

NEW EDINBURGH NEWS

February 2010

www.newedinburgh.ca



The Magic of the Season...

Over the holidays, *NEN* photographer **Louise Imbeault** toured the neighbourhood to see the lights and enjoy the spirit of our own little winter wonderland. Here were her favorites for holiday decoration themes: 60-62 Crichton get the nod for Burgh residences (left), Jacobson's for retail storefront (below), El Meson for originality (right) and, last but not least, for pure public space magic, the Beechwood Cemetery driveway (top).

To see these photos in vivid colour interested readers can visit Louise's photo weblog at www.louiseimbeault.webs.com and click on the *BURGH WINTER FUN* gallery.



What's Up at 245 Crichton?

By NEN Staff

On one of the coldest days in December, a brave group huddled in front of the vacant and run-down apartment building at 245 Crichton to commemorate a new beginning for the vintage structure. Through an initiative called "a collective act of kindness", the building will undergo a massive restoration to make it not just habitable, but comfortable for six new families. If all goes well, this should be accomplished by late 2010 or early 2011.



Photo: Louise Imbeault
Renovations are well underway at 245 Crichton Street.

The initiative is being led by the Ottawa Convention Centre (OCC) Redevelopment project partners including the Ottawa Building and Construction Trades Council, their affiliates and its members; PCL Constructors, GBA, and BBB Architects. Students from

the Algonquin College Building and Trades faculty are teamed up with qualified trades people to help restore the apartment building.

Although media reports regarding a student design competition seemed to indicate that the size of the structure would nearly double, the New Edinburgh Community Alliance (NECA) has received assurances from the City that, for now at least, the plan is simply to renovate the current structure. The Carleton University student's design was more of a theoretical exercise to include the local colleges and universities in the project. There are no plans for an addition to the side of the building at this time.

Once renovations are completed, the property will welcome six families currently living in shelters. Ottawa Community Housing will be responsible for the management and maintenance of the building. How do neighbours feel about social housing on their street? "Some residents have contacted me to express their concern," stated Councillor Jacques Legendre at a recent NECA board meeting. "I asked them if they were aware that there exists currently social housing and special-needs housing in the neighbourhood. They weren't." The councillor went on to comment that (social housing) tends to be virtually invisible to the com-



munity.

"The Crichton Street project is a unique example of local generosity in our community," said Councillor Diane Holmes, Chair of Ottawa Community Housing. "The restoration of the Crichton Street building will give families an improved quality of life and new opportunity for self-sufficiency."

The building restoration committee was led by co-chair Richard Hayter, Ottawa Building and Construction Trades Council, and Ottawa City Councillor and co-chair Georges

Bédard, an OCC Board member. The City donated the Crichton Street apartment complex and the land it sits on.

The Province of Ontario and Government of Canada provided infrastructure and program funding, all to be operated through Ottawa Community Housing. "This project demonstrates the strength of community partnership," said Councillor Bédard. "When everyone comes to the table with expertise and supplies, and offers to help, communities grow richer and stronger immediately."



NECA President David Sacks Reports

The transition weeks of 2009–2010 have seen NECA contemplating the road ahead. Incorporated in 1989 and now entering its third decade of volunteer service to New Edinburgh, NECA has been strategizing on how to remain a dependable, accessible, well organized help to the community for years to come. One item of focus is membership.

Become a NECA member!

NECA's general members now number about 185. But it wasn't always so: One weakness of NECA in prior years has been an unrepresentatively small membership. In early 2007, for example, the official number hovered around 30 (nearly half being the NECA board). This oddity was due to an inert membership procedure that consisted almost entirely of enrolling all members annually, in June, at NECA's Annual General Meeting (AGM), with the result that our official membership reflected mainly just those individuals who had attended the prior AGM.

Today, however, NECA has a more efficient system, thanks largely to prompting from the 2007–2009 "NECA Progress Report" memo compiled by a committee under board member **Paul McConnell**. We have discarded the old, annual enrollment and are shifting to a permanent-membership system, with a cumulative list to be reviewed and updated periodically. Membership Secretary **Gemma Kerr** has been vigorously recruiting, by means of 1) NECA-membership sign-up tables at sundry community events, 2) outreach

via the *New Edinburgh News*, and 3) outreach by email and phone. We hope soon to bring the membership figure into the 200s.

Currently Gemma is contacting New Edinburgh residents who have been past NECA members but are not currently enrolled, to ask if they wish to rejoin. And, in coming weeks, some residents who have never been members may find themselves receiving individual emails from Gemma, asking if they might consider joining. Or—right now, as you read this—why not take the opportunity to email Gemma on your own, and join NECA? Gemma is at newedgem@magma.ca.

And please note: NECA membership remains free of charge to all New Edinburgh residents, and is open to all New Edinburgh residents and businesses.

Membership has its benefits There are several obvious advantages, to NECA and New Edinburgh, of a membership that is larger rather than smaller.

First, better representation. The more NECA members there are, the more the individual residents who might be inclined to report community problems to the NECA board or make other suggestions or speak up at the NECA AGM. This translates into NECA being better able to represent the community's needs and wishes.

Other advantages include wider exchange of information and more hands to share work. For example, in event of a needed emergency public

meeting (like the one called by NECA in November 2008 over local traffic speeding and congestion), a large NECA membership means that more New Edinburgh residents can be reached quickly, to help spread word of the meeting; also it means more potential volunteers to help put up posters, supply refreshments, etc.

And not least, wider membership means more "fresh blood"—a larger pool of potential candidates who might one day stand for election to the NECA board. The board has a maximum of 12 members, normally elected at the AGM and serving for two years with an option to stand for reelection; reasonably, new board members are traditionally drawn from among residents who have already become active or concerned as NECA general members.

A NECA "task force"?

In regard to the points above, the board currently wants to develop NECA's general membership in *availability* as well as in quantity. We are considering ways by which individual NECA members might inform us if they wish to be noted as special volunteers who might be available for certain tasks—such as poster duty or helping to write letters to city council—as community needs arise.

From the NECA executive's viewpoint, having a list of ready volunteers could help take pressure off the NECA board, especially in emergency cases where board members are being asked to drop everything (employment duties, family obligations) and prepare for a meeting, for example. As NECA has become more active for the community in recent years, so have more duties tended to pile up for certain board members (themselves just volunteers, after all). By creating a special rubric of "top volunteers" or "NECA task force" or "Team NECA" amid our general membership, we hope in future to have a handy way to better distribute some of the mechanical duties, at least for emergencies.

Thank you's and farewells

NECA sincerely thanks the residents and staff of **Governor's Walk** retirement residence for lending us the gracious setting of their dining room for our January board meeting—thereby letting us cede the Fieldhouse to the evening skaters and hockey players. Likewise, Governor's Walk will host our February board meeting (see the "NECA Meetings" box at right); in March we return to the Fieldhouse. We

are most grateful to our neighbours at Governor's Walk.

NECA joins the greater community in wishing "Hail and farewell" to **Constable Tom Mosco**, who retires from the Ottawa police department this month, after more than 34 years on the force and more than 13 years as community-liaison officer for New Edinburgh, Rockcliffe Park, Manor Park, and nearby neighbourhoods. In his tenure of conscientious and courteous service, Tom has been a personal friend, support, and information-source to many people who read this newspaper (for which he has written a regular column). He will be truly missed—not least by me. We wish him all happiness in retirement.

Further to Tom's retirement, please see the Page 5 article in this edition by *NEN* reporter **Louise Imbeault**, and please note that well-wishers are invited to say goodbye to Tom at an open house at Rockcliffe's Community Police Centre on Springfield Road, on Thursday, February 11, from 1 to 5 pm. Tom's last day at work is February 12.

Lastly, our deepest gratitude and appreciation go to **Karen**

Squires, who until January was chair of NECA's Friends of New Edinburgh Park committee. Regrettably for the community, Karen has had to resign from both the NECA board and the park chair, due to demands of her strenuous full-time job as Ottawa Tourism's marketing director. Karen joined the NECA board in October 2007, one of several volunteers who stepped forward to fill vacancies after a spate of board resignations. She quickly awed us all with her organizational power, fine judgment, and personal elegance and calm—"grace under pressure" seems the apt phrase. After taking over the Friends of the Park chair in June 2008, Karen showed great initiative and vision, immediately getting city staff more involved in the park's forestry, litter clean-up, and public-safety concerns. She will be sorely missed at the NECA board table, for her stewardship of our now-beleaguered park and for her charming presence. Our best wishes, for joy and success, to Karen and husband Richard. We look forward to seeing them around the neighbourhood and eventually in the reopened park.

Tom Mosco Retirement Farewell

Thursday, February 11, Open House 1–5 pm
Rockcliffe Park Community Police Centre
360 Springfield Road

All residents wishing to say thank you and farewell to Constable Tom Mosco—who retires this month after more than 34 years on the Ottawa police force and more than 13 years as the community-liaison officer for New Edinburgh and nearby neighbourhoods—are invited to drop in at an

open house for Tom at the Community Police Centre on Springfield Road (next to the Rockcliffe Park branch library).

Tom has been a pillar of this community, and we are sorry to lose him, even to a happy retirement. If you can, why not stop in and say goodbye?

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, our February meeting will be held at **Governor's Walk seniors' residence, 150 Stanley Avenue**, by kind permission of the management there. This and all NECA board meetings are open to all New Edinburgh residents. For the March meeting, we return to the Fieldhouse.

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

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

March 15, 7:30 pm at the Fieldhouse

April 19, 7:30 pm at the Fieldhouse

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.



DEADLINE
for the February edition
of the
New Edinburgh News
is
March 10

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

Traffic Report Update

Speed Reductions Coming

By Roslyn Butler, Traffic Calming Chair

The Official Petition for requesting a speed limit reduction to 40km/hr on our residential streets has arrived.

Ottawa City Council approved 'The City of Ottawa Speed Zoning Policy for Urban and Rural Roads' at the end of October and has put together a petition package with the correct legal wording in both official languages, instructions and petition signing sheets. This was delivered by Councillor Jacques Legendre to the NECA Board on Monday January 18.

For our residential streets to have the speed limit reduced from the current 50km/hr to 40km/hr there must be a con-

sensus of 66% of households on the ENTIRE street – resident homeowners and/or tenants. So, if you have concerns about traffic speeding, now is your chance to do something to change things for the better.

As NECA's Traffic Calming Chair, I or volunteer helpers will be canvassing New Edinburgh with petitions to sign to have 40km/hr speed limit signs posted. If we miss you on our first try we will leave a message that we called and will request a better time/place for you to sign the petition.

Crichton Street is unfortunately exempted from the speed reduction because it is a bus route and a main access

through our neighbourhood. However, the remaining streets are all designated as 'local residential'.

The streets I plan to focus on are: MacKay, Dufferin, Stanley and Vaughan. Ivy Crescent already sports some impressive speed humps and Noel Street seems to have very little traffic. The short cross streets are too difficult for cars to get up speed (although I am sure some try), so I will not be canvassing there.

Expect to see me or volunteer canvassers soon! If you would like to help, contact me at 613-746-8037 or roslynebutler@hotmail.com.

Economic Action Plan

Project Underway on Sussex

By Jane Heintzman

While signage along Sussex Drive is by no means easy to read safely when you're in transit, given the volume and speed of traffic in our area, walkers in the community may have noticed a bright green and white sign not far from the entrance to 50 Sussex (the long defunct Canada and the World Pavilion). The sign marks the location of a project currently being carried out under the umbrella of the much touted Economic Action Plan (EAP), a centrepiece in the federal government's massive stimulus package, introduced last year to counteract the impact of the global recession.

Needless to say, the *NEN* was curious about precisely what project the sign referred to, and in particular, whether the abandoned Pavilion building might be a beneficiary of EAP largesse. As it turns out, there are no exciting plans afoot to transform the Pavilion into

a gallery, conference centre, office complex or anything else for that matter. Rather, we are informed by Public Works and Government Services Canada that the work now underway under the EAP banner is designed to repair a concrete retaining wall and to rehabilitate the river bank next to the Rideau Falls Lab, in order to protect this site from the erosion caused by surface ice on the Ottawa River. The project was reportedly launched at the end of October 2009 and is expected to wrap up by the end of January 2010. The total estimated cost is \$204,500.

So for the moment, the future of the legendary Canada and the World Pavilion at 50 Sussex remains shrouded in mystery some five years after the museum closed its doors. Perhaps we'll have some news to report in our April edition, but just possibly it will be on the back (April Fool's) page!

NCC Update on Stanley Park

The NCC wishes to acknowledge the collaboration of residents of the community with regard to the Stanley Ave Park Remediation project to date.

We are happy to inform you that the project is progressing as planned. The weather and the contractor's expertise and dedication to the project have contributed to the project being on time. Please consult the NCC website at: www.canadacapital.gc.ca and look for the link "Stanley Park" on the home page for the most current information regarding the schedule of the entire project.

Since the remediation work is only partially completed, according to the Canada Labour Code, the site remains a construction area under the responsibility of the Contractor. Therefore for health and safety reasons the park must remain closed to the public until the completion of construction in the Spring of 2010.

It is most important to note that, breach of entry onto the



Photo: Peter Glasgow

site may adversely affect the opening of the park to users in the Spring 2010 by damaging newly seeded areas. To ensure the best possible results and the quickest re-opening of the entire park, it is important that local residents and the community at large refrain from using the fenced off areas.

Jocelyne Moncion
National Capital Commission

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Ottawa City Councillor Jacques Legendre Reports

City Council approves next step in light rail implementation

On January 13th City Council approved "Downtown Ottawa Transit Tunnel (DOTT) Planning and Environmental Assessment Study", by a vote of 19-4.

The LRT system will cut the number of buses travelling through the city's downtown core in half, while the number of buses running along Rideau and Wellington streets will be reduced from 2,600 per day to 600 per day. With a virtually emissions-free LRT system in operation and fewer buses and other vehicles on the road, the city will be able to reduce fuel consumption by as much as 10 million litres a year, and cut greenhouse gas emissions by up to 27 million kilograms a year. Combined with a redesigned bus system, LRT is expected to reduce transit-related operating costs by up to \$100 million annually starting in 2019 – providing citizens a significant return on investment.

Le Conseil municipal approuve la prochaine étape dans la mise en oeuvre du train léger sur rail

Le 13 janvier 2010, le Conseil municipal a approuvé le plan recommandé pour « l'Étude de planification et d'évaluation environnementale du tunnel de transport en commun au centre-ville (TTCCVO) », à la suite d'un vote de 19 en faveur du projet et quatre contre.

Le réseau TLR permettra de réduire de moitié le nombre d'autobus en circulation dans le centre-ville, tandis que le nombre d'autobus circulant sur les rues Rideau et Wellington passera de 2 600 à 600 par jour. Le système de TLR est pratiquement sans émission, et comme le nombre d'autobus et d'autres véhicules sur la route diminuera certainement, la Ville sera en mesure de réduire sa consommation de carburant de quelque 10 millions de litres par année ainsi que ses émissions de gaz à effet de serre de 27 millions de kilogrammes par année. Le réseau TLR, combiné à un nouveau concept

de réseau d'autobus, devrait permettre de réduire les coûts d'exploitation liés au transport en commun de quelque 100 millions de dollars par année à compter de 2019, assurant un rendement important aux citoyens.

Rideau High School

My previous column in the 'News' carried a piece on "Schools Closures in the Urban Core and Why They Are Bad For Us All". The article was provoked by the latest threatened closure – that of Rideau High School.

I am pleased to report that the Ottawa-Carleton & District School Board decided not to proceed with that proposal. Thanks to many of you from New Edinburgh, and elsewhere, who spoke out against the effects of such closures.

This threat to urban core communities will continue so long as our provincial laws are not modified to deal with the complete societal impacts of the loss of such key pieces of community infrastructure.

245 Crichton – Its Recent Past and its Future

In the '70's, the Regional Municipality of Ottawa Carleton (RMOC) had a policy of purchasing properties along Crichton Street as these were offered on the market. The intent was to use the regular market place, instead of expropriation, in preparation

for the future Vanier Parkway Extension. 245 Crichton Street was acquired in 1974.

In 1997, RMOC Council voted to remove the Parkway Extension from its Official Plan. An OMB decision dated December 22, 1999, confirmed the removal of the Vanier Parkway Extension from the Regional Official Plan.

The RMOC held the property on an interim basis with minimal capital investment given that the structure had been acquired for demolition. After amalgamation the property was placed into the Interim Corporate Portfolio, with no capital budget. Renting the 6 apartments generated annual revenue of ~ \$50,000 or a net income after expenses (less heat, water, realty taxes, basic maintenance) of ~ \$10,000.

The City's housing branch was ... "interested in looking at ways to meet Council's stated intent to support and facilitate the increased availability of affordable housing. City owned residential rental property provides an opportunity to both preserve rental housing and to develop strategies to make/preserve this housing as affordable in the long term." In 2006, the branch recommended ... "Given that the City is trying to maintain affordability where it exists, and that there is an opportunity to enable these units to be used to meet other public policy needs, the Housing Branch is recommending that these properties be transferred via an RFP process to a community based agency for the purposes of providing affordable supportive rental housing to low-income residents". In spite of this clearly expressed policy interest nothing much happened on this site.

Studies were conducted to consider the best way forward. These included refurbishment, demolish and rebuild, sell-off to either a housing provider or to a developer on the open market. Ongoing indecision on this file was complicated by a potential NCC interest. As a result, when three units became vacant in 2004 they were not leased since a vacant building was preferred in the circumstances. A fourth unit became vacant in July 2005 and was not leased.

Two month-to-month tenants remained in 245 Crichton throughout 2006. The property was then operating at a negative cash flow. The decision to leave two tenants was more for security than for revenue. Near the end of winter (2006-07) the old boiler cracked and the heating system was shut

down. Under the Tenancy Act the City had an obligation to provide heat and, as a temporary measure, electric heat was provided to the remaining tenants by tapping into the panels from the vacant units.

In June 2007, the remaining tenants vacated the building and in July, a consultant completed a full building review. The consultant found that essentially all major building components had reached the end of their economic life. This was no surprise as there had been no capital investment since the property's acquisition in 1974. The report concluded that the property "is approaching non-viable status" and that "demolition should be considered".

The history of the RMOC's (now the City of Ottawa's) stewardship of this public asset (and there are others unfortunately!) is not very edifying. The City, as landlord, has not behaved in an exemplary manner. One wonders if a private landlord would have been allowed to let a property, providing scarce and needed affordable housing, deteriorate in order to facilitate a demolition order. As an environmental issue, this scenario, if allowed to play out, would represent a significant waste of perfectly useful building materials.

What does the future hold for 245 Crichton? Ottawa Community Housing (OCH), the City's housing provider, has acquired the property. It will now form part of its affordable housing portfolio for families. Significant renovations are occurring internally to restore the units. These renovations are occurring with the assistance of the Ottawa Congress Centre and its trade unions (represented by the Building and Construction Trades Council) as part of a memorandum of understanding intended to support efforts to end homelessness and renew the downtown core, provide training opportunities for multiple trades and assure harmonious labour relations (i.e. no strike) during the work on the Congress Centre. The lower two units will be made accessible for people with mobility handicaps. This apartment building will continue to form part of the fabric of this community for many years to come.

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In Our Midst: The Man in Blue

By Louise C. Imbeault

In February 2010, Senior Const. Tom Mosco will complete his "tour of duty" and retire from the Police Force after 35 years of service.

Const. Mosco's tenure in our neighbourhood began 13 years ago. Driven, dedicated and full of initiative, Const. Mosco approached then Police Chief Brian Ford asking to be assigned to the Rockcliffe Community Centre Police Station before the building was even completed. Permission granted, Tom embarked on this pioneer assignment in our midst on January 9, 1997 under the station's mission statement: "Working together for a safer community" and that he did!

Right from the get go, this 6'2" eyes of blue dynamo implemented the Neighborhood Watch, the Child Print, the Home Security Evaluation and finally the Business Crime Prevention programs for our area. He loves children and hasn't stopped creating new ways to reach out to youth. "Children are the future" com-

mented Mosco, "and that motivates me to educate as many as possible." He has organized hands-on activities and workshops in collaboration with the different policing departments such as: the K-9 unit (dog division), the regional security forces (OPP and RCMP), the Tactical Units, the NCC and more. But his biggest success was achieved with the creation of the Police Cards collection in 1994.

Children were so excited to see photos of officers "in action", reading about their duties and trading them among friends. So popular was this new twist from the classic "hockey cards" that the station quickly ran out of stock. I'm certain many of your children still have some in their possession right now – hold on to them, they just might be a prized collector's item. For more information on these ongoing programs, please visit www.ottawapolice.ca.

The Man Behind the Badge
Senior Constable Thomas S.

Mosco was born in the early nineteen fifties and raised with his siblings (2 brothers, 2 sisters) in the Ottawa Valley (Renfrew/Cobden) alongside the family pet, a Terrier named Skippy. In 1976, after his third year of engineering at Ottawa University, Tom opted for a career as a Police Officer.

Tom the man, is happily married now for 23 years, is the proud father to two lovely girls and the family adopted a silver/black tabby cat named Luna from the Ottawa Humane Society. A first class athlete, Tom cycles to work on his faithful "Bianchi" Italian racer all the way from Orleans, on a daily basis (weather permitting of course). The exercise and fresh air keeps his creative juices flowing and at age 56 he is the epitome of good health, vitality and resilience.

Tea Time with the Team

Back at the station the atmosphere is welcoming and the area spotless. The 'team' gathers around at 1500 hours for the daily ritual of tea and cookies (Tom's got a sweet tooth). Alison Green, Coordinates nine volunteers; Fred Murphy, took over the Neighborhood Watch program, Diana Drushey, a City of Ottawa employee looks after the Recreational activities and Const. Mosco with the station mascot Edwina on his lap, (a 15 year old Sheltie mix) savour a cup of Orange Pekoe or Darjeeling for a well deserved afternoon break.

