustment is required according to the style of roof, e.g., mansard, ridge, flat, etc. More controversially, the starting point at "ground level" is a moving target determined by the builder. This is because, for zoning purposes, building height is measured from the average finished grade at the base of a main wall. Not from street level, not from the pre-existing grade, not from the natural grade, but from where the builder decides, usually after raising it up to accommodate a basement or underground parking.

This calculation can have a major impact on the real height

of a new building and the way it relates to the height of its neighbours. When the definition of building height was being adopted by the City of Ottawa post-amalgamation, NECA and many other community associations objected, anticipating future problems. We proposed that a more accurate, less arbitrary measurement be adopted instead. However, the City said the new definition was consistent with provincial building code and it was not going to be modified. Unfortunately, in various ways, we are now living with the consequences.

13 Putman: The Earth Moved

A new infill building at 13 Putman is raising concerns about the development review and approval process. It started off in the full light of day, with a public hearing at Committee of Adjustment, detailed examination of minor variances, plus further public enquiry at

an Ontario Municipal Board hearing. But the process ended with a private technical discussion about grading and drainage, even though the effect of this decision will permanently change the local streetscape and set an unwanted precedent. Whether through mismanagement or poor advice, the builder exceeded the approved height by almost three feet. Consequently, the City's building permit inspectors issued an "order to comply". Some type of penalty might have been anticipated. Instead, the builder's response was not to reduce the overbuilding, nor seek an additional minor variance, but to revise the building plans and raise the finished grade. This manoeuvre technically reduced the official measurement of building height so that it complied with zoning. But it did not change the obvious fact that the house has ended up being higher than was originally approved. The City has accepted the builder's revisions, thereby quietly legitimizing the original error and allowing the elevated height to remain.

The development review and approval process migrated from a discussion of impact on the neighbourhood to a mathematical calculation. It's unfortunate that the City had no mechanism for referring this back to a public forum. 2ft 8in may not seem like much, but context is everything. The original proposal was not without controversy. This questionable grading adjustment does not help. The fact that it is legal in a narrow technical sense is dismaying to a lay observer.

Continued on page 3

Cocktails For Crichton, 2009: Oh *Mama*, What A Party!

By Jane Heintzman

It would be no exaggeration to declare this year's Cocktails For Crichton fundraising event on October 24 the very best yet in a succession of memorable soirées on the second floor of 200 Crichton Street. The evening was a triumph from start to finish, as participants immersed themselves with gusto in the spirit of the infamous Roaring Twenties, with costumes, cocktails, antique cars and an eye-catching cast of '20's characters (not least our deliciously shady bouncer at the entrance, a.k.a. BMO

Bank of Montreal Beechwood Manager Adam Kane) setting the stage against a background of early '20's jazz music.

Our distinguished group of VIPs, M.P. Mauril Bélanger and his wife Catherine;

M.P.P. Madeleine Meilleur; Councillor Jacques Legendre and his wife Yvette, and Emcee Alan Neal and his partner Jill Zmud, arrived with considerable fanfare in shiny Model

Continued on page 20



Flapper Jacqueline Belsito was in the swing of things at the CCCC's fundraising auction at 200 Crichton Street.



Photo: Paul McConnell

Changing the grade at 13 Putman Avenue allowed this larger-than-life construction to pass city zoning.



WINTER CARNIVAL

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Stanley Park Fieldhouse
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NECA President David Sacks Reports

On October 2 evening, the Dufferin Room at 200 Crichton was the scene of a splendid symposium—in both senses of that word, as meaning an intellectual gathering *or* a wine-drinking party. Organized by NECA board members **Joan Mason** and **Paul McConnell**, NECA's second annual Heritage Forum offered excellent wine-and-cheese refreshments for an enthusiastic, well-informed crowd that gathered to hear and ask questions of expert speakers, on topics regarding Canada's beleaguered Heritage Conservation Districts (one of which is in New Edinburgh). The Forum title—"Heritage Today, Gone Tomorrow?"—said it all; a full report by Paul McConnell can be found on Page 5. In overview, the Forum supplied a very successful step forward in NECA's campaign

to celebrate New Edinburgh's heritage district, as a way both to enhance the burgh's prestige and to discourage inappropriate development here.

One moment during the Forum had special import. Among the guest speakers was landscape architect Linda Dicaire from the National Capital Commission (NCC), and during the question session, alert NECA board member **Roslyn Butler** asked Ms. Dicaire whether, to Ms. Dicaire's knowledge, the NCC had any plan to develop the NCC-owned green space alongside Sussex Drive at the ends of streets Stanley, John, and Alexander. Ms. Dicaire replied no: no such plan, to her knowledge. This corroborated a similar "No" answer that NCC chairman Russell Mills and then CEO Micheline Dubé gave to NECA board member **Ernie Smith** at a public meeting in November 2007. We were glad to hear it said again.

Kicking up autumn leaves NECA remains active on other important neighbourhood fronts. Our **Heritage and Development Committee** under Paul McConnell continues to monitor 1) the City's plans to gut and restore the badly damaged City-owned apartments at 245 Crichton Street and 2) the curious case of the 13 Putman Avenue townhouse, initially built slightly

taller than its building permit allows. (This latter would seem to create a dreadful precedent if left uncorrected.) See Paul's committee report on Page 1.

Meanwhile our **Friends of the Park Committee**, under chair **Karen Squires** and in league with an energetic crew of mainly Ashbury College students, fitted-in one last Stanley Park cleanup on that gorgeous Nov. 8 Sunday—"last" before the snowfall and "last" also before the NCC closes part of the park for the next year for removal/burying of contaminants. Please see Karen's report on Page 9. And see the box on Page 7 for more information about the park's closure.

Traffic Calming Committee chair Roslyn Butler continues to monitor potential problems of speeding and scofflaw parking, related partly to the many DFAIT employees who commute to work nearby to us. Like Roslyn in her report on Page 7, I would urge all New Edinburgh residents to be ready to phone the City at 311 to report cars parked on the street in excess of local three-, two-, or one-hour time limits, or to report any car parked on the street too close to a driveway—your own driveway, for example. (Legally, parked cars must be at least 1.5 metres from a driveway.) For this driveway-type parking complaint, the City will send someone right away to write a ticket or even arrange to tow the offending car. The City's 311 service operates 24-7, just like the police 911. See Roslyn's full report on page 7.

"Treasure the Past – Protect the Future" In other developments, the NECA board has, after considerable discussion, devel-

oped new rules to standardize NECA's grant giving and other allocating of funds—see the article on Page 3. NECA grants of recent years have included a \$350 gift to the New Edinburgh Players, and \$800 to Crichton Community Council to repay half the cost of their new snowblower in 2008.



But perhaps the most visible recent development will be NECA's new emblem or crest for New Edinburgh. Strictly speaking, the crest remains unofficial; but it is now recognized by plebiscite. By an email vote initiated in the October *New Edinburgh News*, community residents voted in favour of the proposed emblem at a 5:1 ratio.

Following this "Yes" vote, a NECA subcommittee in early November looked at the several good mottos suggested by residents. Finalist-suggestions included "Organized–United–Ready" and Latin *Vires in communitate* ("Strength in community") and *Nemo me impune lacessit* ("No one harms me with impunity," motto of the Most Ancient and Most Noble Order of the Thistle, in Scotland's Edinburgh). In the end, however, we chose the simple "Treasure the Past – Protect the Future" as the new crest's motto; it seemed to us to sum up the spirit of New Edinburgh and the Heritage Conservation District.

The motto is now under discussion by the NECA board, pending finalization. Sincere thanks to all residents who took time to vote and who otherwise commented (pro or con) and suggested mottos.

On behalf of NECA, may I offer everyone our best wishes for a happy holiday season and the coming year.

New Edinburgh Seeks Webmaster

By David Sacks

Are you a computer jock who yearns to serve your community? If so, then New Edinburgh needs you! The New Edinburgh website, www.newedinburgh.ca, is seeking a part-time, volunteer webmaster to administer the site and to help, in coming months, to implement an intended redesign. This webmaster job might require about three hours' work per week.

Officially under the mantle of the New Edinburgh Community Alliance (NECA), New Edinburgh's website provides a wonderful forum for

community announcements and dialogue. The current webmaster is Cindy Parkanyi, who serves also as editor of this newspaper and who reasonably wishes to hand-off responsibilities for the website.

If interested, please contact Cindy at: newednews@hotmail.com. Candidates from outside New Edinburgh are welcome to apply. This is a fine opportunity to put certain technical expertise to the great service of your neighbourhood. And it might not look bad on your résumé either.

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New Edinburgh News
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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.

However, there is no NECA board meeting in December, and our January and February meetings will be held at **Governor's Walk seniors' residence, 150 Stanley Avenue**, by kind permission of the management there. Like every NECA board meeting, these two meetings remain open to all New Edinburgh residents.

Anyone wishing to make a presentation to the board should please contact David Sacks in advance to arrange scheduling. Our next meetings are:

December: no meeting

Jan. 18, 2010, 7:30: at Governor's Walk, 150 Stanley Ave

Feb. 15, 2010, 7:30: at Governor's Walk

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

Making the Grade...

Continued from page 1

Four Storeys and Counting....

The consequences of this flawed approach to measuring height were illustrated conspicuously in another example from our neighbourhood. Recently, the City of Ottawa announced the winners of the Ottawa Urban Design Awards, as judged by an independent panel from out of town. Winner of the Award of Excellence in the mid- to high-rise category was MacKay House, located on the corner of Dufferin and MacKay, at the gateway to the Heritage Conservation District and just opposite the Governor General's grounds.

This award is bemusing on two counts. First, the infill

project was approved despite the reservations of neighbours, NECA, the National Capital Commission, and Council's own architectural advisory committee. Revealing a disconnect between the perception of architects and reality on the ground, the jury commented: *"The development is a convincing example of an end-of-block infill project; it is an architectural anchor that defines the residential avenue. The project is skilfully proportioned and scaled, and develops a clear sense of rhythm. If I lived in this neighbourhood I would be happy the Mackay House was built."*

The second reason for a double-take on this award is to look again at the category

in which MacKay House won, i.e., "five storeys and above". Not surprisingly, the organizers of the awards and the judges regarded it as a five-storey building. Common sense suggests this. However, from the standpoint of City zoning and planning, MacKay House has only four-storeys.

Why? Because the "ground floor" is actually part of the underground parking; the first of its four storeys begins about 6 feet in the air. The building overshadows neighbours in every direction, but it still complies with the permitted height limit.

If you wish to express your

views about the "creeping" height of new buildings, you can let the City know by phoning 311.

We want to ensure that the concept of a "harmonious streetscape" will not remain an abstract theory but becomes a visible element of the quality of life in New Edinburgh.

Sponsored by NECA

Your local community association, NECA, may be the only one in Ottawa that does not charge an annual membership fee. Nor does it receive any funding from the City. Nevertheless, each year it is able to award grants and allocate funds in support of the community. This is because NECA is the owner/publisher of the *New Edinburgh News*, surely one of the best community newspapers in Canada. *NEN* succeeds in attracting considerable advertising revenue which, after covering editorial, printing, distribution and other production costs, usually leaves a surplus of funds (about \$5000 a year) that NECA can direct to the community. NECA recognizes its responsibility to ensure these funds are used effectively, with adequate safeguards in place, and so has developed a more explicit policy to ensure the funding process is fair, transparent, and consistent with NECA's objectives.

Main points in the policy

The NECA funding policy addresses each step in the process,

including eligibility, criteria for reviewing proposals, decision-making mechanism, monitoring of grants, and publicity. The full policy is being published on the community website, together with a background document that provides additional information and rationale. Here are some key provisions:

- Requests must directly advance one or more of the four NECA objectives: fostering a sense of community; promoting community events; researching, developing positions, and making representations; and collaborating with like-minded organizations.

- Requests for funding may be submitted by a member of the NECA Board, other members of the NE community, or potential partner organizations.

- Funding requests can be made to NECA throughout the year.

- All allocations over \$50 shall be approved in advance by recorded vote of the NECA Board (in person or electronically).

- To allow proper review prior to voting, the NECA Board should receive advance notice in writing of funding requests.

- Recipients must provide a statement to confirm how the funds were used, with copies of receipts where appropriate.

- Any NECA Director who has in any way a direct or indirect pecuniary interest in a funding request must disclose this to the Board and shall abstain from the vote.

- Recipients of grants will be requested to acknowledge NECA's involvement.

- A list of the past year's grants will be tabled at NECA's AGM; it will also be published on the community website and in the *New Edinburgh News*.

Where does the money go?

Some of NECA's financial allocations are small, routine operational expenses, such as maintenance of the community website and expenses for the Annual General Meeting. But others are larger amounts in response to specific

requests initiated by Board members or from elsewhere in the community. Examples of these special allocations in recent years include contributing to the Crichton Cultural Community Centre (CCCC) legal fund, helping the Crichton Community Council purchase a snowblower, contributing to playground improvements, and retaining consultants for technical research. The amounts involved in NECA grants has ranged from less than a hundred dollars up to several thousand dollars; the majority are a few hundred dollars.

For the record, since the Spring of 2008, the following special activities have been funded by NECA for a total cost of approximately \$2,800: contributions to the Urban Rideau Conservationists (for the river clean-up campaign); materials for the delightful "car park" garden near the Fieldhouse; expenses associated with public meetings on development, environment, and traffic issues; hosting of the Annual NE Heritage Forum; a contribution to the 30th Anniversary event for the venerable local institution, *The New Edinburgh Players*; and the purchase of chairs for CCCC. Anticipated upcoming expenditures include publication of a booklet on community resources available to NE residents, and the new B.R.I.C.K. renovation award (as announced in the last issue of *NEN*).

One reason for publishing this article is to announce formally the existence of the new funding policy. Another is to ensure more people in New Edinburgh are aware of NECA's past funding activities and know that this resource is available for application in the community. If you have an idea for improving the neighbourhood that seems to meet the funding criteria, by all means bring it to the attention of any NECA Director at any time and the Board will be happy to consider it.

Paul McConnell
NECA Director



Photo: Paul McConnell

MacKay House: Is it five stories or four?

Your NECA Representatives 2009-2010

Sarah Anson-Cartwright	745-4194	Neca.enviro@gmail.com	Environment
Roslyn Butler	746-8037	roslynebutler@hotmail.com	Traffic Calming
Gemma Kerr	745-7928	newedgem@magma.ca	Membership
Michael Larrass	744-0304	larrass@rogers.com	
Philip MacAdam	741-9235	pmb@bellnet.ca	
Dilshad Macklem	746-3951	ndmacklem@gmail.com	Secretary
Joan Mason	842-8693	apresfou@sympatico.ca	
Paul McConnell	746-4901	paulmcc@magma.ca	Heritage & Development
David Sacks	740-0650	dsacks1776@aol.com	President
Ernie Smith		ernie414@rocketmail.com	
Karen Squires	741-2341	k.squires@sympatico.ca	Friends of NE Park
Jim Watson	745-7928	watamarack@aol.com	Treasurer
Ex officio:			
Michael Histed	741-1660	mhisted@uottawa.ca	Neighbourhood Watch
Joanne Hughes	745-2742	communitycentre@rogers.com	CCCC Program Co-ord
Andrew Kerr	749-5260	webmaster@newedinburgh.ca	Webmaster
Jill Hardy	746-1323		Fieldhouse Rentals
Jacques Legendre	580-2483	jacques.legendre@ottawa.ca	City Councillor
Cathy McConkey	746-0303	cjmconkey@sympatico.ca	Crichton Community Council
Cindy Parkanyi	745-8734	newednews@hotmail.com	New Edinburgh News
Johan Rudnik	749-2811	johan.rudnick@gmail.com	CCCC President
Brian Torrie	747-7951	brian.torrie@rogers.com	Crichton Community Council

Get Energy Smart workshop

Upgrades for energy savings and carbon footprint reduction

By Sarah Anson-Cartwright

It's rare to hear unsolicited praise. But at the recent Get Smart Energy workshop on November 4, the audience heard from two enthusiast clients who sang the praises of a home energy advisor, Franklin Menendez, of the EnviroCentre. The home-owners were extremely pleased to learn so much about their homes and what they could do to improve energy efficiency and realize savings.

Many of us are in the dark when it comes to the bigger projects to save energy and greenhouse gas emissions, and determining whether certain energy-efficiency improvements are worth the investment in our homes.

Get Energy Smart, presented by Scott McKenzie of Seventh Generation Community Projects, provided the facts

and the figures when it comes to answering key questions including the pay-back of major changes such as solar hot water systems.

Let's start with the fact that there are lots of small changes that don't cost us anything financially, or in terms of our comfort at home. They all contribute to lowering our energy use and our carbon footprints.

Take a look at the Energy Pledge (in the box) to see the Actions and the Changes that are cost-free or low-cost. Small actions add up.

If you think you might be moving within a year or two, or you don't own your home or apartment, there are still simple upgrades that can make a difference, according to McKenzie. Start with your home's envelope – such as upgrades to the heating system and sealing up the leaks. There may be more

than you think – even through the electrical outlets.



Investing to reduce our carbon footprint

Now is a good time to grapple with major investments to our homes that will lower our greenhouse gas (GHG) emissions and even enable us to realize a return on our investment. Energy efficiency renovations are eligible for ecoENERGY rebates, if you have had a home energy audit and follow through with recommended upgrades. The rebate program closes on March 31, 2011.

Consider hot water heating, where there are at least two very good options: 1) tankless hot water heaters, which provide hot water on demand; and 2) solar hot water systems, which are longer term investments that are virtually emission-free and worth exploring

if you have a south-facing roof and seek to reduce your hydro bill with self-generated electricity. Ottawa solar company Isolara attended the workshop (www.isolara.com) and provided the financial pay-back calculations.

Bullfrog Power is an "investment" to reduce GHGs, advocates McKenzie, because it ensures you are buying green electricity and supporting clean, renewable power generation. Depending on your lifestyle, you can cut carbon emissions in a range of other ways, by shifting to electric scooters or hybrid cars.

Measure it to manage it: our carbon footprints

How can one make a difference if we have no tangible guide to our total consumption? Measuring one's energy consumption—and related GHG emissions -- is key. If you don't measure it, you can't manage it, according to the adage. The Zerofootprint calculator, endorsed by the City of Ottawa, is the way to measure our households' carbon footprint. Check it out at: <http://ottawa.zerofootprint.net/>

As a participant in the Community Environmental Reduction Project (CERP), managed by Jane Thompson

Architect, our household is going to get a handle on our emissions, and then aim to lower our footprint. Over the next 12 months, we will take actions and see what effects they have. I will report on our efforts.

Please join me as I start with heating and electricity, then move into transportation, food, waste reduction and water – learning and doing what we choose to lower our impact and live cleaner.

"Creating the world we want is a much more subtle but more powerful mode of operation than destroying the one we don't want," wrote Marianne Williamson.

To get thinking and acting in low-carbon mode, please take the pledge which is accessed at www.seventhgeneration.ca/GetEnergySmart.html.

For more info, to share your advice or experience, or to be added to NecoE's e-mail list for occasional alerts about environmentally related events in our neighbourhood, please send your name and e-mail address to Sarah at: neca.enviro@gmail.com.

Sarah Anson-Cartwright chairs the New Edinburgh Committee on the Environment (NecoE).

NEW EDINBURGH NEWS

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

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

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

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

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

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Winter Overnight Parking Regulations – November 15 to April 1

Winter overnight parking regulations are in effect throughout the city from November 15 until April 1. As a result, there is no parking allowed on city streets between 1 a.m. and 7 a.m. when a snowfall of 7 cm or more is forecast by Environment Canada in the Ottawa area. This includes any forecast of a range of snow more than 7 cm, for example 5 to 10 cm. On-street parking permit holders are exempt from winter overnight parking restrictions.

The fine for vehicles parked during this restricted period is \$70.

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

- Sign up to receive e-mail or Twitter notifications of overnight parking restrictions at ottawa.ca/winterparking. This service is free and you can unsubscribe anytime.
- Call 3-1-1 (TTY: 613-580-2401).
- Listen to local media for special advisories about on-street parking.

Planned Snow Removal

Do not park where you see temporary "no parking" snow removal signs posted or your vehicle will be ticketed, with fines of \$90, and towed to a nearby street. These signs are posted ahead of time alerting motorists when daytime or nighttime snow removal is planned and when on-street parking is not permitted. This restriction applies to all vehicles, including those with on-street parking permits.

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

10-8078-6830



NECA Hosts Another Successful Heritage Forum

Paul McConnell
Co-Chair, NECA Heritage & Development Committee

Over 80 people attended the 2nd Annual New Edinburgh Heritage Forum, which took place on October 2nd at 200 Crichton Street. An impressive group of speakers accepted NECA's invitation to address the Forum's theme of "Heritage Today, Gone Tomorrow?" – **Working together to save Canada's built heritage.** The setting was quite special – the newly-renovated Dufferin Room (made available courtesy of CCCC), in the heritage-designated former school, with the speakers' table draped in the beautiful "MacKay Blue Ancient" tartan, and the striking new emblem proposed for New Edinburgh on prominent display.

Although most people present were New Edinburgh residents, there were others from neighbouring communities, plus a group of heritage conservation students from Carleton University, and representatives from NGOs and government departments. NECA president, **David Sacks**, welcomed everyone and noted there were two main objectives: to raise awareness about the value of Heritage Conservation Districts (HCDs), and to explore opportunities for working together at all levels to protect and promote them.

New Edinburgh – Founded over 175 years ago

To remind people about the rich cultural history captured in the heritage buildings and places we see in HCDs today, the first speaker, **Robert Serré** (President, Gloucester Historical Society), provided a fascinating account of the early years of New Edinburgh, one of the oldest villages in the area. If you missed it, we're pleased to be able to publish the text of Bob's presentation in this issue of NEN.



Photo: Louise Imbeault

At the NE Heritage Forum on Oct 2 NECA President **David Sacks** (middle) accepted on behalf of the community a National Achievement Award from Heritage Canada Foundation. The award was made jointly by HCF (represented by Director of Communications, Carolyn Quinn) and Heritage Ottawa (represented by Vice-President, David Jeanes).

