

NEW EDINBURGH NEWS

February 2006



Watercolour by Ana Irondo de Bryson.

Elizabeth May, Order of Canada

By Jane Heintzman

As we were delighted to report in the December issue, on November 18, 2005, New Edinburgh resident Elizabeth May, Executive Director of the Sierra Club of Canada, was named an Officer of the Order of Canada in recognition of her three decades of tireless work as an environmental activist, writer, public advocate, teacher and thoroughly engaged member of her community at all levels: global, national and (most fortunately for us!) local.

Elizabeth, who has described herself with characteristic élan as "a radical, vegetarian, Christian, eco-feminist mother," is a richly decorated veteran of the environmental pro-

tection battlefield. The Order of Canada is only the most recent in a long and impressive list of honours and distinctions ranging from the 2002 Harkin Award from the Canadian Parks and Wilderness Society to the 1996 award for Outstanding Leadership in Environmental Education from the Ontario Society for Environmental Education; the UN Global 500 Award in 1990; the International Conservation Award from the Friends of Nature, and the 1989 Outstanding Achievement Award from the Sierra Club.

She was the first chair holder of the Elizabeth May Chair in Women's Health and the Environment created in her

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Goodbye K'Leigh : You are Gone but not Forgotten

By Dilshad MacLem

The funeral for K'Leigh Cundall was a chance for her family and many friends to try and say goodbye, although the shock and pain resulting from her tragic death was still evident in the faces of everyone there.

K'Leigh belonged to the New Edinburgh community for the last two and a half years. She was the niece of good friends of ours and when her aunt and uncle asked us to help find her an apartment, we told her about one available at the corner of Queen Victoria and Crichton. The neighbourhood got used to seeing her in Loeb's or walking to the uni-

versity or waiting for a bus if the weather was bad. She was in her fourth year at the University of Ottawa, studying biochemistry and making plans to apply to medical school. She was an industrious student, focused and determined to do well, never satisfied with her work unless she achieved over 80% in her courses. But she made time to enjoy herself when she could. Her family was all-important to her; when her parents, Brenda and Brian Cundall, visited from Barrie, they would have breakfast at Hamie's and attend services at MacKay United Church. Brenda and K'Leigh went to a lot of trouble to make her apartment comfortable and attractive, with K'Leigh's favourite bits and pieces from home turning it into a place she was proud of.

K'Leigh and I had a lot of fun exploring the New Edinburgh garage sale in the fall and I remember how pleased she was to find a video of *The Princess Bride* to add to her movie collection. Her girlfriends would come over for "movie night" on a regular basis and eat one of the suppers K'Leigh had cooked in her slow-cooker. When I mentioned that my daughter was looking for recipes for her newly acquired slow-cooker,

K'Leigh copied out some of her favourites and dropped them off. She showed me her scrapbook of recipes, painstakingly put together along with photographs of her family and the home that meant so much to her. I remember her giggling about going to her new



Photo courtesy of Cundall family
boyfriend's house so that she could teach him how to cook spaghetti sauce, and the trouble she took to put together a small gift to take over. Joshua Fletcher was her increasingly important friend, a young man to whom K'Leigh was very dear. They belonged to the Ottawa Christian Fellowship and were both enthusiastic curlers. Joshua flew a plane to

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Ontario Electricity Crisis: The Clock is Ticking

The OPA issued its Supply Mix Advice and Recommendations Report on December 9, 2005. Public input on this report must be submitted no later than February 12, 2006.

By Hugh Robertson

The recommendations of a recent report by the Ontario Power Authority (OPA), outlining a 20 year plan for Ontario's electrical system, have ramifications that reach far into the future. The main recommendations are contentious on two fronts: first, by suggesting that an increase in supply is needed and secondly, that nuclear energy should provide half the energy supply by 2025.

Ontarians have had only 60 days, already largely taken up by winter holidays, and the federal election campaign, to respond to this plan.

Both the magnitude and the long term implications of the

energy problem demand that we not be panicked into making hasty decisions. All too frequently in North America in recent years, governments and lobbies have capitalized on fear to make major decisions without sufficient input.

The OPA report, prepared largely by supply-side proponents and nuclear supporters, is merely one of a number of studies published in the past few years on the question of electricity in Ontario. Detailed reports by Ralph Torrie, The Pembina Institute, The Ontario Clean Air Alliance, and The Suzuki Foundation provide alternative interpretations and recommendations on the future supply of energy in

Ontario. A comprehensive discussion must also consider these studies.

The crisis in the generation of Ontario's electricity is not, at heart, a supply problem. It is fundamentally a problem of demand shaped by years of under-priced energy. The solution lies not in further increasing the supply of cheap energy but in following the lead of other jurisdictions and adjusting our consumption patterns.

The first priority should be to devote resources towards energy efficiency and conservation. Research by The Rocky Mountain Institute has demonstrated that it is far cheaper for utilities to save a

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Anyone wishing to make a donation to the Barrie Public Library in K'Leigh's memory, the address is 60 Worsley Street, Barrie, Ontario, L4M 1L6. There are also plans to plant a tree and place a memorial where K'Leigh lived. Anyone wishing to contribute to this may do so through Miriam Farbiasz. Please call 241-6542 or 741-0232. Artists who would like to be involved in this can also call Miriam.



NECA President Gemma Kerr Reports

Development continues to be at the forefront of NECA's activities. The Community Workshop on the City's zoning by-law held in early December generated vigorous discussion and a variety of ideas which will be incorporated into the consultant's report. However, the low attendance was disappointing for an issue that affects all of us.