In February 2010, Sr. Const. Tom Mosco will complete his "tour of duty" and retire from the Police Force. He will be handing over a long list of ideas and suggestions to Police Chief Vern White for his incumbent, who will be appointed very soon (if not already). On February 11, from 1 to 5 pm, there will be an Open House where area residents can come and say their farewells.

Moving Full Steam Ahead

What's on the agenda for Const. Mosco? "Well," he shared, "I will start by completing that engineering degree when I return from a month long trip to Portugal." Why that country in particular for his first post retirement vacation? "It's a new life with new views, what better place to start than in the footsteps of Christopher Columbus who conquered the brave new world," he replied

with a smile. His first port of call is Porto. Bon Voyage!

On behalf of all *NEN* readers, I take this opportunity to extend our very best wishes to Senior Constable Tom Mosco for a Happy Retirement! Also I profusely thank this highly-decorated and friendly officer for his legacy of contributions to the City and our community. Au revoir Tom...Godspeed to the Man in Blue.



OTTAWA POLICE SERVICE
SERVICE DE POLICE D'OTTAWA

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

Winter Road Safety

By Const. Tom Mosco

Good drivers know that winter is another world when it comes to driving. The weather may be unpredictable but there are several things that remain under the driver's control. The first thing to examine is the vehicle. Is it winterized? A properly maintained motor vehicle is a necessity and can reduce a lot of the stress of driving in winter. Winter tires greatly assist starting and stopping on the roadway and should definitely be considered.

The next thing is the mind set. It will take you longer to get to where you are going. If the weather office calls for snow the following day you will have to leave home earlier to get to the office on time. It doesn't matter what type of vehicle you are driving or how many red lights you drive through there will still be lineups of stopped vehicles. The only solutions are to leave early or to call in late and wait until traffic clears.

Slow down—even the clearest of roadways are slippery. Road salt and ice fill the grooves and crevices in the roadway and traction is greatly reduced.

Visibility may also be greatly reduced. Slowing down will allow for more time to respond to a hazard.

Courtesy in winter is a must. Some view it as a sign of weakness while the majority of us view it as a good practice. Be very mindful that pedestrians may be walking on the roadway. Exercise caution when driving through puddles and slush. Common courtesy dictates slowing down or stopping to avoid soaking pedestrians walking on the sidewalk.

Pedestrians should also be advised to take precautions. Walk facing traffic when on the roadway. This is particularly important when walking in areas with no sidewalks.

Cross the roadway only at intersections and look both ways before crossing.

See and be seen. Wear light coloured clothing and retro-reflective material. Do not run out from between parked cars.

Winter is a wonderful time of year, so get out and enjoy it. But do take care.

For more information on winter driving call or visit the Rockcliffe Community Police Centre at 360 Springfield Road, 613-236-1222 ext. 5915.



Photo: Louise Imbeault

Constable Tom Mosco with the Police Cards collection.



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Rideau High School Stays Open!

By Julie Swettenham

Rideau students, families and all who care about this school got great news December 15, when trustees voted 10-1 to keep Rideau open.

Should New Edinburgh residents, for whom Rideau is generally not their designated high school, care that Rideau came very close to closing?

The short answer is yes. Indeed they should. Here are some reasons why.

Rideau is a great school.

This message emerged loud and clear from students, families former students, and community members. Rideau is meeting the needs of its students very well and is a highly-valued community resource. It offers a tremendous range of courses, from academic to applied, and has excellent shop facilities and abundant green space.

Daycares and programs would have been lost.

Closure of Rideau would have meant the loss of two daycares, programs including Language Instruction for New Canadians (LINC), English as a Second Language, English Language Development, Learning Disabilities, Math Essentials, and many others. These programs are lifeboats to those who need them and are the ticket to true citizenship.

Schools strengthen the core.

Had trustees voted to close the school, as staff had recommended, it would have left the densely populated downtown core with no access to a public high school within a 10-kilometre stretch of the city, from Gloucester High School in the east to Lisgar Collegiate in the centre.

This would have been bad news for a capital city that has been pursuing policies to intensify the population in its core, and for a country that welcomes immigrants to a greater extent than any other, as most immigrants choose to settle in urban areas.

The downtown population is growing.

The communities that fall within Rideau's catchment are growing. Families are moving into Vanier and Overbrook. New Edinburgh Commons is one large development within Rideau's catchment area, and the former Rockcliffe air base is another.

Once a high school in the core is gone, it cannot be replaced easily.

It would be very hard if not impossible, and very costly, to find land in the downtown to build another school. The closure of Rideau does not make economic sense over the long term.

Students, parents, Councillor Jacques Legendre, and community representatives from Manor Park, Overbrook, Vanier and Castle Heights spoke on Rideau's behalf. Each brought a unique perspective to the closure issue.

Not surprisingly, it was the students who carried the day, with their freshness and sincerity, and their profound gratitude to a school that they told trustees feels like family. They underscored that school staff go "above and beyond" to encourage them to do their best, to reach new limits, and above all to graduate.

The submission from the Rideau H.S. Council was honest in its acknowledgement

that Rideau suffers from stigma, that many who have never entered its doors or classrooms consider it to be a "bad" school.

There is much work ahead in turning around this long-held misconception. But the work has already started with Trustee Bronwyn Funicello's successful motion:

...*THAT [Ottawa-Carleton District School Board] staff develop a comprehensive plan to address long-term enrolment issues and the needs of students and the community by addressing but not limiting themselves to the following recommendations of the Beacon Hill-Ottawa East Accommodation Review Committee [ARC]:*

a. No closure of the schools included in this ARC process;

b. Board to engage in strategic long-term planning informed by comprehensive diagnostics and active consultation with the community;

c. Conduct consultation with communities served by low enrolment schools to identify and resolve root causes of enrolment issues;

d. Add program pathways to schools with low enrolment to increase appeal and viability;

e. Add non-semestered options to low enrolment schools;

f. Review impact of previous and future boundary changes; and

g. Provide additional funding to schools with low enrolment so programs can be enhanced.

There can be no doubt that the decision to keep Rideau open is great news for our communities and for our city. Ottawa needs its schools, and a strong public school system is a cornerstone of a strong society. It took many community voices

to keep Rideau open, and it will take the commitment of many to strengthen this community school. If you would like to be part of the Rideau

Revival, I warmly invite you to contact me.

Julie Swettenham is the Rideau HS Council Chair.



Kudos to the New Edinburgh Pub

My family recently had a great experience dealing with one of the businesses in your community and I didn't want it to go unnoticed.

My brother turned 50 on New Year's Eve. In looking for a place to host his surprise party, one of his friends suggested the New Edinburgh Pub—as my brother used to play hockey with the owner Paul Williams. When we talked to Paul about having the party at "the Pub", he advised us that although he normally closed on New Year's Eve, he would open the Pub for the party. Not only did they open that night, Paul and his wife Tracey went to unexpect-

ed lengths to make the event an enormous success. They did an incredible job of decorating the Pub (at their own expense), worked tirelessly all evening and generally provided a warm and friendly atmosphere for all who attended (some 80+ people).

Paul and Tracey went "above and beyond" in terms of the generosity, hospitality, and support they provided for our party and I wanted to pass this message along as they represent, to me, the type of people that the New Edinburgh community truly benefits from. Thank you.

Mark Brenning

Keep Crime Prevention Ottawa!

To the Editor and Fellow Residents of Ottawa, For the past four years, the City of Ottawa has supported an extraordinarily successful program—Crime Prevention Ottawa (CPO). Suddenly, it is under threat of being disbanded, as a result of the recent budget review. Cutting this funding is strangely short sighted. The program has inspired Vanier (where we live) to bring safe and clean streets back to our neighbourhood. Over its second year, rates of crime against persons in Vanier decreased by almost 30%. CPO can help other Ottawa communities to do the same. It is the real deal.

CPO is a partnership of the City of Ottawa, Ottawa Police Service, United Way/Centraide Ottawa, Children's Aid Society of Ottawa and the area's four school boards. Beginning in 2006, it began planning a community-wide crime prevention strategy focusing on youth, violence against women and crime affected neighbourhoods.

The Ottawa Police Service and the community of Vanier won the 2009 Community Mobilization Award from the Ontario Association of Chiefs of Police (OACP) for the Vanier, *Taking Back its Streets* Program. The award recognizes a community that has exhibited exemplary on-

going efforts designed to make their neighbourhood a safer, more secure place to live.

By encouraging local networks to form and grow confident, CPO has generated a buzz and enthusiasm which infects all residents. This spirit lays the groundwork for the economic development which will ultimately renew the area.

Funding CPO is a worthy investment of tax dollars. Crime prevention saves money. The resolve to keep neighbourhoods clean and safe must come from the people who live there. Residents can best identify the problems which affect them most, and once organized, can generate remarkable, effective and creative solutions. An organized group can persevere where an individual might give up. CPO calls neighbourhoods to action.

Preventing crime must be a top priority for the City of Ottawa. CPO mobilizes and connects people to stop crime before it starts and to retake neighbourhoods which are sliding away. Ottawa City Council should preserve this excellent program for the good of all city residents.

Best regards,
*Rose Anne Leonard and Andrew Leuty
Together for Vanier,
Beautification Committee*

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Legendre



A New Decade With New Challenges

By Michael Histed

Much has changed over the past decade, both in terms of the evolution of crime and the appearance of new crimes. This would be a good opportunity to take a look at what we need to look out for over the next years.

Cyber crime

Crime in the online environment has evolved significantly over the past decade, becoming ever more challenging to detect. Undoubtedly, as methods to prevent cyber crime become more sophisticated, the criminals will try to stay one step ahead. Here are just a couple of the newer methods criminals use to get you to provide your private information.

Email Fraud: The use of email is becoming increasingly popular as a method to get you to provide personal information and passwords. Potential criminals will send you an email under the guise of a bank or your internet provider. They will ask you to verify your account details or your account will be suspended. Banks **will not do this** by email; if there is a problem with your account, they will usually ask you to come in to the branch. Do not respond to these emails.

More recently emails have evolved so that they appear to come from persons you know making it increasingly more difficult to detect. The bottom line is that **no one legitimate will ask you to verify your passwords or account numbers via email.**

Social networking: This is becoming increasingly popular with Facebook, YouTube, Twitter, myspace.com, among others. They can be a lot of fun, as well as a quick and easy way to communicate and share information with friends and family. Be aware, however, of what you are posting online, particularly any information or photos of a personal nature. Despite your best efforts, you

will never be 100% certain who is looking. This is of particular interest to the teenage age group who tend to be very active on these networking sites.

The more “professional” criminals can spend months developing a relationship with members of your family—particularly those most vulnerable—to determine who you are and where you live. Sounds scary? It can be, so be careful about what you and your family members do online. Never discuss personal issues with someone you do not know or fully trust.

New Edinburgh, an inner city neighbourhood?

Perhaps not right now, but yes, the next decade will inevitably see more growth in Ottawa. Light rail will become a reality with quicker and easier access across downtown. The numbers of people living in New Edinburgh will also likely increase with further intensification, thus raising the spectre of increased crime. Does it have to be so? Not necessarily.

Over the past decade, neighbourhood watch has helped to raise awareness of crime within the area, provide tools to prevent crime and help neighbours look out for neighbours. As a result, crime statistics have been steadily declining in New Edinburgh, and if we maintain our vigilance we can remain a safe neighbourhood even with the coming changes.

Of course a major reason for having a successful neighbourhood watch program over the past decade is the close collaboration with the Ottawa Police, in particular **Constable Tom Mosco**, who has encouraged and supported us during all our growing pains. Tom will be taking a much deserved retirement this spring. From all of us in neighbourhood watch, thank you and all the best for your retirement. You will be sorely missed.

Green Bin Collection

Fill ‘er Up and Spare the Landfill!

By Jane Heintzman

There are still surprisingly few Green Bins (for organic waste) at the curb in some parts of the Burgh, and we thought it might be timely to remind our readers to get with the program! Here in New Edinburgh, we’ve been lucky enough to get a head start on the organic waste collection system. The Green Bin program started here eight years ago as a pilot project, and as of January 4, 2010, is now part of a City-wide service.

If you’re new to the area or confused about how and when the program works, here are a few facts to help you along:

- Beginning on January 4, our Green Bin collection became **bi-weekly**, with pickup dates coinciding with Black Box collection.

- Weekly collection will resume on the first Monday in

April.

- If you didn’t receive a Garbage/Recycling collection calendar, you can download one from the City website (www.ottawa.ca) or call 311 to request that a calendar be delivered to your door.

- If the Green Bin is new to you or if you’ve been avoiding it as an awkward and possibly messy waste disposal option, please give it a try: it’s designed for all of the organic waste from your household, from fruit and vegetable peelings to meat scraps (bones and fat included), stale bread, mouldy cheese, coffee grounds, tea bags, egg shells, Kleenex tissue, greasy pizza boxes, kitty litter, dog hair, and plant clippings. Indeed, about 80% of what you would normally pitch into your garbage pail to go to the landfill can now go in the

Green Bin.

- If you’re concerned about mess or smell, worry no more; with the use of specially lined compostable Bag To Earth bags (available in two sizes at Beechwood Home Hardware), the system is clean, odour free and the stuff won’t stick to the sides of your green bin. (There are lots of other tricks of the trade for making the best of your Green Bin, so check out the City website or drop us a line at Neca.enviro@gmail.com).

- What our Green Bins **DO NOT** take is any form of plastic, *including biodegradable, compostable plastic bags* (they get caught in the machines). It’s strictly organics, but that, as you’ll discover, is a LONG list, and should mean that your landfill garbage shrinks to almost nothing!

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Green Roof Will Be an Environmental Innovation at Ashbury College

By Sarah Anson-Cartwright

If you have ever looked down on a building and seen vegetation covering a roof, you may have been surprised and intrigued by such a sight. A “green roof,” however, differs greatly from a rooftop garden (please see the box for a description of a “green roof”). It may look verdant and attractive, but in fact a green roof plays an environmentally beneficial role in its community. And at Ashbury College in Rockcliffe Park, the plan is to add a green roof atop the school’s theatre within the next

year or two.

With 13 acres of land, set among mature trees, there is no doubt that Ashbury College enjoys a green and pleasant location. The fact the school is aspiring to a much fuller expression of green—with a green roof—reflects its commitment to environmental sustainability.

Appropriately enough, the idea of a green roof came from the students. The concept embraces an environmentally conscious and energy-efficient approach whereby a self-sustaining area of indigenous

plants and vegetation helps insulate the building to reduce energy bills, prevents damage from storm water runoff, and acts as a fire-proofer. To top it off, so to speak, Ashbury’s green roof will be accessible to students as an outdoor classroom.

Tim Putt, the Assistant Headmaster, and **Kendal Young**, the Assistant Director of the Junior School are leading the school’s green roof plans, with the support of the students’ **Environmental Club**, the school’s administration and board. The green roof presents educational, infrastructure and community benefits, in their view. The students will experience a living lab that is tied to their curriculum, while they become more aware and responsible for their environment.

Ms. Young says this project was part of the impetus for her to come to the school from Toronto where she led another green roof project at an independent school. Ashbury’s Junior School has already created two outdoor gardens—a flower garden and vegetable garden—the latter with voluntary assistance from Mariposa Farm’s Ian Walker. The vegetables grown in the garden will be donated to a shelter.

Ashbury’s green roof may



prompt others to contemplate what they might incorporate in their own homes, says Ms. Young. She says her biggest concern is a lack of education on green roofs and on the broader movement toward “living lightly”. To that end, the school will rent out the green roof, just as it does its current facilities.

Green roofs have become a common feature in Germany over the past few decades, but in Canada they are a relatively new phenomenon. Large projects, such as the six-acre expanse atop the Vancouver Convention Centre, draw attention to green roofs. The concept is adaptable to most flat roofs, whatever their size. The firm ELT, a specialist in green roofs and living walls, even offers a do-it-yourself green

roof system for customers in the Toronto area.

While the cost of a green roof exceeds an ordinary roof, it also extends the life of the roof. At Ashbury, an additional \$100,000 must be raised in order to cover the cost above the standard roof repairs. With \$30,000 still left to be raised, the school is seeking additional donations to the Green Roof Initiative.

As for maintaining the roof once it’s installed, Ms. Young says it will need careful attention during the initial year but will be self-sustaining thereafter.

No doubt, Ashbury’s green roof will grow and thrive on its special role with the students, the school and in its community. May it take root and inspire others to go green.

What’s a Green Roof?

“A green roof is a green space created by adding layers of growing medium and plants on top of a traditional roofing system. This should not be confused with the traditional roof garden, where planting is done in freestanding containers and planters, located on an accessible roof terrace or deck. The layers of a contemporary green roof system, from the top down, include:

- the plants, often specially selected for particular applications,
- an engineered growing medium, which may not include soil,
- a landscape or filter cloth to contain the roots and the growing medium, while allowing for water penetration,
- a specialized drainage layer, sometimes with built-in water reservoirs,
- the waterproofing / roofing membrane, with an integral root repellent, and
- the roof structure, with traditional insulation either above or below.”

[Source: *Design Guidelines for Green Roofs*, Ontario Association of Architects & the Canada Mortgage and Housing Corporation, April 2009]

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News from the Ottawa School Board

By Rob Campbell, OCDSB
Trustee for Zone 9

A Changed Transfer Policy and Community Schools

The Board has just changed its transfer policy for both elementary and secondary school students. This is the policy that determines when and on what basis students may attend an OCDSB school other than their designated community school. All school boards have such policies in place but they vary in how restrictive they are.

Several years ago the transfer policy at the OCDSB was relaxed to allow transfers on any basis if there was space at the receiving school. If there were more applications than space available then sorting criteria were applied. We have always had schools which were more desirable than others for one reason or another but this policy led over time to an exacerbation of 'have' and 'have-not' schools.

The Board is now more focused on improving every community school. This new focus was one important reason why the Board recently refused to close Rideau High School.

The transfer policy is an instrument in the general transformation of the District to

a community schools based focus. The revised transfer policy is no longer primarily based on space availability but is based on student needs. Greater discretion is given to principals to determine what student needs are and to develop better coordination between sending and receiving schools. Ensuring consistency of practice by superintendents and monitoring of it all by Trustees will be important. The net effect will be that students who are transferring for compassionate reasons or learning needs will continue to be able to do so. These changes should however also lead to fewer transfers over all.

I believe that this is an appropriate balance with respect to the transfer policy. We need to get away from boom or bust schools either overflowing or emptying out and we need to refocus on making every school an excellent school. This policy change represents another step towards a coherent new vision for the District. One more focused on community, equity and excellence in learning.

Early Years All-Day Learning Implementation

There is much we know and much we still do not know

about the government's intent to bring in early years all day learning for Ontario's children. Four major questions now have been answered in general terms: Which kids will benefit? What sort of staffing will be paid for by the government? When will this be done by? Who will be in charge of local implementation, city or school boards? Some questions remain.

Recently, the Pascal report recommended a balance of early childhood educators (ECE) 1/2 the day and teachers the other 1/2 to create all-day JK and SK learning-focused care. Pascal also recommended full coverage of March Break, summers and before and after school care, thereby providing a seamless day of care at school-based hubs all year for families from 7:00 am to 6:00 pm.

The government's implementation will provide for a teamed teacher and ECE during the regular school day in a larger class size, fee-based cost recovery before 9:00 and after 3:30 (with some subsidies where needed), but not necessarily any March break or summer care or new subsidies. The overall package provides for less coverage at greater cost than Pascal had recommended.

School boards and their partners are constrained in that first wave centres may only be those where all of the JK/SK classes at a school can go full day together. Fortunately, York Street Public School will be in the first wave that opens its doors to the all-day kindergarten in Sep 2010.

Rob Campbell is the OCDSB Trustee for Zone 9 - Rideau-Vanier / Capital.

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Fools' Latest Production Features Local Burgh Talent

By Jane Heintzman

Over the years, the NEN has highlighted the close links between our community and Ottawa's zany, ever popular theatre company, *The Company of Fools*. This time last year, we reported on the Fools' immensely successful production, *A Mid-Winter's Dream Tale*, which was rehearsed right here on Crichton Street at the Crichton Cultural Community Centre. It featured Burgh actor **Emmanuelle Zeesman**, with former New Edinburgh resident and faithful Lumière Festival participant, **Lou Hayden**, doing the honours as Costume Designer.

Once again this year, theatrical talent from our community is front and centre in the Fools' new production of *Shakespeare's Danish Play* (or *Hamlet*, "as you've never seen it before"!), which runs at the newly renovated **Gladstone Theatre** from January 28 to February 27. Burgh resident **Andy Massingham** is director of this year's delightful folly, while his partner **Alix Sideris** (a ten year resident of the neighbourhood) is a prominent member of the cast, playing the role of *Shidgit*, one of the five clowns around whom the production revolves. Fools' aficionados will already have guessed that the signature Clown Duo of *Pommes* and

role in this year's romp.

Andy is a highly regarded member of the local theatre community, and has performed across Canada in such well known venues as the Stratford Festival, the National Arts Centre, the West Vancouver Cultural Centre, the Odyssey Theatre and Toronto's Tarragon and Soulpepper Theatres. In 2008, both he and Alix played leading roles (interestingly enough, as husband and wife!) in a critically acclaimed production of *How the Other Half Loves* at the Gladstone Theatre. His wordless solo play *Rough House*, performed at the NAC in 2006, was nominated for 5 Dora Mavor Moore Awards, winning two of them including Outstanding Performance. Andy has also taught acting, voice, movement and physical

instructor in a physical theatre training company with the arresting moniker, *Guerilla Heart Juice*.



Alix Sideris.

