

February 2012

# NEW EDINBURGH NEWS

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



Photo: Louise Imbeault  
Governor General David Johnston and Mrs. Johnston celebrate "Canada's Game" with young hockey players from the Boys and Girls Club of Ottawa at the Rideau Hall skating rink. >> See full article on Page 6.



This painting by Martha Markowsky, titled "New Edinburgh Lane" will be featured in an exhibition at the Gordon Harrison Gallery on Sussex Drive on February 18 and 19. Along with this painting there will be several others featuring scenes of New Edinburgh.

## Post Beechwood Fire Update: Another Year in Limbo?

By Jane Heintzman

If there is truth to the rumours that now abound about the fate of our burned out business area, our community cannot look forward to a revival of the Beechwood commercial core any time soon. At this point, one unconfirmed but credible report suggests that the sale to Minto of the fire-ravaged properties on Beechwood and MacKay Street may not close until March, 2013, pending the resolution of insurance claims

and a settlement in relation to the existing leases in the remnant buildings which still house **Bread and Roses Bakery** and **Hamie's Diner**.

If this regrettable scenario is in fact the likely reality, it seems improbable that we will see a revival of the retail sector in this area much before 2014, even assuming that reconstruction is launched as soon as the sale closes. At the same time, our sources confirm that the

chances of early movement in the unused, and in some cases derelict, commercial properties across the street on Beechwood (next to the Quickie mini-mall) are slim to none.

Needless to say, this is discouraging news for us all, not least the remaining businesses in the area, some of which have already felt the pinch as clients gradually shifted their shopping patterns to bypass

**Continued on page 8**

## 245 Crichton: Volunteers Complete Work on Collective Act of Kindness

Families in need of a home will soon be moving into a six-unit apartment building, thanks to a group of community-minded

volunteers who designed, built, and furnished the facility over the last two years.

The building and trades

unions hired by PCL to develop the Ottawa Convention Centre, along with GBA Development and Project Management, the Ottawa Building and Construction Trades Council, BBB Architects and many others, led a group of workers to demolish the crumbling apartment at 245 Crichton Street, and build a modern, accessible apartment building that can accommodate six families in need of a home.

"This project was not easy because the existing foundation and building had really deteriorated over the years," said Graham Bird, president of GBA. "It was great to see the team who built the Ottawa Convention Centre come together and give back to the

**Continued on page 3**



Photo: Louise Imbeault  
New Ed residents and site neighbours, Carol and Willis Scanlon. In foreground: GBA volunteer Chantal Langevin.

MARCH 30TH, 2012  
6:30 PM  
**NIGHT OF DANCE**  
FEATURING  
**ERIKA MILLS**  
**DANIELLE DUCHESNE**  
**BRADLEY BENY**  
**FLAVOR FACTORY**  
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WHERE COMMUNITY AND THE ARTS CONNECT  
CRICHTON CULTURAL COMMUNITY CENTRE  
CENTRE CULTUREL COMMUNAUTAIRE CRICHTON  
DESIGN BY BEN XIAOLIN REN





# NECA President Joan Mason Reports

After the turmoil of 2011, I sincerely wish New Edinburgh a very happy, peaceful and productive New Year.

2012 is going to be a demanding year for the NECA Board. To help imbue ourselves with the spirit of endurance we begin the first meeting of the new year with a toast to our founder, Thomas MacKay. This year marks the 220th anniversary of his birth. Check him out in the Dictionary of Canadian Biography Online at [www.biographi.ca](http://www.biographi.ca).

We are often told that Canada suffers from a perpetual identity crisis. Perhaps, but not so with New Edinburgh. We have a strong history, dating back 185 years, and this is preserved in the ambience, architecture and spirit of our community. Although we have a Heritage Conservation District, it seems to be a well-kept secret. There is no special street lighting or

street signs, as in other districts. We are the product of the power generated by the Rideau Falls, but are not mentioned on the NCC exhibit at the site. And, of course, due to ignorance of who and what we are, developers always need to be informed as to what is appropriate, both within and outside the HCD.

With this in mind, on February 21st, which is the City of Ottawa's Annual "Heritage Day," the theme of which for 2012 is Power Generation, NECA will participate by celebrating the Rideau Falls. The beauty of the Falls and the vista of the Ottawa River are to be cherished. The Falls generated the power that built New Edinburgh and contributed mightily to the economic development of Ottawa. NECA will be providing animators to educate and bring to light nearly 185 years of history. Thomas

MacKay (Simon Ford) and Anne Crichton (Alison Melia) will preside over the event at City Hall, beginning at 11:00 a.m. Please join us if you can.

**2012 Projects and Initiatives**  
NECA has assembled an initial Task Force comprised of Michael Histed, Gail MacEcheran, Jane Thompson, a representative from NecoE and myself to monitor the Beechwood rebuild. We shall take the initiative to provide a prospective developer with a vision concerning appropriate look, streetscape and types of retail. Parking and height restrictions will be issues of concern. We shall encourage them to work with the community in restoring our commercial district.

The Interprovincial Bridge process moves on. NECA has been informed by the NCC of the appointment of a Process Evaluation Fairness Auditor. We have indicated our interest in participating in this process and are endeavouring to find out how to do so. This move by the NCC may be a response

to the frustration many have felt during the past years of this process, which featured very dubious information and seemingly insincere "consultations" between the effected communities and the consultants. For instance, one of the mandates of the bridge is to remove large trucks from King Edward Avenue, but the present projection is that 40% of the trucks will still use the street. Only recently did the City demand that a formal truck survey be undertaken; we await the results.

In 2012 NECA will continue its ongoing efforts to build strong relationships with the NCC, Rideau Hall and the Rideau Conservation Authority. Their mandates and our own have much in common and it would be so nice to collaborate and celebrate in concert with these neighbours as we approach Canada's 150th anniversary.

In 2012 NECA will continue to raise the profile of New Edinburgh, and we hope the community will catch the spirit and flavour. Last year we created the NE street banners and adopted the Mackay Ancient Blue Tartan - we are thrilled to see NE scarves and neckties proliferating on our streets and at meetings. They are available for purchase at New Edinburgh House. This year, we are creating visual history panels, which can be easily assembled at special events, and are continuing

work on the NE History book. Other project announcements coming soon!

Canada, the Province and the City do nothing to help with the maintenance of heritage buildings, other than provide grants up to \$5,000, if they are available. This does not go far when re-doing a foundation or cedar shaking a roof. NECA supports initiatives, such as they have in the United States, that acknowledge through tax breaks those who care for heritage properties. It is a shame that Canada is not respecting its built heritage. Nor are there grants offered for the writing of our history, as we have discovered. There are only grants for special events. So we have to party our way to writing a serious history of the remarkable village of New Edinburgh?

Finally, on a fragrant note, the bio filter in the park has been addressed by the City. New medium has been laid. However, everything now depends on the colonization of the medium to reduce the odour. We wish the new inhabitants a most productive 2012.

## NEW EDINBURGH NEWS

P.O. Box 74038, Ottawa, K1M 2H9

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**Deadline**

for the next issue of the  
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# 10 Things You Should Know About the Bridge Project

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

1. A bridge at any of the three corridors being considered (Kettle Island, Lower Duck, or Gatineau Airport):

- Will not solve the truck problem on King Edward
- Will deteriorate communities and green space
- Will not integrate well with public transit
- Will encourage urban sprawl
- Will encourage more

car commuting, and will increase traffic problems.

2. The NCC describes the scope of the current project phase as being directed at picking “the least worst option” among the three corridors being assessed. This phase will define the final location, design, and will complete an environmental assessment for the selected corridor. It is expected to be completed by January 2013.
3. Based on their approval of the scope of this phase of the project, the funding partners

(NCC, Province of Ontario, Province of Quebec) have concluded that any of the three corridors being considered would be suitable. However, the Province of Ontario has stipulated that a higher degree of emphasis should be placed on community impacts, public transit, and economic development when making the final selection.

4. The next round of public consultations are planned in February 2012, where the public will be able to see exactly what a bridge and

truck route at Kettle Island would look like. Functional designs and mitigation measures for all three options will be presented for comment.

5. Also within the February consultations, the public will have an opportunity to provide input on weighting of the factors that will be used to assess and compare the three potential bridge locations. When applied to the “bridge formula”, these weightings will, ultimately, define which of the three potential bridge locations is selected.

6. In the first phase of the project, Kettle Island ranked as the worst of the 12 corridor options being considered at that time in the categories of factors relating to negative impacts on people and communities along the corridor. However, these factors were assigned a combined weighting of only 13% by the technical oriented committee who assigned weightings behind closed doors. This same committee assigned a combined weighting of 54% to the factors relating to traffic and cost.

7. By increasing the relative importance of Phase 1 factors related to negative community impacts, the “bridge equation” identified other corridors as being more favourable than Kettle Island.

8. We need to ensure that negative impact on communities and people is assigned the weighting it deserves during this final phase of the project, and that it is not overshadowed by technical and cost considerations. Please participate in the upcoming consultation and provide your feedback.

9. The final corridor selection will be made in late Summer 2012, after which all project activity will focus on completing the environmental assessment for that corridor.

10. Community Associations in the area are working hard to defend against this threat. Please support them, and contact them with questions or concerns.

Visit [www.stopthebridge.org](http://www.stopthebridge.org) to find out more. To access the French version, please visit [www.pourunmeilleurpont.org](http://www.pourunmeilleurpont.org).



Photo: Jim Watson

Local New Edinburgh residents were among those who pitched in to paint interiors at 245 Crichton Street as part of the “Collective Act of Kindness.”

## 245 Crichton Street...

Continued from page 1

community. Food and shelter should never be taken for granted.”

Ottawa Community Housing, the building’s owner, provided ongoing support and leader-

ship to the volunteer team who met regularly over the past two years to bring the new apartment building to completion. Each unit has two bedrooms, a kitchen, a living/dining area and a full bathroom. The build-

ing is environmentally-sustainable, and one of the main floor units is fitted with a ramp for accessibility.

“We are very grateful for this innovative partnership which will benefit six families in need,” said Councillor Steve Desroches, Chair of Ottawa Community Housing. “To be provided with this building in the heart of a wonderful community like New Edinburgh is truly the gift of giving. The residents here could not have been more helpful and welcoming.” Local residents pitched in on one of the bitterly cold days in January to help paint the units.

The re-development of 245 Crichton was done through donated labour, materials and supplies. The Ottawa Building and Construction Trades Council provided strong leadership on this project as they have with other initiatives in the Ottawa area such as Rogers House, Cancer Survivorship Centre and the Shepherds of Good Hope.

By **Michael Histed**

Have you been receiving strange calls lately? Well you are not alone.

During the past month my wife and I have been receiving a number of calls from persons wanting access to our computer. Does the following scenario sound familiar: a man calls saying he has been advised by Bell (or Rogers) that your computer has been infected or compromised and that he is working with Windows/Microsoft and will help you out. All you need to do is go to your computer and he will help you solve the problem.

Sound familiar? DO NOT BELIEVE THEM. According to the Ottawa Police this is a scam that has been going around for the past year. These people will have you download something onto your computer that will give them access to your system and files. You do not need to be polite – just hang up. If they call back saying they were cut off, hang up again. They want to harass you

into believing they are legitimate. They are not!

If you find yourself being harassed excessively by these people, or feel threatened, you may call the RCMP anti-fraud squad. Fraud comes under Federal jurisdiction, so even though the Ottawa Police will be sympathetic to your situation, they cannot do anything about it.

Call **1-888-495-8501**.

Remember, legitimate companies do not solicit you for your passwords, user names, account numbers or your computer data files unless you initiate the call yourself. Just say no and hang up.

### Notice of Meeting

Constable Ryan Pierce will attend the first meeting of the Ivy Crescent and Bertrand Street neighbourhood watch group:

**Date:** February 5, 2012

**Time:** 1 to 1:45 pm

**Location:** New Edinburgh House, 255 MacKay Street.

## 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:

**February 20, 2012, 7:30 pm, at St. Bartholomew’s**  
**March 19, 2012, 7:30 pm, at St. Bartholomew’s**  
**April 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](http://www.newedinburgh.ca).



NecoE New Edinburgh  
Committee on the  
Environment

Working toward a more sustainable future

## Non-salt Options for Icy Paths and Driveways

**By Sarah Anson-Cartwright**

Salt use during winter months ends up harming our water quality. The salt used to de-ice roads and sidewalks can end up in our groundwater and harms our eco-system and wildlife. According to the Ottawa Riverkeeper, an estimated 40 percent of total salt used in Ottawa is applied on privately owned parking lots, pathways and driveways. So while the City needs to reduce its use of salt and is exploring alternatives, residents can help greatly by avoiding salt and using green options to deal with icy conditions around their homes.

Two eco-friendly brands which are made in Canada and recommended by the Canadian Wildlife Federation are EcoTraction and Organic Melt. EcoTraction is made of granular volcanic material which does not melt ice but claims to offer better traction than sand. Like sand, however, it may clog up storm sewers. So it is best to avoid letting it get shovelled or plowed away. Instead, the manufacturers recommend that you shovel or (in the spring) sweep it into your lawn or flower beds since it is "safe enough for plants to grow in."

Organic Melt Ice Remover is an all-natural melter that is made from sugar beets and

sodium chloride (which is rock salt). It claims to work to -30°C. Although it does contain rock salt, it is considered safer since it requires a smaller quantity than traditional salt in order to melt ice. Magic Salt (similar to Organic Melt) and Arctic Blast Ice Melter (made with calcium magnesium acetate which is usually a petroleum by-product) are two other brands which are listed among those in *EcoHolic Home* by Adria Vasil.

As Ms. Vasil notes in her book, we use far too much of these products, hoping we won't have to do any manual labour, which is the "wisest, most conscientious option."

Lastly, a few words about sand. There are pluses and minuses to its use. It does not melt ice and may clog up storm sewers, but it is inexpensive, easy to apply and provides traction. The City mixes it with salt for certain conditions. For anyone who wants to use salt, reducing its use and mixing it with sand would certainly reduce the harmful impacts.



## Energy efficiency

# From Cool to Comfortable, an Old Home Benefits from Energy Upgrades

**By Sarah Anson-Cartwright**

Winters in the Histed-Jorgensen home used to include the challenge of keeping a constant and comfortable temperature. "The upstairs was always cool and hard to heat," says Michael Histed. He and his wife Elizabeth Jorgensen live in an 1870s brick home on Queen Victoria Street. Now they find it hard to keep their bedroom cool in the winter. The turnaround was the result of changes which improved the home's energy efficiency and turned it from cool to comfortable, while reducing energy use.

Here are a few of the issues and solutions that they applied to their home on the advice of an energy auditor, who initially assessed their home's energy efficiency:

### Inconsistent and cool temperatures in the home:

Michael and Elizabeth had been thinking about blown-in insulation. When the energy audit showed their house was indeed very poor in terms of energy efficiency, they decided to have insulation added to all the exterior walls of the main brick house. (They also have an addition at the back of the house which dates from the 1950s.)

The insulation was blown in via drilled holes in the mortar between bricks with a high-pressure hose. Michael was concerned about potential damage to the mortar (which is lime and very soft) and the bricks (which are old and hard to find). However, now he says

they can't even notice where the holes were made on the exterior brick. The insulation is cellulose (an environmentally friendly material) treated with borax to guard against ants.

The basement is a crawl space that runs underneath the whole of the front house. It was also insulated by adding 6-mil plastic to the floor and foil stripping underneath the beams.

Histed added weather-stripping to all the exterior doors. The advice for the attic door, which they rarely use, was to add a latch to help squeeze down the hatch.

The chimneys were also capped to address the heat loss in the house. With a forced air furnace and two fireplaces, a lot of warm air was being pushed out before the caps were added.

When it came to the windows, Michael came up with his own idea of how to insulate the cord as part of the window sash. He also notes that the TV program *This Old House* (and its website) shows how to retrofit older windows.

### Icicles and ice-build up on the roof:

Icicles may have looked attractive hanging off their pitched roof. But ice build-up or icicles hanging down can be dangerous and are signs of moisture and heat loss from the house. When an attic is not properly insulated and ventilated, heat will move into that unoccupied space and then melt the snow on the roof. The melting snow forms icicles as it slides down

the roof and hits the ice-cold eaves.

With the addition of insulation to the attic and baffles into the eaves, the airflow has improved and there are significantly fewer icicles on their roof.

### Overall results:

Michael and Elizabeth are more comfortable in their home now in the winter. The energy upgrades moved their home from the low-end to the mid- to above-mid-range of the conservation scale. As a result, they received their energy program rebates to offset some of the cost of the upgrades.

In addition, they are saving money on energy costs and contributing less to greenhouse gases in the environment.

"It has been well worth it," says Michael of the energy improvements. "My advice to other homeowners is to get the improvements done and see if you can still receive the rebates."

If your home is experiencing any of the issues that used to face Michael and Elizabeth, consult an energy auditor and start investigating a retrofit. Even without the rebates, the improvements may be worthwhile for the increased comfort and savings they may provide.

### Federal grants:

Until March 31, 2012, homeowners are eligible to receive grants through the federal ecoENERGY Retrofit program. The first step involves an energy audit by a qualified auditor.



**Mauril Bélanger**

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# Idling Is Not Necessary

Now that we have been experiencing cold winter weather, there are people who will increasingly idle their cars. The question is whether it is necessary and what is really needed for an engine to function in the very cold.

To help with starting your engine, add gasline anti-freeze to your gas tank. It is also wise to keep your tank relatively full to avoid condensation. In very cold temperatures, three-quarter empty tank can allow condensation to form

which can make starting more difficult.

The federal Office of Energy Efficiency offers the following tips to reduce your idling in colder weather (these tips are taken from the Idle-Free Zone webpage):

## 1. Minimize use of remote car starters.

These devices encourage you to start your car much too long before you are ready to drive, causing unnecessary idling. This wastes fuel, is bad for the environment and costs you money.

## 2. Warm your car by driving it.

Once a vehicle is running, the best way to warm it up is by driving it. With modern computer-controlled, fuel-injected engines, you need no more than 30 seconds of idling on winter days before driving away.

## 3. Use a block heater.

When your engine starts up, it has to pump oil throughout the block to lubricate moving parts. In a cold engine, the oil is thick and resists flow, which means the engine has

to work harder to overcome internal friction.

One answer to this cold-engine dilemma is to use

a block heater to warm the engine block and lubricants. You don't need to leave a block heater plugged in overnight to warm the engine. In cold weather, simply plug in your block heater two hours before you need to use your vehicle. Better yet, use an automatic timer to switch on the block heater at the right time.



Heritage and Development Committee - Comité Patrimoine et Développement

# 2012: An Active Year Ahead

By Michael Histed

The end of 2011 saw some changes to the Heritage and Development Committee (H&D committee). Paul McConnell stepped down following a very successful term as chair of the Committee. New Edinburgh owes Paul a lot of gratitude for his effort to defend the built heritage of the neighbourhood.

In November 2011, NECA elected Michael Histed to take over as Chair of the H&D Committee. As we start 2012, there are a number of issues that require close attention by the Committee:

## 61 Queen Victoria Street

We welcome the new owners of 61 Queen Victoria Street to the historic district of New Edinburgh. The H&D Committee will be discussing with the new owners their potential plans for the house and property. By the way, a drawing of 61 Queen Victoria

was used to illustrate the cover of the New Edinburgh Heritage District Guidelines. It is a fine example of our built heritage.

## Beechwood Redevelopment

Following the fire on Beechwood, which destroyed several businesses and apartments, talk has begun on the redevelopment of the site. Members of the H&D Committee and NECA will be represented on a working group with the City and the developers.

## Sussex Drive

The NCC has given notice of future development plans within the New Edinburgh Heritage District along Sussex Drive and Stanley Street. The H&D Committee and NECA have approached the NCC to be involved in future discussions.

## Revisions to the City of Ottawa Infill Guidelines and Official Plan

Both these documents have direct impact on the nature of development in New Edinburgh, and therefore will require close monitoring and commentary by the H&D Committee. These documents are due to be published February/March 2012.

It will certainly be an active year. If anyone is interested in participating in the committee, feel free to call me at the number below. As you can see our mandate is varied, involving both protection of the heritage character of the neighbourhood and monitoring development within the community as a whole. Stay tuned for future developments.

Finally, February 20, 2012 is Heritage Day. Let's all celebrate New Edinburgh's valuable and unique relationship with the past.

