

NEW EDINBURGH NEWS

www.newedinburgh.ca



Memories of Beechwood: This watercolour drawing by local artist Ana Irondo de Bryson captures a moment in our recent past. For information on post-fire developments, please see Jane Heintzman's update article on page 8 in this edition.

Here We Go Again...

NCC Prepares Ground for Diplomatic Mission in Green Space Along Sussex

By Jane Heintzman

Not long before this edition went to press, NECA President Joan Mason was informed by the National Capital Commission (NCC) that work would begin on November 18, 2011, to carry out a land survey, geotechnical study and scan for contaminants on the NCC-owned green space bordered by Stanley Avenue, Sussex Drive, John and Thomas Streets. The purpose of this activity is to pursue the possibility of using a portion of this green space for a diplomatic mission, a possibility which has been looming since the identification of this area as part of the Capital's "International Precinct" in the NCC's 2005 *Plan for Canada's Capital* and *Core Sector Plan*.

Recent arrivals to New Edinburgh may not be aware that when this threat originally emerged in 2005, our neighbourhood mounted a vigorous opposition to development on these green spaces, collecting signatures from hundreds of households in the community, and forcefully arguing in favour of preserving the natural beauty of these blocks as part of a "Green Precinct" containing two of the most historically significant buildings in Canada: Rideau Hall, the residence of the Governor General, and 24 Sussex Drive, the home of the Prime Minister. These sylvan blocks are, of course, also the gateway to the Heritage Conservation District of New Edinburgh, and it was seen as a tragic folly to permit construction of an imposing,

modern structure in the midst of what is now parkland bordering this historic neighbourhood.

Sadly, however, there seems no shortage of tragic follies among the NCC's legacies in this area. Where there was once beautiful, unspoiled parkland overlooking Rideau Falls, the long-abandoned Canada and the World Pavilion at 50 Sussex now sits idle after seven years, gathering dust and mold, while the formerly green and gracious border of Sussex is now studded with massive, modern foreign missions which are arguably far from architectural enhancements of the streetscape, with barely a trace of green foliage among them.

NECA responded swiftly to the notification from the NCC with the following strong message from NECA President Joan Mason:

"We are distressed and angered to learn, in such a manner, that the NCC is planning to sell a portion of the northern edge of New Edinburgh, a 'Green Precinct' that enhances the approach to 24 Sussex, Rideau Hall and the historic community of New Edinburgh.

"As this property is within the boundaries of the New Edinburgh Heritage Conservation District, we will vigorously oppose the sale of the land for development purposes, as we did six years ago when this possibility was first broached in the NCC's Plan for Canada's Capital. This last bit

of green space, in such a vitally important location next to the two most historically significant residences in this country, should not be lost to Canada.

"To arbitrarily embrace this corner of Ottawa in the NCC's so-called 'International Precinct' is a fundamental and tragic error: rather, it is clearly a 'National Precinct' to be preserved in both its historic and architectural heritage, and its extraordinary natural—and distinctively Canadian—beauty.

"We are appalled that the NCC, theoretically the 'stewards' of this unique piece of Canada's natural and cultural history, is prepared to contemplate selling off precious green space and public property, and to permit the construction of a modern, sterile foreign mission in jarring dissonance with the serenity and historic resonance of this area.

"The NCC has gone to great lengths to ask what kind of Capital 'Canadians' want. It has long been clear that the Commission views the inhabitants of our neighbourhood as essentially self-interested property-owners whose views must be over-ridden or ignored in the interests of serving this mythical community of 'all Canadians.' This is in fact a fundamental misconception: those of us who currently inhabit New Edinburgh are acutely aware of the national treasure that surrounds us, and are committed to doing everything in our power to preserve it for

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OTTAWA LUMIERE FESTIVAL PRESENTS

Frost Fire

DECEMBER 17 2011

WHEN December 17, 2011 from 4 to 7 pm

WHERE Memorial Hall, MacKay United Church, 39 Dufferin Road

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Tickets can be purchased at the Crichton Cultural Community Centre (255 MacKay St)



NECA President Joan Mason Reports

Telling Our Story: Update on New Edinburgh History Project

New Edinburgh is an old and remarkably well preserved Canadian village of the early 19th century. We know from experience that, to defend this community from inappropriate development, we have to lobby hard and be prepared to participate in a very complex municipal planning process. We have to come to understand as well that, to defend this valuable heritage, we have to educate ourselves, the decision-makers and the Ottawa community. We have to do more to promote the heritage of New Edinburgh.

With this in mind, the New Edinburgh Community Alliance (NECA) for several months has been exploring different ways to highlight the community's extraordinary

heritage value. Possibilities that we have considered include original research on the community (celebrating its 185th anniversary in 2014) and possibly a complementary exhibit focusing on Rideau Hall (175 years old in 2013). We have realized in the process that New Edinburgh lacks an authoritative history, based on original research. We hope to do something about that.

NECA was founded in 1989 with a mandate to preserve New Edinburgh, to protect it from inappropriate development and to make it better and more widely known as a unique and valuable neighbourhood within the Ottawa community mosaic. An authoritative history is an essential tool to help

us do that.

The book, as we imagine it, would be highly illustrated with images of the streets and people of the past. It would capture the stories of the people who have lived in this village, their way of life, the mills where they worked, the houses they lived in.

Historian Martha Edmond and writer Janet Uren have worked with community volunteers to plan the project and – in the next phase – they hope to continue working together to research, plan and write a full-length book and possibly a complementary exhibit. Both Martha and Janet have professional experience as exhibit planners and writers. As for the book, they intend to combine popular appeal with a serious look at an important 19th-century settlement.

The planning is complete. Over the next year, NECA hopes to secure the financial support for the project from public and private sources. As for the community itself, when the project is launched, the authors will be turning to you for your stories, your knowledge and your memories.

NECA AGM Report

The Annual General Meeting of the New Edinburgh Community Alliance (NECA) on October 25 was, as usual, a convivial community occasion as well as a formal legal obligation. If you are new to the neighbourhood and interested in its welfare, attending the AGM is an agreeable and informative way of settling in, meeting your neighbours and some of your political representatives, and perhaps finding out where you can most usefully volunteer your skills.

The agenda this year was a

be proud of its proactive role in responding to community causes, and Joan singled out the generous response of Burgh residents to the Beechwood fire last spring, our partnership undertakings with Heritage Ottawa, and the happy outcome of the Crichton Cultural Community Centre's (4Cs) long struggle for a home.

Our new councilor, **Peter Clark**, complimented NECA for the moral support it gave to the Community Housing project at 245 Crichton under the city's Collective Act of



Isobel Bisby displays the New Edinburgh tartan and emblem at NECA's October Annual General Meeting.

full one. Many of the issues discussed were ongoing and are regularly reported in this paper.

NECA President **Joan Mason** touched on several of them in her welcome speech, in which she emphasized the need for solidarity among community and other associations in addressing common challenges. New Edinburgh can

Kindness project. The City donated the land; the construction companies who worked on the new Ottawa Convention Centre provided the materials; and the Convention Centre workers donated their labour. The new building (the original one was unsalvageable) will have six apartments for families headed by single mothers. **Jo-Anne Poirier**, CEO of

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

Advertising: nen-ads@hotmail.com

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

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

Distribution: Jonathan Blake, jjimblake@sympatico.ca

Photographer: Louise Imbeault

Bookkeeper: Kathryn Sabetta

Proofreader: Sandra Fraser

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Your NECA Representatives 2010-2011

Sarah Anson-Cartwright	745-4194	Neca.enviro@gmail.com	Environment
Roslyn Butler	746-8037	roslynbutler@hotmail.com	Traffic Calming/Secretary
Michael Histed	741-1660	mhisted@uottawa.ca	Heritage & Development
Michael Larrass	744-0304	michael.larrass@rogers.com	
Joan Mason	842-8693	apresfou@sympatico.ca	President
David Sacks	740-0650	dsacks1776@aol.com	
Ernie Smith	744-8191	ernie414@rocketmail.com	
Janet Uren	842-4913	janet.uren@wordimage.ca	
Jim Watson	745-7928	watamarack@aol.com	Treasurer
Carlo Zambri	744-0773	carlozambri@yahoo.ca	
Ex officio:			
Mark Baker	746-9012	distobj@acm.org	Webmaster
Jill Hardy	746-1323		Fieldhouse Rentals
Gemma Kerr	745-7928	newedgem@magma.ca	Membership
Cathy McConkey	746-0303	cjmccconkey@sympatico.ca	Crichton Community Council
Cindy Parkanyi	745-8734	newednews@hotmail.com	New Edinburgh News
Bethann Robin	745-2742	bethann.robin@cra-arc.gc.ca	CCCC President
Marci Surkes		marci.surkes@gmail.com	Friends of the Park
Brian Torrie	747-7951	brian.torrie@rogers.com	Crichton Community Council

Ottawa Community Housing, is forming a “Yes in my backyard” program based on our New Edinburgh example. We can be proud! Mr. Clark also took questions on parking, snow removal and the sale of 55 MacKay to the Vietnamese Embassy—a sale that he, and NECA, supported.

NECA Past President **David Sacks** bid farewell to two long-serving board members who are retiring from the NECA Board. **Gemma Kerr** joined NECA in 1998 to help fight against the then-proposed extension of the Vanier Parkway through Stanley Park. After five years as president she retired, then a crisis in NECA brought her back to serve for another four years.

Paul McConnell is also retiring after serving almost 10 years on NECA’s Heritage

and Development Committee. Holding ground against unsuitable development has occupied many hundreds of hours of Paul’s time, and David thanked him and commended his keen mind and exceptional analytical abilities. The room gave him a standing ovation.

Elections to the NECA Board were held (**David Sacks**, **Michael Larrass**, **Ernie Smith** and **Jim Watson** were re-elected; **Michael Histed** and **Janet Uren** were elected as new members to the board).

The second annual B.R.I.C.K. Awards for sensitive restoration were presented to the owners of 165 Ivy Crescent, 202 Ivy Crescent and 151 Stanley Ave. (the “Bell House”).

In the part of the meeting opened for public discussion, traffic, parking and heritage were the hot topics.

Smart Growth, Dumb Bridge

Editor’s note: The following article was originally published in the September/November edition of the Manor Park Chronicle. New Edinburgh Community Alliance, like Manor Park Community Association, is a member of Eastern Alliance for Smarter Transportation (EAST).

**By Christophe Credico,
Chair - Manor Park Bridge
Committee**

As the Interprovincial Crossings project keeps stubbornly rolling along, recurring themes are emerging. Despite National Capital Commission (NCC) claims to the contrary, the fundamental framework of the project is flawed, and its execution is laughable; though this is no laughing matter.

The NCC prides itself on being progressive with a focus on ensuring sustainability for the National Capital

planning. The Ontario Smart Growth Network believes “that there are three basic requirements with respect to achieving the principles of smart growth in Ontario: stopping urban sprawl, fostering healthy communities, and supporting community involvement in planning” (source: Ontario Smart Growth Network, www.smartgrowth.on.ca).

the problem, assessing a broad range of innovative options that may best provide a solution, and doing so with a regional Smart Growth perspective within the context of an integrated transportation plan with a strong emphasis on public transit, the NCC has instead decided to simply build a bridge. This bridge will create urban sprawl,

will encourage more people to car commute from Gatineau suburbs, will deteriorate communities in and around

Application of Smart Growth Principles

- 1) Stop Urban Sprawl
- 2) Foster healthy communities
- 3) Support community involvement in planning

Source: Ontario Smart Growth Network

Region. Visionary initiatives such as the NCC’s Horizon 2067: The Plan for Canada’s Capital (www.horizon2067.ca) are high profile and have the right intent. But, ironically, while this is going on, the NCC is also pushing forward the bridge project, founded on 1950s transportation planning principles.

Smart Growth planning principles define global best practices for sustainable urban development, livable communities, and integrated transportation

[smartgrowth.on.ca](http://www.smartgrowth.on.ca))

As the Nation’s Capital, the region must be held to a high standard. We have aspirations to define ourselves as one of the great cities in the world. It is the role of the NCC to lead by example, to make Canadians proud, and to showcase progressive, sustainable stewardship of the region.

But if this truly is the case, why is the current bridge project violating many basic Smart Growth principles? Instead of truly isolating and defining

the selected corridor, and could blemish the region for generations to come, without solving the main problem of removing the truck traffic on King Edward. Something is seriously wrong.

Granted, the problem on King Edward is terrible. But let’s not be dumb about trying to fix it. And, let’s make sure the attempted fix doesn’t create other, bigger problems for the National Capital Region down the road.

For more information, visit www.StopTheBridge.org.



Pet Peeve

I just don’t get it.... what’s so difficult about this name?

Media representatives on television relay to us international, national and local news on a daily basis. That’s their chosen profession and they have studied long and hard to achieve a level of professionalism.

How is it that they can utter foreign names with ease—difficult names, cities and countries, but can’t seem to correctly pronounce one simple English word—the name of our Governor General?

Can’t they read the word JOHNSTON on the teleprompter or on a sheet of paper?

Weekly, I’m stumped to hear his name mispronounced so casually—it is NOT Johnson.

How can so many miss the essential “T”? David JOHNS-T-ON, how hard is that to say?

Yet again, during the live Remembrance Day celebrations on CBC, the chaplain plainly and audibly said: Johnson. Maybe the speech writer omitted the 20th letter of the alphabet? In this age of communication, I’m dumbfounded by the negligence (or laziness) associated with the spoken word.

Dear GG, I apologize on behalf of all the Canadian media who so often mispronounce your family name and wish that the industry would add a new topic to the training curriculum of those who relate the news—a mandatory course on DICTION!

That’s my peeve—thank you!

Louise Imbeault

Sussex For Sale Once Again...

From page 1

the generations of Canadians to come.

“We live with the crowds of visitors that flood the area each year, and see at first hand what they respond to with delight and enthusiasm. No, it is NOT the faceless row of foreign missions along Sussex Drive. Rather it is the parkland, the Falls, the open spaces and the historic homes of the Prime Minister and Governor General. It is for all Canadians that we will fight to preserve this legacy and to retain the natural assets of this quintessentially ‘National and Green Precinct.’

“It is extraordinary that the NCC did not attempt to consult earlier with this community. To be sensitive enough to inform us of bore holes, and not to consult with us about a prospective development of the kind we fought against so vigorously in 2005, is beyond belief.

“While we are firm in our opposition to development on these blocks, we do agree that the NCC and New Edinburgh continue to have many goals



This photo of the area bordering Sussex was taken in 2005, around the time of the last NCC attempt to sell off the land.

in common, and are prepared to engage in a meaningful consultation process at the earliest opportunity.”

When we went to press, NECA had not yet had an opportunity to make contact with the NCC to determine more details about the proposed project, and in particular, to establish whether, as we suspect, the planning process is already quite far advanced. Interested readers can visit the community website at www.newedinburgh.ca to keep abreast of developments relating to the properties as NECA pursues these consul-

tations in the coming weeks. And pleased stay tuned: we may, once again, need to join forces as a community to voice our collective opposition to yet another wasteful and destructive project that could threaten the integrity and natural beauty of this unique corner of the world.

One has to wonder just how long it will take before NCC planners can see that parkland and green spaces in the urban core are not a blank slate, crying out for development, but are in themselves an invaluable asset, profoundly enriching the human community around them.

NECA MEETINGS: All Welcome

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

All upcoming NECA meetings will be held at **St. Bartholomew’s Church at 125 MacKay Street**, by kind permission of the church board and warden.

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:

**No meeting in December
January 16, 2012, 7:30 pm, at St. Bartholomew’s**

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



Heritage and Development Committee - Comité Patrimoine et Développement

NECA Hosts Third Heritage Forum

By Paul McConnell

In New Edinburgh and in other neighbourhoods across Ottawa, community volunteers are often the first line of defence to protect local heritage. They identify and research heritage properties, work to secure heritage designations (whether for individual buildings or whole districts), promote awareness of heritage resources through publications and walking tours, and make presentations to protect them from development pressures. This can be a lot of work! It can seem overwhelming for individual volunteers. Yet there is a lot of useful, practical experience accumulating in the different communities. The challenge is how to share this information and expertise. NECA identified this as a potential theme for its third Heritage Forum, anticipating that progress on this topic could make communities more effective at pro-

tecting and promoting heritage in their own neighbourhoods, while developing a louder voice city-wide.

The proposed focus of this latest edition of the forum meant we would need to reach out to community associations and their heritage volunteers. So we approached Heritage Ottawa (HO) as a logical partner in the task of convening an Ottawa-wide Forum. The mandate of Heritage Ottawa is to advocate on behalf of heritage preservation, and to educate and inform about the benefits of looking after the city's heritage resources. Fortunately, right from the start, it was apparent the proposed Heritage Forum was a shared priority for both NECA and Heritage Ottawa, and a strong working partnership was quickly established to convert the idea into reality.

Billed as a "Heritage Forum for Ottawa Communities", its

declared purpose would be "to help promote, protect, and preserve heritage in Ottawa by strengthening ties between community groups". It would aim to highlight heritage concerns at the community level, and explore the prospects for collaborative action, better information sharing, and more effective coordination.

The forum took place in New Edinburgh on October 15, 2011, at St. Bartholomew's Church Hall. A dozen communities concerned about heritage issues participated, with more than 40 people in attendance. Prior to the formal start, many of them enjoyed a walking tour of the New Edinburgh Heritage Conservation District. This provided a practical introduction to the challenges facing heritage preservation, such as intensification pressures, adaptive reuse of existing buildings, restoration work, design guidelines and encounters with



Heritage volunteers from communities across Ottawa attend the joint NECA-Heritage Ottawa Heritage Forum, which took place in mid October. Attendees were also invited to enjoy a walking tour of the New Edinburgh Heritage Conservation District beforehand.

the Ontario Municipal Board. The forum began with opening remarks by NECA President **Joan Mason**, followed by observations from Heritage Ottawa President, **Leslie Maitland**, about the prospects for a collaborative approach to conserving heritage and promoting a city-wide dialogue.

A series of short presentations introduced a combination of practical information coupled with discussion of opportunities for further action. The six topics covered were: identifying local heritage priorities, raising public awareness, researching heritage information, preparing for Committee of Adjustment and OMB, strengthening the Heritage Reference List of buildings, and promoting Heritage Ottawa's 'Heritage Keeper' program. The speakers were **Katherine Arkay** (NECA), **Linda Hoad** (Hintonburg and HO), **Paul McConnell** (NECA), **Nancy Oakley** (Centretown and HO), **Bill Price** (Glebe and HO), and as Chair, **Jay Baltz** (Hintonburg and HO). That the discussion was still going strong after four hours con-

firms the level of interest and conspicuous need for this type of encounter.

Feedback on the forum has been very positive, but this is only a constructive first step. The discussion identified several possible follow-up activities that would help strengthen community efforts—raising heritage awareness among councillors, updating the Heritage Reference List, strengthening the Heritage Advisory Committee at City hall, building local competence, coordinating advocacy efforts, creating mechanisms for sharing information and expertise, building on community contacts established at the forum, and encouraging Heritage Ottawa to take a lead catalytic and convening role to strengthen community efforts.

The forum succeeded in making valuable connections and identifying lots of practical "next steps" that will be explored in the coming months. Meanwhile, a detailed report of the forum will be published soon on the New Edinburgh and Heritage Ottawa websites.

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B.R.I.C.K. Awards 2011

By Paula Thompson

The Burgh Renovation, Improvement, and Construction Kudos Award

The B.R.I.C.K Award recognizes property improvement projects that are sympathetic to the community and add to the appearance and character of our neighbourhood. This year's B.R.I.C.K awards were handed out at the NECA AGM on October 25, 2011. The NECA Heritage and Development Committee received a number of worthy nominations this year, including a real labour of love at 34 Dufferin; the homeowners undertook a major project to restore a lovely two-storey porch at the front the house. The infill at 51-53 Vaughan Street was also nominated. The style, height and mass of this impressive modern double is a welcome change from many garage-focused infill properties we have seen in recent years.

Our congratulations and thanks go out to all nominees, and of course to this year's three winners.

1. Renovation & Restoration



165 Ivy Crescent. (Inset) NECA President Joan Mason presents plaque to Debra Connor.



202 Ivy Crescent. (Inset) Katherine Hall.

The Winning Property is: **165 Ivy Crescent** (near Bertrand).