"Achievement Award presented to New Edinburgh Community Alliance for leadership in the preservation of the New Edinburgh Heritage Conservation District"

For those interested in delving deeper into the local history, perhaps researching the story of your house or tracing family connections, the "go to guy" is **Serge Barbe** (Community Archivist, City of Ottawa Archives). Serge described the range of resources available at the Archives, and quoted some examples of the fascinating items that turn up, such as the minutes of meetings when NE was independent from Ottawa and had its own council, complete with debates over school budgets and the poor condition of local roads. Serge also helped organize the very impressive exhibit of old photographs of the Burgh, from classrooms to factories, that illustrated how people lived in this neighbourhood in years gone by.

Heritage Conservation – Problems and Solutions

After this introduction to the

local scene, a panel of five speakers assembled to discuss their views on the challenges facing HCDs and other heritage sites, and what action could be taken to protect and promote our heritage more effectively. The panel was chaired by NECA member, **Tony Roth**.

First up was **Carolyn Quinn** (Director of Communications, Heritage Canada Foundation), who pointed out that all HCDs in Ontario, including New Edinburgh's, have been placed on the Foundation's "2009 Top Ten Most Endangered Places List". This was prompted by a recent controversial decision by the Ontario Municipal Board (OMB), which approved a high-rise development in the middle of Port Dalhousie's HCD, calling into question the safeguards that HCD designation was intended to provide. How can we ensure new growth enhances neighbour-

hoods instead of detracting from them? Raising awareness about the importance and benefits of HCDs is essential. A recent province-wide study coordinated by the University of Waterloo concluded that HCDs are a successful mechanism for managing change, while also protecting and enhancing the special character of the historic area. We need to explain "cultural value" more effectively to urban planners, developers, politicians, the public, etc., and encourage economic renewal, tourism, and other measures as ways of promoting heritage.

Andrew Jeanes (Culture Services Advisor, Ontario Ministry of Culture) explained how the Ontario Heritage Act, including regulations for HCDs, was strengthened in 2005. For example, it is easier now for municipal councils to prevent heritage demolition, and the legal authority of new HCD plans has been strengthened. However, 77 of Ontario's 94 HCDs were created prior to 2005, including New Edinburgh's. The province is recommending these earlier HCD plans be reviewed, updated, and made more enforceable by having council adopt them through by-laws. This would be a major undertaking.

Heather Thomson (Heritage Planner, Parks Canada) has special responsibility for the Rideau Canal National Historic Site, a UNESCO World Heritage Site that has direct links to our neighbourhood via lock-builder and NE founder, Thomas MacKay. Heather demonstrated the power of partnerships as she described the coordinated management plan for the Rideau Canal that involves 13 municipalities, 3 counties, various conservation authorities, and several different federal and provincial ministries. Quite an accomplishment!

"The National Capital Region can be viewed as one large HCD", noted **Linda Dicaire** (Landscape Architect, National Capital Commission). The NCC is committed to preserving cultural landscapes and built heritage; it reviews development proposals, maintains standards, promotes design guidelines, and protects views. One of the most influential factors in heritage conservation is public input. The NCC tries to develop strategic partnerships with interested groups, indeed HCDs (such as NE's) can be important connectors between NCC sites.

The final speaker was Professor **Herb Stovel** (Coordinator of the Heritage Conservation Program, Carleton University). He described the problems encountered at the Port Dalhousie OMB hearing and then identified several challenges facing HCDs in Ontario. These include the "capricious" nature of the OMB, the lack of clarity in the Ontario Heritage Act, and trying to get the Ministry of Culture more directly involved with communities, developers, and others who must interpret provincial policy. The main priority, however, was the need to overhaul the OMB process. On all of these issues, communities must speak up.

The Forum reaffirmed the importance of Heritage Conservation Districts and, although it revealed some of the threats to their survival, it also highlighted the possibilities for collaborative action to protect them. A complete summary of the proceedings will be prepared that will do more justice to the quality of the presentations and, indeed, to the quality of audience participation. The Forum was a great success, both for heritage and for New Edinburgh.



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



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A Very Brief History of New Edinburgh

By Robert Serré, President, Gloucester Historical Society

The early history of New Edinburgh is closely connected to that of Ottawa, so much so that the Burgh might well be considered Ottawa's third neighbourhood after Upper Bytown and Lower Bytown. However, Bytown was located within the township of Nepean, just west of the Rideau River, whereas New Edinburgh was located in the township of Gloucester, just east of the Rideau River. It was only in 1887 that New Edinburgh was annexed to Ottawa. The close connection between New Edinburgh and Bytown, from the very beginning, was due principally to one man, Thomas McKay. [Note: his name is sometimes spelled "MacKay"]

McKay was born in 1792 in Perth, Scotland, and was

apprenticed to the mason's trade. In 1813, he married Ann Crichton and they came to Canada in 1817, settling in Montreal. In the fall of 1826, he was selected by Colonel John By to perform the masonry work on the eight entrance locks of the canal that would link Bytown on the Ottawa River to Kingston on Lake Ontario. As early as 1829, McKay started buying land in the township of Gloucester, where eventually he owned more than eleven hundred acres. He started planning his village in 1830, and by 1832, the year in which the Rideau Canal was opened, McKay had built a saw mill near the Rideau Falls. Soon he added a flour mill, a bakery, a distillery and a cloth factory. The new settlement was laid out into lots around 1834, and McKay invited former canal workers to come and settle

there. McKay was also a justice of the peace, and in 1834 he was elected to the House of Assembly for the riding of Russell, which he represented until 1841, when he was appointed to the Legislative Council of United Canada.

McKay's first home was built near the Rideau River. His second home, located just east of the village, was completed in 1838. It was an eleven-room limestone residence, and local inhabitants called it "McKay's Castle". The family simply referred to it as Rideau Hall. Approached through a long avenue of trees, the original Rideau Hall was surrounded by a lawn reputed to be the finest in Canada, and a garden covering several acres abounded in fruits, vegetables and flowers. In 1865, the Canadian government leased Rideau Hall from Thomas McKay's

estate as a residence for the Governor General. There was no finer residence in Ottawa at that time.

McKay was quick to grasp the potential of railroads, and he played an important role in the construction of the *Bytown and Prescott Railway*. Its charter was granted in 1850, and the company's president was John McKinnon, a son-in-law of McKay. This 52-mile rail link ran east of the Rideau River, from Prescott on the St. Lawrence River through Gloucester Township to McKay's mills. The first train arrived in New Edinburgh on Christmas Day, 1854. During the following spring, a bridge over the Rideau River was completed, so that trains could directly enter Bytown, which was now only two hours from Ogdensburg, New York, and less than 24 hours from Boston.

Thomas McKay did not live to see another Christmas. He died of stomach cancer at Rideau Hall on 9 October 1855, and was interred in the private family burial ground at the eastern limit of the village he had founded. His remains and those of other family members were later transferred to Beechwood Cemetery, which was established in 1873. His

wife Ann was 85 years old when she died, in Rockcliffe, on 21 August 1879.

For several years, travelling from New Edinburgh to Ottawa was a tricky business that could be made even worse by dust, potholes and mud. Eventually, a horse-drawn railway system was set up to connect New Edinburgh with Ottawa's city centre. The venture was incorporated as the Ottawa City Passenger Railway Company in 1866, and the line was opened in 1870, at which time the office was in the village, with Thomas Coltrin Keefer as President, and Robert Surtees as Secretary. During the first five years, the street car was controlled by the MacKay estate. Initially, the single track line ran as far as Rideau Street in Ottawa, but it was later extended to the Chaudière Falls. When the streetcars first operated in the Burgh, there was no loop, so the end of the line was at Alexander and Ottawa Streets. (Ottawa Street was later renamed Sussex Drive.)

I hope that this brief look at the early history of New Edinburgh will promote a greater awareness of the men and women who developed the communities and neighbourhoods which give Ottawa its own very special character, making it such a beautiful place in which to live.



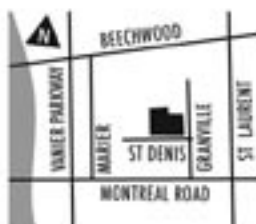
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Burgh Traffic News Update

By Roslyn Butler, NECA Traffic Calming Committee
I am pleased to report some good news on the traffic situation in New Edinburgh this fall.

There are two speed 'humps' with accompanying 30km/hr speed signs along stretches of Mackay Street.

School zone signs have been posted on Crichton Street by the Macdonald-Cartier Academy.

There is a "No U-TURN" sign at the end of King Edward at Sussex, randomly monitored by police which is deterring motorists from cutting over the Minto Bridges.

Best of all, during rush-hour the timing of the left-turn light for traffic on the Vanier Parkway to turn onto St Patrick bridge has been increased by at least 50% - that is 18 seconds instead of 12. Sometimes during the peak rush it has been as long as 24 seconds. This means that many more vehicles are able to make their left turn without having to wait through several light cycles so they can quickly head to King Edward and onto a bridge over to Gatineau. This also means that far fewer vehicles are continuing straight ahead onto Crichton in an attempt to access the Macdonald/Cartier Bridge by turning onto Sussex from Stanley, John, Alexander or Mackay.

According to my observations, through traffic is down to a third of what it was a year ago. Most passing through are from Quebec. Due to the construction at Rideau Street and King Edward there has been an increase in traffic heading south along Crichton in order to reach the Vanier Parkway. I

assume that when the construction is completed on Rideau the south-bound traffic will revert to its usual route along King Edward and Nicholas to the Queensway (417).



New Edinburgh has a traffic file at City Hall. After a couple of conversations with city staff regarding the timing of the traffic lights at Vanier Parkway and Beechwood, the City Engineer for our area made the light timing adjustment. This included reducing the duration of the straight-through green light leading onto Crichton which limits the number of vehicles scooting through our neighbourhood.



Our Councillor, **Jacques Legendre**, has sponsored a motion to have the default speed in the residential areas of the city be 40km/hr which is a reduction from the cur-

rent 50km/hr. This motion was passed by Council ten days ago and now must be approved by the Province of Ontario before it can be applied to our streets. Further, in order for it to be in effect, 75% of the residents of that street must agree to the speed reduction. When we have provincial OK we will then have a petition for residents to sign to have the speed reduced to 40km/hr.

It turns out that streets designated as 'secondary arterial roads' will not be permitted to reduce the speed limit - and Crichton Street is a secondary arterial road due to the bus route and as the main entry to our neighbourhood. This leaves Mackay, Dufferin, Stanley and possibly Vaughn as candidates for the reduced speed limit. The other cross-streets are too short for vehicles to get up to speed. Ivy already has killer speed bumps and Noel doesn't appear to have much traffic.

Parking seems to be up, the streets look pretty full during the day. Our contact at City Hall agrees with me that a lot of cars parked on streets have a calming effect on traffic speed. It looks as though many New Edinburgh residents are taking advantage of the home improvement tax rebate as many of the vehicles parked on our streets during the day are tradesmen and construction trucks. It should be fun when we get snow banks added to the parking congestion. I remind you that if you have issues with day-long parked cars a phone call to 311 at City Hall will bring out the By-law Enforcement officers to ticket the offending vehicles.

Stanley Park Closing

At this issue's deadline, the portion of Stanley Park owned by the National Capital Commission (NCC)—from Union Street and the Minto Bridge southeastward to just beyond the projected line of Keefer Street—is due to close to the public for several months, for earthmoving to remove or bury potentially hazardous contaminated soil. The NCC section will be fenced-in for winter and spring 2010, with heavy landscaping-type work going on inside. Parts of the area will reopen to the public in the spring; full reopening is currently scheduled for late 2010.

The NCC has posted relevant information on its website at: www.capitaleducana.gc.ca. Follow the link listed in the "Plan, Preserve and Develop" section for "Stanley Park: beginning of work". The information page includes an interactive feature for emailing your questions to the NCC. Alternatively, any concerned resident whose property is close to the park is invited to phone Sylvie Aspirot, NCC Community Outreach Coordinator, at 613-239-5529.



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Legendre

From the Desk of...



Mauril Bélanger
Member of Parliament for
Ottawa—Vanier



Lawmaking: A Private Members Bill initiative

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

Lawmaking oftentimes is complicated and results in unforeseen consequences. One such law amending the Citizenship Act came into effect on April 17, 2009. The new law gives Canadian citizenship to certain people who lost it and to others who are recognized as citizens for the first time. However, the legislation made another significant change to Canadian citizenship. The new section 3(5) of the Citizenship Act limits citizenship by descent to the first generation born abroad. This means that a person born outside Canada cannot acquire Canadian citizenship by descent from a Canadian parent (natural or adoptive) who was also born outside Canada

and who themselves acquired Canadian citizenship by descent. An exception to this first generation cut-off is provided for people who are born to a Canadian parent working abroad with the Canadian Armed Forces, the federal public administration, or the public service of a province. Take for example Martha who was born abroad to Canadian parents and is now herself a Canadian citizen. If Martha were to give birth while working abroad for the Canadian or a provincial government her offspring would be Canadian. If working abroad for the World Trade Organization, or a United Nations agency however, her child would not be a Canadian. I believe this is wrong!

I share the concern that limiting this exemption to employees of the Canadian or a provincial government and Armed Forces is a negative incentive for Canadians who wish to engage in other types of international employment.

Canada is a trading, multilateral and multicultural nation, and one that has traditionally supported multilateral efforts and organizations. As such it is in our nation's interest to have Canadian citizens engaged in international organizations such as the United Nations, the World Bank, the World Trade Organization, etc...

Constituents of Ottawa—Vanier, many of whom work abroad, expressed concerns about the effect of this legislation. Therefore, I have decided to introduce a Private Member's Bill during the fall session of the Parliament. Bill C-443 *An Act to amend the Citizenship Act (exception to the rule of inapplicability after the first generation)* proposes an amendment to section 3(5) of the *Citizenship Act* listing additional types of employment for which an exemption to the cut-off on citizenship by descent applies. If passed the exemption would apply to a person if one or both of the person's parents were, at the time of the person's birth or adoption, employed outside Canada by the United Nations or its bodies, the World Bank, the International Monetary Fund, the World Trade Organization or a civil society organization within the meaning of section 3 of the *Official Development Assistance Accountability Act*. Section 3 defines a "civil society organization" as a "not-for-profit or charitable organization whose governing structure is independent of government direction, and includes, but is not limited to, registered charities, non-governmental development organizations, community groups, women's organizations, faith-based organizations, professional associations, trade unions, self-help groups, social movements, business

associations, coalitions, human rights organizations and advocacy groups."

With this bill, our own *Citizenship Act* would not be a factor discouraging Canadians from engagement at the international level.

I am grateful to the constituents of Ottawa—Vanier who brought this matter to my attention and since tabling it I have received numerous encouragements and comments that the scope of the bill should perhaps be expanded even further to include all Canadians working abroad.

I am aware that my Bill, although an improvement from

the current legislation, is perhaps still too restrictive.

I invite you to comment on this important matter.

Mauril Bélanger, M.P.
Ottawa—Vanier

Constituency

504-168 Charlotte St.
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Fax: 613-947-7963
belanml@parl.gc.ca

Parliament

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House of Commons
Ottawa, Ontario K1A 0A6
Tel: 613-992-4766
Fax: 613-992-6448
belanm@parl.gc.ca



Warming up for the RACE with Sharon Collins.

The 5th Annual Amazing Book Race Rocked!

Raising Funds & Awareness for Family Literacy

By Isobel Bisby

The Stanley Park Fieldhouse was again the perfect setting for ALSO's Fifth Annual Amazing Book Race on Saturday September 26. 39 teams and over 70 volunteers participated in this fun event which included racing to literacy checkpoints, completing a variety of literacy activities, and then relaxing at

the barbecue and celebration back at the Fieldhouse.

Celebrity author **Elizaberth Hay** spoke about her personal family experiences with literacy, and jazz singer and activist **Maria Hawkins** and her band entertained the crowd with her usual passion and enthusiasm. Many said it was the best RACE yet, so do join us next year! For more about the race visit www.also-ottawa.org.

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NECA and Ashbury Join Forces for Park Cleanup

By Karen Squires

This past spring, NECA coordinated the annual park cleanup to coincide with the river cleanup, which brought out many volunteers, including a group of students from Ashbury College.

One of the students from Ashbury College, **Emma Benjaminson**, approached **Friends of the Park** (an informal task force of volunteers) to

propose a special fall cleanup. The spring cleanup is an annual event, as Stanley Park is a very popular area for dog walkers, runners and families simply enjoying the great outdoors.

While the park is a popular area, increased usage brings

increased litter throughout the well-used trails and playground area. Although some users pick up litter, unfortunately it is not enough to offset what others leave behind. Friends of the Park has worked together with the City of Ottawa to ensure ongoing park maintenance.

This year for the first time, a fall cleanup came to fruition, thanks to the insight and enthusiasm of one student who appreciates the importance of maintaining green spaces. Emma worked with her colleagues and teachers to bring together a group of 21 volunteers, on November 8. The

group arrived about 9:30 and NECA provided supplies such as garbage bags and gloves plus refreshments.

Emma divided the group into teams which then set out to clean the park between St. Patrick Street and Sussex Drive. The students returned with garbage bags of litter including a shovel, a large rubber tire and a shopping cart!

The Fieldhouse was provided by the Crichton Community Council and several volunteers from NECA and Friends of the Park were on hand to provide support.



Photo: Paul McConnell
Ashbury College student **Emma Benjaminson** was the driving force behind the recent fall cleanup in the park.

this important initiative and reaching out to the community. We express special thanks to Emma Benjaminson for having the vision and making it happen. Finally we would like to thank all the volunteers and staff from Ashbury College who came out, rolled up their sleeves on Sunday morning to clean the park and make it safer for all users, including our furry friends.

We've had some initial discussion with the staff of Ashbury College to continue this important initiative so hopefully it can become our annual fall park cleanup event.

Handsome Bronze Plaque in Rockcliffe: Missing, Presumed Stolen for Scrap

By Jane Heintzman

In late September, I noticed in my daily rambles into Rockcliffe that the handsome bronze plaque paying tribute to the many countries around the world who contributed to the reforestation effort following the legendary Ice Storm of 1998 was missing from its accustomed place by the bike path at the junction of Sussex Drive and the Rockcliffe Parkway. I was immediately curious about the disappearance, as there were still bits of glue on the rock face to which the plaque had been affixed, suggesting that it might have been somewhat inexpertly pried off by thieves or vandals.

When I alerted the NCC that the plaque was missing, the Commission apparently carried out a swift investigation



Photo: Peter Glasgow

and determined that indeed, it had been stolen as opposed to removed for maintenance by NCC engineers. It was apparently a particularly attractive target for thieves because of being solid bronze. Needless to say, it's highly unlikely that the plaque will ever be recovered, and by now it has undoubtedly been sold on the scrap metal market at a price not even approximating its monetary value, less still its worth

as a commemorative symbol. (One has to wonder who the heck would buy such an object without questioning the seller...) The NCC is planning to install a replacement plaque, probably next spring, but is considering other, slightly less alluring materials from which to make it.

Scrap metal thieves appear to be a scourge in all parts of the world, and a quick internet search yielded numerous tales of stolen bronze plaques, particularly it seems, in the U.K. My contact at the NCC urged that the community be on the alert for any dubious looking activity in the vicinity of the many memorials in our area, and report any defaced or missing items to the Commission as soon as possible. What a world!

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Ottawa City Councillor Jacques Legendre Reports

D.O.T.T. – The Downtown Ottawa Transit Tunnel

DOTT refers to the electrified light rail transit (LRT) line, from Blair Station to Tunney's Pasture via a tunnel through downtown Ottawa.

It is the successor plan which replaces the previously proposed north-south LRT system which was to run on the surface through the downtown. DOTT runs east-west and is a hybrid system in that it is partially underground.

The system is longer and requires a tunnel. Naturally, it is more costly. The question is – is it affordable?

What are the cost estimates?

- Transit Tunnel & Underground Stations **\$ 735 M**
- Transitway conversion to Electric – Blair to Tunney's **\$ 540 M**
- Maintenance Facility & Vehicles **\$ 515 M**
- Property acquisitions, insurance **\$ 160 M**
- Project Office **\$ 50 M**
- Project Director's Contingency **\$ 100 M**

DOTT Total \$ 2.1 B

Grand Transit Total over 10 years, including DOTT, other elements of Bus Rapid Transit (BRT) and BST (regular, or slow, bus transit) growth and lifecycle renewal as well as operating cost impacts during construction ... **\$ 3.903 B**

What are the revenue estimates over the same 10-year period?

- Ontario Bus Replacement Program **\$ 72 M**
- 1/3, 1/3, 1/3 Fed'l, Prov'l, Mun'l cost sharing (i.e. 66% non-municipal funding) **\$ 1,743 M**
- Transit – Cash **\$ 709 M**
- Transit – Debt **\$ 38 M**
- Development Charges – Cash **\$ 165 M**
- Development Charges – Debt **\$ 449 M**
- Provincial Gas Tax – Cash **\$ 169 M**
- Provincial Gas Tax – Debt **\$ 26 M**
- Federal Gas Tax – Cash **\$ 345 M**
- Federal Gas Tax – Debt **\$ 187 M**

Revenue Total \$ 3.903 B

This shows that the City can afford its share of this plan. Moreover, the modelling shows that the City's costs for this plan will not cause any tax increases.

The cost estimates were vetted by international consultants, knowledgeable in tunnelling and transit technology. The revenue estimates are based on very conservative assumptions. The numbers over 10 years are admittedly large but compared to what would normally be spent on capital needs over this period they are not unusual. The total bus operation in the downtown will be reduced

from 2,600 to 600 buses daily. Remember, that the previous surface LRT could not achieve a 30% reduction in the number of buses downtown.

This system solves the downtown transit bottle-neck. It provides for the capacity required in the future. It is needed and is affordable under very reasonable assumptions.

The 2010 City of Ottawa Budget - Information & Consultation

As usual, once the draft budget is tabled (on December 9), I organize a public information and discussion meeting. This year it will held on December 15 (7 pm) at the St Laurent Complex on Côte Street. The City Manager, Mr. Kent Kirkpatrick, has agreed to provide an overview and assist with any questions that will most certainly arise. You, along with residents of Ward 12 – Rideau-Vanier, are all invited.