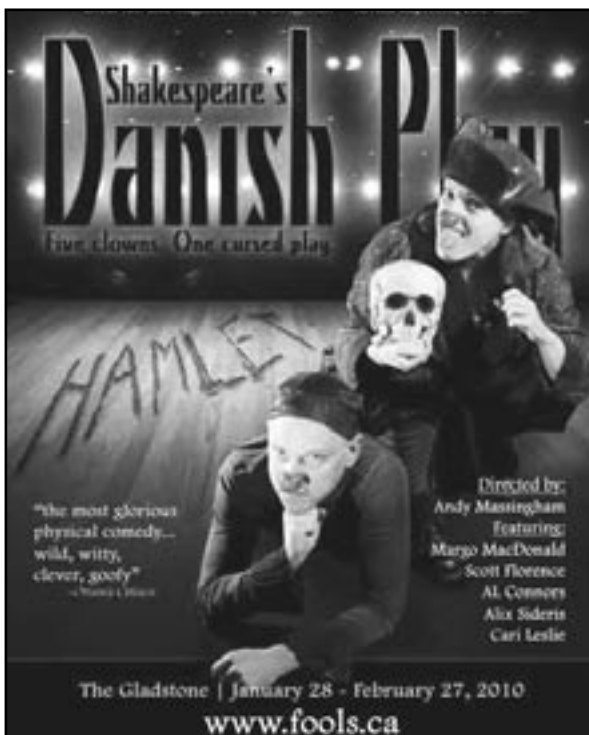
Alix is also a versatile and accomplished performer who has worked in both film and television, in addition to her theatrical career with such companies as the St. Lawrence Shakespeare Company, where she recently played Rosalind in *As You Like It* and Nerissa in *Merchant of Venice*, the Third Wall Theatre, the Odyssey Theatre, the Salamander Theatre and the GCTC. Last spring, she performed in Peter Hinton's production of *The Changeling* at the National Arts Centre. Alix's special skills as a performer (ideally suited to the Company of Fools!) include movement, *commedia dell'arte*, dance, singing and clowning. Like Andy, she has taught in a variety of venues from Montreal to Vermont, Toronto, Windsor and Brockville. Here in Ottawa she is currently a movement

instructor for the NAC, Opera Lyra, Algonquin College and the University of Ottawa.

In addition to their collaboration in the Fools' latest production, Alix and Andy are currently working together on a one woman show entitled *M*, written and performed by Alix, with Andy as producer/director. A preview of the show will take place at

visions and bruised egos. The couple first met in a professional context (a theatre workshop), and have been working happily together ever since. So this year's collaboration in *Shakespeare's Danish Play* holds neither terrors nor surprises, but is, in Andy's words, "a breath of fresh air."

It will come as no surprise to anyone who is even slightly acquainted with The Company of Fools that this year's production of Shakespeare's *Danish Play* is anything but a conventional rendering of *Hamlet*, the tragic tale of a brooding Dane.



Director Andy Massingham.

Photo: Andrew Alexander

the end of April, with further performances to follow this summer at the St. Lawrence Shakespeare Festival in Prescott.

In case you wondered just what it's like being directed by (or directing) your partner in a theatrical production, Andy and Alix both appear to find the experience a source of immense personal and professional satisfaction, as opposed to a tension-filled ordeal riddled with clashing artistic

In Andy's words, "Those who know Shakespeare will be utterly shocked. And those who *don't* know Shakespeare will be utterly shocked!"

Those who love first class clowning, zany physical comedy and artful foolery are certain to be entertained by this off-the-wall re-imagining of Shakespeare's epic tragedy, so if you're among them, don't miss this month's run at the Gladstone.

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MacKay Concert Series: Dvorak vs. Superbowl

By Linda Roininen

In February 2008, it was Beethoven vs. the Superbowl. This time the NFL comes head to head with Antonin Dvorak and the inimitable Joseph Haydn. On February 7, MacKay United Church will present the second Chamber Concert of the season. Performing will be Leah Roseman, Mark Friedman, Sally Benson and Leah Wyber.

The evening begins with Haydn's *String Quartet in D major, Opus 64, No. 5*, followed by Dvorak's *Cypresses*. After the intermission (sorry no half time show, just enough time to chat about how fantastic the music was, and a quick trip to the loo) the audience will be treated to one of Dvorak's most well-known pieces, namely, *The American Quartet, No. 12 in F major, Opus 96, B. 179*. *The American* was written while Dvorak was on vacation in Spillville, Iowa. How could such a small town (population 371) have inspired this sublime music?

Everyone who has attended MacKay United Chamber Concerts during the past three years knows how amazing the music has been courtesy of THE most phenomenal musicians. However, there are many

other people behind the scenes that make the concert series tick.

If you were at the last concert on October 24, you would have noticed a difference with

(like individual mini stages). Not only did they improve the audience's view of the musicians, but the sound they projected as well.

Kudos for the risers go to

Bach Cello Suites. The cellists were ecstatic about it. The craftsmanship was top drawer (or should that be top riser!) That riser put a bug in Leah Roseman's ear, and she wanted

efforts, how could we deny this request to give them a proper "platform" on which to perform. So, Al, generously offered his carpentry talents again and delivered four more risers for the October 24th concert. The musicians were impressed and very grateful to Al. They said it helped them connect with the audience and they could hear each other much better too.

Come out and hear and see the difference for yourself. Wear a NFL jersey if you are so inclined and pretend you are in Miami for the big game. In a certain light, Mark Friedman could be mistaken for Pete Townshend of The Who. (Superbowl half time show). Mark has some pretty mean licks on the violin!

Odds are, you won't be disappointed.

The concert starts at 7:30 p.m. and will be held at MacKay United Church, 39 Dufferin Street. Tickets are \$20 adults, \$15 students and seniors at the door or at the Leading Note on Elgin or at Books on Beechwood. A reception follows the concert. For more information contact the Church office at 613-749-8727 or go to www.mackayunitedchurch.com.



Photo: Ken Peebles

From left to right: Mark Friedman, Kimball Sykes, Margaret Munro Tobolowska, David Thies-Thompson, Leah Roseman.

the musicians. They seemed, well, taller. Higher to be precise. They were all perched up on their custom made risers

Al Bowker, a member of the congregation at MacKay. Last year he constructed a riser for the cellists performing the

risers for all the musicians. After all the time and talent the musicians have donated to MacKay's piano fundraising

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(From l to r) Nellie, Flex and Maya endeared themselves to residents at New Edinburgh Square.

BARK Visits New Ed Square

The new year got off to a terrific start as the talented rescued dogs of the ByTown Association of Rescued Kanines (BARK) paid a visit to more than 25 appreciative residents at New Edinburgh Square. The activities coordinator, **Daniel Hoffman**, has been an avid supporter of BARK for over 10 years and wanted to share his enthusiasm and the stories of these rescued friends. The talented pups awed the residents with acrobatics and affection. BARK President **Sharon McKeil** related the story of the animals left behind after the devasta-

tion of Hurricane Katrina. Due to BARK's efforts, nearly 30 dogs from New Orleans were able to find love in a new Canadian home.



Flex with trainer Pam.

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Conservative Party Selects New Candidate for Ottawa-Vanier

By NEN Staff

There is a new local face in the federal political scene. **Rem Westland**, a resident of Rockcliffe Park, has taken up the call to represent the Conservative Party of Canada for the Ottawa-Vanier riding in the next federal election.

Mr. Westland first became interested in politics in the late 1970s when he worked for the

Task Force on Canadian Unity and joined the Conservative Party (then under a different name). His career has included time in the Canadian Forces, federal public service at senior levels, Presidency of the Real Property Institute of Canada, and he is currently a Vice-President with CRG Consulting.

Why is he running? According

to Mr. Westland, "People who have the background and the capacity to re-invigorate political discussion among friends and neighbours, and between citizens and elected officials, should seize the opportunity if it arises." Anyone wishing to know more about Rem Westland can visit the riding office at 27 Beechwood Avenue.

New Plants from Old: Winter Fun with Your Houseplants

By Kathryn McKeen

It's winter. I stand at my window, glaring at the icy wastes, dreaming of my buried garden. Be-side me are my green sentinels, leaves yellowing and dropping, bare stems withering in the draft. Oh, my house-bound friends, what can I do for you?

Cut you up and bury your dismembered limbs, that's what.

As the days finally start to lengthen, it's time to make new plants from old. Rooting plant cuttings is a great way of getting free new plants and reviving old ones.

Here's what you'll need:

Plant clippers or scissors, containers with drainage holes in the bottom, some potting medium - a soil-less potting mix or seed-starting mix is good (it just has to be loose-textured to let the roots grow), clear plastic bags or other clear closeable container, and maybe some rooting compound, available from the gardening section of your local hardware store. That last item is optional, but it's cheap, a bottle lasts a long time, and it increases your success rate significantly. It comes in a small bottle, in powder or gel form.

Before we start cutting, I'd like to provide some reassurance and a caveat. Most plants benefit from being trimmed.

It improves appearance and encourages branching and new growth lower down. There are some exceptions. Single-stemmed, non-branching plants such as the dragon tree (dracaena) can be deformed by taking tip cuttings. If you want to renew the plant, the best way is to go ahead and take the cuttings, and discard the straggly original plant.

Here's the basic method:

Cut a piece of the top or tip of your plant, immediately below a node (where a leaf sprouts from). Cut the bottom leaves off, dip that lower part of the stem in some rooting compound, stick it in some potting medium (aka dirt), water it, stick the container inside a clear plastic bag to keep the humidity high, and put your container in a bright, warm place. Then wait. Make sure it doesn't dry out. As soon as you see new growth, you've got a new plant. It'll take about two to six weeks.

Some helpful hints:

Usually the best cuttings to use have one or two leaves at the tip, and one or two nodes, where the leaves have been cut away, buried in the dirt. The roots will sprout from the places that the leaves were.

To prevent rot, it's good to keep the leaves on your cutting from touching anything.

A couple of sticks stuck in the dirt to prop up the plastic bag can be a good idea.

Take a few more cuttings than you'll need - some may not make it, and really, the more the merrier. Many types of plants are best if you fill a pot with lots of cuttings - most hanging baskets are made that way, to create a full look.

If your plant is a cactus or succulent (they usually have thick, rubbery leaves), your cutting will benefit from a couple of days drying out before it's planted.

If you've just cut off a long, straggling piece of vine, you don't have to use just the tip. Cut it up into segments, keeping careful track of which end of a segment is the 'bottom' (closer to the root). Trim the tops of the middle segments to just above a node. Plant them all as usual.

There are some plants - grape ivy and pothos come to mind - that can be rooted by simply placing the cutting in water. Make sure to keep the water topped up, and when you see new growth, pot up the cutting carefully as the new roots are delicate. Experiment with this method - it's easy and it costs nothing.

African violets and begonias are interesting exceptions to the general rules. These can be reproduced by using a single leaf, stem buried in the dirt, or, more entertainingly, by placing a leaf or even a piece of leaf flat on the dirt, pinning it down so that it stays touching the dirt (I use straight pins), and making a number of small slashes across the veins with a sharp knife. Then just put it in that humidifying plastic bag. The new plants will come up at the places you've cut.

Happy dismembering!

Madeleine Meilleur

MPP/députée

Ottawa-Vanier

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By Catherine McConkey

It's winter! And that can mean only one thing to the Crichton Community Council. Ice!! Michel Giroux and his team of volunteers have been working every night as they clear the snow and water yet again to get that smooth glassy look that we all love. The rinks are in really good condition this year. The council is very lucky to have volunteers like Michel and his team of **Hosers**. All are very

proud of the work that they do for the community each winter. The rinks are open 7 days a week so come on down and check it out. Conditions are amazing. With many thanks to **Willy and D & G Landscaping** we were able to get some extra help and make extra large rinks this year. Willy came with his giant earth compactor and was able to flatten and smooth the first snowfall in December; this is always the most important step in getting good ice. Due to Willy's help we were able to have the rinks open on the December 20; a very early start for outdoor rinks. Michel wants to thank the **New Edinburg Pub** for the storage

shed and says that it is working out very well. Council hopes to have the rinks going until the March Break, weather depending of course.

Thank you to **Joseph Cull** for organizing the **Winter Carnival** on Saturday, January 30. This is always a GREAT FAMILY EVENT.

As always, the Fieldhouse is available for rent for your next event. Contact **Jill Hardy** at **613-746-1323** for more info.



Louise C. Imbeault

Elmwood Students Plan Trip to Kenya

Thirteen students and two teachers from Elmwood School in Rockcliffe Park will be spending their March Break volunteering in the Maasai Mara region of Kenya. They will help build a school, meet and learn from community leaders, take daily Swahili lessons and learn about day-to-day life in the local villages. Elmwood challenges its students to become compassionate, engaged global citizens, encouraging them to make a difference, whether at school, in their community or in the world outside our borders. This community service trip will allow these students to develop teamwork, communication and leadership skills in a challenging and fascinating

environment, and is sure to be an unparalleled educational experience.

"We believe that international experiences such as the trip to Kenya help develop well-rounded, globally minded students," said Elmwood Headmistress Cheryl Boughton. "These girls will gain a better understanding of the impact they can have, and how interconnected we all are."

The group has raised over \$5,000 through a number of initiatives, including bottle drives, school dances, Elmwood toque sales and a holiday bake sale. Many thanks to the Rockcliffe Park and New Edinburgh communities for their support!



Elmwood students sport the very fashionable toques they sold as part of their fundraising for the trip to Kenya.

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

By Jane Heintzman

Leo La Vecchia Tailors: Four Decades and Counting!

Almost a decade has slipped by since we saluted our legendary local tailor, **Leo La Vecchia**, as the reigning patriarch of the Beechwood Business community in the April 2001 edition of the *NEN*. As we come to the end of the first decade of the new millennium, Leo shows no signs of relinquishing that title, and is as busy as ever in his shop at **17 Springfield Road** where he has plied his trade since 1976. Leo has spent a lifetime perfecting his tailoring art, much of it here in our community where he has worked since he was 17 years old, moving only once from Number 11 Springfield to his present quarters at Number 17!

Throughout his long career, Leo has relied almost exclusively (and it must be said, extremely successfully) on word of mouth to build up his clientele. The only exception to this rule is his long and faith-

ful commitment to the *NEN*, where he has advertised since its inception in 1976. For this we sincerely thank you, Leo, and we look forward to many more years of collaboration!

Leo's winning formula is based on three principal factors: the high quality of his materials and skilful tailoring of his suits and dress shirts; his competitive prices (particularly during January and February when his Annual Sale is underway and savings are a minimum of 20%); and his own personal charm and integrity in dealings with his clients. Many of his clients have been with him for decades and in some cases, come from considerable distances (as far away as Rouyn Noranda!) to avail themselves of his services.

Over the years, Leo's clientele has included innumerable local luminaries, including several Governors General, countless members of the diplomatic community and the NACO's celebrated Music Director, Pinchas Zukerman, who enlisted Leo's expert help to create his wedding gear for his 2003 marriage to cellist Amanda Forsyth. The diplomatic corps remains a staple in Leo's client base, and he currently serves a particularly

enthusiastic contingent from African countries, a number of whose Ambassadors have engaged in a light-hearted competition to acquire the largest number of his custom-made suits and shirts.

Particularly gratifying to Leo is the fact that, contrary to expectations, his client base has actually been getting younger in recent years, as more and more young professionals seek a high quality, affordable alternative to the prohibitively costly designer suits available at high end stores. As his younger clients are discovering, Leo's store is amply stocked with bolts of the highest quality materials from London's Saville Row, Milan and elsewhere, and his impressive collection of sample books contains virtually limitless possibilities from which to choose.

From start to finish, the creation of a custom-made suit, complete with Leo's legendary finishing touches, takes little more than a month, with a first fitting at the two week mark, and a second two weeks later to complete the job. Not only is the suit a perfect fit made precisely to the client's specifications, the spiffy wearer is highly unlikely to see his



Photo: Louise Imbeault

Tailor Leo La Vecchia has been a faithful contributor to the community since 1976.

design anywhere else in his or her travels!

The same is true for Leo's made to measure shirts, which account for an increasingly large portion of his business. His materials are the highest quality cottons imported from Egypt, Italy, Switzerland and Germany, and to keep overhead costs (and hence prices) down, the initial tailoring is outsourced to Montreal and Korea, with Leo maintaining full quality control through the fitting and adjustment process.

Last June, Leo's traditional reliance on word-of-mouth advertising brought him into the limelight on CBC Radio when a local CBC producer was so delighted with his work repairing her leather jacket, and adjusting a garment for her brother, that she sent in a reporter to feature Leo's tailoring business on a Saturday morning radio show. The happy result was that Leo acquired a significant number of new clients, all without spending a nickel on advertising!

We salute you, Leo, both for your success and longevity in business on Beechwood, and for your ongoing loyalty to our community newspaper. We wish you another happy and prosperous decade as the reigning patriarch of our business community!

Beechwood Optometry: The Orthokeratology Option

However much we appreciate the crucial role that glasses and contact lenses can play in allowing us to read, drive and generally navigate the world in relative safety, from time to time most of us have fervently wished that we could ditch these serviceable appendages and function spectacle-free, as we did in childhood. While laser eye surgery holds the promise for some of freedom from corrective eye wear, the process (like any surgery) has offsetting risks, as well as being costly and irreversible.

A comparatively new non-surgical treatment option now available at Beechwood Optometry (**178 Beechwood**) is a procedure called *Orthokeratology* which involves the use of special custom-made, oxygen permeable contact lenses designed to improve vision by gently reshaping the curvature of the cornea while worn overnight. Like the orthodontic dental retainers we all remember from our days in braces, these lenses are worn only while you sleep and removed each morning, allowing you to function throughout the day with clear vision, and unaided by glasses or contacts. Just think of it: no more fogged up lenses when it's cold outside, no worries on



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the squash court or the ski hill, and of course, you'll be able to look your glamorous best whatever the occasion!

While Orthokeratology has apparently been around for some time, recent advances in lens materials as well as in computer technology and design capability, have led to more widespread use of the procedure in the U.S. and Canada. In Ottawa, the treatment has been available for the past two years, and is offered here in our community by **Dr. Corina Buettner** at Beechwood Optometry. Anyone with moderate myopia or a mild astigmatism may be a suitable candidate for orthokeratology, children included.

The process begins with an initial assessment and a mapping of the topography of the cornea. Special software then translates this corneal map into a prescription for custom-designed contact lenses, which in most cases produce a significant improvement in unaided vision after the first over-night wearing. The effect of these remarkable lenses lasts throughout the day, so you can function contact- and spectacle-free until you go to bed at night when you reinsert them for sleeping.

Unlike laser surgery which permanently vaporizes corneal tissue to achieve vision correction, the effect of orthokeratol-



Photo: Louise Imbeault

Dr. Corina Buettner of Beechwood Optometry can help you become eyeglass free with no need for surgery.

ogy is completely reversible, lasting only as long as you choose to wear the lenses regularly at night. The cost of the treatment is also significantly lower than the surgical option, and no follow up prescription medications are required.

If you're interested in exploring this intriguing new option, give Beechwood Optometry a call at **613-749-0481**. Dr. Buettner is available on Beechwood on Mondays, Tuesdays and every second Friday, so if you're tired of struggling with glasses or contacts in your daily activities, it may be time to set up an appointment and start the New

Year eye-wear free.

Beechwood Home Hardware

There were no January blahs in the Clément/Lamarche household this year as **Mark** and **Isabelle**, owners of Beechwood Home Hardware, celebrated the first birthday of their beautiful daughter **Lorie** on January 26. Mark reports that Lorie is a going concern and just on the verge of walking independently, so no doubt shoppers on Beechwood will see much more of her in the New Year as she takes up her role as official greeter at the hardware store.

As always, Beechwood Home Hardware does its level best to

take some of the stresses out of our long winter, offering ample supplies of natural ice melters, salt, sand, snow blowers, shovels and ice choppers to equip Burgh residents to deal with the wintry blasts. Nor is it necessary to struggle out to the store and to lug these often weighty parcels to and from your car. You can let the cold winds blow outside while you phone in your order from the comfort of your home, and have it delivered directly to your door.

For all you skating enthusiasts in the community, Beechwood Home Hardware offers a handy **skate sharpening** service, and has recently acquired an efficient new machine to keep your blades in perfect trim for the canal, the hockey rink, the figure skating arena or our own

beloved local rink in Stanley Park.

Readers who took advantage of Beechwood Home Hardware's pre-Christmas clearance sale of **Paderno cook ware** will be delighted to learn that the sale was such a huge success, Mark and Isabelle have decided to make it an annual event, beginning in mid-November each year- so mark your calendars now, and plan to pick up that crucial item missing from your Paderno collection when November rolls around again.

And did you know that our local hardware store is now **open on Sundays from 10 am to 4 pm**? This could well come in handy, as most of us tend to deal with our house-

Continued on page 16



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

DEMYSTIFYING PROGRESSIVE LENSES

Hi-definition, freeform, digital lenses, what does it all mean and how to decide what's best? Actually all these terms describe the latest innovation in lens design.

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Continued from page 15

hold chores over the weekend, and it can often be a godsend to be able to pick up vacuum bags or electric tape or cleaning equipment in a quick trip to the corner on Sunday.

According to Mark, the Sunday opening hours have

had another unintended effect, as increasing numbers of clients are turning up in search of pharmacy items when they discover the neighbouring New Edinburgh Pharmacy is closed! Never let it be said that our hardware store is not responsive to the needs of its loyal clientele, and through-

out November and December, it expanded its repertoire to offer supplies of such items as cough syrup and razor blades to grateful Sunday shoppers.

Beechwood Oasis Nails and Spa

It seems safe to say that one of the headline esthetics stories in the first decade of the new millennium has been the emergence of an overwhelmingly nail-focused culture, with spas devoted to manicures and pedicures popping up in every corner of our major cities. (In a recent walk down Yonge Street in Toronto, I counted five in a two block stretch!) Thanks to the recent arrival of **Nhu Nguyen** and her team at Beechwood Oasis Nails and Spa, New Edinburgh has caught up with this growing trend in nail culture, and we wish Nhu a very warm welcome.