This environmentally sensitive restoration to a small, 1949 bungalow was above all a tasteful exercise in restraint.

The homeowners resisted the temptation to demolish and build a new, larger home. Instead they opted to rejuvenate the bungalow with colour-

ful siding, a new roof, and a lovely new porch.

The Award acknowledges the sensitive approach given to context and streetscape. This entire neighbourhood has benefited as a result.

A very successful project that richly deserves our recognition.

Congratulations to the Winning Owners: **Debra Connor** and **Steve Grabner**.

2. Additions & New Construction

The Winning Property is: **202 Ivy Crescent** (near MacKay).

The homeowners faced the challenge of expanding their home to accommodate a growing family, but without reducing the garden or creating an oversized, top-heavy dwelling. They succeeded in striking a perfect balance.

The new third storey, with its blue gabled roof and dormer

windows, complements the character of the house

It also preserves the garden, and adds to the streetscape.

This is a very successful project that richly deserves our recognition.

Congratulations to the winning owners: **Katherine** and **Warren Hall**.

3. Third "Special" Award

It's the Special Award that gives us some flexibility each year to acknowledge and celebrate an exceptional example of sympathetic property development in New Edinburgh.

The winning property this year is: **151 Stanley Avenue**.

This is an impressive and sensitive restoration of one of the most historic and conspicu-

ous buildings in the Heritage Conservation District.

Extensive work has been undertaken on all facets of this designated property, but its character has remained intact, and enhanced.

New Edinburgh owes the homeowners a great debt as the sensitivity and quality of this project have preserved—and protected—this wonderful character-filled home for generations to come.

This very successful project richly deserves our special recognition.

Congratulations to the Winning Owners: **Michele Carini Bruinsma** and **Gosse Bruinsma**.



151 Stanley Ave. (Inset) Gosse Bruinsma.

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**NecoE New Edinburgh
Committee on the
Environment**

Working toward a more sustainable future

Energy Efficiency Without Sacrificing Heritage Character

By Sarah Anson-Cartwright

As the temperatures fall and we turn up the thermostat, many of us consider how to cut energy bills while heating our older homes. This may be the ideal time to get serious about any outstanding retrofits to heritage houses that may make your home more energy efficient.

The challenge is to maintain the heritage character while making “green” improvements to your home. Fortunately, two of the best places to pay attention to are out of sight: the basement and the attic.

In the basement, the sill plate, where the frame of the house meets the foundation, is a key area for air leakage and should be insulated with foam. Adding a flap for the dryer vent and insulation around the windows were two recommended fixes.

Attic insulation is also critical. Cellulose is a “green” insulating material that is recommended by energy efficiency advisors, such as **Franklin Menendez**.

The next key areas for draft-proofing are windows. For a heritage home, the windows are

integral to its historic charm. Yet, they are often sources of much heat loss. Retain original windows rather than replace them with vinyl or aluminum ones – which would destroy all the character and in some cases be disallowed for designated heritage homes. Find a restorer, such as **Paul Denys**, who will restore and reinstall original windows, with improved weather-stripping to seal them thoroughly.

The best way to pinpoint

all the drafts in your house is to have an energy advisor come and conduct a blower-door test. The test showed us what we did not know about our home’s air leakage. We learned about a drafty window in a spare room; although it was closed tightly, we didn’t realize it was still leaking air at the sill. There was also a drafty gap at the top of a side door, which we had not realized.

An energy audit recommends changes to your home to lower its energy use. The federal government’s ecoENERGY Retrofit - Homes program was renewed this year and will continue until March 2012. After an energy audit by a certified advisor, home-owners are eligible for grants of up to \$5,000 for a range of upgrades.

Once you have filled all the gaps and added extra insulation, set your programmable thermostat to reduce your heat-

ing demands and realize ongoing savings of between 10% and 15% of your heating bills. Our thermostat is programmed to follow our energy conservers’ advice to set the temperature to 20C when home and 17C when out or at night during the winter months. Add a water heater blanket. Other more substantive investments include upgrading to a high-efficiency furnace if yours is more than 20 years old.

Remember to start with your home’s envelope by sealing up the leaks and then consider upgrades to the heating sys-

tem.

There is no doubt that owners of heritage homes do face challenges in achieving energy efficiency and lower carbon emissions. But take heart in knowing that reusing an existing home trumps new construction, by a margin of 35 tons of CO₂, according to a 2009 study in the U.K. titled “New Tricks for Old Bricks” by the independent charity Empty Homes. And when it comes to sustainability, restoring and improving the original materials in our homes is an optimal approach.

Get Involved in a Greener Neighbourhood

When you think of what you love about our neighbourhood, do its “green” advantages make your list? “Green” could mean shopping locally and having bike paths, or undergoing energy-saving home retrofits and switching to hybrid cars. It could mean more trees to absorb CO₂ and reducing your home energy needs. There are countless ways toward a lower carbon footprint and a more sustainable environment.

If living lightly and enjoying all kinds of “green” are part of your life in New Edinburgh, NecoE (New Edinburgh Committee on the Environment) wants your ideas and participation. Let’s work on adding to and improving our local environment with projects to lower its carbon footprint and increase its appeal.

NecoE has hosted workshops on green homes, local and organic food, and water in our lives. We have encouraged residents to inoculate trees against emerald ash borer, to plant more trees, to help with the

river cleanup and improve on our recycling efforts. We talk with other community groups and can learn from others’ track records in protecting and improving our environment.

With your involvement, we can pursue more projects and tap into our residents’ needs and wishes. Do you want change? Contact us to become part of an eco-hood.

You can reach NecoE via email at neca.enviro@gmail.com or call **Sarah Anson-Cartwright at 613-745-4194**.

- To promote environmental awareness in our community
- To help residents achieve a more environmentally friendly lifestyle, through education and practical help
- To raise awareness of the practical and social rewards of a greener lifestyle
- To advocate on New Edinburgh’s behalf, and with like-minded groups, for sustainable development.

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Locavore Artisan Food Fair Dec. 10



The taste buds of Ottawa foodies will be tingling knowing that the second annual **Locavore Artisan Food Fair** (Ottawa LAFF) will take place on **Saturday December 10, from 10 am to 4 pm** at the new **Crichton Cultural Community Centre** located at **39 Dufferin Road** (Memorial Hall) in New Edinburgh.

A gathering of 25 of Ottawa's celebrated food artisans will be selling their products which include cookies, pies, breads, teas, coffee, jams, chutneys, marinades, olive oils, granola, cheeses, soups, chocolates, ice creams, mustards, take home meals and gluten free baking. These items make wonderful gifts and will also reduce the stress of your holiday cooking and shopping. There will be lots of sampling of the gourmet products and the on-site café will be serving delicious soups all day long.

Admission to the fair is free and this year there will be a silent auction at the Ottawa LAFF with products donated

by the vendors. The proceeds will go to the **School Breakfast Program** which feeds 11,000 children in Ottawa every day. "We wanted to support a charity that was food related and the School Breakfast Program is a perfect match for us. They are promoting healthy eating and making sure kids have energy to start their school day," said **Michael Sunderland**, co-founder of the Ottawa LAFF and Michaelsdolce's artisan jam maker.

Be sure to mark December 10 on your calendar so you do not miss this amazing showcase of local artisan food products that will make your holiday season gastronomically enjoyable for you, your family and friends.

Local Food Artisans:

Art-Is-In Bakery, Auntie Loo's Treats, Chamomile Desjardins Hot Sauces, Dolci Bake Shop, Happy Goat Coffee Company, Island Spiced Hot Sauces, Just Wing'it, Kawsalsa, Life of Pie, Major Craig's Chutney, Manotick Village Butcher, michaelsdolce, Mrs. McGarigle's Fine Mustard, Pascale's All Natural Ice Cream, Rochef Chocolatier, The Salty Dog, Scratch Kitchen, Siren Bakery, Stone Soup Foodworks, Tea & Ginseng, Terra Foods, La Trappe à Fromage, Urban Baking Co., Vegetarian Treasures, Yummy Cookies.

Tis the Season to Be Green

By Sarah Anson-Cartwright
Holidays like Christmas tend to really test some of us in the face of excess. There can be so much shopping, eating, drinking and all round consumption. If you are keen to stay "green" as you give gifts and celebrate, you may want to keep these three tips in mind:

- **Celebrate local food** by including as much locally sourced fare when entertaining and giving edible treats. For info and inspiration, see the list of local producers and suppliers featured at 42 Crichton Street Fine Foods. Stop by the **Locavore Artisan Food Fair** on Sat. Dec. 10 at Memorial Hall, 39 Dufferin Road.

And if what you are seeking is not available locally, consider fair-trade comestibles from **Bridgehead** or certified organic products. (For a better understanding of the carbon footprint of food and many other things, read *How Bad are Bananas? The Carbon Footprint of Everything* by Mike Berners-Lee. By the way, bananas are not that bad since they travel by water, rather than air.)

- **Give eco-friendly gifts.** What we buy and give says something about what we value. When it comes to low-impact gift-giving, some people opt for donations or tickets to events or experiences, rather than more material things. Charitable organizations working overseas, such as UNICEF

and Plan Canada, offer a selection of specific gifts that can be delivered through their programs to those in need. For tangible things to give to family or friends, check out the eco-shop **Arbour** and for recommen-

dations, read the reviews at the aptly named website **www.ecoproductsthatwork.com**, which is based in Ottawa.

- **Recharge and recycle.** If you have to buy something battery-operated, then be sure to choose recyclable batteries. And recycle as much of everything you possibly can—from paper wrapping (some folks invite the Blue Box into their living room during gift opening) to "dare I say it?" unwanted electronics (drop them off at Best Buy which accepts batteries, ink cartridges, CDs, gift cards and a number of portable electronics such as cell phones and MP3 players).



Check out the **inhabitat.com Green Gift Guide** for eco-friendly gift ideas.

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Nine Months After Beechwood Fire and Still No News....

By Jane Heintzman

By the time this edition of the NEN is in circulation, it will be very close to 9 months since the devastating fire last March that wiped out the heart of our business community at Beechwood and MacKay, and displaced numerous individuals and families living above the stores. While we began with high hopes that the reconstruction process might be launched this past summer, and that at least some of our familiar suppliers might be back in operation before too long, these hopes gradually evaporated as time passed with no signs of movement at the barren site, and no news of plans or progress of any kind.

And with the passage of time came the gradual disappearance or relocation of virtually all the small businesses that had operated at the site, though thankfully many of them remain on

Beechwood, including **Huong Lam** of the former **Parker Cleaners and Alterations**, **Kelly's Barbershop**, and most recently **Nature's Buzz** (see below). Others such as **Time Sharpening**, and now possibly **Epicuria**, are not too far afield at the Rockcliffe Crossing Plaza in Manor Park. Whatever happens at MacKay and Beechwood, it seems fair to say it will be a whole new ballgame, with an entirely new collection of businesses springing up in our community once reconstruction is finally completed.

When we went to press for this issue, there was still no news from the landlords at Bank and Vogue, and it's our assumption that the insurance claims associated with the fire remain unresolved. As most readers are well aware, however, there is no shortage of rumours about the future of

the burned out site, and much speculation about a possible purchase by Minto Group, and redevelopment of both the Beechwood and the MacKay Street blocks, possibly with 6-story mixed residential/commercial buildings. This prospect remains, however, firmly in the rumour category, as we have absolutely no authoritative information from any of the parties involved.

NECA and its counterparts in our neighbouring communities, which are also vitally interested in the redevelopment of the area, are keeping a close eye on the situation, and are ready and willing to support a rebuild which is carried out in the spirit of the Beechwood Community Design Plan approved by the City in 2005. (You can find the plan on the community website at www.newedinburgh.ca.) Mayor Jim Watson's recent commitment

to ensure that the planning process is more responsive to such community design plans gives an encouraging boost to the prospects for a new development of a kind and on a scale that reflects the needs and preferences of area residents. But this won't happen without our active participation, and we're grateful that NECA is tracking the process closely.

The Latest Moves....

Nature's Buzz: They're Back in Business on Beechwood!

If all goes according to plan, our popular organic supply depot Nature's Buzz will reopen on December 1 at **55 Beechwood Avenue** (between **Arturo's** and **Melanie Hair Cutters**). As readers are well aware, their former location was among the casualties of the tragic fire last March, and for many months the **Passmore/Phillips** family was in limbo awaiting news of the start of reconstruction at the site of the fire. In the event, however, as we know to our sorrow, the project has remained stalled while insurance claims are settled, and the family has been obliged to cut bait and opt for a new location not far up the street from their original home.

If you are new to the community and not yet familiar with Nature's Buzz, the store is a marvellous one-stop shop for organic supplies of all kinds, offering fresh organic produce and meat (including chicken, beef, pork, lamb and Christmas turkeys); local bison and elk; local, ecologically farmed trout; fresh organic salmon; gluten free and other whole grain breads; organic dairy products and dairy alternatives; organic local and free

range eggs; herbs and spices (organically grown of course!); bulk dry goods; natural beauty products; environmentally friendly cleaning products; chlorine free diapers; beeswax candles; essential oils, and much more!

The retail portion of the new Nature's Buzz (former home of **Mille Fiore Flowers**) is a generous 1200 square feet, arranged on two sides of a retaining wall. On the right side of the wall as you enter, you'll find two large open coolers containing meat and dairy products, while on the left is a 12 foot open cooler filled with fresh organic produce.

The store has considerably more freezer space than at the old location, as well as an expanded bulk foods section, so the repertoire may include some new product choices. There is also ample storage space for deliveries, as Passmore/Phillips family has taken over the former laundromat next door for storage purposes. While there is limited parking behind the store, a better bet if you aren't on foot is on-street parking on Beechwood or around the corner on Douglas Avenue.

If you haven't already done so, be sure to drop in soon to order your organic Christmas turkey and welcome **Eric**, **Nancy** and **Chelsea** back to the neighbourhood. We're delighted to have them back in business on Beechwood (still within easy walking distance!) and wish them every success in their new location.

Epicuria: Possible Move Afoot

Like the owners of Nature's Buzz, for many months, **Epicuria** owner **Tracey Black**

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Photo: Louise Imbeault

Nature's Buzz: Nancy Phillips and son Eric Passmore have been hard at work getting the new location ready.

has been struggling to keep the operation afloat in temporary quarters while awaiting the start of reconstruction on MacKay Street. Time was swiftly running out on her business interruption insurance coverage, however, and Tracey was obliged to begin a serious search for a new permanent location. At the time we went to press in November, she was in the process of making arrangements for a possible move to the plaza at **Hemlock and St. Laurent**, with renovations to the premises to begin in January 2012 and wrap up in time for a reopening on the anniversary date of the fire in mid-March.

The retail portion of the prospective new location is considerably larger than the original shop, and if all goes as planned, Tracey hopes to introduce an expanded line of frozen and modestly priced take out meals, as well as some new products from other local suppliers. Also on the list of possi-

ble innovations is a cheese and charcuterie selection, along with a second cash register to handle the client load at busy times. The overall space at the Rockcliffe Crossing location is smaller than the premises at MacKay Street. Before sealing the deal, Tracey needs to ensure that there is adequate space for the all-important Epicuria commercial kitchen which is the nerve centre of the operation.

In the short-term, while Epicuria's plans for the upcoming holiday season will be focused largely on their catering operation, **you can still order their splendid turkey dinners** by contacting them at **613-745-7356**, or checking their website at **www.epicurica.ca** to look over the menu and e-mail your order for pick up at the Nelson Street temporary kitchen.

After many years in the heart of New Edinburgh, Tracey is understandably concerned about a possible move beyond

our borders, and is eager to hear from her local clients to determine how such a move would be received. If you have been a regular at the store over the years, take a moment to drop her a line at **tracey@epicurica.ca**. While it's certainly true that a move to Rockcliffe Crossing would put Epicuria out of ready walking distance from our community, it is only a 2 minute drive away, and there is generally ample parking when you get there (more than can be said of the Beechwood and MacKay corner)!

We wish Tracey and her team the best of luck in finding a permanent home as soon as possible, and will keep readers posted on progress as her plans unfold.

Beechwood Home Hardware: So Near but Yet So Far

While we had hoped for some good news from **Marc Clément** and **Isabelle Lamarche** about a new location for their Home Hardware store, Marc reported in early November that although steady progress is being made, their insurance claim is not yet settled. Stay tuned for more news of their plans in the next edition of the NEN and/or on the beautifully revamped community website at **www.newedinburgh.ca**. With luck, we'll have them back up and running in our area before next spring's gardening season!

Still Holding On: **Bread and Roses Bakery** and **Hamie's Diner**, the only surviving businesses on the block demolished by fire, thanks to the direction of the wind on that fateful day, continue to operate in an otherwise barren commercial landscape, although it seems a certainty that when a full scale redevelop-

ment does take place, their building will eventually be demolished. For the moment, however, it's business as usual for both, despite the inevitable decline in walk-by traffic since the gutting of the Beechwood commercial core.

In the case of Bread and Roses, business has remained remarkably good, despite the odds. Bakery owner **Chris Green** has worked hard to put together a team of capable, committed and welcoming staff, and to build up his regular clientele by offering a mixture of tried and true products, including Norbert's signature breads for all imaginable food sensitivities, along with an impressive variety of tasty new innovations created by his imaginative young chef.

In recent months, our large-ly vegetarian household has become addicted to Bread and Roses' ever-changing repertoire of flavourful pizzas and quiches, as well as their superb selection of pies, tarts, ornately decorated cupcakes, and hearty cookies and squares to slake the ravenous appetites that invariably set in as the weather gets colder and the days shorter.

As the holiday season approaches, our plan is to stock up on the bakery's wonderful savoury pies, including traditional tourtières; vegetarian curried sweet potato pie; curried turkey pie; and lentil pie. As we did last year when my cooking capabilities were severely curtailed by a broken wrist, we look forward to drawing upon this stock as a flavourful and trouble-free staple

for our holiday entertaining. No doubt, as we get closer to Christmas, there will be short-breads, Christmas cookies and fruit cakes on hand at the bakery to complete the menu.

Needless to say, the prospect of a move in the not too distant future, just as his business on Beechwood has hit its stride, would be a major disruption for Chris and his team. His present plan is thus to stay put for as long as possible. While he sees enormous potential for a commercial renaissance in this area, and greatly values the clientele he has built up since taking over Bread and Roses, he speculates that it could be as long as five years before a true regeneration takes place on Beechwood. In the meantime, the continuing presence of the bakery as a home-like oasis in a deserted landscape is much appreciated in our community, and we wish Chris and his team continuing success in the New Year ahead.

Website Updates on the Beechwood Story

In the interim between now and our next edition in February, 2012, the NEN will continue to track developments relating to the relocation of displaced Beechwood businesses and plans for redevelopment of the area. Interested readers can keep an eye on the community website at **www.newedinburgh.ca** where Beechwood Updates will be posted as events unfold in the coming weeks. Readers are also welcome to contact us directly at **janeheintzman@sympatico.ca** or **newednews@hotmail.com**.

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Timing is Everything

Time-of-Use Electricity Rates Changed November 1, 2011
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From the Desk of...




Mauril Bélanger
Member of Parliament for
Ottawa-Vanier

Nomination of the Auditor General of Canada

The nomination of Mr. Michael Ferguson to the position of Auditor General of Canada has been the source of much discussion recently, and for good reason. When we aspire to a position in the upper ech-

elons of the public service, we know that bilingualism is more than just an asset, it's a necessity. How can it happen that a unilingual candidate has been nominated to this position when the job description clearly stated that it was necessary to speak both of Canada's

official languages?

Furthermore, the Auditor General occupies a key position in our government: that of ensuring our democratic processes are carried out in a fair and impartial manner. He must therefore be capable of analysing all files before him, with their nuances in both French and English.

In early November, the Liberal Caucus decided to boycott the vote on the appointment of the new Auditor General, Mr. Michael Ferguson. As Liberal Official Languages Critic, I have filed a complaint with the Commissioner of Official Languages. The Liberal Leader assured us that the battle does not end here and the Liberal Party of Canada is weighing whether it will take the government to court for appointing a unilingual Auditor General.

