

December 2010

NEW EDINBURGH NEWS

www.newedinburgh.ca


**WINTER
CARNIVAL**

Games Prizes
Baked Beans Hot Dogs
Sleigh Ride Hot Chocolate
Skating

Stanley Park Fieldhouse
Saturday January 29, 2011
2:30 pm to 5:30 pm

 *Celebrate Our Community*
FUN FOR ALL! 

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Photo: Caroline Matt

A Pumpkin Parade to remember - The Crichton Community Council (3 Cs) inaugurated a new and spooky event this year where neighbours gathered in Stanley Park after dark to observe Halloween's last gasp. See page 21 for full story.



Photo: Louise Imbeault

Party-goers at the Cocktails for Crichton event were treated to a demonstration by dancers from Swing Dynamite, a leading Ottawa swing dance group directed by Byron Alley.

Cocktails for Crichton 2010: A Whole Lotta Shakin' Goin' On!

By Jane Heintzman

For the first time this year, the timing of the CCCC's popular annual fundraising event, **Cocktails for Crichton**, is slightly out of step with the *NEN* publication schedule, with the result that for the most part, this report had to be prepared before the event had actually taken place—treacherous waters indeed! That said, if the efforts of our outstanding event coordinators, volunteers, generous sponsors and donors were any guide to its ultimate success, our 1950's era High School Sock Hop on November 27 has all the makings of yet another in the CCCC's series of awesome (and memorable!) community gatherings.

Special thanks to our infinitely accommodating *NEN* Editor Cindy Parkanyi for delaying the publication date just long enough to allow us to sneak a few of Louise Imbeault's candid photos of the dance into the December issue! (For the full photographic record of the

event, check out Louise's website at www.louiseimbeault.webs.com. And go to the Sock Hop link.)

It's perhaps worth emphasizing that these fundraisers

ly morphed into plans for a full scale, community-wide High School Dance, set in the unforgettable era of Elvis, Buddy Holly, Bill Haley, and countless more of the great names



Photo: Louise Imbeault

High School Principal Penelope Hoare (aka Joseph Cull) kept sock hoppers and photographers in line with aplomb.

are not optional on the annual events calendar of the CCCC, but rather play a critical role in helping to finance our ongoing operations which, unlike most community centres, receive no support from the City of Ottawa. When you pitch in and join the party, you're giving us much needed help to keep our programs running and our facilities shipshape, and (we hope!) having a heck of a good time in the process!

Grease Comes to Crichton

What began as the germ of an idea for a reunion of Crichton Public School alumni gradual-

of Rock 'n Roll. It was the age of poodle skirts, saddle shoes, white socks, sweater sets, cat's eye glasses, and a wild polarizing of male fashion ranging from preppie nerd to ultra-cool greaser.

As always, this year's fundraiser was very much a collective community effort, and we are extremely grateful to the many individuals and businesses who pitched in to help make it a success. Since the event is still a work in progress as this goes to press, it's very likely that yet more volunteers

Continued on page 13



NECA President Joan Mason Reports

We congratulate and welcome Peter Clark as our new Councillor and wish him well. We look forward to his aid and guidance over the next four years.

To my mind the current major challenges facing NECA and New Edinburgh seem clear: 1) our community centre is embattled, 2) the City portion of the park is a shambles, and 3) the character and ambience of our neighbourhood are persistently threatened by building development proposals which are, in many cases, highly inappropriate.

1. Community Centre

We do not have a proper com-

munity centre. We have the Crichton Cultural Community Centre, which is a valiant attempt to keep a part of our former school public. The public/private arrangement worked out by the City ten years ago has left New Edinburgh in a ridiculous and offensive situation. Every effort must be made to resolve this situation as soon as possible.

2. River Park

The remediation work by the NCC in Stanley Park, while initially creating upheaval and the loss of gardens for those backing on the park, has indeed led to a rejuvenated area of well drained parkland, with proper

paths, appropriately signed for 'walking only.' We have gained a lot of additional green space through the clearing out of bush and fallen trees.

However, by contrast, it is now distressingly clear that the City portion of the park is woefully neglected and in disrepair, as evidenced by dense bush, dead trees and branches, rotting exercise equipment, a frequent foul smell from the sewer bio filter, and positively hazardous tennis courts. A few months ago City officials agreed with this assessment. However, to date, efforts to improve the situation have been distinctly inadequate. Our (bold five words) Friends of the Park Committee is monitoring all of this and encouraging that work be done to remedy the situation.

3. Neighbourhood Character

The look and character of our community is being challenged by densification and its loose interpretation. There are By-laws and guidelines in place, but too often these are interpreted in ways that are changing the face of neighbourhoods and streetscapes, and not for the better. New Edinburgh is home to an important Heritage Conservation District, which has extra rules and guidelines. Our **Heritage and Development Committee** burns the midnight oil challenging, questioning and working to keep projects in line with regulations. Relatedly, the City was to have considered

appropriate lighting and street signs, but, ten years later, we still have parking lot lighting and regular street signs.

As the above issues indicate, although New Edinburgh residents pay hefty taxes, our responsibility as residents does not end there. NECA is constantly prompting, educating, encouraging, sometimes defying City officials and their interpretation of policies, in order that good things can happen and the important aspects of our community remain. Like a fine wine, New Edinburgh has been maturing over 180 years; its uniqueness and bouquet are tangible, worthy of appreciation and honour.

Encouraging Developments

This month I have been extremely impressed and heartened by two examples of progressive, creative movements. The first is the **Collective Act of Kindness** that is taking place at 245 Crichton Street. All the groups involved in building the new Convention Centre have come together to volunteer their knowledge, skills and access to products in order to create six apartments for the homeless. This concept of accessing those gathered to work on a large project, and channelling some of their energy and expertise to aid the city in other ways, is brilliant. The architect provides design, the hotelier furniture, the trades teach students on site, etc. The result is that we will have a marvelous new convention centre and, at the same time, a thoughtfully rejuvenated 245 Crichton Street, housing six families.

The other example was an introduction to the work of **8-80 Cities** at a seminar on World Urban Planning Day in November. As its website states, 8-80 Cities is "a Canadian based non profit organization with an interna-

tional outlook. Our goal is to contribute to the creation of vibrant cities and healthy communities, where residents live happier and enjoy great public spaces" (taken from www.8-80cities.org). For example, one of their solutions for Bogota was to focus on the needs of people, as opposed to the needs of cars and trucks. The result was that the city was significantly opened up for people to walk, bicycle and take transit, and this goal was achieved at very little expense. It was simply a matter of changing priorities, putting people first. It has resulted in a much healthier and happier city.

Inspired by these positive and innovative initiatives, let us look at some of the community-driven projects now occurring in New Edinburgh. **NECA invites you** to consider giving some time to an area that may be of interest to you. We have the **historical**, involving heritage issues and the written history of New Edinburgh. Along this line there is the **IODE House Tour** this spring, the **Walking Tours** in conjunction with Heritage Ottawa and the annual **NECA Heritage Forum** scheduled for May, 2011. The new and improved New Edinburgh **website** may be of interest; or **NecoE**, the environmental wing of NECA. We specifically call upon persons with training and professional credentials in the areas of **law** and **urban planning**.

We would also like to connect more closely with the diplomatic and business communities, as well as consider emergency planning. There are major **anniversary celebrations** upcoming, the founding of New Edinburgh and the 175th at Rideau Hall.

Please get in touch with me or any NECA board member to offer your services, interest and enthusiasm in this ongoing project 'New Edinburgh'!

NEW EDINBURGH NEWS

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NECA MEETINGS: All Welcome

NECA meets ten times a year, traditionally on the **third Monday of each month** at 7:30 pm. No meetings in July, August, or December.

Our January and February board meetings will be held at **St. Bartholomew's Church** at **125 MacKay Street**, by kind permission of the church board and warden.

Board meetings are open to all New Edinburgh residents. Anyone wishing to make a presentation to the board should please contact Joan Mason in advance to arrange scheduling. Our next meetings are:

December: No Meeting

Jan. 17, 2011, 7:30, at St. Bartholomew's

Feb. 21, 2011, 7:30, at St. Bartholomew's

Any changes to this schedule would be posted in advance on the New Edinburgh website, www.newedinburgh.ca.



Deadline

for the next issue of the
New Edinburgh News

➔ Jan 10 ➔

newednews@hotmail.com



No Place in the Blue Box

Plastic Food Packaging is NOT Recyclable

By Sarah Anson-Cartwright

Every other week, many of us fill up our Blue Boxes with lots of plastic containers that cannot be recycled. Instead those containers are picked out by hand by staff and sent to the conventional waste that ends up in the landfill. The main culprits in our Blue Boxes: clear plastic containers used for packaging produce and baked goods (known as clam-shell containers). If you want to limit your impact on the environment, try to avoid these plastics whenever possible at the grocery store.



Not for the Blue Box: These plastics go to the landfill.

The City realizes that the plastics recycling program is not easy to understand. The triangles with number codes on plastic containers are usually a helpful guide to what's recy-

clable, but there are differences within the same code.

Take the #1 PETE code, usually seen on plastic bottles. If you see #1 on a food tray, it is not actually the same material as a bottle with #1. Here's how the City explains it:

"Plastic products have different material density grades, which are not reflected in the SPI Code. For example, a plastic pop bottle and some food trays are both coded with a #1 PETE even though these two containers are not the same material. The pop bottle is made with a high-density #1 PETE while the food tray is made with a low-density #1 PETE.

"The City of Ottawa's recycling program can only accept high-density plastic materials because at the present time there are no viable/sustainable markets for lower density plastics. In other words, no one has found a product to make out of the lower density plastics. Therefore they cannot be recycled though the City's Blue Box Program."

Keep in mind that all plastics are made from petroleum, a non-renewable resource. Plastics are produced under energy-intensive conditions, too.

Sign the local Ottawa online petition to Stop Packaging Local Fruit in Plastic

This past growing season, two Ottawa parents were upset to see local Ontario fruit (such as peaches, plums, and pears) sold for the first time in single-use clam shell plastic packages in many stores. They have written to community associations, explaining: "Because these packages cannot be recycled in Ottawa (or many other Ontario municipalities), they go directly into our landfills.

This seems like a step backward with respect to environmental stewardship. As consumers, we shouldn't have to choose between buying local fruit and adding to the plastic environmental crisis."

There is an online petition which is intended to send a strong message to retailers and producers that communities in Ottawa want more environmentally responsible packaging.

To read and sign the petition, go to: www.gopetition.com/petition/39558.html. The petition will be open until the end of December.

When you are shopping, check that the plastic containers are accepted for recycling in your area.

Follow the City's general rule for plastics that are recyclable:

If it's not a plastic bottle, jug, jar, tub or tub lid—it's not recyclable.

Celebrate with a Conscience

Tips for an eco-friendly holiday season

By Sarah Anson-Cartwright

With all the gift-giving and entertaining at this time of year, it tends to be a high consumption season. And if you are environmentally conscious, it becomes a good test of minimizing your impact while still joining in the spirit. There are sensible ways to reduce, to avoid overdoing it, and to realize that consumption is not necessary to enjoying the good life.

Local Eco-Action Families (LEAF) compiled a list of useful eco-tips for the holiday season last year, which I've amended a bit for this year's consideration:

- Consider giving experiences, rather than things. Buy gifts such as tickets to a sports or arts event, or even a museum or gallery membership to enjoy throughout the year. The only material portion is the ticket, which can probably be recycled. But hopefully the experience will stay with them.

- Choose gifts with little or no packaging, made from natural products and which produce little waste. Some food gifts, such as locally prepared frozen gourmet meals or fair-trade coffee and tea, can be fully consumed and should come in recyclable packaging.

- Donations may be good gifts for certain people on your list. If you know the organizations or causes that they support, consider making a donation in their name.

- Support Ontario and Quebec farmers and producers by serving local food and drink during the holiday season.

- Shop close to home both to support local businesses and artisans and to leave your car at home. If and when you have to drive, plan shopping trips in ways that reduce the amount of

driving. Consider online shopping too, if it will help you cut back on driving and other stress.

- When entertaining, be sure to compost food waste in the Green Bin. When there are many plates to scrape and lots of food waste, it may be tempting to let it go in the regular garbage. Try to avoid food waste in the garbage as much as possible, though. It will not compost in the landfill due to a lack of oxygen. Landfills are the largest source of methane on Earth.

- In lieu of using new wrapping paper or greeting cards, reuse old cards, newsprint, calendars, cartoons, maps, or even unwanted fabric.

- Use efficient LED indoor and outdoor lights. They use 95% less energy and last up to 20 times longer than incandescent bulbs.

- Research the chemical content of toys before purchasing gifts for children. (Some companies such as Brio, Lego and Chicco have phased out phthalates).

- If you choose to buy electrical goods as presents, look for items that don't require batteries. If you do buy batteries, buy rechargeable ones.

- If you happen to receive electronics as gifts, and need to recycle old electronics, be sure to consult the Take It Back guide from the City (www.ottawa.ca/takeitback). Best Buy stores will take the following electronics (and possibly more) for recycling, free of charge:

- MP3 Players
- Cell Phones
- Portable DVD Players
- Portable CD Players
- Batteries
- Ink Cartridges
- CDs and DVDs

Share Your Experience

Are you green at home? Have you lowered your emissions?

NecoE wants to hear more from neighbours about what they've done to reduce environmental impact in their homes and their lifestyles. This newspaper offers us a great venue for sharing good advice and explaining what is involved in certain "green" projects. Consider the profile on solar panels for water heating that appeared in the October *NEN* as an example of what can be explored and what's to be learned.

Tell us about your experi-

ences—what you did, how it worked, and what were the benefits. Have you

- recycled grey water in your home?
- bought and operated a hybrid car?
- added trees to your property (via the City's program)?
- completed other initiatives?

Please get in contact via email: neco.enviro@gmail.com. Or call me at **613-745-4194**.

Sarah Anson-Cartwright
NecoE Chair

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Heritage and Development Committee - Comité Patrimoine et Développement

What's New with Heritage?

245 Crichton Street Update By Katherine Arkay

Residents being dragged along by their dogs, and other travelers along Crichton Street, may have noticed the recent onset of activity at 245 Crichton. In a flurry of excitement, but with no official ceremony, a port-a-potty was established on site. There is no surer harbinger of work dead ahead.

Over the past year the New Edinburgh News reported on plans for 245 Crichton, a three storey apartment building that dates back to the early 1900s and which was a building of

character and warmth. As a brief reminder, the building was acquired by the City in the 1970s in preparation for the Vanier Parkway Extension. It was retained as a rental property when the Parkway Extension plans were abandoned. However, with minimal capital investment and maintenance, stretching back for decades of City ownership, the building deteriorated significantly.

In late 2009, 245 Crichton was given a new lease on life as part of the Ottawa Community Housing Corporation (OCH)

portfolio of affordable housing. Further, 245 was the focus of the exemplary multi-party Act of Kindness Plan to renovate. The Plan was a model for: provision of affordable housing; adaptive/sustainable reuse of buildings; maintaining heritage fabric of established neighbourhoods; multi-party collaboration; training and inspiration for a new generation of architects and skilled tradespeople.

Sadly the original goal of renovating the building has been abandoned. Detailed inspections showed that the condition of the building made renovations and meeting of current building code standards a difficult and prohibitively expensive proposition. OCH has communicated extensively with NECA regarding the plans for the building. We accept with great regret, that the current building has passed the point of reasonable return. We support the important role of



Photo: Louise Imbeault

WORK IN PROGRESS: Careful demolition work has begun in earnest at 245 Crichton Street.

OCH and we appreciate their desire to meet the Community's wishes regarding the building to come. So a new building will rise: 245 Crichton will be reborn. We have not yet seen the latest plans but we are told the building will be in the original footprint and will have the same mass, height, and roofline. Proposals for the facade style and design of the building are being developed by the project architects. OCH have assured us that NECA endorsement of design is an important part of the process. We have requested, and OCH has agreed to provide, two design options to consider:

- A replication of the original facade;
- Use of the original facade and roof line as a template: a design where the facade features of the original building (e.g., balconies, windows) are included with essentially same size and spacing, but with latitude for interpretation.

By the next edition of the News we should have informa-

tion on the building design.

Meanwhile, work to remove part of the brick cladding has started as a safety measure.

Once the design is approved and all permits are in hand, the OCH goal is to get the building framed and enclosed by early winter. There is a huge backlog demand for OCH housing; particularly for families. The plan is for the new 245 Crichton to provide homes for 6 families by mid 2011. Our community is now formally a part of the Act of Kindness Partnership. We are there because we provide "the community" for OCH, and because we will be the neighbours.

OCH welcomes the occasional use of volunteers for a range of tasks. A group called *NE Friends of Ottawa Community Housing* has been formed to take on occasional tasks (such as, landscaping or painting). If you wish to volunteer some time please contact Katherine Arkay at 613-748-6591 or karkay@sympatico.ca.

Warm wishes
and all the best in 2011.

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Heritage Walk Draws Large Crowd

By Paul McConnell

As winter approaches, many of us—in fact, over 60 people, two dogs, and a horse—have fond memories of a warm Sunday afternoon in the fall, when we enjoyed an excellent guided tour of historic New Edinburgh.

The occasion was part of Heritage Ottawa's series of walking tours, which are intended to help people discover and appreciate the rich architectural history that can still be found in Canada's capital city. Heritage Ottawa is a good friend to New Edinburgh, providing advice and support, participating in our Heritage Forums, and nominating New Edinburgh last year (successfully) for a national award from Heritage Canada Foundation. So when Heritage Ottawa approached NECA with a proposal to include New Edinburgh in the 2010 series of neighbourhood walks, we were delighted to collaborate.