The proposed development at 100 Landry Street in Vanier has not yet been approved. NECA submitted a letter to the City expressing strong reservations about the size of the development on traffic grounds. The City has noted our concerns, though it is not clear what impact they will have on the City's decisions about this project.

The process of development of the Rockcliffe air base has been initiated with approval of transfer of the property to the crown corporation Canada Lands Corporation, who will be responsible for design and project management. M.P. Mauril Belanger has met with representatives of communities that will be impacted by the development, including NECA, and listened to our comments and concerns. This is an encouraging beginning to the consultation process, though it is not clear what will happen next, especially if there is a change of government in the upcoming election.

Progress is being made both on the Beechwood Design Plan, and plans for installation of a sculpture in our park in the spring. I should be able to give an update on both of these in the next issue of the paper.

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NECA MEETINGS: All Welcome

All members of the community are welcome at the monthly meetings and are encouraged to volunteer wherever their interests lead them. If there is an item you would like to have discussed, please call Gemma Kerr, President at 745-7928 to have it put on the agenda.

For the foreseeable future meetings will be held on **Mondays** at the Fieldhouse, 193 Stanley. Changes will be posted on bulletin boards at the Fieldhouse and 200 Crichton.

The meeting date is the third Monday of every month at 7:30 pm:

February 20, 2006

March 20, 2006

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Goodbye K'Leigh...

Continued from page 1

K'Leigh's home near Barrie last summer to spend a few days with her family. When the summer was over and K'Leigh had gone back to school, I remember her telephoning me, excited because Joshua was planning an outing along the Ottawa river, and wondering if she could borrow a bicycle. She told me she had discovered more about Ottawa since meeting Joshua than she had before. It was obvious that he made her happy and that there was hope for a future together.

K'Leigh was born on 31 March, 1984. She was a bookworm from an early age, gifted in her schoolwork. One of her pleasures was going to the Rockcliffe Book Fair, something we made an annual outing, enjoying our bargains together and having a cup of

tea afterwards in the tea-room. The books she chose were intended for the following summer when she had more free time and could fully indulge her love of reading. At the end of every summer, K'Leigh, her parents and her younger brother, Peter, would meet Brenda's uncle, David Curtis, his wife Rilla and their two boys, Tristan and Travis, who were the same ages as K'Leigh and Peter and spend a week together at Livingstone Lodge by Livingstone Lake, near Muskoka. The photographs from those times show a happy, innocent, gentle girl, always smiling, looking relaxed in front of the camera.

K'Leigh's murder was all the more shocking because of the sort of person she was: kind, good, a girl anyone would have been proud to have as a daughter. The contrast between her life and the way she died is

overwhelming. I've always believed that the measure of any civilized society lies in how well we look after each other, rich or poor, old or young, male or female, strong or weak. I wish that as a community, as a society, we had been able to protect K'Leigh. Her death has grieved all who knew her and diminished every one of us.



K'Leigh enjoyed exploring Ottawa.



The new library at New Edinburgh Square is cosy and inviting.

An Invitation to the Community: New Edinburgh Square celebrates it's "Re-Opening" February 16

By Jacqueline Brown,
General Manager,
New Edinburgh Square

The community is welcome to attend our Grand Re-Opening which will be held on February 16, 2006 from 4 to 7 pm at New Edinburgh Square, 420 MacKay Street. Although we have been operating for eleven years, our recent renovations have given us cause to celebrate and "re-open" our doors to the neighbourhood.

To provide the additional suites required to meet the needs of seniors in Ottawa and to enhance the amenities offered by the residence, Chartwell Seniors Housing Reit undertook a major renovation project at New Edinburgh Square in the spring of 2005.

The renovated space, which is now open, includes 16 new

suites on the second floor. This floor also features a library with a fireplace, a sunny fitness room, a computer area, a games room with a pool table, as well as a movie room and chapel.

On the main floor, areas have been converted into a bistro bar, wellness centre with hair salon and whirlpool, and an elegant dining room with fireplace. The renovations also included a state-of-the-art kitchen and a private dining room where family and friends can gather for fine meals and conversation in an elegant setting.

Join us for this festive celebration with lively music, entertainment, fine food and a tour of our new amenities and suites. Call 744-0901 for more details.

Garden Fall Clean-up

As trees and shrubs grow bare, prepare your gardens for next spring. Now is the time to prune, transplant and winterize. Last call also for those bulbs still sitting in your garage...

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There is a Wine that's Right for YOU

Although in this article we talk about the 'right' wine, the intent is only to help you get the most out of drinking wine. Nobody should ever feel intimidated about their food and wine choices, and anyone who insists that there is only one wine for any given occasion or food pairing should be ignored! The best wine is always the one that *you* like, not the one someone talked you into drinking. Never waste your time drinking a wine that you do not enjoy.

The whole idea behind matching a particular wine to a certain food is to try and achieve synergy from the interaction of flavours. Synergy is defined as "increased effectiveness, achievement, etc. produced by combined action". It helps to think of wine as a super-condiment. When you slather mustard on a hot dog, squeeze lemon on your salmon, or even put cheese on your burger, it's because the two taste great together – not many people eat mustard by itself, or suck on plain lemons, but they produce a very nice *synergy* combined with other foods. Wine does this as well, with the added bonus that it's an excellent beverage on its own. Red wines such as Valpolicella or Chianti are great with burgers, and whites like Johannisberg Riesling and Symphony bring out the best in your seafood.