I invite you to join us in raising this issue with the Commissioner, so that the Conservative government knows that bilingualism is at the heart of our federal institutions, that it matters to us and that the conservatives cannot push their discretionary powers so far as to appoint people who don't meet the selection criteria for positions. As described in the Canada Gazette, bilingualism is essential for the

position of Auditor General of Canada. Bilingualism is essential to any position of Agent of Parliament.

You can reach the Commissioner of Official Languages by visiting: www.ocol-clo.gc.ca.

Nomination du vérificateur général du Canada

La nomination de M. Michael Ferguson à titre de vérificateur général du Canada a beaucoup fait jaser dernièrement, et avec raison. Lorsque l'on aspire à un poste dans les hautes sphères de la fonction publique, nous savons tous que le bilinguisme est plus qu'un atout, c'est une nécessité. Alors comment se fait-il qu'un candidat unilingue ait obtenu un poste dont la description mentionnait sans équivoque la nécessité de parler les deux langues officielles du Canada?

De plus, le vérificateur général occupe une fonction clé dans notre gouvernement : celle de s'assurer que nos processus démocratiques se font de manière juste et équitable. Il doit donc être en mesure d'étudier les dossiers qui lui sont présentés dans toutes leurs nuances, en français comme en anglais.

Au début novembre, le caucus libéral a décidé de boycotter le vote sur la nomination

du nouveau vérificateur général, M. Michael Ferguson, et j'ai moi-même, à titre de porte-parole libéral en matière de langues officielles, porté plainte au commissaire aux langues officielles au sujet de cette nomination. Le chef du Parti libéral nous a assuré que la bataille ne s'arrête pas là et le Parti libéral du Canada contemple la possibilité d'avoir recours aux tribunaux pour contester la nomination de Michael Ferguson.

Je vous invite, vous aussi, à faire entendre votre voix auprès du commissaire, afin que le gouvernement conservateur sache que le bilinguisme au sein des institutions fédérales nous tient tous à cœur et qu'il ne peut pousser son pouvoir discrétionnaire jusqu'à nommer des gens qui ne répondent pas aux critères de sélection pour les postes à pourvoir. Tel que stipulé dans la Gazette du Canada, le bilinguisme est une condition essentielle pour le poste de vérificateur général du Canada. Le bilinguisme est une condition essentielle à tout poste d'Agent du Parlement.

Je vous invite à rejoindre le Commissariat aux langues officielles, en visitant le www.ocol-clo.gc.ca.
Mauril Bélanger, député
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Ottawa City Councillor Peter Clark Reports

WINTER OVERNIGHT PARKING REGULATIONS

are now in effect until April 1, 2012. As we prepare for the winter months, the City of Ottawa is reminding residents that winter overnight parking regulations will be in effect until April 1, 2012. These regulations ensure the City's snow-clearing crews are able to keep Ottawa's roads safe and clear for pedestrians, cyclists, public transit, and motorists. Your safety is the City of Ottawa's top priority.

Winter Overnight Parking Restrictions

The City enforces winter overnight parking restrictions between November 15 and April 1 when Environment Canada forecasts a snow accumulation of 7 cm or more. This includes any forecast for a range of snow of more than 7 cm, for example 5 to 10 cm.

When winter parking restrictions are being enforced, vehicles are not allowed to park on any city street between 1 a.m. and 7 a.m. These restrictions

are in place to help the City clear the way for you. Vehicles parked on the street when a restriction is in effect will be ticketed, even if it does not snow. On-street parking permit holders are exempt from winter overnight parking restrictions.

Be in the Know About Snow
Sign up to receive e-mail or Twitter notifications of overnight parking restrictions at ottawa.ca/winterparking. After you sign up, you will receive an email or Twitter alert every time a winter overnight parking restriction goes into effect or is lifted. The service is free and you can unsubscribe at anytime. You can also find out if a winter overnight parking restriction is in effect by visiting ottawa.ca/newsroom, calling 3-1-1 (TTY: 613-580-2401) or tuning in to local media.

Planned Snow Removal Operations

City crews may remove snow from city streets during the day or night, even when no snow is forecast. When day-time or night-time snow removal oper-

ations are planned, temporary "no parking" snow removal signs will be posted before snow removal begins. Vehicle owners are reminded not to park on streets where temporary "no parking" snow removal signs are placed. Vehicles parked during planned snow removal will be ticketed and towed to a nearby street. This restriction applies to all vehicles, including those with on-street parking permits.

Laurier Avenue East/West Segregated Bike Lane

The Public Works Department's objective is to keep the segregated bike lane operational during the winter season. However, due to variable winter conditions this may not be possible at all times. You can find out if the segregated bike lane is closed by calling 3-1-1 (TTY: 613-580-2401) or tuning in to local media.

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

WARD NEWSLETTER

If you are interested in getting my email newsletter on City and ward issues, please send an email to me at **Peter.Clark@ottawa.ca**.

From the Desk of Mayor Jim Watson



On October 26, 2011 the day after the first anniversary of this Council's election, we tabled the budget for 2012. Together with the City Manager and the residents who took time to offer their suggestions, we have proposed an affordable and accountable budget with a tax increase of 2.39% which is below the promised ceiling of 2.5% per year.

The tabling of the budget was the first step in a month-long effort towards planning the city's finances for 2012. Since October 26, we have held over 15 budget consultations across the city to let people have their say. As we did with the design of the budget, we want the debate of the budget to be an open and participatory process. Budget 2012 was designed in response to the concerns we heard from residents of Ottawa and we will continue to listen.

Below is a list of some of the highlights of the budget.

- A 2.39% annual increase for the coming year – the lowest rate in 5 years.
- The elimination of 47 full time equivalent positions contributing to savings of more than \$3.4 million each and every year.
- Last year we cut the annual increase in transit fares by two-thirds holding to 2.5%. This year, even with fuel prices up by more than 12% and ridership up by 6%, we have once again kept fare increases to 2.5%.
- For the second straight year,

fees are frozen for city recreation programs that, in the past, have increased significantly.

- The opening of 17 new parks across the City.
- \$3 million in the coming year for green building retrofits and \$500,000 a year to expanding our green fleet program.
- In 2011, we made \$14 million in new annual funding available for affordable housing. Budget 2012 continues this vital funding.
- \$3.2 million to boost service to deal with the growth in ridership of OC Transpo. In addition to growth, Budget 2012 provides a targeted \$2.3 million in funds to boost capacity on routes like the 87, 94, 95 and 96. More trips and more high-capacity buses will be added to these busy routes.

• We will add to the Environmentally Sensitive Land Fund we created last year, dedicated to making sure we have the resources to buy key parcels of land that make sense. Already there is \$4.4 million in the fund and we will be adding approximately \$1.4 million in an additional contribution this year.

The above highlights are only part of the budget that will be voted on by Council on November 30, 2011. To view the budget speech in its entirety, please visit ottawa.ca/mayor.

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

BIA Expansion on the Horizon

It might be said that our community is due some good news about the Beechwood business area, and we're pleased to report that such a prospect is in fact on the horizon. After some years of discussion of this possibility, the **Quartier Vanier Business Improvement Area (QV BIA)** recently voted to expand the scope of the BIA to embrace the small businesses and commercial enterprises along the North side of Beechwood Avenue from Crichton Street to Acacia, formally linking these businesses to those on the South (formerly Vanier) side of the street, which have been a part of the BIA since its inception in the mid-80s.

It has long been evident that the separation of the two sides of Beechwood is something of an artificial anomaly, particularly since City amalgamation in 2001, and it has arguably been among the (many) major impediments to the develop-

ment of the street as a vibrant and attractive commercial hub. **BMO Beechwood's Adam Kane**, Vice-Chair of QV BIA, and **Monson Cleaners' owner Mark Kaluski**, Co-Chair with Adam of the Economic Development Committee, have both worked long and hard on the expansion project, and are optimistic about the prospects for a unified Beechwood once the decision is approved by the businesses concerned and comes into effect. Local City Councillors **Peter Clark, Rideau-Rockcliffe**, and **Mathieu Fleury, Rideau-Vanier**, are also fully supportive of the move.

Before the unification of Beechwood under the QV BIA banner is a *fait accompli*, a formal process of notification will take place, covering all the small businesses and commercial enterprises involved in the expansion, including landlords and proprietors alike, both those in the existing improvement area and those in the proposed expanded district.

Property owners and tenants will then have 60 days to submit a written objection to the city, expressing their opposition to the proposal.

A definitive Thumbs Down to the proposal requires an expression of opposition both from one third of the individual property owners and tenants (each of whom has one vote), and also from a third of the owners representing a third of the total assessed value of the existing and proposed expanded area. If these (complicated!) conditions are met, the project would not proceed, but if, as anticipated, there is a solid consensus approving the expanded membership and the attendant commercial levies which the city applies to each of the member enterprises to cover the costs of BIA activities, the decision will ultimately go to City Council for final approval.

Mark Kaluski reports that to date, response to the proposal on the part of "North-side" Beechwood businesses



Photo: Louise Imbeault

Table 40 (at Fraser Café): Events Coordinator Steve Capyk prepares for his first dinner service. He is pictured here with designer Marilyn Donoghue of Design International.

has been overwhelmingly positive, and he is hopeful that the expansion will go ahead as planned, with the consultation and approval process wrapping up early in the New Year. Mark feels that the enthusiasm with which businesses on both sides of the street recently embraced the QV BIA Pumpkinfest has helped pave the way for the kind of ongoing collaboration the expansion project will make possible. In the wake of the fire, the need for a united front to promote the development and revitalization of the Beechwood business area has become more acute than ever.

Loyal as we are to our Beechwood shopping area (what's left of it!), there's no question that "Improvements" of the sort that could be spearheaded by an expanded BIA with assistance from the City—beautification of the streetscape, sidewalk lighting,

attractive street furniture—would be welcomed by area residents as a positive first step in creating a vibrant, integrated and appealing "main street" with a healthy retail and service sector, strongly supported by residents of the surrounding communities.

Needless to say, there are many more challenges to be confronted before Beechwood is able to reach its full potential, (not least, redevelopment of the site of the fire and of the street's numerous derelict or unused properties), but it seems clear that a strong and united voice for the area's business community through an expanded QV BIA will be a positive step in that process. Stay tuned for more news on this front, and if you'd like to learn more about the many ongoing initiatives of QV BIA, check out their website at www.vanierbia.com.



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Table 40 at Fraser Café: Now Open for Business!

If all goes according to plan, on November 18, Fraser Café's brand new banquet facility, officially dubbed **Table 40 at Fraser Café**, will open its doors for its inaugural event at **11 Springfield Road**, right next door to the restaurant. Events Coordinator **Steve Capyk** reports that Table 40 (as the name implies) can comfortably accommodate six tables of six, plus an additional four as required, and is open for bookings throughout the day and evening, from breakfast through lunch and dinner.

Like the restaurant, Table 40 features a spanking new open concept kitchen in which our community's popular team of culinary wizards, **Ross and Simon Fraser**, assisted by sous-chef **Dominic Paul**, will continue to work their accustomed magic with a seasonally-based menu closely akin to that of the original restaurant, though slightly streamlined to accommodate larger groups. The new facility is also fully equipped with all the technology you may need for a special event, including 2 55" LCD TVs, microphones and an iPod dock so diners can bring their own musical selections.

Given the well known extraordinary quality of the Fraser brothers' cooking, combined with the convenience of the new facility for the surrounding communities of New Edinburgh, Lindenlea, Rockcliffe Park, South of Beechwood and Manor Park, it seems highly probable that Table 40 will be hopping in its first weeks of operation this holiday season, so if you're interested in booking a special event, give Steve a call as soon as possible at **613-220-1926**.

Our congratulations to the



Photo: Louise Imbeault
ZaZaZa's Do It For Daron Purple Pizza Campaign is in full swing.

whole team at Fraser Café on the successful launch of this exciting new venture, and special kudos to Simon and Ross for once again making the **Top 10 Restaurants List** prepared annually by *Ottawa Magazine's* Food Editor **Shawna Wagman**. Shawna's enthusiastic tribute concludes that "(Ottawa) wants a restaurant with thoughtful, fresh, delicious food that doesn't require an enormous splurge. Fraser Café is all that." Amen to that!

ZaZaZa's Pizza: Purple Pizza Campaign

ZaZaZa's Pizza owner **Ion Aimers** marked the first anniversary of Daron Richardson's tragic suicide with a tribute to the **DIFD (Do It For Daron)** campaign established under the auspices of the Royal Ottawa Foundation for Mental Health following her death last November. DIFD is a youth-driven initiative aimed at raising awareness about the mental health struggles of many young people in the commu-

nity, and its signature colour is Purple- Daron's favourite, and a colour which has since been worn in her honour by students and adults alike in hundreds of schools and organizations taking part in activities to promote the objectives of DIFD. The recent suicide of Jamie Hubley has given added impetus to this important campaign.

It would be more than a slight understatement to say that Ion Aimers is not known for doing things by halves, and if you've passed by recently, you'll have noticed that ZaZaZa's is now entirely encased in bright purple paint, and emblazoned with DIFD signs in tribute to Daron, a former schoolmate of one of Ion's children. As a benefit for DIFD, the restaurant is also featuring Daron's favourite pizza recipe, a special which will run throughout the school year to keep the focus on young people's mental health challenges.

Ion reports that these 'purple pizzas' are now selling like hotcakes, and are especially popular with the high school crowd that descend on the restaurant at lunch time. So Purple it is at the corner of Putman and Beechwood: a vivid reminder of a painful reality and the importance of tackling it head on.

In other news from ZaZaZa's, Ion is delighted to announce the appointment of a new All-Girl Management team consisting of three capable young women who have worked their way up at the restaurant, and were recently promoted to management positions. Welcome and congratulations to **General Manager Elise Currie, Assistant Manager of Service, Elsa Cousineau, and Kitchen Manager Erin Bowers**.



Photo: Louise Imbeault
Oresta Skin Care Gallery: (left to right) Charlotte Medina (esthetician), Jeffery Peterson (Manager) and Oresta Korbutiak (Owner). The polar bear painting is by Oresta's husband, Christopher Griffin (not pictured).

Oresta Organic Skin Care Gallery

Around the corner from Ion's Purple Pizza Palace is a brand new Beechwood business. We wish a warm welcome to **Oresta Korbutiak** and her team at Oresta Organic Skin Care Gallery which recently opened its doors at **137 Beechwood Avenue**, the former home of the **Dale Smith Gallery**, right beside **Jacobson's**.

The new Beechwood location is Oresta's third Ottawa-based organic spa and eco-beauty boutique, following in the footsteps of the Oresta Organic Skin Care Confectionery at 464 O'Connor Street in the Glebe and the Oresta Organic Skin Care Apothecary at 1121 Wellington Street West in Hintonburg. In each of her businesses, Oresta has made a point of retaining the character and theme of the original store, and in her new location, has adopted the Gallery ambience for which the premises have been known during Dale Smith's eight-year occupancy,

prominently displaying the works of her artist husband, **Christopher Griffin**.

While most of us are now well-acquainted with the health and environmental benefits of purchasing organic and locally sourced foods, as well as minimizing our consumption of heavily-processed items loaded with preservatives and synthetic ingredients, the same cannot be said for the make-up, cleansing and beautifying products we regularly apply to our skin and hair. There is, however, mounting evidence of the harmful effects of many of the chemicals typically used in these products. These effects are reviewed in some detail on Oresta's website at www.oresta.ca, and readers may find it a sobering experience to discover how many of the offending chemicals are prominently listed among the ingredients in their current repertoire of beauty and personal hygiene products.

Oresta's own fascination

Continued on page 14



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with skin care emerged some years ago when she grappled with a case of cystic acne. She went on to study and work in the esthetics field where she became increasingly concerned with the profusion of toxic and synthetic ingredients, and an alarming growth in the number of her clients suffering from chemical sensitivities. Her concern with the safety of these products reached a peak when she became pregnant, and she sharpened her focus on research into organic, non-toxic and environmentally benign alternatives, ultimately creating the first Ottawa spa to offer organic skin care.

Her spas and eco-beauty boutiques are now synthetics-free zones, catering both to clients with specific allergies or chemical sensitivities (including gluten intolerance), and to those persuaded by the growing body of evidence about the risks of many common chemical ingredients and the benefits of opting for cleaner skin care choices.

Oresta is quick to emphasize, however, that organic and eco-friendly is entirely compatible with first rate results in the realm of beauty products and spa treatments such as her signature facials. There is no whiff of the granola culture in her approach, and as an admitted lover of really good make-up, Oresta and her team focus their researches on products which are not simply green, but which really work! For a complete run down of her organic

skin care product lines, which include Eminence; PANGEA Organics; and Simply Divine Botanicals, check out the website at www.oresta.ca.

The new Beechwood location features two spa treatment rooms on the second floor, and an Eco-Beauty Boutique on the main floor. If you haven't already done so, drop in and welcome Oresta and her team, **Jeffery Peterson**, spa Manager, and estheticians **Charlotte Medina** and **Krista Reid**. Or if you're eager to look your best for the holiday season, give the spa a call at **613-695-0137** and book an appointment for one of Oresta's renowned organic facials. While you're there, you can tackle your Christmas gift list with some selections from the eco-beauty boutique or better still, pick up some Gift Certificates for friends and family aspiring to be both green and gorgeous!

Jacobson's

Right next door to Oresta's, Jacobson's annual dazzling Christmas display has been in full glitter since early November, and as always, offers a feast for the eye and for the holiday banquet table. Owner/operator **Susan Jacobson's** chosen theme this year is Christmas is Love with All the Trimmings, and trimmings there are in abundance for the Christmas tree, the hearth and home, the dinner table and the hostess.

If you're in search of eye-catching decorations, Jacobson's has an array of distinctive European ornaments,

as well as life-sized silver and gold parrots, giant candy canes, whimsical hearts and three-dimensional chocolate Christmas trees from Belgium. Their signature collection of imported gourmet food items includes such holiday favourites as Italian Panettone, Calabrian fig balls, Scottish shortbread, Belgian chocolates, Thornton's toffee from England, Buche de Noël from Dufflet in Toronto, French foie gras, cheeses and tourtières. And to complete the décor of the dinner table, you'll find imported candles and European serving dishes.

As most readers know, not all the focus at Jacobson's is on fine food and home décor. Of equal importance is the dazzling display of fashion jewellery to beautify the hostess, a display created this year on the alluring theme of "Hot Winter," and featuring an exclusive collection from three internationally renowned designers, Philippe Ferrandis and Hélène Zubeldia from Paris, and Rodrigo Otazu from New York. Jewellery lovers can check out the details on Jacobson's blog at <http://blog.jacobsons.ca/> or drop in to the store to have a first hand look at the possibilities.

For the first time this year, Jacobson's is also offering a Gift Catalogue which includes a variety of festive, themed Gift Baskets as well as Gift Certificates for the gourmet food lovers on your list. So if holiday treats are on your agenda, be they of the edible or esthetic variety, Jacobson's is a one-stop shop not to be missed.

Pure Med Naturopathic Centre: Walk-In Clinic for Flu Season

In an earlier issue of the NEN, we introduced readers to Pure Med Naturopathic Centre at **292 Montreal Road** (at Alpha), and to its growing team of naturopathic doctors. While the naturopathic approach is complementary to and supportive of conventional



The Nest Family: Lisa di Lorenzo, John-Paul Gouett and six-month-old Arthur.

medicine, the naturopathic palette of treatments is extremely broad-ranging, encompassing everything from botanical (herbal) medications to homeopathy, clinical nutrition, acupuncture, lifestyle counselling and professional quality health supplements such as anti-oxidants, vitamins, minerals and probiotics.

In preparation for the cycle of flu and colds which inevitably accompanies shortened days, colder weather and the exhaustion that is part and parcel of the holiday season, Pure Med has recently launched a **Walk-In Clinic**, with clinic hours from **9 am to 5 pm, Monday to Friday, and Tuesday evenings to 7 pm.** (While no appointment is required, to be sure of avoiding a wait, you can call ahead to **613-216-4661** to book a specific time for your visit.)