The new spa is located at **64 Beechwood** between the Quickie Convenience Store (formerly the 7-Eleven) and Nature's Care Health Products. Many pet owners in the neighbourhood may remember the store's previous occupant, Berry's Pet Food, where the narrow aisles overflowed with dog food bags, grooming equipment, doggie toys and all manner of pet paraphernalia.

Needless to say, the space has now been transformed by Nhu



Photo: Louise Imbeault

Nhu Nguyen of Oasis Nails and Spa.

and her husband into a comfortable and welcoming esthetics studio (grooming for the human members of the family!). Nhu has close to a decade of experience operating comparable businesses at Billings Bridge and Heron Gate Mall, and while her new spa on Beechwood specializes in all things related to nails, including spa pedicures, manicures and artificial nails, she also offers a variety of other esthetics services such as facials, relaxation massage and possibly even Botox treatments beginning in the New Year.

While appointments are not essential, they are strongly encouraged, so give the spa a call at **613-746-6777**, and

take advantage of their opening special offer of **20% off all services until the end of February**. And as Valentine's Day approaches, check out their Gift Packages, which include a one hour relaxation massage, a deluxe pedicure and a spa manicure for \$100- a real treat for any of the hard-working, stressed out Valentines on your list!

Kimberley Wilson Bridal and Fashion Outlet

Another recent arrival on Beechwood, also in the beauty business though on the clothing as opposed to the esthetics end of the spectrum, is the **Kimberley Wilson Bridal and Fashion Outlet** at **77 Beechwood** (for many years, The Europa Food Centre). As we noted in our brief introduction to the store in the December issue, Kimberley was inspired to create her new business by the thankless experience of attempting to track down an affordable wedding gown for her own wedding last August 1st (the day, incidentally, she acquired the keys to her store!)

Having taken the plunge to



Photo: Peter Glasgow

Beechwood Home Hardware owners Isabelle Lamarche and Marc Clément with daughter Lorie.

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leave her former job as a sales consultant in the furniture business to pursue her commitment to providing young brides-to-be with the means to dress like proverbial princesses without breaking the bank, Kimberley whisked off her own veil and bridal gown to begin renovations of her new store the day after her wedding! Some three months later in early November, she and her team of renovators, which included her obliging and supportive new husband as well as other family members, completed their remarkable transformation of the premises, and our community's first and only bridal boutique was open for business.

The bright, spotless and beautifully decorated new store has both a main floor display and changing area, and a fully stocked lower level containing a broad selection of evening dresses suitable not simply for the bridal party, but for any "dress up" occasion. The latter include the timeless "little black dress" which for generations has been a wardrobe staple, and which, as Kimberley points out, can be embellished with eye-catching accessories, or worn plain and unadorned as the occasion demands. In keeping with her mantra of affordability, Kimberley's evening dresses can be purchased for less than \$100, thanks to her ongoing and energetic search for reasonably priced suppliers throughout the U.S.

In addition to her supply of bridal gowns and evening wear for the whole bridal party, Kimberley's merchandise includes the full gamut of accessories from earrings to necklaces, evening bags (at \$20-\$40!) and evening slippers at \$49 a pair. She is also keenly aware that one size does not



Photo: Louise Imbeault

Kimberley Wilson offers brides-to-be a beautiful array of gowns fit for a princess but that won't break the bank.

fit all, and carries a complete range of sizes for every member of the bridal party from petit to more generous plus sizes.

Welcome to New Edinburgh, Kimberley, and our very best wishes for a happy and successful first year of business and, (of most importance!) of marriage.

Piccolo Grande: Sweet Treat Central for Valentine's Day

Should you be racking your brains for inspiration as Valentine's Day approaches, and perhaps inclining towards gifts which might be shared with the generous giver (yourself), Piccolo Grande at **411 Mackay Street** could be the one-stop shop you are looking for. Store operators **Muhamed** and **Kauser Yusufali** offer a tempting selection of chocolates by Neuhaus and Rogers' Chocolates, along with a whole new range of sweet treats such as Candy Apples (in several flavours, including chocolate-caramel and peanut-caramel), Caramel Popcorn, Sponge Toffee, Mixed Nut Brittle and Chocolate-covered Ginger (a favourite in our house).

While Valentine's Day comes but once a year (thankfully for our waistlines and teeth), Muhamed is hoping to install a special cooling cabinet for his chocolate truffles so that the store can carry this popular item all year long as opposed to only in the winter months when the melting risk is minimal. He also reports that many shoppers are not aware that Piccolo Grande's signature gelato is available at 411 Mackay Street



Photo: Peter Glasgow
Piccolo Grande offers wholesome meals as well as treats.

throughout the winter, despite the fact that the main store in the Byward Market is closed for the season. So even if chocolates aren't your thing, you can still get your gelato fix at our local Piccolo Grande while the winter winds blow.

According to Muhamed, despite the allure of his large repertoire of sweets, the majority of Piccolo Grande's clients favour the healthier option of Kauser's home-made soups and sandwiches. With the exception of the chicken and corn variety, all the soups are completely vegetarian and water-based, prepared without meat stock, flour or cream, so drop in and warm up with a bowl of lentil, roasted red pepper, cream of broccoli or leek and potato soup straight from Kauser's kitchen. If the weather cooperates, as it did last year, it's just possible that you may be able to enjoy your soup and sandwich on the Piccolo Grande patio by the time the next edition of the NEN appears on April 1st. Fingers crossed!

Our best wishes to Kauser and Muhamed for a successful fourth year of business here on Beechwood.

Rockcliffe Photo

In mid-December, Rockcliffe Photo proprietors **Mohsen** and **Farzaneh Nojumi**, with the assistance of their capable son **Surouss**, packed up and quietly moved their business

from their original location at **18 Beechwood** to the slightly smaller unit directly next door. The transition was to all appearances completely seamless, and took place without any interruption of their traditional services. All of their inventory came with them in the move, and while the new premises are somewhat more compact, their wares are very effectively displayed, with Farzaneh's attractive jewellery selection moved to the front of the store to catch the eye of distractable clients, myself included!

As we reported in the *NEN* three years ago, the Nojumis have significantly adapted and expanded their services in recent years in response to the digital revolution which swept traditional camera equipment and supplies into virtual obsolescence. As many readers are aware, Rockcliffe Photo's updated repertoire of products and services now includes:

- Prints from digital sources
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Continued on page 18

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- Sale of cameras (including digital cameras by Minolta, Canon, Olympus and soon Nikon), binoculars, digital accessories (batteries, adapters, digital cards etc.)
- Colour and black & white copies
- E-mail your digital pictures to Rockcliffe Photo (moshen@rockcliffephoto.com), specify which files you would like printed and pick up your prints and/or CDs from the store
- Lamination on board
- Frames, albums, folders and camera bags
- Make your own prints
- Minor camera repairs and camera cleaning (including digital cameras), and last but not least
- Passport photos (Rockcliffe Photo has particular expertise in this department, as the Nojournis have built up an encyclopedic knowledge of the exact specifications for passport photos not only for Canadian government purposes, but also for most of the foreign embassies.)

A recent addition to this list is **custom framing** which is a timely new local service introduced in the wake of the departure of our local framing wizard Keith Malcolm Lawrence (A Better Frame of Mind) last summer.

We wish the Nojournis a happy and prosperous New Year, and hope that they enjoy the tempting fare prepared by their new neighbour, **Bill Ross** of **Da Bombe Desserts**, as heartily as his former neighbours up the street at **Pet Valu**, **Mood Moss Flowers** and **Beechwood Optometry**!



Photo: Louise Imbeault

Mohsen and Farzaneh Nojoumi have moved Rockcliffe Photo, but not far - just next door.

Da Bombe Desserts: Reopened at 18 Beechwood

As we reported in our last issue, Da Bombe owner **Bill Ross** was obliged to move his popular dessert business out of its original location at 176 Beechwood when his lease expired in early December. Despite the regrettable dislocation and loss of crucial holiday business that Bill had to endure when forced to move at such an inopportune moment in the business year, we're delighted to report that Da Bombe has successfully relocated its operations to **18 Beechwood** (former home of Rockcliffe Photo) right in the heart of Beechwood Village at Beechwood and Charlevoix.

Needless to say, the space has required extensive renovations to bring about the needed transformation from a photographic to a food service focus, but if all goes according to plan, Bill hopes to be back in operation by mid-January, just in time to rescue our community from the winter blues with his tempting array of desserts and tasty prepared meals. (If you

aren't familiar with his repertoire, check out the updated website at www.dabombedeserts.ca.

Da Bombe's new premises at 18 Beechwood are considerably more spacious than its previous location, and seating in the café will initially be doubled to 16 seats, with further possible additions to come as the year unfolds. When the good weather finally rolls around, Bill is also looking forward to having a couple of outdoor tables set up on the patio, so you can savour your coffee and croissant or sweet dessert while you watch the action on Beechwood.

They'll be some changes made in the **hours of operation** at Da Bombe in celebration of its move to the heart of Beechwood. The café will open early (by 7:30 am) and remain open until 8:00 pm, with coffee, hot chocolate and dessert available for a modest price of \$5. Da Bombe will also be open for **Sunday Brunch** (dessert included!), so whatever your schedule, you should have time to drop by in the course of

the week for a mouth-watering treat, or to pick up a prepared meal to take home for supper. Watch for a notice of Da Bombe's **Grand Opening Party** in early February, and while you're there, you can place your order for Bill's special Valentine's Day take-home supper.

Welcome back Bill and company, and our very best wishes for a successful first year in your wonderful new location!

Magpie Jewellery: Inspirations for Your Valentine

Two years ago this month, we introduced *NEN* readers to **Martin Wright**, owner/operator of the immensely successful local jewellery business, Magpie Jewellery, with stores in the **Rideau Centre** and on **Bank Street in the Glebe**, as well as a thriving online business through their website at www.magpiejewellery.com.

Martin grew up in New Edinburgh at 115 Stanley Avenue where his mother Sheila remained until shortly before her death last year, and later this spring, Martin hopes

to move his young family back into the Stanley Avenue house once the extensive renovations currently underway have been completed. While it's regrettable that the Wrights will be moving back at a time when our park is not its accustomed sylvan self, we welcome Martin and his family back to the Burgh, and look forward to having them in our community.

Magpie Jewellery has been a small business success story since it opened the doors of its first store in the Rideau Centre nearly twenty years ago in 1993. Its success is in part a result of its firmly rooted emphasis on friendly personal service and sensitivity to the interests and needs of its clients, some of whom feel sufficiently comfortable to recount bits of their family history in the course of seeking a professional appraisal of a family heirloom. In addition to its extensive range of **designer jewellery collections**, the majority of which can be viewed on the Magpie website, the store specializes in **custom work** of all kinds,



Photo: Louise Imbeault

Bill Ross is hard at work getting Da Bombe Desserts new digs ready for action.

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Entries will be drawn March 1st, 2010 and winner will be announced by e-mail.



Recent arrivals at Magpie Jewellery include gemologists Jackie Taylor and Walter Van der Molen.

including engagement rings and wedding bands, as well as jewellery repairs and appraisals.

According to Martin, the past year's economic meltdown has had relatively little effect on business, and online sales have taken off with the upgrading of the website and the hiring of a full time webmaster. The website has attracted both international clients (some of whom were familiar with the store before moving away from Ottawa), and customers from communities closer to home, including many here in the Ottawa area such as Wakefield, Renfrew and towns further up the Valley.

Among the most popular lines in Magpie's extensive repertoire is *Pandora* Danish-designed jewellery, featuring an almost infinite variety attractive charms which thread on to a simple bracelet suitable for virtually all age groups. This could be the answer to a Valentine seeker's prayer, since you can't have too many charms on a bracelet, and with 700 different options to choose from, there's bound to be at least one that's just right for your beloved. But before making the big decision, you may want to check out the other myriad of options on the

Magpie website at www.magpiejewellery.com.

The recent arrival of two new employees at Magpie has given their custom work service a significant boost. **Walter Van der Molen** is a recent immigrant from Holland with impressive credentials as a gemologist, goldsmith, jewellery designer and watchmaker. Following his marriage and move to Canada, Walter apparently wandered into a Magpie store and introduced himself to Martin, who was sufficiently impressed by Walter's background to recruit him as an invaluable addition to Magpie's custom made jewellery team. A second important new arrival is **Jackie Taylor**, a recently graduated gemologist who specializes in sourcing diamonds and coloured stones.

If this is your year to acquire an engagement ring or another special customized treasure, you may want to drop in to a Magpie store (**Rideau Centre, second level, or 799 Bank Street at Third Avenue** in the Glebe) and meet this talented group. And don't forget to check out Magpie's **Annual Sale at the end of February!**

Green Light District Design: "Uncommon Accessories and Stunning Gifts"

A warm welcome to new

NEN advertisers **Deborah and David Peets**, proprietors of Green Light District Design, a furniture and accessories store which opened its doors last May at **223 Dalhousie Street** (at Guigues), not far from the charming toy and gift emporium **Nest** which was profiled in December.

After 14 years operating an inn in the Rideau Lakes area, Deborah and David were ready for both a change of pace, and a return to urban life. As intrepid world travelers, the Peets had long given thought to bringing back some of the artefacts which they encountered in their travels, and after their retirement as innkeepers, followed through on this appealing plan to create their new small business.

Green Light District Design specializes in distinctive home furnishings and accessories created by small production, designer-owned companies in the design capitals of the world, spanning the globe from Cape Town, South Africa to Chiang Mai, Thailand and Buenos Aires, Argentina. In addition to major pieces such as chairs, tables, side tables, desks, stools and benches, the new store carries tableware, flatware, table napkins, pillows, bowls, towels and rugs. Interested readers should check out their remarkable collection on the Green Light District Design website at www.greenlightshop.ca.

Only a glance at the website will confirm that this is no ordinary housewares outlet. Far from being mass produced, the vast majority of the articles at Green Light District Design are entirely hand made, many of them by female artisans. Nor are they faceless craftsmen and women, as the store features a biography and photograph of

each of the artists behind the distinctive works. Among the store's prize items are hand-hooked rugs made from 100% reclaimed cotton by women in Chiang Mai, the largest city in Northern Thailand and a thriving cultural centre. There are intriguing pieces of South African wall art made by a woman who boils mulberry tree bark to make paper. And lovers of modern solid wood furniture with simple, clean lines have come to the right place, as you'll see the moment you drop in to the store or check out the slide show on their website.

The Peets' *modus operandi* in selecting the artisans from whom they buy their merchandise is truly a hands-on affair. Debbie reports that they discover these creative individuals in their walks through the streets of the major international design centres, in some cases purchasing directly from architects who have diversified into the furniture design trade.

One such architect is **Alejandro Sticotti**, an internationally renowned furniture designer and architect in Buenos Aires whose work was featured in a recent issue of *Dwell* magazine. Sticotti's designs reflect both Bauhaus and Scandinavian influences, tempered by American Shaker and 1950's design elements. With the exception of one out-

let in Toronto, Green Light District Design is the only North American supplier of his works.



At Green Light District Design: Originally designed for a game lodge in Botswana, the Nguni chair is named after a southern African cow with horns in that shape and is made of kiaat (a southern African teak).

In late January, the Peets will be off to Paris to attend a major international design show where they hope to get a sense of the emerging trends in the business. No doubt they will return with fresh ideas for their unique collection, so if you're in the market for an original piece of furniture with a striking design and enduring character, drop in to the store at **223 Dalhousie (Wednesday-Saturday, 10 am-6 pm; Sunday, 11 am-5 pm.)**

Continued on page 20

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A fond farewell to Epicuria's André Sanche.

Epicuria Fine Foods and Catering: Farewell to Our NEN Recipe Scribe!

At the end of January, Epicuria's multi-talented **André Sanche**, Chef, Brand Manager, Event Co-ordinator and faithful *NEN* recipe correspondent, will leave Ottawa to set up shop in Midland, Ontario. André's wife is from that area, and for some time the couple has been considering a move and the start of a new business venture. Since acquiring the keys to their new shop on the main street of downtown Midland in early January, that dream

is fast becoming a reality, and by the time this edition of the paper is in circulation, André should be fully launched in the renovation of the new premises of **Ciboulette et Cie.**, a prepared gourmet foods and catering business along the lines of Epicuria.

In fact, the premises are anything but new. André has acquired an older building on Midland's King Street which was formerly a bank, and is looking forward to restoring some of its glorious original features including hardwood floors, a decorative tin ceiling and an immense old fashioned clerk's desk. If all goes as planned, André hopes to open Ciboulette et Cie. by mid-April, the start of the busy season in this heavily touristed town where the population reportedly explodes from 42,000 to 103,000 within the space of three weeks in the spring.

His focus in the new business will be on local, sustainably produced foods, including honey, cheeses and other dairy products, meats and produce. One of his first projects will be the purchase of a large pig, each part of which will be featured in his cooking over the course of several weeks, and none of which will go to waste. He hopes to begin by employing two assistants to operate the business, one of whom will



Client Appreciation Night at Celadon Salon & Spa. Morna Paterson, owner, with Danielle Racicot, Giselle Nantais and Rayanne Blais.

handle the store front while he takes on the chef's role in the kitchen. He is also planning to offer classes in cooking skills to the community, which will no doubt be an excellent entrée into his new milieu.

Readers may be interested to know that former Epicuria co-owner **Heather Maclachlan** was a helpful source of encouragement and guidance for André and his wife as they developed their plans for the move to Midland and the launching of their new business. Heather is extremely

familiar with the area as her family cottage is not far away on Lake Rosseau, and André looks forward to keeping in touch with her through visits in the course of the summer.

We wish André and wife the best of luck in this exciting new enterprise, and look forward to hearing word of the official opening of Ciboulette et Cie. later this spring.

Burgh Business Bits

From our enterprising roving reporter and consummate sleuth Joseph Cull:

The General-Photography Studio and Gallery: The former home of Ernest Johnson Antiques at the corner of **Mackay and Dufferin Streets** is about to be transformed into a brand new photography and art gallery, owned and operated by a pair of young entrepreneurs, **Christopher Schlesak** and **John Kealey**. Christopher and John have been busily carrying out the interior renovations themselves, and according to Joseph, have created a bright new gallery space while

maintaining some of the charm of the old store. If all goes as planned, the gallery will open its doors in early February, so keep your eyes peeled when you pass by, and watch for more details in our next issue.

Brix: Squeezing great adventure from every grape Nicole Vallée and Pierre Deschamps, longtime Burgh residents, are launching a new wine travel magazine called *Brix*. *Brix* travels the globe to bring readers the colourful and memorable experiences that are virtually guaranteed wherever people come together to enjoy wine. This includes experiences around culture, tourism, and winemaking—anything from a simple picnic on a Luxembourg hillside to an elaborate cellar tasting in Tuscany. *Brix* magazine is available by subscription only at brixmag.com. Rates per year (four issues): C\$31.80 + GST/HST in Canada. Payment by Visa, MasterCard or American Express. Money orders can be sent to:
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Burgh residents Pierre Deschamps and Nicole Vallée are launching a new wine travel magazine—*Brix*.

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Photo: Catherine Murphy

Sarah Hattan at *Celebration New Year, New Work* exhibit at Dale Smith Gallery.

Burgh Art News by Catherine Murphy New Year, New Work

Celebration: New Year—New Work at Dale Smith Gallery And that it was! Celebration of an inspiring collection from an exceptional selection of artists, known well at Dale Smith Gallery. This year's show features work by fifteen talented artists, working in a wide variety of media.

Several displaying artists were on hand for the opening. Mainworks artist **Karen Bailey** chatted about a book she is publishing and her upcoming exhibit *Triage: An Artist in Kandahar* February 11 - March 7 at the Ottawa School of Art Gallery, 35 George Street. **Sarah Hatton** revealed that her 2010 agenda will again look beyond the boundaries of art—both personal and philosophical—much like Damien Hearst.

Mark your calendars: Canterbury High School Graduating Year Student Exhibition takes place from February 2 through March 2 at the Dale Smith Gallery.

The graduates of Canterbury High School work very hard to meet the necessary criteria that

a gallery would expect from an exhibiting artist. Dale Smith has been putting on this exhibition for a few years and enjoys the high energy from these emerging artists. "They always bring new ideas to the surface. It is always an exciting time for everyone," said Dale.

Centre d'artistes Voix Visuelle

Located at 81 Beechwood Avenue in Vanier, the Centre will be having an exhibition of the work of **Florence Debeugny** and **Lise Robichaud**, two artists reflecting—on the one hand—on the influential manifestation of an ordinary element in the urban environment—and the other hand—the evocative capacity of a site, in this case, the one housing Voix Visuelle. The exhibition takes place from January 16 through February 23. The gallery's regular hours are from 11 am to 4 pm, Tuesday to Saturday.

If you are an emerging artist, or have an artistic touch that you would like to express, please contact the *NEN* at newednews@hotmail.com. We would love to hear from you.



Photo: Catherine Murphy

Mainworks Studio Artist Karen Rasmussen and partner Roy Hanna at the *Celebration* exhibition at Dale Smith Gallery.

Local Artist Kelly Ann Beaton's Work Featured in Downtown Rideau's Winter Banner Series

By Jane Heintzman

Should you happen to notice a cheerful banner emblazoned with a snowman fluttering in the breezes along Rideau Street this winter, you may be interested to learn that the snowman in question is the work of New Edinburgh resident Kelly Ann Beaton, an independent artist and creator of Pink Slippers Productions, an Ottawa-based film and theatrical production company launched in 1998 (www.pinkslippersproductions.com.)



Kelly Ann Beaton.

For the second successive year, the Downtown Rideau Business Improvement Association selected Kelly Ann's snowman image for its winter banner series to be displayed in the high pedestrian traffic area along Rideau. The image is based on a photo from Kelly Ann's "*Melting*" series which features a cross-section of Ottawa snowmen captured with...wait for it... a Kodak disposable camera! (Take that, digital revolution!) Kelly Ann chose her timely and engaging subject on the basis that "snowmen are a consequence borne of weather and imagination. They show up unannounced and leave before we can say good-bye. They are a

constant and increasingly rare fixture in the North American winter experience."