We at HOP 'N VINE can advise you on the wines to make, so that you have something for every occasion. Valpolicella and Symphony are our featured wines to make in February.



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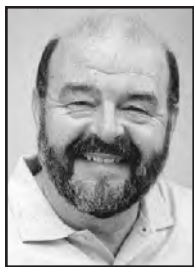


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Ottawa City Councillor Jacques Legendre Reports

Beechwood Community Design Plan – Last Meeting

The Beechwood study is intended to guide planning and transportation decisions over the next decade. Residents of New Edinburgh have an interest in Beechwood as a transportation corridor as well as a community-shopping destination. A final public meeting was held at MacKay United Church on January 19, 2006. The evening focussed on the transportation aspects of the corridor and on issues of parking in adjacent residential areas, both as they currently exist and what they could be, assuming the growth that can be expected over the next ten years. The analysis included estimates of additional traffic contributions over and above the overall annual growth in the corridor resulting from known redevelopments on the horizon - i.e. the Claridge/Landry site (the former Dominion Bridge site in

the Vanier area) and the Canadian Forces Base Rockcliffe site east of Manor Park. The evening included a computer-generated visualization of all traffic modes in the corridor. Some 55 attended, largely from New Edinburgh, the former Vanier, and surrounding communities as well as representatives of businesses in the corridor. They received a presentation by the transportation consultant hired by the City, Mr. Henry Zygowski of National Capital Engineering, and by Mr. Don Morse, from the City's planning Department, who spoke about parking issues related to future growth. These presentations were followed by a Q&A session moderated by yours truly. After collating all of the comments and concerns, City staff will now prepare a draft report to be presented to the steering committee for this project. It is expected that the final report will be considered

by Planning & Environment Committee sometime in April. Anyone wishing to be notified of that date should contact Françoise Jessop, the Program Manager in charge, at 580-2424 ext. 13862 or by e-mail at Francoise.Jessop@ottawa.ca. A summary of the project as well as comments received from the community during various public consultations and ongoing updates can be found on the City's web site at http://www.ottawa.ca/public_consult/beechnwood/index_en.shtml.

C.F.B. Rockcliffe – Things Are Finally Moving Along

Many of you will have seen the extensive series of articles in the Ottawa Citizen concerning this site. In November, following over ten years of uncertainty, Treasury Board finally gave its approval for the site to be sold. The Canada Lands Company (CLC) is the crown agency that will be charged with proposing new uses for the 336 acres. The Minister, through whom CLC reported to parliament at the time, had made it known that the government wished that this redevelopment be a model of sustainability in the urban milieu. The President of CLC, Mr. Jim Lynes, shares this view. CLC has stated that they will be working closely with City planners and the community as

the vision, which will ultimately be codified in zoning and design regulations, is evolved.

The City has a progressive new Official Plan (OP). It will be the task of City planners, elected representatives and Ottawa's citizenry, especially the communities located closest to the site, to use the guideposts provided by that OP to ensure that the CLC is held to its stated intent.

I believe that this new community could be a model for urban renewal and of sustainable development elsewhere in Ottawa and across the country. As Ward Councillor, it is my intent to work hard to ensure that the resulting development is one that will be embraced by its future inhabitants and workers as well as being a good fit for the surrounding existing communities and a healthy additional chapter in Ottawa's story.

Crime Prevention Ottawa – A Progress Report

Residents may remember that, during the 2005 budget, I managed to persuade Council to fund the creation of a new agency focussed entirely on preventing crime. A copy of the report, which Council considered when it approved this approach, can be found at www.rideau-rockcliffe.com. This agency would be expected to focus existing community organizations, City departments and all available resources on particular identified problems, develop a concerted strategy with the stakeholders and ensure that progress was monitored and results measured. Since that budget approval, a Board of Directors has been named and two City staff members have been seconded and are now working fulltime for the organ-

ization to be named "Crime Prevention Ottawa". A Board-level 'planning retreat' was held in mid-October as a result of which it was decided that the organization would begin its work by actively seeking the collaboration and advice of any and all community partners that could possibly contribute ideas and resources to making Ottawa a safer place by addressing the root causes of crime in our society. The mechanism for this outreach will be a 'forum' currently scheduled for April 7, 2006. Crime Prevention Ottawa has already succeeded in obtaining financial assistance from the federal government's National Crime Prevention Centre towards this goal. In December, Council approved Crime Prevention Ottawa's budget for the coming year.

Season's Greetings

I take this opportunity, on behalf of my family and myself, to extend to all Best Wishes for Health, Prosperity and Personal Serenity in 2006.

Meilleurs vœux

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

Jacques Legendre
Councillor, Rideau-Rockcliffe

You can communicate with me at (please include a telephone number):

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E-mail: jacques.legendre@ottawa.ca
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Merci d'avoir fait affaire avec moi et de m'avoir référé des parents et amis. Espérant que l'année 2006 vous apportera santé et bonheur, meilleurs vœux à vous et aux vôtres.

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Neighbourhood Watch Update

By Michael Histed

The following are facts from the Ottawa Police in response to questions and concerns expressed by New Edinburgh residents concerning recent disturbing events in our neighbourhood.

Break-and-Enters

There have been 11 reported Break-and-Enters (B&Es) since January 1, 2005. Eight of these incidents have occurred since October: five reported loss of property; one was foiled by a resident; and in one case there was evidence of an attempted B&E.

The thieves have, in general, taken objects that are easily transported and sold quickly for cash, e.g., jewellery, money, silverware, small TVs, laptops.