If you simply can't face a tedious long wait in a germ-infested doctor's office or emergency department this winter, Pure Med's new Walk-In Clinic may be an alternative well worth considering. There is a \$40 consultation fee for adults (\$35 for children), but the range of treatment options for the cold or flu that ails you is extensive, and includes: homeopathic remedies (some specifically designed for children); possible dietary recommendations of such immune-boosting foods as garlic and

ginger, red/orange fruits and veggies, zinc-rich nuts and legumes; an array of vitamins, minerals and anti-oxidants to help speed your recovery and mobilise your body's defences against a recurrence of illness. Indeed, in the best of all worlds, it might be advisable to drop in to the clinic *before* the onset of an infection to arm yourself with preventative measures to ward off the microbial hazards of the season.

To find out more about Pure Med and its team of naturopaths, check out the website at www.puremednaturopathic.com.

Nest: Distinctive Toys for All Ages

Many of our readers are already well acquainted with Nest, a charming small store at **204 Dalhousie Street** (near Guigues Street) which is owned and operated by Burgh residents **Lisa Di Lorenzo** and her husband **John-Paul Gouett**, and which specializes in high quality wooden toys and natural textiles. The couple takes pride in its selection of products which are sustainably made, durable, affordable and a delight to the eye. Much of Nest's merchandise comes from small cottage industries or home-based family businesses in both Europe (Germany, Austria and Switzerland in particular) and North America.

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in the realm of toys, Lisa and John-Paul are busily preparing for the Christmas gift-buying season, and at the time of our interview, were eagerly anticipating a shipment of new items from Germany. This year's selection will include toys for all ages, ranging from such simple and inexpensive items as helicopter sticks (spin the stick between your hands and watch the propeller take off!) to more elaborate options such as science kits that explore sound, light and magnetism; a wooden tree fort set for dolls, complete with a rope ladder, bucket rope and pulley, and swing (dimensions are 59 x 33 x 16 cm.); and a collection of cotton dolls and irresistible plush animal friends made of natural materials and hand-stitched in Germany. You'll also find Bob the Walker, an entirely battery free fellow who obligingly walks unaided down a wooden slope once you give him a gentle push!

For the musically inclined young people on your Christmas list, Nest will feature some wonderful Glockenspiels, including a Rainbow Glockenspiel on which each key has its own modular wooden base that is painted in a particular colour. Included with the instrument is a colour-coded music book in which the notes are coloured to correspond with the key bases, so even beginners are able to produce a melodious tune.

Nest's seasonal collection will also feature traditional German Christmas décor, including wooden ornaments, Christmas pyramids and "smoking men"- and you may well ask what on earth these are (I did!) Smoking men are in fact quaint wooden figures depicting tradesmen of various kinds (builder, baker, postman etc.) with a pipe in their mouths. They are designed with an opening at the back into which an incense nub can be inserted, and once lighted, smoke emerges from their mouths. So much for political

correctness, but it is Christmas after all!

In addition to its distinctive toys and games, Nest offers a selection of warm undergarments for all ages from infant to adult; sleeping sacks for babies and pillows and blankets in all sizes; and a range of decorative household items from rugs and mats to furniture and accessories. For a preview, you can check out the website at www.nestfamily.ca but don't miss the opportunity to drop by the store and see their display at first hand. It's a sure fire way to get into the Christmas spirit!

Physical Therapy Institute: After the Feasting!

Along with the delights of the holiday season may come over-indulgence, stress and even exhaustion from the pressures of preparations and partying. What better way to equip your friends and family with the means to trim down, relieve stresses and strains, and build up their overall health and fitness levels, than with Gift Certificates for the many services of our local Physical Therapy Institute (PTI) at **350 Crichton Street** (above the **New Edinburgh Pharmacy**).

For those on your list with chronic aches and pains or injuries, PTI has an impressive team of **physiotherapists**, including owner **Pam Siekierski**, along with **Dianne Stickley** (the marvel who got my shattered wrist working last winter), **Bruce Martens**, **Eli Denham** and **Matt Bethune**. Each of these physiotherapists has his or her own areas of specialisation, and interested readers can find their respective backgrounds on the PTI website at www.ptisportsmeds.com. The Clinic also offers **home visits** for those in the community who are temporarily housebound and in need of professional treatment to recover their mobility.

If stress or pain relief is the order of the day for family

members or friends, a **gift certificate for therapeutic massage** is the perfect choice this Christmas. PTI has a highly qualified team of registered Massage Therapists from which to choose, including **Julia Low**, **Oleg Volochay**, **John MacGillivray** and **Melanie Giroux-Cook**.

More often than not, the indulgences of the holidays may pack on a few pounds that must be shed in the New Year, and for many, the onset of winter may lead to a decline in overall fitness levels as outdoor activity winds down and work pressures settle in. PTI's team of **personal trainers**, **George Chiappa**, **Stuart Maskell**, **Lidia Szüks** and **Eduardo Avila**, are able and willing to provide you (or the lucky recipients of your gift certificates) with professional guidance and support to help you slim down, get strong and fit (and stay that way!), and generally equip yourself to meet the challenges of the New Year, not least the special rigours of winter.

In addition to his qualifications as a personal trainer, Eduardo is also a **nutritional counsellor** who is able to provide expert guidance on improvements to your diet which may be required to support your health and fitness régime, whether this entails weight loss or in some cases

weight gain, or control of a chronic health condition. Eduardo also goes the extra mile with his nutritional counselling clients, supplying recipes to help them incorporate his recommended foods into their daily meal plans. You don't have to look far in our community to find those who will provide glowing testimonials to Eduardo's excellent work!

This Christmas, PTI owner Pam Siekierski is working with her clients to support the **Wabano Centre for Aboriginal Health** on Montreal Road. (The work of the Centre was featured in a recent NEN article by **Mary Albota**, the Centre's Director of Health Services). Each of Pam's clients will receive an attractive Wabano Centre fridge magnet, with an invitation to consider making a donation, small or large, to support the important health and social services offered by the organization. Interested readers who'd like to contribute to a worthy cause this season can check out the Wabano Centre website at www.wabano.com.

Coming soon at PTI is a **nordic walking group** to be led by Pam Siekierski, and launched early in the New Year. For details, call PTI at **613-740-0380** or drop in at the Institute and pick up your Christmas Gift Certificates while you're

at it. New sweaters, scarves, ties and electronic gizmos may give momentary pleasure under the Christmas tree, but the chance to get fit, healthy and pain free can literally turn your life around.

The Everything Girls: Outsource Your Stress!

We welcome new advertisers, The Everything Girls, an enterprising group of young mothers based in Sandy Hill who are offering a combined environmentally-friendly, green cleaning service and a "concierge service" dealing with a broad range of household chores for which you may have no time, energy or indeed inclination. The group has been operating for close to three years, and now includes a team of 11 people, all of whom are bonded and insured. They are also registered service providers with Veterans' Affairs Canada and Blue Cross. Leading the group are **Pauline Bergeron**, owner of the business; **Asta Barsauskas**, Marketing and Human Resources Manager, and **Julie Lalonde**, Office Manager.

The Everything Girls' green cleaning service is a particular boon to those with respiratory problems, chemical sensitivities, compromised immune systems (including one transplant patient among their clients)

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or other health concerns. The products used are non-toxic and environmentally friendly, and indeed, many of them are created in their office using natural ingredients such as vinegar, lemon juice, baking soda and olive oil (great for furniture polish, apparently!). While the majority of their clients receive bi-weekly cleaning visits, they can be booked on a one time or monthly basis, or for moves in or out of apartments or houses. And green though their cleaning methods are, their attire and their cleaning equipment is hot pink so you quite literally can't miss them!

As the stresses of the holiday season begin to pile up, The Everything Girls' concierge services could well come in handy, whether for running errands; picking up groceries or prescriptions; personal shopping; meal preparation; gift wrapping; decorating; decluttering and organizing, and even walking the dog when no one else has the time. They also offer companion care for the elderly and for those recovering from an illness or surgery.

If you have a cleaning job or a chore in mind, they'll give you a free estimate by e-mail at info@theeverythinggirls.com or over the phone at **613-897-1207**. For more details, you can check out their website at www.TheEverythingGirls.com.

Lemonjellow Productions: Christmas Art Show, 25 Charlevoix St., Dec 9 - 11

For the past year, aspiring local artist **Julie LaPalme** has operated a small, home-based art gallery, entertainingly dubbed Lemonjellow Productions, in her residence at **25 Charlevoix**



Local artist Julie LaPalme.

Street in neighbouring Vanier. In celebration of the season, Julie plans to host a three day show and sale of her own works, and those of other local artists, on **December 9 and 10, from 8 pm to midnight**, and on **December 11 from noon to 5 pm**. Julie emphasizes that the works on display will be in the affordable range, ideal for gift-giving purposes, with each room featuring pieces for sale at \$50, \$100, \$200 and \$300.

Julie's artistic training includes studies at the Ottawa School of Art, as well as in Dublin Ireland, where she lived during the Irish boom years in the late 90s. She is a mixed media artist with a passion for "repurposing" old, worn out or discarded objects, and finds inspiration in the eclectic offerings at garage sales, thrift shops, and even discard piles destined for the landfill. Many of her works are painted on reclaimed wood, a practice which she embraces both for its environmental benefits and for the aesthetic appeal of the natural wood grain as a visible back drop to the painting. She also welcomes portrait com-

missions, requiring only a photograph or two of the subject in question, and offers a range of sizes from large to medium, small and triptych.

Interested readers can check out Julie's work both on her personal website, You Make My Art Beat, at <http://jlapalme.blogspot.com/> and by dropping in to **Kelly's Barbershop** at **121 Beechwood** (close to **Bridgehead**) where six of her works are now on display. For more details, you can reach her by email at lemonjellow@hotmail.com.

Burgh Business Bits:

Sushi Me: One More Hurdle

Since our last report in the October edition, the opening of Sushi Me at **8B Beechwood** has been stalled by a complication relating to the requirements of the City Fire Code. Sushi Me Manager **Sue** has been working hard to make arrangements to rectify the problem, which involves the installation of a fire separation barrier between the restaurant and the second floor, and when we went to press in mid-November, she was optimistic that the work would soon be completed. Sushi lovers out there should keep a close eye on the restaurant and pay their first visit as soon as the doors are opened in the coming weeks. Judging by the extensive sample menu Sue has ready to roll, they will have a treat in store!

Nuvo Optometry: A Change in Name Alone!

In case you're concerned that the recent name change at the former Beechwood Optometry heralded further changes in their services or their capable team of optometrists, rest assured that it's business as usual at **178 Beechwood**. Because there are two locations owned by the same company (one in Orleans in addition to the New Edinburgh site), both were brought under the same banner, Nuvo Optometry, to signal their common ownership and simplify administra-

tion and accounting. So you'll still find all the familiar friendly faces and excellent care to which we've become accustomed, and we look forward to their continuing association with the NEN.

Da Bombe: Spirit of Christmas Alive and Well

Once again this year, Da Bombe owner **Bill Ross** will open his doors on Christmas Eve to offer a full Christmas dinner with all the trimmings to less fortunate members of the community, including those who are alone without the warmth of family or friends, and any who might not otherwise have a chance to enjoy some seasonal cheer, good hearty food and sociability. Bill's generous heart and flavourful home cooking are well known and highly valued in our community, and we wish him well in this wonderful project. The true spirit of Christmas is alive and well on Beechwood!

The big winner this year was **Monson Deluxe Cleaner's** who took the Grand Pumpkin Award and topped the list for the People's Choice Award. Other stand outs who scored high in the judging included **Kimberley Wilson Bridal and Fashion Outlet**, **Beauty Mark Esthetics**, **The Scone Witch/Books on Beechwood**, **Rassi Coiffure**, **Bridgehead**, **Pet Valu**, **Nuvo Optometry** and **Kelly's Barber Shop**. Congratulations to all who participated for their creativity and community spirit!

Beauty Mark Esthetics: Organic Skin Care

Beauty Mark owner **Lee Ann Zanelli** is enthusiastic about the Eminence Organic line of skin care products which her salon at **2 Beechwood Avenue** has been using with great success for several years. The products are paraben and chemical free, based only on



Photo: Louise Imbeault

Nuvo Optometry: New name, same great team.

Beechwood Pumpkinfest 2011: Big Winner is Monson's Deluxe Cleaners!

On Friday, October 28, two teams of local VIPs, including Vanier Councillor Mathieu Fleury, judged a total of 45 elaborately decorated Beechwood storefronts created by merchants participating in the **Vanier BIA's annual Beechwood Pumpkinfest**.

the health-giving extracts of organically grown fruits, vegetables and herbs, and in Lee Ann's experience, they make a visible difference to the skin which is much appreciated by her clients.

She is particularly pleased with the outstanding results achieved using Eminence's new "Vita Skin Solution," a supplement and masque combination created for three distinct skin types: "Clear Skin" for the oily and acne prone skin of younger folks; "Calm Skin" for redness or rosacea; and "Firm Skin" for the regrettable lack of tone and elasticity that comes with age.

If you're preparing to look your best for the social gatherings of the season, you may want to drop by Beauty Mark, or call **613-744-4460** to book an appointment for an all natural Eminence facial, or perhaps, one of their new Deluxe Pedicures in a Jasmine masage chair!

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In Our Midst

Louise Imbeault



Eleanor Westfall - God Love Ya!

Mrs. Eleanor Westfall was very surprised to receive my phone call inviting her for an interview. "God love ya" she said, "There are many other more interesting folks around here than me." After assuring her that this column is dedicated to people exactly like her and promising to keep it short, light and fun, she laughed and agreed to meet.

We met on a beautiful Sunday afternoon and talked about her life, family and hobbies such as knitting outfits for Cabbage Patch dolls. She also shared many of her playful anecdotes. Eleanor has a wonderful sense of humour and some of her stories could make your hair curl if taken out of context.

Eleanor is an avid card player—Euchre is her favourite game, and one that she plays with her lady friends every Thursday evening. One of these ladies is **Ethel Proulx**, her best friend and long-time Burgh resident who now lives in Orleans.

The weekly "get together" is not a serious assembly but rather simply a really good time. They eat cookies, sip tea and "God love ya – laugh out loud." They have had so much fun that the neighbours thought they'd been hitting the "sauce." Nothing is further from the truth, its just that no one can keep a straight face when Eleanor is present.

This wonderful, petite lady with her infectious "joie de vivre" just turned 90 years

young on September 3, 2011. Unbelievable. I hope to have as much vitality and energy in twenty years. "What is your secret?" I asked. Answering with her favourite expression "God love ya," she chuckled and said, "I had a good marriage, never got a paycheque in my life, worked hard every day at maintaining a pristine household, raised my two girls and travelled with Frank all over Canada until his passing twelve years ago."

Frank Westfall was raised on Crichton Street before leaving for a career in the Air force, when he met Eleanor (a nice Irish Catholic girl) in October 1943 on a blind date staged by an Air force buddy of his. They fell in love and two months later were engaged, finally tying the knot the following June at a Church wedding in Wexford, Ontario.

Once married he whisked his new bride off on a life of posting adventures, starting in Manitoba (where the girls were born), then Alberta and twice up in the Yukon to finally complete his tour of duty by opening the No. 1 Air Division (communications) in France. They packed up their belonging for the last time in 1969, and the family returned to New Edinburgh permanently, settling into the vintage home where Eleanor still resides.

Eleanor is an accomplished baker, just ask the kids in the neighbourhood or the workers on her street. Whether they're

doing construction/renovations or just picking up the refuse, she's out there offering her homemade orange juice and famous shortbread cookies. Eleanor makes friends everywhere she goes and even keeps treats around for the dogs that pass by her home, generously handing them out and giving them a cuddle.

I think "cuddly" should be her middle name—you see, Eleanor is a HUGGER and a very good one at that. If she sees someone sad or having a bad day, her words will lift their spirits and her warmest hug will send them off on their day feeling so much better. What a grand gesture in this day and age where touching a stranger is considered politically incorrect.

She has the heart of an angel and has received so many angel figurines, from friends and strangers alike who appreciate her spirit, that a special table was set up in her living room to honour all her gifts. It is a powerful legacy from this joyful Great Grandmother of six.

Rounding off our visit, I asked Eleanor a final question; "What words of wisdom would you like to share with the readers"? Quickly making her way to the kitchen she picked up a special poem and handing it over to me she said: "God love ya, this is what I want everyone to read..."

HUGS by Jill Wolf

*There's something in a simple hug
That always warms the heart;
It welcomes us back home
And makes it easier to part.*

*A hug's a way to share the joy
And sad times we go through,
Or just a way for friends to say*



Photo: Louise Imbeault

They like you 'cause you're you.

*Hugs are meant for anyone
For whom we really care,
From your grandma to your neighbour –
Or a cuddly teddy bear.*

*A hug is an amazing thing –
It's just the perfect way
To show the love we're feeling
But can't find the words to say.*

*It's funny how a little hug
Makes everyone feel good;
In every place and language,
It's always understood.*

*And hugs don't need
equipment,
Special batteries or parts –
Just open up your arms
And open up your hearts.*

I hope you enjoyed meeting this month's Burgh resident and I encourage you to submit your suggestions for 2012 by email to louise.imbeault@live.com, stating in the subject line: In Our Midst Profile.

Merry Christmas to all. Hug someone today!

This issue's featured resident—a hidden pearl in our community—was suggested by Paul and Bev McConnell.

SEASON'S GREETINGS

During this holiday season and every day of the year, we wish you all the best.

Steve McIlroy, FMA
Financial Advisor

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Sun., Dec 11

4:30 pm Advent Carol Service

Christmas Eve, Sat, Dec 24

4 pm Holy Eucharist Family Service

10 pm Holy Eucharist

Christmas Day, Sun, Dec 25

10 am Holy Communion

New Year's Day, Sun, Jan 1

10 am Holy Communion

MACKAY UNITED CHURCH

MacKay St. at Dufferin Rd.
749-8727

Rev. Dr. John Montgomery

Sun, Dec 11, 1:30 am

Mackay Sunday School will celebrate mid-winter with it's own "Sankta Lucia" procession.

This is also **White Gift Sunday**. You are invited to bring a gift for Centre 507 such as warm winter socks, thermal gear, toques, mitts and gloves. Anything that you feel would make our cold winter easier to bear for the less fortunate.

Wed, Dec. 14, 7 pm

Blue Christmas - For some, Christmas can be a difficult time. Hear a message of comfort in a quiet reflective service.

Sun, Dec. 18, 10 am

Children's Pageant. Join us for an original Christmas play exploring the meaning of

the season from the perspective of animals. Written and performed by the children of Mackay's Sunday School.

Christmas Eve

Sat, Dec. 24, 4 pm

Christmas Eve service with Communion.

Christmas Day

Sun, Dec. 25, 10:30 am

A short Christmas Day message with Carols.

New Year's Day

Sun, Jan. 1, 10:30 am

Regular Sunday service.



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270 Crichton St. 749-6953

Sun, Dec. 18, 10 am

Worship Service featuring our Sunday School children's Christmas Play. Potluck lunch follows. Everyone welcome.

Christmas Eve, Sat, Dec. 24

7:30 pm Candlelight Service.

Christmas Day, Sun, Dec. 25

10:30 am Worship Service

at the Garry Armstrong Long Term Care Centre on Porter Island.

ST. LUKE LUTHERAN CHURCH

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

Christmas Day, Sat, Dec. 24

7:30 pm Christmas Eve Worship

Christmas Day, Sun, Dec. 25

10:30 am Christmas Day Worship

Sat, Dec 31, 7:30 pm

New Year's Eve Service

ST. ANDREW'S CHURCH

82 Kent (at Wellington)

613-232-9042

www.StAndrewsOttawa.ca

Sat, Dec. 17, 4:30 pm

Kids' Church Christmas, for pre-schoolers and their families.

Sun, Dec. 18, 4 pm

St Andrew's choir, directed by Thomas Annand, present Bach Christmas Cantatas nos. 140 and 65 with chamber orchestra, followed by carol singing in candlelight.

Wed, Dec. 21, 7:30 pm

Blue Christmas Service.