The two keys to a successful walk are having a wealth of historic places and stories to share, *and* having enthusiastic guides who can bring the history alive. New Edinburgh did a superb job on both counts. Our two guides, **Janet Uren** and **Katherine Arkay**, were novices at the task, but it's obvious they have now found their true purpose on this earth. Both are local residents who own heritage-designated houses. Janet is a writer, historian, founder of the Linden House Theatre Company, and an accomplished actress. Katherine is Co-Chair of New Edinburgh's Heritage & Development Committee, and surely would have become an accomplished actress if she hadn't become

a geologist instead. They were brilliant—well-prepared, knowledgeable, entertaining, and although I suspect they did not let the facts get in the way of a good story, they were always ready with a date or name when required.

on a fascinating circuit through the old village. We stopped at various locations to hear a mix of observations about the local architecture, former residents, our industrial roots, the changes taking place over the last 100 years, and the chal-



Photo: Paul McConnell

New Edinburgh resident and heritage tour guide Katherine Arkay addresses the crowd on Avon Lane.

As we gathered at the starting point, the old Fraser Schoolhouse on John Street, walkers were served cookies cut in the shape of little feet (complete with painted toenails, honest). Fortunately, they were in good supply because people kept coming and coming. By the time we set off, 64 people had turned up, one of the highest numbers recorded since Heritage Ottawa started the walking tours 15 years ago. Clearly, New Edinburgh has great appeal, and our guides did it full justice.

After a brief orientation and historical overview, our tag-team of guides led the group

enges facing the survival of a heritage district such as this.

No doubt visitors loved the scale and variety of dwellings in the neighbourhood, but it was the interpretation of the history that made the walk such a hit. One of the highlights was a stop at Gail McEachern's unique little house at 48 Crichton. It must have been intimidating for Gail when the big crowd came trundling around the corner, but she handled it with ease as she described the history and restoration of the 120-year old former barn. The display of bottles, ceramics, and other items

(including part of a horse's bridle) unearthed during excavations was fascinating and provided a unique insight into the story of her home.

Our lengthy crocodile of walkers saw a dozen designated buildings, strolled down the lanes, and received a warm welcome from the bemused residents we encountered en route. The "formal" tour concluded at Union Street, near the ornate Minto Bridges, but our guides had one last surprise for us. Rolling down Stanley Avenue to meet us was a wagon from Cundell Stables pulled by Dan, a very impressive Belgian draft horse. Dan proceeded to take our delighted guests on another leisurely circuit of the neighbourhood, evoking the sounds and sights of a time gone by. What a day.

The tour got excellent reviews from **Bill Price**, the representative from Heritage Ottawa, who congratulated Janet and Katherine on providing "a memorable and fun learning experience". Our guides did New Edinburgh proud, even though they are quick to deflect the praise heaped upon them. Janet says: "As for the real star, that is New Edinburgh. We are so fortunate to live in such a wonderful community." Katherine offered a similar perspective: "The experience has made me even more appreciative of our community. Part

of this stems from the information that Janet and I collected, and part was seeing New Edinburgh through the eyes and response of the tour participants. Riding the Lanes in the Cundell wagon with neighbours waving, dogs barking, kids following on bicycles—it was fabulous."

An important underlying message is that we should not take the special character of New Edinburgh for granted. We have to be vigilant and work together to promote and preserve the history and charm of our neighbourhood. The walking tour was a clear reminder of what a gem we have, and what we might lose under the relentless pressure of development.

Many of us are hoping that, after all the work they put into planning the tour, and seeing such a positive response, Janet and Katherine might be persuaded to come out of retirement and lead another tour next year. In fact, next summer, we would like to incorporate the walk in our celebration of the 10th anniversary of the creation of New Edinburgh's Heritage Conservation District. Meanwhile, you can always enjoy your own self-guided walking tour using the heritage brochure and map recently published by NECA and delivered to all residents.

Enjoy!



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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

42 Crichton Fine Foods: Going Local in Spades!

It's just over a year since we introduced local chef and culinary luminary **Susan Jessup** and her new business, 42 Crichton Fine Foods, the most recent in a long succession of food purveyors in the cosy red brick house at the corner of Crichton and Union Streets. In the year since her opening, Susan and her team have established a thriving operation offering an imaginative array of sweet and savoury gourmet dishes for brunch, lunch and dinner. If you aren't yet familiar with the store, a quick look at the website (www.42finefoods.ca) will give you a flavour (as it were) of the interesting variety of the fare at 42, with "Recurring Favourites" ranging from Duck Ravioli to Hungarian Styled Beef, Moroccan Spiced Lamb Stew, Rabbit and Le Coprin Mushroom pie, and "Three Birds and a Piggy Pie"!

In keeping with Susan's longstanding commitment to supporting local producers, the gourmet fare at 42 Crichton is largely created with ingredients supplied by local farmers, producers and small enterprises. If you happen to be passing the store on any given day, the chances are high that you'll see one of Susan's retinue of local suppliers dropping off a delivery to the state of the art kitchen at 42. Over the year since her opening, she has developed strong working relationships with this enterprising community.

The shop's extensive list of suppliers is virtually a Who's-Who of the local food trade



Photo: Louise Imbeault

42 Crichton "Terroir Cuisine" (left to right): Michael Nesrallah, Anika Wyss, Susan Jessup (owner), Melissa Cregg all on the front steps of the store...it's just too gorgeous to stay indoors said Susan!

in the Ottawa/Gatineau region, with everything from meat and veggies to dairy, baked goods, flour, nuts and even coffee coming from local sources around our area. You can check the website for the complete list, but here are just a few of the suppliers who provide the ingredients for the gourmet fare emerging from Susan's kitchen:

•**Le Coprin Mushrooms**, a modern production facility for chemical- and pesticide-free mushrooms, based in Farrellton, Quebec;

•**Ferme Lève-Tôt**, a family-run CSA located in Ange-Gardien, Quebec, which drops off fresh veggie baskets at 42 Crichton throughout the growing season;

•**Ferme Floralpe Fromagerie**, an artisanal cheese producer in Papineauville, Quebec, specializing in fresh goat and sheep's milk cheese;

•**Beking's Poultry Farm**, a family-operated farm in Oxford Station, Ontario, retooled to restore the production methods of the 1960's;

•**Art-Is-In-Bakery bread**, a wildly popular Ottawa-based business created by local bread-baking genius Kevin Mathieson, whose credo is 'life is too short for bland, boring bread' (Amen to that!);

•**La Maison du Gibier**, a Quebec-based business supplying Susan with fresh, all natural, hormone-free game meats such as duck, quail, venison, Cornish hens and pheasant;

•**Glengarry Fine Cheese**, located just north of Lancaster, Ontario, and specializing in gourmet cheeses made from local cow's milk;

•**Hall's Apple Market**, a family-owned farm in Brockville, producing 27 varieties of apples, many of which go into the mix at 42 Crichton,

along with their sweet cider and cider vinegar;

•**Mountain Path Organic and Natural Foods**, a farm and milling operation just south of Ottawa which supplies 42 with nuts, dried fruits, legumes, rice and grains;

•**The Piggy Market**, a local artisanal delicatessen based in nearby Westboro, which supplies Susan with heritage pork products and tasty Kate's Own mustards (and coincidentally, shares its premises with Pascale's All Natural Ice Cream, another specialty at 42);

•**Tiraislin Farm** in Lanark County, which offers antibiotic-, hormone- and pesticide-free yak meat;

•**La Fromagerie Bergère**, based in St. Rémi-de-Tingwick, Québec, and specializing in artisanal cheeses; and

•**La Brûlerie** in Gatineau, a supplier of slow-roasted, low acid coffee which is loaded with flavor but easy on the stomach.

Just a glance at this list is proof positive that 42 Crichton does indeed 'walk the walk' of the 'Buy Local' movement in Ottawa, and in the process, has helped to forge a link between our community and the food producers who work so hard to keep us well supplied.

As the holiday season approaches, drop by the store, give them a call at **613-741-0099**, or check the website for the latest seasonal offerings, which Susan promises will include all the traditional favourites such as shortbread, fruit cakes, spiced nuts, mince meat and venison mince meat pies, and undoubtedly much else to tempt the palate and simplify the annual business of entertaining the multitudes.

Love Your Life: Professional Life and Wellness Coaching
After a three year stint in Asia, former New Edinburgh resident **Brandi Cowl** has recently returned to Ottawa to launch her new Life and Wellness

Coaching practice, appropriately named Love Your Life!

Brandi has a background in political science and public sector management, and for close to a decade worked in the social policy field in the federal government. As she gradually became aware of the limitations of being a small cog in the immense machinery of a large bureaucracy, Brandi expanded her horizons to explore other avenues. She obtained her certification as a Yoga instructor, completed a holistic nutrition program at the Canadian School of Natural Nutrition, and eventually established herself as a Certified Life and Wellness Coach through the International Coach Academy.

She began her coaching practice while on assignment with her husband in Singapore, working largely through the American Women's Association to build up a regular clientele. If you're unfamiliar with the life coaching realm, there are a host of reasons for seeking out assistance of this kind, ranging from career-related hurdles or lack of fulfillment, to stress, relationship problems, organizational and time management challenges, desire for a healthier life style, to overall lack of balance in one's life. You can explore these circumstances in more detail on Brandi's website at www.loveyourlifecoaching.ca.

Brandi emphasizes that life coaching is not to be confused with counseling, which may entail a deeper psychological probing into one's past life to unearth the sources of a current malaise. Coaching, on the other hand, works with your present circumstances to help you clarify your values and objectives, and to support you as you formulate a plan of action for achieving them. The coach's role is, in effect, to help you find your own answers to dilemmas or deficiencies in your life, and to keep you on track as you work towards bringing about per-

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Brandi Cowl of Love Your Life! (Professional Life and Wellness Coaching).

manent and positive changes. If, for example, you resolve to pursue a healthier nutrition and exercise régime, and perhaps to lose some unwanted pounds in the process, the life coach sticks with you to hold you accountable on a regular basis, and to act as an objective third party offering unconditional support as you work towards your objective.

A typical course of life coaching is from 3 to 6 months, depending on the specific circumstances of each case, and to begin with, Brandi recommends weekly sessions of about 1 hour each. If you are intrigued by the potential benefits of life coaching but uncertain about whether it's quite right in your case, Brandi offers **Free Trial Sessions**, so you can meet face to face and test the waters before making a commitment. Just give her a call at **613-422-6227** or email her at brandi@loveyourlifecoaching.ca.

Best of luck in your new practice, Brandi, and a warm welcome back to our community!

Benjamin Moore:

Beechwood Style Centre

We welcome Manager **Kara Lockhart** and her team at the new Benjamin Moore

Beechwood Style Centre at **176 Beechwood** (former home of Da Bombe Desserts and Puzzle Planet). The Style Centre, which opened up last August, is one of a chain of five in Ottawa, offering everything from a simple can of high quality Benjamin Moore paint to full interior design and decoration consultations. Kara reports that all members of the staff at the Style Centre are qualified interior decorators or designers, and are available for in-home consultations on anything from a straightforward colour scheme to window coverings, paints, wallpaper, fabric and draperies and even flooring.

The store offers a broad range of home decorating products, notably an extensive repertoire of interior and exterior paints and stains. Most of these are low in "Volatile Organic Compounds" (or VOCs) which are vapours found in many solvents, and are known to be harmful to health and to the environment. The Benjamin Moore *Natura* brand contains no VOCs whatever, and according to Kara, it's a popular choice for pregnant women

and allergy sufferers. It's also completely odourless, and is available in literally thousands of colours, so if you're interested, drop by the store or check the website at www.stylecentre.ca.

Among its other product lines, the Style Centre features window coverings ranging from pleated shades to woven wood shades, vertical blinds, Roman shades, and shutters, as well as a wide variety of drapery and fabric choices running the gamut from cotton to silk, and traditional to modern. If you're in the market for some fresh new touches in your house as the holidays approach, drop by the store and check out their sample books of fabrics or wallpapers, and get some expert advice from the Style Centre staff. You can also book an appointment for an **in-home consultation** by calling the store at **613-741-8966**.

Ottawa Canine School: Moved to a New Location

At the beginning of August, Ottawa Canine School owner **Chantal Mills** moved her popular dog training operation to new premises at **425**



Photo: Louise Imbeault

Canines and friends enjoy the festivities at the Grand Opening of the Ottawa Canine School on September 25.

St. Laurent Blvd., between Hemlock and Montreal Road (right beside **Full Cycle** in the small strip mall just up the street from the Manor Park Crossing complex). Chantal had been renting space for her classes at the Crichton Cultural Community Centre where she worked with numerous clients from our community, but she is pleased to have acquired much more spacious quarters (2,000 square feet for her four-legged pupils to romp in!), as well as special durable flooring made from recycled tires.

The School continues to offer a broad range of courses, including Puppy Kindergarten (under 6 months), Basic Obedience (6 months and up), Intermediate and Advanced Obedience, Agility (from Beginner to Intermediate and Advanced), Urban Agility (a course of instruction outdoors), private one-on-one lessons and consultations. Chantal also has a number of new offerings, including Friday Play Dates (check the website for details at www.ottawak9school.com), and a Recall Crash Course for those whose hounds appear to have better things to do than

come when they're called. After Christmas, she is also planning a new 'Rally-O' program for dogs with obedience training who are ready for something a little more challenging.

If you think your canine companion may be a good candidate for a Therapy Dog program, a useful first step is to enrol in Chantal's 8-week preparatory course for the **Canine Good Citizen Test**. The Good Citizen certification is essentially an official confirmation that your pooch is sufficiently well-mannered and reliable to accompany you anywhere, and Chantal strongly recommends it if you're considering the Therapy Dog option.

In mid-October, Chantal hosted a successful Doggy Fashion Show in support of **Hopeful Hearts**, a local dog rescue operation specializing in older animals. If you have a special event coming up, or are interested in making use of the hall for agility practices between lessons, give Chantal a call at **613-296-3643** to arrange a private rental.

Thinking about enrolling your pooch in a class but still

Continued on page 8



Photo: Louise Imbeault

Meet the Benjamin Moore team (l to r): Manager Kara Lockhart, Kimberly Duckett, and Syd Dubrofsky.

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not certain what's involved? You are welcome to drop by the school at 425 St. Laurent to enjoy a coffee or tea at one of the bistro tables while observing the four-legged pupils put through their paces. (Just leave your own dog at home, at least until it's a seasoned obedience graduate!)

The Physical Therapy Institute

Physical Therapy Institute owner **Pam Sikierski** is delighted to announce the recent arrival of two new additions to the PTI team. **Certified Reflexologist Gail Popowicz** is now offering her services at 350 Crichton where she is available for appointments on Monday and Tuesday afternoons and evenings. In addition to her certification from the Reflexology Association of Canada, Gail is a member of the Academy of Naturopaths and Naturotherapists, and has a lively interest in nutrition, natural food supplements and fitness. She has been practising Reflexology since 1998, and is a firm believer in its effectiveness as a natural therapy to relieve stress and pain, improve circulation and boost energy levels.

If you aren't yet acquainted with reflexology, it is an ancient therapeutic technique based on the principle that there are

reflexes or pressure points in the feet and hands which correspond to every gland and organ in the body. The reflexologist works with detailed maps of these points, applying strategic pressure to clear blockages in the neuro-muscular connections, and relieve the symptoms of such debilitating conditions as fibromyalgia, allergies, back pain and chronic fatigue.



Certified Reflexologist Gail Popowicz has joined the team at the Physical Therapy Institute.

A second recent arrival is **Registered Massage Therapist John MacGillivray**, who is available at PTI from Tuesday through Sunday, and looks forward to taking on new clients from the community who are in need of a stress-relieving, restorative massage.

In other news at the Institute, the **banana energy loaf** (introduced in a previous issue of the *NEN*) is still going strong, and is available both at PTI and at **Bread and Roses Bakery**. In case you missed its debut

several months ago, this tasty snack is specially formulated to replenish your resources after a vigorous workout without unnecessarily adding to your waistline. It is a joint project of Pam and **Eduardo**, her nutrition guru, in collaboration with Bread and Roses' bakery owner, **Chris Green**.

PTI Personal Trainer **George Chiappa** has recently achieved his certification as a **Fascial Stretch Therapist**. As the name implies, Fascial Stretch Therapy (FST) is a technique designed to improve flexibility, strength and range of motion by lengthening the *fascia*, or connective tissue surrounding all structures in the body. This tissue thickens and shrinks over time as a consequence of injury, poor posture, surgery, lack of exercise or even over-training, resulting in the pain and stiffness many of us endure on a regular basis. George's FST sessions attempt to address these problems by assisting the client to learn specific stretching techniques, and following up with a personalized home stretching program.

If you're in need of the services of a **physiotherapist** but simply can't find time during the work week, PTI's **Bruce Martens** is available for appointments on Saturdays, so you can get help for that painful knee or shoulder before tackling the weekly grocery shopping. This past spring, I had the bad luck to fracture my right elbow, but the good luck to get weekly treatment from PTI's excellent physiotherapy crew, in particular **Neha Chopra** who performed mira-



Photo: Bruce McLaurin

Lynda Brown is closing her doors in the New Year, but not before putting on a magnificent holiday display.

cles helping me to get the use of my arm back, and to relieve the nagging pain and discomfort. We are blessed to have such a marvellous resource right here in our neighbourhood—and within walking distance, which in my case was crucial, as I was unable to turn the key in the ignition of my car!!

Like many other businesses faced with mounting cost pressures, PTI is obliged to introduce a rate increase for all of their services (except physiotherapy) in 2011. This Fall, they're urging clients to beat the price hike by buying gym memberships and other packages, along with Gift Certificates for family and friends at Christmas. If you've been putting off the start of a fitness regime or a course of massage to relieve the strains of your working life, drop in at PTI or give them a call at **613-740-0380** to take advantage of the lower rates while they last. The Institute now has **extended hours from 7 am - 8 pm, Monday to Friday**; so however busy your schedule, there should be time for a visit.