The Ottawa Police have assigned an investigator to look into these incidents.

Although police are monitoring the situation residents are encouraged to mitigate the risks of being targeted by thieves by:

- Keeping windows and exterior doors locked at all times;



- Activating your alarm systems;
- Avoiding the deserted unoccupied house look;
- Informing the police of any suspicious activity or individual.

Drug Problem?

Police were recently called twice to a residence on Crichton Street. The first incident involved threatening behaviour between two occupants. The second visit was in response to the owner's request to remove some occupants from the property. Drug dealing was not an issue in either of these incidents.

Death of K'leigh Cundall

On December 8, we were all deeply saddened and shocked to hear of the violent death of our Queen Victoria Street neighbour, K'leigh Cundall. The facts are well reported in

the press. Neighbours in the area quickly alerted police, but police have stated that there was nothing neighbours could have done to prevent this tragedy.

The Ottawa Police Victim Crisis Unit is available to individuals needing assistance in coming to terms with this horrible tragedy.

Make the Call

Remember the police can use the information provided by residents. Make the call and let the police decide if the information you provide is useful and/or if action should be taken.

Ottawa Police Service

Life-threatening emergency, crime in progress or suspicious activity: **911**

Other emergencies: **230-6211**

Community Police

Centres and all

other enquiries: **236-1222**

Other resources:

www.ottawapolice.ca

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*Working together for a safer community
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By Constable Tom Mosco Home Security

When a serious crime happens in a community many residents begin to speak about events occurring in their community, this is a good thing. Communication is a very important crime prevention device. It is very important residents know what is going on as it allows a response to the threat.

Recently there have been break and enters in the north side of New Edinburgh. Entry has been gained through doors or windows. Door and window security are very important elements in a positive home security plan. Hardening the target can reduce the chance of becoming a victim.

The Ottawa Police Service offer free home security evaluations. These security evaluations focus on several areas of

the home, in particular door and window security. Information is offered as to the recommended types of locks and security devices. Information on security alarm systems is also supplied.

Some residents have responded to the recent events in their neighbourhood and have had a home security evaluation conducted. However the number of homeowners requesting evaluations remains very low. The evaluation takes very little time and proactive information is left with the homeowner with regards to home security.

For your free home security evaluation please call the Ottawa Police Service at 236-1222 extension 5915 and make your request.

Home Security Tip – whether at home or away lock your doors and secure the windows.

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Elizabeth May...

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honour by Dalhousie University, and holds honorary doctorates from Mount St. Vincent University and the University of New Brunswick. She is also a former Board Member of the International Institute for Sustainable Development and Former Vice-Chair of the National Round Table for the Environment and the Economy.

Her commitment to raising

the profile of environmental issues and educating the general public is reflected in her impressive list of book publications: *Budworm Battles* (1982); *Paradise Won: The Struggle to Save South Moresby* (1990); *At the Cutting Edge: The Crisis in Canada's Forests* (1998, with a major new revised edition in 2004); and *Frederick Street: Life and Death on Canada's Love Canal* (2000), a work on the Sydney Tar Ponds which she co-authored with Maude

Barlow. Many readers may remember Elizabeth's 17-day hunger strike in 2001, a bold measure to which she resorted in order to force the federal government to relocate families at risk from the toxic pollutants of the tar ponds.

Elizabeth traces her career as an environmentalist back to her high school years in Connecticut where she spent her first eighteen years. Her family owned a hobby farm (known affectionately as "Folly Farm") where she grew up surrounded by a diverse menagerie of sheep, ponies, chickens, dogs, cats and a donkey. When two of her pet sheep died mysteriously from a painful neurological condition, she deduced through a careful reading of Rachel Carson's *Silent Spring* that the culprit had been pesticide spraying by the local municipality. Thereafter she amassed a comprehensive library on the health and environmental effects of pesticides, a library which went with her when the family moved from the fast-paced, high pressure life of Hartford to the tranquil hamlet of Margaree Harbour on Cape Breton Island.

Bud Worm Battles

It was here in the mid-70's that she first burst on to the Canadian environmental scene in a vigorous campaign against the proposed aerial spraying of pesticide to combat an infestation of spruce bud worms. Despite a fierce and well financed counter attack by the pulp company pushing for the spraying, Elizabeth's campaign, fueled with facts from her personal pesticide library, was ultimately successful, and for three consecutive years, the spraying program was cancelled, leaving Cape Breton



Elizabeth May, Executive Director of the Sierra Club of Canada, received the Order of Canada in November.

Island with the distinction of being the only place in North America to confront a major bud worm infestation without the use of aerial pesticides. (And no, the skies didn't fall: the bud worm population collapsed through natural attrition.)

While studying at Dalhousie Law School in the early 1980's, Elizabeth engaged in another battle to prevent the spraying of the herbicide agent orange. Despite what is now known about the lethal effects this chemical, the battle was lost after a long and exhausting struggle, and at substantial personal cost to Elizabeth and her family. Needless to say, she was undeterred, and went on to campaign on a variety of environmental fronts, adding her voice to the opposition to the spread of nuclear power and to the threat of uranium mining in Nova Scotia.

After articling in Halifax, Elizabeth moved to Ottawa where she became Associate General Counsel for the Public Interest Advocacy Centre. From there she was recruited as Senior Policy Advisor to then federal Environment Minister Tom McMillan (another "islander", but in this case, from P.E.I.) for whom she served as the primary contact with the environmental community and a close advisor on policy issues ranging from the ozone protocol negotiations to toxic chemical legislation, national parks, acid rain and climate change.