Kelly Ann is currently working on two new photo series, *U....* and *The Spaces In Between Are Images*, and remains active in the Ottawa cultural community where she is a member of the Independent Filmmakers' Cooperative of Ottawa, SAW Video and Algonquin College's Scriptwriting Advisory Council. Her next film *Miles* is scheduled for release later this year, and she is also working on *Check Please!*, a one woman play about dating and dining in the 21st century.



Congratulations, Kelly Ann, and best of luck with your many ongoing artistic and theatrical endeavours!



Photo: Gavin Murphy

Gordon Harrison and Donna Scorpio at New Edinburgh Spa's year-end celebration which was held on Nov 30 for spa clients and friends of the Burgh's Gordon Harrison.

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For the Birds



By Jane Heintzman

Where have all the Birds Gone?

For birding enthusiasts, the winter of 2010 is shaping up to be a season of remarkably slim pickings, with many of our accustomed winter visitors either absent altogether, or disappointingly sparse in numbers. The wooded areas in and around Rockcliffe are eerily empty and silent, bereft of even the cheerful chatter of **black-capped chickadees** which appear to be sticking closely to backyard feeders where food supplies are more readily available.

Whereas this time last year, I was reporting abundant populations of **American goldfinches, white-breasted nuthatches, pine siskins, juncos, common redpolls** and even over-wintering **American robins**, the barren almost post-apocalyptic landscape of 2010 has so far afforded no such wealth of species, and indeed the uninspiring group at our own feeders is pretty much limited to **European house sparrows, black-capped chickadees, pigeons, American crows**, and the very occasional **Northern cardinal** and **American goldfinch**

which proves bold enough to tackle this pushy population.

Christmas bird counts were down throughout the region, with Algonquin Park reporting the lowest numbers since the annual census began 30 years ago. Closer to home, the Dunrobin count recorded the third lowest count in its history with a total of only 41 species, while Ottawa-Gatineau's mid-December count was also lower than average, with particularly meagre numbers of **finches, gulls and hawks**. An interesting exception to the rule this winter is the **bald eagle** which has been spotted in significant numbers in Ottawa-Gatineau and other parts of the Valley, with an amazing tally of 16 reported in Pakenham in the first week of January.

The Great Cone Crop Collapse

Apart from our somewhat unusual weather pattern in which a very mild November was followed by an abrupt plunge into the deep freeze in mid-December, the official explanation for this year's diminished bird population is a cyclical failure of the cone crop in large parts of Ontario, the Ottawa Valley included. The **finch** family, which is largely absent from this year's landscape, depends, for its survival, on seeds from the cones of such trees as white and black spruce, white birch, mountain ash, white pine, hemlock, tamarack, balsam fir, red pine and white cedar.



Photo: Mike Leveillé

Here's What We're Missing this Year—Common Redpolls by the Dozen!

For the first time in many years, there was a collective failure of the cone crop across this spectrum of trees, as a consequence of which such species as **common and hoary redpolls, pine siskins, cross bills, pine grosbeaks**, many **American goldfinches, red-breasted nuthatches** and even **blue jays** have gone elsewhere in search of sustenance, specifically East to the Maritimes and the northern New England States, South, and North West into the Prairie region. So sadly, the winter "irruptions" of these species in our area, which have enlivened the birding landscape in recent years, are not anticipated in 2010.

Earlier in the winter, prior to the deep freeze which seems to have triggered the out-migration of many species, I had considerably more luck. Our backyard feeders were seething with **American goldfinches** (up to a dozen at once!), **black-capped chickadees, Northern cardinals, rosy red house finches**, and even a

downy woodpecker, and in our walks by the Rideau River, we spotted numerous common **goldeneye, hooded mergansers, black ducks, Canada geese** and a striking collection of over a dozen **black-backed gulls** in the Mooney's Bay area.

In the course of a road trip to Toronto shortly before Christmas (I wasn't the driver!), I tallied no fewer than 14 **red-tailed hawks** perched at the top of utility poles or tall trees, patiently waiting to spot an unsuspecting vole or rabbit, or to catch a passing thermal updraft to soar into the air. The red-tailed hawk belongs to the raptor genus *Buteo*, a family which is characterized by chunky bodies; large, broad wings; and short-rounded tails—a stark contrast to the comparatively sleek, longer-tailed *Accipiters* such as the **sharp-shinned** and **Cooper's hawks** which are frequent visitors to our area.

The red-tailed hawk is the second largest in the *Buteo* family (after the **Ferruginous hawk**), and the most common hawk in North America. After my experience on the excursion to Toronto, I was struck by one of the first sentences in the hawk's description on the Cornell website: "If you've got sharp eyes you'll see several individuals *on almost any long car ride, anywhere.*" Try it: you'll spot these impos-

ing critters in any open area from roadsides to parks, fields, pastures and grasslands, and it helps to pass the time!

Red-tailed hawks can be big bruisers, particularly the females which may measure up to 26" in length with a wingspan of 52", and in some cases, appear to be sporting the avian equivalent of a feathery beer belly. Their imposing bulk belies their actual weight, however, and even the largest red-tailed hawks rarely exceed 3 pounds, designed as they are to soar and glide, coasting on air currents to conserve energy in their travels. The red-tail's shrill, raspy scream is apparently considered the paradigmatic raptor cry by the Hollywood crowd, as it is invariably used in film sound tracks, what-



Photo: Francine Ouellette-Streeting

Red-Tailed Hawk makes a Graceful Departure.

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Hosts Noreen and Ken Watson look forward to seeing you soon!

ever the actual raptor species appearing on camera.

Wildlife photographer **Francine Ouellette-Streeting** recently captured a **male red-tailed hawk** in a series of photos taken in the course of a birding excursion to Presqu'île Provincial Park just west of Prince Edward County on Lake Ontario. (Check out her amazing website at <http://www.red-bubble.com/people/digitallystill>.) Francine watched while this hungry customer scanned its territory for a meal, and eventually swooped down into the snow amid some tall grasses on the edge of a mixed forest. After stomping around in the snow in an unsuccessful bid for prey, the hawk apparently made a second attempt, this time bagging a small rodent. While she had initially thought the hawk might be a juvenile, she noted its red eyes denoting a fully developed adult (as opposed to a juvenile whose eyes are initially yellow).

Reports from Our Readers:

While bird life has been disappointingly limited in recent weeks, our redoubtable readers have once again done a remarkable job of keeping track of those species which are in the area. Birding expert **Edwin Daudrich** had some good luck in the early part of the winter (late November and early December), and in the New Edinburgh area managed to spot **red-breasted mergansers**, **great black-backed gulls**, **bufflehead**, **common goldeneye**, **lesser scaup**, **white winged scoter**, a **ring-necked duck** and a comparatively rare **Barrow's goldeneye** (male). The Barrow's goldeneye is distinguishable from its more abundant cousin, the **common goldeneye**, by its crescent-shaped (as opposed to round)

white cheek patch, combined with a black spur extending from its neck to the side of its breast, and a purplish-tinged head in contrast to the dark green of the common goldeneye.

In an excursion to Andrew Haydon Park in December, Mr. Daudrich spotted a **bald eagle** (female) striking terror into the hearts of a large flock of **Canada geese**, as well as **surf scoter**, **lesser scaup**, **green-winged teal**, **common goldeneye**, **bufflehead** and another rare species, the **long-tailed duck**.



Photo: Francine Ouellette-Streeting
Snowy owl.

In addition to her encounter with the **red-tailed hawk** referred to earlier, photographer Francine Ouellette-Streeting has had notable success in the owl department this winter, capturing a **barred owl** on a trip to Brighton, Ontario, and spotting an immature female **snowy owl** in the process of snagging a hapless vole in the Casselman area in mid-December. Francine's magnificent photograph of the latter event was the product of skill and patience. She waited

a full half hour while the owl perched motionless on a hydro pole, scanning the field for prey. She was at last rewarded as the bird swooped down with deadly accuracy to scoop up its tiny victim.

The **Snowy Owl**, also known as the **Arctic Owl** or **Great White Owl**, is the largest owl in North America and among the largest in the world. The male of the species is slightly smaller than the female and is almost pure white, while the female has several thin tail bands. The face and beak of this imposing bird are covered with thin, fine feathers which resemble white fur and are designed for insulation. Its deep yellow eyes are hooded with a prominent upper eyelid that serves as a sunshade to keep bright light out of its eyes.

The snowy is noted as an especially efficient predator, maintaining a steady diet of at least a dozen rodents each day, or even more when there are owlets to feed. In its summer Arctic habitat, its diet consists primarily of Arctic hares, ptarmigan, foxes, seabirds and lemmings, while in its winter range further south, it subsists on voles, mice, shrews, rabbits and other small mammals, along with a smattering of smaller birds. Unless the creature is unusually large, the owl swallows its prey whole, bones, teeth, fur, feathers and all, later spewing out the undigested contents in the form of compact little pellets.

In its winter range, it can be found in all manner of locations which resemble its breeding grounds in the Arctic tundra, including prairies, open fields, shorelines, marshes and even airports, where the wide open spaces around runways reportedly have an irresistible

attraction for these intrepid hunters.

Mike Leveillé reports that while the cast of feathered characters at the **Macoun Marsh** this winter has been somewhat depleted, the **American goldfinch** population has been robust, with a record 16 at the feeders on one occasion in early January. Other visitors have included **black-capped chickadees**, many of them sufficiently tame to be fed daily by hand, **slate coloured juncos**, a **tree sparrow**, a **Cooper's hawk**, and both a **downy** and a **pileated woodpecker**.

Manor Park naturalist **Dave Collyer** also keeps an expert eye on the Macoun Marsh and environs, and so far this winter has spotted **pileated** and **downy woodpeckers**, **white-breasted nuthatches**, numerous **black-capped chickadees**, **slate coloured juncos**, and a **Cooper's hawk** on the hunt in the Beechwood Cemetery. Dave also observed what he thinks may have been a large **rough-legged hawk** flying over the vacant Rockcliffe Air Base, as well as another **Cooper's hawk** being swarmed by **American crows** on Carling Avenue near Lincoln Heights. Like the rest of us, he has missed the winter **finch** population, but is hopeful that many species may return before our next report in April.



Photo: Mike Leveillé
Camera-shy American Goldfinch at the Macoun Marsh.

Philip Macadam has had a record number of **Northern cardinals** at his safflower feeders on Thomas Street this winter, spotting no fewer than 7 cardinals converging on the same feeder at once. Philip also reports a respectable contingent of **American goldfinches** and numerous **black-capped chickadees** whose cheerful buzz he finds a welcome relief in the barren winter landscape.

While noting the diminished bird population this winter, *NEN* photographer/birder **Peter Glasgow** did come across a female **pileated woodpecker** apparently considering her options while perched on a utility pole outside Piccolo Grande on Mackay Street.

A very Happy New Year to all our birding readers, and here's hoping for an early start to the spring migration back into our area!



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Bozica Radjenovic
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Corridor Gallery
January 21 - February 21, 2010

Gallery Hours: Wed - Fri 10 - 5
Sat - Sun 12 - 5

2nd Floor, 200 Crichton
www.crichtonccc.ca 613.745.2742

CCCC Ever Hopeful for a 'Usual-Unusual' New Year

Over the years, "business as usual" for the CCCC has proven to be a predictable mixture of the *usual*—continuing steady development of new programming initiatives and activities at the Centre—and the *unusual*—another interesting chapter in the unfolding saga of the struggle to Keep Crichton Public. This New Year promises to be no exception to our time-honoured usual/unusual tradition.

New CCCC Staff

With the departure of **Joanne Hughes**, the CCCC has used the opportunity to take a slightly different approach to staffing and developing the centre. Instead of simply replacing Joanne with a single new staffer, the CCCC has hired two new staff—which in itself speaks volumes to the contribution that Joanne single-handedly made to the centre! The CCCC is delighted to report that **Susan Ashbrook**, a former Executive Director of the Visual Arts Centre in Orleans, will become our new Director of Programming, while long-time New Edinburgh resident **Veronica 'Kiki' Cliff** will take on the role of Administrative Assistant, a position for which she has extensive experience—having worked for festivals, not-for-profits and private clients. A full profile of the new CCCC team will be provided in the next edition of the *NEN*. In the interim, we are happy to welcome them both to the CCCC, and invite you to drop by the centre and introduce yourself.

Programming

With a new CCCC team in place, we are looking forward

to developing new program and outreach initiatives. And while we expand our base of community programs, we are also looking at further development of special programs such as the highly successful recreational **Get Together Program** designed to introduce youth with visual impairment to the various recreational opportunities available in the region. If you have an interest in or an idea for program, or want to start one up yourself, please get in touch with us at communitycentre@rogers.com or 613-745-2742!

Lumière

Another consequence of the Joanne's departure has been the necessity of rethinking the nature and scale of the annual **Lumière Festival**. As readers are well aware, Joanne's dedication and commitment to the development of the festival was truly extraordinary, and not something that could be easily replaced. Under her direction, the festival has grown each year to the point that it is now on the verge of outgrowing the capacity of its traditional venue in Stanley Park. Faced with either changing venues or changing format, the CCCC is expecting to change format, and will be giving serious consideration to a variety of options involving changes in the scale and artistic focus of the event.

Corridor Gallery

You are cordially invited to visit the first of two juried exhibitions at the CCCC's Corridor Gallery. The exhibition runs from **January 21 to February 21**, and features the work of two emerging art-

ists, **Bozica Radjenovic** and **Jadzia Romaniec**. These two artists explore their pasts through the tales and histories left behind in ephemeral objects such as clothing and photographs, articles which are still handed down from generation to generation. The viewer is reminded that historically, families passed on more than professions, property and traditions: they passed on a place in a community and a network of relationships. The displacement of individuals or families threatens to strip away this aspect of our inheritance.

Gallery Hours are Wednesday to Friday, 10 am to 5 pm, and Saturday and Sunday, noon to 4 pm. **On Saturday, January 30 at 1 pm**, the artists will be at the Gallery to give talks on their respective works.

We are extremely grateful to our enterprising Gallery Committee members, **Anne Thompson, Alisdair McRae, Tina Tolgyesy, Sandy Bulchak** and **Jeff Matt**, for all of their hard work in organizing these exhibitions.

The Corridor Gallery also gratefully acknowledges the generous support of **Cheryl** and **Doug Casey**.

In the Courts

While we have a court decision that re-iterated and formally established a CCCC interest in 200 Crichton, there were a number of ambiguities in the decision that warranted clarification. Unfortunately, the needed clarification will require the opinion of a higher court, in this case, the Court of Appeal for Ontario, where there may be a hearing of the CCCC's case later this year.

Meanwhile, there are a number of directions from the lower court that have yet to be acted on while the effect of the pending appeal is being considered.

Crichton Thrives

For over ten years now, the community has rallied to 'Keep Crichton Public'. What started with only one classroom has, over the years, blossomed into a thriving centre that now occupies the entire second floor of Crichton. And our community has achieved this entirely on its own, as the CCCC, unlike other community centres in Ottawa, does not receive any operating funds from the City of Ottawa.

Despite the lack of municipal funding, the Centre has managed to engage not only local but also regional communities, and will step up its efforts to do so with increasing effectiveness throughout 2010.

CCCC

The CCCC 'works' because of the countless committed volunteers that make it work, and that includes the volunteers who sit on the CCCC Board of Directors. Board member elections are coming up shortly, so if you are interested in being on the board or know someone who might be, please let us know by sending an e-mail to: Johan.Rudnick@gmail.com.

2010: The Promise of a New Decade!

2010 promises to be another *usual-unusual* year in the unfolding history of the CCCC. We look forward to actively pursuing our "usual" agenda of further development of community programming and other activities at the Centre, while at the same time tackling another chapter in the "unusual" Crichton saga, a chapter which we fervently hope may be the long-awaited Happy Ending!

CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

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To contact Board members please call
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Crichton Cultural Community Centre



Winter Programs

Please contact instructors to get course details and to register. For most of our courses, registration is ongoing.

Health & Wellness

DANCEFIT

Alex MacDonald
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Monday & Friday
10 - 11 am
Monday, Wednesday 7 - 8 pm
1 class/week \$12/class,
2 classes/week \$10/class
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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!

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Cassandra Mactavish
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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.

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Sharon Collins (613) 816-4307
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1 class/week \$125
2 classes/week \$240
3 classes/week \$300

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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!

FITWOMAN BOOTCAMP

Cassandra Mactavish
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www.fitmomcanada.com
Mondays, 8 - 9 pm
\$180+GST for one class per week, \$280+gst for 2 classes a week

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

SOCARAMBA

Alex Eloise
socaramba@gmail.com
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
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Alex MacDonald
(613) 748-0870
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 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

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DANCEFIT

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Fridays - 10am

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Yoga & Meditation

IYENGAR YOGA

Barbara Young
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b-young@rogers.com
Monday, 9:00-10:30 am, *Level 1*
Karin Holtkamp
(613) 422-8384
daveandkarin@rogers.com
Tuesday, 6:30-8:00 pm, *Level 1*
Thursday, 9:00-10:30 am
Level 1/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.



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- build confidence and a positive self-image
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- have fun!

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Saturday, 2:15-3:30 pm
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Come learn about yoga lifestyle in a relaxed and friendly atmosphere. Classes will focus on poses (*asanas*) and their health benefits, relaxation techniques and self-improvement through

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Classes will have themes including: Chakras, therapeutic yoga and partner yoga.

SAHAJ MARG - HEART CENTRE MEDITATION ****NEW**

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www.sahajmarg.org
Sunday 7:00-8:30 am
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12:00 - 1:00 pm
Children ages 7-12

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1:00 - 2:00 pm
Ages 12-18

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

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Thursday, 7 - 9 pm

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Infants & Children

BABY SENSORY

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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.

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www.hushabyebabies.ca
Monday, 10:30-noon
\$87 for an 8 week program

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\$35 per person

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12:30 - 3:30 pm

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Topics include:

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- Home safety and injury prevention for babies and children
- Definition of CPR
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- 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!

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jwjarrett@sympatico.ca
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\$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

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Tuesday 7 - 9 pm
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YOUR HOME... Is Adding On Really the Answer?

By Moneca Kaiser

When I was apprenticing as a carpenter, I got to work on some really great additions. New family friendly kitchens with tons of counter space, a place for the kids to do their homework, with casually elegant family rooms off of them. Usually they had two story banks of windows, maybe a fireplace, ambient and task lighting, clear maple flooring... welcoming wonderful spaces. They were grand. The kind of space we all seem to want to live in these days.

We've been seduced by all those glossy magazines. I'm sure if the people who live in those pages have problems, they're the elegant kind. Like having been invited to two dinner parties with fascinating guests on the same night, and having to decide if their son should pursue his passion for tennis or gymnastics cause he's so gifted as both his respective coaches are vying for all his attention.

Ah but I digress, the point is we get to thinking I need more space.

So there's a place for everything. Then it won't be so cluttered and our mornings will be

calm, the kids won't fight about who's got who's mittens cause they'll each have one of those Martha Stewart style wicker baskets and they'll always put there stuff there as soon as they come home. I'll be able to enjoy that second cup of coffee in the morning maybe even glance at the paper instead of playing referee. See, this is how we get seduced.

The problem is from here we leap to we need to add on.

Rarely is an addition the most elegant solution to the challenges of our house. Often what we need to do is renegotiate our existing space or maybe think about moving. The problem with adding on the aint it grand room is that it can wreck a house. The rest of the house is demoted because it's dwarfed by the grandeur of the addition. Ever since I had my first crush folks have been telling me to just be myself. I promised myself I would never do that to an adolescent but with houses it's different. There's an innate wisdom in them; they're like seeds with all this embodied potential just waiting for us to tap into. Sometimes an addition is in harmony with their potential,

then I say let the excavators roll... too often it can be like too much water and you end up with a soggy mess.

Now the old part of the house looks just that way, rooms that were a decent size seem stingy in relation to the aint it grand room and they become lonely forgotten spaces.

It's not good feng shei, I hate to use the word cause it feels so misunderstood and I don't know another word for it so I'm stuck. In another article I will explain how I relate to this eastern concept of harmony. For now let it suffice; it's not good to have lonely empty rooms, or ones that are crammed with stuff and don't really work, or dead spaces. It's wasteful. We've reached peak oil. We're not going to be able to afford to heat these spaces. Small will be appreciated more and more as beautiful; the magic lies in letting it breathe and feel spacious. More importantly, none of this is homey and we need homes to nourish us and as refuge so we have more to share more with the world.

So you think you need more space. Could be. The next step isn't to start planning an addi-

tion. If you work with anyone who is going to do that for you I am pretty sure they've been seduced by the glossy magazines with the kids who play pro tennis too. The next step;

- Is to make a list of everything you need and want, not even thinking about how to achieve it, a wish list.
- Then its time to get an "as is" picture of your house and lot. The whole thing.
- Then it's time to play! I love this part.

Most of the time we discover that if we rework the existing space we need much less addition if any to satisfy our wish list and maintain the integrity of the house. Compromise is the magic element, and I will save that for another article. There's an art that opens up a freedom with this and it's so hard to do with visions of dream homes dancing in our heads.

Design drawings can show what this 1,000 word story is all about. My friends came to me thinking they needed to add on at least a 400 sq. ft. great room because they love

to have family gatherings. It just wasn't working and they wanted a space for their grandchildren to stay over. They had a lot that could easily accommodate this size of an addition and it almost made sense if we didn't really look at the existing space. After plans showed we were able to add just a small foyer well under 100 sq. ft. and renovate the existing space to accommodate everything on their wish list that really mattered by eliminating all the dead space. Usually the problems originate in previous additions that don't live up to their promise. If your home has ever had an addition, this article will be especially poignant.