Thyme and Times Past: Last Christmas at Mackay and Beechwood

After close to a decade in Beechwood Village, Thyme and Times Past will be closing its doors in the New Year, as

soon as owner **Lynda Brown** has succeeded in subletting her premises at 417 Mackay Street. Lynda's current objective is to relocate to Prince Edward County where her daughter is making plans to open a Bed and Breakfast operation, and where Lynda hopes to establish a smaller scale gift emporium, possibly with a focus on garden-related items appropriate to the country setting.

In the interim, she will be sharing the premises at 417 Mackay with **Brian MacDonald**, a collector specializing in antique clocks and high quality watches, and **Leigh MacWilliam** and **Judy Grummisch** of **Primetime Antiques and Collectibles** whose display will include upholstered antique furniture, mirrors, prints and vintage kitchen table and chair sets, in keeping with Lynda's collection of vintage kitchen equipment! Both newcomers will be located towards the back of the store, while Lynda's traditional Christmas décor, complete with a fulsomely decorated Christmas tree laden with her signature ornaments, will occupy the space at the front to greet patrons.

In addition to her customary array of vintage antique teapots, tea, vintage kitchen paraphernalia, tins, cards, stationery, textiles, bone china



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cups and saucers, and of course Christmas ornaments from all corners of the globe, Lynda has applied her skills as a graphic artist by creating her own line of greeting cards featuring images from her home and garden. There will be an ample supply on hand for this year's holiday season, and she hopes to further develop the line for use in her new Prince Edward County location. If you are a devotee of **Emma Bridgewater pottery**, as we are in our household, don't miss this last opportunity to stock up at Thyme and Times Past, which has featured this distinctive product since its opening in 2002.

Over the years since she launched the business, Lynda has built up a large following of loyal customers, many of whom have long since left the Ottawa area, but who routinely stop by on their return visits from far flung spots such as Sydney, Rome, Hong Kong, London and Vancouver. If you are new to the area or haven't yet had a chance to visit the store, be sure to drop in this Christmas season for a last chance to survey its eclectic collection of vintage items, and to bid Lynda farewell. If you'd like an advance look at her wares before your visit, you can check the website at www.thymeandtimespast.com.

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

Best of luck Lynda! We wish you and your daughter great success in your move to Prince Edward County, and hope you'll keep us posted on your new business once you're settled.

Bread and Roses Bakery: New Premises, New Products!

By now the majority of readers will have become acquainted with Bread and Roses Bakery's new and considerably more spacious retail premises, right next door to their former home at **11 Beechwood** (now fully employed as the production centre for the baking). Last spring, bakery owner **Chris Green** worked with an interior designer to refurbish the space formerly occupied by the New Edinburgh Newsstand, with a result that Chris describes as "eclectic and rather theatrical" with its smattering of antiques and quaint decorative touches.

After a predictably quiet summer, Chris reports that business has picked up considerably throughout the fall as clients adjust to the new layout, and sample the many new product lines introduced following the move. In addition to its signature breads and extensive repertoire of mouth-watering sweets (if you haven't

tried the new chocolate mint squares, make a point of it!), Bread and Roses now has an ever-growing line of savoury items, including several varieties of quiche; samosas; a litany of savoury pies such as curry/turkey/sweet potato; veggie/curry/sweet potato; tortière; lentil tortière; Aussie pie; and shepherd's pie, as well as several kinds of frozen pizza dough for those with a hankering for homemade pizza without the hassle of making the crust.

Chris' future plans include the preparation of pre-ordered lunches for take out, and of course, in the short run, the traditional array of Christmas baking will be on the agenda, including all the annual favourites such as fruit cakes, puddings, tarts and Christmas cookies, as well as more savoury pies to have on hand for holiday gatherings of friends and family.

Grillade Lafirenzé: A Pioneer in African Cuisine on the Ottawa Scene

Not long after the former Rockcliffe Bistro closed its doors at 319 St. Laurent Blvd. last summer, **Fleury Koyo** and his wife **Vanessa** moved in to open up their new restaurant, Grillade Lafirenzé, one of only a few restaurants in



Photo: Bruce McLaurin

Chris Green of Bread and Roses shows off the new display and new products.

Ottawa specializing in African cuisine. Fleury and Vanessa are not new to the restaurant business, and for a number of years have been operating an extremely successful African

cuisine establishment (the original Grillade Lafirenzé) in Montreal, where they have built up a large and loyal client-

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Please RSVP to Binda (613) 562 3555

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Continued from page 9

tele, largely through word-of-mouth marketing.

The original inspiration for Fleury's decision to branch out to Ottawa came from clients in his Montreal outlet, many of whom came from the National Capital Region, and who lobbied hard to convince him that there was a growing demand for African cuisine in this area. After a careful study of the potential market, including a polling of his Montreal clientele to determine their level of interest in an Ottawa location,

Fleury took the plunge and opened up on St. Laurent Blvd. in early July.

While the new restaurant has a slightly different menu than its Montreal counterpart, reflecting differences in their respective clienteles, it also features central African cooking at very reasonable prices, including such traditional specialties as *pondou*, a dish made from cassava leaves; *fumbua*, a tasty concoction consisting of fish and peanut sauce; grilled fish such as telapia and mackerel; fried plantain; goat meat;

and grilled chicken. The doors are open from 3 pm to midnight Tuesday to Thursday, and from 3 pm to 2 am on Fridays and Saturdays—the perfect spot for the nighthawks in the crowd!

In the short-term, Fleury plans to provide weekend brunches at the St. Laurent location, and in the longer run, he has hopes for further expansion to other high traffic locations in the city where African cuisine can become better known to the general population, and a more familiar feature of the Ottawa culinary landscape. Fleury and Vanessa are delighted that their new restaurant is situated in a residential neighbourhood (in contrast to Montreal where they are located in a commercial sector), and look forward to building links to the community where they hope to establish a stable, local client base.

Da Bombe Desserts: A Silver Lining

This time last year, as Da Bombe owner **Bill Ross** struggled to find a new location for his popular business following the termination of his lease at 176 Beechwood, it's unlikely that Bill foresaw the thriving operation he manages today after close to a year in his new, much larger premises at 18 Beechwood.



Photo: Bruce McLaurin

Bill Ross displays two of Da Bombe's sweet offerings, they also offer savoury selections to bring home.

Last year's cloud did indeed have a silver lining, as Bill has more than doubled his business since the move, serving a busy lunch crowd during the week and a steady stream of hungry families at Sunday brunch. Bill reports that sales of his take home prepared meals have also increased substantially, along with the demand for his signature desserts, most of which are consumed right on the premises and never make it out of the store. For the first time since he started his business, Bill actually ran out of cakes on one October weekend, so clearly word of his dessert-making prowess has spread

throughout the sweet-toothed community! And indeed, Da Bombe has swiftly become a destination business, with regulars coming from throughout the region, from Kanata to Manotick.

If you're a fan of Bill's irresistible desserts but haven't yet checked out his prepared meals, drop in and pick up a handy heat-and-serve supper for your family. There are plenty of options to choose from, including spaghetti and meatballs, meat and vegetable lasagna, cannelloni, tortellini, chicken pot pie, shepherd's pie, and focaccia pizza for vegetarians and meat-eaters alike



Photo: Louise Imbeault

Grillage LaFirenzé (Fine African Cuisine) opened July 15 at 319 St Laurent at Hemlock. Pictured here is Manager Fleury Koyo.

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Along with the welcome spike in business has come punishing working hours for Bill, who logged 87 hours during Thanksgiving week in early October. While he has a small hard-working team helping out, including his capable daughter Bethany, he is anticipating the possible need for more assistance during the busy Christmas and New Year's period. His expanded repertoire during the holiday season will include tortières, mince meat tarts and a number of new desserts, as well as trays of hors d'oeuvres and canapés pre-ordered for New Year's celebrations.

On Christmas Eve, Bill and his crew have planned a special celebration of their own. They will play host to some less fortunate families in the community, to whom they will serve a full, traditional turkey dinner with all the trimmings in Da Bombe's more spacious quarters. Bill is hoping to be able to serve at least 40-50 people at this event, and there is little doubt that his generosity and delectable fare will be greatly appreciated. Well done, Bill, and we wish you continuing success in the New Year ahead!

Burgh Business Bits

The Works: Under New Ownership

Not long after we filed our last report on **Ion Aimers'** plans for his Works' gourmet burger outlets, Ion sold the chain for a cool \$10 million to Oakville-based Fresh Brands, a private company with plans to expand The Works concept across Canada, beginning in the Toronto area. While Ion has had an extraordinarily successful run since he started the chain nearly ten years ago, he is acutely aware that the next big step will require a major commitment of time and travel, and for both health and family reasons, he has opted to move



Corina (Willard) Gadde is the new Executive Director at the Rockcliffe Retirement Residence.

on to a new (and hopefully less stressful!) chapter in his life, with more time to spend with his children and his partner. He will, however, retain ownership of our popular local pizza emporium, **ZaZaZa Pizza**, and we look forward to his continuing presence in our community. Best of luck Ion!

Fraser Café

Congratulations to **Simon and Ross Fraser**, whose wildly popular Fraser Café made the Top Ten List of *Ottawa Magazine's* Food Editor Shawna Wagman. The restaurant got special commendation for its emphasis on seasonal and locally grown produce, as well as for its signature "Kitchen's Choice" offering, a spontaneously concocted dish featuring items *not* included on the regular menu. This imaginative touch has been such a success that nearly half of all diners now order this chefs' surprise! Keep it up guys: you're among the Burgh's top "destination" businesses, and a great enhancement to the neighbourhood.

The Rockcliffe Retirement Residence: New Executive Director

Last July, the Rockcliffe Retirement Residence acquired

a new Executive Director following the departure of **Mary Albota** early last year. **Corina (Willard) Gadde** has strong credentials in the field, having worked with seniors since 1988 in the community and non-profit housing sectors, as well as in long-term care. She also teaches retirement home operations through Centennial College, a role which she has been able to keep up since her move from Pickering to Ottawa last summer, thanks to the modern miracle of online instruction.

Corina became interested in the field as a result of her own grandmother's unfortunate experiences in housing arrangements, experiences which led to her resolve to ensure that high quality care was available to this fast grow-

ing and vulnerable community. She is delighted to be at The Rockcliffe where she has swiftly settled in to the community, and is greatly enjoying its many interesting residents. As the holiday season approaches, she looks forward to her first Christmas at the residence where a succession of celebratory events, including the traditional family Christmas dinner, will be on the agenda.

As luck would have it, Corina is a native of Ottawa, having grown up in Manor Park, and when she accepted the job at the Rockcliffe earlier this year, she came home to marry her high school sweetheart, **Tim Gadde**, with whom she attended Rideau High. The wedding took place on October 27, and we wish Corina and Tim the very best as they begin their married life.

Beechwood Home Hardware: Pre-Christmas Paderno Sale

If there is a chef on your Christmas list (or if you happen to be one!), don't miss Beechwood Home Hardware's annual pre-Christmas Sale of top-of-the-line Paderno kitchen equipment, and while you're at it, check out the new line of Trudeau silicone heat resistant, stain-free kitchen implements.

Piccolo Grande: Happy Fourth Anniversary!

Piccolo Grande operators **Mohamed and Kauser Yusufali** celebrated their 4th Anniversary on Mackay Street in November. Marking this milestone is the introduction

of *Leonidas*, a new line of low-fat, preservative-free Belgian chocolates, the ideal Christmas treat for the chocoholic on your list who is struggling keep those extra pounds at bay! The Yusufali family emigrated from Kenya to Canada nearly a decade ago, and this Fall, Muhamed embarked on an adventure which includes a pilgrimage to Mecca, as well as travels in Egypt, Yemen and Saudi Arabia. We look forward to hearing tales of the journey when he returns!

New Edinburgh Square: 17 on the 18th!

Congratulations to New Edinburgh Square Retirement Residence which celebrated 17 years on Beechwood on November 18. The residence's operator, **Chartwell Seniors Housing** has just published a book entitled *Honour*, which commemorates Canada's veterans of World War II, and features stories of 35 courageous veterans living in Chartwell residences across Canada. Copies of the book are available at New Edinburgh Square at \$10 each, with all proceeds going to the War Amps *Operation Legacy* program.

Pure Med Naturopathic Centre

We welcome new advertiser Pure Med Naturopathic Centre at **292 Montreal Road, Suite 200** (in the Vanier Medical Centre), and look forward to presenting a full profile of the centre in our February 2011 edition. Pure Med is a

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Continued from page 11

multi-disciplinary naturopathic centre offering a broad range of traditional and natural therapies such as botanical medicine, clinical nutrition, homeopathy, acupuncture and lifestyle counselling. **Dr. Maureen MacDonald**, a key member of the Pure Med team of Naturopathic Doctors, has just moved from Cornwall to Mackay Street here in the Burgh, and we wish her a special welcome to our neighbourhood. Interested readers can give the centre a call at **613-216-4661** or check out their website at www.puremednaturopathic.com for a full review of their services.

ZaZaZa Pizza: A Facelift!

Readers may have noticed a recent evolution in the exte-

rior of ZaZaZa Pizza at 143 Putman. Gone are the original intricate graffiti-emblazoned walls, which were first painted over in plain dark brown paint, and more recently livened up again with a simpler, more legible but colourful graffiti script featuring the ZaZaZa signature. Manager **Caitlin Mark** reports that the transformation resulted from clients' difficulties finding the restaurant in its first elaborately graffiti-covered garb, so owner **Ion Aimers** and his team have opted for a more readily identifiable, though still appropriately zany and flamboyant, alternative.

George's Private Gallery: Opening Event Sunday, December 12, 12:00-4:00 pm
Some of our long time readers may remember **George**



George Sabbagh, landscape photographer.

the Personal Trainer who for many years was a regular *NEN* advertiser. Since his days in the personal training business, **George Sabbagh** has changed careers a number of times, and most recently, has taken up landscape photography as a serious vocation. **On Sunday, December 12, from Noon to 4 pm**, George is inviting the community to view an exhibition of his latest photographs in "*George's Private Gallery*" at **170 Dunbarton Court** in Cardinal Glen (just off St. Laurent Blvd.). Many of the photographs are scenes captured in his rambles through New Edinburgh and Rockcliffe Park, and he has focused a series of these works on the glorious, golden fall colours on display in recent weeks.

Interested readers should give George a call in advance at **613-748-6925** if they plan to drop by for the opening celebrations of his new gallery.

Joel Pleet: The Collector's Collector

New Edinburgh Art Gallery Director Joel Pleet not only presides over a prodigious 2000 work collection of Canadian art in his professional role at our newest local gallery, his life long passion for collections is equally evident in his own home, where collectibles of all descriptions are artfully displayed on walls, stairs, shelves, ladders, floors and virtually every available surface. Joel's extraordinary "Collection of Collections" was the subject of a feature article in the Autumn/Winter edition of *Capital Style Magazine*. The article is richly illustrated with photographs of Joel's eclectic display of objects, carefully amassed over the years, and ranging from a vast collection of JFK memorabilia to modern oil paintings, super hero and science fiction themed items, glass bottles, antique telephones, South Park and Simpsons' memorabilia, and even Pez dispensers! Small wonder that writer **Christopher Massardo** concludes the article with the observation that "Pleet is, without a doubt, the ultimate collector!"

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Cocktails...

Continued from page 1

and donors will come forward before the party, and we look forward to acknowledging their contributions in the next edition of the *NEN*.

Special thanks to our **2010 Sponsors** who have given us the means to host a really first-class, rollicking event for our community:

- **Sheila Whyte's Thyme and Again Creative Catering**
- **Governor's Walk Retirement Residence**
- **BMO Financial Group and**
- **Quality Entertainment.**

Thanks also to the local businesses who, along with our sponsor **Thyme and Again Creative Catering**, generously donated food for the hungry contingent of dancers and party goers on November 27:

- **Arturo's**
- **Bread and Roses Bakery**
- **Bridgehead**
- **Da Bombe Desserts**
- **Epicuria**
- **New Edinburgh Pub and**
- **The Scone Witch**

While we took the conscious decision not to undertake a full scale Auction this year, a number of generous contributors donated a select few extremely attractive **Silent Auction** items to top up our proceeds from the evening. Many thanks to the following group of staunch supporters whose donations provided a wealth of appealing opportunities for our enthusiastic crowd of rock 'n rollers:

• **A Week in Tuscany** was once again offered for auction, courtesy of our hard-working Board member **Jennifer Barbarie**, whose home away from home in Anghiari was among the most popular items at last year's Cocktails for Crichton Auction;

• **Ingrid McCarthy**, founding Director of the New Edinburgh Players, and multi-talented artist and author, donated a framed water colour of Anghiari to complement Jennifer's contribution, along with a charming unframed work depicting the Stanley Avenue home of Jonathan and Catherine Blake, and Gemma Kerr and Jim Watson; and

• **Gift Certificates** were donated by

- **Celadon Salon and Spa**
- **CKY Design Group**
- **El Meson**
- **Farb's Kitchen and Wine Bar**
- **Fraser Café**



Photo: Louise Imbeault

Crichton School alumni came from far and wide to celebrate with old friends. Retired Crichton teachers **Heather Bacon (l)** and **Jill Berry (middle)** sample some treats offered by **Michael of Thyme and Again** catering.

- **Groovy Grapes**
- **Régine's Complete Esthetic Care Centre**
- **Scissors Hair Studio and**
- **ZaZaZa Pizza**

Shake, Rattle 'n Roll

The central focus of this year's Cocktails for Crichton event was, as our eye-catching poster suggested, dancing to the unforgettable rock 'n roll music of the '50's—and more specifically, *jiving*, a skill which may not have been in your repertoire unless you're a veteran of that era, or a dance history buff. To lead the way on the dance floor and to pass along a few of the tricks of the jive trade, we were delighted to have lined up a pair of experts from **Swing Dynamite**, a leading Ottawa swing dance group directed by **Byron Alley**: check out their website at <http://www.swing-dynamite.com>.