Michael Histed, Chair,  
Heritage and Development  
Committee  
(613) 741-1660

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# Hockey Day at Rideau Hall with the Governor General

By NEN Staff

All of Ottawa was in the grip of hockey fever in the three-day lead up to the NHL All-Star Game at the end of January. Far from being immune to the infectious excitement, the Vice-Regal precinct at Rideau Hall embraced the spirit with enthusiasm as the public flooded the grounds for the annual Winter Celebration event on January 28. Some of the many activities of the event included dog-sledding, cross-country skiing, snow shoeing and of course, skating on the Rideau Hall rink—the oldest hockey rink in North America, created in 1872 by former Governor General Lord Dufferin.

Governor General David Johnston, himself a former varsity hockey star, was sportily clad in jersey Number 28 as he plied the choppy surface of the rink, and marked the occasion by hosting the official launch of the first *NHL Hockey is For Everyone™* Program Center in Ottawa. The mission of the Center, which will be jointly operated by the Hockey Education Reaching Out Society (H.E.R.O.S.) and the Boys and Girls Club of Ottawa, is to engage young people from socio-economically challenged backgrounds in the game of hockey as a

basis for developing leadership skills, and building confidence and a positive outlook.

His Excellency was in fine form at the event, still in command of the strong skating skills which earned him the role of captain of the varsity hockey team at Harvard

ing CBC TV host George Stroumboulopoulos; two All Star players, Pittsburgh's James Neal and the Senator's Kyle Turris; NHL pioneer Willie E. O'Ree, the first black player in the league; and Norm Flynn, Executive Director of H.E.R.O.S. NHL



Photo: Louise Imbeault

**Governor General Johnston and Mrs. Johnston took time away from an event-filled day to speak with NEN staff.**

University, where he was twice selected for the All America team. He was joined for the gathering on the Rideau Hall rink by 15 young hockey players from the Boys and Girls Club of Ottawa, along with a group of luminaries, includ-

Commissioner and Senators owner Eugene Melnyk were also on hand for the occasion.

**Vice-Regal Interview in the Rideau Hall Skating Hut: How Canadian Can You Get!**

Accompanied by NECA

President **Joan Mason**, your intrepid NEN team—including our resourceful photographer **Louise Imbeault**, whose photos of the event appear in these pages—had the good fortune to be granted a brief interview with both their Excellencies in the welcome warmth of the skating hut. Sticking with the dominant theme of the hour, the Governor General began by offering a capsule history lesson, in which he reviewed the strong and longstanding association of Rideau Hall with the game of hockey in Canada. He pointed out that, in 1872, Lord Dufferin founded not one but two rinks on the Rideau Hall grounds, one dedicated to ice hockey and a second to figure skating. Clearly a rabid winter sports enthusiast, Lord Dufferin went on to create a legendary toboggan hill and later a curling rink.

Roughly, two decades later in 1893, then Governor General Lord Stanley donated the Stanley Cup which was initially awarded to the top-ranking amateur ice hockey team, and subsequently became the holy grail of the National Hockey League, awarded each year to the playoff champions. Lord Stanley's sons were also hockey enthusiasts, playing for one of the country's first hockey teams, the Rideau Hall Rebels.

In the 1920s, Lady Byng, wife of then Governor General Viscount Byng of Vimy, donated a trophy to be awarded

annually to the NHL player exhibiting the highest degree of sportsmanship and gentlemanly conduct, selecting Ottawa Senator Frank Nighbor as the first winner! And as Governor General Johnston reminded us, one of his more recent predecessors, the Honourable Adrienne Clarkson, established the tradition of the Clarkson Cup, to be awarded each year to the winner of the Canadian Women's Hockey Championships. Beyond a doubt, over the years since Confederation, the Canadian Game has acquired a clear Vice-Regal imprimatur!

Both the Governor General and Mrs. Johnston spoke with enthusiasm of their enjoyment living in our community since their arrival at Rideau Hall a year and half ago. They confessed that they have, from time to time, slipped the bounds of Rideau Hall to relax with a pint at the Clocktower Brew Pub (the pumpkin beer was a particular favourite) or savour a fresh scone at the Scone Witch next door. And as both are avid readers (the Governor General is known to his seven grandchildren as "Grandpa Book"!), Books on Beechwood has become another favourite neighbourhood haunt. Despite the pressures of a dauntingly busy schedule, both the Johnstons have maintained a regular routine of athletic activity, including bike rides along the river, skating on the Rideau Canal, and



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Photo: Louise Imbeault

**L to R: NECA President Joan Mason, NEN Senior Writer Jane Heintzman, Ottawa Senator Kyle Turris and NEN Editor Cindy Parkanyi.**

(weather permitting) running laps in the neighbourhood. Mrs. Johnston reported with satisfaction that two laps around the grounds of Rideau Hall work out to precisely five kilometres, a tidy daily regimen!

It would be difficult to imagine a more genuinely warm and welcoming Vice-Regal couple than the Johnstons, and in keeping with this outgoing and generous spirit, they have greatly enjoyed visits from many of their predecessors in the office, who were happy to return to their old haunts at Rideau Hall, and no doubt to exchange tales of their

Vice-Regal experiences. And of course, the Johnstons' five daughters and their families are frequent visitors to the residence, where, according to the Governor General, games of hide-and-seek with the grandchildren can become a nerve-racking challenge for frantic parents, flummoxed by the myriad hiding places in that labyrinthine establishment.

We wish their Excellencies and their family a happy and healthy New Year, and sincerely thank them both for taking the time to speak with the New Edinburgh News for this first edition of 2012.

## Rideau Hall Rink Now Open

Rideau Hall's skating rink is now officially open to skaters for the winter season.

Their Excellencies extend a warm invitation to members of the public to experience this unique part of Canada's heritage, which has been associated with the official residence since the time of Lord Dufferin, who was governor general from 1872 to 1878.

The general public is invited to skate on Saturdays and Sundays, from noon to 5 pm, without a reservation.

Before heading to Rideau Hall, skaters should check the status of the rink online at [www.gg.ca/visitus](http://www.gg.ca/visitus) or by calling 1-888-842-4422 or 613-991-4422. Please note that this rink is exclusively for pleasure skating.

## In Our Midst *Louise Imbeault*



### Special Feature: Dogs are Divine!

The Burgh is a well known pet loving community and in a special way dogs rule.

Canines bring people together, a perfect ice-breaker to start up a conversation with a total stranger. No matter where or when, looking at a cute pooch puts a smile on your face.

It starts with the AWE.... what a sweet dog! May I pet him or her? What's its name? How old is he/she? What kind of dog is this? And like magic, we've made a new friend. Now that's instant networking!

Remember the first day when your new fluffy dog arrived into your home? The excitement was electric. Preparations were made to ensure the home is safe and inviting; the official introductions to family and friends; the nervous jitters of the initial visit at the vet's office for an exam and shots; the fun of buying all the latest gadgets from the lusciously soft and warm bedding to the fountain water dispenser, the fancy treats, healthy foods and toys galore. And let's not forget the mounds of fashionable outer wear for dogs, big and small, crates, carriers, glowing collars, night lights for the evening stroll, paw booties, leads of all sorts, shampoo, nail cutters, brushes, etc; right down to the inevitable "pick up" baggies that

are colour coordinated to the owner's taste.

Our furry companions are so precious and loved that they are often treated like people and sometimes are equated to our "children" calling ourselves mommy or daddy and

This anonymous poem I share with all New Edinburgh DOG OWNERS – from the pet lovers in our midst!