Schools Closures in the Urban Core and Why They Are Bad For Us All

Ottawa has lost a large number of its schools in the last 20 years. The loss has occurred in the older parts of the City, for the most part, due to declining enrolments (3 High Schools & 12 Elementary schools in this Ward alone!). New schools have been built in the newer suburbs to meet the needs in those areas.

What is so wrong with this? Is this not simply a reflection of the City's natural growth process? Well yes and no.

The demographics of neighbourhoods most definitely change over the decades. This can easily be seen in the newer neighbourhoods. They start out life with many young families. The City's planning process recognizes their needs in

advance by requiring that lands be set aside for schools and parks when approving plans of sub-division. As neighbourhoods age, school enrolment drops. Even relatively new areas in Orléans have seen enrolments decline in favour of areas still further out as these come on stream. Society's reaction has been to close the schools that are well below their design capacity. But neighbourhoods can rebalance over time with a mix of age groups, and most will, given a chance.

The City has a policy of intensification which is intended to counteract the tendency of urban sprawl. The policy is important because services can be more efficiently delivered in a denser City. The City also encourages greater residential development in the urban core. The basis of this thrust is to move closer to a sustainable urban mix. The result should be better use of our resources (energy, land, etc.), less pollution, a healthier society AND lower taxes!

Schools are an important 'service agent' in all balanced communities. They are very much part of the 'sustainable recipe'. Their primary role, of course, is education. But schools in most communities act as centres of community life, including as they do cultural, sports and meeting facilities. School closures in established neighbourhoods flies in the face of our (i.e. the City's) policies for sustainable growth. Unfortunately, school boards are faced with a situation which they find 'unsustainable' when they have schools well below capacity and forecasts which predict that the problem will persist for some time.

Our society has organized itself into 'responsibility silos' which contributes to these seemingly intractable problems. The provincial government, to their credit, has established policies that do require, in first instance, that

other school boards be offered a surplus property on a formula basis, followed by other public agencies (e.g. municipalities) on a negotiated market-value basis. Nonetheless, it is all too apparent that those policies are inadequate. The cumulative effects of the large number of school closures in growing cities, especially when those closures result in the permanent loss of the community-serving facilities that these school properties represent, demonstrates that more needs to be done from a policy perspective. The Provincial government is the only agency with the ability to address the problem. I encourage everyone to ask our provincial elected officials to consider additional measures to address an unhealthy tendency and a counter-productive use of your tax dollars.

City Works in the Burgh

The Keefer Regulator upgrade project is complete. The contractor will still be on site from time to time to complete deficiency repairs. Occasionally, there may be staff on site related to the training component of the project.

Due to recent odour issues (dating back to September or so) the City will be making a modification inside the regulator to better draw the odorous air to the biofilter in Stanley Park.

Season's Greetings

I also take this opportunity, on behalf of my family and myself, to extend to all, Best Wishes for Health, Prosperity and Personal Serenity in 2010.

Meilleurs vœux

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

Jacques Legendre

Councillor, Rideau-Rockcliffe City of Ottawa

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The vibrant colours give way to the muted darker colours of late fall and winter is on the horizon. The days are notably short and we go to work in darkness only to return home again in darkness.

The longer nights necessitate an inspection of lighting in the community. People are very energy conscious and exterior lights tend to be turned off. The use of motion sensor lighting in most cases is a viable option. This system works on a timer, a light sensor and a motion detector all self contained. The system is left on at all times and consumes very little electricity. When activated by movement, after dark, the light will turn on. The light remains on until the timing sequence has elapsed and then it turns off. This system is very efficient and offers a high level of security.

Street lighting is very important to security. If a street light is burned out please call the City of Ottawa at 311 and report the outage.

As the holiday season draws near more people go to shopping centres to make purchases. A good tip is to avoid making several trips back and forth to

the car. This makes you a high risk mark and you may return to your car to find everything missing.

This is an excellent time of the year to have a *Home Security Evaluation* done. This service is offered free of charge by the Ottawa Police Service. Renovations made for home security qualify under the federal Home Renovations Program.

Walking in the evening hours is also a challenge. Due to the lower light levels, pedestrians become almost invisible and should wear retroreflective material. Drivers should proceed with caution and use high beams prudently. They offer greater visibility to the driver but are blinding to pedestrians and bicyclists.

Finally, for the computer savvy follow this link and you will get to the crime reports in your area: http://www.ottawapolice.ca/en/CrimeFiles/CrimeMaps_Reports/cr_redirect.aspx.

Contact the Rockcliffe Police Centre at 613-236-1222 ext 5915 for more information on these items and other proactive programs.

Constable Tom Mosco

What to Do When You Get to Your H1N1 Clinic

Before you arrive

To facilitate the process at the clinics, please download the *Consent form* from the City's website (www.ottawa.ca). Complete the form and bring all three pages to the clinic.

The form is also available at all the clinics. The unadjuvanted consent form is available at clinic sites only.

Bring a valid Ontario Health Card or Driver's License.

Dress appropriately—you may have to line up outside.

Under your layer(s) of clothing wear a short-sleeved shirt to speed up the vaccination process.

At arrival (Wristbands)

City staff, to minimize waits times and line-ups, will hand out a single-use color-coded-numbered wristband.

There is a limit of one wristband per individual, however 1 person may request enough wristbands for their household (i.e. 4 or 5 wristbands).

The number will determine what time you should return to get your vaccination.

Wristband distribution: Weekends

Wristbands will be handed out beginning at 7:30 am. Clinics will begin at 9 am therefore people receiving the first colour-coded batch will be advised to remain in line and not leave the clinic.

Weekdays

Wristbands at all clinics will be handed out beginning at 9 am for all clinics that begin at 2:30 pm as well as the Constellation clinic at that begins at 5 pm.

If you do not return to the clinic at the designated time, you will lose your place in the queue.

While you are waiting

If you have not already done so, you will be asked to complete consent forms.

Your number will be announced and you will proceed to registration.

Inside the clinic

You will be processed through registration and will then get in a small line-up to receive your vaccination.

An Ottawa Public Health nurse or Ottawa paramedic will administer your vaccination.

Before you leave

You will be directed to a waiting area where you must remain for 15 minutes.

If you have any reaction to the H1N1 vaccine you will be sent to a Public Health nurse for appropriate medical attention.

H1N1 Vaccination Clinics in Ottawa

Area	Location	Time
East	Orléans Client Service Centre 255 Centrum, Orléans	Monday to Friday: 2:30 to 8:30 pm Saturday and Sunday: 9 am to 3 pm
East	Vanier Richelieu Community Centre 300 Des Pères Blancs, Vanier	Monday to Friday: 2:30 to 8:30 pm Saturday and Sunday: 9 am to 3 pm
Central	Tom Brown Arena 141 Bayview, Ottawa	Monday to Friday: 2:30 to 8:30 pm Saturday and Sunday: 9 am to 3 pm
West	City of Ottawa —Administrative Building 100 Constellation, Nepean	Monday to Friday: 5 to 9 pm Saturday and Sunday: 9 am to 3 pm
West	Kanata Recreation Complex 100 Walter Baker, Kanata	Monday to Friday: 2:30 to 8:30 pm Saturday and Sunday: 9 am to 3 pm
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An Ounce of Prevention: How to protect your property this holiday season

By Anjana Dooling

It's a snowy day in a busy parking lot. The holidays are just around the corner. You have just spent the last two hours fighting your way through crowds to pay for the armful of purchases you are now hauling back to your car. You throw them in the back seat, close the door and go back inside the mall.

You have just provided the perfect setting for a crime to be committed.

"Crime happens because there is an opportunity to do it," says Ottawa Police Service Constable Ray Lamarre. "In my experience, close to 95% of theft from vehicles happens because people leave their cars unlocked."

As astounding as that may seem (because you are no doubt thinking you always lock your car), Constable Lamarre finds that simple prevention – putting your purchases in the trunk and remembering to lock your doors – is often overlooked, especially during the busy upcoming holiday season.

Leaving your car unlocked and your shopping in plain sight is not only an invitation for theft. It can, as Constable Lamarre warns, have much greater consequences. "Think about what else is in your car," he says, "insurance papers, a garage door opener, maybe a GPS device that has your home address on it. You have now given a criminal access to your home and told them how to get there. You have also given them access to your identity with those insurance papers and the opportunity for identity theft."

The University of Ottawa's Institute for the Prevention of Crime (IPC) states that in 2007, 1.1 million property crimes were reported to police departments across Canada. Many of those crimes were break-and-enter and many were preventable. The IPC notes that individuals can help prevent property crime from happening by changing the environment of their property to make it less attractive to a criminal. At home this means upgrading locks on windows and doors, installing an alarm system and adding security lighting around the house. With your vehicle

it means locking your doors, not leaving valuables in plain sight, or putting your car in the garage.

"Nothing is foolproof," Constable Lamarre concedes, "but doing as many things as you can to protect your property will be a deterrent to criminals."

Research from Crime Prevention Ottawa shows that the risk of break-and-enter crimes is halved in communities in which neighbours support and help each other. Getting to know your neighbours, making sure you have someone clean your driveway, turn on your lights or pick up your mail if you go away are just a few things to think about to ensure your property remains safe. Starting a neighbourhood association or Neighbourhood Watch is also a great way to increase security.

Initiatives like "positive ticketing" – leaving a note on cars in your neighbourhood to let people know a vehicle has recently been broken into – will also help people be more aware of crime and then take steps to avoid it. And don't forget to visit your Community Police Centre and get to know your Community Police Officer so you will feel comfortable calling them when you need to.

There are many resources you can access to learn about protecting your property. The

Ottawa Police Service produces vehicle safety brochures and the Ontario Association of Chiefs of Police offers the "Shoulda, Woulda, Coulda" property safety booklet. Both are available at Community Police Centres across the city. Crime Prevention Ottawa also publishes resources on crime prevention, including a tip sheet for reporting crime and an information guide for landlords about safety and security in rental buildings (www.crimepreventionottawa.ca).

The Ottawa Police Service also provides a free "security audit" service, in which an inspector will come to your home to look for security risks and suggest ways to fix them. "Unfortunately, this service is most often used by residents after a crime has been committed," says Constable Lamarre, "but we'd like to encourage people to take advantage of the

security audit as a way to prevent crime from happening."

Property crime can be frightening, expensive and traumatic for victims, but there are many things you can do to ensure your property is safe this holiday. Constable Lamarre's advice: "Crime prevention is everyone's business and by taking a few, simple steps we can all help prevent crime from happening. In this busy season take a few minutes to stop and think about how you can help prevent crime in your home, your vehicle and your neighbourhood. If you don't take crime prevention into your own hands, who will?"

Crime Prevention Ottawa (CPO) contributes to crime reduction and enhanced community safety in Ottawa through collaborative evidence-based crime prevention (www.crimepreventionottawa.ca).

Grade 4/5 SnowPass is Here!

How does one plus three equal a hundred this season? When you purchase a SnowPass for your 4th or 5th grader you can get up to three free lift ticket coupons at each of the participating ski/snowboard areas. That means this season you have hundreds of chances to ski/ride for free.

Your child's SnowPass booklet is valid from December 1st



to the end of the season and includes up to three ski-free coupons for each participating ski/snowboard area. It also contains coupons for deals on lessons and rentals at more than 30 different locations.

Applications are open to anyone in grade 4 or 5 (or who was born in 1999-2000). There are over 95 different participating ski/snowboard areas in Eastern Canada (Ontario to Newfoundland). And this year it's even easier to register with our online registration. Just visit www.snowpass.ca, complete the registration form, upload a photo, proof of age/grade and pay using your credit card. Your child's SnowPass will be mailed straight to your door.

Learn more about the grade 4 and 5 SnowPass online at www.snowpass.ca or www.passeportdesneiges.ca. You can also pick up an application form from your child's grade 4 or 5 elementary school teacher or at Sport Mart, Sport Chek, Sports Experts, and Intersport stores Canada-wide. This year's program begins December 1st, 2009.

For more information on the grade 4 and 5 SnowPass program, contact the Canadian Ski Council, tel: 705-445-9140, info@skicanada.org, www.ski-canada.org.

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By Brian Torrie

Before I bring you up to date with the latest Council news, I want to say a few words about our important volunteers. The success of all our activities is dependent on community-minded people coming forward and helping out. Some people volunteer a little bit of time—a hour here and there throughout the year—while others, including my fellow Council members, regularly spend hours each month making ice for our rink, maintaining the Fieldhouse, and running events like our Garage Sale, Plant Sale, Winter Carnival, Halloween Howl and Picnic.

I am often amazed at the dedication of fellow Council members who give their time even though they may no longer have small children or may have other significant commitments in their lives. I think their willingness and that of others in our neighbourhood is a big part of what makes New Edinburgh such a great community.

At the same time, it's also discouraging to have to plead for help from other parents to help out for an hour or two during one of our regular events. The most recent example was the Halloween Howl where we sent out an email to over 100 parents asking for volunteers to help out at the Howl and only got a few responses offering help. I know people are busy and there are a lot of demands on your time but our events and activities cannot happen without your support so I urge you to help out when

you can—even if it is only for an hour or two once a year. For more information on what the Council is all about and how you can get involved, please contact me (btorrie@hotmail.com) or Cathy McConkey (cjmccconkey@sympatico.ca).



Photo: John Arnold

The **Halloween Howl** was held on October 25 and was a great success. As per tradition, the afternoon began with a parade to **Governor's Walk** by about 50 costumed children in beautiful fall sunshine. Many thanks to **Roland Legault** for leading the parade and to the staff and residents of Governor's Walk for their warm reception. After that, it was back to the Fieldhouse for fun, games and crafts. Many thanks to **Caroline Matt** who led the volunteers this year despite the demands of a new baby and her two other active boys (thanks to **Jeff** too). Thanks to others that helped out, including **Stephanie Monteith, Debra Connor, Katina Fazakas, Paula Pincombe, Cathy McConkey, Michel Giroux, and Joyce Dubuc**. Thanks to **Warren Hall** and **Matt DeWolfe** for helping in the cleanup.

Winter is coming and so

is the **Stanley Park Rink**. Again this year, we are looking for people to help out with rink flooding. Volunteering involves coming out a few nights in January and February to help water the ice. We usually start at 9 pm and finish by 10 pm. If you are interested in becoming a Hoser, please contact me at btorrie@hotmail.com. One benefit of this year's operation is the addition of a new storage shed to hold the snow blower, shovels and other gear. This shed was made possible by a generous donation from the **New Edinburgh Pub** this summer—many thanks to them.

Once again, the Council will be hosting the **Annual Winter Carnival** at the Fieldhouse. This event will take place on January 30 from 3 to 5:30 pm. Come out and enjoy a great family event including skating, wagon rides, games, and hot chocolate. For more information or if you would like to volunteer contact Joesph Cull at jjcull@rogers.com.

The Crichton Community Council wishes everyone a safe and happy holiday season. See you at the rink!



New shed arrives at Stanley Park.

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Governor's Walk Retirement Residence

In recent months, both residents and staff at Governor's Walk have taken full advantage of their prime location on Stanley Avenue, in the heart of New Edinburgh, to engage in the life of our community, both as welcoming hosts and as active participants in a variety of community activities. In addition to its ongoing program of bridge parties and musical events to which residents of the neighbourhood are regularly invited, General

Manager **Linda Meek** reports that in the course of the summer, the residence hosted two extremely successful gatherings, a Strawberry Social in June followed by a Blueberry Tea in August.

More recently, residence staff got into the Roaring Twenties spirit with great enthusiasm, when Linda and Executive Chef **Chris Falardeau** attended the Cocktails For Crichton gala fundraiser on October 24 dressed in full regalia fit for a '20's speakeasy. Prior to their departure for the event, they

held a mini-fashion show for Governor's Walk residents who were suitably appreciative of the flapper gear, and in some cases helpfully knowledgeable about how to keep it all in place!

The day after the shindig at the CCCC, residents of Governor's Walk hosted their annual **Stanley Avenue Halloween Party**, greeting more than 40 little ghosts, goblins and princesses (accompanied by their parents) who had previously gathered at the Fieldhouse for the CCC's yearly Halloween Howl. Linda reports that entertaining members of the community, and in particular the younger set, is a source of great pleasure for Governor's Walk residents, and she is strongly committed to fostering this form of inter-generational community life at 150 Stanley Avenue.

At the time of our interview, the Governor's Walk team was looking forward to two upcoming events in late November, both of which are open to interested members of the community. On **Tuesday, November 24**, the residence will host what promises to be an entertaining performance by the **Panadreau Theatre Marionettes** from Montreal. On the following **Monday, November 30**, community members are invited to join in a lively evening of **Highland Dancing** to celebrate St. Andrew's Day. St. Andrew is the patron saint of Scotland, and as a native of Scotland, Linda looks forward with enthusiasm to taking the lead in the celebration. There will be plenty of fuel to replenish the resources of the dancers, as Chef Andrew (appropriately named!) will provide a generous selection of traditional Scottish desserts.

As the holiday season approaches, Governor's Walk



Photo: Louise Imbeault

France Thibault has opened a new vintage clothing store on Beechwood Ave - MaBelle.

event planner **Taylor Jackson** will have yet more events on the agenda for December and January, so interested readers may wish to contact her at **613-564-9255** or by e-mail at gwactivities@hotmail.com.

In keeping with her spirit of engagement in the community, Linda is always happy to have neighbours drop by for a social visit, or to chat about the services available at Governor's Walk. Their new **Rejuvenate Wellness Program**, for example, offers assistance with respite care, a short-term stay or other supports you might need during a brief period of illness or rehabilitation, as well as in the realm of caregiver relief.

The **Governor's Walk Salon** is also pleased to welcome a new foot care expert to their team. June Brown, R.S.S.W., R.R. Pr (Registered Reflexologist) is a specialist in Advanced Medical Foot Care whose services are now available to GW residents and to the community at large. Just give the residence a call at **613-564-9255** to book your appointment.

MaBelle

We wish a warm welcome to **France Thibault** and her new Burgh business, MaBelle, a vintage clothing shop at **121 Beechwood** which specializes in women's fashions in the styles of the 1960's. While this is France's first foray into the clothing business, she has long

been involved in the world of fashion, and is herself a designer of '60's style creations.

Apart from her own clothing line, which is sold exclusively at the new store on Beechwood, France describes her two other predominant lines as in the mode of the legendary French starlet Brigitte Bardot on the one hand, and of the serenely beautiful Audrey Hepburn on the other—if you're on the wrong side of 40, you get the picture! Much of the clothing is imported from London, England, and features distinctive materials and patterns characteristic of the era.

On Saturday, October 24, MaBelle held an onsite fashion show at 121 Beechwood, much to the delight of passers-by and clients who took in the stylish spectacle in the course of their weekend errands. Coming up in December is a private showing of France's new lines for the Embassy of Austria, an event to which a large contingent from the diplomatic community has also been invited. Also in December, MaBelle will take part in a fashion show at the Gatineau restaurant, *Beaujolais*.

In addition to offering a wide selection of '60's clothing fashions, MaBelle supplies all the accessories—purses, necklaces, jewellery—to complement your new (vintage!) wardrobe, and will also custom make articles of clothing if you have a particular material or pattern in mind, or a special event for which to outfit yourself.

Since her opening on August 1, France reports that business has been rewardingly brisk, and a growing clientele of regulars is now turning up at the store on a weekly basis to check out the new merchandise. She is delighted by the warmth and friendliness of our community. Welcome, France, and best of luck with your new business!



The children's costume parade at Governor's Walk was a chance for old and young alike to enjoy some tasty treats.

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Beauty Mark Esthetics: Happy 10th Anniversary

Coming up this spring is **Lee-Ann Zanelli's** 10th Anniversary as owner/operator of Beauty Mark Esthetics, a well known local salon in the heart of our community at **2 Beechwood Avenue**. While Lee-Ann herself is currently on maternity leave caring for her lively 6 month old son, Enzo, (congratulations Lee-Ann!), her esthetics team of **Jessica Delisle, Lindsay Johnston** and **Tracy Gauthier** is holding the fort, serving the faithful clientele of regulars which has grown up over the past decade.

The Beauty Mark team is particularly enthusiastic about a new line of organic skin care products that has recently been introduced at the salon. The **Eminence** product line, which is manufactured in Hungary, is reportedly rated among the top lines in organic skin care. These products are made from organically produced fruits, vegetable and herbs, and mar-

Happy 10th Anniversary Lee-Ann and company, and our best wishes for an excellent new year with your lip smackin' new product line!

Celadon Spa: Attention Chocolate Lovers!

Many readers are already conversant with the wide range of services offered by Celadon Salon and Spa at **373 St. Laurent Boulevard** in the Rockcliffe Crossing Plaza. Did you know, however, that in addition to the rejuvenating litany of facial and body treatments, soothing massage and heat/hydro therapies, and beautifying hair styling and make up services, Celadon now has a unique product line to appeal to the palate?

Xocai "Healthy Chocolate" is now available at Celadon, and quite apart from its immediate appeal as one of the world's most popular food groups, Xocai is reputed to have impressive credentials as a potent source of anti-oxidants and other healthful properties. The chocolate is

ed with anti-oxidants to ward off the harmful effects of "free radicals", which are unstable molecules that attack healthy cells and can lead to serious illness. The anti-oxidant content of a single Xocai nugget is apparently equivalent to that of a pound of cherries or half a pound of raw spinach.

Health Canada attributes an impressive list of healthful properties to this new product, suggesting that it

- supports cardiovascular health
- promotes healthy response to inflammation
- provides anti-oxidant protection
- helps protect cellular function, and
- can contribute to healthy weight control.

Since the average North American is said to consume about 12 pounds of unhealthy chocolate each year, Celadon has introduced the **Healthy Chocolate Challenge** to encourage its chocolate loving clients to switch to a healthy alternative, initially at least on a two week trial basis. They are currently offering packages of 42 squares of Xocai at \$59.99. If, after a two week period in which you eat three squares of the chocolate each day (about 20 minutes before each meal), you fail to feel the benefits of this potent supplement, you can receive a \$25 Gift Card from Celadon to use on your next visit to the spa.