Just in case you'd forgotten the dubious ritual of High School cheers, our zealous team of Crichton cheerleaders, **Scott Florence** and **Al Connors** (both stalwarts of the celebrated *Company of Fools*), was enlisted to greet party goers as they arrived at the dance, and to pull out all the stops in an effort to whip up that all important school spirit. (We're guessing that most of you never encountered cheerleaders *quite* like Scott and Al in your high school days, but just think of it as yet another "first" in the unfolding history of Cocktails for Crichton!)

And of course, no High School dance would be complete without a DJ. As luck would have it, we were able to enlist the services of **Gary Firth**, a consummate DJ and broadcaster with extensive experience in the business, who just happens to live on Crichton Street directly across the road from the school! Gary participated in the planning process with enthusiasm and much-needed

expertise, and is certain to be a smash hit with the neighbourhood on November 27.

No one who attended last year's Cocktails for Crichton Auction will forget the star of our show, **Mama Morton** (aka **Joseph Cull**). Despite a fully packed schedule of benefit performances and volunteer gigs of all descriptions, Joseph was generous-spirited enough to join our organizing team again this year, and to play the leading role as the formidable **High School Principal**, **Miss Penelope Hoare** (that's H.O.A.R.E., as her well-trained pupils were swift to emphasize at every opportunity). And yet again this year, Joseph stole the show with his witty and flamboyant performance as the formidable '50's principal, clad with designer chic in the height of Value Village couture and bravely enduring the rigours of a wildly uncomfortable pair of high heels. Thank you, Joseph: it's a simple truth that we couldn't do this without you, and we're eternally grateful for your presence and support.

Finally, no tribute would be complete without a Hats Off to our core group of organizers. At the helm again this year is our Event Co-ordinator *par excellence* **Alex MacDonald**, whose powers of imagination, attention to detail, organizational experience and expertise have combined to lift our soirée out of the realm of the mundane fundraiser and into the stratosphere of truly great parties. Not only does she "think of everything" as the saying goes, she thinks of it with a flair and genius which inspires her cohorts and greatly enriches the event.

Her partner **Martin Clary** is equally talented and dedicated in the handling of all the technical aspects of the event, from lighting to floor plans to the all important musical production. And on top of this

Crichton

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daunting task list, Martin prepared a multi-media presentation to complement the music and dance elements of our Sock Hop, and to thoroughly immerse the party goers in the inimitable aura of the 1950's.

Many thanks also to the other hard-working members of the CCCC organizing team, **Jennifer Barbarie**, **Carol Burchill**, **Ingrid McCarthy**, and **Vicki Metcalfe**, and to the many volunteers who agreed to pitch in on the day and evening of the event, including last year's bouncers **Adam Kane** and **Jeff Hill** from BMO Financial Group, along

with BMO mortgage specialist **Eugeniya Tsetlin**, our ace organizer **Hilary Armstrong**, who has regrettably left the neighbourhood but generously agreed to return to the team on November 27, and **Sandra Ferguson** and **Noreen Watson**, both of whom will be busy behind the scenes preparing food for the multitudes.

Last but not least, thanks to all of those in the community and throughout the region who were able to join us for the event, and to help keep our community centre alive and thriving. See y'all again next year!

Cocktails for Crichton

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And, thank you to all of the auction donors, individual donors, committee members, volunteers and, of course, the ticket buyers.

We couldn't do it without you!

Crichton Cultural Community Centre



Winter Programs

Unless otherwise indicated, register for programs at the CCCC at 613-745-2742 or communitycentre@rogers.com.

Children

For all childrens programs, register at CCCC 613-745-2742 or communitycentre@rogers.com.

AFTER SCHOOL CULTURE CLUB

Watch for upcoming news on this brand new afterschool program

If you are interested in participating in the development of this new opportunity please contact CCCC at 613-745-2742 or communitycentre@rogers.com.

KALARTASCOPE

Art for 6-8 year olds
Fridays 4 – 5:30 pm
Jan 14 to Mar 18 (10 wks)
Fee: \$125

This is a busy program, with explorations into all sorts of art, intended to spark the student's imagination. Different projects each class. Be prepared to have lots of fun, and dress for mess! Materials supplied.

TAKE PART

Art for 9-12 year olds
Tuesdays 4 – 5:30 pm
Jan 11 to Mar 15 (10 wks)
Fee: \$135

Students will explore a variety of media, with new projects each

week. Drawing, painting and three dimensional work will be included. Materials supplied.

PASSION FOR ART

Art for 13-16 year olds
Wednesdays 4 – 5:30 pm
Jan 12 to Mar 16 (10 wks)
Fee: \$135

Students will explore a variety of media, with new projects each week. Drawing, painting and printmaking will be included. Materials supplied.

JUST DANCE!

Have a ton of fun learning the dance steps and moves for a variety of different dance styles.

For 6-8 year olds
Thursdays 4 – 5 pm
Jan 13 to Mar 17 (10 wks)

For 9-12 year olds
Thursdays 5 – 6 pm
Jan 13 to Mar 17 (10 wks)
Fee: \$105

THEATRE STORIES

For 10-12 year olds
Mondays 5 – 6 pm
Jan 10 to Mar 21 (10 wks)
No class Feb 21
Fee: \$105

Drama is the art of creative storytelling. Explore storytelling through improvisation, move-

ment, theme, character and voice. We begin with myths, fairytales and classic stories, and then move on to creating original tales!

OH, THE DRAMA!

For 6-9 year olds
Mondays 4 – 5 pm
Jan 10 to Mar 21 (10 wks)
No class Feb 21
Fee: \$105

Come and explore your creative side through theatre. Using improvisation, acting, character, poems and plays, you will unleash your creativity and discover the star within!

Wellness/Fitness

TAOIST TAI CHI INTERNAL ARTS OF HEALTH

Wednesdays 11am – 12:30 pm
Jan 12 to Mar 16 (10 wks)
Fee: \$126

The Taoist Tai Chi™ internal arts of health help people of all ages relieve stress. Regular practice of these arts leads to improved balance, coordination and ability to focus. The gentle stretching and turning movements promote relaxation of muscles, ligaments and tendons, thereby improving circulation.

TARGETING THE STRESS TRAP

Sharon Collins
Thursdays, 1 – 2 pm
Jan 27 to Mar 17
Register at 613-816-4307 or sharon@sonassolutions.com.

Chronic stress can result in heart disease, stroke, diabetes, weakened immune system, impaired memory, digestive or sleeping difficulties along with a host of other physical symptoms. This workshop was developed using the latest research in behavior change and teaches individuals tools to help them identify and cope with stress.

DANCEFIT

Alex MacDonald
Mondays, Fridays: 10 -11 am
Wednesdays: 7 - 8 pm
Register at 613-748-0870.

A fun way to dance yourself into shape! No dance ability required

just a love of dancing!

STRETCH AND STRENGTH

Alex MacDonald
Tuesdays, Thursdays : 6 - 7 pm
Mondays 11 am -12 pm
Wednesdays: 10 -11 am
Register at 613-748-0870.

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

BRIGHT AND EARLY FITNESS

Register with Louise Hannant at 613-747-1514, golouise@rogers.com OR Sharon Collins at 613-816-4307 info@sharonhealthpro.com.

Early bird: total body work-out
Mondays & Thursdays 7:30 - 8:30 am

A dynamic warm up followed by 20 minutes of cardiovascular work, 20 min of strength exercises. Finish with a stretch and cool down to leave you fit and focused to face the day.

Fusion on the ball: have a blast!
Mondays 9 - 10 am

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 & Wednesdays 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.

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

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! It is a fun workout for any age.

Core training: Physical strength comes from our centre
Thursdays 8:45 – 9:45 am

This class focuses on gaining power in the core of our body. The class has been developed using Pilates as well as sports conditioning techniques.

Stretch: A delicious hour of stretch, release, and relaxation
Fridays 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.

SOCARAMBA

Alex Eloise
Saturdays 10 - 11 am
Mondays 6:15 - 7:15 pm
Register at socaramba@gmail.com.
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!!!

STOTT PILATES

Stuart Maskell
Tuesday, Friday 9- 10 am
Wednesday 6- 7 pm
Register at Stuart@Firmfit.ca, 613-796-3476.

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

Yoga/Meditation

GENTLE HATHA YOGA

Heather MacDonald
Tuesdays 9 - 10:30 am
Jan 11 to Mar 15 (10 wks)
Fee: \$100

A class for everyone, which incorporates easy and soft movements designed to create relaxation of the body and mind and provide a restorative experience even for those with limited physical capabilities.

IYENGAR YOGA

Barbara Young
Register at 613-728-8647.



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b-young@rogers.com.
Mondays, 9 - 10:30 am, *Level 2*

Karin Holtkamp
Register at 613-422-8384
daveandkarin@rogers.com.
Tuesdays, 6:30 - 8 pm, *Level 1*
Thursdays, 9 - 10:30 am, *Level 1/ Gentle Yoga*

Iyengar yoga teaches postures that bring flexibility, strength and endurance. Awareness deepens as students learn to practice with precision and subtlety. Slow stretching improves flexibility, and a guided relaxation helps reduce stress and tension.

KUNDALINI YOGA

John Yazbeck
Mondays, 7:30 - 9 pm
Register at 613-747-8111,
john.yazbeck@sympatico.ca.

Flex, stretch, connect, focus and relax. The benefits of Yoga are well documented and well known. Dynamic exercises combined with relaxation and meditation techniques help you: create a calm mind and stay centered in the midst of chaos; develop a more powerful and resilient body; build confidence and a positive self-image and have fun!

Dance

AFRO CARIBBEAN DANCE
Suzan Lavertu, Artistic Director, 863-3493,
afrocaribdance@videotron.ca
Saturdays:
SOULRHYTHMS: 10 - 11 am adult dance class
Dance Racine: 11 am - 12 pm children ages 4-6
Mouvement Kwèyol: 12-1 pm children ages 7-12
Kubuli Dance Company
Program: 1 - 2 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.

IRISH DANCE LESSONS
with the Taylor School of Irish Dance, Suzanne Taylor T.C.R.G.
Thursdays 7 - 9 pm
Register at 613-231-1215,
suzanne@tayloririshdance.com
www.tayloririshdance.com.

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

Infants & Children

HUSH-A-BYE BABIES

Alice Davidson,
Mondays, 10:30 am - 12 pm
Register at 613-235-6025
hushabyebabies@sympatico.ca;
www.hushabyebabies.ca.

A song and rhyme program for parent and baby (1mos. to 12mos). Learn a wide variety of tickles, rhymes, bounces, songs and lullabies to enrich your day to day activities with your baby. Discover the delight and magic that comes with sharing songs and rhymes together.

INFANT & CHILD CPR (LEVEL 'A')

Erin Shaheen. For dates and to Register call 613-260-7309.

This Heart & Stroke Foundation course covers CPR for infant, children and adults. Participants receive a course completion card and Heart and Stroke booklet.

MONKEY ROCK

John King and Sheryl Parks
Wednesdays, 4 - 5 pm
Fridays mornings, 10 - 10:45,

NEW EDINBURGH NEWS

10:45 - 11:30, 11:30 - 12:15
Register at www.monkeyrockmusic.com or 613 421-0590.

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!

Visual Arts

ORIENTAL BRUSH - PAINTING & CALLIGRAPHY

Heather MacDonald
Wednesdays, 1 - 3 pm
Jan 12 to Mar 2 (8 weeks)
Fee: \$115

Students will learn to create the unique strokes that combine to produce ink paintings, also called "Sumi-e". As they progress, they will understand how this innovative new method makes it easy to create beautiful ink works. Traditional and contemporary methods will be explored.

ACRYLIC PAINTING

Matt Gale
Tuesdays 1:00 - 3:30 pm
Jan 11 to Mar 15 (10 wks)
Fee: \$165

If you've always wanted to learn to paint then this course is for you! You will learn a variety of techniques, how colour, value, composition and perspective can improve your paintings. Each week will consist of a brief lesson and exercise and then students will work on their own paintings.

FREESTYLE ACRYLICS

Susan Ashbrook
Saturdays, 1:30 - 4 pm
Jan 15 to Mar 19 (10 wks)
Fee: \$205

This course is not so much about painting as what you can create, including textures, special effects, mixed media, photo transfers and much more! Students will require their own painting supplies, other supplies will be provided. This program is suitable for all levels of students.

OIL & ACRYLIC PAINTING
Susan Ashbrook

Thursdays, 1 - 3:30 pm
Jan 13 to Mar 17 (10 wks)
Fee: \$165
Drop-in fee: \$20 per class

A relaxed painting environment for those who wish to develop artistic skills at their own pace. Open to all levels of painters, instruction is individual, although if the group wishes, any number of skills and techniques can be addressed as class exercises.

WATERCOLOUR: BEG/INT

Leslie Anderson-Dorofi
Wednesdays, 7 - 9:30 pm
Jan 12 to Mar 16 (10 wks)
Fee: \$165

Learn/improve the basics of watercolour and explore the development of your individual style through the application of compositional elements, design, colour and lighting.

CREATING A VISION BOARD WORKSHOP

Michelle Casey
Sunday 9 am - 3 pm
Jan 23
Fee: \$80

You will learn to use collage to bring your dreams and visions to life. It could be your dream home, a garden you'd love to have, your own new look, a vacation, a new career... anything! By the end of the workshop you will know how to create a 2D collage touchstone from which to be inspired to achieve that vision.

JOURNALING TOGETHER

Michelle Casey
Fridays, 6:30 - 9:30 pm
Jan 14 to Mar 18 (10 wks)
Fee: \$195

Get together with a small group once a week to reflect upon your life experiences. Creating a journal is a great way to savour those moments of life you don't want to forget. You'll learn how to use collage and mixed media techniques to express yourself, visually and through writing, in many unique ways.

GARDEN SCULPTURE WORKSHOP

Herman Kluck
Saturday & Sunday 10 am - 4pm
Jan 29 and 30 (2 days)

Fee: \$95

In this two-day workshop you will work with T-shirts, tin foil, wire and a fabric hardener to create a delightful heron sculpture and a wall sculpture. No previous sculpting experience is necessary and you will be amazed at what you can create!

FIGURE PAINTING AND DRAWING STUDIO

John Jarrett
Wednesdays, 9:30 - 12:30 pm
Register at 613-594-0182,
jwjarrett@sympatico.ca.

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.

General

DESIGN YOUR OWN GARDEN

Cheryl Green
Saturdays, 9 - 11:30 am
Jan 15 to Mar 19 (10 wks)
No class Oct 16
Fee: \$165

Looking at the garden that you have - making a list of the problems and, more excitingly, a 'wish' list. We then progress to trying out different layout plans. Planting plans will also be discussed.

THE ART AND CRAFT OF MEMOIR WRITING

Richard Taylor
Tuesdays, 7 - 10 pm
Jan 11 to Feb 1 (4 wks)
Fee: \$85

Shape your personal experiences together with a little research to craft your own memoir. Using published memoirs and fictional techniques such as characterization, description, setting, dialogue, learn how to give voice to your own life stories to make them universal and touch readers.

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For the Birds



By Jane Heintzman

As the annual fall migration runs its course and the birding landscape becomes progressively bleak, I am comforted by the continuing, cheerful presence of **black-capped chickadees**, fearlessly guzzling their fill at my backyard feeders, and busily storing caches of food for the winter in wooded areas throughout our neighbourhood. While the chickadees' competition at our feeders is becoming thinner as the season progresses, we have had as busy a fall as I ever remember, with a wide variety of species turning up in our garden to feast on nyjer and safflower seed, along with the last remnants of the mountain ash, crab apple and apple trees.

One unusual visitor was a **gray catbird** which turned up in mid-September and remained for a day or two foraging in our cedar thickets, frequently signalling its presence with the catbird's signature *meow*. The catbird is a relative of the mockingbird and thrasher families, copying the sounds of other birds (and animals!). At 9" in length, it's a large and handsome songbird, with a predominantly slate gray body, a black head and a small rusty-red patch under its tail (easy to see when it cocks its tail, but otherwise invisible!).

Once again this year, a group of **white-crowned sparrows** arrived on their way south from their nesting grounds in the Hudson's Bay area to their wintering territory, which extends all the way from southern New England to the Gulf of Mexico. In recent years, our garden has been a way station at midpoint in this long migratory trek, and they spend many hours each day fuelling up for their journey on the ground under our feeders. This year's flock of about 8 birds included two **immature white crowns** with rusty-coloured head stripes, as opposed to the characteristic black and white stripes of the adults.

Unlike last year when the white crowns came and went within the space of about a week, this year's contingent stayed around for a full six weeks, postponing their departure until the last week of

October. They appear to be quite aggressive types, and as long as they remained in residence, the **European house sparrows** and **slate-coloured juncos** kept their distance (which, in the former case, was a great relief!).

While the white crowned sparrows dominated the lawn and flower beds, the hanging feeders were a hive of activity, with regulars including **American goldfinches** in their muted olive-brown fall plumage; rosy male **house finches** and their much drabber, stripy mates; **black-capped chickadees**; **Northern cardinals** gobbling the safflower seed as fast as I could put it out; a timid pair of **mourning doves** scrabbling in the debris beneath the feeders, and the occasional **downy woodpecker** drilling holes in my mountain ash.



Photo: Bob Mullin
Black and white warbler.

Our hungry **Northern cardinal** family included two immature males with fluffy, pinkish-gray plumage somewhat similar to the female. They are readily distinguishable from the latter, however, by their black beaks which are in clear contrast to the female's bright, coral-coloured schnozz. These young fuzz balls moult in the course of the fall, and gradually acquire their dazzling red adult plumage, which I especially treasure as the only remaining splash of colour on the winter landscape.