#### *Dogs Are Divine*

*When God made the earth and sky,  
The flowers and the trees,  
He then created all the animals  
All the birds and bees,  
And when his work was finished  
Not one was quite the same.  
He said, "I'll walk this earth of mine  
To give each one a name."  
He traveled land and sea  
And everywhere he went  
A furry creature followed Him  
Until its strength was spent.  
When all were named upon the earth  
In the sky and sea,  
The little creature said, "Dear Lord,  
Is there not a name for me?"  
The Father smiled and softly said,  
"I've turned my own name back to front—  
I call you Dog, my faithful friend for  
this is what you be!"*

~~~unknown

speaking to them in baby language. Well, not all pet owners act this way but I sure do.

It's a fascinating phenomenon to sit at the Fieldhouse or to walk in Stanley Park and see all the socializing done around the dogs. They truly enhance the Burgh's atmosphere by opening communication

among residents and visitors alike, who share experiences, advice from articles and books, or ideas and tricks learned at behaviour classes. Observing dogs having FUN together, making us laugh out loud, is one of the best therapies for the soul (a mental health branch in psychology is dedicated to Zoo-therapy) and is an effective holistic de-stressor.

The owner's devotion and effort put into scheduled walks and the time spent with their pets all through the year and in all weather conditions is commendable. But the true loyalty test is when old man winter comes knocking. Those twice daily sub-zero walks can be quite a chore—dog owners should get a medal. These "brave hearts" are in a league of their own.

At times they may find it difficult to get out there, should they become ill or injured, or when responsibilities and commitments temporarily become overwhelming or if a family vacation cannot accommodate the faithful companion. Thankfully there is a back-up solution...the many local dog-sitters and walkers who ensure our pet's needs and amusement while we regroup.

On behalf of all New Edinburgh animal lovers, I wish to say THANK

YOU to our responsible dog owners. You know who you are. Our lives are immensely enriched when shared with our furry friends—they bond us as a family, as a community and as a society.

So this Valentine's Day, as you give your dog a treat please, give yourself one too!

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# Post Fire Updates...

Continued from page 1

Beechwood as the post-fire period of limbo dragged on. All is not lost, however, and as we have reported in previous issues, many of our former suppliers have successfully relocated in our general area, most recently **Nature's Buzz** which is now fully operational in its bright and spotless new quarters at **55 Beechwood Avenue** next door to Arturo's.

## It's Official: Epicuria to Reopen March 15 at 257 St. Laurent Blvd!

Happily, **Tracey Black** reports that **Epicuria's** move to **257 St. Laurent Blvd.** in the Rockcliffe Crossing is now a done deal, and the store will reopen there in mid-March, 2012, on the anniversary of the fire. Epicuria will be located in the space formerly occupied by the Tsunami Karate and Wrestling Academy, close to the **Oxford Learning Centre, The Works Manor Park, Edward Jones** and **Tao Crystals and Healing Centre**.

Tracey is currently gearing up for the move which will entail a major overhaul of the premises, as well as the hiring and training of a new staff team. She is looking forward to a new and much improved kitchen design, along with the introduction of some state-of-the-art cooking equipment geared to improving both productivity in the preparation process and the quality of the final product. Epicuria regulars can look forward to several innovations,

including an expanded array of "grab-and-go" items, and a new hot lunch counter with a larger repertoire of choices for those in search of low cal, low sodium or vegan options. The store will also be introducing more detailed labelling of its products, so those with dietary restrictions can readily identify their particular selections.

The silver lining in this painfully long disruption of retail business for Epicuria has been a significant growth in its catering operations. Of necessity, Tracey was obliged to focus all her resources on this aspect of the business while the retail portion remained in limbo, and the effort has paid off handsomely. Last summer, she hired **Dawn Collings**, Epicuria's dynamic new Event Coordinator and Director of Catering, who came on board full-time in late September, and proceeded to make major strides in expanding Epicuria's network of corporate catering clients. Dawn has an impressive background, primarily in Convention and Meeting Management, and has worked on a part-time basis with Tracey and her team for over a decade as she gradually eased her way back into full-time employment following the birth of her children.

Dawn lost no time in expanding Epicuria's reach into the corporate sector, where they have made good use of the period of retail "homelessness" following the fire to build up their roster of new corporate

catering clients, and substantially increase the amount of regular repeat business from their existing clientele. One particular coup came late last year when Epicuria was selected to provide the food for the media launch of the massive new IKEA store. IKEA apparently provided the ingredients for the event, and it was Epicuria's job to create hors d'oeuvres using the foods in question. According to Dawn, "Tracey was up for the challenge and the reviews were stellar!"

And, as many of our readers know, Epicuria has had an extraordinarily busy holiday season providing full service catering for a host of private functions, and is already engaged in planning for wedding clients who are busily jockeying for a spot on the limited roster of weekends available over the summer months.

Once again this year, you can rely on Epicuria for a sumptuous three-course Valentine's Day dinner, but be sure to move swiftly to place your order at **613-745-7356**.

We wish Tracey, Dawn and the Epicuria team, new and old, continuing success in the coming year, and look forward to welcoming them at their new headquarters on St. Laurent when March rolls around.

## A Familiar Face at Kelly's Barber Shop

Readers who believe they may have spotted our beloved erstwhile community barber **Lester Clark** in the vicinity of **Kelly's Barber Shop** at **121 Beechwood** are not hallucinat-



Photo: Louise Imbeault

**THANK YOU PLAQUES:** (Top) Paul Williams of the New Edinburgh Pub; (bottom left) BMO Assistant Branch Manager Chloe Tombler; (bottom right) Clocktower Brew Pub's Assistant General Manager Allison O'Callaghan.

ing. Lester is indeed temporarily back in the hair cutting business, helping out **Kelly Riley** at her new headquarters close to Bridgehead.

As we reported in a previous edition, following the fire and the loss of his shop, Lester and his wife Shabnam made plans to resume their international travels, and to secure positions serving the Baha'i

community in either Haifa, Israel or in India. Regrettably, neither of these possibilities has worked out, and for the moment, Lester has returned to his career-long métier pending a decision on the couple's next move. Needless to say, his loyal clients are delighted to see him, and once again to have the skilful and personable Kelly/Lester duo back in

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the community to keep them trimmed and up-to-date on community news!

Lester has also made it known that he is pursuing legal action against the property owners of his former Beechwood shop for prematurely demolishing the building despite credible evidence that it remained structurally sound at the time of demolition. Stay tuned for word on how the case unfolds in the coming months.

#### My Kingdom for a Hardware Store!

As the folksy epithet goes, if I had a nickel for every time I lamented the loss of our local hardware store, I'd be as rich as Warren Buffett! Well, the latest word from **Marc Clément** and **Isabelle Lamarche**, owners of the former **Beechwood Home Hardware**, suggests that while they are not quite ready to confirm final plans to reopen, they are getting very close, and fervently hope to have good news to share with the community by the time of our next edition in April. I think I speak for many in the community in saying that news can't come too soon!

#### Thank You Plaques for Generous Donors to Beechwood Fire Victims:

In recognition of the special generosity of the business-

es and groups in the community who raised funds in support of the victims of the Beechwood fire last March, CCCC Administrator **Kiki Cliff**—who ably coordinated the disposition of aid to these families—and the Centre's Past Chair **Johan Rudnick** created handsome Thank You plaques. These went to the **New Edinburgh Pub**, **Bank of Montreal Beechwood Branch**, **Clocktower Brew Pub**, **NECA**, the **Crichton Community Council**, the **IODE (Laurentian Chapter)** and our area M.P. **Mauril Bélanger**. We extend our thanks to all these organizations and individuals for their swift and compassionate response to those affected by the epic fire.

#### Planning for the Future on Beechwood:


Discouraging as it is to face at least two more years before the commercial core of our community is restored, it does afford a unique opportunity for New Edinburgh and the surrounding communities to collaborate in the development of a clear vision of the type and scale of building we would ideally like to see on the Beechwood/MacKay blocks, and of the specific kinds of retail and other commercial

outlets we hope to have on those blocks serving residents of the area.

Minto and other developers in the community will likely have plans of their own geared to maximizing their substantial investments in these properties. However, there is much to be said for a proactive community-based initiative to formulate a collective Beechwood "vision" as a basis for discussion with both developers and the City. In this way we can avoid being forced into the position of having to mount a rearguard action to fight against a "done deal" in which the height, mass, look, feel and commercial mix proposed by the developer may be radically

out of sync with the character of the area.

While the Beechwood Community Design Plan affords an excellent framework within which to develop such an overall vision, the next steps must entail adding meat to the bones of this framework and coming up with some specifics that the community feels should be incorporated in a restored and enhanced commercial core. NECA is planning to meet with its counterparts in communities east of the Rideau to launch this discussion and collectively prepare a position incorporating the community's contribution to the all-important Beechwood redevelopment process.



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## From the Desk of...



**Mauril Bélanger**  
Member of Parliament for  
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**2011 IN REVIEW**

Looking back over the past year, we can see that a number of noteworthy events took place. Below is a quick overview of some of the initiatives I was involved with in 2011.

**The May 2 federal election and its consequences**

On March 25, 2011, Parliament declared that it no longer had confidence in the Conservative government. The next day, a federal election was called for May 2. After an active Liberal campaign, the voters in Ottawa-Vanier chose to re-elect me for a seventh term. Unfortunately, the Liberal Party's results nationwide were not as strong, with only 34 Liberal MPs taking seats in the House of Commons. Actually, make that 35! An NDP MP recently joined the Liberal ranks.

In the aftermath of May 2, the Liberal Party began a comprehensive self-reflection. We are undertaking a major rebuilding effort in which members of the party will be called on to play an important role. The first step was selecting an interim leader. The Hon. Bob Rae is doing a great job in this position. As I write this, the Liberal Party is preparing to meet here in Ottawa for its Biennial Convention, of which I am a Co-Chair.

At the parliamentary level, my Liberal caucus colleagues and I continue to defend the interests of Canadians as part of the opposition in the House of Commons. My priorities are to serve the interests of the residents of Ottawa-Vanier, perform my duties as the Liberal Critic for Official Languages and defend the fundamental

values of democracy both within Canada and abroad.

**Official languages**

I am a member and a Vice-Chair of the current Official Languages Committee. Ever since this committee was created, its members have worked together to support our communities, regardless of which political party was in power. However, since the election in 2011, I have noticed that the Conservatives on the Committee seem to want to control everything. For example, I think it is unacceptable that the Conservatives have forced Committee members to discuss matters behind closed doors. So much for transparency! Another example: not completing the work begun by the Committee in the previous Parliament on Northern communities and on immigration.

The appointment of Michael Ferguson to the position of Auditor General of Canada was a hot topic this fall, and for good reason. When people seek out positions at the highest levels of the public service, bilingualism is more than just an asset; it is a necessity. So how did a unilingual candidate secure this position when the job description clearly stated that being able to speak both of Canada's official languages was essential?

The Liberal caucus decided to boycott the vote on Mr. Ferguson's appointment. As the Liberal Critic for Official Languages, I filed a complaint with the Commissioner of Official Languages regarding the nomination. The Leader of the Liberal Party has assured us that the battle will not end there.

On a related note, the 2011 report of the Commissioner of Official Languages identifies a blatant lack of leadership by the Conservatives in the area of official languages.

**Community involvement**

In the fall, the Maison Fraternité began work on its residential treatment centre for young drug addicts at 300 Olmstead Street. I have supported this project from the very beginning.

On the evening of November 30, around 2,000 people attended the All Party Party 2011, of which I was Co-Chair, at the Government Conference Centre. This celebration aimed at paying tribute to the employees of the Senate, the House of Commons and the Library of Parliament, who all contribute to the daily operation of the Parliament of Canada. The Prostate Cancer Canada Network, the Canadian Breast Cancer Foundation and the Ottawa-Gatineau Snowsuit Fund shared the funds raised at the event, to the tune of \$10,000.

**Keep an eye on these issues in 2012**

In closing, I would like to invite you to keep track of the following hot issues in 2012: the world economy and Mark Carney's work; the evolution of Canada's parliamentary system; as well as development in the future interprovincial bridge project and with regard to the former Rockcliffe Airbase.

**REVUE DE L'ANNÉE 2011**

Un regard sur l'année 2011 montre que des initiatives notables ont été prises et ont porté fruit. Voici un survol de certaines réalisations qui me concernent.

**L'élection fédérale du 2 mai et ses conséquences**

Le 25 mars dernier, le Parlement a déclaré qu'il ne faisait plus confiance au gouvernement conservateur. Le lendemain, les Canadiens étaient appelés aux urnes pour le 2 mai. Après une campagne libérale dynamique, la population d'Ottawa-Vanier a choisi de me réélire pour un 7<sup>e</sup> mandat. Le résultat nation-

al fut toutefois bien différent pour le Parti libéral, qui ne compte plus maintenant que 34 députés. Pardon, 35 députés! ...depuis qu'une députée néo-démocrate a récemment rejoint nos rangs.

Suite au 2 mai dernier, une réflexion profonde s'est amorcée au sein du Parti libéral et nous entamons un sérieux travail de reconstruction où les membres sont appelés à jouer un rôle important. L'étape première était la sélection d'un chef intérimaire. L'honorable Bob Rae assure avec aplomb et énergie l'intérim. Au moment d'écrire ses lignes, le parti libéral est sur le point de se réunir ici à Ottawa pour son congrès biennal, dont je suis un co-président.

Au niveau parlementaire, mes collègues du caucus libéral et moi-même continuons de défendre les intérêts des Canadiens et des Canadiennes en tant que parti de l'opposition à la Chambre des communes. En ce qui me concerne, mes priorités demeurent de servir les intérêts des commettants dans la circonscription d'Ottawa-Vanier, d'œuvrer en tant que porte-parole libéral en matière de langues officielles et de défendre les valeurs fondamentales de la démocratie ici comme à l'étranger.

**Mon rôle au niveau des langues officielles**

Je suis membre et un vice-président du Comité actuel. Depuis son existence, les membres de ce comité, peut importe qui était au pouvoir, ont toujours su collaborer afin d'appuyer nos communautés. Or, depuis l'élection de 2011, je décèle une volonté de tout contrôler de la part des conservateurs au Comité permanent des langues officielles. À titre d'exemple, je trouve déplorable que les conservateurs forcent les députés à débattre derrière des portes fermées. Adieu la transparence, ou encore de n'avoir pas complété les travaux amorcés par le Comité précédent sur les communautés nordiques ou sur l'immigration!

La nomination de M. Michael Ferguson à titre de vérificateur général du Canada a beaucoup fait jaser cet automne, 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?

Le caucus libéral a décidé de boycotter le vote sur la nomination de 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'arrêtera pas là.

De plus, le rapport 2011 du Commissaire des langues officielles expose le manque flagrant de leadership de la part des conservateurs.

**Implication communautaire**

À l'automne, la Maison fraternité a débuté la construction de son centre de traitement résidentiel pour les jeunes toxicomanes au 300, rue Olmstead. Un projet que j'appuie depuis ses tous débuts.

J'étais co-président de la Fête de tous les partis 2011, qui a accueilli 2 000 personnes au Centre des conférences du gouvernement le 30 novembre au soir. Cette célébration visait à rendre hommage au travail des employés du Sénat, de la Chambre des communes et de la Bibliothèque du Parlement qui aident au bon fonctionnement du Parlement canadien. Le Réseau de cancer de la prostate Canada, la Fondation canadienne du cancer du sein et le Fonds Habineige d'Ottawa-Gatineau se partagent à part égale les quelques 10 000 dollars amassés lors de cette soirée.

**Quelques dossiers à suivre en 2012**

En terminant, je vous invite à surveiller le développement de quelques dossiers chauds pour l'année 2012 : L'économie mondiale et le travail de Mark Carney; l'évolution du parlementarisme canadien; le développement des dossiers du futur pont interprovincial et du terrain de l'ancienne base de Rockcliffe.

Happy New Year!

Bonne Année!

Mauril Bélanger

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## Ottawa City Councillor Peter Clark Reports

### Any Ideas for Park and Recreation Betterment?

The City established a policy in December 2010, the Cash-in-Lieu of parkland policy, to ensure consistent and wise use of all funds collected for the provision of park and recreational purposes. The purpose of the policy is to identify the purposes for which funds in this account may be used and to ensure that the funds are used for only eligible projects and in individual wards unless two or more councillors agree to contribute to a common project that benefits one or more of the wards. This policy applies to the Council of the City of Ottawa, Ward Councillors and

City Staff. Cash-in-lieu funds collected through the development review will be allocated as follows: sixty percent (60%) of the funds paid will be allocated to use in the Ward in which the development is located and forty percent (40%) of the funds paid will be allocated for citywide purposes. Cash-in-lieu funds collected and allocated to both Ward and citywide use shall not be used for any purpose that is an 'ineligible project' as defined by this policy.

**Eligible projects can mean acquisition of land for public park purposes:**

Capital projects for the development of new public parks, which may include any associated site preparation and drainage; the provision of park facilities, such as play equipment, sports fields and pathways, or the provision of recreation facilities, such as community centres indoor pools and arenas

Capital projects to increase the capacity of existing public parks and/or recreation facilities to accommodate more intensive public use; the provision of additional park facilities, for example play equipment, splash pads and site furniture; and/or the provisions of additional recreation facilities, for example the expansion or upgrading of program spaces in community centres, indoor pools and arenas.

I would like to have your thoughts and ideas on what you would like to see to improve the facilities in our ward.

#### Ward News Email List

If you are interested in being on our ward news email list, please let our office know by emailing [Lynda.Moore@ottawa.ca](mailto:Lynda.Moore@ottawa.ca).

### Fascinating February Facts: Royal, Vice-Regal and Prime Ministerial Passages



As the immediate neighbours of both the Governor General and the Prime Minister of Canada, Burgh residents have special cause to be well versed in some of the historical milestones associated with those offices. Here's a start, with the focus fixed firmly on February!

#### Royalty: Diamond Jubilee!

- Queen Elizabeth II, our Head of State and Queen of Canada, began her long reign on February 6, 1952-60 years ago this year!

#### Governors General: February Birthday Balloons and Black Crepe at Rideau Hall

##### Birthdays:

- The Right Honourable Vincent Massey, 1st Canadian Governor General and 18th GG since Confederation (February 1952-September 1959). Born February 20, 1887; Installed as Governor General, February 28, 1952
- The Right Honourable Adrienne Clarkson, 26th Governor General since Confederation (October 1999-September 2005). Born February 10, 1939
- The Right Honourable Sir Wilfrid Laurier, 7th Canadian Prime Minister (July 1896-October 1911), Died February 17, 1919
- The Right Honourable Louis St. Laurent, 12th Canadian Prime Minister (November 1948-June 1957), Born February 1, 1882.
- The Right Honourable Pierre Elliot Trudeau, 15th Canadian Prime Minister (April 1968-June 1979; and March 1980-June 1984).

#### Deaths:

- John Buchan, 1st Baron Tweedsmuir, 15th Governor General since Confederation (November 1935-February 1940). Died in Office, February 11, 1940.

#### Prime Ministers: February Births, Deaths, Marriages, Arrivals and Departures

- The Right Honourable Sir John A. Macdonald, 1st Canadian Prime Minister (July 1867-November 1873; and November 1878-June 1891). Married Susan Agnes Bernard at St. George's Hanover Square, London England, on February 16, 1867. Lady Macdonald went on to become doyenne of the Prime Minister's Residence at Earncliffe on Sussex Drive until Macdonald's death in 1891.

Resigned on February 29, 1984, after a legendary "walk in the snow" the previous evening, February 28.

- The Right Honourable Stephen Harper, 22nd Canadian Prime Minister (February 2006- ). First became Prime Minister on February 6, 2006.

## From the Desk of Mayor Jim Watson



#### Remembering Jean Pigott

On January 10, 2012, Ottawa lost one of its great champions. Jean Pigott was many things to many people: A loving wife, sister, mother and grandmother; a pioneer; and to many, an icon.

Jean was an incredible leader in both the public and private sectors, and someone who could always be counted on to put the interests of her community and country first. She was tremendously driven and hard-working but she was also an eternal optimist. She encouraged people to dream big and work hard to see those dreams come true.

Her passion and determination to create Confederation Boulevard and a new convention centre are just two of her many legacies.

Jean was a pioneer for women in our society, having served as the first female chair of the Ottawa Congress Centre, The National Capital Commission, and on the boards of Ontario Hydro and Canadian Tire. She was also the first female member of The Rideau Club.

As a local Member of Parliament and Chair of the NCC, she understood the important role Ottawa plays in Canada, famously saying that Ottawa should be every

Canadian's second home—words that have stuck with me throughout my career.

For me, above all, she was a friend. I first met Jean when she came striding into the Speaker's Office, where I once worked, enthusing about an idea for a red-brick road on the route that would go on to become Confederation Boulevard. It was a wild idea, something the Wizard of Oz alone would green-light, but her spirit was so infectious that it was hard not to believe in it even if only for a second.

The Boulevard went on to be built, albeit not out of red brick, and Jean became one of the great friends and mentors of my life. Jean knew me as Jim, but I always knew I was in for it when she would invite me over for tea and cookies and begin the conversation by calling me James. It was Jean at her endearing best: hospitable, caring, strong, and determined.

I extend my deepest condolences to Jean's family who can take solace in knowing that Jean was a great citizen of Ottawa who inspired many and will be missed by many more.

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#### SIGNATURE DISHES

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



# BURGH BUSINESS BRIEFS

- By Jane Heintzman -

## Moneca Kaiser Design Build: "A Little Black Dress" for the Kitchen!

New NEN advertiser **Moneca Kaiser** describes both her own personal philosophy and the guiding principle of her remarkably successful design/build business as "all about harmony"—harmony in her designs; in her relations with colleagues, clients, the wider community and the global environment; and in the seamless process by which a simple concept evolves into an elegant

completed piece of work, be it a small-scale project such as a deck or a major addition or renovation to a home.