If you're among the 99% of the population who really love chocolate, give Celadon a call at **613-746-3500** and check out the benefits of this tempting new product. Oh, and it apparently tastes terrific....While I can't wait to give it a try, I'm just wondering about this protocol of stopping after only one square.

Monson Deluxe Cleaners: Going Green in 2010

As the new year approaches, the team at Monson's is looking forward to the implementation of an ambitious plan to "green" its operations in keeping with the commitment of its new co-owners, **Mark**



Photo: Louise Imbeault

Monson's Hashm Nasser and Mark Kaluski are introducing biodegradable wet cleaning to the dry cleaning business.

Kaluski and Hashm Nasser, to reducing the environmental impact of their business.

A key element of the plan involves the introduction of a new **wet cleaning technology** imported from Germany and now widely used throughout Europe. The new method involves the use of computer controlled washing machines, biodegradable soaps and conditioners, and various kinds of

pressing equipment tailored to different fabric and fibre types. By eliminating the need for the powerful solvents used in the traditional dry cleaning process, wet cleaning dramatically reduces the production of highly toxic residues, as well as the potential for soil and water contamination. As such, it has obvious health benefits for both clients and workers alike,

Continued on page 16



Photo: Louise Imbeault

The Beauty Mark team: (l to r) Jessica Delisle, Lindsay Johnston, Enzo and Lee Ann Zanelli, and Tracy Gauthier.

keted in packages and casings made from recyclable materials. They contain no parabens (cosmetic preservatives), perfumes or artificial colours, and are apparently so pure they are actually edible (though this isn't recommended at Beauty Mark!!)

Beauty Mark's tempting menu of organic facials now offers a selection worthy of a gourmet restaurant, including such options as blueberry soy mask, apricot whip moisturizer, wild plum eye cream, 7-herb treatment, yam and pumpkin enzyme peel (a Hallowe'en special?), carrot vitamin mask, pear and poppy seed microderm polisher, paprika exfoliant and mango night cream. Who could resist?! If you are in the market for some healthful rejuvenation, drop in at Beauty Mark and take your pick from this colourful array of organic options.

made from top quality pressed Belgian cocoa powder in combination with two types of berries, the Acai berry grown in the Amazon rain forest, and the familiar blueberry. It is manufactured using a special cold-pressing technique to preserve nutritional value.

Xocai contains no caffeine, preservatives, fillers, waxes, processed sugars or trans fats, and is reportedly diabetic-friendly, high in fibre and load-

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Continued from page 15

and reportedly also involves significant energy savings.

We'll have more news from Monson's as wet cleaning is phased in over the coming months, but according to longtime Monson's employee **J.P. Bleau**, the new technology already has a proven track record. It has been in use without glitches in a comparable Toronto dry cleaning establishment for the past two years.

Among the other "green-ovations" planned at Monson's are the introduction of biodegradable plastic bags and reusable cloth bags, as well as the increasing use of energy from renewable sources. Our congratulations to the Monson's crew on their serious efforts to address the environmental impact of their business, and we wish them success in rising to the challenge of mastering a new cleaning technology in the coming year.

Congratulations are due on another score too: in October, co-owner **Mark Kaluski** and his wife **Margaret Brown** welcomed their first child, **Oscar**, a healthy baby boy with a whopping birth weight of 10 pounds 2 ounces! (Perhaps we do need to bring football back to Ottawa after all....!)



Photo: Louise Imbeault
David Rostenne and W. Thomas Leroux offer computer consulting and classes with professionalism and good humour.

Mark has also recently joined the **Board of Directors of the Quartier Vanier BIA** where he will be working with BMO Bank of Montreal Beechwood Manager **Adam Kane** on business development issues in the community.

Introducing Tom and Dave, Computer Consultants:

In the course of the past year, local computer specialists and fellow Mac enthusiasts (co-founders of the now popular **Bytown Mac User Group**), **Thomas Leroux** and **David Rostenne**, have been offering a series of evening computer classes on topics ranging from *An Introduction to Macs* to a *Social Media Crash Course*

(covering the gamut from Facebook, Myspace, Twitter, podcasts, blogs, instant messaging and sundry other elements of our hyper-connected cyber world) to *An Introduction to Video Editing* and *Using iPhoto*. The courses have been offered at the **Routhier Centre at 172 Guigues Street** in Lowertown, and in general have run for two evening sessions of three hours each. (The exception is the Mac course which is a three-evening package).

Tom and Dave's primary purpose in offering these classes has been to get people sufficiently comfortable to work confidently and independent-

ly with their computers, and to familiarize users with the extraordinary capabilities of these powerful tools, capabilities which most of us don't even know exist, less still know how to use. While the Mac is their personal pick from the current computer crop, non-Mac users need have no fear, as their instruction embraces all types of computers.

Tom's imagination was captured by the online world when he acquired his first clunky modem in the mid-1980s. In addition to the classes he operates with Dave Rostenne, he is now Associate Editor of *M2*, a computer technology magazine, and runs **Darner Media**, a home-based small business offering such services as web design and database development, training and consulting, and video production. (Check out his website at www.darnermedia.ca—it has a terrific glossary of Internet computer language for cyber-neophytes like me!)

Dave Rostenne is undoubtedly familiar to many readers as a regular staffer at **Books on Beechwood** where he oversees all of the computer-related aspects of the business. Both he and Tom also offer private, one-on-one computer consulting, and remain active members of the Bytown Mac User

Group which attracts up to 50 people to its regular meetings.

If you feel the need to brush up on your computer skills to start the New Year (or perhaps you found a new Mac under the Christmas tree?), Tom and Dave will be launching a **new series of classes beginning on January 12, 2010**. There will be special rates offered for multi-class packages, and **anyone registering who has learned about the classes from the NEN will receive \$25 off the going rate**. So if you fall into that category, speak up and save! As we went to press, the exact time and location of the classes were yet to be determined, but interested readers can email classes@darnermedia.ca and ask to be added to the email distribution list for upcoming course schedules.

Nest: A Few of My Favourite Things

When **Lisa di Lorenzo** was in Germany, working studiously away at her graduate studies in Renewable Energy Engineering several years ago, it seems unlikely that the idea of operating a charming little toy, clothing and gift shop in Ottawa's Byward Market even figured on her list of future possibilities. In hindsight, however, there may have been tell-tale hints in this direction,



Photo: Louise Imbeault

Burgh resident Lisa di Lorenzo has opened a charming new shop on Rideau with her husband John Paul Gouett (inset).




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as in the course of her year abroad she developed a passion for German toy shops filled with beautifully made, painted wooden toys—a passion which she ultimately parlayed into a small business following her return to Ottawa.

When Lisa first returned to Ottawa following her graduation in 2007, she began work with a Wind Energy Consultancy business where, not surprisingly, she spent much of her time in front of a computer. After developing a painful and intractable repetitive strain injury from her days and hours on the keyboard, she arrived at the sensible decision that office work was not for her, and set out to launch a small business centred around a diverse collection of “her favourite things” from her life in Europe—wooden toys at the top of the list!

Lisa's new store **Nest**, located at the **corner of Dalhousie and St. Andrew Streets** at the north end of the Byward Market, opened without fanfare in mid-August and was in full swing by September. The store contains an eclectic collection of merchandise ranging from her beloved handmade wooden toys from Germany, Switzerland and Austria to cosy wool and silk blend long underwear from Finland, wooden Shaker boxes from New Brunswick, lambs' wool-filled throw pillows with whimsical designs from the Eastern Townships, and—one of her special favourites—cherry-stone warmers with organic cotton covers.

If by chance you (like me)

have not yet encountered a cherry-stone warmer in your travels, it is a warming pillow quite literally filled with cherry pits which, when heated on a low heat in the oven or in the microwave, smells quite like cherry pie and provides comforting relief for your aches or pains. (It can also double as a cold compress if you stick it in the freezer).

In keeping with her academic background in renewable energy, Lisa has made a conscious effort to build her Nest on a thoroughly ‘green’ foundation. All of her imported wooden toys are made of wood from sustainably managed forests; the toys are coloured with water-based pigment; most of the textiles in the store are ecologically produced cotton, or organic wool and silk, free from chemical processing. Nest is participating in a carbon-off-setting scheme to reduce the environmental impact of shipping imported merchandise.

Lisa's husband **John Paul Gouett** is now a full participant in the operation, helping in particular to take over during Lisa's periodic absences at Teacher's College, where she is currently working on yet another project, aiming to qualify as a high school math and physics teacher. (We'll see how that goes during the Christmas rush!!) The couple are residents of Mackay Street here in the Burgh, and according to Lisa, have been greatly enjoying the convenience of being within walking distance of the store.

If you haven't already done so, be sure to drop in at Nest



Photo: Peter Glsow
Locals may have noticed that Thyme & Times Past has moved around the corner onto Mackay Street.

at **204 Dalhousie Street** and stock up for the Christmas season. Best of luck Lisa and John Paul, and thank you for introducing us all to your favourite things!

Thyme and Times Past: On the Move—But Not Far
Passers-by on Beechwood cannot fail to have noticed that in early October, the expansive, sunny windows of our local antique and gift emporium Thyme and Times Past were suddenly empty after seven years filled with an eye-catching assortment of articles ranging from china to colourful fabrics, teapots, toys and plants. Happily, however, it was not long before this familiar collection resurfaced around the corner at **417 Mackay Street**, the former home of Keith Malcolm-Lawrence's **Better Frame of Mind** which closed

its doors last summer.

Thyme and Times Past owner **Linda Brown** made the move with extraordinary speed and efficiency, and is now comfortably ensconced in her new quarters next to **Epicuria**. Contrary to appearances, the space in the new location is only about 20% smaller than the store's previous corner spot, and the combination of higher ceilings and walls (which were sorely lacking in the original space) at 417 Mackay has resulted in a surprisingly ample display area for Linda's merchandise. She notes too that the problem of placement of the articles to avoid the direct sun which poured in the window on Beechwood is no longer a concern. In short, so far so good from Linda's perspective, and apparently that of the vast

majority of her clients who are enthusiastic about the new arrangement.

On the whole, Linda's merchandise remains unchanged, although she now has fewer consignment suppliers. Her signature Wall of Tea has resurfaced in the new location, along with the best assortment of vintage teapots in the Ottawa area, with high quality samples from the 20s, 30s, 40s, 50s and 60s. Her collection of Bridgewater pottery is another major draw for regular clients, as are her Irish linen tablecloths, French linens, UK paper products and legendary Christmas ornaments.

Since launching her business seven years ago, Linda has observed major changes in the

Continued on page 18



Dr. Deschênes, Dr. Gauthier, Dr. Buettner and Dr. Mainville.

THE GIFT OF SIGHT FOR THE NEW YEAR

A recent survey revealed that 76% of Canadians rated their ability to see as more important than their ability to walk (6%); talk (6%) or hear (3%). Yet, only 35% say they have their eyes checked once a year. Sadly, more of us have our vehicles and furnaces serviced annually than have yearly eye check-ups.

Why are we apathetic when it comes to our eyes? “People don't do anything unless there is a problem,” says Dr. Buettner, who is passionate about making the point that there can be a problem without a person realizing it. “Just recently, a malignant tumor was detected in a young man's eye with 20/20 vision and no symptoms. A 16-year-old boy found out he had a retinal detachment ... timely surgery saved his sight.”

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SIGNATURE DISHES

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




Continued from page 17

giftware industry, with many of the small family businesses who have been her suppliers swallowed up by larger corporate enterprises, and much of the production of even flagship businesses moved offshore to Asia. Even Royal Doulton china, for example, is now made in China and Malaysia, and in Linda's view, the quality has visibly altered. This is equally true of traditional European Christmas ornaments which are now largely Asian made.

As a result of these developments, Linda has focused her attention on vintage items, including ornaments from the 40s and 50s made in Germany, Poland, the Czech Republic and Russia. She is also actively in search of small cottage producers of European ornaments, as well as new suppliers of traditional handmade articles from Ecuador, Peru and Guatemala.

When you are next on your shopping rounds at Beechwood, be sure to drop in and see Thyme and Times Past in its new location, and in all its traditional Christmas glory. If you can come away without a new Bridgewater pottery item under your arm, you're made of stronger stuff than I am!

Shunnya Centre

When the Shunnya Yoga



Shunnya Centre: (l to r) Christine Garand (Kulmeet Kaur), Emile Cormier, Pia Kauri (Harsevak Kaur), Sally Miller (Tekbir Kaur), Sajjanbir Kaur, Janice Soderholm (Varuna). Missing: Elise Greenspoon, Chelsea Passmore.

Centre opened its doors at 63 Beechwood last September, it began as a modest operation with only four teachers and five classes. In the brief period since then, it has blossomed into a flourishing enterprise with eight teachers (all of them certified by the Yoga Alliance International), 20 classes in yoga, meditation and overall well being, and a busy calendar of workshops and events.

Owner/Director **Christine Garand** has attempted to create at the Centre an oasis of tranquility, relaxation and release from the stresses of a fast-paced hectic world. As a first step towards this objective, the Centre is refreshingly "unplugged" from our hyper-

connected environment: there is no phone, no computer and not even a desk to disrupt the quiet simplicity of the surroundings. You can leave your credit card at home, as payment is on the old fashioned model of cash or cheque, and if by chance, you can't pay this week, the Shunnya honour system (like the old fashioned general stores of ages past) allows you to pay the next time.

In keeping with its name which denotes a state of deep contemplation and stillness, Shunnya Centre classes are designed to include extended periods of meditation and relaxation, with tea and cookies served at the end of each class to ensure that tranquil participants "come down to earth" before sallying forth to tackle their daily routines. The classes include:

- **Kundalini**, or "the mother yoga", which works on the whole nervous and glandular system to relieve stress in all its manifestations from headaches to lower back pain, anxiety and depression;

- **Hatha Yoga**, which helps to build strength and flexibility, using postures and breathing techniques to prepare for meditation, and fostering improved concentration, relaxation and more regular sleep patterns;

- **The Art of Healthy Living with Ayurveda**, and ancient healing system with its origins in India;

- **Gong Meditation**, with a light yoga session followed by

45 minutes of meditation and relaxation to the sound of a live gong; and

- **Early morning Sadhana** from 5 - 7 am on Wednesday, Thursday and Friday mornings. This remarkable class is completely **free of charge** (though donations to the Food Bank are accepted), and is very much a communal as opposed to instructional session, beginning with a yoga set followed by 60 minutes of meditation and relaxation to a musical accompaniment.

For a complete review of the Centre's class schedules and other events, check out their website at www.shunnya.ca. Christine reports that she and her teachers are constantly considering yet more options for new classes, possibly to include some around the lunch hour. At the time of our interview in early November, she was also on the point of launching a **Community Yoga class on Sunday evenings from 6 - 7 pm**. The new class is completely free of charge, and is intended to provide an opportunity for those who would not normally be in a position to participate in yoga to give it a try. The Centre's teachers will donate their time as a community service, and will lead the class on a rotating basis.

Christine suggests that readers who are interested in checking out the Centre should drop by half an hour before a scheduled class or immediately afterwards to speak with an instructor and acquaint themselves with the cosy studio. (Class schedules are on their website.) And while there is no phone on the premises, you can reach her by telephone at the Centre's listed number **613-656-5644** which rings into her home.

Burgh Business Bits

Restaurants of Distinction:

Many of our local eateries fared impressively well in this year's restaurant rankings by *Ottawa Magazine* and *Capital Style*.

Both **Farb's Kitchen and Wine Bar** and **Fraser Café** were listed among the "Ones to

Watch" in *Ottawa Magazine*. While the magazine's criteria for making the Top Ten List include somewhat greater longevity in the business than Farb's and Fraser are yet able to claim, the "Ones to Watch" are described in glowing terms: "They definitely rock, and you should consider spending your hard-earned dining-out dollars to taste what they've got going on." Bravo fellas!

Capital Style's Annual Readers' Restaurant Choice Awards also paid tribute to a number of our locals, including **Clocktower Brew Pub**, a winner in the Best Pub Food category; **Le Saint O Restaurant**, a winner in the Best French Restaurant category with Honourable Mention in the Best Romantic category; **El Meson**, winner in the Best Spanish category; **Host India**, Honourable Mention in the Best Indian Cuisine category; **The Works**, No Surprise winner in the Best Burger category; **Culinary Conspiracy**, Honourable Mention in the Best Caterer category; and **Bridgehead**, a multiple winner in the Best Coffee House, Best Espresso and Best Café au Lait categories. Congratulations to all!



Photo: Peter Glasgow
The Scone Witch has reopened on Beechwood.

The Scone Witch Has Landed on Beechwood

Heather Matthew's shiny new Beechwood Scone Witch opened its doors in the first week of November, and will be operating in full swing by the time this issue hits the streets. Be sure to drop in to see Heather's bright and spacious new premises, and of course, to



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Manor Park Grocery, 179 St. Laurent Blvd. 746-1023
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Village Drug Mart, 425 St. Laurent Blvd. 746-4659
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Photo: Louise Imbeault

savour a freshly baked scone or two. If the crowd I encountered in her first week being served Sunday Brunch is any guide, the long-awaited Beechwood Scone Witch promises to be a popular spot. Word has it that Heather's immediate neighbours at **Books on Beechwood** are thrilled by her arrival, and looking forward to the perfect synergy of a warm scone and a good book.

BMO Bank of Montreal (Beechwood): Fundraiser for the Montfort

Manager **Adam Kane** (now widely known as the shady bouncer at the Cocktails For Crichton "speakeasy" in October!) reports that the Beechwood branch of BMO Bank of Montreal is currently one of the seven locations participating in a fundraiser for the Montfort Hospital Foundation. From the end of October through to the end of February 2010, each time a client applies and is approved for a BMO Mastercard, the bank will donate \$100 to the Foundation. The branch is aiming for an ambitious target of \$100,000 in the New Year and we wish them luck in their campaign.

Da Bombe Desserts: The Search is on for a New Location

Da Bombe's owner **Bill Ross** has been advised that his lease will not be renewed, and he

is obliged to move his operations out of his current quarters at 176 Beechwood by early December. At the time we went to press, Bill was in the process of securing a new location for the store and is hoping to remain in the area to continue serving his faithful regular ("addicted" might be a better word!) clientele. We wish him the best of luck in finding a new location close by, and look forward to reporting on a successful move in our next issue.



Photo: Peter Glasgow

Kimberley Wilson Bridal and Fashion Outlet:

A recent arrival at 77 Beechwood (former home of the Europa Food Centre) is the **Kimberley Wilson Bridal and Fashion Outlet**, a brand new business owned and operated by Kimberley herself, and inspired by her own experience searching for an affordable wedding gown (an oxy-

moron if there ever was one!). In addition to its signature wedding attire, the store offers evening wear and fashions for all special occasions, as well as shoes, purses and jewelry to complete the ensemble. We look forward to providing a full report on Kimberley's new business in our next issue, but in the meantime, interested readers should drop in at the spiffy new store (whose renovation, we gather, was very much a family affair!) or check out her website at kimberley-wilsonbridal.com.

Arturo's: At Last a Glass of Wine with Your Fresh Pasta!

By the time this paper is in circulation, if all goes as planned Arturo's will be licensed to serve alcohol on the premises at 49 Beechwood. Owner **André Cloutier** has devised a whole new menu suitable for a quiet sit-down meal in the restaurant, so be sure to drop in and enjoy a glass of wine with your tasty home-made Italian dish.

Beechwood Oasis Nails and Spa

A new esthetics haven, has just opened up on Beechwood in the 7-Eleven Mall between **Nature's Care Health Products** and the 7-Eleven Store. We hope to have more on this newcomer in our next edition. As its name implies, the spa specializes in Nail-related beautification of all descriptions, including manicure, Spa pedicure, artificial nails and nail arts, but also offers a range of other esthetics services.



Photo: Louise Imbeault

Toronto artists **Patrick Thompson** (right) and **Steven Henderson** (left) are revamping the old Fraser Café building with new colour and style for the incoming **ZaZaZa Gourmet Pizza** restaurant.

Coming Soon: ZaZaZa Gourmet Pizza!

Passers-by will have noticed that the original Works restaurant at Beechwood and Putman is undergoing a facelift in preparation for the grand opening

of **ZaZaZa Gourmet Pizza**, a brand new eatery brought to you by Works creator/owner **Ion Aimers** in partnership with the **Fraser brothers** of Fraser Café fame. Watch for a full writeup in February.

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Cocktails....

Continued from page 1

A Fords, chauffeur driven by members of **Canada's Capital A's**, a group of proud Model A Ford owners dedicated to keeping these venerable vehicles in top shape and on the road into the 21st century. In case you missed the spectacle of their arrival on Avon Lane, they were greeted by a battery of fedora-topped "reporters" of the era with notebooks at the ready and flash bulbs popping wildly.

Special thanks to the members of Canada's Capital A's who made this grand entrance possible and added enormously to the 1920's aura of the evening. **Réal Proulx** drove in from North Gower with his lovely wife **Simone** in a splendid 1930 Model A Ford Roadster, complete with rumble seat for his passengers Alan and Jill. In addition to this gleaming beauty, Réal keeps two other antique cars in his garage, and at 90 years old, is still an

enthusiastic participant in the weekend activities of Canada's Capital A's who maintain a busy schedule of travel (at 40 mph!) to such destinations as Vermont, New Hampshire, and closer to home, Perth, Vankleek Hill and Carp.

Réal's fellow club members were **Mark Lachappelle**, chauffeuring his 1931 Ford Model A 4-door sedan along with his wife **Helen**, and **Arnie Saunders** with his wife **Winnie**. Arnie is an enthusiastic new member of the Capital A's who has logged close to 5000 miles in his Model A in the course of his first year with the Club, and looks forward to many new adventures next spring. All three couples participated with enthusiasm in the celebrations, and were hosted for the evening by **Noreen** and **Ken Watson** at their recently launched New Edinburgh Bed and Breakfast on Union Street.