During her term at the Ministry of Environment, no fewer than five national parks were created, among them South Moresby on the Queen Charlotte Islands, about which she subsequently wrote the second of her books, *Paradise Won: The Struggle to Save South Moresby* (1990). Regrettably, Elizabeth felt obliged to resign from her position as Senior Policy Advisor in protest against the granting of permits for the Rafferty-Almeda Dam in Saskatchewan without an Environmental Assessment, permits which were later quashed as illegal by the Federal Court.

After a brief hiatus during which she obtained her admission to the Ontario bar, Elizabeth moved on to her next assignment setting up a national office for the Sierra Club of Canada (SCC), the flagship environmental organization with which she remains to this day as Executive Director. Since her arrival 17 years ago, the SCC has grown substantially from two to five chapters throughout Canada, and now has a thriving Youth Coalition, the most rapidly growing part of the organization with groups on 25 university campuses which are committed to "greening the ivory towers" and in many Canadian high schools. A strong contingent of these youthful environmental activists turned up at the recent UN Conference on Climate Change in Montreal where they spurred on the efforts of delegates through a variety of inventive activities.

UN Conference on Climate Change, Montreal

In her current role at the SCC, Elizabeth has covered the gamut of environmental issues from climate change to biodiversity, toxic pollutants, the health of forests and trade globalization, to name only a few. Most recently, she was an active delegate at the UN Conference on Climate Change in Montreal (Nov 28 - Dec 10), known in environmentalist shorthand as COP11/MOP2 (Conference

Climate Change: It's Here

Signs and Symptoms of Global Climate Change:

- Erratic weather patterns
- Heat waves (e.g. France 2003)
- More intense and more powerful hurricanes
- Ocean warming, sea level rise and coastal flooding
- Melting of Greenland Ice Sheet
- Potential collapse of the Gulf Stream
- Deterioration of Western Antarctic Ice Sheet (comprising 10% of world supply of ice)
- Melting of Arctic permafrost, with longer-term potential to accelerate global warming through release of methane and carbon dioxide

Harbingers: Early Signs of What's Ahead:

- Spread of insect infestations and disease
- Shifts in plant and animal ranges and population changes
- Coral reef bleaching
- Downpours, heavy snowfalls, flooding
- Droughts and fires

The Tipping Point?

"The Earth's climate is nearing but has not passed a tipping point beyond which it will be impossible to avoid climate change with far-ranging undesirable consequences. These include not only the loss of the Arctic as we know it, with all that that implies for wildlife and indigenous peoples, but losses on a much vaster scale due to rising seas... This grim scenario can only be halted if the growth of greenhouse gas emissions is slowed in the first quarter of this century." *James Hansen, From a Presentation to the American Geophysical Union, December 6, 2005.*

How to Avoid Passing a Tipping Point:

It's estimated that this will require a 30% reduction in greenhouse gas emissions relative to 1990 levels by 2020.

119

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of Parties to the UN Framework Convention on Climate Change, and 1st Meeting of Parties to the Kyoto Protocol). As a primer for those interested in the history of the negotiating process and the critical issues at stake in the Conference, Elizabeth prepared a "*Planetary Citizen's Guide to the Global Climate Negotiations or How to Use a MOP*." This fascinating and highly accessible piece is posted on the Sierra Club

eling line of work.

Her assessment of the outcome of the Montreal Conference is posted on the SCC website, but in a nutshell, it's extremely positive. Most important of all, the Kyoto protocol was not killed as the U.S. Administration had hoped. On the contrary, Kyoto Phase 2 was launched as delegates agreed to keep up the pace of negotiations towards a new round of green house gas (ghg) emission reduction tar-

ing them the tricks of the trade in building a case, pitching it to politicians and generally "working the system." Her rules of thumb in "How to be an Activist" include a few which she herself has honed to a fine art:

• **Refuse to be intimidated:** be skeptical of claims that "expert" knowledge is required to understand the issue, but keep notes on what the experts have to say;

• **Don't take No for an answer;**

• **Ask lots of questions and do your homework;**

• **Leave no stone unturned:** expand your network and don't be afraid to call on others for assistance; and

• (My addition) **Join the Sierra Club of Canada!:** go to their website at www.sierra-club.ca and sign up!

Her latest book, which is scheduled for release this spring, expands on these messages and is appropriately entitled *How to Save the World in Your Spare Time*.

As many readers know well, since her move to New Edinburgh in 1993, Elizabeth has found time to be active and enthusiastic member of our community, and a regular contributor the New Edinburgh News. She is a serious Christian and a pillar of St. Bartholomew's Anglican Church on Mackay Street. Her first vocation above all others is as the mother of 14 year old Victoria Cate, who until recently when she started Canterbury High School, attended schools in the community (Fern Hill and Macdonald Cartier Academy) to which she and Elizabeth walked each morning. And indeed, Elizabeth's family lives "car free", an environ-

gets, with the first round of these negotiations to be completed by 2008-2009 in order to ensure no gap between the end of the first commitment period (2008-12) and the start of the next one (January 1, 2013). (Canada's role in this forum of course depends greatly on which party forms a government after the January 23 election, and at the time of writing, this was still a matter of speculation.)

How to Save the World in Your Spare Time

An important aspect of Elizabeth's work is encouraging others, in particular young people, to become engaged and active citizens in a functioning democracy, and teach-



Elizabeth May, Bill Clinton and other delegates at the recent Climate Change Conference in Montreal.

website (www.sierraclub.ca: click on Climate Change Conference under "Postings").