In the course of the 16 years since she launched her business, Moneca has worked hard to perfect the fluidity of the process by which the design element of her projects is blended with the construction, acting as a self-described "mid-wife" to ensure that nothing is lost in the translation or interpretation from one stage to another, as is so frequently the case if

architects and designers work without close communication with the contractors who will make their concepts a reality.

And in fact, because of her somewhat unique background and experience, Moneca is well positioned to straddle the whole spectrum of skills involved in each project, and to ensure that the unifying conceptual thread between its various phases from idea to bricks-and-mortar, remains unbroken. To begin with, she has hands-on knowledge of carpentry, which she studied at Algonquin College and in which she subsequently served as an apprentice. Although in North America, architects and designers may have no such direct experience in the building trades, she is pleased to find that this is becoming a requirement for architects in some schools in Germany. Moneca has also devoted many years to developing her creative and aesthetic abilities, studying fine art for more than two decades and working as both a student and a teacher



Moneca Kaiser takes a hands-on approach to her design/build business—in this case, getting in the bathtub.



Photo: Louise Imbeault

## Master tailor Leo La Vecchia celebrates his fifth decade in business on Springfield.

at the Yestermorrow Design/Build School at the University of Vermont.

Of central importance in Moneca's work is the environmental impact of her projects, and she is a firm believer in adherence to a triple bottom line, taking into account of economic, social and environmental factors when creating her designs. Considering her business, it might seem anomalous that her aim is "to build as little as possible," but she rightly points out that reducing square footage saves resources, energy and money, and allows the focus to be shifted to perfecting the details of the area in question to make limited spaces feel more expansive.

Moneca is acutely conscious that the impact of a building project extends beyond its environmental consequences to include its effect on the streetscape and the surrounding community. Her approach is holistic and she aims not only to satisfy an individual client's preferences and needs, but also to enhance the community as a whole and whenever possible, "to increase the property value of every house on the street." One can only wish that all

architects and builders were so nobly motivated when carrying out their work in small, densely packed communities such as ours!

Moneca's services extend from what she describes as "big picture consultations" to renovations, additions, new home construction, kitchen "revolutions", bathrooms, basement and attic transformations, and outdoor projects such as decks, pagodas, porches and landscaping. Interested readers can check her website at [www.mkdb.ca](http://www.mkdb.ca) to see samples of her fine work with its trademark curves and simple elegance. If you have a project in mind, you can call her at 613-745-6627 to arrange a big picture consultation and take advantage of Moneca's practised eye and creative imagination to brainstorm the possibilities for improving, enlarging and/or simply beautifying the space in question. Because she has deliberately kept her business reasonably small, Moneca is able to offer highly personalized service to her clients, among whom she now counts many good friends, or "flients" as she has dubbed this growing community!

## Leo La Vecchia SALE: 20% OFF

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### Leo La Vecchia Custom Tailoring

Amidst the innumerable changes which have occurred in the Beechwood business community over the past four decades, one of the very few constants has been the presence of our master tailor, **Leo La Vecchia**, who is now in his fifth decade on Springfield Road. Leo's legendary skill in custom tailoring and his wealth of high quality materials for suits, jackets and dress shirts, combined with his highly competitive prices and irresistible gentlemanly charm, have sustained a successful business in our community throughout these years and forged long-standing relationships with many of his clients. In fact, Leo reports with satisfaction that he is now serving the children and grandchildren of many of his original customers, and is thoroughly enjoying his multi-generational connection to these loyal client families.

Over the years, Leo's stellar reputation has attracted a wealth of area luminaries from Supreme Court judges to Governors-General, diplomats, CEOs, and celebrities of all descriptions. Several years ago, he made news as the creator of NACO conductor **Pinchas Zukerman's** wedding attire at the time of the latter's much publicized marriage to principal cellist **Amanda Forsyth**.

In recent years, Leo has observed a marked increase in the number of young professional clients, many of whom are globetrotters from the high tech community in search of international styles and fabrics not to be found on the racks in North America. Because Leo's suits are custom made from scratch, and his shirts are also made to measure, he is able to oblige these discriminating clients by producing precisely the style and fit they have in mind, often a look which entails a slimmer fit to trousers and/or more tightly fitting shirts.

Leo and his fine tailoring recently caught the attention of a reporter from the *Ottawa Citizen* when Leo's son, **Marco**, one of the elegant young scions of the local high tech sector currently working at N-able Technologies in Kanata, revealed his father's pivotal role in serving this fashion conscious community where dressing "up" for work is increasingly becoming the norm. (Interested readers will find the article in the *Citizen's* Saturday, January 21 edition, page J8.)

Not only is the choice of styles and fabrics virtually unlimited at Leo's shop at **17 Springfield Road**, the prices are considerably lower than those of such high end competitors as Harry Rosen and Holt Renfrew. And for two months each year in **January and February**, Leo's legendary **Annual Sale** knocks a further 20% off the regular price of custom made suits, jackets, overcoats and pants. Many of his regular clients wait patiently for the sale, often ordering two or three suits at a time to take advantage of the lower prices.

Interested readers still have nearly a month of the sale remaining (to February 29) in which to drop by to peruse Leo's vast catalogue of fabrics and place their order for a touch of sartorial elegance to add to their wardrobe. The timetable for completion of one of Leo's custom made suits is typically about four weeks, and roughly two weeks for a made-to-measure shirt.

We salute Leo for the longevity of his excellent business in our community, and wish him continuing success in the New Year ahead.

### Kalyana Yoga Shala

We wish a warm welcome to new advertiser **Anne Dimitrovits**, owner/operator of Kalyana Yoga Shala, a new yoga studio which opened its doors at **375 St. Laurent Blvd.** (next to Celadon Salon and



Photo: Louise Imbeault  
**Anne Dimitrovits of Kalyana Yoga Shala.**

**Spa**) in late September 2011. Anne is a committed teacher and practitioner of yoga, and a passionate believer in its value, not simply as a restorative physical exercise, but as a means of redressing the relentless pressures of our fast-paced existence, and restoring a sense of balance, and peace of mind, body and spirit. She completed an intensive yoga teachers training program at the Shivananda School of Yoga in Val Morin, Quebec, and has a background in psychology and childcare which (along with her own experience of pregnancy, childbirth and parenthood!) has equipped her for her role as a teacher of pre-natal yoga. She also specializes in Hatha, Dynamic Hot (or Power) Yoga, Gentle Hatha, Yin Yoga, and classes for children, as well as for groups from schools or businesses in the community. She notes that she has recently been working with the intermediate to senior students in physical education classes from nearby Ashbury College, and considers her

work with young people a particularly important aspect of her vocation.

Anne and her eight colleagues at the studio offer a wide range of courses which interested readers can check out on their website at **www.KalyanaYoga.ca**. Classes cover the gamut from extremely athletic to gentle and restorative, ranging from Dynamic Hot Yoga to Hatha Flow, Gentle Hatha, Yin, Yatha, Relax and Renew Restorative Yoga, Yoga for Seniors, Prenatal Yoga, Yoga Dance, Yoga for Cross Training, and even Good Night Yoga to help restless sleepers gear down after a busy day.

The website includes detailed course descriptions, and Anne strongly recommends that prospective clients carefully review these to make a selection that's appropriate to their particular circumstances. You are also welcome to call or e-mail her at **613-745-9642** or **info@kalyanayoga.com** if you'd like further details to assist you in making the right choice.

Class sizes at Kalyana Yoga Shala are deliberately kept comparatively small in order to ensure that instructors can get to know each of their clients and provide the individual attention they require to practice the discipline safely and with the greatest possible benefit. Anne is a self-described "stickler for alignment" and has no time for large, impersonal "factory" operations in which clients must fend for themselves, sometimes at the risk of injury, and often to the detriment of the holistic, soul restoring yoga experience.

If yoga is a part of your life, or on your list of resolutions for the New Year, check out

the Kalyana Yoga website and take your pick from a comprehensive range of choices for all ages and abilities. Welcome Anne and company, and best wishes for success in the New Year.

### Victory Training and Conditioning: Tone Up in Your Own Home!

We welcome new advertiser **Kelly Johnson**, owner/operator of Victory Training and Conditioning at **41 Marier** (not far from Bridgehead). Kelly's Personal Training business was launched in 2003, and has since grown steadily, with an increasing number of clients signing on for his **home visits** where they can work on gradual improvements to their strength, flexibility and conditioning in the privacy of their own domains, with no distractions, no audience and no tiresome waits for the use of equipment.

Kelly is a graduate of the University of Winnipeg's Athletic Therapy Program, and is a Certified Strength and Conditioning Specialist, as well as a Functional Diagnostic Nutritionist. His own engagement with the world of strength and fitness began in his teens when he became a competitive cyclist, representing Canada in Europe on the Junior National Team, and competing in two Canada Summer Games. Kelly began his professional career in 1996, working as a Personal Trainer with sports teams and individual clients before moving to Ottawa to start his own business.

His gym at 41 Marier is currently equipped with an Olympic bar with weights, a squat rack, high and low pulleys, a bench and kettlebells; Kelly's personal favourite work

**Continued on page 14**

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## Continued from page 13

out device. Kettlebells have apparently been around for two centuries, initially serving as crop weights at farmers' markets, but now in widespread use as an efficient means of facilitating full body exercise through a variety of momentum based swings and movements. They are a staple of Kelly's own work out régime, along with weights and cycling.



**Kelly Johnson of Victory Training and Conditioning.**

Kelly's personal training clients begin with a preliminary session to assess their strengths, weakness, limitations (including time pressures!) and objectives in the training process. Based on this assessment, Kelly is able to design a customized training program which may include not only a prescribed exercise routine, but also nutritional and lifestyle guidelines to support the client's overall wellbeing. He makes no secret of the fact that his own approach is premised on using exercise as a path to general health and wellbeing, rather than as a means to achieving aesthetic improvements such

as the spectacular abs and flat stomachs we're continuously urged to aspire to.

Because he is a firm believer in the need to avoid setting people up for failure by setting targets beyond their reasonable grasp, Kelly's programs generally start quite slowly with a basic routine, and then ramp up at a pace consistent with the capacities of the individual client. The frequency of client visits ranges widely from up to three times per week for those in need of close supervision and reinforcement, to twice a year in the case of others who are well "launched" but may need a periodic boost to achieve the next fitness level.

If you, like the rest of us, have relished the pleasures of the holidays but would like to shed the incriminating evidence of that enjoyment, though not necessarily under the contemptuous gaze of a gym full of sleek fitness fanatics, you can give Kelly a call at **613-866-2878** or check his website for more details at [victorytc.ca](http://victorytc.ca). Welcome Kelly, and best wishes for a successful year in our community!

**Clothes Encounters of a Second Time: Happy 30th Anniversary!**

On January 19, 2012, **Monique Dugas** and her trusty team at Clothes Encounters marked an amazing milestone for this well known local institution: 30 years in business on Beechwood, providing our community and the surrounding area with high quality recycled clothing at affordable prices. The business was



**Photo: Louise Imbeault**

**Clothes Encounters celebrates 30 years in business. Left to right: Lise Leclerc (staff), Monique Dugas (owner), Marina Pascoe (former owner and bookkeeper), and staff members Rosemary Sorfleet and Terry (Thérèse) Charron.**

originally launched by **Gillian Kenward, Marina Pascoe** and **Mari Rubeli**, a tennis playing trio from Manor Park, and ultimately sold to Monique in 2002. According to Monique, the formal celebration of this momentous anniversary is being postponed until March when the frenzy of activity associated with their **Annual Winter Sale** has died down, so stay tuned for details.

In the interim, the sale is now well underway, and from January 14 to mid-February, all regular prices have been slashed by 50%, placing a host of designer labels well within the reach of thrifty shoppers of all ages, young and old. Monique observes that the store has seen a marked increase in the number of younger clients in recent years, with older "vintage" clothing now considered "cool" by this demographic. In addition to its website (about to be updated), Clothes Encounters has been able to reach out to this community via social media such as Twitter and Facebook, and a growing number of savvy young people are not only purchasing recycled clothing and accessories, but also selling their own nearly-new expendables on consignment.

Monique is particularly gratified by the current youthful culture in which all styles are "in" and none is permitted to dominate the field at the expense of individual comfort and expression. She is firmly of the view that the sole criterion of styling dressing is not what is dictated by glamour magazines, but rather whether or not one feels comfortable and attractive in the outfit in question. Her motto of many years is: "Don't let the clothes wear you: you wear the clothes!" And who could argue? If you feel like a dog in a Hallowe'en costume in your new threads, however glamorous, chances are you'll look every bit as awkward, and probably not enjoy yourself at that special event you've been looking forward to.

Readers who haven't yet had the chance to drop in at the Clothes Encounters winter sale still have a couple of weeks left to mid-February, so be sure to visit **67 Beechwood** for affordable updates to your winter wardrobe, and while you're there, wish Monique and her team a very Happy 30th Anniversary!

**Mood Moss Flowers: Beechwood's Valentine Central!**

As Valentine's Day approaches,

a trip or a call to Mood Moss Flowers at **186 Beechwood (613-741-1774)** is likely to be on the agenda of many of our readers who have come to depend for their fresh floral tributes on the expertise of owner **Eric Cardinal** and his colleagues **Renée Richer, Tammy Albert** and **Buffy Main**.

In August of last year, Mood Moss acquired an important feather in its cap when it became the official florist for the **Fairmont Chateau Laurier**. This new role has entailed a growing range of assignments for the hotel, including the regular provision of floral arrangements for the majestic front lobby and for the "Gold Floor" on the fourth level.

In early December, when my husband and I were making final arrangements for an anniversary party in the Quebec Suite at the Chateau, we were asked by the Special Events Manager whether we would like to have our floral arrangements handled by the hotel's official florist, or by one of our own choosing. Having discovered the happy coincidence that our pick Mood Moss was also the hotel florist (and exultantly shouted SNAP! before I could stop myself), I went on to consult with Tammy about creating a bright but modest floral arrangement for each of our six tables. To her great credit, Tammy overrode my first suggestion and countered with a recommendation which I can only say proved absolutely perfect for the occasion, and which lasted throughout the Christmas season to brighten our household long after the event was over.

It seems safe to say that the Fairmont Chateau Laurier has made an excellent choice in picking Mood Moss for this important role, and we're a fortunate community to have them in our midst! And as Eric has recently renewed his lease at 186 Beechwood, I'm

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happy to report that they will be around for some time to come.

### Magpie Jewellery: Happy 20th Anniversary!

Owner **Martin Wright** and his team at Magpie Jewellery is celebrating the 20th anniversary of his remarkably successful local business, which has evolved from its modest beginnings on Dalhousie Street in the early '90's to a thriving enterprise with three Ottawa locations, one in the **Rideau Centre**, another in the **Glebe**, and now a third, opened last March, at **430 Richmond Road** in Westboro. In recent years, Magpie has also experienced a marked growth in online business through its website at **www.magpiejewellery.com** where interested readers can review its many designer collections ranging from Georg Jensen to such favourites as Hilary Druxman, Pandora, Nancy Ciccone and Thomas Sabo.

The new Richmond Road store, located in a complex known as **Westboro Station** (about 2 blocks west of Mountain Equipment Co-op), is the largest of the three outlets, and also home to Magpie's Head Office. Each month, the store features a jewellery artist from the Ottawa area, displaying samples of his or her work throughout the month, and often beyond if it proves to be especially popular with prospective purchasers.

In our February 2010 report on Magpie, we signalled the arrival of **Walter Van der Molen**, an accomplished gemologist, goldsmith, jewellery designer and watchmaker with whom Martin was looking forward to working with as an invaluable addition to the Magpie team. At this point two years later, Walter continues his skilful work at Magpie and is now in charge of the store's growing agenda of custom work, as well as the creation of Magpie's own distinctive

line of **bridal jewellery** for those with wedding plans on the horizon.

As always, Magpie plans an **Annual Sale in late February and early March**, so keep an eye on the website for sale details, and for news of a special 20th anniversary event, which I understand from Martin is in the works but not yet confirmed.

We wish Martin and his colleagues continuing success in 2012, and are delighted to learn that his family is now happily settled into 115 Stanley Avenue where Martin grew up, and to which he returned with his wife and children two years ago.



Staff at Celadon Salon and Spa.

### Celadon Salon and Spa

Celadon owner **Morna Patterson** has plenty of news to report as we begin the New Year. The spa recently welcomed esthetician **Bethany Labyad** as a new addition to its team at **373 St. Laurent Blvd.** Bethany is a world traveller, hailing originally from Nova Scotia where she graduated with a BA from Mount St. Vincent University and a diploma in esthetics from The Academy of Cosmetology in Dartmouth, N.S. In the past five years, she has applied her esthetics skills working at the legendary Digby Pines Resort and the Westin Hotel in Halifax, and looks forward

to offering Valentine's facials or body treatment to fortunate members of our community whose partners had the good sense and foresight to secure Celadon gift certificates for the big day.

Celadon is particularly proud of its new make-up line from **Jane Iredale**. The Skin Care Make-Up uses a blend of minerals and pigments with no talc to block pores and provides UVA/UVB protection up to SPF 20. Jane's newest product, Liquid Minerals, is a light reflecting mineral foundation suitable for all skin types, which helps to diminish the appearance of fine lines and wrinkles. The Jane Iredale

As its clients know, Celadon Salon and Spa is not solely about a pretty face (although that too is a central part of its mission). Morna is delighted to announce that Celadon massage therapist **Patricia Arnould-Lalonde**, a member of the Professional Association of Specialized Massage Therapists of Quebec, has recently been accepted as a member of the Canadian Association of Therapists in Complementary Medicine, enabling her to issue receipts to her clients here in Ontario.

Patricia specializes in prenatal, hot stone and relaxation massage, as well as massage for those with cancer. She is also expert in **reflexology**, the benefits of which include stress and pain relief, increased energy and improved circulation. Patricia's expertise complements that of **James Pickard**, Celadon's registered massage therapist, with a background of more than 15 years in a clinical setting. Health insurers have increasingly recognized that therapeutic massage has value not only as a treatment for injuries and chronic pain, but also as a form of preventative care. Recent research has also found that the physical contact involved in massage can be effective in boosting serotonin levels and combating depression.

If this isn't your year to head south for relief from the ravages of winter, a restorative massage and relaxing infrared sauna at Celadon could be an attractive option!

### Canine Touch and Tell: Introducing Orban

Exactly a year ago, we reported on **Sandy Benoit's** tragic loss of her beloved guide dog **Jet**, a magnificent and irresistibly charming black Labrador who was her constant compan-



**Sandy Benoit of Canine Touch and Tell and her guide dog Orban.**

ion and the light of her life for close to a decade. As we launch into 2012, we are delighted to report that Sandy has now acquired a new guide dog from the **Canadian Guide Dogs for the Blind**, and is once again happily ensconced in a close and companionable relationship that not only helps to keep her safe as she navigates through her daily routines, but is also a constant source of joy and amusement.

Jet's successor **Orban** (more often referred to as "Rocket man" on account of his exuberant approach to life, particularly first thing in the morning!) is also a black Labrador, though considerably smaller in stature. In fact, Sandy reports that he is a perfect blend of her first two guide dogs, Carleton and Jet, with many of the appealing, and occasionally mischievous, characteristics of both. Sandy and Orban have already completed the Basic and Intermediate Obedience programs at **Chantal Mills' Ottawa Canine School** (now located on St. Laurent Blvd.), and they are about to undertake

**Continued on page 16**



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**Continued from Page 15**

the Canine Good Citizenship training course.

As many of our dog-owning readers know, Sandy is a highly skilled canine masseuse who has worked for a decade soothing the aches and pains of aging dogs, as well as those with injuries, chronic illnesses, or temperament problems. Her expert ministrations gave a new lease on life to two of our elderly Labradors, and she has made devoted friends (canine and human) among her grateful clientele.

Sandy continues to offer canine massage both at her studio at **360 Croydon Avenue** (in the Lakeview Apartment, directly opposite Lincoln Heights Shopping Centre), and closer to our community at **A Guy, A Girl, Two Dogs and a Cat, 207 Dalhousie Street**, where she is available **every Friday afternoon** by appointment or on a drop in basis. Sandy now shares the Croydon Avenue studio with **Pat Swabey**, an experienced dog groomer who has been in the business for 25 years, so if your companion is both creaky and woolly, you'll find a one-stop shop at this location. For those who are less mobile, Sandy will also pay **home visits** with Orban in tow, and she is by now quite familiar with our area. Interested readers can reach her at **613-762-8869** to find out more about her services, or to arrange an appointment for their pooch.

Coming up on **Saturday, February 4** and **Saturday, February 11**, Sandy is hosting a **First Aid for Pets Seminar**

at 360 Croydon Street where dog owners can learn skills such as CPR, temperature taking and many other invaluable lessons that could, in extreme cases, make the difference between life and death for our beloved companions. All dog owners know the iron clad rule that our animals only have medical emergencies on week-ends when veterinary clinics are closed, and many of us also repair to remote cottages in the summer where veterinary care may be hours away. It makes good sense to equip ourselves with the tools to tide us over in such emergencies, so if you're interested, give Sandy a call for further details (**613-762-8869**). The cost of the course is \$120, with First Aid Kits available for an additional \$20.

We wish Sandy and Orban health, happiness and many interesting adventures together in 2012!



#### **Cloutier Custom Carpentry: Home Repairs and Renovations**

Homeowners in our community are all too well aware that the list of jobs to be tackled to keep our houses and properties ship shape, functional, and in good repair is quite literally endless. And because our homes are likely to be our principal assets in an otherwise