I invite you to think outside the house! There are so many delightful sustainable ways of transforming a house into your home. I believe, if you listen very carefully, your house will even tell you how. Greenspeed!

Moneca Kaiser is a trained carpenter, designer, writer, and student of eastern philosophy and owner of MONECA KAISER DESIGN BUILD www.mkdesignbuild.ca.

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Carbon Countdown Toward a Lower Impact Life

By Sarah Anson-Cartwright
Time to face facts:

- Numbers don't lie (though they may be inaccurate occasionally).
- Action is needed if one wants to achieve better results.
- The guessing game is over for me – no longer will I guess that I am doing well at carbon reduction and "living lightly."

As a participant in the **Community Environmental Reduction Project (CERP)** this year, I have a carbon footprint calculation now and a set of numbers to guide and motivate me.

As promoted by NecoE, several New Edinburgh households are participating in the Community Environmental Reduction Project (CERP), a one-year study managed by **Jane Thompson** Architect with funding from the Canada Mortgage and Housing Corporation.

Participants from the neighbourhoods of New Edinburgh, Lindenlea, Rockcliffe Park, Manor Park, Cardinal Glen, Vanier, Lowertown and Sandy Hill have volunteered to track their "environmental footprint" and energy usage twice over a one-year period, and try to take measures to lower their impact.

CERP is a perfectly tailored initiative for residents looking for ways to come to terms with their carbon footprint and be guided toward measures that will make a difference in reducing it. It aligns very well with NecoE's vision to encourage and support residents in lowering their impact on the environment and improving the quality of the environment in New Edinburgh.

Here's what's in for each CERP participant over the course of 2010:

1. Each household measures its environmental footprint using an online calculator (which takes 30-60 minutes to complete).

2. Tips to reduce household environmental footprints are provided through the online calculator, community information sessions and email tips. Each household implements any of the tips that make sense for them and records any actions they have taken as the study progresses.

3. At the end of the year, each household recalculates their environmental footprint again and compares utility bills to see the effects of any changes

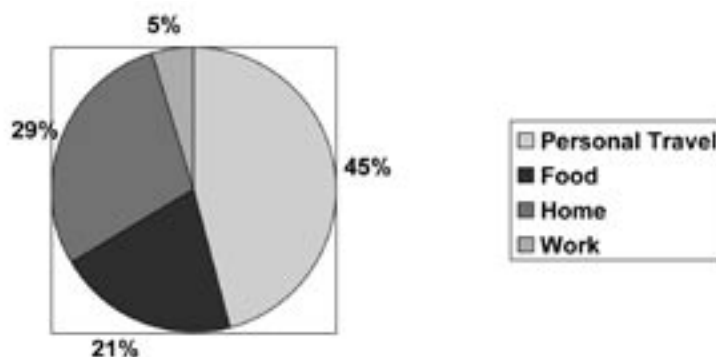
they have made.

4. For the time stressed household, the minimum effort would be the two environmental footprint calculations with additional time and effort as each household chooses.

5. The results of this project will be published as a CMHC research study, and copies of the results will be made available to participants upon request. All information gathered about individual households and their results will be kept confidential.

As a CERP participant, I am going to share what I learn, do and achieve along the way in this process. Here is how my initial footprint calculation breaks down:

Carbon footprint – using the Zerofootprint Ottawa calculator



At a total of 9.05 tonnes of carbon emissions per year, I am below the Canadian average of 9.8 and the Ottawa average of 9.9. I am a long way from Stockholm's average 3.8 tonnes, however. I realize now why the One Tonne Challenge made sense; for me, it would represent about a 10% reduction, which sounds reasonable. And now I know that one tonne of CO₂ is roughly half the impact of our home heating fuel, or a little more than half the carbon impact of our eating habits. As the largest source of CO₂, our car travel

will have to decrease significantly to lower our impact (and that challenge will receive a column unto itself).

Now let's turn to the action part. I start by reminding myself of the biggest culprits in my carbon emissions calculation – car travel, and home heating and electricity. Heating and electricity are the focus for CERP this month and last, so I will start there. Our thermostat is programmed to adjust automatically, following the advice to set the temperature to 20 C when home and 17 C when out or at night (and we have adjusted those numbers downward a bit, depending on outside temperatures).

In terms of electricity, the

drying machine is the second biggest energy hog in the home (after either your gas range or your refrigerator, depending on their ages). I always wash in cold water, but I will use the dryer a great lot less now. Only towels will get the full dryer treatment; everything else goes on the airing rack, with only a short stint in the dryer if I want to soften up air-dried clothes.

These are small easy actions and do not cost me anything. But they will scarcely make a dent in my carbon count.

To tackle the bigger carbon-reducing actions, start by

reviewing the list of actions on the Get Energy Smart pledge (below). Take a look at the "Investments" list. This is where one gets serious about changes at home. Some of the changes are easy to accomplish but may have a cost, such as switching to Bullfrog Power to support green energy, or installing a tankless hot-water heater.

Others may warrant investigation and number-crunching to see the long-term costs and pay-back, e.g. solar hot water heating or geothermal heating systems.

Every action counts.

Sarah Anson-Cartwright is Chair of the New Edinburgh Committee on the Environment (NecoE).

☒ Get Energy Smart Pledge

Actions I will take:

- | | |
|------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <input type="checkbox"/> I will set my furnace to 20 C when home & 17 C when out or at night | <input type="checkbox"/> I will reduce my car idling by 5 minutes per day |
| <input type="checkbox"/> I will set my air conditioner to 25 C when home & 28 C when out or at night | <input type="checkbox"/> I will make an effort to buy local products where possible |
| <input type="checkbox"/> I will turn my hot water tank down to 50 C | <input type="checkbox"/> I will start my own vegetable and herb garden |
| <input type="checkbox"/> I will use cold water to wash my clothes | <input type="checkbox"/> I will drink tap water instead of bottled water |
| <input type="checkbox"/> I will install a low flow shower-head and faucet aerator | <input type="checkbox"/> I will compost or use the new green box for food waste |
| <input type="checkbox"/> I will slow down to the speed limit on the highway | <input type="checkbox"/> I will use my blue and black box for recycling |
| | <input type="checkbox"/> I will stop using my gas lawn mower |
| | <input type="checkbox"/> I will stop using my gas snow blower |

Changes I will make:

- | | |
|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> No. of frequently used lights I will replace with CFLs | <input type="checkbox"/> No. of days per week I will take the bus instead of drive to work/school |
| <input type="checkbox"/> No. of months per year I will unplug my 2nd fridge | <input type="checkbox"/> No. of days per week I will carpool instead of drive to work/school |
| <input type="checkbox"/> No. of months per year I will unplug my freezer | <input type="checkbox"/> No. of short haul flights (less than 500 km) I will reduce per year |
| <input type="checkbox"/> Percent of laundry loads I will stop using my dryer | <input type="checkbox"/> No. of long haul flights (more than 500 km) I will reduce per year |
| <input type="checkbox"/> No. of TV/DVD/stereo systems I will put on a power bar and turn off | <input type="checkbox"/> No. of days per week I will stop eating meat |
| <input type="checkbox"/> No. of Computer/printer/scanner systems I will put on a power bar and turn off | <input type="checkbox"/> No. of days per week I will stop eating prepared food |
| <input type="checkbox"/> No. of days per week I will walk or bike instead of drive to work/school | <input type="checkbox"/> No. of bags of garbage per week I will reduce |

Investments: I will...

- | | |
|--------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> subscribe to Bullfrog Power | <input type="checkbox"/> of size (in kilowatts) |
| <input type="checkbox"/> seal up the air leaks in my home | <input type="checkbox"/> install a geothermal heating system |
| <input type="checkbox"/> install a solar air heater | <input type="checkbox"/> install a drain water heat recovery system |
| <input type="checkbox"/> install a tankless hot water heater | <input type="checkbox"/> buy an electric scooter for commuting instead of driving my current vehicle |
| <input type="checkbox"/> insulate my walls and attic | <input type="checkbox"/> use a hybrid car to replace my current vehicle |
| <input type="checkbox"/> install a solar hot water heater | |
| <input type="checkbox"/> install a high efficiency furnace | |
| <input type="checkbox"/> install a solar photovoltaic array | |

Source: Seventh Generation Community Projects - <http://www.seventhgeneration.ca/Energy-Project.html>

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Sweet Potato Gnocchi: A Winter Treat and a Labour of Love

By André Sanche
Epicuria Fine Food and Catering

This month, I have decided to share with you a recipe that is a staple in our home. I will often serve this when my wife is having a less than perfect day and needs a little pick me up. I like to serve a hearty portion of sweet potato gnocchi, with brussel sprouts, king eryngii mushrooms and double smoked bacon. This is what we consider our 'almost' vegetarian meal. A bonus is that all of these items are readily available, in season, and even better, available locally.

Making gnocchi is quite like making ravioli. For my loved ones, such as my wife, I am very particular during the preparation with such small details as rolling each piece with the

back of a fork. When it is for a larger group, say friends, I tend to omit this part and go straight to the pot of boiling water. Food is and should be a labour of love. To show the ones I love how much they mean to me, I cook. For me, that is the greatest expression of my feelings. Think of the time when you first cooked for your spouse (then girlfriend or boyfriend). You were nervous, and pre-occupied, but paid attention to the tiniest detail, even if it meant that you were burning whatever was in the oven at the time. I thought it would be appropriate to share this for Valentine's day.

When you prepare a meal for a loved one, you show them that you care. I still make my wife dinner every night when I go home. It may not always be

overly elaborate, but it's ready and waiting and she is grateful for it.

As some of you may be aware, this will be my final contribution to the *New Edinburgh News* as I will be leaving Epicuria to pursue my own venture on the shores of the Georgian Bay. For that reason I have decided not to go on an elaborate rant about brussel sprouts or the sweet potatoes. Nor have I gone on about eating locally and seasonally. I am certain that you all know my point of view!

I want to take this opportunity to thank all of you for reading, and for appreciating what I have to share with you. Over the last few years, I have received many a kind word from local residents about my contributions and have appre-

ciated every one of them.

Good luck in all your future cooking adventures, and remember to support local foods as often as you can and enjoy food, that's why we have it!



King Eryngii mushrooms.

Sweet Potato Gnocchi with Seared Brussel Sprouts, Double Smoked Bacon and King Eryngii Mushrooms
(makes 4 servings)

Ingredients

2 - 1 pound sweet potatoes, pierced with a fork
1 - 12 ounce container of Ricotta Cheese, drained for 2 hours
1 cup Grated Parmesan
½ teaspoon grated nutmeg
2 ¾ cup all purpose flour
Sea Salt and Fresh Ground Pepper, to taste

¼ lbs Double Smoked Bacon
2.5 cups brussel sprouts, quartered
2 medium shallots, thinly sliced
2 cloves garlic, minced
4 large King Eryngii Mushrooms, sliced into 6 pieces
Butter and Olive Oil
¼ cup Beau's Lugtread Beer
Microwave potato on high until tender, 5 minutes per side. Cut in half, cool and scrape flesh into large bowl. Mash

well. Add in ricotta, parmesan, nutmeg and Salt and Pepper and blend well. Slowly mix in flour, 1/2 cup at a time until dough becomes soft and holds together. Do not over mix your dough at this stage, as you will continue mixing while shaping gnocchi.

Turn dough out and divide into 6 pieces. Roll between your palms and floured work surface, into long rope about 1 inch thick. Cut into 1 inch lengths. Sprinkle with flour as needed. (It is at this point where you decide how much you like the people you are feeding!) Roll each piece with the back of a fork to indent. Transfer to a floured baking sheet.



Bring large pot of water to a boil. Working in batches, add in gnocchi until they float and simmer another minute. Remove from water and set on a clean baking sheet. Cool completely if you are doing ahead of time.

On a medium heat and in a large heavy bottomed pot, add 2 tbs butter and 1 tbs olive oil. Add in shallots and garlic and cook until translucent. Add in brussel sprouts and king eryngii mushrooms. Sauté until almost tender and add in gnocchi, heating through completely. At the very last minute, add beer and cook out until almost completely evaporated.

Divide gnocchi into 4 shallow bowls. Top with freshly grated parmesan or crumbled Ferme Floralpe Goats Cheese. Enjoy!

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February's Winter Chill

By Doug Cornish

The month of February was named after the Latin term februum, which means purification, via the purification ritual Februa held on February 15 in the old Roman calendar. In many ways February is pure winter—it's the middle of winter, the 'blah' of winter—it's sandwiched between the icicle of January and the relatively warm winds of March. One of its few consolations (other than Valentine's Day) is its shortness. Perhaps this might be nature's subtle sense of humour and justice. Even every four years when a day is added, it's still the shortest month. I don't think we could stand a full month for February.

It is winter's last chilly blast. The bitter chill of winter cannot sustain itself past February. There may be snow in March (and April and, yes, even May), but it's not really winter as found in January and February. For me these two months are the real winter.

February is really the 'wall' of winter. Once you hit that wall, that's the worst. It's in February that you think this is never going to end. February is the razor blade month folks, it's the abyss of winter, and it's the 'I can't take this anymore' month. It's not really the February 'blues', it's more like the February 'whites' for there seems to be no way out of this long, white, winter tunnel. February is short for a reason, for tempers are short, hopeful attitudes are short, days are still short. Every second in February counts, for in February we spend a great deal of time just watching the clock and waiting. If you make it through February, then you've made it. The nadir of the year

is passed. The end of February makes the beginning of hope, the beginning of dreaming, the beginning of life again after the depths of winter.

February has to be filled up; otherwise the month would seem endless. There are so many significant days crammed into this very short month. Groundhog Day is in February - a very important day if you trust the highly sophisticated science of groundhog research - hey, it passes the time - it's entertainment. In the States, Lincoln's birthday falls in February, as does Washington's birthday. Presidents Day holiday in the U.S. is in February. Chinese New Year (this year) is in February. Valentine's Day, of course is mid February. Orthodox Lent (this year) is in February. Ash Wednesday (this year) is in February. Black History month is February. The Roman Catholic Church celebrates Candlemas day every February 2nd. Flag Day is in February. Family day is in February.

It's amazing that such a short month could attract such attention. And if you're a leap year baby (next leap year is 2012) February takes on yet another quirky interest - the mystery of having an official birthday only once only every four years!

February is what you call 'the dead of winter'. There's not much action. The glamour, tinsel and magic of Christmas have long since faded. The Christmas lights are either now turned off, broken or vandalized, or mistakenly still left on. New Year's Eve is now just a blur. There's a big sagging feeling with the weight of all that's come and gone, and for some, the burden of paying for it all. Credit cards are maxed



Snowflakes and Umbrellas on the Lane

Sketch by Martha Markowsky

out by February. February is a wasteland. Valentine's Day is probably the only bright light on the month's horizon. But, even love cannot burn bright enough to melt the snow, nor give rise to a warmer and more civilized temperature.

Yes, folks, it's February and for many that's the time to get away while they can. For the rest of us, though, it's just grin (or snarl) and bear it (not 'bare' it - it's too cold). The one consolation is that all of this will pass, and February will give in to March. Yes, Feb - burrrr- ary will end, and March (or 'Mush' due to all the slush produced by the melting snow) is always something to look forward to. February is the month of our despair, but hope rules eternal, doesn't it? Look over and beyond the banks of snow. Look past the ice watery icicles. Look to the future when this short month will end, and where new hope will be seen on the horizon.



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Pedal Power in Ottawa

By Patrick Kavanaugh

People often stop us on the street to ask about our Kangaroo. This one is not an Australian marsupial, however, but a Danish tricycle.

In Asian cities, human-powered pedicabs and rickshaws have been used as local taxis for decades. Lately, such vehicles are becoming popular in parts of Europe and North America too. Our Kangaroo is a tricycle rickshaw of the 'tadpole' style, with the driver perched behind the passengers. It was designed by award-winning Danish engineers and manufactured by the Winther Company.

We wanted a family vehicle

of this type for several reasons. Our children, now aged 8 and 6, had outgrown their bicycle trailer but were not yet ready for independent bicycling. We are eager to limit our use of automobiles and reduce costs. We enjoy cycling and we are glad to have the everyday exercise. We use the Kangaroo for ferrying the kids to and from school and daycare, for local outings, and sometimes for fetching groceries.

As rickshaws go, the Kangaroo is fairly high-tech. The aluminum frame is light and rust-proof. The rain-resistant cabin accommodates the children with lots of headroom and legroom, and space for

their stuff besides. The vehicle comes with torsion-bar suspension which smoothes out the bumps. It has two independent braking systems—a rear coaster and a front hydraulic disk brake (plus a parking brake and a frame lock). Its industrial grade five-speed hub shifter is designed for hauling heavy cargo and is geared low.

The Kangaroo does have its drawbacks. Among vehicles of its type, it is the most expensive. And when both children are on board the overall weight can make hill climbing a challenge. On the other hand, the powerful brakes and gears and the nimble steering system allow for precise control, plus the machine's three-wheel base leaves the driver with no worries about maintaining balance. We limit the Kangaroo to recreational paths, back lanes, and quiet streets, and have always felt that the children—who, of course, are securely harnessed—are completely safe.

An advantage of the Kangaroo over the trailers we towed in the past is that the driver can see the "joeys" in the front



Patrick Kavanaugh and kids take a spin in Brewer Park.

pouch, chat with them easily, even exchange objects like food and drink. Outings are a lot more fun. The cabin hood seals tight and so even in cold weather the children are comfortable. In the autumn we run the vehicle until the snow falls. This past year we were lucky to use it well into December.

After considerable research on human-powered vehicles we

ordered our Kangaroo in early 2008, over the Internet. So far as we know it is the only one in use in eastern Canada. Ours is not for sale (and we are not agents for Winther) but if you would like more info, check out www.kangaroobike.com or Google "Winther Kangaroo".

Patrick Kavanaugh is an Ottawa-based writer and editor.

Haiti Relief: How You Can Help

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Five Habits That Can Ruin a School Year

Editor's Note: February seems to be the time of year when students can tend to fall off the rails. Recognizing the causes can help get them back on track.

1. Oversleeping/Not Getting Enough Sleep.

Students of all ages need sleep. Research has shown that during sleep, the brain files and stores information learned throughout the day. Dr. Nick Whitehead, founder and CEO of Oxford Learning, says that not getting enough sleep can impair a student's ability to focus in class.

2. Poor Nutrition.

Food is fuel—the better the quality, the better the performance. If children eat a sugary breakfast, or skip breakfast altogether, they run the risk of performing poorly in school. Without proper nutrition, students can tire out and lose

focus. Students should focus on their teacher, not on their rumbling bellies.

3. Too Much Screen Time.

TVs, computers, and cell phones are distracting to students. Mounting evidence is showing that multitasking is not as good as was originally thought. When students try to do homework, accessing the Internet doesn't necessarily improve their ability to work, and it can detract from their ability to focus on a single task for a period of time.

4. Procrastinating.

From social lives to family responsibilities and extra curricular activities, students can be tempted to leave homework until the last minute. Too many distractions, not following a schedule, or not using an agenda can put homework on the bottom of the priority list. According to oxfordlearn-

ing.com, students can avoid last-minute scrambles and late-night cram sessions by making schoolwork a priority.

5. Not Getting Help.

According to Dr. Whitehead, one of the biggest mistakes that students make is waiting too long to seek help. Often it takes a call from the teacher or a failing grade before students seek support. At that point it takes more effort to correct the problem than if a student had asked for help at the "I'm-not-really-understanding-this stage."



www.newscanada.com

Rockcliffe Oxford Learning Centre will be opening in February 2010 at 359 St. Laurent Boulevard (Rockcliffe

Crossing Plaza). They will offer tutoring in the Rockcliffe Park, Lindenlea, New Edinburgh, and Vanier North areas. For more information, contact the centre at 613-695-0179.



Governor's Walk Retirement Residence has enjoyed meeting many members of the community and would like to wish you all the best for the New Year. To kick off the winter of 2010 we would like to cordially invite you to our upcoming events taking place in February and March.

Friday February 12 is our annual in-house **Valentine's Day Social** which includes live entertainment, appetizing hors d'oeuvres and wines, and lots of fun. Come and join us at

3:00 pm for a wonderful afternoon!

Wednesday March 24 will be our "Senior Activity Day" where we will have various facilitators demonstrate their expertise to you, including our senior activity coordinator. Come and join us for a day of great activities and wellness at the Rockcliffe Park Community Centre from 12:30-3:00 pm.

For more information, please contact us at 613-564-9255. We look forward to the pleasure of your company!

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Thursday, February 4, 2010
from 9:00-10:30 AM

Open invitation.

Applicants to grades 4 through 11 are encouraged to attend along with their parent/guardian.

To RSVP or for further information, please contact:

Alana Lobb (Junior School, Grades 4-8) or
Barb Saville (Senior School, Grades 9-12)
at 613-749-5954

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Photo: Louise Imbeault

In early December, Books on Beechwood hosted a book signing for Ron Lewis' *This Is Not the RCMP I Joined*.

This Is Not the RCMP I Joined

A Mountie was all Ron Lewis ever wanted to be. The opportunity for adventure and helping people, plus the RCMP's respected role in Canadian society, drew him to apply while still a teenager. And the Force didn't disappoint. Then, just before retirement, having achieved the rank of staff ser-

geant and working as a staff relations representative, he was faced with the most difficult and disturbing case of his career. Seemingly overnight, the core Force values were being undermined, morally corrupt outsiders were parachuted into senior positions, millions of dollars belonging to Force members

were being misappropriated and, amazingly, leadership was turning a blind eye to it all.

This was not the RCMP Ron Lewis joined. He wouldn't let it be the Force he left, either.

This Is Not the RCMP I Joined is available at Books on Beechwood, 35 Beechwood Avenue.