She has also established a blog chronicling her perceptions of the daily events at the Conference and more recently, her efforts to probe the environmental positions of the major parties in the recent general election in which, as she put it, "the environment was missing in action." Her blog can be found at <http://citizen.nfb.ca/blogs/emay/> and is wonderful reading: as her acquaintances well know, she pulls no punches and has a formidable grasp of the issues and a delightful sense of the ridiculous which is perhaps essential to survival in her gru-

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Greenhouse Gases: The Culprit in Global Warming

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- Methane
- Nitrous Oxide
- Hydrofluorocarbons
- Perfluorocarbons
- Sulfur hexafluoride

Greenhouse Effect:

Greenhouse gases trap heat in the atmosphere resulting in an increase in average global temperature.

Greenhouse Gas Facts:

- Carbon Dioxide, Methane and Nitrous Oxide are the three greenhouse gases most closely tied to human activity.
- Carbon Dioxide is the most important greenhouse gas produced by human activity and the greatest contributor to climate change.
- Main Source of Carbon Dioxide: Burning of fossil fuels for electrical energy, heat and transportation. Total global consumption of fossil fuels releases 20 billion tonnes of CO₂ into the atmosphere annually.
- 24% of total greenhouse gas emissions come from cars and other light duty vehicles.
- Main Sources of Methane: Garbage dumps, rice paddies and grazing livestock. Methane has 21 times the heat trapping effect of Carbon Dioxide.
- Main Source of Nitrous Oxide: Chemical fertilizers used in agricultural production.

Kyoto Targets: % Reduction in Carbon Emissions Relative to 1990 Levels by 2008-2012

- European Union: 8%
- Canada: 6%

mentally optimal solution to the problem of vehicle emissions, and a practical option in the Burgh where so many amenities are within walking distance and bus routes are plentiful.

Our hearty congratulations on your latest well-deserved honour, Elizabeth. We're delighted to claim you as a part of our community, and wish you well in your important work.



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Mauril Bélanger Thanks Ottawa-Vanier Constituents for Their Support

Mauril Bélanger, Member of Parliament for Ottawa-Vanier, today thanked the residents of his riding for giving him a fifth mandate as their representative in the House of Commons. M. Bélanger also took the opportunity to thank his team of volunteers for their contribution to the success of his campaign.

"The citizens of Ottawa-Vanier have again demonstrated their trust in the Liberal Party by re-electing me as their M.P. Again, I would like to thank them and I look forward to this challenge," said Bélanger. "Together, we will work hard over the course of this 39th Parliament in order to ensure concrete results for the well-being of our community and of our region. As prom-

ised, I remain committed to consulting my constituents regularly and advancing our priorities, such as the Rockcliffe airbase file."

Mr. Bélanger was first elected to the House of Commons in a by-election in February 1995 and was re-elected in the 1997, 2000 and 2004 general elections. He has served as Chair of the Standing Committee on Official Languages and a member of the Prime Minister's Caucus Task Force on Urban Issues. From July 1998 to August 2000, he was Parliamentary Secretary to the Minister of Canadian Heritage, and in December 2003 he was named to the Cabinet of the Right Honourable Paul Martin.

Ten Years of Traffic Calming in New Edinburgh. Are we there yet?

By Rick Findlay

What is "traffic calming" and do we still want it in New Edinburgh?

The idea of traffic calming has been around for many years, having emerged as a concept in Europe and other parts of the globe where there was a growing interest in "reclaiming" neighbourhood streets from the escalating domination of the automobile.

Streets are by nature multi-functional public open spaces. They serve many different users including pedestrians, cyclists, public transit and motorists. Traditionally, and still in many parts of New Edinburgh, our streets and lanes have been places where neighbours could interact and children could play.

But today, most modern streets have become designed to function primarily as unimpeded conduits for motor vehicular traffic, often to the exclusion of other groups and activities. Walking (or playing!) on streets, except to cross at intersections, is an offence. So to many motorists, the idea of "calming traffic" means getting as many cars through an area as quickly and easily as

possible! There are some competing visions out there and some choices that we can make.

In this article we will explore what traffic calming has come to mean, and what it could do to make our neighbourhood safer and more liveable.

The history of traffic calming in New Edinburgh is now a decade old! In 1995, residents of the 'burgh were expressing strong concern over traffic-related issues in their community, like excessive travel speeds of vehicles and increasing volumes of non-resident cut-through traffic using neighbourhood streets. NECA representatives met with city staff and then Councillor Cannings to discuss options. What emerged was the strong encouragement of the City for the residents of New Edinburgh themselves to undertake a traffic calming pilot project, and to carry out their own study, undertake their own community consultation and develop a traffic calming plan for the neighbourhood.

City Hall loved the idea, approved a NECA proposal for moving ahead with a study, and dedicated staff resources for the project. NECA executive approved the initiative at their June 2006 1996 annual general meeting and the work began, with NECA's Daphne Hope leading a steering committee in the work of developing a community-developed traffic calming plan. With the

assistance of City staff, NECA's Traffic Calming Committee undertook traffic counts and speed surveys, questionnaires were issued to residents and evaluated, public meetings and discussions with the business community were held. We listened.