uncertain economic environment, not to mention a source of pride and pleasure as our family hearth, many of us may also have ambitious plans and projects for creating additional spaces, renovating existing areas to enhance their attractiveness and/or efficiency, or simply adding a beautifying touch to our surroundings.

Custom carpenter **Dan Cloutier** has worked in the New Edinburgh area since the 1980's, with a brief eight-year hiatus during which he was employed at the now defunct Nortel. He loves the community, and needless to say, is extremely familiar with the special challenges and delights of older houses. We initially encountered Dan when we lived in our first (1867!) house on Charles Street, where he skilfully carried out several projects for us, notably, the building of a handsome fence and central gate in our back garden to create both a dog-free oasis for flowers and shrubs, and an enclosed paddock for our rambunctious Labradors; the construction of a fine new back deck; and the painstaking repair and refinishing of a beautiful antique door.

We recently reconnected with Dan in our new house on Stanley Avenue where he has taken on a number of long-postponed projects with great skill and efficiency. In addition to building and painting new shutters for our dining room windows (a ten-year fixture on our wish list since buying the house!), Dan has rebuilt a rotted window ledge, replaced the custom made doors on our kitchen cupboards, and refinished, painted and refitted a side door to our garage, complete with such a careful rejuvenation of the original hardware that we were convinced he had replaced it with a new lock!

Dan's repertoire also includes full kitchen, basement and bathroom renovations; custom storage and shelving; and furniture repair and refinishing. If there's an outdoor project on your list for this spring, he also tackles everything from wooden fencing to gazebos, and garages, and is ready to



Photo: Louise Imbeault

**Sushi Me owner Sue Jung with Chef Peter Kim holding a good luck oriental cat.**

take on out-of-town jobs for the owners of cottages in our general area. Interested readers can give Dan a call at **613-266-5000** to arrange an appointment for a free estimate.

#### **Sushi Me: Open at Last!**

After several months in limbo awaiting completion of the final renovations required to secure a City permit, Sushi Me opened its doors on December 2 and has since been doing a bustling business, delighting the many sushi lovers in and around our community. Manager **Sue Jung** reports that at present, business is about evenly split between Take-Out and Eat-In clients, with a particularly brisk trade in party platters throughout the holiday season. While the restaurant is open all day and has a steady flow of drop in traffic, the supper hour has been especially busy in these early weeks, and it seems safe to say, will become busier still once Sushi Me acquires its liquor licence in the course of the next few months.

Sushi Me has already received some glowing reviews on local websites, with a recent recommendation on Ottawa's urbanspoon.com which praises its excellent sushi, marvellous ginger ice cream, attractive presentation, friendly service and reasonable prices. Another contributor on localtouristot-tawa.com recently moved to

Ottawa from Vancouver, and had been missing her regular sushi feasts. To her delight, and that of her young family, she discovered this new addition to the Beechwood restaurant scene, and sampled "sweet and fresh" edamame, "some of the best gyoza I've ever had" and an "utterly delicious" bento box featuring chicken teriyaki, rice, nigiri and pancakes.

If you've not yet had a chance to drop by and enjoy your own sushi favourites, you'll find Sushi Me at **8-B Beechwood**, and it's open seven days a week from 11 am to 9:30 pm. Sue has been delighted by the warm welcome she has already received in our community, and we wish her continuing success in the New Year.

#### **BGGO Boutique: Expansion Plans!**

Congratulations to **Bobby Gurung**, owner/operator of BGGO Boutique at **Springfield and Beechwood**, above the **Second Cup**. Bobby is about to open a second BGGO location in the Glebe at **751 Bank Street (between First and Second Avenues)**, and in the interim, is holding a major winter sale where you'll find deep discounts of up to 60% on clothing and accessories, including such cold weather necessities as scarves, hats, sweaters, winter coats and boots.



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## Update on New Edinburgh House and CCCC

### What's Happening at New Edinburgh House

#### Big News: Our new Newsletter!

Welcome to the first edition of News from the House, our brand new newsletter. This inaugural newsletter is an important first step in the CCCC's renewed effort to ensure that we communicate regularly and effectively to those in New Edinburgh and the surrounding communities. We hope to publish the newsletter at least 2-3 times per year, and to distribute it in a variety of ways, including electronic distribution in the community. Our goal is to regularly engage and inform the wider community on developments at the CCCC, particularly in relation to programming and special events.

#### Happy New Year and Welcome 2012!

The year 2011 was certainly an eventful one for the Crichton Cultural Community Centre (CCCC). As reported in previous editions of the New Edinburgh News, in July the Centre lost the campaign to keep 200 Crichton Street public. While devastating, we opted not to dwell on the loss, but to move forward quickly to pursue our objective of offering community and arts programming to New Edinburgh and the surrounding area.

Serendipity intervened and the CCCC was able to lease the Memorial Hall of MacKay United Church and the Church's Manse, now known as New Edinburgh House (NEH). We were able to move out of 200 Crichton and settle into New Edinburgh House and Memorial Hall within a brief four-week period, and many of our regular classes and courses were up and running at our new digs by early September.

#### Looking Ahead – A

### Foundation Year

While 2011 was eventful (perhaps too much so), it is 2012 that will truly chart the future course of the CCCC. This will be our foundation year, during which we hope to finalize the purchase of New Edinburgh House, update the mandate and priorities of the CCCC, and further develop our programming—all with the goal of evolving into a responsive, vibrant community and cul-

tural hub for New Edinburgh and the surrounding area.

On January 23, 2012, we welcomed our new Executive Director, Melanie Davis, and are confident that she will help us to successfully meet the challenges and opportunities of the year ahead. A profile of Melanie is included in this edition.

We look forward to collaborating closely with the Crichton Community Council (CCC) and the New Edinburgh Community Association (NECA) to explore ways to mutually reinforce the work of each of our organizations. In 2012, we also plan to establish closer links with other community groups in Lindenlea, Rockcliffe Park, Manor Park, Beechwood Village and Lowertown, to ensure that our programs complement and build on existing programming already available in our wider community.

### Fun Upcoming Events!

**Artistic Performance Series:** The CCCC is delighted to introduce its Artistic Performances Series: Where Community and the Arts Connect. This series

was conceived and organized by event manager and CCCC volunteer, Alison Melia. Alison felt strongly that since the devastation of the Beechwood fire last March, the community needed to reengage, reconnect and celebrate—and the CCCC couldn't agree more! It is our hope that this performance series will provide an ideal opportunity for the community to come to the Centre's new home to interact, enjoy local talent, and perhaps leave with some new inspiration.

- **January 27**, Niyamah Collective, I Remember, an artistic dance, theatre and musical piece exploring what it means to be a human being
- **February 24**, Poetry and Music with Brandon Wint and Amelia Leclair
- **March 30**, An Evening of Contemporary and Hip Hop Dance with Erika Mills, Danielle Duchesne, Brad Denys and the Flavor Factory.

Tickets are available at New Edinburgh House or by calling the CCCC at (613) 745-

2742. (\$10 in advance or \$15 at the door for the January and March events, \$15 in advance or \$20 at the door for the poetry evening in February). Detailed information is included in the CCCC programs and events listing in this edition of the New Edinburgh News, as well as on our website at [www.crichtonccc.ca](http://www.crichtonccc.ca) or on Alison Melia's blog at <http://irenemelia.wordpress.com/>.

### Friday Night Movie Series:

We are also thrilled to introduce our Friday Night National Film Board (NFB) Film Series. Here's an interesting NFB Fact: Did you know that the National Film Board, Canada's iconic media innovator, started its life in New Edinburgh, on John Street, in 1939? It's true!

Former NFB Executive Producer Jack Horwitz picks his personal favourites, including shorts like Normal McLaren's Academy Award winning animation "Neighbours" shot in Rockcliffe Park, and Paul Anka in "Lonely Boy."

The series will run on March 9, April 13 and May 11. Doors open at 6:30 pm, movies

**Continued on page 20**

## Introducing Melanie Davis, CCCC Executive Director

### By David Horley

For the first time in its twelve-year history, the CCCC has appointed an Executive Director (ED) to take the lead in guiding the organization towards our objective of sustained growth, increasing community engagement, and solid financial viability in our new facilities at New Edinburgh House and Memorial Hall.

Our new ED **Melanie Davis** has a diverse, and from a CCCC perspective, directly relevant background in a variety of fields ranging from community development to arts and culture; fund raising; youth initiatives; change management; community boards; advocacy; program evaluation; financial reporting; access and opportunities for those with disabilities. She is a funding specialist with a broadly-based knowledge of community funding models, and a track record of over 90 grant applications for such local organizations as the Family Services Centre and Propeller Dance, among many others. Her impressive success rate in over two thirds of these applications bodes well for her future contribution to the CCCC!

In the course of her career, Melanie has served as Executive Director for two other non-profit organizations, the **Nelson Arts Society**

(NIPAS) in Nelson, B.C. where she managed over 300 staff and volunteers, and succeeded in generating more than \$450,000 through her fundraising efforts, and **Child and Youth Friendly Ottawa (CAYFO)**, where she played a pivotal role in revitalizing the organization and establishing it on a financially viable footing. In her earlier role as Youth Coordinator for the Community Services Department of the City of Kitchener, Melanie created a legacy of recreational programs for children and youth, and developed the city's Youth Plan to provide opportunities for civic engagement and leadership development for young people, irrespective of their economic circumstances or location.

Melanie's impressive educational qualifications include a Bachelor of Urban Design and Regional Planning from Ryerson, a certificate of Social Work from Renison College, Waterloo, a Bachelor of Social Development Studies from the University of Waterloo, and an ongoing Masters of Community Development through the University of Victoria's Distance Education program. Still further strings to her bow include proficiency in American Sign Language (ASL), SROI (Social Return on Investment) Accreditation,

and ongoing participation in Intensive French studies with the Alliance Française here in Ottawa.

Melanie joined the CCCC team on January 23, and looks forward to working collaboratively with the staff, volunteers, Committees and Board of Directors of the Centre, as well as with the many individuals, community and arts organizations, partner communities and sponsors with a shared interest in building a vibrant centre for community life and artistic expression in the Centre's new facilities.

### Lynda Hall, Managing Director

To support Melanie as she learns the ropes in this challenging new role, and to maintain continuity and momentum in both program development and outreach to partner groups and communities, we are happy to report that **Lynda Hall** will remain on staff as **Managing Director**. Lynda has done an extraordinary job as Transition Project Manager, and we are delighted that she has agreed to work with Melanie in this critical "building" phase of our operation, focusing primarily on her ongoing work in the programming area where she has made significant strides in recent weeks, launching our first ever filled-to-capacity programs this session, and pre-



**New CCCC Executive Director, Melanie Davis and her family.**

paring the ground for what we hope will be our first March Break Camp for children in the neighbourhood.

Melanie and Lynda will continue to be supported by **Kiki Cliff**, officially our Administrator and Bookkeeper, but who (as most readers know!) also handles a multitude of tasks to keep the facilities running smoothly. We say a fond farewell to **Susan Ashbrook** whose role as Director of Programming came to an end at the start of the New Year, but who thankfully will remain a part of the life of the CCCC as instructor of a variety of art classes.





CRICHTON CULTURAL COMMUNITY CENTRE  
CENTRE CULTUREL COMMUNAUTAIRE CRICHTON

## Mid-Winter Programs and Events

Visit our website ([www.crichtonccc.ca](http://www.crichtonccc.ca))  
for more detailed information on our upcoming  
programs, or contact us at 613-745-2742 or  
[communitycentre@rogers.com](mailto:communitycentre@rogers.com).

## Programming Notes

It's the dead of winter, but the world inside the doors of New Edinburgh House and Memorial Hall are very much alive! For the February issue of the New Edinburgh News we've compiled a list of workshops and programs that will be starting between now and April.

Keep in mind that many of our fitness and yoga classes already in session can accept drop-ins. Check our online calendar at [www.crichtonccc.ca](http://www.crichtonccc.ca) to find out what's already on the go.

The big addition to our programming is the line up of special events we've organized. We've tried to put together a little something for everyone.

On **Friday, February 17**, we're bringing back last year's very popular **Zumba Night** for families, followed by an **evening of poetry and music** at New Edinburgh House on **Friday, February 24**. On **March 9**, we start a series of monthly **National Film Board screenings**—selected by New Edinburgh's very own Jack Horwitz—and end the month with a exciting night of contemporary, urban AND acrobatic **dance performance**

es organized by Alison Melia and taking place on **Friday, March 30**. A quick peek into April and you'll find **Mi Casa Theatre** performing on **Saturday, April 7**. With this much happening in the 'burgh who needs to go anywhere else for a night out?

And then there's the **March Break**. We've pulled out all the stops in planning a **Lumière Performing Arts Camp** that will have your 6 to 9 year olds clowning around with the likes of Scott Florence of A Company of Fools for half the day, then burning up some energy in the afternoons with games, sports and a field trip out of the neighbourhood.

A great way to keep updated on any last minute additions to our programming is through our e-blasts. You can join by hitting "contact us" on our website, or sending us a message at [communitycentre@rogers.com](mailto:communitycentre@rogers.com).

Registration for all the classes listed can be made by phone at 613-745-2742, or drop in to New Edinburgh House at 255 MacKay St. We're now open until 4 pm on Saturdays, 9 am to 5 pm weekdays, and Monday nights until 8 pm.

### Cooking & Nutrition

#### PARENTS & BABIES DROP IN WITH HOLISTIC NUTRITIONIST!

Lucette V. Ouellette  
Monday February 13  
9:30 AM – 11:00 AM  
Fee: \$5

Mothers need nourishing snacks too! Drop in for an informal chat and snack prepared in the kitchen with Lucette. Come get inspired and add to your repertoire of nutritious snacks. Our goal is to be able to consume something that helps provide your body with more energy than it took to prepare. Remember, looking out for ourselves IS looking out for our children!

#### VALENTINE'S TART & PIE BAKING WITH THE SCONE WITCH

Heather Matthews  
Friday February 10  
6:30 – 9:30 PM  
Fee: \$45

Butter, flour, water - such simple ingredients, yet making a great crust can be a challenge. Heather Matthews, owner of the Scone Witch, invites you to an evening of tart and pie-making in the kitchen at Memorial Hall - just in time for Valentine's Day. Heather will guide you through dough making and rolling, and prepare a couple of her favourite fillings, including Tarte Tatin, to be baked and eaten that night. Mmmmm. Everyone leaves with their own self-made ball of dough to bake at home.

### Arts

#### DRAWING CLASS DEMONSTRATION

Christopher James  
Tues Feb 14  
7:00 – 8:00 PM  
Wed Feb 22  
2:00 – 3:00 PM  
Fee: \$5 per drop in

This is your chance to try out a drawing class with Christopher James. Materials are provided for a hands-on demonstration. A series of classes will be scheduled if there is sufficient interest. Please register at 613-745-2742. \$5 drop in fee payable when you arrive.

#### WATERCOLOUR PAINTING CLASS DEMONSTRATION

Christopher James  
Wed Feb 15  
2:00 – 3:00 PM  
Tues Feb 21  
7:00 – 8:00 PM  
Fee: \$5 per drop in

This is your chance to try out a drawing class with Christopher James. Materials are provided for a hands-on demonstration. A series of classes will be scheduled if there is sufficient interest. Please register at 613-745-2742. \$5 drop in fee payable when you arrive.

#### SPILLING OPEN – A CREATIVE WRITING ADVENTURE FOR GIRLS

Ages 8 – 12  
Suzanne Valois  
Mon 6:00 – 8:00 PM  
Feb 13 to Mar 26 (5 wks) No  
Classes Feb 20, Mar 12  
Fee: \$85

Spilling open is all about finding our own voice and using it to tell our stories, our ideas, our hopes and our fears. It's about playing with words to create poems, stories and songs: and about bringing those words to life through the use of paint, pastels and collage. In this five week adventure, we will be poets and painters, writers and artists exploring the corners of our imaginations and finding fun ways to let our stories be heard.

#### BRANDON WINT POETRY WORKSHOP

Brandon Wint  
Sun 10:00 AM – 1:00 PM  
Mar 4  
Fee: \$35

In conjunction with his presentation on Friday Feb. 24th, slam poet Brandon Wint will hold a writing workshop which will give participants meaningful strategies for developing and expressing their creativity. See his video "Poetry in Motion" for inspiration – it can be found on Youtube.

#### INTRODUCTION TO STORYTELLING

Kim Kilpatrick  
Mon 1:00 – 4:00 PM  
First Monday of each month: Feb



### Friday Night at the Movies Fun for Filmizens & Families from NFB

In 1939 the National Film Board of Canada began its life on John Street. Jack Horwitz, former NFB executive producer, picks his personal favourites from this internationally acclaimed public agency. From shorts like Norman McLaren's Academy Award animation "Neighbours" shot in Rockcliffe Park, to Paul Anka in "Lonely Boy", take a whirlwind trip from the past to the present of this iconic media innovator.

**Where:** Memorial Hall, 39 Dufferin Road  
**When:** March 9<sup>th</sup>, April 13<sup>th</sup>, May 11<sup>th</sup> 2012  
Doors open at 6:30 pm. Movies at 7:00pm.  
**Cost:** Per night: Family \$10, Individuals \$8, Seniors/Students \$5  
Series: Family \$25, Individual \$20, Seniors/Students \$12  
**Tickets:** New Edinburgh House - 255 MacKay St., Books on Beechwood or by phone at 613-745-2742.

Please bring any snaps of old New Edinburgh (people, buildings, events): originals to be scanned to add to the New Edinburgh News archives.



CRICHTON CULTURAL COMMUNITY CENTRE  
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[www.crichtonccc.ca](http://www.crichtonccc.ca)

THE 4C'S ARTISTIC PERFORMANCES  
WHERE COMMUNITY AND THE ARTS CONNECT

SLAM POETRY BY  
**BRANDON WINT**

MUSIC & VOCALS BY  
**AMELIA LECLAIR**

FEBRUARY 24TH, 2012  
6:30PM @255 MACKAY ST  
CRICHTON CULTURAL COMMUNITY CENTER  
\$15@CCCC/\$20@THE DOOR

DESIGNED BY BEN KAMRIN BEN  
GRANGE DANCE  
EDWARD



6, Mar. 5, Apr 2, (3 wks)

Fee: \$60

Drop-in fee: \$24

In this very interactive and entertaining program, learn what storytelling is and learn to find, gather, create, and tell stories. Kim Kilpatrick has been telling stories all of her life but officially has been a storyteller for ten years. "I love creating and crafting autobiographical stories and helping others to learn how to do this." Come and find your voice and find your stories. You'll be glad you did!

### STORYTELLING 2-DAY WORKSHOP

Kim Kilpatrick

Sun 9:00 AM – 4:00 PM

Mar 11 & 25

Fee: \$80

This two-day workshop will teach the student how to take an idea and turn it into a full-fledged story to tell with pride! The first day will be spent working on the stories and the second day will be fine-tuning and presentation skills.

### MEMOIR WRITING WORKSHOP

Glynis Ellens

Sat 9:30 – 3:30

Mar 24

Fee: \$68

Everyone has a story to tell. Isn't it time you started writing yours? We will use writing exercises, prompts and reflections to write short vignettes about significant events, turning points, people and decisions in your life. It doesn't matter if you have never written before; there is no one who can write this story as well as you can. So what are you waiting for? Join us and let the adventure begin!

### COLOUR MIXING WORKSHOP

Susan Ashbrook

Sun 9:30 AM – 3:30 PM

Feb 12

Fee: \$75

Based on the Michael Wilcox School of Colour theory, this workshop goes beyond the basic colour wheel and teaches you how to mix the precise colour you need the first time! No more trying various combinations of blues and yellows to get the green you want. This colour mixing workshop can be used in all mediums, including glass, pastels and coloured pencils.

### SALT AND PEPPER WORKSHOPS – EXPRESSIVE ARTS FOR 50+

Suzanne Valois

Mon 1:00 – 3:30 PM

Feb 20 to Mar 26 (5 wks) No

Class Mar 12

Fee: \$110

Every week join our group for a

theme related art project or craft from printmaking to silk painting in a relaxed environment. It is in part to enjoy a creative activity but also it's an opportunity to socialize. This afternoon session will include a coffee/tea break. Those with little 'artmaking' experience will be guided through each new project and those with more experience can let their talents fly. Either way it's an occasion to come together to make, create, discover and uncover new skills, talents and community.

### FIGURE DRAWING & PAINTING WORKSHOP

Wed 9:30 AM – 12:30 PM

Feb 29 to Apr 25 (8 wks) No

Workshop March 14

Fee: \$65 per session

Information and registra-

tion at 613-594-0182,

[jwjarrett@sympatico.ca](mailto:jwjarrett@sympatico.ca)

In this workshop, participants work in a variety of media... pencil, charcoal, pastel, water based paints or oils... the choice is up to the individual. Easels are provided. There is no instructor in this workshop. The learning is in the doing and in the exchange of ideas among the participants. This is an extended pose workshop. The model starts each session with five short warm-up poses followed by an extended pose. Beginners are welcome.

### THE "I'VE ALWAYS WANTED TO PAINT" WORKSHOP

Susan Ashbrook

Sat 1:00 - 4:00 PM

Mar 31

Fee: \$50

An introduction to painting, using the wonderfully versatile medium of acrylic paint. In this three hour workshop you will fulfill that long-time dream and complete your first painting. You will learn how to use paint, mix colours and paint a still life. All materials and tools will be provided and students will take home their colour wheel, a helpful handout for future reference and their beautiful new painting.

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

Heather MacDonald

Sun 10:00 AM – 4:00 PM

Feb 26

Mar 18

Fee \$65 per workshop

A workshop for beginners to advanced to learn or further develop skills using the Asian brush, ink and stone and painting on rice papers. Learn traditional and contemporary approaches to ink painting and calligraphy in the Japanese style. Capturing the 'essence' of an object is at the heart of a Sumi-e painting. There is a \$6 fee for paper.

## Yoga

### YOGA – THE UNIVERSAL TOOL

Michael Burlacu

Fri 6:30 to 7:45 PM

Fee: \$25/person; \$30/family (2 people)

#### PART I - Feb 17

1. YOGA of action - Karma Yoga - yoga of the right action and renunciation of the fruits of your actions. 2. YOGA of love and devotion – Bhakti Yoga – LOVE the Cosmic vibration.

#### PART II - Mar 9

3. YOGA of body and mind control – Raja Yoga (Ashtanga Yoga because its practices can be divided into eight limbs). Hatha Yoga is part of Raja Yoga and is a preparatory stage for meditation. 4. YOGA of knowledge – Jnana Yoga – consists of properly understanding the field of activity – the body – and the knower of the body – the soul.

## Children's Programs

Classes below have already started, but we'd love you to join us for the rest of the session. Fees as advertised will be pro-rated as of the date you register.

### KALARTASCOPE

Ages 6 – 8

Zaneta Pernicova

Sat 9:00 – 10:30 AM

Jan 14 to Mar 17 (10 wks)

Fee: \$125

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

### OH, THE DRAMA!

Ages 6 – 9


Kelly Rigole

Sat 1:00 – 2:00 PM

Jan 14 to Mar 17 (10 wks)

Fee: \$105

Come and explore your creative side through theatre. Using



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HEAT UP A COLD FEBRUARY FRIDAY NIGHT WITH STEAMING CHILI AND EVEN STEAMIER ZUMBA STEPS!

Join your neighbours and friends for an evening of food and fun on Friday, February 17th.

We'll serve up chili and treat you to a lesson of Zumba, a vibrant Latin dance guaranteed to lift spirits and barometers. No previous experience necessary.

WHAT: Chili & Zumba Evening.  
WHEN: Friday, February 17th, 5–8pm.  
WHERE: Memorial Hall, 39 Dufferin.  
WHO: Families with children and adults of all ages welcome.  
TICKETS: Family \$20, Individuals \$5.

Tickets from New Edinburgh House, 255 Mackay Street, Books on Beechwood or call 613-745-2742.

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

improvisation, acting, character, poems and plays, you will unleash your creativity and discover the star within!