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380 Springfield Road 613-745-2562

2010 Programs

Sonia Doyon
Public Supervisor
sonia.doyon@bibliooottawalibrary.ca

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

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

Feb 11 *The Woman in Bronze* by Antanas Sileika

Children's Programs

**Bilingual Babytime
(0-18 months)**
Stories, rhymes and songs for babies and a parent or caregiver.

Mondays April 12, 19 & 26 at 10:30 am

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

Have you always wanted to be a clown? Actors from Ottawa's A Company of Fools theatre group will help you get started. Red noses provided! Registration required. Thursday Mar 18, at 2 pm

**Clown Workshop
(Ages 6-8)**

Stories, rhymes and songs for preschoolers and their parent or caregiver. Wednesdays July 8 & 22 and August 5 & 19 at 10:00 am



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Food for All Hosts 2010 Food Action Planning Conversations

Food for All is bringing people from across Ottawa together in conversations to develop a food action plan. Food for All is a community and university partnership led by **Just Food** and the **University of Ottawa** and has received funding from the **Canadian Institutes of Health Research**.

Food for All will walk the Ottawa community through a process to develop a food action plan that will address food issues in this city. The food action plan will include the following topic areas:

- Food, Access and Health in Our Communities;
- Food and Newcomers to Canada;
- Food Retail Environments;
- Food in Our Schools;
- Household Food Production; and
- Market Food Production.

Between February and June of 2010, there will be a number of Food Action Planning conversations in each of these topic areas. These conversations are for all people in Ottawa who are interested in or have concerns about their food. You are invited to join Food for All and



participate in these conversations. We will find solutions to many of the food issues that exist in Ottawa and make recommendations to and working with decision makers, including the City of Ottawa, the Ottawa school boards, and the National Capital Commission (NCC) on ways to improve the food system in Ottawa.

For more information about Food for All as a project, please visit www.justfood.ca/food-for-all or contact the project coordinator at 613-236-9300 ext 301 or info@justfood.ca.

Choose the topic area that interests you the most, save the dates for the conversations in that topic area and contact us to register for the workshops. We will confirm your registration and share the location of the conversations with you in January.

Food, Access and Health in Our Communities

This topic area will look at issues like being able to find,

afford and get to the food we need, the relationship between food and health, and our community food programs.

Time: 7:00 pm to 9:00 pm
Dates: February 9, March 9, April 13 and May 11, 2010
Contact: Project coordinator at info@justfood.ca or 613-236-9300 X 301

Food and Newcomers to Canada

This topic area will explore the issues related to food that newcomers to Canada face including the availability of culturally appropriate foods and learning about Canadian foods.

Time: 7:00 pm to 9:00 pm
Dates: April 6 and May 4
Contact: Project coordinator at info@justfood.ca or 613-236-9300 X 301

Food Retail Environments:

This topic area will explore the issues that food retailers and restaurants face in making food available to customers throughout Ottawa.

Time: 2:00 pm to 4:00 pm
Dates: May 25 and June 22
Contact: Heather Hossie at heather@justfood.ca or 613-236-9300 ext. 305

Food in Our Schools

This topic area will explore the issues related to formalized programs that provide children with food, the general availability of foods in schools, and food in the curriculum.

Time: 7:00 pm to 9:00 pm
Dates: February 16, March 30 and May 18
Contact: Project coordinator at info@justfood.ca or 613-236-9300 X 301

Household Food Production:

This topic area will explore the issues faced by people growing food for their households – including household gardens, community gardens, livestock by-laws, and skills to grow and use food.

Time: 7:00 pm to 9:00 pm
Dates: February 23, March 23

and April 27

Contact: Terri O'Neill at terri@justfood.ca or 613-236-9300 X 309

Market Food Production

This topic area will explore the issues faced by people growing food for sale to others.

Time: 10:00 am to 12:00 pm
Dates: February 2 and March 16

Contact: Robin Turner at robin@justfood.ca or 613-236-9300 X 306

Special Notes:

In each topic area, every conversation will build on the conversations that happened before it. When you sign up for a topic area, please ensure that you can commit to participating in all of the conversations for that topic area.

We welcome both French and English speakers to participate in these conversations. Each topic area will have an English and a French speaking facilitator.

Locations will be wheelchair accessible. Child-care will be available during each of these conversations with prior notice. OC-Transpo tickets will be available to help you get to and from the meeting venue.

Mark Your Calendar!

Saturday, April 17
3 - 5 pm

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or homemade Lemon Curd.



The Coffee Soul



Will Brereton

Editor's Note: Will Brereton grew up in New Edinburgh, spent his high school years in Buffalo, New York, and has returned to Canada to attend Trent University in Peterborough.

After a long holiday break, traveling to many places, I wonder why I have this urge to keep writing my thoughts down. I am now back at Trent University and I wonder if I am at ease.

This current moment of reflection comes after an exhausting period of being in a wide array of places. This has also been a break from a tumultuous 2009. Being aware of my feelings and the world seems to have come from my time living in Buffalo, New York.

How did I get to be such a writing fiend, to have this craving to be writing from my heart and soul, and then to modify it through proper English grammar? What is it about this desire to construct words that makes it such a relief of angst?

It is indeed typical for teenagers to be filled with immense angst and confusion about the

world-at-large, especially during the times in which change becomes the most inevitable in our mental and physical development.

To gain some perspective, I think about *Being Erica*, a television show on CBC. It is about a young woman, named Erica Strange, who discovers herself by visiting her regrets, by means of time travel, through the help of her therapist. Though fictitious in nature, the life lessons and subject matter are quite pertinent to all human beings.

At the end of each episode, Erica always finds a piece to the puzzle, allowing her to make better choices and causing her to become a stronger and wiser woman in the world. This television show provides unique insight to my life and I can strangely relate to her at times. She always has a life lesson or valuable mantra that is emblematic to the show's plot development.

We as humans seem to need to be in this self-reflection mode in order to be more aware and considerate of other people's feelings.

If there is one good thing that has come from moving back to Canada, it is that I now see people I have not been able to see in years. Some of these individuals have provided me reasons to find inspiration in self-reflection.

Interestingly, my life started in New Edinburgh, Ottawa; yet as an 18-year-old adult, there is so much of the world that I see before me. When we travel the world, journalism becomes a camera of written sorts.

For me, there are cafés in this world that I visit with my Mac Laptop and/or moleskin journal to write my thoughts down, and create for myself, a world of understood/read feelings.

Although I still feel emotionally exhausted, I am ready to focus on academics and my new life in Peterborough. To be honest, I still have to figure out what drives me to self-reflect.

I hope to figure out, with time, the world we live in and how to make our lives happy and trouble-free. Idealistic, I know. Yet I can always hope to find the formulas that could promote peace and prosperity for humanity's benefit.

From the Archives...



In the last edition of 1979 the New Edinburgh News initiated the Great New Edinburgh Limerick Contest. The residents responded with gusto, and the winning entries were published in the February 1980 edition. Reprinted here are a selection of those entries.

(Where MacKay rhymes with 'day')
There is an old house on MacKay,
That's ready to fall any day.
Give it a new coat of paint,
And I'm sure that you'll faint
At the price someone's willing to pay.

(Where MacKay rhymes with 'buy')
There was a big house on MacKay,
That nobody wanted to buy.
So they added stained glass,
Some old bits of brass,
And the agent did not have to try.

Sheila Wright

All winter long Trudeau and Clark
Do battle and freeze in the dark
For the right to greet spring
In the Burgh, like a king,
While the loser gets Rockcliffe Park.

Bruce Grant

There once was a man from Kanata
Who tired of commuting regattas.
So he came to the Burgh

Settled down with his herd,
And sorrows for friends who still gotta.

L.P. Visentin

There once was a man named MacKay,
Whose house looked like pie in the sky.
He said, "I know that it's chilly,
And you may think me silly,
But it'll do for GGs bye-and-bye."

Each side street he named for a son -
Alexander, Charles, Thomas and John -
And one for Queen Vickie,
Who might have been sticky
If ding-donged by the lady from Avon.

Union is nice said Lord Stanley,
If the Countess of Dufferin were handy,
But smoking a reefer
With the chaps down on Keefer
Could hardly be thought of as manly.

Christopher Young

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Please no textbooks or magazines

City No Longer Accepting Electronic Waste

Ottawa – Effective January 1, 2010 the City of Ottawa will no longer be accepting certain types of electronic waste (e-waste) for disposal as part of its curbside garbage collection program.

E-waste accounts for 3,000 tonnes or about 300 garbage trucks full of refuse added to our landfills each year. Much of this e-waste consists of steel, glass, copper, aluminum, plastics and precious metals that can be recycled and reused instead.

Residents wishing to dispose of e-waste can visit dowhatyoucan.ca/electronics to find one of 17 locations in Ottawa that will accept and recycle e-waste. Items that can be

dropped off include:

- Televisions
- Desktop computers and terminals
- Monitors
- Laptop computers
- Desktop printers
- Fax machines
- Disk drives
- CD-ROM drives
- Keyboards and mice

More items and locations will be added to the list in April 2010. These materials can be dropped off free of charge but please check the website for what materials are accepted at each location as there are some restrictions. If items need to

be picked up, some locations may offer a collection service at additional cost.

For information on where to dispose of e-waste materials currently not on the list, please consult the City's Take it Back! program for a list of retailers who will properly dispose, recycle or reuse the materials.

Residents who set out e-waste put for collection after January 1, 2010 will not have their items collected and will be left with an information notice on how to properly recycle the material through dowhatyoucan.ca.

For more information please visit dowhatyoucan.ca or call 3-1-1.

New Tax Guide and HST Booklet Available Online

The Certified General Accountants of Ontario has produced its annual 2009-10 Personal Tax Planning Guide, an easy-to-use tax resource that details such quintessential topics as: income and expenses, tax credits, major federal and provincial changes, plus quick reference tax tips. The book-

let is designed to assist individuals, including students and small business owners, with tax planning and compliance.

"It's important that communities have resources that are essential in successfully completing and understanding their taxes," says Doug Brooks, FCGA, chief executive officer

of CGA Ontario. This year the association has also developed a comprehensive HST booklet designed to support local businesses in their transition and implementation of HST taking effect July 1, 2010."

Authored by Rod Butcher, CGA, and Diane Gaudon, CGA, the new Harmonized Sales Tax booklet details how businesses can prepare for HST, the application of HST, the transitional rules, and general background on HST by province. Other supportive resources have been bundled into an online HST tool kit for Ontario businesses.

You can view the new Personal Tax Planning guide or HST booklet online, or order a hardcopy online at www.cga-ontario.org/Publications/Information/Booklets.aspx

Be sure to also reference the 2009 Student Tax Tips.

For more information on HST, consult a local certified general accountant, or any of the following organizations:

- Ontario Ministry of Revenue at www.rev.gov.on.ca
- Ontario HST Information line at 1-800-337-7222
- Canada Revenue Agency at 1-800-959-5525
- Ontario Chamber of Commerce at www.taxharmonization.on.ca

To locate a certified general accountant in your community call 1-800-668-1454 or visit www.cga-ontario.org/applications/accountantreferral.

www.newscanada.com

City Resumes Rebate Program for Water Efficient Toilets


Ottawa – Additional funding for the **Toilet Replacement Program** was approved by City Council on December 9 to provide homeowners with a cash incentive to replace their old inefficient toilet with a City-approved, water-efficient toilet.

Council approved an additional \$260,000 in funding for the program to provide homeowners with a \$60 rebate for an approved single-flush 6L or dual flush 3/6L toilets. A \$75 rebate will be processed


for high-efficiency toilets that flush with 4.8L or less.

More than 4,000 rebates have been issued this year, with an estimated annual savings to residents of 51,000 litres or \$130/year per toilet. Funding for rebates was exhausted in October due to the popularity of this environmental program. With the \$260,000 additional funding, the City will resume issuing rebates, including to those whose applications were received after exhaustion of the 2009 funding.

Your Personal Tax Planning Guide 2009-10



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Cry, the Beloved Planet

Editors Note: The following article is the last in Hugh Robertson's twelve part series on Climate Change, and the culmination of the arguments presented in his earlier articles, including "Econoclastic Economics", "Ecological Economics", and most recently "Environmental Ethics" (October 2009). The series was published in the New Edinburgh News and is posted on the community website at www.newedinburgh.ca. In "Cry the Beloved Planet", Mr. Robertson assesses the implications of the failure of Copenhagen to achieve the breakthrough needed to address the global climate crisis, and returns to an earlier theme in his series, the critical need for action at an individual household level, beginning with concrete changes in our habits of consumption to reduce our carbon and ecological footprints. He concludes with an appeal to forge strong and cohesive communities to buffer the disruptive impact of future climate crises, and to create the conditions for a sustainable future.

By Hugh Robertson

Copenhagen: Opportunity Lost

Copenhagen: Brokenhagen or Hopenhagen? For the hopes and dreams of millions, both born and unborn, it was Brokenhagen. In the end there was not even a treaty, just a vague Accord without any commitments to curb global temperature increases.

There were no binding targets on emission reductions, just empty pledges by the developed countries. Soft targets are like the early morning mist. They will simply evaporate in the heat of an election campaign. Copenhagen failed the future.

However, Copenhagen was a success in finally countering the arguments and speculations of the climate deniers. The Accord acknowledged that anthropogenic greenhouse gas emissions are heating the planet and that global temperature increases must be capped at 2 degrees to prevent runaway climate change.

Sadly, the corporate funded denial machine has helped delay serious action on climate issues for two decades.

Denial also appears to run deep in society at large. The diversion of "climategate" was an example of how easily we

try to dodge our responsibilities in order to preserve the comfort and convenience of our lifestyles. Denial is always easier than undertaking painful change.

Too often, blame and the projection of guilt has been part of our self-deception and denial. For example, we criticize China for high levels of pollution, while forgetting that our per capita emissions are 10 times higher than their levels. Furthermore, we conveniently overlook the carbon footprint of the Chinese products that we import to satisfy our shopping addictions.

We have to take responsibility for our consumption behaviour. We can no longer hide behind denial, nor can we plead ignorance.

Increasing global warming and long term climate change have dominated the headlines. But there are a myriad of other environmental problems all intimately linked to global warming. As **James Lovelock** pointed out in explaining his Gaia theory three decades ago, nature is far too complex to be compartmentalized, lego-like, into separate boxes.

Global warming, bee and bat colony collapse, decimation of fish stocks, dead ocean zones, air pollution, wildfires,

and floods are all symptoms of the exploitation and abuse of nature. We are the planet plunderers: we have stretched the biocapacity of Mother Earth to the breaking point by our insatiable lifestyle demands. No other species can match our

ability to scorch the earth.

After Copenhagen: The Critical Need for Hope Supported by Action

Despite the doom and gloom of Copenhagen, hope lives on. But hope devoid of action is simply hallucination.

Hope has been a negative factor, however, in the fight for ecological sustainability. Hope, faith and optimism have all lulled us into a sense of complacency and security which pollsters, politicians and corporations have exploited.

Al Gore accurately nailed the cause of our paralysis when he suggested that we have moved in one giant step from denial to despair. A hope and an optimism underpinned by action is the best antidote for despair and depression.

James Howard Kunstler,

author of *The Long Emergency*, puts it more bluntly: Quit wishing and start doing. The best way to feel hopeful about the future is to get off your backside and demonstrate to yourself that you are a capable and competent individual, resolutely able to face new circumstances.

Transformative change starts with the individual, and the journey begins in our hearts. Like the abolition of slavery, it is an inner journey that becomes an outer movement. Long term positive change is a bottom up movement initiated by individuals that moves into the community and then outward and upward in an irresistible groundswell of momentum.

Many psychologists argue

between ecological and carbon footprints and listed a number of online carbon calculators, as well as suggestions to reduce personal consumption and waste.

If you have not yet established your emissions and lifestyle footprints, consider launching your initiative with the **Zerofootprint calculator** at <http://calc.zerofootprint.net>. You can also arrange for an energy audit of your home. This can be done independently or as part of the ecoENERGY Retrofit program. Participating in this program will allow you access to government rebates for energy improvement projects. Consult <http://oee.nrcan.gc.ca/residential/personal/grants.cfm?attr=0>.

The diversion of "climategate" was an example of how easily we try to dodge our responsibilities in order to preserve the comfort and convenience of our lifestyles. Denial is always easier than undertaking painful change.

that we have to change our values before we will modify our behaviour and lifestyles. But we do not have the luxury of time before we pass climate tipping points and then it will be crisis that drives uncontrollable change. By acting decisively and courageously now and reshaping our lifestyles, we can demonstrate that it is behavioural change that actually shapes values.

Transformative Change Begins At Home: Your Home and Mine!

The environmental crisis is fundamentally a crisis of consumption and lifestyle. The first step in mobilizing a widespread movement is to take control of our own individual consumption and initially that means measuring our consumption footprints. The size of our environmental footprint is the only true measure of our personal ethical commitment to planetary sustainability.

Earlier articles in this series explained the difference

Set up a system for monitoring your utility meters and tracking your energy consumption monthly. Develop your own **Personal Consumption Index (PCI)** to measure your progress. Launching a personal war on energy and fossil fuels should be a priority because the most urgent environmental problem at present is the need to reduce greenhouse gas emissions.

There are numerous books and websites available with information on conserving energy and reducing waste. You will find **Guy Dauncey's** *The Climate Challenge: 101 Solutions to Global Warming* one of the most accessible and comprehensive guides on the market. An article by **Scott McKenzie** of Seventh Generation Community Projects in the latest *Peace and Environment News* outlines a process for reducing energy consumption in a clear and systematic manner. Go to <http://www.seventhgenera->

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tion.ca/ and look for *Powering Down – the 80% Solution*.

Hope anchored in action is energizing and empowering, and personal example is both inspirational and contagious. Armed with the confidence and the authority of a

has actually demonstrated in her work, change starts at the grassroots:

Begin in small steps that can multiply to become huge solutions. Begin a seed at a time, a drink at a time, a school at a time and a meal at a time.

Transformative change starts with the individual, and the journey begins in our hearts. Like the abolition of slavery, it is an inner journey that becomes an outer movement.

minimalist footprint, take the spirit of change to your neighbourhood. Be an active advocate for change in your other communities as well, such as schools and places of work and worship.

Nothing short of a fundamental transformation in our values can alter the ruinous path on which we have embarked. Revolutions are won by tenaciously taking one street at a time. Let us take our communities one street at a time, winning our neighbours over with both a message of hope and a plan of action.

It is collective action and passion, not narrow individual self-interest that initiates and propels long-lasting change. Shifting a social mindset is not easy but as Vandana Shiva, the renowned Indian scientist and activist not only points out but

Make a difference in your community with an idea that what you are doing connects to a larger world that can then multiply. That is the only way real change happens.

The Growing Importance of Strong Communities

The crusade for climate stability has another dimension. Ecological collapse will inevitably be followed by economic meltdown which in turn will trigger political and civic chaos.

Community life which will be the crucible of change as we suggested, will also be crucial in countering social breakdown.

In a climate of social disintegration, it is societies with a tradition of egalitarianism that will best weather the effects of civic implosion. Societies

built around competitive self-interest and adversarial institutions, and characterized by vast discrepancies in wealth, will likely have to contend with escalating tensions.

It is only the resilience of community life that will ensure

social survival on a ravaged planet. Our collective spirit, reinforced by our gentler qualities of compassion and caring, will shape that resilience and help strengthen community cohesion. "Social capital" with its focus on connectedness will soon rival financial capital in terms of importance.

As part of the strategy of bracing societies for climate change, the social and environmental ramifications of wealth distribution have to be considered. Two recent studies by the Canadian Centre for Policy Alternatives have highlighted the correlation between personal income and increased footprints and also the huge discrepancy in the earnings of corporate executives and wage workers.

Increasingly, social scientists

are emphasizing the paradox of wealth and happiness. Above \$15,000 of annual income it appears that there is no perceptible increase in personal happiness. Money does not buy happiness and neither does hedonism enhance happiness. If wealth is environmentally destructive and socially divisive, what is the purpose of affluence? We may be more content if we follow the advice of Pierre-Yves Cousteau, son of the renowned Jacques Cousteau: Find happiness by protecting the world around us.

We must build social solidarity in advance of climate disruptions. We will need to change our notions of happiness, success, quality of life and economic growth. Future survival will be shaped far more by cooperation than by competition.

We cannot look to the government for decisive leadership on environmental issues. Unlike the Europeans, there is currently no political will in Canada to combat the climate crisis. We do not even have a coherent policy to meet our weak emission targets. Our "policy" is simply to follow the Americans.

The indecision of our gov-

ernment is perfectly understandable. They are sniffing the wind continuously and the polling numbers indicate that although support for the environment is miles wide, the ice is only an inch thick. No political party is going to risk crashing through thin ice. Voter reaction to Stéphane Dion's Green Shift and a carbon tax is still too fresh in the minds of politicians.

Be a beacon of hope and courage – or what **Paul Hawken** calls a dot of light – in the drive for environmental change. Our collective task will then be to connect the millions of dots of light across the continent and around the globe, and build a movement infused with irresistible energy. That is our joint mission. We owe it to future generations.

The title of this article is based on Alan Paton's Cry, the Beloved Country, a wrenching novel about race relations in South Africa. There are many powerful parallel themes, such as ecological exploitation, environmental racism, spiritual impoverishment, wealth disparity and socio-economic divisions between the microcosm of apartheid South Africa and the planetary scale of our biosphere problems.

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Bridge Tournament - Thursday, February 25, 2 pm - 4 pm



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My C-Day—Ifs, Ands and Butts

By George Parkanyi

I didn't really know what to expect for my first colonoscopy, but it all started the day before with a fast and a couple of glasses of industrial-strength laxative. Without waxing poetic about quality porcelain time, I can say that this worked. The next day, the wife drops me off with a bemused "better-you-than-me" look, and there I am.

I check in at the Endoscopy clinic registration and am introduced to the change room where I am told to change out of everything from the waist-

up and put on a hospital gown (ever tried tying a knot behind your back?—I'll have to try this on the Scouts) and housecoat. I go back to the front-reception waiting area and observe a number of similarly-clad anxious souls. I'm more philosophical about it and figure it is what it is. The intake nurse then calls me in.