Many, in fact most, of the revelers came in costume, cre-

ating a sea of flapper gear, head bands, feather boas, spangles, fedoras, pin striped suits and flashy ties which added greatly to the Roaring Twenties atmosphere. As to be expected in any '20's speakeasy worth the price of admission, the cocktails flowed freely as participants circulated around the splendidly arrayed Silent Auction tables (*thank you Hilary Armstrong!!*). Sincere thanks to our many generous donors, too numerous to list within the confines of this column, but proudly featured in our Auction catalogue and posted on the CCCC website at www.crichtonccc.ca. Mitigating the effects of the cocktails and sustaining the hungry partygoers, **Sheila Whyte's Thyme and Again Catering** outdid themselves with an offering of marvelous hors d'oeuvres—not least oysters Rockefeller, bacon wrapped figs, Chicago macaroons and bourbon pecan tartlettes—graciously served by their cheerful crew.

Emcee **Alan Neal**, well known CBC Radio personality and currently Guest Host of *All In A Day*, did a superb job of handling the Auction "business" of the evening, manning the microphone with his accustomed flair and wit, and ensuring that the flappers and dudes stayed on task at the Auction tables despite the distractions of conviviality, tasty morsels and fortifying gin fizzes. Thank you Alan! Your lively presence and professionalism



Photo: Garth Gullekson
Masters of Ceremonies Alan Neal (CBC Radio) and his partner Jill Zmud enjoy a cocktail at the "Cocktails for Crichton" fundraising event.

were much appreciated by us all (and by the way, you look amazing in a fedora...)

And now to the Show Stealer.... Few would dispute that the grand entrance of our Auctioneer, **Joseph Cull**, alluringly attired as the character *Mama Morton* from the memorable stage musical/film *Chicago*, was a highlight of the evening. Clad in slinky (sort of!) flapper gear with a screaming pink feather boa and a Catherine Zeta-Jones black wig, Joseph/Mama adroitly lip-synched his way through the sultry strains of *When You're Good To Mama*, delighting the crowd and setting the stage for some lively bidding at the Live Auction (talk about live!)

As only Joseph can, he pro-

ceeded to coax, cajole and when necessary, commandeer participants to up their bids on the items for Auction, assisted by emcee Alan Neal as an equally witty and persuasive counterpoint at the microphone. What a show! Joseph, we cannot begin to thank you for taking on your starring role with such flair, but it must also be acknowledged that you were a tireless worker at all manner of less glamorous pre-Auction tasks from soliciting items for Auction to ticket sales; moral support; catalogue preparation; set up; moral support; and even delivering the coat racks—and did I say moral support? Without Joseph's imperturbable (and often scandalous!) wit and good humour, I suspect there are times when the well-oiled Auction machinery might have ground to a halt.

As rumoured before the event, the cops did indeed show up to raid the boozy Crichton Speakeasy, furiously blowing their whistles, waving their truncheons and hanging on to their toppling hats. **Company of Fools'** actors **Scott Florence**, **Al Connors** and **Brad McNeil** staged a lively chase through the crowd, though it must be said that few, if any, of the revelers did much to disguise their illicit cocktails. The cops were no match for Mama Morton, however, who swiftly brought them under her spell with her rendition of *When You're Good to Mama*, combined with her adroit use the hot pink boa as a feathery choke hold.

To the delight of the assembled company, **Councillor Jacques Legendre** made a brief statement prior to the Live Auction firmly declaring that he felt the time had come for the City to break the legal logjam threatening the future of Crichton, and calling on the community to contact the Mayor and members of Council to urge that steps be



Photo: Garth Gullekson
Auctioneer Joseph Cull (middle), dressed up as the character Matron Mama Morton from the musical Chicago and mesmerized Keystone Cops Scott Florence (l) and Brad MacNeil (r), actors from "A Company of Fools".

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taken to secure the future of the building as a venue for community activities, including the provision of ongoing programming support as is currently available to other comparable community centres.

It goes without saying that an event which unfolds with such polish, precision and panache requires a masterful organizer at the helm. Our estimable Gala Committee Chair **Alex MacDonald** more than fills this bill, and without her imagination, artful direction, mastery of detail, leadership and enviable flair, this superb community event would not, as they say at the Academy Awards, have been possible. Quite apart from her legendary prowess in the planning and co-ordination of special events, Alex's background in theatrical direction and acting shone through in this year's Cocktails For Crichton, where participants were quite literally transported back to the Jazz Age in all its glittering glory.

It is simply not possible to readily convey the amount of painstaking work required to put an event of this kind together, less still to make it sing as Alex so clearly did. Suffice it to say that all of us at the CCCC are in awe of her formidable talents, and immensely grateful for the time, energy and ingenuity she invested in creating so successful an event for the benefit of the Centre and its growing community of supporters. Thank you Alex for a job superbly done, and our best wishes for a speedy recovery...just kidding, but you do deserve a monumentally long rest!

Our tireless and capable Technical Director **Martin Clary** falls equally squarely into the "without which not" category of our Auction volun-

teers. Not only did Martin take the lead in handling all of the physical arrangements for the event itself, including lighting, stage, music, lay out and countless other chores, prior to the Auction, he recruited and led a group of volunteers to touch up the paint job in the hall and the Dufferin Room using the fresh paint so generously donated to the Centre by **Randalls' Paints**. Not to be forgotten too is his leading role in the job most of us avoid like the plague: post-Auction clean up after the revelers have tottered off with their Auction booty. Many thanks Martin for all of the million contributions you made to this splendid evening!

Naturally enough, however brilliant the commander, she needs an army of foot soldiers to put her plans into action. Alex's Gala Committee toiled for many long days and weeks to attend to all of the arrangements, keeping track of all the minutiae related to Auction donations, décor, ticket sales, publicity, invitations, VIPs, catalogues, costumes, set up.... and on it goes. We are extremely grateful to the Committee for all of their efforts and for their generous contributions of time, energy and skill which helped to make this such a successful event. Hearty thanks go to Committee members **Hilary Armstrong, Carol Burchill, Martin Clary, Joseph Cull, Vicki Metcalfe, Jackie Snyder and Terttu Virri**. You are all stars in the CCCC firmament!

Supporting Alex and her core group on the Gala Committee was a much larger contingent of Volunteers, all of whom played an important role at the event itself and/or in the preparatory work leading up to it. Special thanks to **Sylvain Abran, Doug Anderson, Mandy Bailey,**

Hedda Blom, Fawzia and Mohamed Docrat, Yannis Fainecos, Sandra Ferguson, Kathy Godding, Rebecca Gwynn, Jill Hardy, Michelle Hayman, Mike Heffernan, Jeff Hill, Peter Honeywell, Judy Hunter, Mark Jaru, Susan Jessup, Peter Juranka, Moneca Kaiser, Adam Kane, Fiona MacEachern, Caroline Matt, Linda McDonald, Martha McDougall, John Oakes, Bethann Robin, Roz

Ross, Melodie Salter and Lorna Walli.

While the final tally was not yet available when we went to press, all the signs so far suggest that the CCCC did respectably well from a fundraising perspective (in the order of \$15,000 net), and we are most grateful to all of the generous donors, sponsors and participants who contributed to the event. Most important of all, however, was the extraor-

dinary community-wide participation and camaraderie which were evident to all who attended this year's Cocktails For Crichton. Once again, the former Crichton School shone in its historic role as the hearth and hub of our community, where people of all ages and interests came together to share in an evening of entertainment and companionship in support of a vital public purpose.

Joanne Hughes: Lumière Festival Creator and Mainstay of CCCC Moves on to a New Challenge

By Jane Heintzman

After seven years as the indispensable Community Facilitator at the CCCC, **Joanne Hughes** will leave the Centre at the end of December to pursue new, though not entirely unrelated, challenges on the job front. She leaves with an impressive record of achievement, including her pivotal role in building up CCCC programming to its current levels; facilitating the rental of CCCC rooms and facilities to organizations, groups and individuals throughout the city; keeping the ship on an even keel through many turbulent days of strained relations with The School of Dance (TSOD); managing innumerable daily crises with patience, competence and aplomb; and last but not least, serving as the moving spirit behind the enormously popular Ottawa Lumière Festival.

Joanne's introduction to the then-fledgling CCCC began in 2002 when she worked out of her home on a one-year contract with the City of Ottawa, initially to conduct a survey of

recreational needs in the community. That contract was eventually renewed for another year until 2004, when the CCCC was awarded a grant by the Ontario Trillium Foundation which led to her employment as our Community Facilitator for a further two year period. Thereafter, she has remained with the Centre as the CCCC's sole full time employee, and the mainstay of its daily operations on virtually all fronts.

In her early days on the second floor of 200 Crichton, when the CCCC was still a modest one-room operation, Joanne's efforts were focused on engaging the community in activities at the newly created Centre. Many readers may remember a number of the initiatives she helped to launch during this period, notably a speakers' series; a film series and some memorable sushi-making courses which attracted numerous aspiring chefs from the neighbourhood. From these humble beginnings, Joanne has continued to build CCCC programming to its current, much

more ambitious scale, with a broad and diverse range of activities now attracting participants from across the city, and from all age groups and walks of life.

One of Joanne's greatest sources of satisfaction in her years with the CCCC has been the cultivation of the lively and eclectic mix of people and activities which now animate the second floor, with artists, dancers, dogs, babies, musicians and fitness buffs all blending in what she happily describes as a vibrant and exuberant brew, the hallmark of a thriving community centre. She has close and congenial relations with the CCCC's community of regular instructors and room users, as well as with our resident MainWorks artists. Over the years she has greatly appreciated the kindness and practical assistance of such MainWorks regulars as **Karen Bailey** and **John Jarrett** who have done much to enhance Joanne's working life, and to

Continued on page 23

Thanks!

Thank you to all my friends and clients who contributed to making 2009 a record breaking year. Your business and referrals are always appreciated. I am privileged to work in and be part of such a wonderful community! My website is full of great information and news. I encourage you to visit it regularly.

Merci à tous mes amis et clients d'avoir contribué à faire de l'année 2009 une année record. Je vous suis reconnaissante de faire affaire avec moi et de me recommander à vos proches. Je me sens privilégiée de travailler et de faire partie d'une communauté aussi formidable!

Mon site Web est rempli de renseignements et de nouvelles. Je vous encourage à le visiter régulièrement.



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Best wishes for a healthy and wonderful 2010! • Meilleurs vœux pour une année 2010 tout en santé!

Health & Wellness

DANCEFIT

Alex MacDonald
(613) 748-0870
Monday & Friday
10 - 11 am
Monday, Wednesday 7 - 8 pm
1 class/week \$12/class,
2 classes/week \$10/class
Late registration available.

A fun way to dance yourself into shape! The class will begin with an extensive warm-up to get the body moving, corner to corner combinations to build stamina, muscle and balance and a dance number to ensure a good cardio workout and some fun. The class finishes with a 15-minute stretch and relaxation period leaving you feeling calm, centered and rejuvenated.

No dance ability required just a love of dancing!

FITMOM POSTNATAL FITNESS

Cassandra Mactavish
(613) 884-7800
www.fitmomcanada.com
Thursday, 11:15 am - 12:15 pm
\$180+GST for one class per week, \$280+gst for 2 classes a week

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

FITNESS SERIES

Louise Hannant
(613) 747-1514
golouise@rogers.com
Sharon Collins (613) 816-4307
info@sharonhealthpromotion.com

Winter term: Jan 4 – April 1: 12 weeks no classes March break (March 15- 19). Register before or after class. We require a minimum of ten participants to run each class.

1 class/week \$125
2 classes/week \$240
3 classes/week \$300
Unlimited classes over the 14 weeks \$400.00. Drop in \$10.

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

A dynamic warm up followed by 20 minutes of cardiovascular work, 20 min of strength exercises using balls, weights and toning bands to build muscular and core strength as well as improving balance and posture. Finish with a stretch and cool down to leave you fit and focused to face the day

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!

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Cassandra Mactavish
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www.fitmomcanada.com
Mondays, 8 - 9 pm
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NEW EDINBURGH NEWS

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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
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. Once you taste the Socaramba experience you will never want to stop!!!

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

STOTT PILATES

Stuart Maskell
(613) 796-3476
Stuart@Firmfit.ca
Tuesday, Friday 9 - 10 am
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.

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This unique class combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination. Suitable for a wide range of

Crichton Cultural Weekly Programs

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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
Wednesday, 7:00 - 8:30 pm

Saturday
SOULRYTHMS: Adult dance
10:00 - 11:00 am

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

Mouvement Kwèyol
12:00 - 1:00 pm
Children ages 7-12

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

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

IRISH DANCE LESSONS with the Taylor School of Irish Dance
Suzanne Taylor T.C.R.G.
(613) 231-1215
suzanne@tayloririshdance.com
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

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
Monday, 9:00-10:30 am, *Level II*
Karin Holtkamp
(613) 422-8384
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
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
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- 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!

SAHAJ MARG - HEART CENTRE MEDITATION **NEW

Janet, (613) 261-2261
www.sahajmarg.org
Sunday 7:00-8:30 am

Community Centre Winter 2009/2010

For more information or to get course details
For all courses, registration is on-going.

dination and to learn about the Irish culture through its tradition of dance.

Infants & Children

BABY SENSORY

Clarissa Mason (613) 424-4710
ottawa@babysensory.ca
Tuesday, 1-2 pm
\$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.

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
Wednesday, 4-5 pm
Friday, 10:00-10:45, 10:45-11:30,
11:30-12:12

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
jwjarrett@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 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
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.

SPANISH - BEGINNER **NEW

(January 6 - March 24, 2010)
Wednesday, 7 - 9 p.m.
Vida Cuadra, (613) 738-1956 or
(613) 266-5655
vcuadra@magma.ca
\$215.00 (12 classes)
Cancellations - The Spanish course may be cancelled due to insufficient registration. To avoid disappointment, register early!
Learn the basic skills of speaking Spanish in a very friendly atmosphere. Introduction to Spanish 1. Basic studies, varied practical exercises with emphasis on vocabulary and grammar (theory and practice). No prerequisites.

Joanne...

Continued from page 22

create a family atmosphere on the second floor.

It goes without saying that in her early CCCC days in particular, Joanne faced formidable challenges in managing this often exuberant community in an atmosphere of tense and chilly relations with the occupants of the first floor. Apart from having to serve as an on-call doorman in the days before CCCC room users were permitted to have security codes, Joanne recalls her perpetual concern about false alarms, classroom noise and other potential irritants to the downstairs neighbours. Perhaps her greatest disappointments in this period were the opportunities lost at the Centre due to the complete lack of communication from TSOD on scheduling matters, a problem that repeatedly resulted in noise-related conflicts which in turn led to the cancellation of many promising CCCC programs which proved incompatible with the reverberations from the dance studios below.

As most readers are well aware, Joanne's signature role in her years with the CCCC has been as creator, producer and coordinator of the now legendary Ottawa Lumière Festival. The seed from which the festival grew was planted some years ago when Joanne and her family were living in British Columbia, where she and her husband Dan happened upon the Vancouver Lantern Festival. Joanne was immediately captivated by the beauty and enchantment of the spectacle. In 2003, when the CCCC was still a one-room operation with no summer programming, Joanne drew upon the inspiration of the Vancouver Festival to begin planning a comparable outdoor event in Stanley Park which would serve the dual purpose of engaging local arts and cultural groups, and fostering widespread community participation in a CCCC-based activity.

With the aid of a grant from the Ontario Trillium Foundation, the CCCC collaborated with a 2-person enterprise, Wild Infinity Training Limited, (organizers of a Lantern Festival in Strathcona

Park in 2003), to launch the first Ottawa Lumière Festival on August 28, 2004. Joanne freely admits that the first year was very much a seat-of-the-pants operation, but the result was an instant success, attracting an enthusiastic crowd of well over 2000 to Stanley Park. Since then the Festival has become a highlight on the Ottawa summer festival scene, and has grown astronomically not only in terms of participation (with



Joanne Hughes with daughter Enid at Lumière.

numbers topping 10,000) but also in the elegance and complexity of its myriad artistic components, and in its geographic and cultural outreach to other communities.

What began as Joanne's pet project became very much a Hughes family enterprise. In the early years, her husband Dan organized his summer holidays around the festival to take over household and parenting duties while Joanne was fully absorbed in preparations for the event. More recent-

ly, Dan has been an active Lumière participant taking on a wide range of duties, as have their two daughters Tegwyn, who was on full time duty at the Transformation Tent this year, and Enid, the one-time Lumière poster girl, who tried her hand at selling glow sticks last August. And for the first time this year, Joanne's parents turned up from Calgary for the event. Not only did her sainted mother pitch in with gusto, she rolled up her sleeves to help with the cleaning of toilets in the Fieldhouse on the following day. Now that's motherly devotion!

It will come as no surprise that Joanne's future plans following her departure from the CCCC do, in fact, include a festival. In recognition of her professional commitment to the concept of a large-scale summer festival, combined with the contacts, background and expertise she has acquired in her six years as Lumière Festival organizer, the CCCC has given its blessing and best wishes to Joanne's plans to launch a new festival in the summer of 2011, in partnership with former Lumière Artistic Director, **Manon Doran**. While the CCCC expects to continue with the Lumière Festival, though in all likelihood in a somewhat different form, Joanne's new venture will adopt a different approach and take place somewhere other than in Stanley Park.

To help Joanne get launched on her new project, the CCCC is providing her with all the lanterns, large and small, elaborate and simple, which have accumulated at the Centre over the years. In the immediate future, while plans for her new festival venture are still brewing, she hopes to launch a small **lantern rental business**, capitalizing on the current vogue of featuring lanterns at weddings, birthdays and celebrations of all descriptions. Watch for more details in the NEN as her plans unfold.

Our sincere thanks to Joanne for all of the countless ways in which she has helped the CCCC to survive and thrive in its first very challenging decade, and for her tremendous dedication and hard work in overcoming obstacles; meeting the myriad demands of room users, renters and Board members; and building a vibrant hive of community activity at 200 Crichton. We wish her the very best in her future endeavours as an independent festival entrepreneur, and look forward to keeping her many friends in the community informed as her plans unfold.



CCCC Office:
#307-200 Crichton
Ottawa, ON K1M 1W2
Phone: 745-2742
Fax: 745-4153
www.crichtonccc.ca
communitycentre@rogers.com

For more information
about the Centre call
745-2742.

To register for a specific
program please call
the instructor.

Community Shows Strong Support for Stepped Up Effort to Keep Crichton Public

By Johan Rudnick
Chair, CCCC

Accolades for Get Together Initiative

The CCCC's groundbreaking Get Together in the Community (GTC) program for young people with low vision and blindness, spearheaded by **Ellen Goodman**, has now achieved both national and international recognition as a model for enriching the lives and enhancing the capabilities of youth with visual impairment. Ellen recently spoke at a conference in Banff, Alberta, and was subsequently invited to an international conference in Bangkok next summer. We look forward to GTC continuing to grow and flourish under CCCC leadership.

Joanne Hughes: A Fond Farewell

Whatever City-generated changes may be in store for Crichton and the CCCC, they will regrettably happen without the ever-present **Joanne Hughes** who has decided, after all her years with the CCCC, it is time to seek new opportunities elsewhere. Joanne is well known and much admired in the community, not only as the mainstay of the CCCC's daily

operations, but also as the creator and organizer extraordinaire of the annual Ottawa **Lumière Festival**. Joanne hopes to take her CCCC and festival experience and the many friends and contacts she has made, and develop a festival of her own to be launched in 2011. Her many accomplishments are reviewed in a separate article in this issue, and we thank her for her seven years of dedicated service to the CCCC and the community, and wish her the very best in her future endeavours.

The CCCC has begun an active search for replacements for Joanne – and the 's' on 'replacements' is not a typo! We are hoping to find some part-time resources to take on both the programming and operations aspects of running Crichton. At the same time, with Joanne's departure, the CCCC will be considering the future direction of the Lumière Festival.

Corridor Gallery First

Karen Bailey's 2007 trip to Afghanistan was the inspiration for a compelling series of paintings focused on Canadian Forces caregivers tending to the sick and wounded. While

regrettably the Canadian Military had no plans to exhibit Karen's works, the CCCC's Corridor Gallery was delighted to provide the venue for an exhibition, and what followed was Karen's immensely successful and widely publicized *Triage* exhibition at the gallery in early October. This exhibit was the first and only showing of these important works in Canada.

And while the 'good works' continue, so do the on-going 'works' in the courts.

City Council Deliberates

The City Council Agenda for November 16 included the following Agenda item:

200 Crichton Street – Litigation Update – in camera – Security of the Property of the City; Litigation or Potential Litigation Affecting the City; the Receiving of Advice That is Subject to Solicitor-Client Privilege – REPORTING OUT DATE – AFTER RESOLUTION OF THE MATTER

While somewhat mysterious in its cryptic phrasing, the item was clearly of sufficient significance that at the recent highly successful Cocktails for Crichton Auction (reviewed in a separate article in this issue), **Councillor Legendre** urged the community to contact the Mayor and Council to make the case for a positive decision on Crichton's future.

The CCCC and NECA took the message to heart and jointly undertook a major effort to mobilize community support. And the community response was resounding. Hundreds of messages of support reportedly went to the Mayor and/or Councillors, and not only from the immediate community. Communities in other parts of the country also wrote in and urged Council to do the right thing.

At the time this paper went to press, the CCCC has been advised that Council has taken a decision, but the nature of that decision cannot yet be disclosed. So for the time

Cocktails for Crichton

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being, we have to assume that 'no news is good news,' and continue our efforts to keep Crichton public.

Working Through the Courts

At the time of writing, the CCCC remains obliged to pursue an appeal of the recent court case, both to obtain the necessary clarification of the judgment, and to ensure adequate protection of the rights to acquire and remain in 200 Crichton (notwithstanding what, if anything, the City may have decided in its recent consideration of Crichton's future).