On one eerily quiet day in late fall, when not a bird was to be seen in the garden, I happened to be looking out the window when a female **sharp-shinned hawk** swooped across the lawn, brushed past the feeders and dove into a cedar thicket to lie in wait for unsuspecting prey. Luckily, however, "hawk chill" worked its magic, and the birds continued to give the feeders a wide berth until the hawk eventually departed without a meal.

And Along Came the Spider...

An unusual visitor to our garden this fall was a male **ruby-crowned kinglet**, an enchanting, diminutive little bird about 4" long, with a pale grayish-

green body, clearly marked white wing bars, and a small red splotch on the crown of its head. Coincidentally, not long after the appearance of the kinglet in our garden, the mother of my friend Jennifer Lewington sent me an extraordinary tale of a ruby-crowned kinglet rescue operation, in the course of which she had painstakingly disentangled the tiny bird from the paralyzing embrace of a spider's web!

Having noticed the tiny creature hanging upside down outside her window, Mrs. Lewington rushed to its aid to find that the bird's wings had been tightly wrapped against its body, and that the enterprising spider had completed the job by tying up its legs, feet and tail as well. Thankfully, Mrs. L. was able to accomplish the delicate task of web removal without injury to her patient, at which point the kinglet sat quietly in her hand, stared at her for a moment, and at last took flight, swooping back twice (to thank her?) before disappearing. While it seems unlikely that the spider would have consumed its hapless victim, it's probable that the decomposing corpse might have attracted a battery of tasty insects on which the spider might have feasted, but for Mrs. Lewington's timely intervention.

As soon as the **white-crowned sparrows** had departed the scene in late October, a group of **slate coloured juncos** moved into our garden to take over the ground-foraging duties. If you're new to the birding business, these little sparrows are easy to identify by the uniform dark gray plumage of their heads and bodies, and the white flash of their tail feathers while in flight. They also tend to move about in flocks, and in recent weeks, they have been much in evidence around Rockcliffe (particularly in the area close to the Pine Hill woods) and in the lanes of the Burgh.



Photo: Wade Clare
Slate coloured junco.

To my surprise, the juncos in our garden were accompanied this year by a flock of **American robins** which stayed around for several days, dividing their time between



Photo: Wade Clare
Rusty Blackbird at Shirley's Bay.

the extraction of worms from our soggy lawn and the consumption of berry clusters from our mountain ash tree. In my Rockcliffe rambles in late October/early November, I encountered numerous **American robin** flocks, some of them extremely large (perhaps 100 birds), and all of them in constant, frenetic motion, presumably preparing for the trip south of the border to their wintering grounds. In fact, depending upon the severity of the winter, many robins don't go very far in the fall migration, and can be found as far north as the northern New England States where they roost in trees in massive flocks of up to a quarter of a million!

The only other notable species encountered in our walks this fall were a solitary **Great Blue Heron** surrounded by a large group of **mallards** close to the Rideau Falls; numerous noisy **pileated woodpeckers** in the Pine Hill woods area; a flock of **American tree sparrows** on the bike path along the Ottawa River; a pair of sonorous **common ravens** in the woods along the Rockcliffe Parkway close to the Pavilion; a busy little group of **golden-crowned kinglets** in the bushes close to 24 Sussex Drive; and a **sharp-shinned hawk** which appears to live in the Rideau Hall woods close to Princess Avenue. I spotted the hawk several times, and on one memorable occasion, it swooped down to the ground about two feet in front of me, shot across the road into the ditch, and emerged with a fat black rodent in its talons. Hawk eyes indeed!

Ron Pittaway's Winter Finch Forecast for 2010-2011

For a number of years, distinguished ornithologist **Ron Pittaway** has been producing a carefully researched forecast of the type and numbers of finches likely to "irrupt" into the southern and central regions of the province in the course of the winter. The forecast is based on an assessment of the relative abundance of food supplies (or lack thereof) in the Northern breeding grounds

of the finches, versus those in the more southerly regions.

The key finch tree crops in the Boreal forest region are white and black spruce, white birch and mountain ash, while in the mixed deciduous/coniferous forests of more southerly areas, white pine, hemlock and to a lesser extent, tamarack, balsam and white cedar are the primary food sources. This year's white spruce crop was reportedly excellent in much of the Northern Boreal region, but much less so in the Southern Boreal forest, and poor in the Central Ontario (including Algonquin Park). A bumper white spruce crop in the Yukon attracted record numbers of finches such as **white-winged crossbills** and **pine siskins**, many of which are expected to remain there all winter.

Based on his analysis of the distribution of food supplies, Mr. Pittaway paints the following picture of our birding landscape in the coming winter months:

- The colourful pinkish-red **pine grosbeak** is (sadly!) not expected to irrupt into southern regions in large numbers this year because of the abundance of its staple food, the mountain ash berry in the North. We may be somewhat luckier here in Ottawa, however, because of our comparatively large crop of European mountain ash trees.

- The **common redpoll**, on the other hand, is expected to irrupt in significant numbers, both because of the failure of the white birch crop across much of Northern Canada, and because of a spectacular redpoll breeding season in 2010, when double and triple broods were reported across Ontario and Quebec. To attract these cheery redheads to your garden, make sure to have ample supplies of nyjer seed and black oil sunflower seed on hand.

- Hoary redpolls**, the whiter, less rosy cousins of the common redpoll, are also expected to appear (though in smaller numbers) with common redpoll flocks.

- Pine siskins** may be few and far between this year, as the bumper white spruce crop in the Yukon is likely to result in their staying put in the North.

- Evening grosbeak** numbers have steadily declined in recent years, but some are expected to move south this winter to feed on the abundant crop of Manitoba maple seeds. Black oil sunflower seed is their preferred dish at the backyard feeder, so be sure to stock up to increase your chances of spotting one of these brilliant yellow and black beauties.

- Blue Jays** are not expect-



Photo: Mike Leveillé

The Great Bohemian waxwing convention got underway this fall at the Macoun Marsh.

ed in great numbers this year because local beechnut crops are comparatively poor, although thanks to a respectable acorn crop, they should be more in evidence than last year.

•Most **Bohemian waxwings** will likely take advantage of the bumper mountain ash berry crop in the Northern Boreal forest region this winter, but some are expected to appear in a select few of their traditional haunts in southern and central Ontario, including the Ottawa area where there are plenty of European mountain ashes and ornamental crab apple trees to supply their dietary needs.

Interested readers can check out the full Winter Finch Forecast on local birding website **Neily's World** at www.neilyworld.com.

Winter Feeding

The hardy species of birds that remain in these parts throughout the winter months require a high calorie diet rich in both protein and fats. While feathers are more than 90% protein, in order to create the bright colours that are essential to the breeding success of many species such as house finches, goldfinches and Northern cardinals, a healthy admixture of fats is also a must. The best single source of both protein and fats is **peanuts**, which attract a litany of winter birds but unfortunately also squirrels, which in my experience, manage to demolish the peanut supply before many feathered visitors can get a look in. If any of our readers has a **squirrel-proof peanut feeding device**, please let me know!

Photo: Mike Leveillé
Bohemian waxwings.

As most readers know, the best seed types from a nutritional perspective include:

•**black oil sunflower seed**, which is high in calories, fats and proteins, and attracts a wide variety of seed-eating birds;

•**nyjer seed** (or thistle), which is another excellent energy source and a magnet for finches in particular;

•**safflower seed**, which is rich in protein, fats and oils, and is a favourite of Northern cardinals (and has the added bonus that squirrels seem to dislike it!); and

•**"No Mess Blend"** which is a nutritious mixture of shelled black oil sunflower seeds, shelled peanuts and shelled millet that leaves no debris under the feeders to be raked up in the spring. (This concoction is available at **Wild Birds Unlimited** in the Blue Heron Mall at 1500 Bank Street, just south of Kilborn).

Another energy rich food source that many intrepid birders put out each winter is **suet** and suet mixtures for which there are a variety of possible feeding devices (and some home made options to explore

if you go online). Just make sure to take them down when the weather warms up or the consequences can be messy!

In addition to food, birds need **shelter** to survive our often harsh winters, and if you have the space in your garden, **roosting boxes** can be used to supplement the natural protection afforded by bushes and dense evergreens.

Reports from Our Readers:

News from the Macoun Marsh:

St. Laurent Academy teacher **Mike Leveillé** reports that the Macoun Marsh has been a busy place for bird life this fall. His classes of young naturalists have spotted a wide variety of species around the marsh, including numerous **black-capped chickadees**, **American robins** devouring berries, **hermit thrushes**, **slate coloured juncos**, **white-throated sparrows**, **hairy woodpeckers**, **Northern cardinals**, **American goldfinches**, **song-** and **tree sparrows**, **mallards**, **ring-billed gulls**, **European starlings** and **American crows**.

Bohemian Waxwing Invasion: Shades of Alfred Hitchcock's The Birds!!

In late November, just before we went to press, Mike reported the sighting of enormous flocks of **Bohemian waxwings** descending on the marsh to polish off the remaining berry crop. In the first instance, the marsh was invaded by a horde of about 400 birds, only to have that number nearly tripled a week later when over 1000 waxwings flew in to fuel up for the winter. Some berry crop

that must have been!

Interested readers should check out the St. Laurent Academy students' **Biodiversity and Youth Blog** which regularly includes bird-related information, addressing in particular conservation issues. You can find the Blog at <http://biodiversityyouth.blogspot.com/>.

As always, our regular birding reporter **Edwin Daudrich** has recorded an impressive tally in the course of his birding excursions this fall. Throughout the month of September, **Mud Lake** was a mecca for numerous **warbler** species, including the **bay-breasted**, **black-throated blue**, **chestnut-sided**, **yellow rumped**, **northern parula**, **black and white**, **blackpoll**, **Nashville**, **magnolia**, **Blackburnian**, and **black-throated green**, all of which he spotted in a single day! Other highlights of his Mud Lake expeditions included **pied-billed grebe**, a **green heron**, a **veery**, **osprey**, **hooded mergansers**, **golden-crowned** and **ruby-crowned kinglets**, a **blue-headed vireo**, **dark-eyed juncos**, a **rose-breasted grosbeak**, **red-breasted nuthatches**, a **hermit thrush**, **red-necked grebe**, a **red-throated loon**, **redhead ducks**, **red-eyed vireos** and a **warbling vireo**.

Shirley's Bay was another fruitful spot, with highlights including a number of the same species encountered at Mud Lake, as well as a **black-bellied plover**, **bald eagles**, **savannah sparrows**, **semi-palmated plovers**, a **Baird's sandpiper**, a **rusty blackbird**, **greater- and lesser yellowlegs**, **blue-winged and green-winged teal**, an **Eastern wood peewee**, an **Eastern phoebe**, a **merlin**, a **yellow-bellied sapsucker**, **American widgeon**, a **Northern harrier**, **white-crowned sparrows**, **sanderling** and **common mergansers**. An especially notable sighting on one of Mr. Daudrich's visits to Shirley's Bay was a large flock of 60 **snow buntings**.

Andrew Haydon Park was a rich source of water fowl and shore birds this fall, including a **great egret**, **spotted** and **least sandpipers**, **semi-palmated plovers**, **sanderlings**, **green- and blue-winged teal**, a **green heron**, **redhead**, **white-winged and black scoter**, **red-necked grebe**, **horned grebe**, and an **American coot** (nothing to do with the Tea Party-it's actually a member of the rail family that looks like a hybrid duck/chicken!)

At **Mer Bleu and Casselman Lagoon**, Mr. Daudrich encountered two new species to add

to his "life list", a **cackling goose** and a **short-billed dowitcher**, along with many other more familiar species such as **sandhill cranes**, **northern shoveller**, an **American golden plover**, a **black-bellied plover**, a **blue-headed vireo**, **hermit thrush**, **American pipit**, **ruddy duck**, **northern pintail**, **lesser scaup**, and **greater and lesser yellowlegs**. Highlights on a trip to **Cooper Marsh** and **Alfred Lagoon** included another birding first, a **common moorhen**, as well as numerous other water fowl and song birds, the **eastern bluebird** and **rusty blackbird** among them.

Closer to home here in New Edinburgh, Mr. Daudrich reported spotting a **merlin**, **dark-eyed juncos**, a **raven**, **white-crowned** and **white-throated sparrows**, and a **hermit thrush**.

The complete catalogue of his fall sightings will be posted on the community website at www.newedinburgh.ca, along with his overall Bird List for 2010 which totals an astonishing 195 species!

Birding News from Central Alberta:

Naturalist **Dave Collyer**, formerly a resident of Manor Park and recently relocated to a large property in Central Alberta, has continued to send reports of the abundant bird life around his new home. During the height of the migration season, Dave reported enormous flocks of **white fronted geese** and **Canada geese**, as well as large groups of **whistling swans** flying directly over his house. He has been enjoying a wide variety of regular visitors to his feeding stations, including **black-capped chickadees**, **white- and red-breasted nuthatches**, **blue jays**, **hairy and downy woodpeckers**, **slate coloured juncos**, and **thieving magpies** devouring his supplies of beef suet! He has also spotted several interesting species of ducks on a slough close to his property, notably **buffleheads**, **blue-winged teals** and **mallards**. Another backyard visitor was a **screech owl** which made its presence known by its characteristic screechy, whinnying call.

Christmas Bird Count

Some of our readers may be interested in starting off the holiday season by joining in the annual Christmas Bird Count in Ottawa/Gatineau on Sunday, December 19. You can find out how to participate by contacting the Ottawa Field Naturalists Club (OFNC) at birdcounts@ofnc.ca.



Ottawa City Councillor Peter Clark Reports

First, I wish to thank all those who supported me in the election. Most candidates worked very hard to put their platforms in front of the public. I am very conscious of what I have undertaken and will work to the best of my ability to achieve results for this ward. There are at least six community associations in the ward, and

a meeting of all the community association presidents will be convened early in the term to look for effective and open consultation on all matters of importance to the residents. I hope to respond to all residents and will publish contact information as soon as possible. Many thanks.

Peter Clark

Low Sodium Dining Out at Local Fraser Café

By Carol Gusen

The federal government's expert panel on sodium recently released a report asking restaurants and food companies to prepare their products so that Canadian consumption of sodium is reduced from a current average of 3400 mil-



Photos: Louise Imbeault
Fraser Café chefs, brothers Simon (l) and Ross (r) Fraser.

ligrams per day to the goal of 2300 milligrams each day. A group of women from the **Canadian Federation of University Women** in Ottawa decided to see how restaurants would respond if we asked for low sodium or low salt meals.

We had our second of a series of dinners at **Fraser's Café** on Springfield Drive near Beechwood in Ottawa. The restaurant is in Beechwood Village, near to the residential areas of New Edinburgh, Lindenlea, Rockcliffe, and Vanier. It is a very safe and comfortable neighbourhood, the only drawback being parking. Street parking is really the only option, and some of our eight diners had to park a fair distance from the restaurant.

We all felt that the welcome, and ambience upon entering the

restaurant was warm, friendly, and lively. We were shown to our own area, away from other diners, however two of our group did have trouble hearing the table conversation.

We had warned the restaurant ahead of time that we would be ordering low salt meals and they said that they could easily handle our request. Our very pleasant, welcoming and knowledgeable server (Will) explained our menu choices. It was revealed that the chefs at Fraser's had prepared a separate low-sodium paper menu just for us to choose from!! The only items we were warned against were the soup, and the curry sauce on the lamb, as the seasonings were added early in the preparation process.

Ladies who ordered appetizers (usually salads) found them

to be very tasty, however the inclusion of olives and feta cheese seemed to us to raise the salt content and therefore perhaps should have been omitted. All main courses (lamb sirloin, bbq beef, scallops, and wild BC salmon) were all of excellent quality. One diner found the tomato sauce on the scallops to be salty. I enjoyed very much the bbq beef, in spite of the very salty horseradish sauce, that I simply did not eat.

The wine selection suited everyone's taste. Most diners thought the prices to be no more than other fine dining establishments, would return again and would recommend this restaurant to friends.

Did we achieve what we wanted – tasty low salt meals? Most of us thought the food was fresh, flavourful, and much less salty than other restaurants.

We were especially pleased to be welcomed so warmly by all the personnel at Fraser's. Our request was accepted with grace, and fulfilled, for the most part, to perfection. We will continue to try out restaurants in Ottawa, and thank Fraser's Café for their efforts.



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What's New on the Watch?

As we reported earlier this year, the Ottawa Police took the opportunity to reorganize the neighbourhood policing model following the retirement of **Officer Tom Mosco**. Since then, **Constable Chris Cochrane** has taken over at the Rockcliffe Community Police Centre. His district now includes New Edinburgh, Lindenlea, Rockcliffe, Lowertown and Sandy Hill—a considerable increase in size of area.

To date Cst. Cochrane has not been able to devote much time to the residents of New Edinburgh, or the Rockcliffe Community Police Centre due to the demands and increased level of crime of the two new additions to his district, Lowertown and Sandy Hill. As a result we have not seen much of Cst. Cochrane, however he does wish to change this.

I will be making a suggestion to the NECA board to invite Cst. Cochrane to a board meeting in the New Year, hopefully followed by an opportunity for the community to meet him as well at a town hall type event. Keep an eye out in the next *New Edinburgh News*.

We do live in a very safe neighbourhood; however the challenge is to keep it that way. In these difficult financial times, criminals will want to take advantage of vulnerable populations, particularly as we approach Christmas. Thus it never hurts to repeat a few simple reminders:

- Take care when someone asks for money donations over the phone. Make sure you are giving to a recognized charity.
- People will come to your

door asking for donations to Christmas charities. Only give to someone you know, or if you know the charity and the person has clear identification.