Christmas Eve, Sat, Dec 24

7:30 pm Family Service & Pageant

11 pm Midnight Carols & Readings

Christmas Day, Sun, Dec 25,

11 am Worship Service

New Year's Day, Sun, Jan. 1

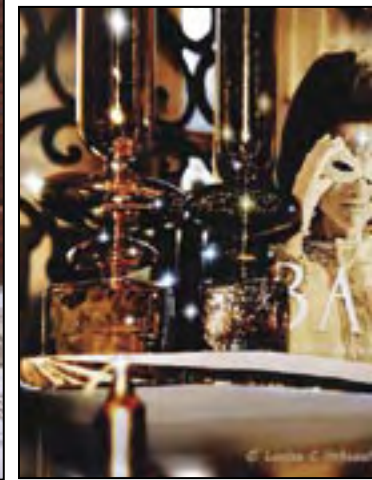
11 am Worship Service



Happy Holiday

NEN photographer Louise Imbeault captures the spirit of the holiday season in the burgh in this series of photos.

Best wishes for the holidays and Happy New Year!



Hearty Wassails Heat Up East

By David Rain

You may well have bumped into them on the Number 7 bus—without even knowing it—on your way home from work, shopping or school.

You might have seen one of them holding onto the pole at the back, dancing with delight to the dulcet tune, "Ding Dong Merrily on High." Or heard another, in the stairwell, happily humming the silvery strains of "Silent Night." Just another bunch of crazy singers, you might have thought, and not given them a moment's notice as they sang their way up Beechwood.

And yet, these "Jolly Wassailers" are your neighbours. For each Wednesday evening, from September to June, they perform the exact same ritual—madly rushing from work or home, desperately trying to reach choir practice before the clock strikes a quarter to seven.

Just in time—or woe betide—they are met by a goateed gentleman with a big grin and a hearty laugh. Deep from a pocket, he pulls out a shiny tuning fork and strikes it solidly across his right temple. "Do, so, me, do," he can be heard chanting, and so begins another rehearsal of the renowned Ottawa choir, **The Stairwell Carollers**.

Some come by bus. Others, by car, from fields afar—Osgoode, Eganville, even Ripon in Quebec. There's a bass who cycles 20 km across town on his bike. And a

tenor who's run 6 km straight from work, with his music tucked into his briefcase. Yes, they're a crazy but dedicated group, and they were once one of Ottawa's best kept secrets, but no more.



Photo c

For in 2010, this 28-voiced *cappella* choir placed first in an Ontario choral competition and second in the national finals.

In addition to their singing excellence, the choir's humanitarian activities have not gone unnoticed either, as the Carollers have managed to transform income from concert tickets and CD sales into donations totalling \$43,000 to 20 local charities, and just under \$10,000 in

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ys New Edinburgh!



t Side Ottawa Once Again!

music scholarships to 11 talented high school students in the area.

The New Edinburgh/Manor Park area has been a "second home" to the Carollers for almost two decades, including three churches:



courtesy of the Stairwell Carollers.

St Bart's where they used to practice, St Charles where they've performed many a concert, as well as St Columba, where they've recorded all six of their CDs. And when the Carollers get thirsty Wednesday nights, you can often see them enjoying a pint in New Edinburgh's fine neighbourhood pubs.

Tiny St Columba Church, tucked away at 24 Sandridge Road, will be the site of the

choir's "gala" Christmas fundraising concert, "Stille Nacht", on Saturdaym December 17 at 7:30 pm. The Carollers will also be formally presenting their next donation to a local charity. Meet the choir members and Director Pierre Massie afterwards and enjoy some refreshments.

Tickets will be available at the door for \$15, or in advance from Books on Beechwood, 35 Beechwood Ave; The Leading Note, 370 Elgin St; or Compact Music, 785 1/2 Bank St. And if you're looking for that perfect Christmas gift, the choir's CDs will be on sale at the concert.

If you can't make it to St Columba, you can still hear the Stairwell Carollers on one of these dates:

- **December 2:** St. Barnabas Church 70 James Street, downtown Ottawa, 7:30pm.
- **December 9:** Église St. Alexandre 1 chemin des Érables, Gatineau, 7:30pm.
- **December 10:** Woodroffe United Church, 207 Woodroffe Avenue, 7:30pm.
- **December 11:** Great Hall, National Gallery of Canada, 380 Sussex Drive, 3:00pm.

David Rain, a regular shopper at the old Loeb store (now Metro) on Beechwood, has sung with the choir for 18 years. For more information, visit www.stairwellcarollers.com.



Evergreen Do's and Don'ts

Tim and Sue Dyer have created an oasis of unusual plants and non-native fir trees at their Kings Creek Farm in Ashton, Ontario: about 40 kms south-west of Ottawa.

From mid-November through to December 18, private parties and families sign up for half-day sessions. Music, muffins and mulled cider are on the menu. Closer to Christmas the focus turns to evergreen table centerpieces and urn inserts.

The Dyers recently showed neighbourhood participants wreath making, urn inserts and table decorations as part of the Rockcliffe Park Garden Club get together on November 24.

Here's a recap of some of their do's and don'ts for the holiday season:

First, the tree

Try to cut your own at a farm. Not only will your tree have been fed nutrients to reduce needle drop, but every cut tree is replaced. Remember, each acre planted with Christmas trees emits sufficient oxygen to sustain 18 people for a year.

Many trees found in commercial outlets are cut in September. So if buying pre-cut, ask where it's from: the closer, the fresher. And try to buy a non-traditional variety. Indigenous species are vulner-

able to infestation and disease so need a lot of pesticides, and have poor needle retention. Recommended firs include Concolor, Douglas, Fraser and Blue Spruce.

Before buying a fake tree, ask yourself: what it's made of; under what conditions was it manufactured; how fireproof it is; and whether it will eventually biodegrade.

Holiday wreaths, urn inserts and table settings

Pick boughs from fir trees that hold their needles. Sue and Tim harvest four species for their workshops: the distinctive white cedar; dark green red pine; balsam fir for its shiny needles bearing a citrusy aroma; and blue-tinged white spruce.

"All readily available, and together they provide a varied palette of texture and colour," explains Sue. In a cool environment, wreaths made from these fresh cut materials should last into the New Year.

As will evergreen table settings when cuttings are set in florist foam, and kept moist. To prolong life, the Dyers recommend storing table decorations in the garage or a cool room.

Visitors to a Kings Creek greenhouse will find Japan's

Sakhalin Fir, Nordmann Fir from the Caucasus in Georgia, and Myers Spruce from China. Since most firs like the cold, damp Ottawa area winters, they generally thrive. Although like any farm crop, saplings need constant attention, including regular pruning and shaping.

Hard work? "Yes, especially at this time of the year" admits Tim. "But we all—our son Jason included—can honestly say it's a positive and fun way to get into the spirit of Christmas."

For information on upcoming Rockcliffe Park Garden Club events, please contact Frances Phillips at 613-745-2551.

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By Debra Connor and Cathy McConkey

Hope everyone is enjoying this fabulous fall as much as I have been. Raking leaves has never been so easy with the sun shining, and wind and rain non-existent. What a great fall we have had.

Just to review some of the events that the Crichton Community Council (3Cs) held this fall. We hosted the annual **Halloween Howl** this year on October 30 for the neighbourhood little ones. Children dressed up in their Halloween costumes, came to play games, make crafts and join the parade down to visit the residents of **Governor's Walk**. A special thank you to Governor's Walk for the Halloween treats. Another thank you to **Wendy Lee** and **Rachelle Carrier** of the **4C's Lumière Festival**,

who were on hand with a terrific mask-decorating craft. Children and parents alike had a blast creating unique, creative masks. And, as always, the event could not have happened without the help of a group of terrific volunteers. A huge thank you to: **Emma Birchall, Isabelle Birchall, Harmony Ferreira, Carol Geller, Denise Belanger, Sylvain Belanger, Gillian Campbell, Bruce Sherry, Abby DeWolfe, Diane Kaiser-Trottier** and **Ainsley Sullivan**, and of course 3Cs members **Cathy McConkey, Caroline Matt, Stephanie Monteith** and **Debra Connor**.

The 3Cs also held its 2nd **Pumpkin Parade** event. This year it was on a lovely warm November 1st evening. The weather was really working in our favour this year as we had

80 pumpkins turn up for the event. Lined up along the footpath by the Fieldhouse, they were resplendent. They glowed with pride as their carvers and designers looked on. This is a new community event that we have decided to keep for future years. It is an opportunity to share artistic talents and to meet with neighbours and friends. Thank you to **Tara Ouchterlony** for getting the posters out and arranging to pick up some very special pumpkins donated by **Laureen Harper**, who we would also like to thank. Thank you to **Caroline Matt** and husband **Jeff**, and **Jill Hardy** for helping with the cleanup of the pumpkins afterwards.

Looking forward, our next event and likely the biggest of our year is the opening of the rinks. The initial opening is always hard to predict, being a weather dependant event. We have to wait for the snow, and in the past few years have been very lucky to get enough just a few days before Christmas. **Michel Giroux** and his team of **Hosers** will be hard at work tamping down the initial snowfall to use as a base for the rest of the season. Each and every night our team of dedicated Hosers will be out scraping and watering the rinks so that we will have the best in the city for your use. **Brian Torrie** (btorrie@hotmail.com or 613-747-7951) will be making up the Hosers' schedule for the



The Howl has become a favourite Halloween happening with the Burgh's younger set.

coming season and if you feel the need to volunteer to this illustrious group then please contact Brian so your name can be scheduled in.

Michel Giroux (613-978-3059) will be looking for **Attendants** (voluntary and paid) to man the rink and Fieldhouse during opening hours. Contact Michel if you want to apply. Please also watch for the opening hours of the rink.

Looking forward to more local, great family events? Our next event will be the **WINTER CARNIVAL**—always the last Saturday in January. Mark your calendar! **Saturday, January 28, 2011, 2:30 - 5:30 pm**. There will be games, baked beans, hot chocolate, hot dogs, and sleigh rides. Lots of fun for all!!

Council meets every second Monday of the month, at 7:30 pm in the Fieldhouse. The Council has a terrific base of dedicated volunteers here in the community. For those new to the neighbourhood and wanting to make some contact with your new neighbours, this is a wonderful way to make new friends.

If you are interested in joining or volunteering call **Cathy** at **613-746-0303** for more information. Merry Christmas to everyone and best wishes for a happy and healthy 2012!!!!

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CRICHTON CULTURAL COMMUNITY CENTRE
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The Crichton Cultural Community Centre's first session of programming in our new home is coming to an end—what a busy fall it's been!

Memorial Hall – A 'Hip-Hopping' Place

The new maple sprung floor installed in Memorial Hall—part of MacKay United Church at 39 Dufferin Road—is putting some welcome spring in the moves of our morning and evening fitness class participants. Classes include after school Hip Hop with instructor **Alexa Therien**, who appeared on Rogers TV while leading

CCCC board member **Ellen Goodman** through some dance moves—look for it on our Facebook page!

The floor has seen much more than running shoes in the three months the CCCC has been leasing Memorial Hall. Twice a week it is a playground for little hands and feet (and bottoms) during **Playgroup**. Wheelchairs and walkers roll across the floor during **High Horizons'** day of activities for adults with special needs. Stilts stride and balance as **The Ottawa Stilt Union** rehearses future productions. And a

couple of evenings a week the floor is transformed into a percussive instrument under the shoes of **Suzanne Taylor's School of Irish Dance**.

The fully-equipped kitchen in Memorial Hall has been emitting some exotic aromas courtesy of fundraising events such as **Soup for Somalia** and private functions put on by a range of culturally diverse communities in Ottawa. On **Saturday December 10**, the **Ottawa Locavore Artisan Food Fair (LAFF)** will return, giving the community a chance to taste and buy food grown and prepared locally.

New Edinburgh House – A Community Hub

Not all the fun is happening at Memorial Hall! Next door at New Edinburgh House, 255 MacKay St., the resident artists from **MainWorks** held their annual **Open House** the first weekend of November. Over 400 people sipped wine and nibbled tasty treats while looking at three floors of art displayed in the former living and dining rooms, bedrooms, hallways and even one of the bathrooms of this old Manse.

The heart of the house—the kitchen—has become a lively meeting place. Artists and students gather around for coffee and treats, taking a break from drawing, painting, storytelling and bridge classes. Babies have been dropping in with their moms (still hoping to see some dads too!), and yoga classes sometimes stop in for tea on their way down from their aerie on the third floor. On the weekend, kids take over the house with art classes. This winter we'll be adding **Playreading for Seniors**, led by vivacious theatre designer **Lou Hayden**, and theatre classes for kids and youth.

CCCC resident witch, aka administrator/book-keeper/rentals wrangler **Kiki Cliff**, had a great cackle on Halloween. She and Lumière Festival staffers **Wendy Lee** and **Marianne Beauchamp** did their best to set a suitably scary scene with fog and a truly terrifying soundscape on the front porch. Not for the faint of heart, Kiki's brooding figure and effects stopped a half dozen trick or treaters in their tracks!

Events to Light Up the Winter

Expect a jollier setting for Lumière's new community event—**Frost Fire**—on **Saturday, December 17**. We'll start the evening by making lanterns to light our walk to neighbourhood retirement residences. Joining us will be members of the **Ottawa Regional Youth Choir** who will lead us in song! Then we'll all head back to Memorial Hall to heat up with hot chocolate, soup prepared by **Vegetarian Treasures** and a choral performance.

We look forward to seeing the neighbourhood kids come together for our **March Break Camp** the week of March 12-16. Director of Programming **Susan Ashbrook** is planning a balance of activities by combining the creativity of

Lumière's arts programming and the energy of sports, games and off-site ventures.

The CCCC's Artistic Performances – Where Community and Art Connect

Community volunteer **Alison Melia** will help stimulate our creative juices in 2012 with an ambitious series of performances that will take place the last Friday of each month.

Niyamah Collective, an Ottawa-based group of dynamic artists devoted to social change, is up first on Friday, January 27, 2012, with a new work entitled **The Beginning**, described as "A Story of Empowerment, Healing, and Remembering—an artistic dance, theatre and musical piece exploring what it means to be a human being."

Lastly, a reminder that New Edinburgh House and Memorial Hall are available to rent for birthday parties, meetings and other events. Our rental rates range from \$35 to \$50 per hour, with a reduced rate for performing artists needing rehearsal space. Inquiries can be made to the CCCC at 613-745-2742.

Pick up a copy of our **Winter Program Guide** for registration information on all our programs and activities, or visit www.crichtonccc.ca.

CCCC's Lumière Festival: Not Just a Summer Event!

By Wendy Lee

Halloween Howl: This year the CCCC's **Lumière Festival** was pleased to take part in the fantastic annual event, **Halloween Howl**, brought to you by the **Crichton Community Council** at the Stanley Park Fieldhouse. Those from the Lumière Festival were able to provide arts and crafts for children and adults alike to create some fun masks to add to their Halloween costumes. In the end, the room was filled with various masks of all types of creative faces such as dragons, goofy expressions and ghoulish creatures. A great time was had by all, and the Lumière Festival is looking forward to contributing to future community events.

Frost Fire: For the first time this year, the Ottawa Lumière Festival is bringing you a new winter solstice event—**Frost**

Fire—taking place at Memorial Hall (39 Dufferin Road) on **Saturday, December 17, 2011, from 4 to 7 pm**. The evening starts off with a Lumière lantern-making workshop where each family creates up to two lanterns. After the lanterns are made, the Ottawa Regional Youth Choir will lead us out into the neighbourhood to sing at the local retirement residences! Then it's back to Memorial Hall where the choir will entertain while we warm up with hot chocolate and soup—all included in the price of a \$20 ticket per family of four and up (\$5 for individuals). Tickets are available at the CCCC Office in New Edinburgh House, 255 MacKay St., weekdays 9 am - 5 pm, Tuesdays until 8 pm and Saturday mornings; or contact Wendy at coordinator@crichtonccc.ca to reserve.

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Winter Programs

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for more detailed information on our upcoming
programs, or contact us at 613-745-2742 or
communitycentre@rogers.com.

Adult Arts & Gen'l

ACRYLIC OIL & PAINTING

Susan Ashbrook
Thurs 1:00 – 3:30 PM
Jan 12 to Mar 22 (10 wks)
No Class Mar 15
Fri 1:00 – 3:30 PM
Jan 13 to Mar 23 (10 wks)
No Class Mar 16

Fee: \$165, Drop-in: \$20/class

IN THE BEGINNING THERE WAS PLAY – EXPRESSIVE ARTS FOR 50+ ADULTS

Suzanne Valois
Mon 1:00 – 3:30 PM
Jan 9 to Feb 6 (5 wks)
Feb 20 to Mar 26 (5 wks)
No Class Mar 12
Fee: \$110

PORTRAITURE

Jinny Slyfield
Wed 7:00 – 9:30 PM
Jan 18 to Mar 7 (8 wks)
Fee: \$223 (includes model fees)

DRAWING

Christopher James

Mon 7:00 – 9:30 PM
Jan 9 to Mar 26 (10 wks) No
classes Feb 20, Mar 12
Fee: \$165

WATERCOLOUR PAINTING

Christopher James
Wed 1:00 – 3:30 PM
Jan 11 to Mar 21 (10 wks)
No class Mar 14
Fee: \$165

FIGURE DRAWING & PAINTING WORKSHOP

John Jarrett
Wed 9:30 AM – 12:30 PM
Jan 4 to Feb 22 (8 wks)
Feb 29 to Apr 25 (8 wks)
No Workshop March 14
May 2 to Jun 20 (8 wks)
Fee: \$65 per session
Information and registra-
tion at 613-594-0182,
jwjarrett@sympatico.ca.

INTRODUCTION TO STORYTELLING

Kim Kilpatrick
Mon 1:00 – 4:00 PM
First Monday of each month: Jan
9, Feb 6 and Mar 5 (3 wks)

Fee: \$60

Drop-in fee: \$24

STORYTELLING WORKSHOP

Kim Kilpatrick
Sun 9:00 AM – 4:00 PM
Mar 11 & 25
Fee: \$80

LEARN TO PLAY BRIDGE – BASICS 2

Gordon Fazil
Tues 1:00 – 3:00 PM
Jan 10 to Feb 28 (8 wks)
Fee: \$106

PLAY READING FOR 50+ ADULTS

Louise Hayden
Mon 10:30 – 12:00 PM
Jan 9 to Mar 26 (10 wks)
No Class Feb 20 or Mar 12
Fee: \$109

TARGETING THE STRESS TRAP

Sharon Collins
Thurs 1:00 – 2:00 PM
January 19- March 8 (8 wks)
Fee: \$175
Register 613-816-4307 or info@sharonhealthpromotion.com.

MEMOIR WRITING WORKSHOP

Glynis Ellens
Sat 9:30 AM – 3:30 PM
Mar 24
Fee: \$68

CREATING A VISION BOARD WORKSHOP

Michelle Casey
Sun 9:00 AM – 3:00 PM
Jan 15
Fee: \$80

SILK SCARF WORKSHOP

Suzanne Valois
Sun 1:00 – 4:00 PM
Jan 29
Fee: \$48

COLOUR MIXING WORKSHOP

Susan Ashbrook
Sun 9:30 AM – 3:30 PM
Feb 12
Fee: \$75

THE “I’VE ALWAYS WANTED TO PAINT” WORKSHOP

Susan Ashbrook
Sat 1:00 - 4:00 PM
Mar 31
Fee: \$50

THE WAY OF THE BRUSH: SUMI-E PAINTING & CALLIGRAPHY

Heather MacDonald
Sun 10:00 AM – 4:00 PM
Jan 22; Feb 26; Mar 18
Fee \$65 per workshop

Adult Fitness

TAOIST TAI CHI INTERNAL ARTS OF HEALTH

Wed 11:00 AM – 12:30 PM
Jan 11 to Mar 21 (10 wks)
No Class March 14
Wed 5:30 – 7:00 PM
Jan 11 to Mar 21 (10 wks)
No Class March 14
Fee: \$135

TOTAL BODY BOOT CAMP

Kathy Robitaille
Wed 9:00 – 10:00 AM
Jan 11 to Apr 4 (12 wks)
No class Mar 14
Fee: \$140

REBOUNDER FITNESS

Maria Jacko
Wed 7:30 – 8:30 PM
Jan 11 to Mar 28 (11 wks)
No Class Mar 14
Sat 10:00 – 11:00 AM
Jan 14 to Mar 24 (11 wks)
Fee: \$198 per class (includes use
of rebounder)
Take both classes and save 10%

FITWOMAN BOOT CAMP

Susan McDonald
Mon 8:00 – 9:00 PM
Winter session starts Jan 9
12 classes = \$168 + HST
Register: www.fitmomcanada.com/ottawa
Information:
fitmomottawa2010@rogers.com.