Readers will recall that the court case was initiated by The School of Dance (TSOD) who wanted to sell Crichton on the open market without the encumbrance of a CCCC interest in the building. As part of the judgment, the court reaffirmed that the CCCC did indeed have an interest in Crichton. In the process, however, the City and the CCCC spent hundreds of thousands of dollars and considerable effort for the lengthy trial, which was essentially to determine how Crichton was to be sold. The CCCC was accordingly sur-

prised to have TSOD engage in an apparent about face, and offer to 'buy-out' the CCCC at the price of having the community totally abandon Crichton, while remaining in the building itself to expand TSOD operations on to the second floor.

It will come as no surprise to anyone that after almost 10 years fighting to preserve Crichton for the community, the CCCC has no intention of abandoning its mandate and turning its back on the communities that have supported the efforts to save Crichton for public use. The offer was accordingly rejected, and the CCCC will continue its efforts to have the building returned to community, either through the intervention of the City, should that be a consequence of the recent Council decision, or through direct acquisition by the CCCC.

Still Keeping Crichton Public

The CCCC will continue to work with the community to preserve Crichton as a public asset that hopefully, one day, can be returned to full public use. Whatever the outcome of the current City deliberations, one thing is clear: there is tremendous community support for Crichton and on behalf of the CCCC, thank you everyone, and especially Councillor Legendre, for your recent efforts to encourage action by the City.

As the late Marion Dewar once noted, if all the communities in Ottawa were as committed and engaged as New Edinburgh, Ottawa would have far fewer problems.


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Burgh Art News by Catherine Murphy

Portraits: Different Types for Different Reasons

Karen Bailey: Kandahar or Mars?

Karen Bailey would tell you that what she saw and what she felt in Afghanistan is now on canvas. Her portrait paintings, which were on display in the Corridor Gallery at 200 Crichton in October, send a message of compassion in life in the theatre of war. Next stop for this exhibit is New Orleans, Louisiana. As of October 2009, Role 3 Hospital Kandahar Airfield, where Karen traveled to in June 2007, will be under the leadership of the American Armed Forces and this is a personal tribute



Photo: Catherine Murphy
Karen Bailey at her recent Triage exhibit in the Burgh.

to those who suffered and to those who healed.



One of Anne Chisholm's 'Out Loud' portraits.

Anne Chisholm: Out Loud

And telling it like it is, **Anne Chisholm** won't disappoint. Her portraits and other paintings have been exhibited and sold in numerous galleries across Canada since 1982. Preferring not to limit her choice of subject matter, she confidently and skilfully paints faces, athletes at their sport, children, musicians and landscapes in both watercolour and oil using a variety of styles. Check out her work at www.highnotestudiogallery.com.

Marlene Munroe: Amnesty International

Burgh resident, **Marlene Munroe**, a Quebec University Fine Arts graduate, was a chosen painter for Amnesty International posters. She continues to explore fine arts through lectures, does portrait

painting in her own studio, and by teaching.

"I have had a whole year of embracing the beauty and the varied facets of Ottawa and especially of this neighbourhood, and with my ongoing portrait painting, it has also been a time of discovering faces and people which I find endlessly fascinating," comments Munroe. Marlene can be reached at margil8@JJsympatico.ca for private portrait sittings.

Burgh Art News – is your news, so please send your lat-



Marlene Munroe at work.

est and greatest talent news for the next issue of *NEN* to newednews@hotmail.com.



Photo: Louise Imbeault

At the Dale Smith Gallery calendar launch event for Osteoporosis Canada: (left to right) Anita Nevins, Ottawa Chapter Chair, photographer Gavin Murphy, Marie Melvin, Regional Manager.

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In Our Midst: Dragon Whisperer Andi Marcus

By Louise Imbeault

Greetings readers, this year's last profile will introduce you to a Dragon Whisperer – we've all heard of a horse or dog whisperer yet this lady tamed a dragon with her pitch and received the coveted prize... Dragon Dollars. That's right, I'm talking about CBC's hit show **Dragons' Den**. The new season's debut aired September 30 revealing to the nation our very own local entrepreneur **Andi Marcus**.

Andi is the founder and CEO of **Mistura Beauty Solutions**, an online cosmetic business like no other. So original in concept and so successful in the U.S. that Dragon millionaire, **Brett Wilson** offered her a whopping \$250,000 to expand the Canadian market and sales

of this "one stop" beauty solution for all women of all ages. To see what Andi has on offer visit: www.misturabeauty.com. (Tip: this would make a wonderful stocking stuffer.)

This shrewd businesswoman was born in Barry, Ontario in the early seventies in a military family, thus making her an "army brat" (her father was an army colonel). Her early childhood was spent in Germany. Andi fluently speaks four languages (French, English, German and Italian) and converses in Spanish and Dutch. Ah, the benefits of a European education. Kudos Andi!

Returning to Canada in 1992, she married, gave birth to her sons **Michael** and **Matthew** and the family established itself in Orleans. Newly divorced,

she jumped on a plane heading to London UK with her boys in 1995 to pursue her first passion, Geriatrics. For a few years, Andi worked at Wiltshire County Social Services, "I really enjoy working with seniors," she confided "and will again."

In 1997, Andi returned to Canada (she can't stay away too long) and took residence on River Lane with her sons. Soon outgrowing their accommodations, Andi purchased a home on Maple Lane in 2002 where they all reside to this day. Five years later, she married her prince **Hayden Marcus** thus merging their respective families. She instantly became the mother of four, adding **Kyle** (her stepson) and **Ashton** (her stepdaughter) to the brood. Andi still glows and giggles when speaking of Hayden, sharing that they "are still in the Honeymoon phase." How romantic!

Reaching a statuesque six feet in height, Andi is young, vibrant, feminine, intelligent, and energetic. Not only is she a loving wife, dedicated mother and feisty entrepreneur, Andi is also a very generous woman. She volunteers at **Ashbury College** for the annual Ball and tirelessly contributes time and energy to the **Ottawa Hospital Foundation** with hubby Hayden by her side. She also writes a column for *Ottawa Magazine* called "Deep

Dish". And in her spare time, Andi is preparing the release of her first book for 2012 called **"Building the Brand"** – it's already on my wish list.



tudes. We are a team." Could this be the key to success? It is for Andi who is now content and fulfilled at home and at work. Impressive!

Wanting to know more, I dared to ask if she had a "secret dream". What could she be nurturing deep inside. "Interestingly enough," she said, "I love to cook. It's my second passion."

Already an accomplished chef (as her husband boasted awhile back), Andi is dreaming of attending a Cordon Bleu school of culinary arts. I just know she will realize this dream sooner rather than later. Who knows, maybe another book in the making?

When I asked where she sees herself in ten years she smiled, her eyes twinkled and she responded: "In ten years from now I hope to be semi-retired, traveling the world on my boat with Hayden, who is a sea captain you know, and cooking up a storm for my family and friends." I wonder if she'll sell me a ticket for that gastronomic first voyage?

Well folks, I came out of that interview with renewed convictions. May we all dare to dream and aspire by using our inner strength and positive attitudes to make them come true. Wishing you a Merry Christmas, Happy Holidays, Happy Hanukkah and an active Olympic New Year.



Burgh artist Martha Markowsky was recently awarded 2nd Grand Prize at the 26th International Gala of Visual Arts in Montreal. Seen beneath her painting is Montreal Jazz pianist Oliver Jones congratulating her on her award.

Martha will be having an open studio exhibition of new paintings at her home on Sunday, December 20 from Noon to 5 pm. For further information, phone 613-294-2402.

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A Day to Remember



By Scouter George Parkanyi

The Tomb of the Unknown Soldier covered in red was quite a sight to see, almost completely buried in the little red poppy pins that everyone wears leading up to Remembrance Day every year. In the bright sunshine of a crisp and beautiful November 11 morning, they truly looked like the real thing.

Why November 11? Armistice Day in 1918, the 11th hour of the 11th day of the 11th month, when World War I finally ended. It is at this moment every year that we all stand for a moment of silence to remember those that gave their lives. And the poppy is now the powerful and widely recognized symbol of Remembrance immortalized by John McCrea's beautiful poem "In Flanders Fields".

Our poppies were on that tomb. Shortly after the final wreath was laid, and before

the general public was allowed back onto Confederation Square, each of us of the **63rd Ottawa Scout Troop** stepped up, one at a time, laid our poppy on the tomb and saluted, as had the military personnel before us. The kids looked great doing it too, each having their own special moment at ground zero of the Remembrance Day ceremony. When we laid down

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.

If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

our poppies, there was just a smattering of them, like the first fall leaves. After the public was done, the Unknown Soldier was warmly shrouded in both poppies and love.

We started the morning by meeting at our agreed staging point, where, in short order, we invested three Scouts—**Nicholas M, Dylan, and William**—who had missed investiture night the week before (H1N1 is making the rounds.) I told them it was a "field promotion" and had them recite the law, promise, and motto directly under the statue of a large bear on the Sparks Street mall. As official Scouts, they then eagerly jumped in with the others to distribute programs to the crowd. This is part of our role in the ceremonies every year.

After exhausting our supply of programs, we crossed the security cordon for the last time and took our place on Confederation Square, about 30 feet from where the **Prime Minister, the Governor-General, and Prince Charles and his wife Camilla** would take their place before the Tomb of the Unknown Soldier during the formal part of the ceremony. After the minute of silence, the 21-gun salute, anthems, a couple of commemoration speeches including a beautiful one by a local rabbi, came the laying of the wreaths.

When I had arrived at 9:30 am, two of my more enterprising Scouts, **Alexander** and **James**,



Photo: Peter Glasgow

were already across the street in the square, and had somehow arranged to be involved in the wreath-laying—despite not actually being in the original plan. So throughout the ceremonies they stayed in a separate area from the rest of us—amongst all sorts of dignitaries—with the officially-selected Scouts. As it turns out, they each got their chance to serve. Although two other Scouts laid the wreath for Scouts Canada, Alexander somehow ended up laying the wreath for the Jewish National Congress, and James a wreath from an organization whose representative failed to show.

Now these two are always scheming something, and to their credit—I don't know how they did it—but they ended up hobnobbing with **Mayor Larry O'Brian**, the leader of

the New Democratic Party **Jack Layton**, and a number of foreign ambassadors. Alexander even got a wink from the **Prince of Wales**. It reminded me of the Woody Allen movie *Zelig*, where the main character keeps turning up fortuitously in the middle of major historic events. (This device was also later used in *Forrest Gump*.) At our luncheon afterwards at Eggspectations (all eggs, all the time) I turned to Alexander and James and dubbed them *Zelig 1* and *Zelig 2*.

Others in our party who attended were **Scouter Steve**, his friend **Brian**, his ex-boss **Scouter Cal** with daughter **Erin**, **Scouts Tyler, Brandon, and Nicholas P** (my son) and **Venturer Thomas P** (also my son). It was a very memorable Remembrance Day on many levels.

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York Street School Students Lead the Province in Scores

By Kenneth Blogg

What does freshly baked bread have to do with data management and probability? In **David Rubinoff's** Grade 6 classroom at York Street Public School the bread provides fuel for the brains of his students who are eager to learn. "The brain uses 20% of the body's energy," explained Rubinoff, "and these brains are working hard."

dents scored either a level 3 or 4 compared to 65% of students in Grade 6 across the OCDSB and 63% of the Grade 6 students in the province. In reading and writing they did even better. In reading 77% scored at level 3 or 4 compared to 73% in the board and 69% in the province and in writing 85% of his students achieved the top results compared to 73

classes in the school board. To reach that goal they made good use of their time in class, but they also worked hard at home. Three nights a week, homework was assigned to reinforce the concepts being taught. "Right from September, I had 100% of the students completing their homework. That showed me that they were serious in achieving their goal," Rubinoff reported. "When we realized that some students were still not reaching the levels needed to reach the top, I offered a math club open to any interested students. We met at 7:20 am each morning. Nearly half of the class attended." That's when Mr. Rubinoff started to bring a fresh loaf of bread to the club each morning. Baking is his hobby so there was a different recipe each day of the week.

The other big breakthrough for the students came when they realized how much one can learn from mistakes. Sometimes the best learning occurs when you correct a mistake. Rubinoff taught his students to view mistakes as learning opportunities rather than something to be embarrassed about. After that they tackled new problems with confidence. "They might have to redo a problem 3 or 4 times,

but each time I had them figure out why they had made the mistake and what they needed to do instead. For most students, once they had gone through that process, they never made a mistake in that type of problem again. Real learning had happened," he explained.

How do the students feel about their results? "I never thought that I could do this well" said Casandra who earned a level 4 in Reading and Writing. Aldina observed

that "Mr. Rubinoff pushed us hard and he made us work. But the bread he baked was soooo good." "At the end of last year I never wanted to do homework again," said Casey, "but this year homework seems easy." Priyanka agreed, "And now math is easier too."

Perhaps Mr. Rubinoff and his students have found the secret to success – set a goal, work hard to achieve it and make sure that there is lots of freshly baked bread on hand.



York St. School students (l to r) Muhsin, Bryce and Helen focus on solving a math problem while fresh bread awaits them.

All of that hard work has paid off. When the provincial assessment scores were released this fall they showed that his students had consistently scored above the school board and the provincial levels. In mathematics 69% of his stu-

% across the board and 69% across the province.

What is the secret to his students' success? "Hard work," stated Rubinoff, "and the desire to do well." At the beginning of the year the students set a goal to become one of the top

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For the Birds



By Jane Heintzman

As winter approaches, those of us who have been casual about replenishing our backyard feeders through the warmer seasons will be turning our attention to the annual ritual of stocking up on seed for the cold and snowy months ahead. Our five feeders, recently relocated from an ancient frail lilac bush to a vigorous young mountain ash at close proximity to a dense cedar (a critical piece of protection for vulnerable birds), are now fully charged with a range of seed types, including **black oil sunflower** for just about any species, **safflower** for our resident **cardinals**, **nyjer seed** for our **American goldfinch**, **house finch**, **black-capped chickadee** and **common redpoll** visitors, and a new "No Mess Blend", a healthy seed mixture leaving no residue of shells and husks beneath the feeder (pricey, but worth it if you are concerned about damaging your lawn).

Since the closure of Birders Corner several years ago, we have been purchasing our seed from **Wild Birds Unlimited**, a regular *NEN* advertiser and first class birding supply store located at **1500 Bank Street** (just south of Bank and Kilborn in the Blue Heron Mall). Their seed selection is excellent and in our experience, their advice about seed and feeder types has been extremely helpful.

The results of our efforts to provide an avian smorgasbord in our backyard

have been extremely rewarding. Throughout the fall the garden has been filled with **American goldfinches** (in their duller winter plumage); **black-capped chickadees**; **house finches**; **cardinals**; **slate coloured juncos**; and several species of **sparrows** stopping to fuel up on their way through to their winter destinations. At least 7 **white-crowned sparrows** were with us for most of October, along with several **white-throated sparrows**, **song sparrows** and at least one **chipping sparrow**. We awoke one morning to the *Oh Canada, Canada, Canada* song of the white-throat directly outside our window, and for a brief moment, I was transported back to summer at the cottage (I wish!)

Needless to say, **European house sparrows** are a constant and not entirely welcome presence at the feeders, where they can be bullies to smaller and more timid species. These fellows are in fact members of the **finch** as opposed to the sparrow family, and are with us all year long in significant numbers. In my experience, one simple way to quickly identify the genuine sparrows around your feeders (**white-throat**, **song**, **chipping**, **white-crowned** etc.) is that the latter group is almost invariably foraging around on the ground and in the flower beds, as opposed to actually on the feeders.

Three new visitors to our feeders this fall have been a **hairy woodpecker**, which took over the safflower feeder and decimated its contents while the other visiting species kept their distance in apparent awe of this performance; a very large **blue jay**, which now appears to be a regular in



Photo: Francine Ouellette-Streeting

Coyote and sandhill cranes - can there be peaceful coexistence?

the garden, frequently sitting Buddha-like above the feeders with its head squished tightly down against its body; and a lone **golden-crowned kinglet** filling its tiny 3" frame at one of the feeding stations.

Among our other birding highlights this fall were an encounter with a sizeable group of **golden-crowned kinglets** foraging in the scrub along the Ottawa River bike path (not far from the Rockcliffe Sailing Club). These little guys seemed completely unperturbed by our presence, and in fact I had the distinct impression that one of them was actually following us! On Princess Avenue at the edge of the Pine Hill Woods, I spotted a very large flock of **American robins** in flight, and later encountered a **hermit thrush** which emerged from the woods and sat quietly at the side of the road observing me (and, more to the point, my canine companions). He caught my eye because of his distinctly reddish tail feathers and heavily spotted breast. While I don't recall any vocalizations from the little creature, the hermit thrush is reputed to sing during migration.

Just arrived on our stretch of the Rideau River close to the falls are the accustomed assortment of **common goldeneyes** and **hooded mergansers** which in recent years have been around into early December shortly before freeze up, plying the chilly waters in front of the former City Hall.

Project Feeder Watch

If you are a keen birder with an active backyard feeding station, you may want to find out more about, and perhaps participate in, **Project Feeder Watch (PFW)**, a program jointly operated by **Bird Studies Canada** and the **Cornell Laboratory of Ornithology**. PFW is a win-

ter-long survey of birds visiting backyards, nature centres and parks etc, with participants periodically counting the bird species observed in these locations and reporting the results to PFW data collectors. You don't have to be a birding expert to get involved! The project is open to participants of all ages and skill levels, and runs from the beginning of November to the first week of April. You can sign up at any time during this period up to the cut off date at the end of February. The data collected is used by ornithologists to track large scale movements of winter bird populations, and each fall, PFW publishes a summary of the results. Interested readers can check out the website at www.birds.cornell.edu/pfw/overview/over_index.html.



Photo: Wade Clare
Green-winged Teal duck.

Interestingly enough, the top ten species spotted in the PFW tally from last season were extremely similar in all regions of Canada except British Columbia where there were several variations from the dominant national theme. The **black-capped chickadee** topped the list in all regions but B.C., with the **blue jay** a close second. In Ontario, the top ten (in order of population size) were the **black-capped chickadee**; **blue jay**; **American**

goldfinch; **mourning dove**; **dark-eyed junco**; **downy woodpecker**; **Northern cardinal**; **common redpoll**; **pine siskin**; and **hairy woodpecker**. In Quebec, the list was very similar, but the **American crow** and the **European starling** replaced the pine siskin and hairy woodpecker in the bottom two spots. Anyone interested in more detail about the results can check out the PFW website at <http://watch.birds.cornell.edu/PFW/ExploreData>.

Reports From Our Readers

Our premier birding correspondent **Edwin Daudrich** has provided another fulsome report from a number of his favourite birding locations in the area. In the first half of October, he spotted a large number of late migrating species at **Mud Lake**, including **orange-crowned**, **yellow-rumped**, **Nashville**, **black-throated blue** and **palm warblers**; **ruby-** and **golden-crowned kinglets**; a **hermit thrush**; a **Cooper's hawk**; a **black-crowned night heron**; an **American widgeon**; a **ring-necked duck**; **hooded mergansers**; a **brown creeper**; an **Eastern phoebe** and a **winter wren**.

The **Shirley's Bay** area proved to be another productive location this fall. Early in October, Mr. Daudrich tallied 41 species in a single day, including a **great egret**, a **snow goose (blue variety)**, an **American widgeon**; **black-throated-green**, **black-throated blue** and **Northern parula warblers**; **common** and **hooded mergansers**; **lesser scaup** and a **black-bellied plover**. In late October and early November, his observations at Shirley's Bay included a litany of ducks, notably a **long-tailed duck**; **green-winged teal**; **bufflehead**; **black scoter**; **red-necked grebe**; **white-**



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winged scoter; common goldeneye; common, hooded and red-breasted merganser; horned grebe; common loon and lesser scaup. There were also numerous white-throated sparrows and several warblers (palm and black-throated green) still in the area.

Many of the same cast of characters from the duck family were in evidence at **Andrew Haydon Park** in early November, along with large flocks of **Brant geese**.

On an excursion to **Manitoba** in late October, Mr. Daudrich spotted a number of interesting species in **Fort Whyte**, a suburb of Winnipeg. These included a **Harris's sparrow**, a **Canvasback duck**, a **black-billed magpie**, numerous **rusty blackbirds** and a **bald eagle**. In the **Swan River** area, his tally included many **common ravens**, **rusty blackbirds** and **black-billed magpies**, while a trip to the **Riding Mountain National Park** area resulted in the sighting of more than 100 **bonaparte's gulls** and 3 **Tundra swans**.

Mr. Daudrich's suggested birding locations in the coming weeks include **Shirley's Bay** for migrating water fowl and a number of wintering birds; **Andrew Haydon Park** for water fowl; the **Trim Road/Milton Road/McFadden Road** area in the east end (a prime location for **Sandhill cranes** this fall); and the **Navan** area where **snow geese** have been regularly sighted.

The **Ottawa Field Naturalists Club** website is also a gold mine of birding information, with a **Bird Status Line (613-860-9000)** where keen birders can get weekly reports on species of interest sighted in the area, and a **Bird Site Guide** listing prime birding locations, with maps and detailed instructions about how to get there and what species are typically in the area. If you're feeling ambitious about getting out and about on your birding expeditions this winter, check out www.ofnc.ca/birding.php.

Local wildlife photographer **Francine Ouellette-Streeting** brought two interesting bird

sightings to our attention this month, and generously agreed to share her photos of the avian subjects in question. In one case, Francine had her sites trained on a group of large and leggy **sandhill cranes** landing in a field just east of Ottawa, when who should come along but a stealthy **coyote**, apparently sneaking up on one of the unsuspecting cranes as it foraged in the field. As far as Francine could tell, no casualties resulted this time, and given the tendency of the cranes to stay in tightly knit family groups, she thinks it probable that a warning signal would be given before the coyote had a chance to pounce. As is evident in Francine's photo, sandhill cranes are large, somewhat heron-like birds which can measure up to 5 feet in height and up to 14 pounds in weight. Mated pairs remain together all year long and migrate as a group with their young, so perhaps Francine caught Mum,



Photo: Francine Ouellette-Streeting
Male long-tailed duck.

Dad and the kids having a bite to eat en route south.