### THEATRE STORIES

Ages 10 – 12

Kelly Rigole

Sat 2:00 – 3:30 PM

Jan 14 to Mar 17 (10 wks)

Fee: \$125

Drama is the art of creative storytelling. Explore storytelling through improvisation, movement, theme, character and voice. We begin with myths, fairytales and classic stories, and then move on to creating original tales!

### JAMMIN' WITH GRAEME

Graeme Danko

Ages 4 – 6

Sun 3:00 – 3:45 PM

Jan 15 to Mar 18 (10 wks)

Fee: \$125

Graeme Danko (Accredited Music Therapist) will lead the group using guitar and rhythmic instruments. Activities will include performance of popular songs with voice and rhythmic instruments, drumming, improv games, movement activities, and leadership opportunities. No music experience necessary.

### KIDS HIP HOP

Alexa Therien

Ages 6-8

Sat 2:00 - 3:00 PM

Mar 14 to Mar 31 (12 wks)

Fee: \$120

Learn various styles of hip hop moves in this fun, energetic dance class through choreography to the latest hits. Get fit and hip at the same time!

## March Break Lumière Performing Arts Camp



March 12-16, 2012

9 am- 4:30 pm

Ages 6-9 Maximum 12 kids

Light up your March Break and join a cast of professional performers for a Foolishly fun week of improvisational theatre, clowning, dance, art... AND all the great indoor camp games and outdoor activities we can load into five days!

Members and friends of A Company of Fools – that zany Shakespearean troupe – will lead

the artsy side of the day with something different each morning, then seasoned camp programmer and counsellor Simon Keeble takes over with games, outdoor activities and one afternoon field trip. We promise you won't be bored!

Camp takes place at New Edinburgh House, 255 MacKay Street and Memorial Hall, 39 Dufferin Road.

Fee is \$200 and includes all art materials and day trip costs. Optional before and/or after care: \$10/day (8:30-9 am /4:30-5:30 pm). Registration deadline: Wed, March 7 at 5 pm Register by phone 613-745-2742 or in person at New Edinburgh House, 255 MacKay St.

Crichton Cultural Community Centre  
[communitycentre@rogers.com](mailto:communitycentre@rogers.com)



# NEH Update...

Continued from Page 17

at 7 pm. Cost per night/series: Family: \$10/\$25. Seniors and Students: \$5/\$12. Individuals: \$8/\$20. Tickets will be available at New Edinburgh House or at Books on Beechwood.

## Second Annual Zumba Community Dance:

Last but not least, on the heels of last year's successful Zumba night, we're hosting a Zumba Community Dance on Friday February 17 from 5 to 8 pm. Heat up a cold Friday February night with a spicy chili dinner and even spicier Zumba steps. Tickets are \$20 per family or \$5 for individuals. Tickets are available at New Edinburgh House or Books on Beechwood.

## What's Happening at the CCCC

### Some Key Priorities for the CCCC in 2012:

1. Purchase New Edinburgh House. On January 4, 2012, the CCCC made an offer to MacKay United Church trustees to purchase New Edinburgh House. At publication time, the two sides were very close to an agreement in principle, and the severance application required for the sale to proceed had received approval at the City of Ottawa's Committee of Adjustment. The CCCC is working with MacKay United Church representatives to finalize the purchase, if possible by the end of April 2012. In the meantime, we continue to lease both NEH and Memorial Hall. Stay tuned for more news on the purchase in our next newsletter and in the April 2012 edition of the NEN.

2. After-School Care. New Edinburgh's children are not

well served. Our local public school was closed in the 1990s, and the community has few after-school care options available. It is important to many in our community and to the CCCC that our children have a place in our immediate neighbourhood for quality after-school care. When coupled with the children's programming we offer, our goal is that NEH and Memorial Hall will become a hub for our children, safe places that are fun and rewarding to visit. The development of an After-School Care program for September 2012 is a key priority for the CCCC. Details on the program now in development by the CCCC Parents' Committee will be shared over the next few weeks.

3. Expand and Develop Programming. Throughout 2012 and beyond, our goal is to adjust and develop the programming to ensure that it suits the needs and interests of all members of our extended community—seniors, parents, children, young adults, and persons with special needs. It will take us some time to get it right, and to offer the programming that most interests and best suits the needs of our neighbourhood. But with the input and assistance of community members, we are confident that we'll be able to reach that objective.

### We Need Your Help!

Our goals and priorities for 2012 and beyond are ambitious, and we will only succeed if we have your help. Volunteer efforts will be critical to ensuring that our vision for a responsive, vibrant community and cultural hub is realized.

## Where/How You Can Help:

Join a committee or sub-committee! The CCCC comprises a volunteer Board of Directors and a number of committees and sub-committees, which are made up of volunteers. If you would like to lend a hand, there are a number of committees that may pique your interest.

### Programming Committee:

(Contact Isobel Bisby at [ibisby@gmail.com](mailto:ibisby@gmail.com) or Paula Thompson at [paula.thompson@rogers.com](mailto:paula.thompson@rogers.com)).

- Parents' Sub-Committee (Children's programming)
- Lumière Sub-Committee
- Fitness and Health Sub-Committee

- Seniors Sub-Committee
- People with Special Needs Sub-Committee

### Operations Committee:

(Contact Sean Flynn at [sflynn@pobox.com](mailto:sflynn@pobox.com)).

- Heritage Restoration Committee
- Environmental Sub-Committee
- Gardening/Grounds Sub-Committee

There are also a number of other Committees dealing with Finance, Communications and Fundraising, so if that's your area of expertise and interest, we'd love to hear from you! Please give our office a call at 613-745-2742.

Tell us what you'd like to see on the list of CCCC programs, classes and events!

Do you have a great idea for a class? Know of a violin, piano or guitar teacher interested in offering lessons in New Edinburgh? Are you an instructor—of art, music or fitness programs? How about a French or Spanish teacher? Math tutor? Have other cool ideas? Please get in touch with us and let's discuss the possibility of offering classes at NEH or Memorial Hall.

Pass along your great ideas to Programming Committee Co-Chairs Isobel Bisby and Paula Thompson (contact email addresses above).

## Community Input Sought Regarding After-School Program for September

By Paula Pincombe and Marta Reyes Lipman, Co-chairs, Parent's Committee

The Crichton Cultural Community Centre (CCCC) has identified an after-school program as one of its key priorities for 2012! This is great news for parents with school-age kids and for those whose kids will be in school in the near future. It is in fact an investment in the future of our community.

The program will be for children in Grades 1 through 6 attending local schools. The Parents' Committee of the CCCC has already done research into the types and costs of other popular before and after-school programs in Ottawa and is poised to begin work to make this happen.

Before we continue, we must first get a sense of community interest. We have solicited interest from the community once before when we hoped to start an after-school program at 200 Crichton in September 2011. Our move to New Edinburgh House in August 2011 meant the program had to be postponed by a year. Given the delay, we thought it prudent to check again and ensure interest in the program remains strong.

For those of you who would be interested in either before-school, after-school, or both, please send an email by **Thursday, February 9, 2012**, to Paula Pincombe [ppincombe@hotmail.com](mailto:ppincombe@hotmail.com) and/or Marta Reyes Lipman [mreyeslipman@gmail.com](mailto:mreyeslipman@gmail.com), co-chairs of the CCCC Parents' Committee.

Once interest is confirmed,

details of the program will be developed with assistance from the CCCC Parents' Committee, the Programming Committee and the CCCC's staff, including the new full time Executive Director Melanie Davis.

We should be able to confirm whether the program will go forward by February 28. At that time, we'll invite interested families to an Open House where the details of the program will be reviewed. Interested parents will get the chance to participate in the development of the program to ensure it meets the needs of the community.

We would be very grateful if people could spread the word to those with kids in the school area who might benefit from the program. Your suggestions and interest are most welcome at this critical juncture.



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**By Caroline Matt and Catherine McConkey**

It's winter, finally! It seems that as members of the 3Cs we watch the weather...a lot!! Since all of our events are weather dependant, from the Plant Sale, Garage Sale, Community Picnic, Halloween Howl or the Winter Carnival and care and maintenance of the ice rinks, we always have the weather station tuned in and turned on. It seems to be a theme with the council. But I digress.

Let's talk about ICE!!! Despite the warm winter weather, **Michel Giroux** and **Brian Torrie** and their team of rink attendants and volunteers have been working *every night*

as they clear the snow and water the rinks yet again to get that smooth glassy look that we all love. After a slow start to the 2012 skating season, the rinks are in really good condition. The council is very lucky to have volunteers like Michel and Brian and the **New Edinburgh Hosers**. We are very proud and thankful for their work that they do for the community each winter. (Can you imagine New Edinburgh without skating rinks?) This year we have decided to open the rinks earlier on the week-ends. The rinks are open seven days a week; **Monday to Friday 4 - 9 pm, Saturday 10 am - 9 pm and Sunday 11 am - 6 pm** always weather



Photo: Caroline Matt

Despite unseasonably warm weather, local volunteers managed to prepare the Stanley Park rink for some on-ice fun at the 2012 Winter Carnival.

dependant, so come on down and check it out. Conditions are pretty good this year and improving all the time with each night of watering.

Michel wants to remind everyone that the rinks will be open this year on **FAMILY DAY, February 20, 11 am - 9 pm**, and as always, is hoping to have the rinks open until **March Break, (week of March 12)**, a very ambitious goal. We want to thank **Paul** at the **New Edinburgh Pub** for his donation of hot chocolate to the Fieldhouse while the rinks are open.

The Council organized the annual **New Edinburgh Winter Carnival** on Saturday, January 28, taking place after a week of unseasonably warm weather. We would like to give a special thank you to some of the community members who came out and helped clear the snow off the ice for the event. It was an early morning for **Steve and Sam Grabner, Mary Grainger and Martina and Gerry Turchyn, Roger Hardy, and Joanne and Bea Vitzthum** who put in a few unexpected hours before the Winter Carnival. The event was officially opened by some Snow Kings and Princesses from the neighbourhood, who arrived in regal outfits on the sleigh ride. As is tradition, there were games on the rink, yummy food inside the Fieldhouse and of course the ever popular Raffle Prize Draw and Jelly Bean Guess contest. This event is always a team effort with many people and businesses from the neighbourhood helping out. Special thanks go to: **Pauline Bogue, Catherine Bell and Kate Grimes** from the **Royal LePage Team Realty** for sponsoring the sleigh ride, **Jeff Hill and Adam Kane** from



Photo: Caroline Matt

**Local Knights and Princesses take a sleigh ride down Dufferin Street 2012 Winter Carnival at Stanley Park.**

the local **Bank of Montreal** for sponsoring the BMO Café, **The New Edinburgh Pub** for the hot dogs, **Joseph Cull** for his delicious beans, **Bill Ross** from **Da Bombe** for the yummy cookies, and of course, volunteers from the **Crichton Community Council** who are always willing to give their time and many skills to make New Edinburgh such a fun and friendly place to live in. The 3Cs want to congratulate **Marianne Farmer** for her Jelly Bean Guess of 1977 jelly beans; the actual count of the beans was 2123. Thank you

everyone for your guesses.

Council would like to congratulate Paul and Tracey Williams of the New Edinburgh Pub on the birth of their second grandchild. Alexis Joleen Folz was born January 16, at a healthy 7lbs 11oz. Congratulations to Paul and Tracy!

If you would like to get involved in any of our family-oriented activities please call **Cathy** at **613-746-0303**. The **Fieldhouse** is always available for rent for your next birthday party or family event. Contact **Jill Hardy** at **613-746-1323** for more information.



## New Edinburgh Skating Rink Hours

Monday-Friday 4-9pm

Saturday 11am-9pm

Sunday 11am-6pm

Always weather dependent!



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# Fern Hill School Celebrates 30th Anniversary

**Elizabeth Gray-Smith**  
“The whole Fern Hill experience makes my son feel at home in his own neighbourhood. There are so many ties to the community. Neighbours meet each other at drop-off, parents volunteer together, the kids learn and play with the very same friends they see in the park,” says New Edinburgh resident and Fern Hill School parent, **Karen Foss**.  
It is that community-based philosophy which shaped the foundation of the school three decades ago. Its history is more deeply rooted in New Edinburgh than you may think.  
In 1981, **Maureen Brookson**, then a New Edinburgh resident, was seeking a playgroup in the area for her one-year-old daughter to enjoy. She heard about a local music group and gave it a chance. Surrounded by half a dozen parents and their children, Brookson was quickly inspired by the arts-focused teaching approach she witnessed. This musical playgroup, which started at 28 Crichton Street, sparked what would become a lifelong passion and career in childhood development for Brookson,

and the birth of what we all know now as the **Fern Hill School**.  
Brookson took the reins of the playgroup, introducing other art forms and tightly weaving the creative and expressive arts as a means to best engage the neighbourhood tots. She found herself leading an ever-growing contingent of like-minded families looking for stimulating activities for their young ones. To accommodate the growing crowd, they moved to a larger space. Brookson rented a room at 200 Crichton Street and the program quickly went from two days a week to full-time. She knew that this was turning into something much bigger.  
She named it Fern Hill School.  
The school is named after Brookson’s favourite Dylan Thomas poem of the same name. As its logo, the school adopted a modern take on the apple bough so eloquently highlighted in the piece that pays homage to a childhood so full of life.  
“The early years are the most wonderful and the most important,” says Brookson. “Far too often, the arts are squeezed

out of school programming because they are identified as a frill. Creativity is absolutely important to children’s development. They are natural artists and natural dancers. I’ve always carried that beacon forward.”  
Her teaching philosophy continued to gain attention from local parents eager to join. It

did not take long for the class to, once again, begin bursting at the seams. The group moved to an even larger space, taking over two rented classrooms at the convent on Maple Lane. Brookson continued finding and renting rooms within the building, stretching the programming from two and three-year-old curriculum to junior

and senior kindergarten all the way to grade three. During this time of expansion, Brookson remembers being questioned on her out-of-the-box approach to teaching. She recalls one parent’s comment; “what happens when [the children] go on to formal school?” She responded with confidence, “I’ve given them an extra deep pocket to dip into.”  
The school even attracted the attention of international media. With one of the Mulroney children attending Fern Hill at the time of George Bush Senior’s first state visit in 1989, Mrs. Mulroney invited then First Lady Barbara Bush to experience the refreshing curriculum in practice. Mrs. Bush was accompanied by an entourage of international correspondents, photographers and videographers. With cameras rolling, Mila read a book to the Fern Hill students in French with First Lady Barbara following suit in English.  
Fern Hill has always worked closely with parents to ensure the programming best serves the needs of their children. In the 90s, amplified community interest in safeguarding this educational gem for the



**Fern Hill is a community-based school that follows the philosophy that “creativity is absolutely important to children’s development.”**

|                                                                                                                                                  |                                                                                                                                              |                                                                                                                                                         |                                                                                                                                                       |
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**Fern Hill Principal Deborah Gutierrez emphasizes that children should be treated with respect as individuals.**

area's changing demographics prompted parents to search and secure a building that could house the potential spike in enrollment. In 1997, through the tireless fundraising efforts of community members, the school purchased a building suitable for its expanding programming, right in the heart of New Edinburgh.

Fern Hill thrives at its current permanent residence at **50 Vaughan Street**. As a pre-school and elementary school, its doors open daily to 170 students. It has certainly evolved from the living room space at 28 Crichton Street. The property boasts two modern playgrounds, a gymnasium, a library and over 10 classrooms, allowing the school to offer an exceptional academic curriculum and an impressive selec-

tion of extracurricular activities including gymnastics, ballet, jiu-jitsu, and violin.

**Stephanie Monteith**, mother to two Fern Hill elementary school students and avid school volunteer, praises the community feeling that welcomes her each day, "the environment is so positive, in the classrooms and in the halls. And the principal is so loyal to the school, the students and families. She knows everyone by first name."

Fern Hill's principal, **Deborah Gutierrez**, has been with Fern Hill since its two-classroom days at the convent on Maple Lane. Then a teacher, working part-time in the nursery school, she worked closely with Maureen Brookson to ensure a high-quality educational experience. Her role

has evolved over the years as full-time teacher, preschool director, vice-principal and now as principal. Her passion for igniting a life-long love of learning in her students has been consistent.

"Children should be treated with respect as individuals. This attitude is fundamental for nurturing their self-esteem, confidence, success in learning and in developing independence and responsibility," says Gutierrez.

The Fern Hill School remains committed to its roots as a community-based, non-profit learning facility that focuses on the creative and expressive arts as a means to deliver a strong academic program that is impactful and relevant. And it remains true to the Dylan Thomas poem in keeping the childhood spirit and natural energy alive.

"Once we visited it, our son loved it immediately. It had everything you'd want from a top-class educational facility with a laid back community feel," says Foss with a smile. "It is a magical place. There is no question, from the moment you walk through the doors, there is a sense of wonder, a strong sense of childhood."

The Fern Hill School will hold an **Open House on Wednesday, February 1, 2012 from 5 to 7 pm**. If you have any further questions around enrollment or would like to set up a tour outside of the open house date, please contact the school: [principal@fernhillottawa.com](mailto:principal@fernhillottawa.com) or **613-746-0255**.

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**The Ottawa Internationals Soccer Club (OISC)** has openings for head coaches and assistant coaches in their 2012 boys and girls youth competitive soccer programs and are seeking qualified candidates for various teams.

These positions are open to CSA/OSA certified and non-certified coaches. Non-certified coaches must be prepared to become certified prior to the start of the 2012 soccer season. OISC will pay for this certification.

Amount of remuneration will be based on which level the team is playing in the league (L3 - L5) as well as coaching qualifications. Contact the club administrator at [admin@ottawasoccer.com](mailto:admin@ottawasoccer.com) for details and application forms.

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# WANTED: Books and A.V. Material for Book Sale on April 14 and 15

By Jane Dobell

Did you make a New Year's Resolution to tidy your house? Are piles of books stowed under the bed, in the basement, or in a far away corner where you hope no one will notice? Help is at hand. **The Rockcliffe Park branch of the Ottawa Public Library (OPL) is collecting books for its annual spring Book Sale which will take place on April 14 and 15.**

Deciding which books to give away can be a dangerous activity. Tim Murray remembers an occasion when he was about to buy a particularly beautiful book on Canadian Art at a book sale. When he looked inside the book he discovered it had been given to him as a present from his wife. Another man commented to me as he



donated a small box of carefully chosen books. "My wife and I fought over every one." The library book sale committee has received frantic calls from people who have given away other people's borrowed books by mistake. We invited them to come ahead of the sale in the hope of finding it.

Once having brought your books to the library, or called the library for pick up if you need help, you can feel virtuous. The money raised by the April Rockcliffe Library book sale and the sale shelf in 2011

made an important difference to the level of service a small branch such as Rockcliffe was able to offer. It produced more express reads, additional magazine subscriptions, children's and adult books, more visiting authors for school classes, some teen games, and a family outreach day of activities. A grant to the OPL Aboriginal outreach program and to the central Friends of the OPL was also made.

We need volunteers. Can you help us by – working a two hour shift on cash, reorganizing the tables as books sell, cleaning up on Sunday at the end of the sale, helping with publicity, picking up donated boxes of books in February and March – and more? To volunteer leave your name and phone number with the library.



Photo: Gavin Murphy

**The LLADS (left to right): Roger Stacey, Paul McConnell, Kieran Broadbent, Gavin Murphy, Elizabeth Ann Spencer, Jack Lindsey and Martin Yates.**

The Liquid Lunch Alumni of Dunelm Society (LLADS), a group of mainly Ottawa and Kingston area graduates of Durham University in England, held its latest reunion at the home of Burgh resident Gavin Murphy.

The December 4 event was truly monumental as it was the first time in the group's

history they actually met for a lunch! Previous events had centred around dinners and barbecues. The next LLADS reunion is planned for September 2012.

If there are other Durham graduates out there who want to join LLADS, please contact Gavin at [gmurphy@dunelm.org.uk](mailto:gmurphy@dunelm.org.uk).

## Taking the Stage

By Teresa Stirling

**Elmwood Theatre** is proud to present a new adaptation of Euripides's classic *The Trojan Women*. Adapted by New York playwright, Ellen McLaughlin, this drama explores the pride and plight of women caught in the aftermath of war.

Following the loss of their husbands, fathers, brothers and sons, the conquered women of Troy must draw on their own strength and spirit in order to survive the future that now awaits them.

In the style of Greek Theatre, the acting ensemble will begin the evening with *A Tall Tale of Troy*, a silly satyr created by Elmwood Theatre's 'Company of Clowns'—with a little help from Homer! The humorous pre-show takes a farcical look at events leading up to the downfall of Troy and promises

to be theatre the whole family will enjoy.

Audience members will also take pleasure in a special exhibit of paintings by artist, Andree Chartrand, a narrative colourist whose style combines fauvism and expressionism. Her large clown pieces are inspired by her travels with Patch Adams, the famous clown-doctor who inspired the making of a film by the same name, starring Robin Williams. The paintings will be on display in Elmwood School's Front Atrium throughout the show.

Theatre performances take place **Wednesday, February 29 to Saturday, March 3 at 7 pm.** Tickets are \$15 for seniors and students, and \$20 for adults. For information and tickets, please call (613) 749-6761, Ext 221. Elmwood School, 261 Buena Vista Road.

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# Six Artists Celebrate 150th Anniversary of Claude Debussy

By Carolyn Bowker

The MacKay Chamber Music series will add another chapter to its reputation for musical excellence in March with a concert celebrating the 150th birthday of composer Claude Debussy.

The concert, on Saturday, March 10 at 7:30 p.m. at MacKay United Church, will feature Jean Desmarais performing one of Debussy's finest piano pieces, and mezzo-soprano Sandra Graham and four young vocal artists bringing new life to some of the best vocal music written since Mozart's operas.

Debussy may well be one of the most important composers of the twentieth century. He was a giant in his own time and his influence was seminal for those who followed him. In his lifetime he took music from romanticism to musical impressionism, breaking down the barriers of convention and opening the way for a new generation of composers to develop and express a new musical sensibility.

This will be a memorable opportunity to discover Debussy's legacy and enjoy