FITMOM 2B/PRENATAL YOGA

Susan McDonald

Classes resume on Jan 9.
Mondays 6:45 - 7:45 PM
12 classes = \$168 + HST
Information:
fitmomottawa2010@rogers.com
Register at: www.fitmomcanada.com/ottawa.

FITMOM AND BABY

Susan McDonald
Classes resume on January 5.
Thursdays 11:00 AM - 12:00 PM
No class March 15
12 classes = \$168 + HST
Information: Ask at:
fitmomottawa2010@rogers.com
Register at: www.fitmomcanada.com/ottawa.

ZUMBA GOLD

Ximena Puente
Wed 10:00 – 11:00 AM
Jan 2 to Mar 30 (12 wks)
No Class Mar 14
Fee: \$120
Drop-in: \$12
Register 613-816-4307, info@sharonhealthpromotion.com.

STOTT PILATES

Stuart Maskell
Mon 8:30 – 9:30 AM (12 wks)
No Class March 12
Fri 8:30 – 9:30 AM (12 wks)
No Class March 16
Jan 6 to Mar 30
1 Class: \$17
10 Classes: \$169.50
20 Classes: \$305.10
Prices include HST
To register 613-796-3476 or
stuart.maskell@gmail.com.

CARDIO CORE LIGHT

Sharon Collins
Wed 7:55 – 8:55 AM
Jan 4 to Mar 28 (12 wks)
No class Mar 14
Fee: \$120
Drop-in: \$12

INTENSIVE CORE TRAINING

Sharon Collins
Thurs 8:55 – 9:55 AM
Jan 5 to Mar 29 (12 wks)
No classes Mar 15
Fee: \$120; Drop-in: \$12

Thanks!

Thank you to all my friends and clients who contributed to making 2011 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.

Merçi à tous mes amis et clients d'avoir contribué à faire de l'année 2011 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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STRETCH

Sharon Collins
 Fri 7:30 – 8:30 AM
 Jan 6 to Mar 30 (12 wks)
No class Mar 16
 Fee: \$120
 Drop-in: \$12

FITNESS FUSION: A REJUVENATION OF BODY AND SPIRIT

Louise Lettstrom-Hannant
 Mon 7:25 – 8:25 AM
 Jan 2 to Mar 26 (12 wks)
No class Mar 12
 Fee: \$120
 Drop-in: \$12

MORNING FITNESS: TOTAL BODY WORK-OUT

Louise Lettstrom-Hannant
 Thurs 7:30 – 8:30 AM
 Jan 5 to Mar 29 (12 wks)
No classes Mar 15
 Fee: \$120
 Drop-in: \$12

Combine Cardio Core, Intensive Core, Stretch, Fitness Fusion and Morning Fitness for discount:

2 classes/week: \$ 230
 3 classes or unlimited/week: \$300
 Register at 613-816-4307 or info@sharonhealthpromotion.com or 613-747-1514 or golouise@rogers.com.

Yoga**GENTLE HATHA YOGA**

Heather MacDonald
 Tues 9:30 – 11:00 AM
 Jan 10 to Mar 27 (12 wks)
 Fri 1:30 – 3:00 PM
 Jan 13 to Mar 30 (12 wks)
 Fee: \$144
 Drop in: \$14
 Sign up for both classes and save 10%.

IYENGAR YOGA

Karin Holtkamp
 Tues 6:30 – 8:00 PM All Levels
 Jan 10 to Feb 28 (8 wks)
 Mar 6 to Apr 24 (8 wks)
 Thurs 9:00 – 10:30 AM Level 1
 Jan 12 to Mar 1 (8 wks)
 Mar 8 to Apr 26 (8 wks)
 1 class/week: \$96
 2 classes/week: \$160
 Drop in: \$14
 Register please at 613-422-8384 or daveandkarin@rogers.com.

IYENGAR YOGA LEVEL 2

Barbara Young
 Mon 9:00 – 10:30 AM
 Jan 9 to Mar 26 (12 wks)
 Fee: \$144
 Drop-in: \$14
 Register at 613-728-8647 or b-young@rogers.com.

RAJA YOGA – OPEN CLASSES

Michael Burlacu
 Wed 6:30 – 7:30 PM
 Jan 18 to Mar 7 (8 wks)
 Fee: \$90
 Drop-in: \$15
 Register: info@burlacuyoga.ca or 4Cs.

YOGA – THE UNIVERSAL**TOOL WORKSHOP – PART I**

Michael Burlacu
 Fri 6:30 to 7:45 PM
 Feb 17
 Fee: \$25/person; \$30/family (2 people)
 Register: info@burlacuyoga.ca or 4Cs.

YOGA – THE UNIVERSAL TOOL WORKSHOP – PART II

Michael Burlacu
 Fri 6:30 to 7:45 PM
 Mar 9
 Fee: \$25/person; \$30/family (2 people)
 Register: info@burlacuyoga.ca or 4Cs.

Family Programs**ADULTS WITH BABIES DROP-IN**

A chance to get out, socialize and talk about parenting issues. Coffee is available and members are encouraged to bring along some baked goods to share. If the group is interested, guest speakers can be invited.

Date and time to be confirmed. Please call 4Cs for more information. No registration required.

MONKEY ROCK MUSIC

John King
 Thurs 10:00 AM – 12:15 PM
 Jan 5 to Mar 29
No class March 15
 Fri 10:00 AM – 12:15 PM
 Jan 6 to Mar 30
No class March 15
 Fee: \$144
 Register at www.monkeyrockmusic.com

MAKING MUSIC MEANINGFUL

Nicole Wassink
 Tues 9:30 to 10:10 AM (age 24 to 48 months)
 \$120 for 10 weeks
 Tues 10:20 to 10:50 AM (to 24 months) \$110 for 10 weeks
 Tues 11:00 to 11:30 AM (age 4 to 14 months)
 \$110 for 10 weeks
 Register at www.makingmusic-meaningful.com, 613-806-7464.

PLAYGROUP

Ages 0 – 5 years
 Mon 9:30 – 11:30 AM

Fri 9:30 – 11:30 AM

Jan 6 to June 29
 Fee: \$55/family for one morning only or \$110/family for both Monday and Friday mornings
 Register at annetardif@gmail.com or tessatags@gmail.com.

Children's Programs**KALARTASCOPE**

Ages 6 – 8
 Zaneta Pernicova
 Sat 9:00 – 10:30 AM
 Jan 14 to Mar 17 (10 wks)
 Fee: \$125.

TAKE PART

Ages 9 – 12
 Zaneta Pernicova
 Sat 11:00 AM – 12:30 PM
 Jan 14 to Mar 17 (10 wks)
 Fee: \$135.

SPILLING OPEN – A CREATIVE WRITING ADVENTURE FOR GIRLS AGES 8 – 12

Suzanne Valois
 Mon 6:00 – 8:00 PM
 Jan 9 to Feb 6 (5 wks)
 Feb 13 to Mar 26 (5 wks)
No classes Feb 20, Mar 12
 Fee: \$75 per session.

OH, THE DRAMA! FOR 6-9 YEAR OLDS - TBA

Sat 1:00 – 2:00 PM
 Jan 14 to Mar 17 (10 wks)
 Fee: \$105

THEATRE STORIES FOR 10-12 YEAR OLDS - TBA

Sat 2:00 – 3:30 PM
 Jan 14 to Mar 17 (10 wks)
 Fee: \$125

KIDS HIP HOP

Alexa Therien
 Ages 6-8
 Tues 4:30 – 5:30 PM
 Jan 10 to Apr 3 (12 wks)
No class Mar 13
 Fee: \$120
 Ages 9-12
 Thurs 4:30 – 5:30 PM
 Jan 12 to Apr 5 (12 wks)
No class Mar 15
 Fee: \$120

SEEDLING YOGA

Jenny Nelson
 Wed 3:00 – 3:45 PM
 Jan 11 to Mar 28 (11 wks)
No class Mar 14

CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

Jennifer Barbarie	<i>Assistant to the Vice-Chair</i>
Isobel Bisby	<i>Co-Chair, Programming</i>
Sean Flynn	
Colin Goodfellow	<i>Treasurer</i>
Ellen Goodman	<i>Past Chair</i>
Jane Heintzman	<i>Secretary</i>
David Horley	<i>Vice-Chair</i>
John Jarrett	
Bethann Robin	<i>Chair</i>
Johan Rudnick	<i>Past Chair</i>
Paula Thompson	<i>Co-Chair, Programming</i>
Carol West	

Ex-Officio Members

Diana Bates	<i>MainWorks</i>
Robert Gould	
Gemma Kerr	<i>NECA</i>
Marta Reyes Lipman	

To contact Board members please call 613-745-2742 or email communitycentre@rogers.com.

Fee: \$75

IRISH DANCE

Suzanne Taylor
 Tues 6:00 – 9:00 PM
 Thurs 6:00 – 9:00 PM
 Mar 6 to May 17
 Fee: \$170
 Register at 613-231-1215 or suzanne@tayloririshdance.com
www.tayloririshdance.com

FROST FIRE

The Ottawa Lumière Festival presents Frost Fire, a one evening winter festival featuring light, lanterns, singing, entertainment, delicious hot soup and wonderful hot chocolate! It is a chance to get out with your family, meet friends and enjoy our community.
 Sat 4:00 – 7:00 PM
 Dec 17
 Fee: \$5/individual or \$20 for a family of 4 or more

MARCH BREAK CAMP

Combine the visual and performing arts, with physical activities such as sport, outdoor adventures a scavenger hunt and a day trip to a fun location and you have the 4C's fun-filled March Break Day Camp! Space will be limited so sign up soon!
 Ages 6-8 and 9-12
 Mon – Fri 9:00 AM to 4:00 PM

Artistic Performances**WHERE COMMUNITY AND ART CONNECT**

On the last Friday of each month, beginning in January 2012, the 4Cs will offer performances of artists from various disciplines. Some events will be followed, the next weekend, with a workshop presented by the performers. Visit our website for more details.

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A New Lease on Life for Community: Future Looks Bright at New Edinburgh House and Memorial Hall

By Jane Heintzman

Since our last report on the CCCC's near miraculous transition from its longstanding domain on the second floor of 200 Crichton Street to its new home in New Edinburgh House (NEH) at 255 MacKay Street, the Centre has welcomed a steady stream of community members, dropping in to acquaint themselves with their new community centre, enjoy a chat and a cup of tea in our cosy kitchen, or to participate in a program, event or meeting. The switch from forbidding caution tape, security cameras and a steep stairwell to a friendly, street level front door entrance has made a world of difference in a few short months, and augurs well for a bright future in the CCCC's new home.

And as word has spread of the pleasant spaces and welcoming, home-like ambiance of the Centre's new headquarters at NEH, not to mention the spacious and well-equipped facilities at the Memorial Hall with its newly installed sprung floor, the CCCC has become a hive of activity virtually from dawn to dusk. Our capable **Transition Project Co-ordinator Lynda Hall** has provided a full report on the Centre's first months in our new location, including the highlights of fall programs and events, and a preview of those on the immediate agenda (see page 21).

Needless to say, there are countless operational issues to be tackled in the weeks ahead, not least the identification and completion of necessary upgrades to existing facilities to meet City regulatory requirements, and to ensure a user-friendly environment for program participants, renters, artists and other users of the Centre. The MacKay United Church Implementation Team and staff have been extraordinarily cooperative and resourceful in helping the CCCC to address these issues, and in forging ahead to advance the application for severance required to enable the Centre to purchase NEH.

Negotiating teams from both sides continue to make steady progress towards the shared objective of a CCCC purchase of the former Manse, combined with a long-term lease of Memorial Hall for expanded community and arts programming, events and activities. Short-term leases for both NEH and the Memorial Hall were in place by mid-October, and discussions towards the longer-term objectives have continued to be amicable and productive. Indeed, from the CCCC perspective, it has been a pleasure to do business in an atmosphere of mutual positive regard and collaboration! These discussions are expected to continue into the New Year as the myriad details

related to severance, necessary upgrades and CCCC financing arrangements gradually fall into place.

Owing to the day-to-day pressures of simply getting its bearings in the new location and dealing with the multitude of regulatory and operational issues on its plate, the CCCC has not yet had an opportunity to tackle two critically important tasks. The first is to undertake a careful re-examination of the Centre's Strategic Plan in light of the change in circumstances, location and facilities. While many aspects of the Plan established in 2006 may continue to apply to the relocated operations, this transition affords a welcome opportunity to take stock, re-examine priorities and directions, and where necessary, chart a new course for the future.

We look forward to undertaking such a wide-ranging "visioning" process with our Board, staff and many stakeholder groups early in the New Year. At the same time, we face a second, closely related challenge which is to develop, in light of the Strategic Planning exercise, a clearly defined Business Plan on the basis of which to establish the Centre's long-term financial viability as it continues to develop as a hub for community life, and for arts and cultural activity in the Ottawa region.

In both of these important

exercises, we look forward to the leadership, imagination and guidance of a new, permanent **Executive Director**. A CCCC Search Committee is currently working hard to identify a suitable candidate to fill this position, and hopes to complete the process by early December, with the successful applicant starting work early in the New Year. Stay tuned for an introduction to our new (and first ever!) Executive Director in the February edition of the NEN!

Changing of the Guard

At the Board level, the CCCC will begin the New Year with some new faces at the helm. In November, longstanding Board member **Bethann Robin** took on the role of **Chair**, replacing **Johan Rudnick**, whose demanding professional life and hectic travel schedule had made it increasingly difficult to manage the heavy, ongoing challenges involved in leading the organization through this transitional phase. Welcome Bethann, and the best of luck in the action-packed months to come!

As most readers know, Johan has led the CCCC for the better part of its 12-year existence, and his contribution to its evolution, and indeed, survival, has been incalculable. His comprehensive grasp of all aspects of the organization, from the minutiae of day to day operational issues to the bigger picture of our mandate, mission and financial viability; his infinite patience with the endless hurdles the Centre has encountered in its colourful history; and his principled, determined, but generous-spirited and genial leadership have brought the organization through a decade-long gauntlet of challenges, to the threshold

of a new beginning in New Edinburgh House. The Board, and the community at large, are deeply grateful for Johan's outstanding commitment to the CCCC.

The good news is that Johan, though relieved of the day-to-day pressures of the Chair, will remain on the Board Executive as **Past Chair**, guiding Bethann in her new role, and continuing his involvement with the development of a Strategic Plan and Business Model for our relocated operation. Joining them both on the CCCC Executive is **David Horley**, who will take on the job of **Vice-Chair**, assisted in this role by **Jennifer Barbarie**, and **Colin Goodfellow**, who has kindly—and courageously—agreed to serve as **Treasurer**.

We are also delighted to welcome **Paula Thompson** as a new Director on the Board, replacing **Sharon Collins** who was regrettably obliged to withdraw owing to the pressures of her professional commitments. Our sincere thanks to Sharon for her significant contributions to our programming development, and to the successful unfolding of the transition process in the course of the summer. We look forward to working with Paula, who is already hard at work as the capable **Co-Chair of our Programming Committee**.

As always, we thank all those who have volunteered their time and talents, signed up for our programs, or offered helpful ideas, suggestions and moral support as we established ourselves in our new community home. We wish you all a joyous holiday season, and a happy and healthy New Year, and look forward to seeing you back at NEH in January 2012!

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SIGNATURE DISHES

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



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Sun: 12:00-5:00

Christmas Book Suggestions from Books on Beechwood Staff

David's book list:

If my wife is reading this, I want **James A. Corey's**, *Leviathan Wakes* for Christmas! I'm also keeping an eye on *Wonder*, which is the last book in **Robert J. Sawyer's** trilogy, following *Wake* and *Watch*. It's a fast moving series about an emergent consciousness on the world-wide web. Last, but not least, **John Scalzi** has written *Fuzzy Nation*, what he calls a "reboot" of **H. Beam Piper's** *Little Fuzzy*, a must read for fans of Jack Holloway and the Fuzzies.

Bridget's favourite:

Keith Richards' memoir, *Life*, was a delicious read. His voice is irresistibly true and candid, also surprisingly insightful and very amusing. A must read for all rock and roll lovers who came of age in a certain era.

Antoinette's picks:

Requiem by Frances Itani is a poignant novel about the Japanese Canadian experience during WW2.

Oliver's Twist: The Life and Times of an Unapologetic News Hound, a memoir by **Craig Oliver**, is honest and touching.

The Hundred-Foot Journey is an enchanting gastronomic fairy tale by **Richard Morais**.

Rediscovering Reverence, by **Ralph Heintzman**, is an exploration of the meaning of faith in a secular world.

Winter; five windows on the season, the 2011 Massey lectures by **Adam Gopnik**.

Hilary Suggests:

For Younger Readers:

Eon by **Alison Goodman** (12+) It's a wonderful story about a young girl named Eona, who disguises herself as a boy in order to become the

new Dragoneye, an apprentice to one of the twelve energy dragons of good fortune. Her exciting adventures continue and conclude in the second book in the series, *Eona*.



Drummer Girl by **Karen Bass** (12+) is a sweet story about a high school girl who loves to play the drums. Her ultimate goal is to play in a band some of her schoolmates started, but the road to fame is not as smooth as she expects—she has to decide what she is willing to sacrifice in order to realize her dreams.

And for Adults:

Rose Garden by **Susanna Kearsley**: The newest offering from this wonderful Canadian author, *Rose Garden* is a lovely time travel story revolving around an old manor house in Cornwall. Torn between the 21st and 18th centuries, Eva must come to terms with her past and determine what her future will hold.

Lost Angel by **Javier Sierra** is a fast-paced thriller featuring a young Spanish woman who must work alongside American Secret Service agents in order to save her scientist husband

from his terrorist captors.

Award Winners and Contenders:

Giller Prize Shortlist:

The Cat's Table by **Michael Ondaatje**, *Better Living Through Plastic Explosives* by **Zsuzsi Gartner**, *The Sisters Brothers* by **Patrick DeWitt**, *The Free World* by **David Bezmozgis**, *The Antagonist* by **Lynn Coady**, and this year's winner, *Half-Blood Blues* by **Esi Edugyan**.

Additions from the Governor General's Literary Awards Shortlist:

The Little Shadows by **Marina Endicott**, *Touch* by **Alexi Zentner**.

Exciting New Releases:

Wayne Gretzky's Ghost by **Roy MacGregor**, *Trudeau Transformed: 1944-1965* by **Max and Monique Nemni**, *Room For Us All* by **Adrienne**

Clarkson, *Nation Maker: Sir John A Macdonald: His Life, Our Times* by **Richard Gwyn**, *Steve Jobs* by **Walter Isaacson**, *A Season in Hell* by **Robert Fowler**, *In Other Worlds: SF and the Human Imagination* by **Margaret Atwood**, and *Inheritance* by **Christopher Paolini** (Young Adult fantasy).

Book Signings at Books on Beechwood:

On Saturday, December 10, from 11 am to 1 pm, local author and former diplomat **Adrian De Hoog** will be at the store to sign copies of his latest thriller, *Natalia's Peace*.

On Saturday, December 17, from 11 am to 1 pm, legendary reporter **Craig Oliver** will be at Books on Beechwood to sign copies of his new memoir, *Oliver's Twist: The Life and Times of an Unapologetic News Hound*.

Magic at the Library

By Caryn Kewell

Magic and some special animals were in abundance at the Rockcliffe Park branch of the Ottawa Public Library on October 22, 2011. The library held an **Open House** to show what the branch has to offer, including new teen video games and to get into the Halloween spirit at the same time. Around 180 parents and children enjoyed making crafts, face-painting and being entertained by popular, local circus and magic duo, **The Juggle Squad** and getting to know the animals of the **Sunny Shenanigans** puppet show. Many thanks to the following sponsors for door prizes and refreshments; **Books on Beechwood**, **Bread**

and **Roses**, **Bridgehead**, **Da Bombe**, **Jacobsons**, **Mood Moss Flowers**, the **Museum of Science and Technology**, the **Museum of Civilisation**, the **Canadian War Museum** and the **Canadian Agricultural Museum**.

The Open House was funded by money raised at last April's Book sale at the Rockcliffe Park Branch of the Ottawa Public Library. This sale is organized by a library committee of the Rockcliffe Park Residents Association which draws volunteers from Manor Park, New Edinburgh, Lindenlea and Rockcliffe.