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

These are also good tips to help prevent home invasions, a hot topic in the news these past few weeks. Remember you do not have to open the door to anyone, unless you know them. If you do not have a window in your front door, install a spy hole in the door so that you can ask for identification without opening the door. Your safety comes first, so do not feel pressured. If you feel threatened in any way, call the police at 911.

Enjoy your Christmas in this wonderful neighbourhood.

“Be Prepared for Winter” Says OPP

With winter fast approaching, the Ontario Provincial Police (OPP) are issuing an important reminder that driving conditions could rapidly and unexpectedly change, creating dangerous hazards and challenges for drivers.

The OPP is advising motorists that this is the ideal time to prepare yourself and your vehicle for what Environment Canada predicts will be a snowy, cold winter.

Get Your Vehicle Ready:

- Install four winter tires before the first snowfall (winter tires provide greater control and stability).

- Have an ice scraper or snow brush in your vehicle to clear the snow and ice from all windows, mirrors, lights and roof (also wait for the fog to clear from the interior of the windows so you have good visibility).

- Top up your windshield washer reservoir and keep an extra container in your vehicle.

- Keep your fuel tank at least half full so that you don't run out of gas if stranded, and to prevent condensation in your fuel tank.

- Keep a fully-stocked emergency kit in your vehicle.

- Lastly, have your vehicle fully serviced to avoid unnecessary breakdowns.

Adjust your driving habits:

- Drivers must SLOW DOWN! (speed is the #1 cause of winter crashes).

- Adjust your driving according to the road and weather conditions.

- Leave extra space between vehicles (stopping distances are at least double on snowy roads and even longer on icy

roads).

- Know where you are (if you require help in an emergency, you need to know your location when asked).

- Monitor road and weather conditions, plan your trip and check local weather before heading out.

- Check the Ministry of Transportation website prior to heading out on any trip during the winter.

- Do not call 911 or the OPP for road reports.

- Instead, visit www.mto.gov.on.ca/english/traveller/conditions or call 1-800-268-4686.

Ontario's winters can make for some of the most challenging winter driving in Canada, and the OPP is reminding Ontarians that these important safety tips will go a long way in ensuring that you make it through winter safely.

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Urban Poling Group Ottawa: More than just a Walk in the Park!

By Jane Heintzman

Urban Poling, (also known as Nordic Walking, Fitness Walking, Power Poles, Pole Walking or Exerstriding!) is a rapidly growing fitness trend in North America, with participants ranging in age and ability from the frail elderly to Olympic athletes at their peak in strength and conditioning.

The sport, which originated in Europe, not only offers the well known benefits of regular walking, but also greatly enhances these by providing a full body workout which exercises both the lower and the upper body, including the arms, shoulders, abdominals and core muscles. It reportedly works each of the vertebrae all the way up to the neck, and

is frequently prescribed as a therapeutic exercise by doctors in Europe.

When the correct technique is mastered, urban poling can also lead to significant improvements in posture, as it requires that our all-too-frequently drooping shoulders be pulled back and our heads held high. An added benefit for the many sufferers from joint problems is that weight is offloaded on to the poles, thus reducing the impact on creaky knees or hips. 30 minutes of pole walking is equivalent to about 50 minutes of regular walking without poles, and whether your objective is weight loss, overall strength and fitness, or improved balance, posture and co-ordination, its potential

health benefits are significant.

As many readers may also have discovered, the sport can be a pleasantly sociable experience when practiced in a group setting such as that offered by **Diane Ferrier** and her organization **Urban Poling Group Ottawa** or **UPGO**, (pronounced, appropriately enough, in the form of the two words "up" and "go"). Diane has been honing her skills in urban poling for nearly a decade, and ultimately parlayed her love for the sport into a thriving local business when she launched UPGO in 2008.

She currently offers regular Urban Poling group classes throughout New Edinburgh, Rockcliffe Park, Manor Park,

Rothwell Heights and Sandy Hill, and interested readers can check out the schedules and register on line at the UPGO website: www.upgo.ca. UPGO classes run 7 days a week (see the website for details), and in our area there are sessions from 7:30 p.m. to 8:30 p.m. on Tuesday and Thursday evenings. These run on a five week cycle, with a change in location at the end of each cycle to keep things interesting and avoid monotony. You're welcome to sign up in the middle of a cycle, or simply to drop in for a single session to test the waters. The cost is \$15 per session, or \$20 with poles included, or you can sign up for blocks of 12 sessions at \$100.

Diane's groups include participants of varying levels of experience and fitness, and she takes great pains to ensure that each group member has a workout appropriate to their respective skills and strength. Clients who are starting out slowly, perhaps as part of a rehab program following an illness or surgery, can sign up for 12 15-minute sessions, while those who need more of a challenge can combine two sessions in one by taking a vigorous 2-hour poling excursion. If you're interested in learning the techniques of urban poling but perhaps not in the social aspects of a group experience, Diane also takes private clients, so feel free to drop her a line at diane@upgo.ca.

Oh, and the poles: these remarkable light weight devices,



Urban poling is making great strides in Ottawa.

es, made of aircraft grade aluminium and fully adjustable to your height, can be purchased through UPGO or at other outdoor equipment stores in the area. They have specially designed ergonomic handles with a flat base where the heel of your hand applies pressure with each step as you stride along, engaging your core muscles and abdominals. Diane cautions, however, that if you're shopping around for poles, you should ensure that they are returnable just in case they prove to be unsuitable for your purposes.

If you are intrigued by the idea of exploring this joint-friendly, sociable outdoor sport, perhaps as means of living up to your New Year's resolution to shed a few pounds and boost your fitness levels, you'll be happy to learn that UPGO's urban poling classes continue throughout the winter months, so there's no need (or excuse!) to wait until spring to sign up. Happy poling, Diane!

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By Caroline Matt and Tara Ouchterlony

Before we look forward to upcoming events, let's look back over the fall season and recount two fabulous family events.

Halloween Howl

On Sunday, October 24, the Stanley Park Fieldhouse had some unusual visitors: there were sightings of Spidergirl, superheroes, princesses, a flamenco dancer, cowboys, cats, lions, tigers, a chicken, and even a **Gruffalo**. The annual **Halloween Howl** was a great success despite somewhat gloomy weather. Local children came out in their colourful Halloween costumes, excited to show them to their friends and the residents of Governor's Walk, who graciously hosted the costumed

Grabner, Kristin Konnyu, Katina Fazakas, CCC members Debra Conner, Stephanie Monteith, Cathy McConkey and Caroline Matt, and all others who helped out.

1st Annual Pumpkin Parade

We tried something new this fall—the Pumpkin Parade! On November 1, a warm crowd of New Edinburgh neighbours gathered in Stanley Park after dark to observe Halloween's last gasp. Dozens of creatively carved Jack-o'Lanterns, spared from the compost pile for one more day, were re-lit and lined up along the pedestrian pathway in a pumpkin parade of light. On the crisp eve of true winter this was a heart-warming show of community spirit—no sponsors, rules, or fees: just some friendly (and spooky) faces.



Gruffalo (Nathanael DeWolfe) was sighted at the recent Halloween Howl! This rare and normally docile beast can become quite excited when confronted with tricks or treats.

parade for some early trick or treating. With bags full of goodies, everyone returned to the Fieldhouse for spooky crafts and games. Many thanks to our volunteers who helped make this event a success: **Millie and the residents of the Governor's Walk Retirement Residence, Denise Belanger, Susan Downie, Lyette Rheaume, Attila Somogyi, Steve McLaughlin, Steve**

Thank you to everyone who brought a pumpkin to share! A special thanks goes to **Laureen Harper** who contributed several very artful Jack-o'Lanterns from the wonderful Halloween display at 24 Sussex. We promise to protect all the gourds next year and ensure that every one makes it into the Parade!

Each and every pumpkin makes the Pumpkin Parade

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ice...

If you are interested in becoming part of our elite group of ice-makers please contact Brian Torrie at 613-747-7951 or brian.torrie@rogers.com to sign up.

spectacle better and more magical. We hope to see you all out again next year—and bring your neighbours! A big thank you goes to **Tara Ouchterlony**, our newest member of the 3C's, for putting out the call for carved pumpkins and organizing this newest event.

Winter Carnival Jan 29

Now, looking forward to more local, great family fun? Our next event would be the WINTER CARNIVAL, always the last Saturday in January.

Mark your calendar! Saturday, 29 January 2011, 2:30 – 5:30 pm. There will be games, baked beans, hot chocolate, hot-dogs, and sleigh rides. Lots of fun for all!!

Calling all Hosers!

At this time, we are putting out a call for Hosers. Yes, it's that time of year to start thinking about ice. If you are interested in becoming part of our elite group of icemakers, please contact Brian Torrie at btorrie@hotmail.com or 613-

747-7951 to sign up and get scheduled in.

Council meets every second Monday of the month, 7:30 pm at the Fieldhouse. If you are interested in joining or volunteering please drop by or call **Cathy** at **613-746-0303** for more information.

The Fieldhouse is available for rent for your next event. Please contact **Jill Hardy** at **613-746-1323** to reserve in advance.

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Emilie's Update from Maun, Botswana: Sunshine Children and the Village of Hope

Emilie Tobin grew up on Ivy Crescent in New Edinburgh where her parents, Marie and David, continue to live. She is a graduate of the Carleton School of Journalism, and is currently on a two year assignment in Botswana.

By Emilie Tobin

I've just been bitten by a blister beetle. I was doing the dishes, minding my own business when this grotesque little black creature crawled onto my arm and bit me twice right below my wrist. It hurt. A lot.

As their name suggests, blister beetles leave little blisters on their victims. My blisters look like cigarette burns. Very attractive. While one might get freaked out by such an event, I have simply added it to my long list of Botswana ailments.

In the seven months I've lived in Maun, I have been on four courses of antibiotics, tackled two bouts of the stomach flu, fallen prey to a few

Maun mystery illnesses and had a bug bite where no bug should ever go.

Needless to say, this country has kicked my ass. While I've whined and whimpered about my poor body and its ailments, Botswana provides a quick reality check reminding me that my life and my health issues are miniscule compared to what many locals face on a daily basis.

This country is overwhelmed by HIV and AIDS and the children of Botswana are the first to suffer and often the last to get help. It's hard to feel bad for my two little blisters when so many children are hungry, sick, abused, uneducated and forgotten by their elders and

by society.

All of my jobs are somehow involved in bettering the lives of children. I have spent a lot of time in schools, daycares and children's centres and learned about the numerous issues kids face in Maun.

Motse wa Tsholofelo is a pre-school and daycare centre which supports 52 orphaned and vulnerable children aged two to six years-old. They provide three meals a day, basic education, psychosocial therapy, transportation to and from school, and a safe and fun environment in which to play, learn and grow.

The meaning of "orphan" is different in Botswana than in Canada. In Botswana, an orphan is a child who has lost one or both parents. The children at Motse wa Tsholofelo are some of the poorest chil-



Children participate in an educational dance class that keeps their bodies moving and their brains active.

dren in Maun and all, in some way, have been affected by HIV.

Setting foot in the centre, it's hard to imagine these children as anything but smiling, happy and energetic. Whenever I visit, I am ambushed by kids in blue and grey uniforms pulling at my every limb and using me as a human jungle gym. We laugh and play in the large playground and take part in dance classes every Friday.

While I am not ambushed by the members of the Teen Club, I am warmly greeted with firm handshakes and hugs. The Teen Club is run by HIV positive and affected teenagers. Many of them don't look any older than eight or nine years old, despite being teenagers.

On the third Saturday of the month, they meet at Bana Ba Letsatsi (Sunshine Children), a centre for vulnerable and disadvantaged youth, for a day of activities and interaction.

I was recruited to teach a yoga class. I don't know many teens who are interested in getting up at 7 am on a Saturday to do yoga and I wouldn't fault these teens if they would

rather sleep in than have some lakgoa (white person) tell them to bend, breath and contort their bodies.

But not these teens. They can now sit back in chair pose, have mastered warrior and continue to improve their eagle, while laughing as they struggle to keep their balance. Every month, their yoga gets better and they are proud to show me their improvements. They don't let their illness get in the way of living and remind me that being HIV positive isn't a curse. It is the best part of my month.

A little blister beetle bite, which in two days popped and is barely noticeable, is nothing more than a small nuisance when compared to the adversity the children and teens of this village face. If they can tackle all of that life has thrown them with grace and dignity, well, I can handle a few days of discomfort.

Editor's Note: Interested readers can check out Emilie's new blog chronicling her adventures on assignment in Botswana: <http://around-mauntown.blogspot.com/>.



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Thanks!

Thank you to all my friends and clients who contributed to making 2010 a record breaking year. Your business and referrals are always appreciated. I am privileged to work in and be part of such a wonderful community! My website is full of great information and news. I encourage you to visit it regularly.

Merci à tous mes amis et clients d'avoir contribué à faire de l'année 2010 une année record. Je vous suis reconnaissante de faire affaire avec moi et de me recommander à vos proches. Je me sens privilégiée de travailler et de faire partie d'une communauté aussi formidable!

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



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Beechwood Ave PumpkinFest

By Suzanne Valiquet

The storefronts were amazing, and competition was fierce at this year's Beechwood Avenue Pumpkinfest!

The 3rd edition of our ever popular Beechwood Avenue Pumpkinfest came to an end at midnight on October 31. Once again, during this past October's event, 25 merchants out did themselves while participating with much gusto and enthusiasm! One could really feel the competition in the air. Window dressing at its best, Pumpkinfest allows our merchants to creatively display their goods and services in unique and original ways. The public online voting drew great numbers again this year as customers showed their support by voting for their favourite window.

The judging was done by three

separate groups. The Public Choice Award is an online voting system whereby stores ask their customers to go to our website and view the images and cast their votes. The VIP Judges are chosen by the QV BIA and represent different segments of the Community. Police officers, local media, residents, board members take part and rate each individual store based on the creative, original and theme displayed using fall harvest material. A special 'Thanks' this year goes to the Odyssey Theater Group, Lazzi Lazzi troupe for joining our judging team as special guests. The third category is a team from the QV BIA who also rate the individual storefronts.

On behalf of the Quartier Vanier Merchants Association (BIA), we wish to congratulate

everyone for their time and energy that was dedicated to this festival event, which goes without saying, was a great success.



A big round of applause goes to the following winners:

Public Choice Award

First Place

El Meson Restaurant at 94 Beechwood Ave tied with **Originis Medical Aesthetic** at 2 Beechwood Ave unit. 101-2

Second Place

Beauty Mark Esthetics at 2 Beechwood Ave.

Third Place

Monson Deluxe Cleaners – Nettoyeurs at 110 Beechwood Ave.

VIP Judges Award

First Place

Isobel's cupcakes & cookies at 117 Beechwood Ave.

Second Place

El Meson Restaurant at 94 Beechwood tied with **Rassi Hair style Beauty** at 2 Beechwood Ave.

Third Place

Beauty Mark Esthetics at 2 Beechwood Ave.

QV BIA Award

First Place

Books on Beechwood at 35 Beechwood Ave. tied with **Arturo's Market** at 49 Beechwood Ave.

Second Place

Pet Palace at 78 Beechwood and **Clothes Encounters** at 67 Beechwood Ave.

Third Place

Benjamin Moore at 176 Beechwood Ave.



Photo: Courtesy of Quartier Vanier BIA
Award-winning Halloween display by Originis Medical Aesthetic caught people's attention at this year's Beechwood Avenue PumpkinFest.

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Positives and Pitfalls in Choosing a New Computer



By Malcolm and John Harding

Thinking of buying a new computer? First, let's look at the word *new* and emphasize that more accurately it might be *new-to-you*. In our opinion a refurbished computer is perfectly adequate for many homes and businesses, and the stores that specialize in providing them should definitely be one stop in your selection process.

But let's assume that for perfectly valid reasons (and there are lots) you have decided to go with a brand-new machine. How can you be sure that you are making the best choice, or rather the best set of choices?

Laptops actually predominate on the shelves these days. They have come down a bit in price and are now closer to 125% than the customary 200% of the cost of a desktop with similar specs. When you take into account the fact that they come with their own (admittedly smaller) monitor, the price differential is further reduced, and that portability can be very handy.

On the other hand, we have seen many laptops sitting permanently in one location on a desk, where a cheaper desktop model and monitor would do just fine and produce a larger and brighter display. Are you really going to take that laptop down to the kitchen just to follow a recipe?

A Windows 7 computer, when it leaves the store, is going to require a fair bit of setting up before it is ready for

use, which will involve at least a couple of hours. Windows typically comes pre-loaded, but there are additional steps such as: creating the recovery disks that you might need someday if your hard disk crashes; removing the pre-loaded "bloatware" of brief trials of programs that you really don't need; installing the software that you do need (free versions when possible); copying your data from your old computer; installing your email and Internet settings; setting up special software and printer drivers, and so on. The store will offer to do all this for you but quite frankly we think they charge too much for the service.

Most of the big-box stores will be keen to sell you their extended warranty on new equipment, and the sales pitches can be very assertive. This is not surprising, because the profit margin is far higher on the warranty than on the hardware itself. Despite the fact that extended warranties are more reasonably priced than they were a few years ago, our advice still sticks to a rule of thumb of "no" for desktop computers and "maybe" for laptops, netbooks and cameras.

We suggest that you go to the manufacturer's website of your peripherals such as printers, scanners, and cameras, and find out whether or not there are Windows 7 drivers for that equipment. The answer will probably be "yes" but if not, as may be the case for older models, then you may have to budget for replacements.

Another potentially unexpected budget item is software. Don't be fooled into thinking that your new computer

comes with Microsoft Office Suite 2007, for example. That installation is almost certainly only a 60-day trial version, and Microsoft will be looking for your credit card number if you want to keep using the suite when the trial ends. The same will be true of the Norton or McAfee virus protection utility that was bundled.

Having read this column, you will already know all about the absolutely free alternatives, such as OpenOffice and AVG, which will perfectly adequately perform the functions of office suite and virus protection, respectively? (You can email us if you'd like to have

our recommendations for the best of the free software available.)