In an expedition to **Andrew Haydon Park**, Francine encountered a **long-tailed duck** (formerly known as an **oldsquaw**), a relatively rarity in these parts. The long-tailed duck is a sea duck and one of deepest divers of any diving duck species, plunging to depths of up to 60 metres to forage for crustaceans and aquatic invertebrates. Unlike the majority of ducks which sport two sets of plumage in a year, the long-tailed has three molts each year, with its plumage changing continuously from April to October. Francine captured this fellow in its winter (breeding) plumage which is characterized by

a white head and neck. As her photo clearly shows, the duck gets its name from its long, central "stick up" tail feathers.

Vicki Metcalfe reports that her ornamental chokeberry has been a magnet for bird life this fall, with **Northern cardinals**, **black-capped chickadees**, **house sparrows**, **immature European starlings**, **American robins**, **cedar waxwings** and **dark-eyed juncos** turning up to check out the berry crop. **White-breasted nuthatches** have also been much in evidence in the neighbourhood. On the Rideau River in the St. Patrick Street Bridge area, Vicki recently observed **common goldeneye**, **hooded mergansers** and **mallards**, and heard reports of a **green heron** in the area, but never actually spotted it.

Slightly farther from home, she saw three **sandhill cranes** feeding beside Highway 105 near Brennan's Hill and a **broad-winged hawk** at a cottage past Gracefield. Trips to **Buck Lake** in the Rideau system produced an **Eastern phoebe**, **common loons**, a female **hairy woodpecker**, a **pileated woodpecker** (heard only), **blue jays**, **red-eyed vireo**, **chickadees**, **swamp sparrows**, **ruffed grouse**, **wild turkeys**, and a family of **spotted sandpipers**.

Vicki's full report covering her Ontario birding observations between May and November 2009 will be available on the community website at www.newedinburgh.ca (check out the link to Travel and Leisure).

News from Macoun Marsh

St. Laurent Academy science teacher **Mike Leveillé** reports that his student naturalists have observed a long list of visitors around the Macoun Marsh this fall, including **red winged blackbirds (male)**; **black-capped chickadees**; **blue jays**; **Northern cardinals**; **white-throated sparrows**; **song sparrows**; **white-crowned sparrows**; a single **fox sparrow**; **slate coloured juncos**; **American robins**; a lone **brown creeper** (apparently a rarity at the Marsh); **American**



Photo: Mike Leveillé
Northern cardinal.

crows; **white-breasted nuthatches**; **American goldfinches** and a **hermit thrush**.

Nature's Encounters

Manor Park naturalist **Dave Collyer** reports that there are large numbers of **Canada geese** and **Brant geese** at **Andrew Haydon Park**, as well as **mallards** and **black ducks**, some of which he expects may remain in the area all winter. His recent local observations have included **golden- and ruby-crowned kinglets** and **slate-coloured juncos** passing through the area, as well as **black-capped chickadees**, **blue jays** and **hairy and downy woodpeckers** who will stay with us for the months ahead. Dave also encountered a **Cooper's Hawk** and a **pileated woodpecker** in the **Beechwood Cemetery**

grounds, along with a late migrating **marsh wren** near the Macoun Marsh.

Peter and Isabel Glasgow spotted a very large female **pileated woodpecker** on Dufferin Road beside the Rideau Hall grounds. The female is distinguishable from her male consort as she lacks the red "side whiskers" of the male at the base of her bill. While Peter and Isabel were observing the woodpecker's noisy demolition job, a **white-breasted nuthatch** was attracted to the same tree, and set to work pecking at the bark, though at a safe distance from the imposing woodpecker. In early November, Peter also spotted a group of **hooded mergansers** on the Rideau River in the St. Patrick Street Bridge area, a sure sign of late fall in New Edinburgh.

In our first ever birding report from Beirut, Lebanon (let it never be said that the *NEN* is not cosmopolitan!), **Philip MacAdam** reports that at the time of his departure from Ottawa in late October, his feeders at Thomas and Alexander Streets were a hive of activity, with **cardinals**, **slate-coloured juncos**, **American goldfinches** and **house finches** and an assortment of **sparrows** all converging on his well sheltered feeding area to fuel up for the winter.

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'Tis the Winter of Our...Canadian Identity



By Douglas Cornish

We are winter people, ice people, nice people. There's only one dominant season, the one that defines us. The season of white, sugar refined-like white. Powdery white. The Sahara—only in white. Cold. Clear, icicle cold. The season that extinguishes all others. The one season that enters Canadian conversations all year long. Only a Canadian would talk about winter on a scorching hot, humid summer's day. It snows in a Canadian's mind all year long, little white flurries of brain activity. Winter is not simply a season, it's a state of mind. A state of being. A frozen Canadian, suspended in disbelief for a period of anywhere up to six months.

Many countries get their identity from the weather, especially hot, touristy countries. The weather is marketed, it's what brings outsiders in. Here, one could argue, it's what keeps outsiders out. The image of a cold country is only true when discussing climate.

People in Canada are warm and nice. And, the season is actually a magnificent season, a Dr. Zhivago-like winter. And, that's the problem. Canadian winter isn't marketed enough, like Russia, like Switzerland, like Austria.

There are pockets of winter selling such as the Rideau Canal in Ottawa, or the tremendous skiing, but the overall impression is one in which winter is to be avoided or coped with. This white, magical season remains frozen as far as advertising is concerned. The beauty, and vast magnificence of winter needs to be thawed, advertizing-wise. We need to create a winter mentality. Winter isn't bad, it's the bad impression of it that is bad. Many don't understand winter. They curse it. They flee it. They get nervous about its arrival, anxious about when it's eventually going to leave.

We must believe in winter; come to terms with it; embrace it, and finally sing its praises.

The belief in winter is a leap of faith—into a towering snow bank. Most thoughts associated with winter are thoughts of denial—it won't come again next year (or even this year). Sometimes we have a mental white-out. We refuse to even acknowledge that winter cannot be beamed up, cannot be somehow imagined away.

Once we come to terms with it, we can then walk on ice, so to speak. A British lady who hates winter and her inability

to cope with it claims (not having grown up in Canada) that she never learned to walk on ice.

Winter is just another reality, another weather plane, another landscape to enjoy. We want winter to be warm—it isn't. We want winter not to be blus-

Once we don't fear winter, we can enjoy its pleasures, get to know its cold warmth on a sunny January day when the sun is brilliant. The winter sun makes the long, slender, clear icicles slowly drip, glistening in the noon day sun. Winter is visual. It also begs participa-



Avon Lane in Winter.

Sketch by Martha Markowsky

tery. It is. We want winter to not be challenging. It is. If we know the enemy, it eventually becomes an old friend. It's something to count on, to depend upon, then we're comfortable with it.

Winter isn't for meditation like summer is, winter is to be examined, to dive into—deep. It's a legitimate child of nature, not the bastard some think it is. It has a right to belong. It has seasonal legitimacy. It has

a right to exist. It also has a right to be understood. There is no other season that the word understanding applies to so much. Spring is welcome. Summer is enjoyable, fall is marvelous, but winter is different. This does not mean it doesn't have a positive emotion. Winter is a marvel. It is "awe" (not 'Ah'). Winter is a good thing. It is meaningful, it is worthwhile.

Once one travels through the states of 'winter grief', the final stage is to let the play begin, to accept that winter can skate circles around the other seasons, that it is piles higher than the others, that in no other season can you 'walk' across a lake or pond. What other season commands respect?

There are rules to winter. It doesn't suffer fools gladly. It's like fire—don't treat it with reckless abandon. Its beauty always has undertones of respect. It's cold beauty, it's old beauty, it's a bold beauty. This old season (often called the 'old man'), this mature part of the calendar year, has wisdom others do not. Winter has learned from all the others. Everything eventually ends with winter—it's the last in the seasonal cycle—but even winter ends (usually on its own terms, time, and accord). It's this independence that's striking. It's brash. It's unique. It towers above all others. It is the lion of the seasons, the noble one, the majestic one. The Canadian one. No one owns winter like us. No one misunderstands winter like us.

But, then again, most don't know the treasure they have.



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Native Butternut Trees Under Attack by Canker



Photo: Mike Leveillé

Butternut tree at Macoun Marsh.

**By Russell Norgaard
Grade 8, student at
St. Laurent Academy**

At the Macoun Marsh we have a very unique and rare native tree. It is called the butternut or white walnut (*Juglans cinerea*). There is a serious problem with this tree as it is being attacked by a disease. A canker known as the Butternut Canker

(*Sirococcus clavigignenti-juglandacearum*) is the disease. The butternut species is native in southern Ontario, southern Quebec, and New Brunswick. The canker was first documented in the US around 1967 but scientists say that it could have arrived there in the 1940s. The disease arrived in Canada around 1990. This disease has been documented all across the tree's range of growth.

The way the canker kills this tree is that it gets into a wound in the trunk and kills off the inner bark, generally in the lower section. The canker then gradually attacks the rest of the tree by making its way to the roots where it chokes off its food source. Once the canker has choked the roots and the trunk, the tree dies. This canker is thought to be from outside of North America, and it has been accidentally imported. The canker kills mature trees as well as saplings. It appears on branches as white splotches with black in the center. The



Cankers such as this one are deadly to the Butternut tree.

canker also appears on the trunk as divots and gashes that often ooze a black jelly-like material containing the spores of the fungus. The spores can then be transferred by rain and insects.

There is no known cure for the canker-infected trees but studies across the range of the tree's habitat are under way to

locate disease-resistant trees. Our tree is possibly disease-resistant. In 2005, the Butternut was listed as a *Species at Risk* which means the tree could become extinct unless we work to protect them.

Editor's Note: Under the guidance of science teacher Mike Leveillé, the Grade 8 students at St. Laurent Academy will be

planting some canker-resistant butternut embryos next Spring in conjunction with their project to protect this endangered species.



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News From Rockcliffe Park Public School

By Melanie Harmon

The 48th Annual Rockcliffe Book Fair took place between November 6-8 this fall, and once again managed to surpass previous years in its success. To the general community, Book Fair would appear to be a three-day event, but for the many volunteers, students and teachers, the Book Fair goes on for much longer. Almost as soon as the books are cleared away from one book fair, more used books start appearing at the side door of the school for another. Volunteers work all year long sorting and moving these books, in addition to planning and preparing for next year's event.

Excitement starts building in the fall when activities are planned for the entire school. This year students were treated to a special assembly in which Ontario children's illustrator, **Wallace Edwards** spoke to them and created drawings from animals they called out. These drawings will be framed and displayed at the school. For anyone who isn't familiar with Wallace Edwards, his book *Alphabeasts* was the recipient of the 2002 Governor



Book Fair ladies: (l to r) Outgoing chair Maggie Knaus, incoming chair Michele Hayman, and uber-volunteer Pat O'Hara.

General Award, and contains the most amazing illustrations of all sorts of wonderful creatures. The assembly was followed by two days of author's workshops with many local authors. These workshops are an incredible opportunity for the students of RPPS to explore their creative side and

learn more about the processes involved in writing.

With a record number of books donated this year, volunteers worked tirelessly to sort and display them, a task complicated by an unusually high number of illnesses. Still they persevered, and on November 6 Book Fair opened its doors to

a public that purchased almost 31,000 used books, up 2% over last year.

"Club Read" debuted this year, a program in which books were put aside that could be purchased and donated to the school by Book Fair visitors. The program was a huge suc-


cess, with 498 books being donated. These books will be used to update the library, ironically an area of the school badly in need of updating. Thank you to all of the people who supported this initiative.

And finally, a huge thank you to **Maggie Knaus**, who announced in November that she would be stepping down as the chair of Book Fair and passing the reins to this year's co-chair, **Michele Hayman**. Theodore Hesburgh once said "the very essence of leadership is that you have a vision." Maggie's vision not only increased book sales by 25% over the past five years, but also introduced many new and exciting initiatives that made Book Fair what it is today. Maggie, you have left some very big shoes to be filled, but I know that Michele is up to the task. I also have a feeling that we will probably still find you cheerfully wading through used books next November!

Speaking of next November, the next book fair will take place from November 5-7 with an entirely new inventory of used books for you to choose from. Mark your calendars now so you don't miss out.

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A Communally Inspired Conspiratorial Christmas



Photo: Louise Imbeault

The team at Culinary Conspiracy.

By Robert Jutras

One afternoon in early September we all sat down together over a wee dram and tried to remember days past when our parents and grandparents spent time in their Christmas kitchens conjuring up smells and tastes that have become indelibly printed in our memories.

What came to the collective mind, as we channeled those loved ones, was the smell of cookies baking with spices such as ginger, cinnamon, allspice and cloves. Of course the heady odor of turkey, gravy and stuffing was also in the

air, provoking some of us to almost nod off in remembrance of eating too much of the tasty fare way too fast.

What's Cooking at Culinary Conspiracy

We have tried, this season, to hearken back to traditional recipes with **Robert** bringing in the instructions for his *Tante Fabi's Tourtiere* as well as her fussy but famous game pie.

West, one of our long suffering cooks, remembers arriving to her grandparents' in the latter part of the afternoon to help with the *mulled cider*. They would accent it with star anise

and orange zest causing it to fill the rooms with pungent smells that went off in the mind like olfactory Christmas bells.

Darcie, our retail shop manager, audibly swooned as she told us that she cannot eat turkey unless it is accompanied with *Whipped Turnips & Carrots with Honey and Sage* as well as her sister's *Sherry Creamed Onions* which we will duplicate in our own inimitable fashion.

Chef Brian Connelly waxed poetic about his Mom's *Turkey Roulade with Corn Bread and Pecan Stuffing* which she made because she was not fond of the dark meat. We will, of course, accent it with conspiratorially inspired *mushroom gravy* and our ever popular *Port & Cranberry Relish*.

A.J. Taylor, our new pastry chef, is constantly inspired by his mom's assorted *Christmas cookies* as well as her rum infused *Fruit and Nut Loaf* (recipe follows). A slice of the loaf with hard sauce and a demi-tasse of strong coffee was potent enough to inebriate father and keep him up for the better part of the night (so much easier to play Santa) and later on to bother mother.

Koren, on the other hand, sheepishly admitted that she just phones for Chinese take-out and calls it a night.

But, this is a benevolent sea-

son and we respect a diversity of tastes and wish each and every one of you a very Merry Christmas & a Happy and Healthy New Year.

Mrs. Taylor's Boozy Fruit and Nut Loaf

4 cups Dark Raisins	2 cups Brown Sugar
1 cup Sundried Cranberries	5 cups All Purpose Flour
1 cup Currents	3 tsp. Baking Soda
1 cup Diced Dried Apricots	3 tsp Cinnamon
1 cup Sundried Cherries	2 tsp Allspice
4 cups Hot Water	1 tsp Cloves
1 cup Dark Rum	½ tsp Nutmeg
	4 tbsp. Vegetable Oil
	2 tsp. Salt

Macerate the dried fruit in the water and rum mixture overnight.

Pre heat the oven to 350 degrees.

Sift the flour with the assorted spices and add the brown sugar.

Mix in the macerated fruit along with the rum water, vegetable oil and salt.

Stir with a sturdy wooden spoon until the mixture is well incorporated.

The batter will be thick.

In a prepared loaf pan (rubbed with butter and dusted with flour) fill $\frac{3}{4}$ full with the batter and bake, uncovered, in the oven for about 1 hour or until a tester inserted in the middle comes out clean.

Cool to room temperature and occasionally douse with a few tablespoons of dark rum.

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Teaching Kids to Sock It Away for a Rainy Day

It seems parents find it easier to discuss sex and drugs with their kids than they do talking about simple finances and money management, according to a recent *Globe and Mail* article. Two Ottawa women are hoping to help change that. **Lori Mockson** and her partner **Shirley Chewick** are the authors of the book *Sebastian Socks It Away*. They addressed children and money after a book signing and reading at **Books on Beechwood** during the Rockcliffe Book Fair on November 6.

"In these challenging economic times we're all thinking about money and savings. Parents are definitely thinking about this," said Ms Mockson, mother of a 4-year-old son named Max. "Just like their grandparents before them, many of today's children are experiencing the effects of a global recession and so are their parents."

The book *Sebastian Socks It Away* has been in the works for two years said Mockson. And the idea that children needed a clear, enjoyable book to learn about finance early in life has been in the mind of Ms. Chewick for several decades. Two years ago, during a chance meeting at a corner store in Sandy Hill, Mockson

was introduced to Shirley Chewick. The two became fast friends and soon afterwards business partners.



Children look on as authors **Lori Mockson (left)** and **Shirley Chewick (right)** read *Sebastian Socks It Away*.

Initially they planned to market the *Sock Bank*, a 6 inch long lumberjack sock with a hardwood coin slot top. The sock is a loving homage to the original sock knitted for Chewick by her mother, some 70 years ago. She and her brother received the socks as savings banks and they were introduced to the old adage "Sock it away for a rainy day", but with a twist—Chewick's mother Stella added the final lines of wisdom "Sock it away for a rainy day," my moth-

er used to say. "For the day will come when you will need some." This entire poem is copyrighted by Chewick. She

and her brother learned the value of money early as they tended the chickens and collected the eggs at their home in Creighton Mines, Ontario near Sudbury.

Sebastian Socks It Away is a fun, beautifully illustrated and engaging tale of Sebastian and his younger sister Molly. The siblings are given Sock Banks by their Great Aunt Shirley during a family gathering. As the two fill their Sock Banks with money from gifts and chores they start to discuss what to do

with this new-found wealth. Molly has no problem creating a vast shopping list of things to buy but Sebastian starts to be more contemplative about the whole matter and spends many pages deciding just what to do. In the end he is introduced to the idea of spending money on himself and others and on saving and investing at a very simple level. Sebastian even learns in a very short passage all about what Einstein called "The Eighth Wonder of the World" which is compound interest. The book was illustrated by Sandy Hill fine artist **Claire MacDonald**. The original illustrations were done in water colours. "This book was a labour of love for everyone involved," said Ms Mockson.

"You have to start early" said Ms Chewick. "People really

underestimate the ability of children to get these concepts. We did a reading at Riverside Montessori School on Main Street and they got what the message was about."

Sebastian Socks It Away is available at **Kaleidoscope Books** and **Mother Tongue Books** both on Bank Street near Sunnyside, **Leishman Books** at Westgate Mall and **Books on Beechwood** in New Edinburgh and at **Chapters** in South Keys, Pinecrest, Rideau and Kanata with Chapters at Gloucester coming online shortly.

The book is also receiving distribution at McNally Robinson Booksellers in Toronto, Winnipeg and NYC and also in the US through Hallmark Stores. For more information go to: www.theoriginalsockbank.com or www.sockbank.ca.

Upcoming Events at Books on Beechwood

For storytime, at 9:30 am on **Saturday, November 28, Kita Szpak** will be reading from her new book, *You're Special Wherever You Are*. Three stories, about a camel, a zebra and a dragon who are all a little different.

Also on **Saturday November 28**, from 11 am to 1 pm, **Ron Poulton** will be in the store to discuss his new book, *Pale Blue Hope*, and sign copies. "Working for the United Nations is often dangerous, and sometimes, an utterly futile endeavour." Human rights lawyer **Ronald Poulton** has experienced these realities first hand. *Pale Blue Hope* is his account of working for the UN in Cambodia and Tajikistan.

Jennifer Cook will be launching her latest book, *Molly's Story: Aftermath of War and Love* on **Saturday December 12** from 1:30 to 3:00 pm. This is the story of a young

mother's struggle and despair in wartime Britain when her RAF husband is missing-in-action. Based on the author's memories, and her brother's letters home from the RAF.

Mary Jane Maffini and **Barbara Fradkin**, will be here **Sunday, December 13** from 2 to 4 pm to sign copies of their latest mystery titles. *Law and Disorder*, by Mary Jane Maffini, is the sixth book in the series featuring Ottawa sleuth Camilla MacPhee. *This Thing of Darkness*, by Barbara Fradkin, is the latest in her Inspector Green series, also set in Ottawa.

All the best from the Staff at Books on Beechwood!



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Cimetière Notre Dame Cemetery

Saviez-vous? Did you know?

By Louise C. Imbeault

Ottawa's Notre-Dame Cemetery turned 137 years old in 2009.

Le Cimetière Notre-Dame d'Ottawa est le plus grand cimetière catholique de la région et compte près de 123,000 sépultures. Il fut créé en 1872 par le premier évêque catholique de Bytown, **Mgr. Joseph-Eugène-Bruno Guigues**.

This cemetery is the resting place of Catholics of various origins namely the French, English, Irish, Scottish, Italian, Polish, Lebanese, Ukrainian to name a few, and the French Canadians who left their mark on our city if not our country.

Nombreuses personnalités canadiennes, québécoises et franco-ontariennes se trouvent dans ce cimetière situé au 455 chemin Montréal coin St-Laurent.

Interred at Notre-Dame are many prominent and notable figures such as: **Sir Wilfrid Laurier** (1841-1919), Canada's Prime Minister; **Alminda Marchand** (1868-1949), philanthropist and founder of the National Women's Federation; **Yousef Karsh** (1908-2002), renowned portrait photographer; **Benjamin Chee Chee** (1944-1977), aboriginal artist and painter; **Séraphin Marion** (1896-1983), historian, archivist, professor and author; **Józef Polkowski** (1888-1981), curator of the Polish art treasure in Canada; and, **Bobby Boucher** (1904-1931) professional hockey player, to name just a few.

L'auteur du récent ouvrage *Cimetière Notre-Dame*



Photo: Louise Imbeault

Dans la photo vous reconnaitrez M. Pelletier (droite) remettant une copie du livre à M. Benoit Bartieau, Directeur du Cimetière Notre-Dame d'Ottawa (gauche).

d'Ottawa: cimetière historique d'importance nationale, Monsieur **Jean Yves Pelletier** est aussi conseiller en patrimoine. Durant les 25 dernières années il travailla au sein de plusieurs organismes et institutions oeuvrant à la promotion du patrimoine canadien.

His heritage expertise was acquired over many years of dedicated work with Ontario's Heritage Foundation, the Ministry of Culture and the Trillium Foundation also for the City of Ottawa and Vanier's Museoparc.