The date for next years Library Book sale is April 14 and 15, 2012.

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Burgh Arts Scene

Celebrating Images of Women to Support Breast Cancer Action

New Edinburgh photographer **Gavin Murphy**'s latest charity fundraising exhibition of images of women, titled *Transitions* presented by Meridian Credit Union, will take place from February to March 2012 at **Gallery Farina** in downtown Ottawa (216 Elgin Street). A satellite show of different photos will be held concurrently at Meridian's Ottawa branch, located at 99 Bank Street.

All proceeds from the sale of photographs will be donated to Breast Cancer Action Ottawa, a survivor-directed voluntary organisation founded in 1992 by a group of women who knew firsthand what breast cancer diagnosis meant to patients and families.

"Breast cancer afflicts

women of all ages and ethnic backgrounds," said Murphy. "Women affected by this disease need to be strong and positive like the women portrayed in this exhibition."

The photographs feature a transition of the artist's work from 35 mm film to digital photography and were taken between 2005 and 2011. Many of the images have never been seen before.

Murphy's last exhibition of women's photographs was 2010's *ThunderStruck*, also a fundraising initiative for Breast Cancer Action Ottawa. He has produced a charity calendar of photographs of women for Osteoporosis Canada-Ottawa Chapter and held two exhibitions featuring images of



Photo: Gavin Murphy
 "The Shopper".

women to help raise funds for CANHAVE, a local charity helping AIDS orphans in Uganda.

The *Transitions* exhibition is made possible through the generosity of Meridian, Ontario's largest credit union.

For further details, contact Gavin Murphy at posingforthecause@gmail.com or 613-741-4029.

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"Reflection".

Photo: Gavin Murphy

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Centre d'artistes Voix Visuelle - A Hidden Artistic Gem on Beechwood

By/par Louise Imbeault

Fondé en 2007 par deux artistes chevronnés Shahla Bahrami et Cécile Boucher, le Centre d'artistes Voix Visuelle est doté du statut d'organisme autonome et incorporé en société à but non lucratif et d'organisme de bienfaisance.

The Centre also develops educational activities targeting artists, students and members of the public, in connection with its exhibitions. It facilitates presentations, lectures and any other suitable activities to further the comprehension of art in its surroundings.

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Drop by for a visit **Tuesday to Saturday from 11 am to 4 pm** at **81 Beechwood Ave** (upstairs) or call **613-748-6954** and Shahla or Tatiana will be happy to greet you. www.voix-visuelle.ca.



Photo: Louise Imbeault

Centre Director Shahla Bahrami (right) and her intern Tatiana Estevez, Art Administration student at Ottawa University (left).

Situé dans le quartier historique de New Edinburgh/Vanier, Voix Visuelle est conçu comme un centre d'artistes autogéré francophone, avec un double mandat artistique et éducatif.

To be a driver of a dynamic artistic community, the Centre encourages a diversity of interactions and transformations favorable to a creative process, particularly innovation in digital art.

In addition to creating relationships among francophone artists and synergies around artistic and educational projects, Voix Visuelle allows for exchanges with galleries and artistic centres provincially and nationally.

The programming mandate of the Centre focuses on imagery art (digital art, photography, video) and three-dimensional art (sculpture, installation) in order to establish a dialogue between artists, the community to which they belong and the broader world of art.

Il soutient l'émergence des jeunes artistes à travers des actions concertées auprès du milieu scolaire. Le Centre cherche activement à se mettre en réseau pour élargir son champ d'action, s'ouvrir aux autres communautés francophones minoritaires et encourager la circulation des œuvres et des artistes afin d'augmenter leur visibilité sur un plus large territoire.

Financially supported by an impressive group of partners including, Ontario Arts Council, La Fondation Franco-Ontarienne, Canadian Heritage, the City of Ottawa, the Canada Council for the Arts, Les caisses Desjardins and a wide array of individual art lovers in the community. Why not you?

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MARGOT

Ashbury College Cadet Corps Returns

By Lieutenant (Navy) Paul Fraser

The proud tradition of the Army Cadet program has returned to the halls of Ashbury College after an absence of over 37 years. The Army cadets were part of the college's day to day life for 69 years, beginning in June 1905 when the "Ashbury College Cadet Corps" was formed as part of the "Association for Drill in Educational Institutions," until the corps was disbanded in December 1974.

Through the initiative of a few energetic members of the Ashbury College alumni, the restoration of the cadet corps at the College was seen as a means of reaching out to engage young people in the communities surrounding Ashbury in a program ideally suited to this age group.

In co-operation with the Canadian Forces and the Army Cadet League of Canada, the process of building an Army Cadet Corps at the College began during

the summer months. With the assistance of 3018 Royal Canadian Army Cadet Corps from Orleans, a satellite unit of the Corps is being established at the College to facilitate the development of the administrative, personnel and logistical support required for the successful operation of a cadet corps.

It was on the evening of October 3, 2011 that cadets from 3018 RCACC marched onto the college grounds with



2011—A new corps of Ashbury College Cadets are in training. New recruits wanted!

flags flying and arms swinging high to officially signal the return of the army cadet program to Ashbury College.

Cadet Master Warrant Officer Jonathan Montreuil, the Sergeant Major for the Asbury unit, marched to the front doors of the college and rapped his drill stick on the door to seek permission for the Army Cadets to return to the grounds of the college. Permission was duly granted by Headmaster Tam Matthews on behalf of Ashbury College.

The Commanding Officer of 3018 RCACC, Major Tim McKee stated, "The program's

goals are quite simple: it helps Canadian youth become good citizens and leaders in their communities. One of the ways that we do that is by showing the Cadets how important community and family are. Cadets are the largest federally-funded youth organization in Canada, and are free of charge

to Canadian youth between the ages of 12 and 18 years. Cadets provide a wide range of fun and challenging activi-

ties, which enable our youth to become active and responsible members of their local communities. These activities include leadership, citizenship, adventure training, teamwork, physical fitness, stimulating an interest in the activities of the Canadian Forces, as well as opportunities to travel both within and outside of Canada."

Now that the doors are again open to the Army Cadet Program at Ashbury College, the real work has begun to invite youth from the surrounding communities into the program. To date, there have been 12 new recruits who have taken up the challenge, but there is still more room to grow. The goal is to have 25 cadets actively involved in the program at Ashbury by the end of the training year in June 2012.

Over the next couple of months, the officers and members of the alumni will be reaching out to the youth in the area to let them know about this unique opportunity. They will also be working to engage the community as a whole through various community groups and business leaders, and to ensure that the word is out about this great opportunity to



Photo: City of Ottawa Archives 1959—Ashbury has a long history with Cadets. This photo shows a Cadet rehearsal on May 11, 1959.

become involved in what some refer to the "best kept secret in Canada."

The cadets parade at Ashbury College on Monday evenings from 6:30 to 9:00 pm. If you have a son or daughter aged 12 to 18, and are interested in learning more about this Cadet program, feel free drop by or we can also be reached at 613-841-8092 or 3018army@cadets.gc.ca. There will also be sign up and information sheets available at BMO Beechwood Branch, courtesy of Ashbury alumnus, Branch Manager Adam Kane!

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A Day in the Life of a British Soldier in 1867

Bill Arends

AKA Baloo of the Ottawa 63rd Cub Scout Program

"Good morning recruits," the Lance Corporal barked in his sharp military tone. "This barrack room is an utter disgrace. None of those barrack boxes are straight; there is dust on the shelves and dirt on the floor. This barrack room should be fit for her majesty Queen Victoria to sleep in." The recruits stood quietly at attention in their bright red and blue British uniform jackets and brass buttons. When asked questions the recruits barked back the answers followed by "YES, LANCE CORPORAL!" or "YES, SERGENT!" depending on which NCO (non-Commissioned Officer) was addressing them.

The lance corporal's buttons and the polished brass end of the Lance corporal's pace stick shone in the morning sun that filtered through the dusty windows of the barracks. Fort Henry the Citadel of Upper Canada juts out into the Harbour and the cold November wind off the water rattles the old oak doors and hisses through cracks in the casements. Just as the Lance Corporal was finishing his inspection a couple of the recruits began to giggle and everyone smiled as the Lance

Corporal feigned irritation and shouted "Is there something funny here?"

After the NCOs were done their work, a man named Baloo stepped forward and informed the recruits that breakfast would be in soldier's room 12. "Don't forget to bring your mess kit, hat and mittens, if you have them," he added. Do British soldiers wear mittens? Do they sleep with TEDDY BEARS? Do they remember to brush their teeth? Well these ones do!



Photo: Bill Arends

Members of the Ottawa 63rd Cubs snap to attention during muster at Fort Henry National Historic site. The Cubs spent 21 hours living 144 years in the past and got a taste of life as a British soldier in a Canadian garrison.

Welcome to the the **Ottawa 63rd Cubs' overnight camp at Fort Henry National Historic site.** As part of the Cub program's Remembrance week activities, the Ottawa 63rd Cubs boarded a large yellow school bus and headed down the 417 to Kingston, traveling back in time to 1867, when Canada was young and defended by Her Majesties armies.

The cold grey walls and the heavy oak doors are exactly the same as they were when

Fort Henry was the main line of defense against the hated American rebels south of the border; the musty smell of the old stone passages and the drafts are all still there as well, but nothing a good sleeping bag can't keep at bay. The Soldier's Overnight Program is Fort Henry's premier learning experience where youth are immersed in the lifestyle of the garrison as it was in the 1860s.

The program began with a brief introduction, issuing of uniforms and an explanation of what was expected of a recruit. While the Cubs were not the best drill team at first, their skills got better each time they were called to muster. Each Cub had a favorite part of the experience—some liked the historical scavenger hunt, some the marching, others the live rifle demonstration and most enjoyed the evening ghost tour.

Now they can go back and tell their friends they actually know what an 1860s-era Enfield rifle sounds like. They even had the opportunity to assist the Fort by lowering the flag in the evening and raising it again the next day. The Union Jack still proudly flies above the fortress. Little did the citizens of Kingston below

the fort know that the flag that appeared above the fort on November 13, 2011, was raised by the Ottawa 63rd Cubs.

Each Year the 63rd Ottawa Cubs sell popcorn as a fundraiser and the funds for this go toward Cub trips like this one.

While it is not likely that any of the Cubs will ever become British soldiers, 12 Ottawa Cubs and four lucky parents spent 21 hours living 144 years in the past, and getting a taste of what life was like in the 1860 British army.

The Ottawa 63rd Cubs would like to take this opportunity to thank the many people in New Edinburgh and Vanier that bought Scout popcorn this year and helped send them to 1867 for a day. All had an amazing time.

Erratum

The photo credit for a photo that appeared on page 34 of the October edition of the *New Edinburgh News* incorrectly identified the photographer as Louise Imbeault. The photo was provided courtesy of Mary Albota of the Wabano Centre for Aboriginal Health.

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Photo: Frank H. Scheme

The Right Honourable Herb Gray, proud grandfather of a Fern Hill School student, shown here with daughter and New Edinburgh resident, Elizabeth, joined by the hosts for the evening, Louise and Shawn Malhotra.

Fern Hill Garden Party

By Elizabeth Gray-Smith

The cool weather did not stop the sold out crowd from attending the Fern Hill School Garden Party fundraiser on October 1, 2011. The hosts for the evening, **Louise and Shawn Malhotra** of the Malhotra Family Foundation, welcomed close to 300 guests into the tents set up on the front grounds of their home. Plenty of outdoor heaters kept everyone warm as they mingled, sipped wine and martinis, nibbled at gourmet small plates, tried their luck at the silent auction and danced the night away.

The Fern Hill School, an independent, non-profit school located in the heart of New Edinburgh, is celebrating its 30th anniversary this academic year. The evening raised over \$69,000 which makes this the most successful fundraiser the school has held. All funds will be used to enhance the physical building on Vaughan Street.

The Fern Hill School will hold an **Open House on Wednesday, February 1, 2012, from 5 to 7 pm.** Contact the school to register: principal@fernhillottawa.com or 613-746-0255.

Mudrooms Make Life Less Messy

By Moneca Kaiser

As a renovator I'm dumbstruck by the number of houses I go into without a proper entry closet let alone a mud room. It's truly baffling, and usually it's those Victorian houses that are the most shameless culprits. I wonder if back in the Victorian day, every household had a maid or man servant to greet guests at the door and take their coat and boots away into some mysterious hide away. Maybe those fancy Persian carpets were so thickly knotted with such deep hues that the boot markings wouldn't even show so people didn't take them off. It's a mystery.

I think mudrooms are essential to graceful living because when there is a place for everything chances are better that everything will find its way there or at the very least you can in kvetch in good conscience when they don't. Often people are so worried about losing valuable living space that they skimp on the mudroom, not realizing that it's what makes a home work. Imagine not tripping over your kids' knapsacks as you walk in the door or having a spot to leave your keys and charge your cell phone.

I was told when I started my design firm 16 years ago that a good bookkeeper is worth their weight in platinum; Well, that's how I feel about mudrooms. The ideal one, like the one in the photo is out of any sightlines so it can have open shelving and cubbies without wrestling with doors.

Some mudroom tips:

If your closet is sort of tucked away and you're not staring at it from your living room couch, just taking the doors off can expand the space and usefulness almost exponentially. If you really don't want to see what's inside, a curtain is the next best thing because it can be pulled off to the side. I feel curtains aren't used enough

a plastic wall-mounted bin called "trones" that is ideal for tucking away not only shoes but also mitts and hats even files. When they are laid out with spaces between them you gain nice little shelf spots for cell phones and keys.

Another under used option that requires a few skills is to reclaim the space between the wall studs, where you can gain valuable shallow shelves

If you happen to have one of those houses that doesn't have a decent entry closet, you might want to consider rethinking the living room to see if you can steal some space. It will require some creativity, possibly involving some built-in furnishings in the space left over in the living room, but I believe it's well worth it for your peace of mind.

One client had this to say about the tranquility that can come from a good entry closet:

"How has this little closet changed my life? It holds all of the stuff that comes with three teenage women, one adult woman and a couple of dogs. When I walk into my home I see clean lines instead of the boots, shoes, coats, purse, backpacks, leashes (I could go on) that once littered the hallway. It is now peaceful. I'm not grumpy; and I don't nag my family nearly as much as I used to."

Moneca Kaiser is owner/operator of Moneca Kaiser Design Build.



architecturally, and I encourage you to explore them; there are all kinds of interesting fabrics out there.

A good layout is essential, so if you start with an inventory of what you actually need to keep accessible you can plan accordingly. A lot of shops offer free design layouts if you purchase from them. It's always good to think about how much space you need for short coats vs. long ones, so you can add extra shoe shelves below them. Ikea has a very nice line of mudroom and closet fixtures that I have used a lot, and they carry

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Prevent Common Threats of Winter

By Alex Rice

At this time of year, most of us are trading our gardening gloves for mittens and learning to enjoy the clean white blanket of winter. However, there is still time to do a few things to help the woody plants in your garden stay healthy.

There are three main threats that trees and shrubs are susceptible to once the temperatures drop below the freezing point: dehydration of foliage (also known as desiccation); breaking or bending of branches; and bark cracking. In this article, we'll look at some of the ways to prevent these threats.

Desiccation of foliage occurs if the leaf transpires too much while the water in the soil is frozen; the moisture in the leaves can't be replaced by ground moisture, so the foliage dries up. Desiccation typically happens during heavy or constant winds, or when sunshine dries foliage and buds.

Many species have built-in protection against desiccation. Rhododendrons, for example, will naturally "tuck up", curling their leaves like cigars, to conserve heat and create shade, while *Picea abies* (spruce) buds have moisture retentive wax glaze for protection from the wind. Young *Pinus strobus* (white pine) mature in the shade of generations before them, but when they grow bigger they will make the shade for young pines.

Prevent desiccation on young (or newly planted) conifers by ensuring they're well watered through the fall. Having good water reserves when the soil freezes is always beneficial for plants. If the new tree is exposed to wind

or sun, conserve the humidity by wrapping it with burlap or tree netting; you could also build an A-frame around it to protect it against sun and wind, or coat the foliage with an anti-desiccant spray that helps it to retain moisture. If your tree is hardy to our zone, and after it becomes well-established to the point it can stand a short drought without irrigation, don't protect it over winter and enjoy the foliage.



Tree netting protects vulnerable trees in winter.

Another threat of winter is the breaking or bending of branches due to snow or ice. Evergreens have a lot of surface area and can collect a lot of weight over a winter, but conifers that are described as pyramidal or columnar have many vertical leaders that can easily bend away or possibly break.

Prevention starts when the tree is planted. Most pyramidal cedars are sold with about four leaders that are tied together—cut these off a.s.a.p. Also, don't stake the tree, and if it was sold with a bamboo stake, remove the stake. Let the cedar blow in the wind through the

year, helping it to build callus. Like the tough skin on your green thumb, it can only be built if exposed to the elements! At this time of the year, if branches are starting to break off or the tree is near a roof that tends to shed snow, give it some extra support by wrapping it in clear plastic tree netting or tying twine around the circumference.

Vertical cracking of bark, also known as sun scalding, occurs on sunny winter days. Surface heat on exposed (unshaded) surfaces of deciduous tree trunks cause dormant fluids to unfreeze. When the sun goes down at night, temperatures drop and fluids quickly refreeze. This melting/freezing pattern, especially with repetition, causes the bark to crack. These cracks will appear like large vertical wounds. Trees that come from nurseries, where they were in a protected area and that are now standing on their own, are especially susceptible to this type of damage.

Cracking can be prevented by sunblocking the trunk with burlap or a stiff plastic protector (this can be purchased at nurseries). If this has already happened to a tree on your property, you can still prevent further cracking by protecting the trunk—better yet, plant a conifer on its south side!

Alex Rice is a horticulture technician. Contact him with questions or ideas for future articles at horticultural01@gmail.com.

OrKidstra Gives Gift of Music



By Craig MacDonald

The gift of music explains the smiles of the twenty children at York Street School in Lowertown receiving violins, donated by supporters of OrKidstra—the amazing Ottawa program that provides children from under-served areas with free music instruction and the opportunity to play in an orchestra and sing in a choir.

The violin program at York Street School is the latest addition to OrKidstra's suite of programs as it moves beyond its Bronson Centre base. Starting with 30 children five years ago, OrKidstra now involves 200 Kids from Centretown and Lowertown speaking, in all, 24 different languages. Ninety percent of the children receive, at no cost, semi-private or group instruction by professional teachers, sheet music, transportation, before-practice snacks and the loan of musical instruments—most of which are donated by Ottawa citizens.

Twenty-eight music students from the University of Ottawa and teenagers from the Ottawa Youth Orchestra and local high

schools volunteer to mentor the children every week. Over 30 other volunteers do everything from repairing stringed instruments to fundraising, helping in the office and supervising the children before and after classes four days a week.

OrKidstra is administered by The Leading Note Foundation. It is, at heart, a social development program that gives kids the chance to belong to something important, develop the discipline and commitment that go along with learning a musical instrument and experience the joy of making music with others.

The benefits of music education are beyond the reach of many families, but OrKidstra is changing this with the support of corporate and public sector supporters and a caring network of faithful individual donors. Indeed, almost half of its current funding base comes from individual citizens.

You can make a donation online through www.CanadaHelps.org (search for The Leading Note Foundation), by calling 613-897-3210 or by visiting www.leadingnote-foundation.org.

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For the Birds



By Jane Heintzman

Fall Migration

Thanks to the mild weather throughout much of September, October and early November, many song bird species delayed their departure for warmer southern habitats, and remained in the area to take advantage of the still ample food supply of ripened berries, seeds, thistles, nuts and even some insect life. While some species, particularly long distance migrants, appear to be physiologically programmed to respond to shortening length of days as a cue for their departure, those travelling shorter distances depend more on the available food supply and on local weather conditions to determine the timing of their trip south. Hence the continuing presence of **American robins**, some **warbler** species, **slate coloured juncos** and many **sparrows** (**chipping**, **white-crowned**, **song**, and **American tree sparrows** to name a few)

well into the balmy first weeks of November.