The last gem of wisdom we'd like to share is not to overestimate the power (and therefore price) of the computer you will need. The so-called "average" user nowadays will use their computer for email, browsing the web, word processing, spreadsheets, downloading and playing music and maybe a few videos, storing and editing digital photos, and a few special-interest activities like tax preparation or genealogy. Jobs like these are a piece of cake for even the lower-end machines on the market

in 2010, and even when you build in some anticipation of your increased needs over the next few years, you should be able to stay solidly in the low-to-medium price range of the established and reputable manufacturers

Don't hesitate to call or write to bounce around ideas about a computer you are considering.

Editor's Note: Malcolm and John Harding are owners of Compu-Home. They assist home and small business computer users. Visit www.compu-home.com and go to Tips and Tricks to see more information, or write to harding@compu-home.com or phone 613-731-5954 to discuss computer issues, or to suggest future columns.

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Christmas Day—A Day for Walking

By Doug Cornish

Christmas Day is a 'walking day'. Everything is closed. People have to get outside. There's the traditional family dinner later, but the day itself is a walking day, a get outside kind of a day. Presents have been opened. Now people want to get outside.

Knowing that most places are closed, a neighbourhood walking tour is ideal. It's a dog walking, family walking, lover walking, friend walking, solo walking kind of day.

No other day exists where there's a feeling of distance between society and individual. When corporate society

shuts down, people seem to be lost—divorced from modern existence. The hum of the city is silent—fewer cars are on the road, and because it's winter the landscape is stark (yet magical). It's like stepping outside into another century when times were slower; conversations lingered, human contact was closer.

People rarely drive on Christmas day (except to get to a family dinner) because there's nowhere to go—everything is closed. Walking makes sense. People become bonded with the earth again, instead of the gas peddle. Transportation

systems run on a much reduced schedule.

I meet people in the neighbourhood that I rarely see any other time. On Christmas Day a new reality kicks in (if only for a day). People seem to sense this. It's a day to do things you don't have time for otherwise—like walking. Not only is walking good exercise, it gives one the opportunity of seeing the surrounding environs with a new perspective.

Christmas Day is a day to ponder, to reflect. What better way than to go for a walk. Streets and sidewalks are dotted with people walking. They're

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not going to work. They're not going shopping. They may drop in on a friend at some point during the walk, but the Christmas walk is usually one of exploration. Neighbourhoods can be explored. A lone winter path can be travelled down. Nearby (Robert Frost-like) woods are great for walking—something about a wooded area that invokes silence, mystery, spiritual oneness with nature.

The Christmas walk can also take one into town or a nearby village. One can pass by darkened shops with lit up Christmas window displays. Snow and ice create a Christmas village-like look. It's like those Christmas toy glass domes that you turn upside side down, shake, and watch the snow gently fall on a winter scene.

Christmas walks reveal things that you may have not been aware of. Like architecture. Walking around Parliament Hill can reveal architectural wonders that aren't noticed from the street. New Edinburgh is an architectural feast.

My Christmas walk usually takes me through Beechwood cemetery. There's nothing more peaceful than walking on Christmas Day through a cemetery. Some stones are covered until spring, others refuse to

be covered and push up in the bright, cold winter's sky. The Canadian flag ripples in the wind. The snow covers everything. The whiteness can almost be blinding.

Christmas walks, no matter where you walk, inevitably involve a 'stranger' and a 'conversation'. Christmas Day conversations are pleasant and uninterrupted by the normal hustle and bustle of modern life. Christmas Day is probably what life was like hundreds of years ago for the ordinary person—unhurried, a sense of peace, and more observation and recognition of the surrounding world.

On Christmas Day everything slows down. Stress levels drop. The natural world takes over and things involving people become more important. People draw closer to people on Christmas Day. There's a sense that Christmas Day is the climax of the year. All year long has led up to this one day—one day to contemplate the year that just was, to take a small hiatus before a new year rings in.

Walking involves movement. It involves thinking and dreaming and realization. Christmas walks differ from other walks—there's no hurry. A Christmas

walk doesn't necessarily have a destination. Oh, you end up back home eventually, but the route can change as you discover new things, run into new people. There's no Christmas Day walking map. No GPS. Leave your cell phone at home (or silence it). It's all about the walk. It's the one day you can do this. No meetings to go to. No deadlines. Everything is serendipitous. Christmas walks aren't written down or mapped out. Christmas walks ebb and flow with the morning or afternoon, or evening. That's why Christmas walks are so special, so rare.

Christmas Day invokes a walk, but the day doesn't dictate or fill it up needlessly with an itinerary. The walk is yours. The day is yours. The time is yours. Go out for a Christmas walk. You'll find that it suits the day, and your Christmas walk will feel different than any other walk you may take all year.

It's Christmas day. Walk.



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Tales of Our Travels in Arizona: Exotic Birds and So Much More

By Vicki Metcalfe
Arizona – May 2010

It started with a few women at the spring bird count in Jekyll Island, Georgia, talking about a birding trip to south eastern Arizona. My friend Priscilla asked if I was interested and I said of course but had other travel commitments for the year. Then Priscilla, my Canadian friend Lynne and I started joking about taking our husbands along for golf. Others backed out and Priscilla and her husband had to cancel because of critical health problems in the family. By this time Ottawa friends (and non-birders) had asked to come along. So no longer an American women's birding trip, but now three Canadian couples, two of whom did not care a fig for birds, and an extra friend of our Ottawa friends, who also had no interest in birds.

We landed in Tucson on May 10. It was gorgeous. Flat and hot and ringed by mountains which are really just sheer rock cliffs. While the men golfed at the finest course they'd ever seen at the foot of the mountains (where Dennis saw a gila monster, a poisonous lizard, said to be the world's largest) the women explored the old downtown and discovered a museum that was an art gallery, an historic home open

for tours, and a fine outdoor café. Dinner that night was on an elegant patio looking out to the cliffs, now colourful with the setting sun. Several people we had chatted with told us to visit Sabino Canyon, so on our last morning in Tucson we did.

Sabino Canyon is not much more than a half hour from downtown Tucson. Sort of like Gatineau Park is to Ottawa. Once there, however, you must park and then walk, hike, bike, run, or take a tram into the canyon itself. We took the tram to the top, adventured a short distance on some of the trails, and marvelled at the rock formations, streams, cacti – prickly pear, cholla, and the dramatic giant saguaro – as we walked back down. Many of the saguaro (which we learned to pronounce swaro) we saw were over a hundred years old.

After Tucson we drove south to Madera Canyon. As we left the straight desert highway

and started along the secondary road we saw signs saying "Be warned that there may be illegal activity in this canyon". We didn't see anything illegal, but we did stop at two inns in the canyon that cater to bird-

the other side of the border. By this time we'd seen quite a few Border Patrol vehicles. Through the rest of the trip, as we stayed within 30 miles of the border, we saw a lot of Border Patrol cars, trucks, officers, and roadblocks. It's very serious business.

At Ramsey Canyon we checked into the Ramsey Canyon Inn, a B&B discovered by Priscilla, and had the pie that Shirlene prepares every day for her guests. We marvelled at the hummingbird feeders set up around the house and garden. At

home we only see the **Ruby Throated Hummingbird**. This part of Arizona, with its forests and babbling brooks, has *eight* species, but not the Ruby Throat.

It was cold that night, but three intrepid birders went with the birding guide that Priscilla had hired, Wezil Walraven, to

search out owls. Wezil was most entertaining and he found us two species, one of which is unique to the Southwest. The Inn is just outside the gates of the Ramsey Canyon Preserve so human activity is scarce and the deer and other wildlife have a lot of place to call their own. Yes, and the bears. We learned the next morning that a bear had been within feet of us while we craned our necks checking out the owls.

The next day Dennis and I, and our two birding friends, joined Wezil for seven and a half hours – a full working day. First we stopped at subdivisions to check out the **Greater Roadrunner** (which does not go *Beep Beep*) and several other birds. Then into Miller Canyon. We left our car at an orchard where the owners have set up a platform with three ranks of chairs looking out to a dozen numbered hummingbird feeders. "Number 7 – a Blue-Throated! Oooh look! There's a male Anna's on number 10!" We left five dollars each at the honour cashbox to help to pay for the sugar used in these feeders and then climbed through several zones of forest types while Wezil shared his knowledge and showed us bird after bird. He knows the canyon and the area so well



Bear Canyon Trail in Sabino Canyon, outside of Tucson.

ers and have feeders for all to enjoy. So we added a dozen more life birds to our lists.

Then on to Ramsey Canyon. Getting lost en route allowed us to see the city of Nogales and The Fence – a rough-looking wooden and corrugated tin fence, maybe 12 feet high, that the U.S. is building to keep Mexican labour and drugs on

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that he can pretty well predict where we were likely to see a **Black-throated Gray Warbler** or a **Hepatic** (for the colour of liver) **Tanager**. Our final stop was at the San Pedro River where **Vermillion Flycatchers** could be guaranteed. Unfortunately, we weren't allowed on the Huachuca military base to see the spectacular Elegant Trogon because we were not U.S. citizens.

The Ramsey Canyon area is interesting because it is so far from what one thinks of as Arizona. The San Pedro River snakes through the broad dry valley and the lush canyons rise on either side. The military has a strong presence, as it tends to in the U.S. The economy depends on the army base, ranching, bird tourism, and the Border Patrol. New subdivisions spread around the city of Sierra Vista to accommodate the military and quasi-military. Our first night at the Ramsey Canyon Inn, owling with Wezil, we talked with two young men getting into their Border Patrol SUV, having hiked five miles up the canyon looking for "undocumented". The canyon is filled with heat sensors and cameras to capture human activity. Some of the Mexicans are drug runners and dangerous. Most are filling the jobs that Americans don't want. One morning before breakfast at the Inn I was out with binoculars, checking out the hummingbird feeders, when a small brown man came out of the canyon. He kept his eyes down until I said "Good Morning" and then he had a beautiful smile for me and kept on walking down the road, probably to a less-than-minimum-wage job in a restaurant kitchen or in somebody's garden.

Wezil Walraven is interesting because he's an accomplished birder and raconteur. He recognizes bird sounds in the distance and knows their

patterns well enough that he can predict exactly where they can be seen. He's not above calling them into sight by playing their sounds on his iPod. Wezil mentioned that he's the subject of *Chapter Two of An Supremely Bad Idea: Three Mad Birders and their Quest to See it All*. He warned us that not all of what's in the book is completely accurate. Of course we've now bought and read the book, wondering what's inaccurate.

After all those birds, we headed to Tombstone. It looks much as it did in the TV shows I watched as a child (though in colour!) and is full of shops with turquoise jewellery and cowboy boots. A lot of junk too. Wizen old cowboys and saloon gals saunter the streets. Every afternoon there's a shootout. It's all good fun though and since we were in the area...

On return to Tucson we went to the Arizona-Sonora Desert Museum and the Pima Air and Space Museum, both close to town. The desert museum is a zoo, natural history museum and botanical garden covering 21 acres. It boasts more than 300 species of animals, 1200 plants, and astounding views. The airplane museum was an entirely different experience, one for the non-birders in the crowd: a veteran airman threaded a tramload of tourists through 80 acres of tarmac, here boasting 300 aircraft of all vintages and functions. Our guide was a wonderful talker who frequently mentioned the "South Asian conflict" or "South Asian campaign"; never "Vietnam".

Then we dashed to the airport. It was hard to believe it was only six days.

Editor's Note: The complete list of Vicki's Bird Sightings on the Arizona expedition will be posted on the community website at www.newedinburgh.ca.



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- Duck confit spring roll with caramelized onions, cassis syrup and exotic fruit salsa
- Trio of crème brûlée: basil, mango and lychee, rum and blueberry



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Holiday Reading Picks from Books on Beechwood



Hilary Suggests:

"Juliet" by Anne Fortier

It's a wonderful historical novel that leaves the reader full and satisfied. A great read for cold winter nights, Fortier allows us to escape to the warm streets of Sienna, Italy, where a young woman follows a trea-

sure trail of clues in search of the truth about her family's history and her connection to the real historical figures made famous by Shakespeare's Romeo and Juliet. Great for the Historian or the Shakespeare-lover in your life!

Young Adult Books:

"Clockwork Angel" by Cassandra Clare (12+)

The first book in an exciting new trilogy by the author who brought us the fantastic Mortal Instruments series. Set



once again in a world populated by warlocks, vampires, demons and Shadowhunters, Clare transports us to Victorian England where we become reacquainted with some old friends, and meet some intriguing new ones as well. Excellent gift for fans of Kelley Armstrong and Susan Cooper.

"Juliet Club" by Suzanne Harper (12+)

Now a Romeo and Juliet book for the young adult readers on your list. Kate Sanderson has decided that love is not for her, but when she finds herself in Verona, Italy after winning a Shakespeare essay contest, it seems as though the fates have different plans for her. Hints of Shakespeare's *Much*

Ado About Nothing also make appearances in the plot of this sweet, charming read.

David Suggests:

"Unseen Academicals" by Terry Pratchett

Soccer is everywhere, and everyone loves the game, as we discover when foot-the-ball comes to the Discworld!

"Surface Detail" by Iain M. Banks

"It begins in the realm of the Real, where matter still matters. It begins with a murder. And it will not end until the Culture has gone to war with death itself."

"Betrayal of Worlds" by Larry Niven and Edward M. Lerner

Prelude to the Ringworld series, more Tales of Known Space, Louis Wu and the Puppeteer's Fleet of Worlds. One not to be missed!

"Out of the Dark" by David Weber

"The Aliens have conquered Earth. That's just the beginning of their troubles."

Di Suggests:

"God on the Rocks" by Jane Gardam

This is a 1978 gem from the author of *"Old Filth"* which was short-listed for the Booker prize.

The Charles Lennox mysteries series by Charles Finch.

It's a new series with a Sherlockian protagonist. The first book in the series is *"A Beautiful Blue Death"*.

Antoinette Suggests:

"Player One: What is to Become of Us" a novel by Douglas Coupland

This year's CBC Massey Lecture series.

"Laurier in Love" by Roy MacSkimming

A novel about the life and loves of Sir Wilfrid Laurier, Canada's seventh Prime Minister.



"Mordecai: the Life and Times" by Charles Foran

The new, definitive biography of Mordecai Richler.

"One Dead Sister" by Randall Denley

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A new mystery novel by Ottawa Citizen Columnist Randall Denley.

"Beautiful Lie the Dead" by **Barbara Fradkin**

The newest mystery by this beloved Ottawa author.

"In Winter's Grip" by **Brenda Chapman**

This mystery novel carries us from Ottawa all the way to stormy Minnesota where there are murders afoot.

Jean Suggests:

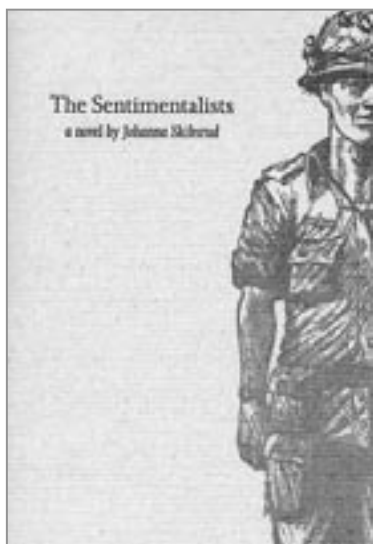
Another on the Shakespeare theme is **Richard Wright's** *"Mr. Shakespeare's Bastard"*, a very plausible "what if" set in Cromwell's England.

A real page turner of a thriller is **Arnaldur Indridason's** *"Operation Napoleon"* set in Iceland and involving American secrets of the Second World War coming to the surface of a glacier in 2009.

Michael Winter's *"The Death of Donna Whalen"* is an amazing feat of writing somewhat reminiscent of Truman Capote's *"In Cold Blood"*.

Jose Saramago's last book before his death this year is *"The Elephant's Journey"*, set in 16th century northern Italy and Austria, and written in flowing chapter-long paragraphs.

Of course we are all waiting for the 2010 Giller winner that no-one has read, *"The Sentimentalists"* by **Johanna Skibsrud**. Hooray for small presses who take chances!



And Two More Staff Picks:

Ian McEwan's newest novel, *"Solar"*, dives into our collective anxieties as readers meet a floundering, philandering physicist scrambling to salvage his professional reputation while wading through the wreckage of his most recent marital failure. The novel artfully weaves broad themes like climate change and the cut-throat world of who owns knowledge with a brilliant character study.

NEW EDINBURGH NEWS

The riveting plot makes this novel hard to put down, but it's McEwan's largely unlikeable, yet strongly compelling protagonist Michael Beard that makes this novel such a delight.


Reif Larsen's excellent debut novel *"The Selected Works of T.S. Spivet"* is both an entertaining story and an innovatively designed book. Meet 12 year genius cartographer T.S. Spivet who compulsively represents all that he encounters as data in maps and diagrams, from his sister Gracie shucking corn to the various facial expressions of adults he encounters. When T.S. wins the prestigious Baird Award, he must leave the only world he has known in Nebraska and find his way alone to Washington D.C. to collect his prize at the Smithsonian. What follows is an adventure like no other, captured both in text and graphically by the plentiful detailed diagrams in the margins that demonstrate T.S.'s attempt to understand his broadening horizons.

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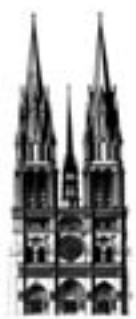
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From the Archives...