After a lot of work by many New Edinburgh volunteers, a NECA Traffic Calming Study was completed and presented in September 1997, setting out 25 traffic calming measures for implementation in the streets of our neighbourhood. The plan also highlighted the need to respect and enhance the heritage characteristics of the neighbourhood and seek aesthetically-sensitive traffic calming solutions, while reinforcing a "Green Hierarchy" set of principles that place pedestrians first, cyclists second, transit third and all other motor vehicles would be moved to a lower priority through initiatives which include promoting the increased use of non-auto options for neighbourhood trips. The plan should be to get people out of their cars more – for the benefit of our community, the environment and the people themselves! The plan did not propose increased use of "Stop" signs, because our study indicated that there was a general preference for measures that would slow traffic, while avoiding the noise and pollution associated with decelerating and accelerating traffic.



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Curb extensions like this one are one of the traffic calming measures that are being implemented in New Edinburgh.

So have we made any progress since 1997? Well yes we have – not as much as we believed we would see based on the strong interest the City of Ottawa was placing in our work at that time. Our traffic calming pilot study was soon forgotten as City Hall turned its attention to the wrenching changes associated with municipal amalgamation. Budgets were slashed – priorities were changed and traffic calming was put so far back on the stove it wasn't even on a burner.

The deal was that, henceforth, whenever road construction was going to be undertaken in New Edinburgh, for whatever reasons, the City would consider the possibility of including a traffic calming measure in the construction plan. On that basis we have made some good progress. At least eight measures involving construction have been installed and that's good. But our focus seems to have been lost and we have not made as much progress as we expected. Contrary to the study's recommendations to maintain a balanced approach which calms all our streets, City staff now refer to Crichton Street as a "corridor", and Councillor Legendre has made it clear that, because Crichton Street is a bus route, the temporary stop

sign at the busy Union and Crichton intersections would not be made permanent, even though the temporary sign was generally considered highly desirable.

Many in the community continue to express their strong concerns about speeding and excessive cut-through traffic especially on key streets including Crichton, Springfield, Dufferin and Beechwood. On the other hand, the introduction of stop signs and other traffic calming measures on Stanley and Mackay streets in recent years, and humps on Ivy Crescent, have reduced traffic issues on those streets.

Is it time to re-examine our neighbourhood and the priorities we place on traffic calming? Do we really agree on what traffic calming can be? Should traffic calming apply to all New Edinburgh streets in a balanced way or is traffic diversion desirable? Should traffic calming put people first or cars first? Do we want traffic to be "calmed" and our streets safer and more pleasant through physical measures that reduce the negative effects of motor vehicle use? Is that enough or should we really be thinking about more of a community design process? Should we be working to redesign our streets to suit the

particular non-motorized functions we want? Should we abolish the idea of "traffic calming" as a reactive kind of old fashioned approach and turn our attention to what should be simply "good design practice"?

After about a decade of being involved with traffic and traffic calming issues in New Edinburgh, my own changing priorities demand that I step back and throw the challenge back to others in New Edinburgh to lead the discussion, moving forward. What do you want your street and your community to be? Who out there wants to play?

Rick Findlay is Chair of the NECA Traffic Calming Committee.



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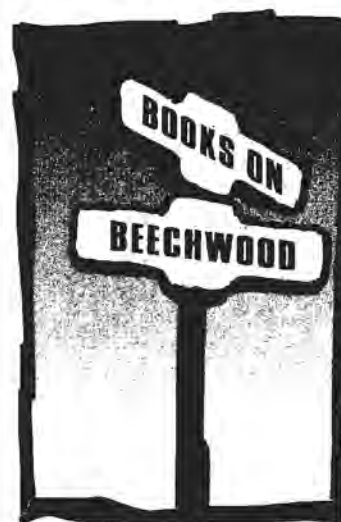
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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

We wish a very happy and prosperous New Year to all our advertisers and local businesses. 2006 promises to be an eventful year in Beechwood Village as the Beechwood Development Plan comes closer to fruition; plans for the major Claridge Homes development on Landry Street continue to unfold; the third annual Lumière Festival in August promises to draw even larger crowds into the area, and a new City Council is elected in early November. We hope to keep readers up to date on all of these fronts, and look forward to receiving your reports of events in the business community throughout the year.

is one of the oldest established businesses in the neighbourhood, and has been a strong supporter of the NEN and the community for several decades. We very much regret our error and are grateful for their generous forbearance in the circumstances.

Pierre reports that all is well at the cleaners, and that our new Governor General, Her Excellency Michaëlle Jean, has recently joined the ranks of his many distinguished clients. (For those who have yet to drop into the store at St. Charles and Beechwood, the walls of Monson's are covered with signed photographs representing a Who's Who of the

disastrously wrong, as in the case of one Monson's client who used soda water in an effort to remove a stain, and ended by permanently discoloring a priceless new formal gown. If you really care about the garment, leave it to the experts!

Balestra Productions

Balestra Productions, an independent television production company based here in the Burgh at 119 Beechwood Avenue, has continued to thrive and grow since our introductory profile in the December 2004 issue of the NEN. The company specializes in the production of television documentaries pitched to young people (roughly 9 to 15 years) and families, with special emphasis on educational and inspirational material focused on three major themes: sports, careers and spirituality.

The group has already established a strong reputation on



Mark Chatel Executive Producer (on the left) with Senior Editor Christian Hudon, at work in Balestra's new editing suite.

the international scene, and its productions have appeared on networks around the world from North America to Europe, Australia and Hong Kong. Their star is clearly ris-

ing here at home, and as reported in our last issue, their feature production *La Zone des Champions* was nominated for an award in the 2005 Prix Gémeaux.



Photo: Peter Glasgow

Pierre Blondin (center) and staff at Monson's Deluxe Cleaners.