Ce livre fait un survol historique offrant plus de 200 biographies des personnalités enterées dans le cimetière, brochant un portrait d'hommes et de

femmes qui ont joué un rôle de premier plan dans la communauté et qui ont imprégné la vie pionnière, religieuse, commerciale et politique d'Ottawa et de la région.

I caught up with Jean Yves last October at a joint event organized by the **Embassy of the Republic of Poland in Canada** with the **Alliance Française d'Ottawa** for the launch of his book, *Notre Dame Cemetery of Ottawa*.

To get a copy of this book, available in both official languages, go to **Books on Beechwood** (ISBN 978-2-89634-057-6). Makes a great Holiday stocking stuffer!

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Holiday Reading Picks from Books on Beechwood



The **Books on Beechwood** crew is thrilled to have the **Scone Witch** as our new neighbour. In deference to our waists, we are trying our best not to take too much advantage of the convenience of having delicious warm scones right next door, but we welcome Heather and Co. and the added traffic coming into our corner of New Edinburgh Square.

This year we once again have truckloads of new and exciting titles for the busy book season, and have many favourites and suggestions in all categories.

Starting with the youngest soon-to-be readers on to mature readers we recommend:

Ten Little Fingers and Ten Little Toes, written and illustrated by Mem Fox and Helen Oxenbury. Ages 0 – 2

Snow Bugs, a Wintery Pop-up Book by David A. Carter. Ages 2 – 5

Julie Andrews' Collection of Poems, Songs, and Lullabies, a beautiful book and CD with collections selected by Julie Andrews and Emma Walton Hamilton, with illustrations by James McMullan. Ages 2 – 8

Return to the Hundred Acre Wood is a collection of further stories of Winnie-the-Pooh in the tradition of A. A. Milne, and illustrated by Mark Burgess in the tradition of Ernest Shepard. Ages 4 and up!

Alice's Adventures in Wonderland by Lewis Carroll is presented in a gorgeous new edition illustrated by Oleg Lipchenko. Ages 4 – 9

Charlotte in New York is one story in a series of Charlotte books, each exploring a new city, written by Joan MacPhail Knight and illustrated by Melissa Sweet. Ages 5 – 9

The Gift of the Magi by O. Henry is transformed into a graphic novel by Joel Priddy. Ages 6 – 12

A Thousand Years of Pirates is a fascinating collection of pirate stories written and illustrated by William Gilkerson. Ages 7 – 14

Edgar Allan Poe's *Tales of Mystery and Madness* is brilliantly illustrated by Gris Grimly. Ages 7 – 14

Camilla written by Madeleine L'Engle in 1951, reissued for young readers in 2009. Ages 12 – 16

The Death Defying Pepper Roux by Geraldine McCaughrean. Ages 10 – 15

Just Listen by the immensely popular Sarah Dessen. Ages 13 – 16

Hush, Hush by new novelist Becca Fitzpatrick is a story filled with thrills, chills and fallen angels. Ages 14 and up.

And for Adult Readers:

After the Falls continues Catherine Gildiner's memoir, *Too Close to the Falls*.

Unforgettable Places, Unique Sights and Experiences around the World by Steve Davey, Marc Schlossman, Steve Watkins and Clare Jones for those bitten by the travel bug.

Secret Ingredients, the New Yorker Book of Food and Drink edited by David Remnick has just been released in paper.

Just Watch Me, the Life of Pierre Elliott Trudeau, 1968

– 2000 by John English continues where *Citizen of the World* left off.

Lustrum, the latest, much anticipated fiction offering by Robert Harris.

Last Night in Twisted River by John Irving.

The Year of the Flood by Margaret Atwood.

New York by Edward Rutherford.

Wolf Hall, by Hilary Mantel, winner of the 2009 Man Booker Prize.

The Girl with the Dragon Tattoo; *The Girl who Played with Fire*; and *The Girl who Kicked the Hornet's Nest*, all by Steig Larsson, and all in paper.

All the books shortlisted for the Giller and Governor General literary awards, too many to mention.

Happy reading!



Photo: Elizabeth Jorgenson

The Weather Network's popular weather broadcaster, Chris St. Clair was in the 'burgh' on November 4 signing copies of his new book *Canada's Weather* at Books on Beechwood. 'Burgh' resident Bridget Barber of Hornblower Books and representative for Firefly Books in Eastern Ontario organised the event. Chris St. Clair proved to be just as friendly and charming as he appears on T.V.

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TREE Program Helps Residents Fight Snow Go and Snow Go Assist Pilot Program

By providing trees to residents that can be planted on their own property, the City of Ottawa is helping the environment and replacing trees that will be killed by the invasive Emerald Ash Borer (EAB). The Trees, Reforestation and Environmental Enhancement (TREE) Program is closing in on its goal of planting 100,000 trees planted in only four years.

To make things easier for residents, all trees will now be delivered directly to homeowners who register.

"The TREE program is a wonderful example of the power of community," said Mayor Larry O'Brien. "I congratulate the residents of Ottawa who have already planted a tree in their yard and encourage all residents to become a part of this important initiative."

Improvements have been made to the program to allow households that have already planted a tree to apply for another. Tree planting is part of the City's management strategy for dealing with EAB, an invasive beetle that kills ash trees by feeding under the bark.

Residents may register for a tree for the spring 2010 season at ottawa.ca/TREE or by call-

ing 311.

"We've planted over 1,000 trees in areas with high concentrations of ash trees in order to limit the impact of EAB," said Planning and Environment Committee Chair Peter Hume. "These new trees will help us to maintain our forest cover as we lose ash trees over the next few years."

Firewood Concerns

As the temperature begins to drop, many residents will consider purchasing firewood for their homes or cottages. Citizens must be aware of the Ministerial Order governing the movement of firewood in the Ottawa and Gatineau regions. Wood can be brought into regulated areas identified by the order but wood cannot be moved from within the regulated area without approval of the Canadian Food Inspection Agency (CFIA).

"We know people often buy firewood at this time of year," said David Barkley, the City's Manager of Forestry Services. "We want to remind residents to buy their wood in a safe manner that minimizes its movement and the risk of spreading EAB. This means that firewood should be purchased and used locally."

Those found in violation of the ministerial order are subject to prosecution by the CFIA. For more information on the ministerial order, visit <http://www.inspection.gc.ca/> or to learn about the City's EAB strategy, please call 311 or visit ottawa.ca/eab.



For Seniors and People with Disabilities

An Ottawa winter averages 235 cm of snowfall and in recent years, an increasing amount of rain and freezing rain. Clearing snow and ice from private driveways and walkways is difficult but essential to ensuring mobility in the winter months. Many seniors and people with disabilities are unable to clear snow or ice from their own private driveways or walkways and must rely on friends, family or private contractors.

The City of Ottawa's **Snow**

Go Program provides a matching service for seniors and people with disabilities looking to hire an individual or contractor to clear snow and ice from private driveways and walkways. Eligible low-income seniors and people with disabilities may also apply to receive financial assistance to pay for a portion of their snow and ice removal costs through the **Snow Go Assist Pilot Program**.

For more information, visit the city's website at www.ottawa.ca or call 311.

Five Ways to Avoid Injury When Shoveling Snow

(NC)—Shoveling snow can be a pain in more ways than one. These tips will help keep your back in top shape:

- Don't let the snow pile up: If the weather report calls for several days of snow, frequent shovelling will allow you to move smaller amounts of snow at once. It's far less strenuous in the long run.

- Pick the right shovel: Use a lightweight pusher-type shovel. If you are using a metal shovel,

spray it with Teflon first, so snow won't stick to it.

- Push, don't throw: Always push the snow to the side rather than throw it. That way you avoid lifting heavy shovelfuls of snow, and sudden twisting or turning movements.

- Bend your knees: As with any heavy object, you need to use your knees, and leg and arm muscles to do the pushing and lifting, while keeping your back straight.

- Take a break: If you feel tired or short of breath, stop and take a rest. Shake out your arms and legs. Stop shovelling immediately if you feel chest pain or back pain.

If you have back pain that is severe or that persists for more than a day after shovelling, see a chiropractor. If you have chest pain that is severe, see a doctor immediately.

www.newscanada.com

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GOVERNOR'S WALK
RETIREMENT RESIDENCE

Volunteers Wanted

Governor's Walk Retirement Residence is looking for volunteers from the community who can knit, crochet, paint, do crafts, sing, dance or have any other skills that might enrich the lives of our seniors. If you would like to share your time with us please contact our activity coordinator at 613-546-9255 or by email at [info@](mailto:info@governorswalkresidence.com)

governorswalkresidence.com.
Thank You!

New Footcare Specialist

Governor's Walk is proud to have **June Brown** RSW, R.R.Pr Advanced Medical Footcare join our Salon. Anyone in the community is welcome to visit her at our Salon. Call 613-564-9255 for an appointment.

Hosers Wanted!!

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- Goat cheese-tomato-pesto
- BLT with Pesto

mealwitches

- Chicken in white wine sauce
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- Mediterranean veg with goat cheese

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

Please join us at our upcoming events:

St. Andrew's Day - November 30 at 5 pm piping of the Haggis and Scottish dancing at 7:30 pm

Shortbread & Sherry - December 7 at 6:30 pm
Followed by an Orpheus Theatre Performance



www.TheRockcliffe.com • 613-562-3555

Rotary Serves 'Mums for Thanksgiving'

By Don Butler

True to the Rotary focus on service the West Ottawa Rotary Club "Mums for Thanksgiving" serves Ottawa businesses and individuals wishing to send floral thanksgiving greetings to clients, friends and family and thereby earns funding for Rotary and partner organizations to carry out local and international service initiatives.

This year over 4600 plants were delivered. Over 200

people were involved in planning, sales, and logistics in the 14th and most successful campaign so far. Proceeds of the campaign were over \$35,000 which was shared by the West Ottawa club and four other Rotary clubs and by Rotary partner organizations including Mothers Against Drunk Driving (MADD), Meals on Wheels and Engineers without Borders.

The "Mums for Thanksgiving" program exem-

plifies much of what Rotary is about. It is built on cooperation, it provides fun and fellowship to those working on it, it provides a valuable service to the community and it is effective in raising funds for the local and international projects of Rotary and its partner organizations.

"Mums for Thanksgiving" proceeds have helped fund a

wide range of initiatives including the Rotary Centennial Playground in Brewer Park, the Rotary Home for respite care in south Ottawa and Rotary international service ranging from water projects and school support in developing countries to disaster relief world-wide. In addition to the community services provided by partner organizations Meals on Wheels and MADD, the Mums project has funded the international work of partner organizations such

as Engineers Without Borders in an initiative to provide internet access in Nepal.

Rotary Club of West Ottawa is one of over 33000 Rotary clubs all over the world—10 in the Ottawa area—which offer their members a chance to provide needed service and build goodwill and peace in their communities and world wide. As do all Rotary clubs we at West Ottawa welcome contacts from any who are interested in joining us.



Photo: Louise Imbeault

The Quartier Vanier BIA held a special Beechwood Pumpkin Festival where local judges (see photo above) voted on the best decorated storefronts along Beechwood. To see who won, visit beechwoodpumpkinfest.com.



Photo: Peter Glasgow

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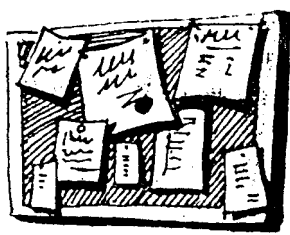
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Burgh Bulletin Board

Saturday, Dec 5, 10 am - 3 pm

ST. BRIGID GIFT FAIR at St. Brigid Elementary School, 200 Springfield Road. Choir performance, gifts, paintings, jewelry, soaps, Christmas ornaments, and a Tea Room.

Saturday, Dec 5, 9:30 am - 2 pm

"SILVER BELL" BAZAAR at Good Companions (670 Albert). The dining room will serve tortiere or cold plate from 11 am. Coffee, muffins available

from 9:30 am. Handmade crafts, home baking, Teddy Bear den, silent auction, books, woodshop repeat performance, white elephant, vendors. 613-236-0428. www.thegoodcompanions.ca.

Wednesday, Dec 9, 7:30 pm

STAIRWELL CAROLLERS' CHRISTMAS CONCERT at St. Columba Church. Traditional carols and renaissance songs sung 'a capella'.

Tickets at the door.

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the door should always be open.**



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Children's Pageant Dec 20 ✕ Christmas Eve Service 7:30 pm
Christmas Day 10:30 am (at the G. Armstrong Centre on Porter's Island)

270 Crichton Street, Ottawa • 613-749-6953 • stjohnlutheran@bellnet.ca

Sunday, Dec 13, 6 pm

BEECHWOOD CEMETERY CHRISTMAS CANDELIGHT SERVICE A special evening filled with a candlelight vigil, carols, music and a tree lighting ceremony. Event takes place outside so dress warmly. 613-741-9530, www.beechwoodcemetery.com.

Tuesday, Dec 15, 7 pm

DRAFT CITY BUDGET INFORMATION SESSION at the St. Laurent Complex, 525 Côte Street. Public information and discussion with City Manager, Kent Kirkpatrick.

Sat, Dec 19, 10 am - noon
HOLLY SALE at St. Columba Church. Fresh holly, bake table, jams and jellies.

Sunday, Jan 10

DEADLINE FOR SUBMISSIONS to the February edition of the *New Edinburgh News*.

Monday, Jan 18, 7:30 pm

NECA MEETING at Governor's Walk Retirement Residence, 150 Stanley Avenue. Open to the public.

Saturday, Jan 30, 3 - 5:30 pm

ANNUAL WINTER CARNIVAL at the Stanley Park Fieldhouse. Skating, wagon rides, games and hot chocolate. Fun for the whole family. Want to help out? Contact Joseph Cull at jjcull@rogers.com.

Saturday, Jan 30, 6:30 pm til?

MANOR PARK DINNER DANCE at the Aviation Museum. Reception at 6:30, Dinner at 7:30. Get your tickets early. Call 613-741-8700 or email manorparkdinnerdance@hotmail.com.

Ongoing until December 15

CENTRE D'ARTISTES VOIX VISUELLE is pleased to present the *International Digital Miniprint Exhibition*. The public is invited to discover the intimate and intense setting created by small scale, digital images, through the talent and perspicacity of twenty select artists. Curated by Cécile Boucher, three prizes were awarded by an independent jury: First prize to Thérèse Guy for *Les jumeaux*, Second prize to Raymond Aubin for *Les montagnes sacrées*, Shanghai nos 1 and 2, and Third prize to Elizabeth Dupond for *Road Movie 3 and 6*. At the Centre - 81 Beechwood Avenue, in Vanier.

Ongoing

NATIONAL CAPITAL WRITING CONTEST Residents of the National Capital Region are invited to submit their poems or short stories to the 23rd annual NCWC, sponsored by the CAA-NCR, the Ottawa Citizen and the Collected Works bookstore. For specific details, and before submitting, check the guidelines at

<http://www.canauthors-ottawa.org/contests.shtml>. Deadline for submissions is Friday, February 5, 2010.

DIVERTIMENTO ORCHESTRA is an Ottawa-based group of 68 musicians. It began in 1984 as a small ensemble in someone's basement for their own pleasure and has evolved into a full-fledged community symphony. Divertimento Orchestra is now looking for 1st and 2nd violin players for their upcoming Pops Concerts on Friday, February 5, and Saturday, February 6, 2010. Tel: (613) 823-1200. www.divertimento.ca.

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) 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.



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DEADLINE
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Holiday Services

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Sun., Dec. 6, 8:15 am & 10:30 am
4 pm Advent Carol Service

Sun., Dec. 13, 8:15
10:30 am with Church School Pageant

Sun., Dec. 20, 8:15 & 10:30 am A Festival of Nine Lessons and Carols

Christmas Eve
Thurs., Dec. 24
4:00 pm Family Service
10:00 pm

Christmas Day
Dec. 25, 10:30 am

Sun., Dec. 27, 8:15 am & 10:30 am

Epiphany
Sun., Jan. 3, 2010, 8:15 am & 10:30 am

ST. LUKE LUTHERAN CHURCH

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Thurs., Dec. 24, 7:30 pm
Christmas Eve Service

Fri., Dec. 25, 10:30 am
Christmas Service

ST. JOHN EVANGELICAL LUTHERAN CHURCH

270 Crichton St. 749-6953

Sun., Dec. 20 10 am
Worship Service featuring our Sunday School children's Christmas Pageant. Special activities and potluck lunch follows. Everyone welcome.



Thurs., Dec. 24 7:30 pm
Christmas Eve Eucharist Service with Lessons and Carols. Everyone welcome.

Fri., Dec. 25 10:30 am
Christmas Day Eucharist Service, Rev. Joel Crouse presiding, with the residents and families of the Garry Armstrong Long Term Care Centre, held in their chapel. All are welcome.

MACKAY UNITED CHURCH

MacKay St. at Dufferin Rd.
749-8727
Rev. Dr. John Montgomery

Wed., Dec. 16
Blue Christmas - a service of comfort for people who feel a sense of loss at Christmas.

Christmas Eve
Thurs., Dec. 24
5:00 pm - Family Service
7:00 pm - Communion and Carols.

Sun., Dec. 20 7:00 pm
Christmas Candlelight Service for the Community. Freewill offering to benefit The Ottawa Mission.

ST. ANDREW'S CHURCH

Wellington at Kent

Christmas Eve
7:30 pm Family Service & Pageant,
11 pm Midnight Carols & Readings

Christmas Day, 11 am
Christmas Morning Service



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.

VACATION RENTAL at Mont St. Anne near Quebec City for the week of March 28 to April 4, 2010. Studio unit for up to 4 people at Club Vacances Toutes Saisons (www.condosvacances.com). \$600. Call 613-745-8734.

DRAWING AND PAINTING CLASSES for adults and children in New Edinburgh. Call: Ana Iriondo de Bryson at 613-740-0489 or visit her website at www.anairiondodebryson.cjb.net.

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

CANCUN HOLIDAY - Pick a week and go to the Sunset Lagoon all-inclusive resort on the strip in Cancun. \$600-\$800 depending on size of unit (airfare and all-inclusive fees are extra). Check out the resort at www.sunsetlagoon.com and call 613-745-8734 to reserve.

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Season's Greetings

I am pleased to be part of the New Edinburgh community and wish you a warm and happy holiday.



Jane



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Burgh Breezy Bits



A wedding like no other: Bridget and Christopher Redmond tied the knot at the Mayfair Theatre in September.

Coming and Goings

Julie Kingstone and **Keenan Wellar** are new to the Burgh and the top floor of Archive Square at 174 Stanley. They are enjoying the close proximity to Crichton Street, home to relatives **Sally Burks** and **Michael Gerrior**, as well as long-time charity sector compatriot **Isobel Bisby**.

Welcome back to Avon Lane from Brussels **Pat Ockwell** and **Arun Alexander**.

Also returning from posting in Brussels are **Paula Pincombe**, **Roland Legault** and daughters **Louisa** and **Charlotte** of Noel Street.

Welcome to Vaughan Street to **Christine Rybas** and **Robert Lemieux**.

Welcome **John** and **Paula** and their kids, **Zoya** and **Maxime**, to Ivy for the next few months while their house is being renovated on John Street. Their new neighbours are grateful for the speed bumps to slow Paula down.

Congratulations

Christopher and **Bridget Redmond** of Crichton Street were joyously married on September 18, 2009. The couple are active filmmakers who fell in love in 2007 while start-

NEW EDINBURGH NEWS

ing a film school in Burundi, Africa. They decided to hold their ceremony in a location that truly reflected who they were as individuals and that brought them together as a couple: The Mayfair Theatre.

New Arrivals

Welcome to the neighbourhood to **Arlen Matt**. Born September 27, Arlen joins his big brothers **Harvard** and **Sebastian** and parents **Caroline** and **Jeffrey** on Electric Street.

Isobel and **Mark Bisby** are the proud grandparents of **Grace Sierra Bisby** born on Thanksgiving Day and weighing in a month early at five pounds eleven ounces. A daughter for **Adam** and **Angela**, and sister for **Ava Mary**.

Jeff and **Liane** of Noel have a new puppy!

Thank You

Cathy McConkey wants to thank **Ted** and **Bev Mathesius** who came to **Caelan McLaurin's** rescue one afternoon not to long ago. Caelan was racing home on his bike and managed to fall off receiving many bruises, cuts and scrapes on his face. Ted and Bev brought Caelan into their house and cleaned him up and then Ted walked him home. Just another reason to be thank-



Arlen Matt, born September 27 to proud parents, **Caroline** and **Jeffrey**.

ful for bike helmets and the kindness of neighbours.

Condolences

Our condolences go to **Andrew Kerr** and family on the passing of his grandfather, World War II veteran **William (Bill) Kerr**, on October 20 in Hamilton, Ontario.

We were saddened to hear of the death of a former Vaughan Street resident, **Carolyn Boswarva**, late of Orillia. She may be remembered to long time residents as the step-mother to **Owen**, **Rhys** and **Goran** and mother to **Karl**, **Bryn** and **Megan**.

Other Bits



Member of the Scottish Parliament, Shirley-Anne Somerville in front of the New Edinburgh display in Edinburgh.

New Edinburgh is on display as part of a special photography exhibition at the **Scottish Parliament** which explores the connections between Canada and Scotland through people and places (www.scottishparliament.uk).

Those checking out the new Google Street View should look at 42 Crichton – you'll see **Heather Matthews** and two others waving at the camera.

The annual sale of **FRESH Christmas HOLLY**, as well as **Homemade Preserves** and a **Bake Sale**, will take place on Saturday, December 19 at 10:00 am in The John Stewart Hall of the **Church of St. Columba**, 24 Sandridge Road, Manor Park, opposite the RCMP barracks.

The New Edinburgh News Team wishes happy holidays to you all!

Visit The Burgh Online!

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

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



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

www.newedinburgh.ca



Photo: Peter Glasgow

The community came out in force to MacKay United Church's recent Starlight Bazaar. Seen here are Burgh residents **Alix McEwen** of Crichton Street and **John Duchemin** of Stanley Avenue.

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

breezybits@hotmail.com

Deadline for submissions is

Jan 10