Mr. McTaggart's Wall

*Exerpts of a story written by
the late Gladys Blair origi-
nally published in the Ottawa
Journal and reprinted in the
NEN in 1983.*

The long, stone wall run-
ning along Alexander Street
from Sussex Drive in New
Edinburgh which has been pre-
served by the National Capital

Edinburgh," published in
1923 and covering a period
of 75 years, the distillery is
described as "overlooking the
Ottawa River and from it the
whisky was sent down the
hill in a pipe into puncheons,
sealed and shipped away on the
McTaggart barge via both the
Ottawa River and the Rideau
Canal."



Commission, was built by Isaac
McTaggart in the 1830s.

It once had a glass lean-to
throughout the entire length
and was used as a hothouse for
Mr. McTaggart's collection of
exotic plants.

One of the earliest industries
and buildings in the Village
of New Edinburgh was the
distillery of Isaac McTaggart
which stood at the junction
of Alexander Street and the
Ottawa River, Alexander then
running right through to the
river.

There were a number of build-
ings at this point, including
Thomas MacKay's sawmills,
a cloth facotry of 10 looms,
a carding mill and grist mill.

In John Askwith's
"Recollections of New

He goes on to relate that hun-
dreds of head of cattle were
fed from the refuse from the
distillery with the waste and
surplus flowing away in the
open gutters of those days.

Nearly all the residents of the
Village had a pig or two which
fed at the gutters. Each autumn
the pigs were slaughtered, the
pork salted and stored as meat
for the winter months.

Our Antique Artillery

*Reprinted from the June 1982
NEN.*

If New Edinburghers are ever
called upon to fire a shot across
the bow of an advancing fleet
of bulldozers, they can count
on a long-time Burgh resident,
the cast iron 18 pounder can-
non that sits proudly in the
Donaldson yard at the corner

of Keefer and Mackay. The
cannon faces Rideau Hall, and
appears ready to lob a cannister
of shot onto the cricket pitch.

The cannon is correctly
known as a carronade, a type
of short gun developed for
the Royal Navy prior to the
Napoleonic Wars. Although
of limited range, it could be
handled by a small crew and
deliver a devastating weight
of iron. Carronades ranged in
size from 4 pounders to the 68
pounder on the HMS Victory,
Nelson's flagship. (The weight
refers to the size of ball they
fired.) Primarily a naval can-
non, they were also adapted
for land use and used in fixed
fortifications.

The Donaldson carronade
was brought to New Edinburgh
in the 1880s by Col. James
Ball Donaldson, who had
come to Canada with the Royal
Artillery and had served in
Halifax and Quebec. The gun
had likely served in the Halifax
garrison, and was presented to
Donaldson as a farewell gift.
Donaldson transferred to the
Canadian Active Militia and
after leaving the military took
up the ministry, becoming pas-
tor of St. David's Reformed
Episcopal Church, at the cor-
ner of Crichton and Charles
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One of Canada's easiest ways to get kids healthy and active this winter is now available. The Canadian Ski Council's SnowPass is available online. It's an unbeatable offer: free skiing and snowboarding for Canadian kids in Grade 4 and Grade 5.

SnowPass Advantage

"Introducing children to skiing and snowboarding at an early age gives them lifetime access to these healthy winter sports," says Colin Chedore, President of the Canadian Ski Council. "It keeps them fit, less prone to obesity, and outside and active during the winter months. Better yet, skiing and snowboarding are sports kids can do with the whole family for a lifetime."

How It Works

The Canadian Ski Council's SnowPass gives kids in grades 4 and 5 (born in 2000 or 2001) up to three free lift ticket coupons at each participating ski area for the entire winter; providing them with an opportunity to ski or snowboard hundreds of times over the winter season.



To sign up, visit www.snowpass.ca, and you have a choice of either uploading your child's picture, enter your payment and their proof of age, or our printed option that allows you to fill out the information, print the application to mail in to the Canadian Ski Council with a photo, proof of age and payment...all for a one-time

administration fee of \$20 plus taxes. Signing up online is the quickest and easiest way to apply for your child's Grade 4 & 5 SnowPass card. SnowPass cards will be sent straight to you beginning mid November before the December 1st SnowPass season start date! SnowPass applications are also available through elementary schools, and inside Sport Chek, Sport Mart, Sports Experts and Intersport stores across Canada.

Where it Works

Depending on where you live in Canada, each applicant will receive either an Eastern or Western SnowPass card. The Eastern SnowPass card is valid for Ontario, Quebec and Atlantic Canada at 92 ski areas. Kids can easily track how many lift passes they have left by visiting www.snowpass.ca.

Ten Tips for a Safe Home This Holiday Season

- DON'T** place holiday decorations near outlets, space heaters or lamps. While beautiful, decorations are extremely flammable.
- DON'T** overload your cord set! If you "double up," you risk the cord set melting or catching fire. Use a power strip for multiple strands of holiday lights.
- DON'T** leave your holiday lights on all night. Make sure that the last person to retire unplugs them.
- DON'T** forget to blow out candles. Light candles only in rooms in which partygoers or family members gather.
- DO** make sure last year's holiday lights are in good shape. Test each string for frays and brittle cords, both of which are shock or fire hazards.
- DO** keep the damper open at all times on a natural gas fireplace.
- DO** clear the space around your furnace. Forgetting to move a paint can or wrapping paper rolls can cause a fire or an explosion.
- DO** make sure the pilot light is on for all gas-fired appliances such as a fireplace or older furnace.
- DO** use the holiday season as a time to check, clean or change your furnace filter. Replace disposable filters. Wash, brush or vacuum permanent filters.
- DO** schedule a furnace tune-up with your local heating service expert to ensure it's running safely and at top efficiency for a worry-free winter.

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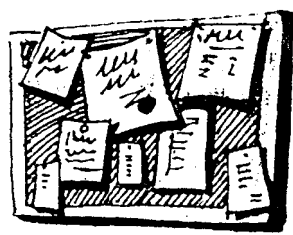
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Burgh Bulletin Board

December Events

Fri., December 3, 6 - 8 pm
WINE AND CHEESE with Gordon Harrison. Hear from Gordon on his journey as an artist, his passion for Canadian landscapes, what inspires him, how he goes about putting his passion onto a canvas, anecdotes from his travels across Canada and discover his latest collection of Canadian landscapes. Reservation required. **613-746-6853**.

Fri., December 3 - Sun., December 5, 10 am - 4 pm
CHRISTMAS STUDIO OPEN HOUSE at Susan Ashbrook's Rosecliffe Cottage Studio, 2531 Manse Road, Cumberland Village. Please join Susan Ashbrook (of the CCCC) at her studio and feel free to bring your friends.

Sat., December 4, 8 pm
MURDER IN THE CATHEDRAL - Third Wall

Productions is presenting a one-night only staged reading of this beautiful poetic verse play. Glebe-St. James United Church - 650 Lyon Street South. Tickets \$45 (including a tax-reciept and a post-show reception with the artists). For tickets and information call **613-236-1425** or email info@thirdwall.com.

Wed., December 8, 7:30 pm
STAIRWELL CAROLLERS CHRISTMAS CONCERT - St. Columba Anglican Church, 24 Sandridge Rd. Renaissance songs and tradtional carols. Teicktes \$15 at the door. Reception follows.

Fri., December 10, 5 - 9 pm
ARTIST TALK at 7 pm. A whimsical winter show with Gordon Harrison and introducing Bhat Boy. RSVP to the Gordon Harrison Gallery. 495 Sussex Drive. **613-746-6853**.

Sun., December 12, 5 - 7 pm

SILENT HOLIDAY AUCTION at Centre d'artistes Voix Visuelle (81 Beechwood). It will be the perfect occasion for you to find, among 70 original miniature digital print artworks (25cm by 20cm), the ideal gift for that special someone. Admission to the event is free. All proceeds from the auction will help finance the Centre's activities.

Sun., December 12, 10 am - 3 pm

LOCAVORE ARTISAN FOOD FAIR at the Crichton Cultural Community Centre, 200 Crichton St.(use Avon Lane entrance). Free admission. Contact ottawalaff@gmail.com. Charitable gift basket proceeds go to the Good Food Box.

Sun., December 12, 6 pm
CHRISTMAS CANDLELIGHT SERVICE at Beechwood Cemetery. Bring the family to our most popular event. A special way to remember loved ones, featuring a candlelight vigil with carols, music by the Chorum Chamber Choir and a tree-lighting ceremony. Each guest will receive a complimentary

candle to participate in this memorable event. We encourage you to bring an ornament to place on our tree in memory of a loved one. Hot chocolate, hot apple cider and candy canes will be served. A non perishable food item for the Food Bank would be appreciated. Event is free. Ample free parking. Event is outdoors, so please dress warmly.

Fri., December 17, 7 - 9 pm
RELATIONSHIPS MATTER presentation on "Forgiveness". This is one in a series of *Psychology for everyday living* topics by Capital Choice Counselling Group and Saint Paul University. 223 Main Street, The Auditorium: Room 203. \$10.00 per person at the door: no registration required. Visit www.relationshipsmatter.ca or call **613-425-4257**.

Sat., December 18, 10 am - 12 pm

HOLLY SALE at St. Columba Anglican Church, 24 Sandridge Rd. Fresh holly, baked goods, jame and jellies.

January Events

Sat., January 29, 2:30 - 5:30 pm
WINTER CARNIVAL at

Stanley Park. (See writeup on Page 21 for more details.)

Fri., January 28, 7 - 9 pm
RELATIONSHIPS MATTER presentation on "Women and The Invisible Syndrome". This is one in a series of *Psychology for everyday living* topics by Capital Choice Counselling Group and Saint Paul University. 223 Main Street, The Auditorium: Room 203. \$10.00 per person at the door: no registration required. Visit www.relationshipsmatter.ca or call **613-425-4257**.

Mon., January 31
DEADLINE FOR YOUNG AUTHORS CONTEST - The Ottawa Public Library is looking for awesome authors between the ages of 9 and 17. Writers are invited to submit poems and short stories in English and/or French for the Awesome Author's youth writing contest.

The winning poems and stories will be published in pot-pourri, an anthology published annually by the Friends of OPL. Participants can also win awesome prizes which will be presented at an awards ceremony in March. www.BiblioOttawaLibrary.ca.

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CLASSES ON DRAWING, PAINTING & PERSPECTIVE 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.

BABYSITTER. For all of your casual child care needs during the busy Christmas season. Experienced, Local, New Edinburgh, home schooled teen. Available days and evenings. Five years experience with Toddlers+. Please call Kira for information or to arrange an introductory meeting. 613-749-8236.

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

HOSERS WANTED!!. Yes, it's that time of year to start thinking about ice. If you are interested in becoming part of our elite group of ice-makers, please contact Brian Torrie at (brian.torrie@rogers.com or 613-747-7951) to sign up and get scheduled in.

PHOTO RESTORATION and CUSTOM PHOTO EFFECTS. When Memories Matter. Digital restoration of your precious memories. Custom Portrait Vignettes of family and/or pets made from your own personal photo collection. Local, New Edinburgh Artist and Photoshop Artist. Please call or email Donna to explore the possibilities. 613-749-8236 wolfclan42@gmail.com.

DOG/CAT WALKING AND SITTING

Your house plants are also safe with me! Emergency and regular daily walking. References.

Liba Bender: 613-746-4884

Holiday Services

MACKAY UNITED CHURCH

MacKay St. at Dufferin Rd. 749-8727

Rev. Dr. John Montgomery

Wed., Dec. 15, 7:00 pm
Blue Christmas - a service of comfort for people who feel a sense of loss at Christmas.

Christmas Eve

Fri., Dec. 24

5:00 pm - Family Service
7:00 pm - Communion and Carols.

Sun., Dec. 19, 7:00 pm
Christmas Candlelight Service for the Community. Freewill offering to benefit The Ottawa Mission.

ST. BARTHOLOMEW'S

125 Mackay St.

613-745-7834

www.stbartsottawa.ca

stbarts@on.aibn.com

Sun., Dec 5

8:15 am & 10:30 am
4:00 pm Advent Carol Service

Sun., Dec 12, 8:15 am & 10:30 am

Sun., Dec 19, 8:15 am & 10:30 am
Nine Lessons and Carols & Sunday School Pageant

Christmas Eve ~ Dec 24

4:00 pm ~ Family Service
10:00 pm

Christmas Day ~ Dec 25

10:30 am

Dec 26, 8:15 am & 10:30 am

Jan 2, 8:15 am & 10:30 am



ST. JOHN EVANGELICAL LUTHERAN CHURCH

270 Crichton St. 749-6953

Sun., Dec. 19, 10:00 am
Worship Service featuring our Sunday School children's Christmas Pageant. Special activities and potluck lunch follows. Everyone welcome.

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

Sat., Dec. 25, 10:30 am
Christmas Day Eucharist

Service, Rev. Joel Crouse presiding, with the residents and families of the Garry Armstrong Long Term CareCentre, held in their chapel. All are welcome.

ST. LUKE LUTHERAN CHURCH

326 Mackay St. 749-1731
www.saintlukelutheran.ca

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

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

Fri., Dec 31, 7:30 pm
New Year's Eve Service

ST. ANDREW'S CHURCH

82 Kent (at Wellington)

613-232-9042

www.StAndrewsOttawa.ca

Sunday, Dec. 19, 4 pm
Carols by Candlelight:

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

Christmas Day, 11 am
Christmas Morning Service

Sunday, Dec. 26, 11:00 am
Christmas Service

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For further information, please contact:
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Macdonald-Cartier Academy
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Burgh Breezy bits

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Photo: Courtesy of Quartier Vanier BIA
El Meson Restaurant had one of the winning Halloween displays at this year's Beechwood Avenue PumpkinFest. For the full story see Page 23.

Congratulations

Josh King and Charlie Woodcock (both of Noel) won gold at the "Head of the Fish" Regatta in Saratoga New York in the Juior men's 8-man crew. Josh also scored bronze in the 4 man race.

Le Jardin Co-operative Daycare is proud to be celebrating its momentous fourth anniversary! Learn more about this local non-profit, parent-run childcare organization: visit www.lejardincoop.ca and find out how you can be a part of something special in the neighbourhood!

Christopher Redmond is

one of the top 50 finalist in the CBC's "Champions of Change" contest. He co-founded the **Burundi Film Centre** whose purpose is to train Burundi youths in the basics of film-making so they can express themselves through the medium. The country is still dealing with the aftermath of a 12-year civil war and Christopher believes that the tools he can bring to young people will help peace take root.

Each year is a struggle to secure the financing, equipment and personnel to run the centre, and so far BFC has accomplished this. Five short films were produced the first year by Burundian youth and



Local resident, Dr. Peg Herbert recently received the prestigious Women of Influence Local Hero Award for her work supporting the vulnerable in Lesotho.

the films screened at over 50 film festivals worldwide.

Funding has been a real challenge for Christopher and fellow co-founder **Raymond Kalisa** since Burundi is no longer in the headlines. This project and the films that have been produced so far continue to bring a lot of attention to the otherwise overlooked war-torn nation. For further information, please check their website: www.burundi-filmcenter.org.

Dr. Peg Herbert, Founder and Executive Director of **Help Lesotho**, has been awarded the *Women of Influence Local Hero Award - Ottawa*. Help Lesotho, founded in 2004, develops projects in Lesotho that address expressed Basotho needs. More than 9,000 orphans, vulnerable children, youth and grandmothers benefit from its programs. 15 schools in Lesotho are helped by the Schools Helping Schools program in Canada.

Babies

Sara Maclure at 119 Stanley Ave. has a baby sister, **Malaika**, who was born on May 7. Malaika has taken an affinity to **Kiwi** the house cat.

Congratulations to **Lumière Festival Director Scott Florence** and his partner **Lou Hayden** on the safe arrival of their first child, a healthy son **Raphaël Corbie Hayden Florence**. In addition to his



Meet newcomer to the local scene, Malaika and her feline friend, Kiwi.



Photo: Louise Imbeault

Gavin Murphy strikes again! This time he held a special vernissage to support the Breast Cancer Action NGO. Pictured here with **Sally Arsove** (left) and **Karen Graszat**, Executive Director of Breast Cancer Action Ottawa (right).

work with the CCCC, Scott is the founding Director of the acclaimed *Company of Fools* and we have no doubt that Raphaël will have an entertaining childhood, immersed in Shakespeare and in the local theatrical community!

Congratulations to **John Kealey** and his wife **Aimée** on the safe arrival of their daughter **Matilda Danielle Kealey**. John is the co-owner/operator of **The General Photography Studio** on Mackay Street, and we're guessing we'll be seeing some beautiful baby portraits of Matilda on the studio walls in the coming weeks!

Comings & Goings

Welcome to the new owners of 245 Mackay Street, **Ben Caron**, formally of Rockcliffe Way and **Martine Landry** and great dog **Mia**.

Daniel Granger and **Aaron King** have moved out of the hood, where they both grew up to become roommates in Orleans.

Condolences

Our sympathies to **Brian and Susan King** (Noel) on the death of Brian's mother, **Ruth King** of Ottawa Lake, MI. Mrs. King passed away on October 4.

Jean Crawford, who lived on Victoria Street since she was born in 1919, passed away on September 25, 2010. She was a great supporter of Mackay United Church and supported their service to Centre 507 by making several loaves of sandwiches each month, even well into her nineties.

Bill Burns, long time Vaughan Street resident passed away on Friday, November 19 at the age of 88.

Condolences to all of **Daron Richardson's** friends and teachers at Ashbury College. She will be sorely missed.

Christmas Sale

The annual sale of FRESH Christmas HOLLY, as well as homemade jams and jellies, will take place on **Saturday, December 18 at 10.00 am** in the The John Stewart Hall, of the **Church of St. Columba**, 24 Sandridge Road, Manor Park, opposite the RCMP barracks.

Thank You!

A big thanks to the **New Edinburgh Pub** and the **Clocktower Brew Pub** who have both sponsored the local Sting Competitive B Pee Wee minor hockey team.

NEXT DEADLINE: Jan 10

Happy New Year!



Jean Crawford, 1919 - 2010.