"So Mr Parkanyi, you're here for the gastroscopy, are you?"

"Um, no. I'm pretty sure I'm here for a colonoscopy."

(frowning) "But it says here gastroscopy."

"Do I need to void all food matter and half my internal organs for a gastroscopy?"

"Oh no — so you are a colonoscopy. Well, why don't I take you off the gastroscopy list then?"

"That would be nice, and while you're at it could you please take me off the heart-surgery list as well."

(Not getting the joke.) "You're having heart surgery!?"

"No, just the colonoscopy."

"And you're not here for a gastroscopy as well?"

"I can choose? Like a menu?"

"I'll go check with the doctor."

"Yes, perhaps that would be best."



After that I get my IV docking station installed and am sent back out to the waiting area. Soon after, I get the real call. A nice nurse leads me to the procedure room.

"Take off your bottoms and toss them in the bin over he.... you still have your pants on."

"Gastroscopy."

"Ah"

I go back and change out of my jeans, then return.

"So Mr. Parkanyi, do you understand what we will be

doing to you today?"

"Doing to me? Uh, inflating me like a balloon and then sticking a probe up my ___?"

"Well we have medical terms for that, but basically, yes."

The lady doctor then arrives.

"Hello, so how are you today Mr. Parkanyi?"

"I don't understand the question."

(Chuckles.) "OK, lie down on your side and bring your knees up to your chest. We're going to start the IV now."

And then things suddenly get real mellow and I'm thinking "Whoah — alriiight...I like valium."

The probe starts moving and there I am, on a flat-screen monitor in High Definition. It could have been the Discovery Channel. She was moving pretty fast and it was kind of like when the Federation starships go into warp drive and dissolve into a streaking tunnel of light, only lumpier.

Before you know it, it's over and they're wheeling me into the recovery room with another six or seven glazed-looking people. It reminded me of a

70's party. Of course the first thing out of my mouth is "Hey, anybody else got the munchies?" This startles them a little, but then the woman next to me thinks about it and offers "Come to think of it, I could really use a cheeseburger right now" - and off we all go trying to outdo each other with our food fantasies. Finally my time is up, I get dressed, and Cindy arrives with my son Nick. With a big Cheshire cat grin on my face I boom "Hi! — let's eat!" and off we go to Tim Horton's/Wendy's. The girl at the cash misunderstands my order and at the pick-up counter I have two breakfast bagels with egg and bacon waiting for me instead of one. I'm about to say something but then happily realize "I can eat this!" and proceed to do so.

I remained pretty-much stoned for the rest of the afternoon but managed to sleep most of it off. It was probably for the best that they make you take the day off; going to a typical government meeting in that condition would have been, to say the least, a bad idea.

George Parkanyi is a telecom consultant working at PWGSC by day and a financial blogger by night (<http://stockadventures.wordpress.com/>).

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Answers to Your Questions

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At Hydro Ottawa, we often receive calls from customers about door-to-door electricity sales. Here are some answers to the most common questions.

What are my options for purchasing electricity?

You have two basic options. You can pay the regulated price for electricity set by the Ontario Energy Board, or sign a contract to purchase your electricity at a fixed price from an electricity retailer. Residential customers who do not sign a contract automatically pay the regulated price.

Are any electricity retailers affiliated with Hydro Ottawa?

No. Hydro Ottawa does not sell electricity contracts, and is not affiliated with any electricity retailer.

What do I need to know?

Electricity retail contracts only include the cost for the electricity commodity (the electricity line on your bill). All other charges on your bill will still apply. You should know the regulated price you pay for the electricity commodity, and compare this to the rate being offered by a retailer. There's no need to feel rushed — take the time to understand your options.



What if someone comes to my door and claims to be from Hydro Ottawa?

Hydro Ottawa does not sell electricity door-to-door, period. If our employees need to visit your home for any other reason, they will always carry identification, and will gladly show it to you upon request. **If someone selling electricity contracts claims to be from Hydro Ottawa, please ask for their identification and call us at 613-738-6400.**

When I sign up with a retailer, who will deliver my electricity?

Hydro Ottawa will always deliver your electricity, no matter who you purchase it from. That's our job. We do not benefit financially from your decision to sign, or not to sign, a contract with an electricity retailer.

For more information, visit 'The Energy Choice is Yours' on the OEB's website at www.oeb.gov.on.ca or call toll-free at 1-877-632-2727.

You can also call Hydro Ottawa or visit our website.

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www.hydroottawa.com

A Word of Thanks

By Cindy Parkanyi

We are now into a new year and it's a good time to reflect back on what makes the *New Edinburgh News* such a vibrant part of our community life. In short, it's you.

My role is like that of a music conductor; I guide, cajole and generally try to keep chaos to a minimum, but without musicians there would be no music.

You, the contributors, advertisers, advisors, volunteers and readers (you know who you are) are the ones who ultimately make the difference.

There are, as well, a number of individuals who play a key role in getting the *NEN* "put to bed" each edition: Senior Writer **Jane Heintzman** is always ready to put pen to paper and cover a breaking

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story; Photographers **Louise Imbeault** and **Peter Glasgow** capture the myriad of sights of the Burgh and environs; Ad Manager **Brian Holland** provides prompt delivery of ads; Breezy Bits Editor **Joyce Dubuc** has an uncanny ability to get folks to dish up the goods on neighbours and friends; Distribution Manager **David Horley** ensures that all the stalwart delivery volunteers get their papers—rain, snow or shine; and **Sandra Fraser** (our illustrious proofreader) spends many late-night hours scouring the galleys for typos and grammatical snafus. To all of you I offer a heartfelt THANK YOU!

Looking forward

So what's up on the horizon? The *New Edinburgh News* Advisory Board is hard at work coming up with a number of new initiatives and story ideas, so keep on reading...



What's Happening at MacKay United Church

MacKay United Church
39 Dufferin Rd.

Parvaneh Eshghi, a piano and voice teacher, invites people who like singing to come and join our choir. She will be very happy to teach breathing exercises and other voice skills during practice. The choir meets for practice on Thursday evenings from 7:00 - 8:30 pm in the Sanctuary and the Sunday service is at 10:30 am.

Keep this date: **Saturday April 24**. MacKay United Church will be holding an **Antiques Evaluation Day** with **Janet Carlile**. With over 30 years experience internationally and in North America as an independent and accredited antiques valuer, Ms. Carlile

brings her expertise to appraising fine art, furniture and decorative arts with an emphasis on European and Canadian antiques. Currently writing a column "Antiques at Home" for *Canadian House and Home* magazine she also appears as an expert appraiser on the CBC's Canadian Antiques Roadshow.

Further details to follow closer to the date.

Easter Services:

Palm Sunday March 28.
Service at 10:30 am

Good Friday April 2
Call Church Office at 749-8727 for time of service.

Easter Sunday April 4.
Service and Communion at 10:30 am.

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Burgh Bulletin Board

Mon, Feb 1 - Fri, Feb 5

KINDERGARTEN registration for the Ottawa-Carleton District School Board. Drop by your school or visit www.ocdsb.ca or call 613-721-1820.

Tue, Feb 2 - Mar 2

EXHIBITION of Canterbury High School Graduating Year Students takes place at the Dale Smith Gallery. Info: 613-321-0101, www.dalesmithgallery.com.

Wed, Feb 3 - Sun, Feb 28

POINTS OF VIEW EXHIBITION at the CUBE Gallery. Features the works of: Jay Anderson, John Jarrett, Olaf Krassnitzky, Pina Manoni-Rennick, Karole Marois, Paul Schibli, and Karl Schutt. 7 Hamilton Ave North.

ASHBURY COLLEGE Admissions Information Session. Applicants to Grades 4 - 11 are encouraged to attend along with their parent/guardian. RSVP to 613-749-5954. 362 Mariposa Ave. www.ashbury.ca.

Sun, Feb 7, 7:30 pm

MACKAY UNITED CHAMBER CONCERT

Performing will be Leah Roseman, Mark Friedman, Sally Benson and Leah Wyber. The concert will be held at MacKay United Church, 39 Dufferin Street. Tickets are \$20 adults, \$15 students and seniors at the door or at the Leading Note on Elgin or at Books on Beechwood. A reception follows the concert. For more information contact the Church office at 613-749-8727 or go to www.mackayunitedchurch.com.

Thur, Feb 11, 1 - 5 pm

FAREWELL to Constable Tom Mosco—who retires this month after more than 34 years on the Ottawa police force and more than 13 years as the community-liaison officer for New Edinburgh and nearby neighbourhoods. All residents are invited to drop in at an open house for Tom at the Community Police Centre on Springfield Road (next to the Rockcliffe Park branch library).

Fri, Feb 12, 3 pm

VALENTINE'S DAY SOCIAL at Governor's Walk on Stanley. Live entertainment, appetizing hors d'oeuvres and

NEW EDINBURGH NEWS

wines, and lots of fun!

Wed, Feb 17 - Mar 6

NAC PLAY *Mrs. Dexter and Her Daily* English Theatre Main Stage Series. Box Office hours: Monday to Saturday: 10 am to 9 pm.

Ongoing until Sun, Feb 21

WINTER STUDY EVENINGS – At the centre of the city, six Wednesday evenings. A simple supper, 6 pm, then your choice of four groups, 6:30 – 8 pm. St. Andrew's Church (Wellington at Kent -ample free parking). Register at www.standrewsottawa.ca or 613-232-9042.

Ongoing until Sun, Feb 21

CCCC'S CORRIDOR GALLERY special exhibition features the work of two emerging artists, Bozica Radjenovic and Jadzia Romaniec. 200 Crichton. Gallery Hours are Wednesday to Fri, 10 am to 5 pm, Sat and Sun, noon to 4 pm.

Ongoing until Tue, Feb 23

EXHIBITION of the work of *Florence Debeugny and Lise Robichaud* at le Centre d'Artistes Voix Visuelle, 81 Beechwood Ave (613) 748-6954. The gallery's regular hours are from 11 am to 4 pm, Tuesday to Saturday.

Ongoing until Sat, Feb 27

A COMPANY OF FOOLS - Once again this year, theatrical talent from our community is front and centre in the Fools' new production of *Shakespeare's Danish Play* (or *Hamlet*, "as you've never seen it before"!), which runs at the newly renovated **Gladstone Theatre** from January 28 to February 27.

Wed, March 24, 12:30 - 3 pm

SENIOR'S ACTIVITY DAY hosted by Governors Walk. Takes place at the Rockcliffe Park Community Centre. For more info, contact 613-564-9255.

Sat, April 15, 3 - 5 pm

FOOD MATTERS a community workshop on making food choices for good

health and a small footprint. Hosted by NecoE and Leaf, two local environmental groups. Dufferin Room of 200 Crichton.

Sat, April 24

ANTIQUES EVALUATION DAY with Janet Carlile at MacKay United Church.

Ongoing

COMMUNITY BULLETIN BOARD Do you have a notice you would like posted in the Display Case outside the CCCC's at 200 Crichton? Contact Isobel Bisby by email (ibisby@sympatico.ca) or leave the notice in her mailbox at 143 Crichton. Please indicate for how long you wish the posting to last.



Champlain Lookout by MainWorks artist John Jarrett.

Points of View of the Champlain Lookout

Since May, John Jarrett, a MainWorks artist at the CCCC, has been involved in an art project with six other artists, painting views from, or of, the Champlain Lookout, the highest point in Gatineau Park. The paintings show the changing seasons, interesting weather and wonderful views from this location. (They don't show the black flies, which were ever-present for the first few months.)

Points of View features the works of: Jay Anderson, John Jarrett, Olaf Krassnitzky, Pina Manoni-Rennick, Karole Marois, Paul Schibli, and Karl Schutt.

This group of artists met every Friday beginning with the seasonal opening of the park

on May 1st, 2009, to paint or photograph this popular vista. By depicting the same subject from spring to winter, the artists watched and documented how the park changed week by week. Their mixed media works have been arranged in chronological order to illustrate these changes of mood, season, colour and environment. Some of these changes are magically subtle, others dramatic, all are captivating and breathtaking.

A collective exhibition of their project will be staged at CUBE Gallery, from February 3 to February 28. There will be a vernissage on Sunday, February 7, between 2 and 5 pm. CUBE is located at 7 Hamilton Avenue North, in Westboro, near Parkdale Market.

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Marilyn Burke-Robertson: A Fond Memory and a Belated Thank You

By Jane Heintzman

Our community was deeply saddened by the recent death of New Edinburgh resident, **Marilyn Burke-Robertson**, who died at The Edinburgh in mid-January, and we extend our sincere sympathies to her family and many friends.

Mrs. Burke-Robertson was an extraordinarily beautiful and gracious person with a life-long love of animals, a keen interest in literature, history, current events, international travel, and, somewhat unexpectedly, a passion for NHL hockey. She was an avid fan of

the Ottawa Senators and kept close track of their mercurial fortunes.

Despite her physical delicacy, Mrs. Burke-Robertson was a strikingly intrepid woman, and on one memorable occasion 20 years ago, she single-handedly rescued our first beloved Labrador, Jake, from almost certain catastrophe.

Jake had gone AWOL in the Pine Hill Woods, and after many hours of searching, we had temporarily given up the pursuit. Some hours later, he reportedly lurched into the street at Dufferin and Rideau Terrace, weaving drunkenly

around in the middle of the road in a state of shock (which we later discovered was the result of serious injuries inflicted by a massive racoon). Undeterred by Jake's imposing 95 pound bulk and his erratic behaviour, Mrs. Burke-Robertson strode into the street, grabbed his collar and hung on until an onlooker was commandeered to summon me to the scene.

I will never forget that day, and will always be grateful for her kindness. Marilyn Burke-Robertson was in every sense a beautiful and an admirable person, and she will be greatly missed.

City to Provide Sno-Bus for Winterlude

OC Transpo will once again offer the popular Sno-Bus service for Winterlude this year – the best way to travel during North America's greatest winter celebration.

The Sno-Bus will operate on all three Winterlude weekends – February 6 to 7, 13 to 14, and 20 to 21 – and travel from Confederation Square downtown to all the sites along the Rideau Canal and Dow's Lake. For service to Jacques-Cartier

Park, customers can transfer downtown to the STO Sno-Bus in front of the National Arts Centre.

"Make your Winterlude experience more enjoyable by choosing OC Transpo as your means of transportation to and from the designated sites," encouraged Deputy Mayor Georges Bédard. The Sno-Bus is free for children 11 and under. Customers 12 and older pay \$3 – cash only – and can

ride the Sno-Bus all day with their Sno-Bus ticket. Passes, transfers, bus tickets, O-Train tickets and STO Smart Cards will not be accepted on the Sno-Bus. Customers can transfer between the OC Transpo and STO Sno-Bus services with their Sno-Bus ticket, which is only valid on the Sno-Bus.

For further transit information, call OC Transpo at 613-741-4390 or visit octranspo.com.



Classified Ads

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

APT CHIHUAHUA PUPPIES for sale. Ready to go around Feb 20. Litter trained and cute as buttons. Call Sandra at 613-738-2231.

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.

VOLUNTEERS NEEDED to help at the Rockcliffe Library annual Book Sale on April 10 and April 11. Proceeds of the sale are spent on additional mag-

azine subscriptions, materials and programs on the advice of the Librarian. Please phone Jane Dobell at 613 749- 1433.

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

VACATION RENTAL on Sanibel Island, Florida. Acclaimed architectural design, 3 Bed/3 Bath. Visit www.bowmansbeachhouse.com or call Robin Fyfe at 613-749-1200.

YOUR VALUED INPUT NEEDED

Dear Readers, your input is required for future "In Our Midsts" column profiles.

Please forward the names of New Edinburgh Residents you'd like to read about or see featured in our community newspaper via email to:

louise.imbeault@live.com

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Passings



In memory of
Constable
Ireneusz (Eric)
"Pickle" Czapnik,
killed in the line of
duty Dec 29, 2009.



Our sympathies go out to **John Duchemin, Erma, Alexandra and Sky** (Stanley) on the death of John's father, **Lloyd Duchemin** on December 30. Mr. Duchemin reached the age of 101, a wonderful accomplishment.

Bill Willmet (Noel) passed away on January 9. Our sympathies go to his wife, **Donna Gadde** and daughter **Kira**.

Babies



Baby Boston Canizares.

Ben and Rita Sauve (Ivy) are proud first time Great-Grandparents to a little boy, **Boston Canizares**. Boston weighed in at 3 pounds 3 ounces. Both Boston and mom **Tanya** are doing well.

Deadline for
submissions is

March 10

breezybits@hotmail.com

Congratulations to **Peter Arnold** and **Deanna Messervey** of MacKay St on the birth of their second daughter. **Brea Madeline** made her entrance on November 15, 2009 and **Sage** can't wait to play with her little sister.

Celebrations

Jason Wetzstein of Noel Street got engaged was the news we received – but our informant knew nothing more – maybe next edition.

Annie Dufour and **Colin Meredith** (Vaughan) celebrated New Year's Eve by becoming engaged. Congratulations!

Tony King (Noel) and **Jamie Stewart** became engaged at Christmas—wedding is planned for summer 2011. Members of Tony's Facebook fan page will be very disappointed!

Bryan and Susan King (Noel) celebrated their 25th Wedding Anniversary in December.

The **Edinburgh Retirement Residence** hosted a Christmas Party for the residents and their families. It was an animated celebration where everybody shared the joy of the holiday season. Here is **Jessie McPherson** and her daughter-in-law, **Lise Ouimet** with Santa, Mrs. Claus and their little helper.



Christmas Party at The Edinburgh Retirement Residence.

New Years Wedding Bells! **Judith and Martin Low** hosted their daughter Katie's wedding at their retreat on a lake near the Gatineau Fish and Game Club.

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The ceremony took place on the lake—complete with dog team and sled —on a recent chilly but sunny afternoon. Needless to say everyone wore layers (and layers) of not silk and lace (well, maybe the long underwear) but turtle necks, sweaters, windproof jackets, fur mitts and fur Mountie hats with earflaps down. The gourmet reception was held in the cottage. Best Wishes to the bride and groom who reside in Montreal.

Birthdays

Janine Salisbury (Vaughan) turned 75 on January 16.

Henry Patterson (Vaughan) celebrated his January birthday at the **New Edinburgh Pub** with a number of neighbours. We weren't told his exact age, but there is more than one "4" in the number.

The **Edinburgh Retirement Residence** celebrated **General Elliot Rodger's** 102nd birthday. This was a very special occasion for residents, family and friends who gathered to honour the General, who is the last living General from WWII.



General Rodger turns 102!

Coming and Goings

The news from **Meriel and Jim Bradford**, former residents of Ivy, is all good. They still keep in touch with the neighbourhood, as they are still part of the St. Bartholomew's Church parish family. Below is a Christmas Day photo by **Victoria Henry** of Stanley Ave.



The Bradfords had **Ariana** and family from England

(they have 3 boys) and also **Dominic** and his family from Whitehorse (twins are now 18 months old) all under their roof for about a week over Christmas. **Tolly** was awarded a PhD in history at University of Alberta in November and **Lesley** expects to receive hers in bio-anthropology at U of T in June. **Jim** is working on his technique for the 2010 Cross Country Ski Marathon.

Goodbye to **Marie-Claire and Raymond Roy**, after 27 years on Charles Street. Their friends and neighbours will miss them greatly although they can take comfort from the fact they're only a 5-minute drive away. **Cyrano** will be much missed also!

Linda and Vern Krishna have recently moved again, but thankfully not very far. In early December, they moved from 45 Alexander Street to the beautiful red brick heritage house at the corner of Stanley Avenue and Union Street where they are now happily settled. Word has it that their golden retriever **Biggy** is especially enjoying his new proximity to the park, notwithstanding the current construction activities.

A warm welcome to **Leslie and John Booth** who have moved into the Krishnas' former home at 45 Alexander Street, migrating from Cloverdale Road in Rockcliffe Park where they raised their two sons, **Tim** and **Graham**.

Robert Cronier and Isabelle Frappier (Vaughan) spent their Christmas holidays attending a friend's wedding in South Africa.

MacKay Street neighbours extend a warm (even though it's winter) welcome to **Leslie McKay** and **Mark Cawley** and wish them many happy years in their new/old house.

Stolen

A very distinctive much-loved lady's **Dutch old style black bicycle** was stolen from 66 Vaughan. Please see attached photo and if it's seen around, advise the police or call 613-897-4003.



Good Deeds

It's not often that something happens to you that blows



Louise C. Imbeault

OUR OLYMPIC MOMENT: A torch bearer carried the Olympic flame down Springfield Road in New Edinburgh in mid December on its long journey across Canada.

your mind. But that is what happened to Donna, whose friends at the New Edinburgh Pub (regulars with big hearts) brought her from down in the dumps to on top of the world. "There are no words for me to say, except thank you and I love you all."

Fundraisers

Blood, Sweat and Gears

This amazing fundraiser will be taking place **March 27** at St. Laurent Complex (Cote). The large gym is filled with stationary bikes and participants spin the day away (or at least part of the day). Register at the front desk soon. Money raised goes to Montfort Cancer Centre.

The Amazing Book Race

This year's race, which starts and ends at our Stanley Street Fieldhouse, has moved from September to **June 5th**. **Isobel Bisby** (Isobel@also-ottawa.org) has information on volunteer opportunities and one contract job for an organiser (she is stepping down from this position.) Mark the date on your calendar now—it is an amazing day for the whole family.

Brian Loney, a former resident, and still very active in the neighbourhood, has started a fundraiser among the "regulars" at the **Clocktower Brew Pub**. The collection he raised was matched by the Pub and they were able to donate \$1,000 to the Union Mission for winter gloves, razors and soap in time for Christmas. The Mission was very appreciative and wanted to thank everyone for their generosity and kindness.