an evening of exquisite music with some of Canada's finest singers in a live performance.

We are lucky to have some of our best musicians interpreting music by a composer whose lush harmonies, vibrant colours and intimate expressiveness have brought joy to audiences for over a century.

Pianist Jean Desmarais, a versatile artist well known to Ottawa audiences as well as internationally for his many talents as a soloist and collaborative artist, will open the concert with Debussy's solo piano work entitled *l'Isle joyeuse*. Written in 1904, this piece presents a dreamy impressionistic musical picture based on Antoine Watteau's famous painting *l'Embarquement pour Cythère*.

We are thrilled that mezzo-soprano Sandra Graham has generously accepted to be our

guest artist for this great evening. Praised by the *Globe and Mail* critic Robert Everett-

her controlled delivery, she will perform the highly evocative and sensual *Chansons de Bilitis*.

In addition, you will have the opportunity to hear the famous *mélodie* "Beau soir" sung by baritone Denis Lawlor, a young artist who has developed one of the most wide ranging repertoires of his generation and who has been praised by Dalton Baldwin as a "real poet." Soprano Isabelle Lacroix, a striking performer who always explores the depth of the text, will perform *Les ariettes oubliées*.

We will also be treated to an excerpt from the opera *Pelléas et Mélisande*. Soprano Marya Woyiwada's innate sensuality and use of vocal coloring perfectly suit her portrayal of the tender ingénue *Mélisande*. In this excerpt, she will be joined by tenor Jean-Philippe Fortier-Lazure, a rising star, who will be singing the role of *Pelléas*

in a special staged production at the Université de Montréal on March 3.

Tickets, \$20 for adults and \$15 for seniors and students, are available at Books on Beechwood or through MacKay United Church (613-749-8727) and on March 10 at the door.

The final concert in the 2011-12 concert series will take place on Sunday, May 13. Leah Roseman, Mark Friedman, Sally Benson, Leah Wyber and Margaret Tobolowska will perform Schubert's Cello Quintet.



Sandra Graham will sing at MacKay Chamber Music concert on March 10.



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# Biodiversity Youth Mentorship Training Course

By Mike Leveillé  
St. Laurent Academy

*Last fall, teachers from St-Laurent Academy, Notre Dame Catholic School, and Devonshire Public School partnered to develop a training program to accredit youth (aged 12 to 20) to become biodiversity leaders in their communities. This includes conservation projects, outdoor classrooms, organic gardening, promoting locally sourced food, political action (meeting politicians, becoming politically literate with student votes) etc. The following is a brief description of the first three sessions on the agenda in 2012. The first session took place on the morning of January 14 at St-Laurent Academy (641 Sladen, off of St-Laurent). Interested students and teachers are welcome to participate in the February and March sessions by contacting Mike Leveillé at [lmleveille@rogers.com](mailto:lmleveille@rogers.com).*

Official partner schools in Ottawa, Ontario are St-Laurent Academy, Devonshire Public School, Notre Dame Catholic School, St. Patrick's High School, Henry Larson Public, and Ashbury College.

**Session One: Our Human Need for Biodiversity (2 hours) - Saturday, January**

**14, 2012 - 10 am to noon at St-Laurent Academy**

Biodiversity is used in medical research and in our food industry. It is directly connected to the purification of the air and water, decomposition of wastes, recycling of nutrients, the pollination of crops, and the regulation of our climate. Many cultural services are to be considered here. Our global economy cannot function without biodiversity.

We need more protected areas, not just outside human cities, but inside as well. We need connections between protected spaces so species can move from one area to the next. We need to learn how to live with wildlife in our backyards.

The students participated in various activities that connect seemingly unrelated everyday products to their biological sources. A five-Kingdom picnic was included!

**Session Two: Political Action (2 hours) - Saturday, February 4, 2012 - 10 am to noon at St-Laurent Academy**

Dr Djoghlaif, Executive Director of the Convention on Biological Diversity is quoted as saying "We are experiencing the greatest wave of extinc-



Mike Leveillé with his St-Laurent Academy science class at the "Outdoor Classroom" at Macoun Marsh.

tions since the disappearance of the dinosaurs. Extinction rates are rising by a factor of up to 1,000 above natural rates. Every hour, three species disappear. Every day, up to 150 species are lost. Every year, between 18,000 and 55,000 species become extinct."

Our planet's future rests on the conservation of our irreplaceable natural heritage- our biodiversity. Species are being lost at an unprecedented rate with massive consequences for our planet, the economy, and our health. Understanding our place in the global community is key to this process. The students will meet face-to-face with youth who have been active in the formation of

the International Youth Accord for Biodiversity and its presentation in Nagoya, Japan at COP10 in October 2010.

Students will be made aware of local, national, and international opportunities as possible venues for involvement. Local political parties and organic farmers will be available for questions by the youth. Attendance can be reserved at [lmleveille@rogers.com](mailto:lmleveille@rogers.com).

**Session Three: The Tree of Life (2 hours) - March 3, 2012 - 10 am to noon at St-Laurent Academy**

The concept of a tree of life as a multi-branched trunk illustrates the 4 billion year evolution of all life on earth. This

concept is continually changing as more genetic information shows us how closely we are related to all living things.

The purpose of this class is to broaden the student's concept of how life functions within diverse ecosystems and on a planetary scale.

We will use our outdoor study area in the center of urban Ottawa. Our **Macoun Marsh Project in Beechwood Cemetery** continues to be our core biodiversity project. To date, almost 1350 species have been recorded here. A personal nature journal will be used to record discoveries. Attendance can be reserved at [lmleveille@rogers.com](mailto:lmleveille@rogers.com).

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# Update on Ashbury Community Cadets



**By Jeffrey Mierins**

On the coldest weekend of this year so far, Canadian Forces assigned extreme cold weather gear to the cadets of the Ashbury Community Cadet Corps. The weekend was an all-expense paid winter excursion, funded by the Government of Canada. It started in a snowstorm on Friday night. The cadets were taken to a site just west of Ottawa to experience outdoor activities and learn life lessons which may one day come in handy.

Due to the extreme cold the cadets did not sleep in the tents and snow forts they had made, but rather in Canadian Forces barracks. Lights out were at 2230h, and mornings started at 0700h to accommodate the full day of snowshoeing, winter survival lessons, orienteering, plus search and rescue. On their Sunday return at 1400h, the Rowley troop got off the

bus tired but excited after a weekend full of learning and activities that will not be soon forgotten.

The Community Cadet Corps at Ashbury College was opened as a satellite of the Orleans Cadet Corps this past October, starting out with a dozen cadets. At an Open House in October, another eight cadets signed up for the program, which is open to all boys and girls aged 12 to 18. The Ashbury Cadet Corps is currently working towards a goal of 25 cadets by June 2012. The ideal age to start is in the 12-14 range. The program follows the school year, meeting **every Monday** (except holidays) at **Ashbury College, 362 Mariposa Avenue from 6:30-8:30 pm.**

As a parent new to the cadets, I have observed that the Monday night meetings have three basic pillars. One is primarily for socialization by having fun activities which include physical fitness and sport. The second is learning about citizenship, and lessons not taught in the regular school curriculum, such as orienteering/map reading, and gps. The third pillar comprises discipline and drill for marching and parade.

If parents and cadets want to take the program further, there

are other activities offered such as marksmanship/biathlon training, and preparation for the Duke of Edinburgh's Award program.

Parents and kids are welcome to visit Ashbury College any Monday evening or for more information: call **(613) 841-8092**, email [3018army@cadets.gc.ca](mailto:3018army@cadets.gc.ca) or visit [www.orleansarmycadets.ca](http://www.orleansarmycadets.ca).



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**Ashbury Community Cadets don extreme cold weather gear.**

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# Mostly Moroccan: A Sweet and Spicy Stew

By Christina Keys, R.H.N.

This wonderful winter recipe is inspired by a recent visit to Tangier, Morocco. While the hot weather there was overwhelming, many Moroccan dishes suit our cold winters beautifully. This stew features a seasonal root vegetable, chickpeas, roasted tomatoes, and a special secret ingredient: garam masala. Garam masala is an Indian spice blend, but it is similar in make-up to raz el hanout, a Moroccan spice blend. If you can find raz el hanout, use it instead. Many of the ingredients below, including garam masala, can be found at the newly reopened Nature's Buzz at 55 Beechwood.

The great thing about this stew is that it is suitable for a full meal. It is macronutrient-

balanced, which means that it contains each of the essential macronutrients: carbohydrates and fibre (in the tomatoes, sweet potatoes, chickpeas, and optional greens), protein (in the chickpeas and optional beef or touch of peanut butter), and fat (in the cooking oil and optional beef, peanut butter, or coconut milk — a healthy fat since it is a medium-chain triglyceride).

To increase your green vegetable consumption and fibre intake, I encourage you to add 2 to 3 cups of chopped winter greens immediately before serving. Kale, collard greens, and Swiss chard are great choices. They will soften slightly in the hot

stew, but won't be overcooked if you add them in the last 1 to 2 minutes before serving.

## Ingredients:



- ½ to 1 tablespoon high heat tolerant oil (grapeseed, coconut, or high oleic sunflower or safflower)
- 1 medium onion, chopped
- 4 cloves garlic, chopped
- 4 cups vegetable, chicken, or beef broth (homemade or low-sodium)
- 1 large sweet potato, peeled and chopped into cubes
- 1 398 ml can or 1 ¾ c sodium-free diced or crushed tomatoes, preferably roasted
- 1 398 ml can garbanzo beans / chickpeas, drained and rinsed, or 2 cups freshly cooked
- 1 heaping teaspoon cumin
- 1 teaspoon turmeric
- 2 teaspoons garam masala
- ¼ teaspoon cayenne pepper (add more or less depending on your taste for spice)
- Sea salt and ground pepper to taste

Variations of this recipe include adding: ¼ cup coconut milk, 2 tablespoons peanut butter, and/or ½ lb organic beef (cut into stew cubes and brown at least 5 or 6 minutes or until cooked through). Organic ground turkey, chicken, or beef would be suitable as well - cook it before adding to the stew.

## Cooking Instructions:

1. Heat oil in a large soup pot over medium heat.
2. Add the onion and sauté for 6 to 8 minutes, until golden brown.
3. Add garlic and continue cooking for another 3 to 4 minutes, stirring often.
4. Pour the broth into the pot, and add the chopped sweet potato. Bring to a low boil and cook until the potatoes are tender, about 20 minutes.
5. Add the tomatoes, chickpeas, and spices. (Add optional coconut milk, cooked beef, and/or peanut butter at this time). Gently stir to combine ingredients.
6. Let simmer a few more

minutes.

7. (Optionally, add winter greens).
8. Season with sea salt and freshly ground black pepper.
9. Enjoy! Makes 4 to 6 servings.

Follow this delicious stew with traditional Moroccan mint tea and tangerine or orange slices sprinkled with cinnamon. It might be your new favourite, healthy meal!

*Christina Keys is a Registered Holistic Nutritionist based out of Align Massage Therapy on Beechwood Ave. To learn more about how individualized nutritional counselling can help improve your health, book an appointment with Christina at Christina Keys Nutrition ([www.christinakeys.com](http://www.christinakeys.com), [info@christinakeys.com](mailto:info@christinakeys.com), 613-323-3918).*

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## Sourcing Healthy Ingredients

The healthiest ingredients are of course fresh, whole foods, but sometimes we look to canned foods to save time or because fresh is not available in winter. Keep these tips in mind:

- Canned legumes, like chickpeas, beans, and lentils, are often heavily salted for preservation. Eden brand legumes are instead packed with water and a seaweed called kombu. The kombu does not add much extra salt or affect the flavour. It also helps with the digestion of beans. Finally, Eden cans are bisphenol A-free (BPA-free).

- Canned tomatoes are also often high in salt, and BPA is a larger health concern with acidic foods like tomatoes. Utopia brand is available salt-free in a BPA-free can from Nature's Buzz.

- Good quality, low-sodium, and additive-free soup stock is hard to come by. My favourite

is Pacific brand since they have high quality, organic ingredients and low-sodium options. Try their Organic Low Sodium Vegetable Broth, also available from Nature's Buzz, for this recipe.

- Another option is to make your own vegetable stock. This is a great way to save money, boost flavour, and increase the amount of vitamins and minerals in your diet. Simply freeze any vegetable scraps, and when you have enough to fill a pot, gently boil them, barely covered in water, for 30 to 60 minutes. Too many broccoli, cabbage, and cauliflower trimmings will add a strong flavour to the stock, so keep these to a minimum. Strain the stock before refrigerating it for up to 4 days or freezing it for up to 6 months. Use it instead of water when cooking rice, quinoa, lentils, pasta, and of course soups, stews, and chilis.

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A group of seniors decorated Christmas cookies and presented them in seasonal packaging to be included in the baskets Meals on Wheels distributed on Christmas Day.

## Seniors Help Seniors over Holiday Season

By Tara Spour

In the midst of the holiday season a group of seniors living in the **Governor's Walk Retirement Residence** decided that they would like to contribute to the 'Meals on Wheels' program here in Ottawa. This volunteer-based program contributes to food security for individuals, including seniors, by delivering nutritious meals to their homes while also providing companionship through these regular visits.

The group of seniors decorated Christmas cookies and presented them in seasonal packaging to be included in the baskets Meals on Wheels distributes on Christmas Day. They thoroughly enjoyed themselves by exercising their creative skills and reminiscing

over old recipes and family traditions. There are countless isolated seniors in the Ottawa area.

This seniors group has attempted to reach out to those who may feel isolated and let them know that there are other seniors thinking of them over the holidays. As one resident commented, "it's a nice feeling and I'd like to do this again soon."

The group from Governor's Walk Retirement Residence plans on continuing to contribute to programs which offer support to seniors in the Ottawa area. Governor's Walk also included a free meal voucher for all recipients. It was a successful event that will hopefully put a smile on the recipients' faces.



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# XIV Climate Change: The New North

**Editor's Note:** The following article is the fourteenth in Hugh Robertson's thought provoking series of articles on Climate Change, all of which have been published in past editions of the New Edinburgh News, beginning in June 2007. The series can be found at [www.newedinburgh.ca](http://www.newedinburgh.ca) where previous issues of the NEN are now available online.

In this essay, Mr. Robertson points out that the impact of global warming is already being felt in the form of increasingly unstable and extreme weather conditions throughout the globe, and most dramatically, in Arctic regions where warming temperatures, rapidly melting Arctic sea ice and melting permafrost, and the attendant release of massive quantities of methane and carbon dioxide, serve as an alarming bellwether of what is to come if global greenhouse gas emissions continue to rise unchecked. At the same time, he underscores the mounting threat posed by the climate of the "new north" to such native species as the polar bear and caribou, and raises the alarm about its dramatic impact on the lives and culture of the indigenous people of the Arctic regions.

## By Hugh Robertson

We have completed another year of meteorological extremes and records: fires, famines, floods, droughts, tornadoes, hurricanes, blizzards and heat waves. Less visible, but more ominous, is the decrease in biodiversity, the loss of Arctic ice, glacial melting, escalating concentrations of greenhouse gases (ghg) and increasing ocean temperatures and acidity levels.

Climate and weather are complex natural phenomena but the way global warming (or "global weirding" as climatologists are calling it) is playing out is fairly simple. Increasing levels of atmospheric ghg, such as carbon dioxide and methane, are trapping heat close to the earth and warming the oceans, air and land. In the words of climatologist Gerry Neal, ghg are the steroids of

climate change.

This warming trend is increasing surface evaporation and because warm air holds more water vapour, the lower atmosphere now has a moisture content 4 percent more than 40 years ago. The increased heat and water vapour in the atmosphere provides the fuel and energy that power the destructive winter and summer storms that are becoming more prevalent each year.

Global warming is also shaping changes in the upper atmosphere. The inconsistency of air masses and the variability of circulation patterns are creating winds that are increasingly unpredictable. These winds are altering the nature of precipitation, triggering more rain and snow in some places and less than normally expected in other areas.

As ever higher concentra-

tions of ghg—created largely by burning fossil fuels—drive up temperatures, climate and weather fluctuations will increase. Welcome to the "new normal." The stable climate enjoyed by the planet for 12,000 years is over.

Ghg are heading skyward in another way. The International Energy Agency announced last year that global emissions in 2010 were the highest in history. Any hope of restricting global temperature increases to 2 degrees C is vanishing rapidly. This limit is recognized by governments and scientists around the world as the threshold which, once passed, could catapult us into climate chaos.

The Arctic is already in climate freefall. Sadly, for the majority of the Canadian population, it is a case of out of sight, out of mind. The north, warming at more than twice

the global average, is poised to experience the first irreversible climate tipping point on the planet because it is so environmentally sensitive. The warming and the warning signals are in the north. We ignore them at our peril.

A dramatic development in the north is the record loss of the older, thicker Arctic sea ice and its replacement by thinner ice that melts quickly each summer. The melting process is being expedited by milder incoming ocean currents, changing wind patterns and by the albedo effect.

Albedo (from Latin for "whiteness") is the amount of solar energy reflected into space. As the polar ice sheets with their high reflectivity melt, more solar radiation is absorbed by the dark surface of exposed water. The warming water melts more ice, exposing ever more water to the sun's rays, thus perpetuating the melting cycle. The process is self-reinforcing and unstoppable.

Like the Arctic sea ice, the freshwater ice shelves of Ellesmere Island are rapidly disappearing. Ice shelves, unlike glaciers, are platforms of ice, anchored on land but protruding into the ocean.

As they break up and move into open water, the remnants become roving "ice islands" and a threat to shipping. The Ellesmere ice shelves are the only ones in Canada and since 2000 they have lost half their area.

Thomas Homer-Dixon explained in a *Globe and Mail* article a year ago how the heat build-up in the north is also affecting Arctic air masses which in turn have destabilized traditional wind patterns, such as the west-east flowing jet stream. The shifting jet stream now frequently flows north-south in winter dragging bitter Arctic air into the mid latitudes of North America, Europe and Asia. Meanwhile, the north is experiencing relatively warm winters.

Another problem related to the polar warming trend is the release and reconstitution of toxic chemicals that have been trapped in snow and ice for years. These chemicals, originally carried north by winds and ocean currents or dumped by the military, include DDT and PCBs that are internationally banned today.

A disconcerting development was the discovery in the spring of 2011 of a large Arctic ozone hole for the first time. The occurrence of a northern ozone hole is still puzzling atmospheric scientists but it appears to be the result of a lingering problem of long lasting chlorine compounds exacerbated by increasing ghg emissions and upper atmosphere temperature fluctuations.

The sleeping giant of Arctic climate change, however, is the melting permafrost. One quarter of the land mass of the northern hemisphere comprises frozen water, soil and rock. Embedded in the frozen organic matter are huge vol-



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**Workshops in March include; Sensing the Sacred; March 24<sup>th</sup> facilitated by Lench Archuleta a Yaqui shaman from Arizona; [www.windspiritteaching.com](http://www.windspiritteaching.com); Journey into Past Lives; March 30<sup>th</sup> Chris Lee; Canadian Hypnotherapist and Past Life Regressionist [www.pastliferegressionandprogression.com](http://www.pastliferegressionandprogression.com)**



umes of inert carbon dioxide and methane.

Similar to the albedo effect, the melting permafrost is an alarming example of a destructive feedback cycle. The thawing organic material, amplified by microbial activity, releases vast quantities of carbon dioxide and, especially, methane. This action will accelerate the warming process and intensify the melting of the permafrost and that, in turn, will further increase emissions of the two gases in a destructively uninterrupted cycle. As Professor Homer-Dixon points out, "when warming becomes its own cause" we are in deep trouble.

Scientists estimate that methane emissions in the north have risen by 30 percent in the past five years. Once the permafrost has melted completely the released carbon dioxide and methane will double atmospheric ghg concentrations to 800 ppm, and that could very well make the planet uninhabitable for human life. No wonder that climate scientists regard the melting permafrost as a ticking time-bomb that could nullify all our best efforts to curb global warming.

As the climate changes, so does the vegetation. The tree line, for example, is moving

rapidly north preceded by an increasing variety of plants and shrubs that were once foreign to the area. As the climate warms and the vegetation changes, the migration of birds, insects and animals follows—an average of 18 kilometres over the past decade according to a University of York study. Roosting robins on Baffin Island are one example of numerous species that are migrating northwards as the Arctic warms. The Inuit do not even have names for many of the new arrivals.

The fragile Arctic is our climate canary in the coal mine. The canary is an apt symbol for the climate changes affecting the north. Ironically, this songbird sentinel of coal miners – though not yet itself a migrant to the north—may suffocate, not from subterranean methane, but from surface methane emitted by the melting permafrost. Coal is the common element, or perhaps villain, in this avian analogy: both its mining and burning produce the gases that are melting the Arctic.

Longer ice-free periods along the Hudson Bay littoral

are responsible for an increasing incidence of malnutrition among polar bears at a crucial time in the spring when they normally feed on ring seal pups. Professor Ian Stirling, a world renowned polar bear

feeding habits of the caribou. The pregnant cows are now arriving at the grazing lands, after an arduous migration, weeks after the new shrubs are at their peak nutritional level.

According to Liv Solveig Vørs of the University of Alberta, warmer summers are producing an increased incidence of mosquitoes, flies and parasites that both torment and weaken the caribou. The thawing permafrost is slowing down their migrations, imposing further stress on weakened animals and making them easy prey for predators.

Some native species will adapt to the climate of the "new north" but others will be unable to adjust to the rapid changes and extinction rates will escalate, resulting in a tragic loss of genetic diversity.

Climate change is also disrupting the life of communities in the north. The melting permafrost is causing building foundations to collapse and roads to buckle in the summer. Many villages are dependent on ice roads for their sup-

plies but the warming trend is preventing safe crossings of lakes, rivers and muskeg. The shorter season for ice roads has resulted in emergency airlifts of food to northern communities at considerable expense.

The changing ecosystem of the north has had a dramatic impact on the lifestyle of the indigenous people. In recent years, hunting, trapping and fishing have offered fewer economic benefits but they have nevertheless provided subsistence opportunities and an accompanying sense of dignity, identity and independence. As the wildlife declines and traditional lifestyles are transformed, these communities are becoming increasingly demoralized.