The annual cycle of migration, to northern breeding grounds in spring and warm southern habitat in the fall, is fraught with dangers and daunting physical challenges, and by some estimates, more than 60% of migrating birds don't survive the round trip. Among the innumerable risks to these tiny travellers are predators along the route; starvation; loss of stop-over habitat due to human development or pollution; stormy weather; collisions with tall buildings, power lines, wind turbines and other man-made obstacles; and vulnerability to pathogens and parasites that spread rapidly when birds congregate in large numbers.

Thankfully for those of us in northern climates, not all song bird species choose to make this perilous trip, but stick around throughout the winter to rely, at least in part, on the well-stocked bird feeders that abound in most urban neighbourhoods (our own at the top of the list!) These "resident" birds include **black-capped chickadees**, **Northern cardinals**, "winter finches", **woodpeckers**, **white-breasted nuthatches**, and **blue jays**.

Research has shown that "resident" and "migrant" species actually differ physiologically, with the latter group having larger pectoral muscles replete with oxygen-rich blood vessels to produce the energy needed for flight; longer and more pointed wings; and often two kinds of haemoglobin in their red blood cells to allow them to fly at high altitudes with lower oxygen levels.

Preparing for the Journey: Food and Feathers

Given the challenges of the journey, it's not surprising that migrating birds engage in an elaborate preparation process, beginning with a change in hormonal levels (referred to as *hyperphagia*) which allows them to dramatically bulk up before the flight, and to accumulate stores of energy on their breasts and flanks as fuel for the journey. Readers who kept their backyard feeders supplied this fall, or who have fruit-laden crab apple or mountain ash trees in the vicinity, will undoubtedly have watched these prodigious guzzlers having their fill before take-off.

A second crucial preparatory measure prior to migration is **molt**. By the end of the breeding season, many birds' plumage has become worn and ragged, potentially creating air resistance and drag in flight, so fresh plumage is required to ensure the birds are as aerodynamic as possible to maximize their energy efficiency on the challenging journey. On the Thanksgiving weekend, we observed a dramatic instance of pre-migration molt among a large group of **common loons** assembled in an open bay close to our cottage in the Georgian Bay. The surface of the water was literally covered with fluffy feathers



Photo: P. Couture

Snow geese on the St. Lawrence River.

shed by the loons to make way for the stronger, tighter plumage needed for both insulation and flight.

Due to their comparatively heavy bodies and proportionately small wings (better designed for diving than aerodynamic efficiency), **common loons** need every single one of their flight feathers intact to become airborne and successfully negotiate the flight to their destination. The consequence is that they have to shed all their feathers at once and grow an entirely new set before they take off. For the two to three weeks that it takes to complete this transformation, the birds are flightless, and thus extremely vulnerable to danger. And because they expend vast amounts of energy growing back their plumage, loons are also highly susceptible to disease during this risky hiatus.

Migration Routes and Avian Navigation Tools

The avian highways used

by migrating bird species are referred to as **flyways**, routes which typically follow coast lines, rivers or mountain ranges, affording reliable food and water sources and resting places, and posing no major topographical obstacles to flight. **The Atlantic Flyway** in our corner of the continent extends from the Arctic Circle down the Atlantic Coast and Appalachian Mountains all the way to the Caribbean. Interestingly enough, most species don't use precisely the same route within the Flyway on their trips north and south, but typically follow a clockwise pattern, shifting west on the northern spring migration and moving farther east for the trip south in the fall.

According to ornithologists, migrating flocks use a variety of navigation tools to keep their bearings on these epic journeys. There is evidence that they have special chemical compounds in their brains, eyes and/or bills which allow them to sense the earth's magnetic fields, and they use a variety of visual cues such as land forms, rivers, coastlines and mountain ranges to pick

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out the route. Night flyers such as smaller song birds, which fly after dark to avoid raptor predators and take advantage of calmer wind conditions, orient themselves by the stars, while day time travellers use the position of the sun to chart their course. Young birds also learn the routes by travelling in flocks with more seasoned adults.

Fall in the Garden and Farther Afield

Bird life in our garden this fall has followed a boom-and-bust cycle, with periods of feverish activity followed by eerily quiet weeks when the feeders were abandoned. In late September and early October, the garden was hopping with **American robins** (including a large group of awkward-looking immature birds with their splotchy white breasts), **song sparrows**, **American goldfinches**, **house finches**, **purple finches**, **juncos**, **Northern cardinals**, **blue jays**, **white-breasted nuthatches**, **European starlings** and the occasional **woodpecker**, both a **pileated** and a **hairy**. Sadly however, our **white-crowned sparrow** group, which has regularly stopped over in spring and fall for the past three years, did not return this fall while en route south from its Arctic breeding grounds. My fingers are crossed for their return this spring!

In late October, the place was an avian desert, with scarcely a winged creature to be seen in the vicinity, presumably because the pickins were better elsewhere. As I write in the second week of November, however, the crowd has returned in force, with a particularly large influx of **slate-coloured juncos** scouring the lawn and flowers beds while **American goldfinches**, **house finches**, **purple finches** and **black-capped chickadees** have their fill at the feeders.

In our travels this fall, we encountered immense flocks

of noisy **blue jays** feasting on the bumper acorn crop on our island in the Georgian Bay in mid-October, and an immense gathering of **common loons**, "rafting" in an open fish-filled bay near our cottage, and vocalising lustily, with calls ranging from what sounded like puppies barking to the familiar loon yodel. As mentioned earlier, the loons were in the full throes of a molt, and feathers were literally flying across the tranquil surface of the water.

In the course of a road trip through Quebec and the Maritimes, we were delighted by the sights and sounds of an almost unbroken succession of **snow geese** flying overhead at Montmagny, just north of Quebec City on the St. Lawrence. Montmagny is the self-proclaimed "Snow Goose Capital of Canada" where the Montmagny Marsh (a Ducks Unlimited Wetland) has become renowned as a snow goose sanctuary. Unlike their ungainly **Canada geese** cousins, snow geese in their glistening white flocks are a truly magical sight, although their once threatened population has reportedly seen a dramatic increase in recent years, prompting a lifting of the ban on snow goose hunting.

Winter Bird Feeding: Keep Those Backyard Feeders Topped Up!

If you and your family keep your backyard bird feeders filled throughout the winter to sustain the hardy species that stay in our area, it's not too late to sign up for **Project Feeder Watch**, a joint initiative of the Cornell Lab of Ornithology and Bird Studies Canada. Check out the website at www.birds.cornell.edu/pfw/ to find out how you can register to report the sightings at your bird feeders in the months to come, (squirrels don't count, by the way!). And please feel free to share those sightings with the NEN for our next report in February!

Reports from Our Readers

As always, our birding expert **Edwin Daudrich** provided an impressive list of sightings based on excursions in late September and early October. The complete list will be posted on the revamped community website at www.newedinburgh.ca but a few of the highlights bear mentioning in this column. In trips to the prime birding locations at Mud Lake, Andrew Haydon Park, Ottawa Beach and Shirley's Bay this fall, Mr. Daudrich's sightings included numerous species of **warbler** (notably **palm**, **yellow-rumped**, **northern parula**, **black-throated green**, **black-throated blue**, **blackpoll**, **magnolia** and **hooded**), a **Sabine's gull** (apparently a rarity in this area), **warbling** and **red-eyed vireo**, **American widgeon**, **green-** and **blue-winged teal**, **black-bellied plover**, **semi-palmated-**, **spotted-** and **pectoral sandpipers**, and **great egret**.

In later excursions to Hilda Road, March Valley Road, Shirley's Bay, Mud Lake and Dick Bell Park, he encountered, among numerous other more familiar species, three birding "firsts" in his experience: the **western sandpiper**, the **Hudsonian godwit** and the **white-rumped sandpiper**. Also on the list from these outings was a **cackling goose**, an **eastern bluebird**, a **bald eagle**, a **hermit thrush** and a **fox sparrow**.

Our roving birding reporter **Vicki Metcalfe** spent a week on guided birding expeditions in the eastern coastal regions of Delaware this fall, logging an astonishing 96 species in the course of the trip. Interested readers can find the complete list posted (soon) on the community website at www.newedinburgh.ca. Delaware is directly in the path of the Atlantic Flyway, so Vicki's

great blue, **little blue** and **black-crowned night herons**; **shorebirds** (including multiple species of **sandpiper**, **plovers**, **dowitchers** and **sanderling**); **gulls** and **terns**; **woodpeckers**; and familiar **songbirds** (ranging from **warblers**—**yellow-rumped**, **black-throated blue**, **pine**, **magnolia**, **Cape May**—to **wrens**, **sparrows**, **grackles**, **chickadees** and many more).



Photo: Mike Leveillé
Solidary Sandpiper at the Macoun Marsh.

sightings included numerous migrating flocks of species such as **snow geese**, **Canada geese**, **osprey**, **American kestrels**, **tree swallows** and **European starlings**, as well as **Monarch butterflies** heading for their winter habitat.

Her list includes a virtual Who's Who in the world of **raptors** (such as **bald eagles**, **Cooper's** and **sharp-shinned hawks**); **ducks** (including **northern shoveller**, **green-winged teal** and **northern pintail**); **herons** (notably

verging on his suet feeders. As late as mid-November, Dave also reported the presence of **American robins** and a large flock of **blackbirds**.

In late September, **Mike Leveillé** and his students at **St. Laurent Academy** spotted and photographed three interesting species at the Macoun Marsh: a **Virginia rail**, a **sora**, and a **solitary sandpiper** (which is not in fact entirely solitary, but unlike other shore birds, doesn't migrate in large flocks).

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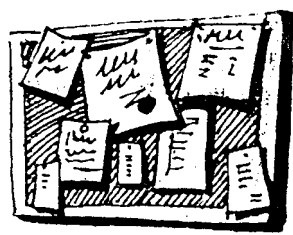
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Burgh Bulletin Board

December Events

Sun, Dec. 4, 3 pm

THE OTTAWA BRAHMS CHOIR with guest choir Cross Town Youth Chorus will present *Sounds of Christmas* under the direction of conductors Denise Hawkins and Kurt Ala-Kantti at St. Thomas the Apostle Church at 2345 Alta Vista Drive. Tickets will be available from The Leading Note, Compact Music stores on 190 and 785-A Bank. For more information, contact 613-749-2391 and 819-568-8169 or www.OttawaBrahmsChoir.ca.

Thu, Dec. 8, 7 pm

BETWEEN THE LINES at the Rockcliffe Park branch of the Ottawa Public Library, 380 Springfield Road. Share the enjoyment of good books in a relaxed atmosphere. Join us for a discussion about *To Every Thing There is a Season: a Cape Breton Christmas Story* by Alistair MacLeod.

Thu, Dec. 8, 7:30 pm

CHRISTMAS CONCERT - Ministriles de la Reyna. Christmas music from Spain's Golden Age. St. Bartholomew's Church, 125 MacKay St. www.arsnova.ca.

Sat, Dec. 10, 10 am - 4 pm

LOCAVORE FOOD FAIR at Memorial Hall, 39 Dufferin Road. See article on page 7.

Sun, Dec. 11, 6 pm

CHRISTMAS CANDLELIGHT SERVICE at Beechwood Cemetery. Choir, hot beverages. Outdoor event. Free. 280 Beechwood Ave.

Ongoing until Tue, Dec. 13

VOIX VISUELLE Exposition internationale d'estampe numérique minature - LE CORPS TRANSFORMÉ.

International Digital Art Miniprint Exhibition - THE TRANSFORMED BODY. 81 Beechwood Ave (upstairs).

Sat, Dec. 17, 4 - 7 pm

FROST FIRE - An Ottawa Lumiere Festival event at Memorial Hall, 39 Dufferin Road. See article on page 21.

Sat, Dec. 17, 7:30 pm

STAIRWELL CAROLLERS at St. Columba Church, 24 Sandridge Road. See article on page 18 for more dates and information.

Fri, Dec. 23, 7:30 pm

CHRISTMAS CONCERT - Daniel Taylor and the Choir and Orchestra of the Theatre of Early Music. Knox Presbyterian Church, 120 Lisgar Rd.. www.arsnova.ca.

January/February Events

Mon, Jan. 16, 7:30 pm

NECA BOARD MEETING at St. Bartholomew's Church. All welcome.

Sat, Jan. 28, 2:30 - 5:30 pm

WINTER CARNIVAL at the Stanley Park Fieldhouse. See article on page 20.

Thu, Feb. 23, 7:30 pm

ROCKCLIFFE GARDEN CLUB speaker series - Slide show by David Priest, master gardener. 380 Springfield Rd. Visitors \$7 at the door; annual membership \$35 (single), \$50 (couple). Information: Frances Phillips. Tel: 613-745-2551.

Snow Go Programs for Seniors and Persons with Disabilities

Seniors and persons with disabilities can now register for the City of Ottawa's snow removal assistance programs.

The **Snow Go Program** helps seniors and persons with disabilities find reliable contractors and/or individuals

who will perform the service of clearing snow from their private driveways and/or walkways. Once matched up with snow removal help, residents are responsible for making payments directly to the individual or contractor.

The **Snow Go Assist Program** provides financial assistance to eligible low-income seniors and persons with disabilities to pay for a portion of their snow removal costs. Approved participants may be reimbursed up to 50 percent of the cost of snow clearing per event, up to a seasonal maximum of \$250.

This is the fifth year the City of Ottawa is partnering with the Seniors Citizens Council and eight local home support agencies to deliver these two winter programs.

For more information about the Snow Go Program matching service and the Snow Go Assist Program, including eligibility criteria and application process, visit ottawa.ca/snow-go or call 3-1-1 (TTY: 613-580-2401).

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Farewell to Raymond Dubuc

Raymond Dubuc passed away on October 5, 2011, after a long period dealing with prostate cancer. Raymond enjoyed life in "the Burgh" and was proud to be an active part of life in the neighbourhood. Upon arriving on Vaughan Street in 1977, he quickly joined NECA, and was the president for a time. While on NECA, he helped organize the first annual garage sale. He also was a Cub Scout leader for many years. At one point, there was a plethora of security guards attending the meetings, as both Michel Trudeau and Tobin Schreyer were Cub Scouts. When Pascal outgrew Cubs, Raymond realized there was no Scout Troop nearby, so he started one in the neighbourhood. Long after he officially left the Scout Troop behind, he would attend the camps as the chief cook.

Raymond also ran the rink for a few seasons, loving standing out in the cold, pouring water onto the rink and getting to know more neighbours. Raymond was a regular at both neighbourhood pubs, where he loved to hold court, and freely shared his opinions on politics and almost everything else. Raymond was the "manager"

of the local baseball team, which meant he got the beer for the after game debriefing. He and Joyce shared a delivery route for the NEN for many years, which has now been inherited by their granddaughter, Harmony.



Raymond enjoyed travelling. Besides driving across Canada several times, he also enjoyed travelling around Peru for a month, cruising through the Panama Canal on a yacht, spending a month in Oaxaca, (learning about mezcal in depth) as well as many other shorter trips to Mexico. His last trip was a few years ago, when he and Joyce went to Arizona, joining some of Joyce's family on a tour of the state.

Although a "granny suite" had been discussed for years, when he learned of his diagnosis, plans went as fast as they could, considering the city

by-laws and the other usual renovation complications. When the house was complete, the backyard was still a mess until a group of neighbourhood friends descended on the property one Saturday, transforming it to a great backyard.

With his wife Joyce at his side, Raymond was able to spend his last year in close contact with son Pascal, daughter-in-law Roxan Clark and his three beautiful granddaughters, Harmony, Maya and Grace. He was able to stay at home until a week before his death, for which his family is very grateful.

The family would like to thank those who supported Raymond in the last year, with visits and homemade soup and other goodies. Also, thanks to Joyce's great support groups—the CCC, Mackay United Church members, her fabulous book club and other friends for providing a great luncheon after the funeral. It was all very appreciated. Raymond's last gift was to donate his cornea and we hope to hear soon that someone's sight was restored due to this gift. Goodbye Ray—the Burgh just won't be the same without you.

Classified Ads

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

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Welcome

A warm welcome to **Marcel** and **Elaine Halle** along with their three children, **Matthieu**, **Danielle** and **Renee**, who all recently moved to Mackay St. Look for their fabulous Christmas lights this coming holiday season.

We wish a warm welcome to the new French Ambassador to Canada, **M. Philippe Zeller** and his family, who arrived

in Ottawa in early September following a three year posting in Indonesia, where M. Zeller served as Ambassador, and as French representative in Timor-Leste and at the General Secretariat of the Association of Southeast Asian Nations (ASEAN). M. Zeller succeeds **M. François Delattre** who has moved on to the challenging job of Ambassador to the U.S. in Washington. We can only hope the Zellers' first winter in Ottawa is not too harsh a



Crichton Street.

An exhibition of Martha's paintings of New Edinburgh backyards along with other Ottawa areas will take place at the Gordon Harrison Gallery (495 Sussex Drive) beginning on December 10, 2011.

Sketch by Martha Markowsky

blow after the steamy warmth of Indonesia!

faith in a secular world.

Bethann Robin and **Henry Patterson** were married on August 20, 2011 at St Matthews church in the Glebe.

and the Clock Town Pub all the best in their new venture.

Birthdays

Happy 50th birthday to **Christine Williams**, sister of New Edinburgh Pub owner **Paul Williams**. The event was celebrated in Las Vegas, where a good time was had by all. What happens in Vegas, STAYS in Vegas!!!

Congratulations

Janet Uren (Crichton Street) is tickled pink to have a part as the 81-year-old maidservant in a production of Chekhov's *The Three Sisters* by the University of Ottawa Theatre Department at U of O's Academic Hall in December.

Congratulations to Stanley Avenue neighbours **Robert Fowler** and **Ralph Heintzman**, both of whom have new publications on the market this Christmas. *A Season in Hell* is Bob's harrowing account of his 2008 kidnapping by Al Qaeda and subsequent four month captivity in the Sahara Desert; a gripping tale which has received extensive media coverage in recent weeks. Ralph has had two new works released this year: *Tom Symons: A Canadian Life*, a portrait of a leading Canadian public figure with a broad-ranging and distinguished career in the fields of higher education, culture and human rights; and *Rediscovering Reverence*, an insightful exploration of the meaning of



Bethann Robin and Henry Patterson tie the knot .

Farewells

What can we say about **Joseph Cull** and **Ian Engelberg**. The neighbourhood will be a sadder place without them. We hope we still see lots of you though. Don't leave us completely. Joseph is the main planner of the Marathon Cheering Squad and the Winter Festival to name only a couple of the many groups he supports wholeheartedly.

Our best wishes to **Brett Baigrie** on his new position at the Clock Tower Pub in Westboro. We are losing a neighbour, community activist and all round nice guy, so Westboro will surely benefit from our loss. We wish Brett

Condolences

Our sympathies to **Vicki Metcalfe** on the death of her mother, **Jean Metcalfe**, who died at the age of 94 in early October. In recent years, Jean was a resident of **The Edinburgh Retirement Residence** where she was an avid bridge player, and took special pleasure in the regular visits of Vicki and her enchanting wheaten terrier, **Ceilidh**. We extend our sympathies to Vicki and all the members of her family.

On November 26, 2011. **Dorothy Poulton**, much loved mother of **Isobel Bisby**, passed away in England at the grand old age of 93. She was ready to leave this world, and leaves five daughters, thirteen grandchildren, and fifteen great grandchildren to inherit her fine character and spirit.

Died Sep 17, 2011 in Brockville, **Betty Watters**, former Burgher and mother of **Penney Place**. Mother, educator, wordsmith, traveller, narrowboat captain, friend. Penney's tribute article about her mother was published in the *Globe and Mail*.

**DEADLINE
for submissions**

Jan 10

breezybits@hotmail.com

Check Out New Edinburgh's New Community Website!

It's been a long time coming, but thanks to the work of local web design firm **IT For Change** and many hours put in by web team members **Mark Baker** and **Cindy Parkanyi**, the new community website has finally here.

Some of the new elements include a **slideshow**, featuring snapshots of New Edinburgh history, events, and sights; a **Community Poll**; and quick

access to social media sites such as **Facebook** and **Twitter** (coming soon: **Flickr**).

If you would like to receive periodic emails alerting you to recent updates to the site, you can login, **create your own user account and subscribe to updates**.

The new site is easier to keep updated, so check back frequently to see what's new in the neighbourhood.