How sadly ironic that our first climate refugees may be from the north and not, as anticipated, from the warmer areas where millions will soon be displaced by rising sea levels, drought and famine. We should hang our heads in collective shame at the prospect of fellow Canadians abandoning their traditional homelands because of the impact of our excessive lifestyles on the climate of the north—a climate that has shaped and sustained their unique way of life over many centuries.



expert, estimates that the iconic animals will have disappeared from Hudson Bay by 2040 largely because of the impact of deteriorating ice conditions on their hunting and feeding practices.

Again we appear to have a climate culprit in the decimation of most of the major caribou herds across North America. Like the polar bears, the arrival of an earlier spring—three weeks earlier in the past 30 years—is also affecting the

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# For the Birds



By Jane Heintzman

By late December, 2011, many of us were beginning to wonder whether winter would arrive at all this year, or whether we might sail through January and February with green lawns and above-zero temperatures. The seemingly perpetual fall appears to have thrown off the schedules of many of the migrating birds in our area, and in the last days of December, a mixed group of **common goldeneye** and **hooded mergansers** were still plying the open waters of the Rideau River outside our house, while **American robins** were around our community in abundance, along with an assortment of lingering **sparrows**.

According to a report from the **Ottawa Field Naturalists Club (OFNC)**, the December 18th **Christmas Bird Count** in Ottawa recorded unusually large numbers of **bufflehead**, **common loons**, **Eastern bluebirds** (in December!!), **American robins** and **dark-**

**eyed juncos**, as well as **American tree sparrows**, **chipping sparrows**, **song sparrows** and **white-throat sparrows** still lingering in the area. (Participants also reported a massive flock of roughly 5000 **snow geese** in the vicinity of Embrun, a sight which I would love to have seen!)

*Ottawa Citizen* birding columnist **Elizabeth Le Geyt** has even had recent reports of a **yellow-rumped warbler** overwintering at a feeder in Navan, as well as a New Year's Day sighting of two **red-winged blackbird** pairs in the Orleans area. It's difficult to dispute her conclusion that "the up and down weather has the birds confused, and anything might happen!"

**Year of the American Robin**  
The dominant birding theme of the past few months has been the ubiquitous presence of large numbers of **American robins**, traditionally a harbinger of spring, but so far this year, a permanent winter fixture. Throughout November, they had begun to gather in what I had assumed were pre-migration flocks, readily spotted throughout New Edinburgh and Rockcliffe (particularly in the Rockeries, a favourite robin haunt), and occasionally turning up in our back garden

to inspect the mountain ash berry supply.

As I write in the second week of January, however, the anticipated migration south appears not to have taken place, and these glorious creatures are still around in their hundreds, apparently staying put to take advantage of our bumper crop of berries, apples and wild grapes. Supplies of buckthorn berries are reported to be especially abundant this year, and on our walks through the Rockeries, we regularly spot groups of robins swooping among the bushes in search of a juicy meal. While the largest single roosting group we have seen (on Cloverdale Road, close to MacKay Lake) was probably between 50 and 100 birds, robin roosts can number in the thousands, and are sometimes close to a quarter of a million birds.

Birding in the winter has its special challenges, not least the abbreviated daylight hours, and before I realized that American robins were indeed still very much around despite what the calendar said, I had twice misidentified flocks of birds in the treetops on Union Street in late December. In the fading afternoon light, I was unable to spot the signature rusty orange colour on the breasts of these birds and concluded they must be **European starlings**.

The difficulty with my hypothesis, however, was the sweetness of their chirping calls as they flitted about in the upper branches. You don't need to know much about birds to know that starlings, whatever their other virtues, do not sound sweet! And indeed, these dulcet "starlings" turned out to be over-wintering robins, shifting their domain from the

lawns and grassy areas where they feed in spring and summer to the tree tops which are their winter roosts.

## Finches at the Feeders:

Unlike some years, when activity at our feeders has taken a nose dive in early winter, business has been brisk since late fall, with the continuing presence of two pairs of **Northern cardinals**, numerous **American goldfinches** in their subdued winter plumage, rosy



Photo: Mike Leveillé

American robin at Macoun Marsh.

**house finches**, an occasional **purple finch**, **slate coloured juncos**, **white-breasted nuthatches** and **black-capped chickadees**. For the first time ever, I observed one of our visiting **American robins** under the feeders, apparently contemplating a run at the seed overflow scattered on the snow, though I never actually saw him eating it. Another robin was content to shelter under a juniper bush near the feeders, picking away at the mountain ash berries which had been shaken from the tree.

Like the robins, **American goldfinches** are reportedly around our area in unusually large numbers this year, not only on account of the mild start to winter, but more importantly because of our area's bumper birch seed crop which is sustaining the flocks that don't make it to a backyard feeder. While we have rare-

ly had large groups of **house finches** at our feeders (these are more likely to turn up in bushy evergreens or in the tops of trees in the park, particularly later in the winter), they too have been a constant fixture since late fall, focusing primarily on our **safflower seed** supply, while leaving the nyjer seed cylinder feeders to the mercy of the goldfinches.

Distinguishing **house finches** from their close cousin, the **purple finch**, is not always an easy task. As a general rule of thumb in difficult cases, the odds are that in our area, the bird is more likely to be a house finch simply because there are many more of them around here than there are purple finches. That said, however, there are a number of field marks that may be helpful in correctly identifying the reddish finch at your feeder:


## • Body Shape:

The house finch is generally slimmer than the purple finch. The latter can be stocky in appearance, with a larger head in proportion to the size of its body.

• **Plumage:** While the males of both species are predominantly reddish and streaky brown, the house finch tends to be more orangey-red, while its purple cousin is on the rosy pink end of the spectrum. The purple finch also has more extensive reddish colouring covering its nape, back, chest and flanks, while the house finch's blush is concentrated in the area of its forehead, brow and upper chest.

• **Markings:** Both females lack the trademark red of the males and are predominantly brownish white. The purple finch, however, has bold brown and white striped markings on its head, while the house finch is more uniform and subdued (dare one say drab?) in colour. The male purple finch is also noticeably less streaked on the flanks than the male house finch.

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Photo: Mike Leveillé  
Common Redpolls on nyjer feeder.

•**Tail:** House finches have longer tails in which the notch is significantly less pronounced than on the tail of the purple finch.

•**Bill:** The upper mandible of the house finch's bill has a distinctive downward curve which is lacking in the conical bill of the purple finch.

#### Ron Pittaway's Winter Finch Forecast for 2011/2012

In earlier issues of the NEN, we introduced readers to the annual "Winter Finch Forecast" of distinguished ornithologist **Ron Pittaway**. (Full forecast is available at [www.ofo.ca](http://www.ofo.ca).) Each year, Pittaway prepares a detailed prediction of the "irruption" of a variety of finch species out of their northern breeding grounds into areas farther south and east, including the Ottawa Valley, over the course of the winter. His predictions are based almost exclusively on the relative availability of food supplies in northern areas vs. more southerly regions, the factor which typically triggers large scale migrations.

This year, the overriding factor in predicting the pattern and scale of winter finch irruptions is the exceptional cone crop in the Boreal Forest area and the North East, an abundance which Pittaway concludes will very likely limit the numbers of irruptive species such as

purple finches, red crossbills, white-winged crossbills, and red-breasted nuthatches in our area. At the same time, a bumper birch crop in the Hudson's Bay Lowlands is predicted to result in relatively low numbers of birch seed eaters such as common and hoary redpolls leaving that area for points further south, although the reportedly robust birch seed crop in this area could be a mitigating factor affecting this pessimistic forecast.

The good news, however, is that we should see a healthy influx of pine grosbeaks and bohemian waxwings arriving over the winter to take advantage of our abundant supplies of mountain ash and buckthorn berries, as well as ornamental crab apples. In the wake of the spruce budworm outbreak in the Boreal Forest region, evening grosbeaks may also turn up in respectable numbers in search of sustenance at our feeders. While Pittaway anticipates significant movement of pine siskin flocks given the mediocre spruce crop in the Yukon, it seems probable that the majority will turn up in Atlantic Canada where spruce and hemlock crops are reportedly excellent this year.

Apart from the pine siskin, which over the years has been a regular presence at our feeders and in our community during the winter, the most frequent winter finch visitor in our experience has been the common redpoll. Despite the predictions, I am hoping for a return of these sociable little creatures later this winter, and look forward to reports from our readers about local sightings. (Please drop me a note at [janeheintzman@hotmail.com](mailto:janeheintzman@hotmail.com).)

If you aren't familiar with the redpoll, it is fairly diminutive in size (about 4 1/2-5 1/2 inches), and is distinguished by a red blotch on its forehead and a distinctive black chin strap. The male has a very bright red crown, with rosy colouring on its rump, cheeks and breast; broad white wing-bars, and dark streaks on its flanks. The female is similar but its red marking is confined to its crown, and its colouring

is slightly darker and streakier. In recent years, redpolls have tended to turn up later in the winter, and often arrive in massive flocks, one of which was captured by our Macoun Marsh birding reporter **Mike Leveillé** as it descended on the Marsh several years ago.

#### In the Woods:

As always this winter, there is no shortage of downy, hairy and pileated woodpeckers in the wooded areas around Rockcliffe. One ancient decaying maple on the edge of the Pine Hill woods has been an especially attractive target for a large pileated woodpecker which has recently been hammering away with a display of stamina worthy of the envy of elite athletes.

It seems probable that a great horned owl also may be hanging out in those woods, as we have frequently encountered noisy groups of American crows swarming in the tree tops in a manner suggestive of the enemy owl's unwanted presence. Another voice heard over the nasal caw of the crows is the signature basso croak of a common raven. My experience walking daily in the area suggests that there is a raven's nest somewhere in the vicinity of the Rockcliffe Pavilion close to the Ottawa River, and it has been a common occurrence to encounter their deep throated calls on our route through Rockcliffe.

#### Reports from Our Readers:

Our faithful Alberta birding correspondent **Dave Collyer**, formerly a resident of Manor Park, has had an exciting start to the winter of 2011/2012, reporting the sighting of 200-300 snow buntings, a flock of about 200 common redpolls, and a bald eagle on his property in central Alberta in early



Photo: Louise Imbeault  
Hairy Woodpecker.

December. On December 20, Dave participated in the annual Christmas Bird Count in his area, logging 200 common redpolls, 2 hairy woodpeckers, 2 pileated woodpeckers, 10 black-capped chickadees, 1 white-breasted nuthatch, 50 magpies, 60 rock doves, 2 common ravens, 2 Northern shrikes, and 1 great horned owl—with the notable exception of the magpie, all species which we can expect to find in our part of the world this winter. Dave's most recent sightings in early January included 2 pine grosbeaks and 2 rough-legged hawks, and he is currently on the lookout for a Northern hawk owl and two

snowy owls reportedly spotted in the vicinity of his home.

St. Laurent Academy Science teacher **Mike Leveillé** reports that visitors to the Macoun Marsh this winter have included American robins, Northern cardinals, slate coloured juncos, American goldfinches, black-capped chickadees and a lone American tree sparrow sticking around to take advantage of the mild winter and abundant food supplies.

**Vicki Metcalfe** spent Christmas in the Lakefield area where she enjoyed several birding excursions, encountering common redpolls, red crossbills, black-capped chickadees, red- and white-breasted nuthatches, hairy and downy woodpeckers, a black-backed woodpecker, and both screech and long-eared owls.

Around the corner at "Phil's Avian Bistro," **Philip MacAdam** has hosted the usual suspects this winter, including 2 pairs of Northern cardinals, European house sparrows, black-capped chickadees and house finches, which I have frequently noted cavorting in the lilac bushes in the NCC parkland opposite Phil's house at Alexander and Thomas Streets.

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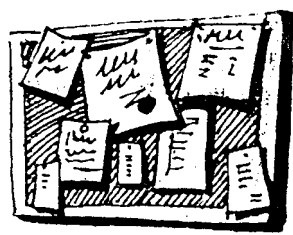
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## Burgh Bulletin Board

### February Events

**Fri., Feb 17, 5 to 8 pm**

ZUMBA COMMUNITY DANCE at Memorial Hall. Organized by the CCCC. See poster on page 19.

**Thu., Feb. 23, 7:30 pm**

ROCKCLIFFE PARK GARDEN CLUB speaker series. Slideshow and insights from Master Gardener David Priest on designing and updat-

ing your summer garden. 380 Springfield Road. Visitors \$7; annual membership \$35 (single), \$50 (couple). Information: Frances Phillips. Tel: 613-745-2551.

**Fri., Feb 24, 6:30 pm**

POETRY AND MUSIC with Brandon Wint and Amelia Leclair organized by the CCCC. See poster on page 18.

**Wed., Feb 29 to Sat, Mar 3, 7 pm.**

ELMWOOD THEATRE is proud to present a new adaptation of Euripides's classic *The Trojan Women*. See article on page 24.

### March/April Events

**Fri., March 4, 4 pm**

YOUNG AT ART 2012 submission deadline. Applications are now available for young Ottawa artists between 12 and 19 years of age. The program provides creative and talented youth an opportunity to showcase and celebrate their artistry in a citywide event. Works selected for Young at Art 2012 will be displayed in Ottawa community galleries and recognized for outstanding work at awards presentations in the east, west and central areas

of the city. Application forms and guidelines are available online at [ottawa.ca/youngart](http://ottawa.ca/youngart).

**Fri., Mar 9, 7 pm**

FRIDAY NIGHT AT THE MOVIES organized by the CCCC. See poster on page 18.

**Sat., Mar 10, 7:30 pm**

MACKAY CHAMBER MUSIC concert at MacKay United Church. See article on page 25.

**Sat., Mar 17, 3-5 pm**

BOOK SIGNING - Manor Park native Lesley Harman, a veteran pilgrim of the Camino de Santiago in Spain, will speak about her experiences on her two pilgrimages across Spain (the Camino Frances and the Camino del Norte), with passages from her book "We Are Never Alone: Healing Lessons from the Camino", as well as practical tips on preparation for the pilgrimage.

**Fri., Mar 30, 6:30 pm**

NIGHT OF DANCE - An exciting night of contemporary, urban AND acrobatic dance performances organized by Alison Melia. See poster on page 1.

**Sat., April 14 and Sun., April 15**

ANNUAL SPRING BOOK SALE at the Rockcliffe Park branch of the Ottawa Public Library (OPL). See article on page 24.

**Thu., April 26, 7:30 pm**

ROCKCLIFFE PARK GARDEN CLUB speaker series. Virginia Vince of

Bloomfields Flowers shares ideas and techniques for creating colourful containers for Spring and Summer. Demonstration arrangements to be raffled off. 380 Springfield Road. Visitors \$7; annual membership \$35 (single), \$50 (couple). Information: Frances Phillips. Tel: 613 745 2551

### Ongoing

THE OTTAWA BRAHMS CHOIR welcomes new experienced singers for its major Spring concert on Saturday April 28 of Carl Orff's 'Carmina Burana'. Rehearsals are Mondays 7-9:30 pm in Parlour room, 2nd floor, of Southminster United Church at Aylmer/Bank Street. For more information: call Leo at 613 749-2391 or Sieglinde at 819-568-8169; also refer to [www.OttawaBrahmsChoir.ca](http://www.OttawaBrahmsChoir.ca).

CHOW QIGONG Exercises and Meditation offered since 1998 at McNabb Community Centre, Ottawa, 180 Percy Street. Tuesdays 9:15-10:45 am, Wednesdays 6-7:30 pm. For info. contact [OttawaChowQigong@gmail.com](mailto:OttawaChowQigong@gmail.com). Also view our webpage [www.ottawachowqigong.com](http://www.ottawachowqigong.com).

LE JARDIN CO-OPERATIVE DAYCARE is currently looking for new families interested in spots that will be opening up starting in May and June. Both full- and part-time spots may be available. For more information or to arrange a visit to the daycare, visit [lejardincoop.wordpress.com](http://lejardincoop.wordpress.com).

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# Photography Exhibition Supporting Breast Cancer Begins February 5



**Photo: Gavin Murphy  
The Student.**

*Transitions presented by Meridian*, the latest fundraising exhibition of women's photographs by Burgh resident **Gavin Murphy**, will take place from February 5 to April 6, 2012 at Gallery Farina in downtown Ottawa (216 Elgin St near Lisgar). A satellite show of different images will be concurrently held at Meridian's Ottawa branch, located at 99 Bank St, corner of Albert St.

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.

Murphy's photographic style is unique. His pictures are taken spontaneously with minimal cropping or retouching. What the viewer sees is basically what the camera caught in its totality.

The photographs feature a transition of the artist's work from 35 mm film to digital photography and were shot in Canada, the United States and Great Britain 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 women to help raise funds for CANHAVE, a local charity helping AIDS orphans in Uganda.

A vernissage will be held at Gallery Farina on Sunday, February 12 from 4 to 6 pm. A reception is also scheduled for Meridian on Thursday, March 1, from noon to 3 pm. All are welcome to attend.

*Transitions presented by Meridian* is made possible through the generosity of Meridian, Ontario's largest credit union. For further information contact Gavin Murphy at [posingforthecause@gmail.com](mailto:posingforthecause@gmail.com) or telephone 613-741-4029.



**Photo: Gavin Murphy  
The Believer.**



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## Births

Electric Street welcomes its newest addition: **Elliot David Danko** was born on December 23, 2011 to proud parents **Kristin Konnyu** and **Graeme Danko**, and now big sister **Julianna**. Welcome, Elliot!

New Edinburgh Pub owners **Paul and Tracy Williams**, welcome their second grand-daughter, **Alexis Joleen Folz**, born January 16. Big sister **Sophie** can hardly wait for her to become a playmate!!!!



Alexis Joleen Folz.

Congratulations to the **Boomgaardt's** (of Crichton St) on the birth of their second grand-daughter, **Kyra Jayne Canning** on December 4, 2011. Two days later, **Ray** and **Mary Ellen** flew out to spend a week with **Rachel, Paul, Isla** and **Kyra** in London, England.



Rachel Boomgaardt with daughters Isla and Kyra.

## Weddings

Belated congratulations to **Tony King** (of Noel Street) and **Jamie Stewart** on their marriage on August 27, 2011. Tony and Jamie were married at St. Luke Lutheran Church, officiated by **Rev Bryan King** (Tony's dad). Congratulations

to Tony and Jamie!!

Congratulations to **Michael Glover** (former Burgher and NEN Editor) on his marriage to **Annie Dalton**. The wedding took place at the Glover farm in Perth just after Christmas.

**Brendan Crouch**, formerly of Crichton Street married **Lauren Foster** last October on Thanksgiving weekend in Lauren's hometown of Austin, Texas, where they now reside. They were joined by many family and friends, including **Arial Cundell, Alex Crouch, Karen & Trevor Smith** and **Donna & Richard Crouch** who made the long trip from Ottawa, and long time neighborhood friends **Charles Benoit, Jason & Sarah Tavoularis, Julia Hermon, and James Teixeira**.

## Birthdays and Events

Happy Birthday to **Liba Bender** who celebrates her 62nd birthday in February. She did not have a 60th celebration and wants to do it up this year!

MacKay United's Memorial Hall was the place to be on New Year's Eve. **George Parkanyi** and musical friends performed as revellers played games, chatted and enjoyed some snacks. Daughter **Maddie** had her singing debut singing "Leaving on a Jet Plane" with George's band Carlsbad Junction. Don't miss next year's event!

## Congratulations

Congratulations to the **Ottawa East Falcons** who won the Nepean Novice A Tournament on January 15 with an exciting 3-2 final win over Stittsville. Future New Edinburgh hockey superstars on the team include **Lucas Sezlik** of Queen Victoria St., **Ross Torrie** of Noel St., **Sam Schonfeld** of Vaughan St., **Sam Grabner**, and **Fin Kilmurray** of Ivy Cr.



Champion Ottawa East Falcons.

Photo: Steve Grabner

**David Dodge**, former governor of the Bank of Canada, was presented with the 2011 Vanier Medal by His Excellency the Right Honourable David Johnston, Governor General of Canada. The ceremony was held at Rideau Hall, on Tuesday, January 17, 2012.

In October 2011 in Ottawa, **Dominic Bradford** received the Prime Minister's award for Excellence in Early Childhood Education. He runs a small Montessori school in Whitehorse and has a BA from McGill, his Montessori certification for ages 2 1/2 to adolescence as well as a BED and MED.



Maddie and George Parkanyi at a rockin' New Year's Event.

Congratulations go to one of New Edinburgh's favourite foodies, the incomparable **Cindy Ryley** on the completion of a labour of love. During the course of a year, Cindy kept a kitchen diary of what she cooked for her husband Tim. With the remarkable and creative assistance from burgh resident **Nicole Vallee**, Creative Director of Domino Creative, Cindy came away with a breathtaking 218-page cookbook called "A Kitchen Diary". Cindy's personal kitchen food journey is exquisitely displayed in a rich and elegant way, which is easy to follow and a joy to read!

## Kudos

**Jennifer Flanagan** of Keefer St. sends a huge thank you to everyone who dropped off winter clothing for the Nunavut clothing drive. The response was incredible! Each day she would find bags and boxes waiting on her porch. Dozens and dozens of little ones will be warm this winter (and many winters to follow) because of all of you.

**Gillian Campbell** of Noel St. wanted to take this opportunity to thank everyone from the extended "parents" community in New Edinburgh who answered the call this year to provide gift cards or cash contributions to MacKay United's hampers to help families in need. They raised \$950 dollars in a very short time but for a very great cause.

## Comings & Goings

**Keenan Wellar** and **Julie Kingstone** regret to announce that they no longer reside within the technical boundary of the burgh. They have downsized from their place on 174 Stanley Avenue to the La Tiffani building on the south side of Beechwood and look forward to bumping into everyone at the same parks and stores we all haunt.

Good Bye to **June** and **Gordon Pimm** who have moved to Whitehaven. And welcome to **Robyn Lim** and her son, **Charlie MacKay** who have moved into the Pimm's former home on Stanley Avenue.

Welcome to **Cindy** and **Tom Cumming** and their children who moved to Electric Street.

Farewell to **Anne Benoit** of Noel Street, who after a six-month visit with family in Ottawa is returning to Sydney, Australia, with her partner, **Tom Miller**. Tom, a former Australian national swim

champion (50 m. and 100 m. freestyle) has been training with an Australian coach at the University of Toronto and is hoping to win a place on Australia's Olympic team at the March trials.

A warm welcome to **Charles Powers**, who has just moved to the Burgh. He is on Ivy Crescent and we hear tell that he loves his new neighbourhood.

Wishing safe travel to **Laura Jarecsni** of Noel Street. Laura is in Guyana until April. She will be a volunteer teacher with Youth Challenge International.

We wish **Joyce Dubuc** of Vaughn Street a wonderful time in Nicaragua learning Spanish. See you in a couple of months!! Hasta luego, chica!

## Condolences

**Raymond (Ray) Lépine** passed away in early December. He spent his childhood on Stanley Street and returned for the last 22 years at 60 Vaughan Street. He leaves his dear children, four daughters and one son.

We extend our sincere condolences to the family of long-time Crichton Street resident **John Bryson** who died in Ottawa on December 31. John had a long and distinguished foreign service career, and a rich family life with a strong literary and musical avocation, and an active engagement in his church community. Our thoughts and sympathies are with his wife **Ana Irionda Bryson**, and his four sons **Johan Sebastian, Alexander, Patrick** and **Benjamin**.

Our sincere sympathies are with **Catherine Lindquist** and her partner **Mark Anderson** on the death of Catherine's mother **Maxine Mary Lindquist** at the end of December.

## Get Well

We are wishing **Ted Mathesius** (folk art woodworking and birdhouse builder) a speedy recovery after having to have emergency surgery. Although the procedure was successful, the anaesthesia has left him under the weather. Ted made the fine looking zebra and giraffe seen on the way to the playground.

**DEADLINE for next edition: March 10.**  
**breezybits@hotmail.com.**