Monson's Deluxe Cleaners

We begin by extending our sincere apologies to **Pierre Blondin** and all the staff at Monson's Deluxe Cleaners for the inadvertent omission of their familiar ad from our last two issues. As most readers know, we had a changing of the guard at the NEN last October and inevitably, there was a slip or two in the course of the transition. Sadly, Monson's was lost in the shuffle, but we warmly welcome them back into the paper where they belong. Monson's

world of politics, sport and celebrity in Ottawa over the past thirty years.)

Pierre has two quick tips for readers to start the New Year:

- Clothing items should not be stored in plastic bags which trap humidity and can cause discoloration. Store them in cotton bags or simply drape them with an old cotton sheet.
- Don't mess around with stains: there is a far better chance of removal by a dry cleaner if the stain is still in suspension when they tackle it. Attempts at self help can go

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In a recent expansion of its editing and production facilities, Balestra has moved into and thoroughly renovated the former Bingo hall in the **Manor Park Plaza** at Hemlock and St. Laurent. While the office at 119 Beechwood continues to operate as a business and administrative base, the production action is now concentrated in the new building where the original crew and a new team of editing staff are hard at work on three new documentaries.

The first of these, *La Croisée des Chemins/The Crossroads*, explores the lives of 26 individuals from all walks of life from business to sports, entertainment and the priesthood, each of whom has at some point in their life confronted a crisis from which they emerged strengthened and with a heightened sense of mission. Among those featured in the documentary is **Father Emmett Johns**, better known in his Montreal community as **Pops**, the founder of **Le Bon Dieu dans La Rue**, a haven where countless street kids have found food, shelter, counsel, medical help, encouragement and companionship since 1988 when Father Johns first set off in an ancient Winnebago to distribute hot dogs to the hungry and homeless in downtown Montreal.

After 36 years as a parish priest, Father Johns had suffered a serious depression, the ultimate result of which was his "crossroads" conversion to an entirely new and more fulfilling vocation ministering to homeless young people, a ministry which he continues to this day and which has grown since its modest beginnings in the Winnebago into a thriving organization with more than 20 employees, over 60 volunteers and a budget of \$1.3 million.

Another of the inspiring

characters profiled in *La Croisée des Chemins* is paralympic athlete **Chantal Benoit**, an Orleans businesswoman who is now known as the Michael Jordan of wheelchair basketball and has competed in six paralympic games since her paralympic debut in 1984. Chantal had been an aspiring Olympic-calibre diver when she lost her leg to cancer. As her story attests, she surmounted this personal crisis, and has successfully pursued her athletic career at the highest international levels where she continues to compete, though now in her mid-forties!

The second of the Balestra documentaries now in the works is *Tempo*, a series which focuses on young athletes from Canada's national teams, examining the challenges of their demanding lifestyle which requires them to cope with travel, studies, rigorous training, prolonged absences from home and friends, and the difficulties of communication in many different languages.

The third series, *Mon Premier Emploi*, tracks a group of Ontario teens through their first job experiences, about which they provide a running commentary. The series is expected to air on TVO this coming September. Interested readers can find out more about Balestra's television productions by checking their website at www.balestra.tv.

Epicuria: New Website Makes its Début

Back in November, Mackay Street's Epicuria launched its new website at www.epicurica.ca. The familiar

background colours remain the same, but the redesign gives the site a whole new aspect, which by all reports, is a great success with clients who find it comprehensive and easier to navigate. Menus have been rewritten, and new recipes and more services added to the Epicuria repertoire, so check out the site for inspirations for your 2006 entertainment calendar. One thing I can personally guarantee: you'll be ravenous when you've finished your visit!

Nature's Buzz: Introducing a Biodegradable Alternative to Plastic Bags

Beechwood's organic food emporium Nature's Buzz has introduced a welcome alternative to the plastic grocery bags that were tossed from our blue box recyclables 18 months ago. *NaturSac*, a company in Laval, Quebec, distributes biodegradable bags which are produced by EPI, a major European manufacturer of plastic bags. The polyethylene based bags are treated with an additive that allows the material to break down into a residue of water, carbon dioxide and biomass, as opposed to hanging around in the landfill for the better part of four centuries as their untreated counterparts can be expected to do.

While the cloth bag option is obviously the best of all worlds, the new, compostable *NaturSac* product (for which the store charges 10 cents a piece) is still a very welcome innovation, particularly for those of us who are dog owners and have an ongoing need for disposable bags. Drop into Nature's Buzz and check them



Kim Kaskiw's début CD release takes place on Friday, February 10 at 8:00 pm at the National Archives.

out.
Kim Kaskiw, Voice Instructor: Début CD Release coming Feb 10!

Our congratulations to Kim Kaskiw, a Lindenlea-based voice coach and accomplished jazz performer who is about to release her début jazz CD, *Shades of Love*, on **Friday, February 10, at 8:00 pm in the National Archives Auditorium at 395 Wellington Street**. Tickets for the event are \$20 each and are

available through Ticketmaster (www.ticketmaster.ca)

Accompanying Kim on the new CD are jazz great **Guido Basso**, an internationally acclaimed trumpeter, flugel-hornist, arranger and composer whose accomplishments include a Juno Award for his 2004 CD *Lost in the Stars* and receipt of the Order of Canada in 1994; **J.P. Allain** on piano and **John MacMurchy** on saxophone. *Shades of Love*

Continued on page 12

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Continued from page 11
includes a recording of Kim's own composition "Here and Now" and is capped off by a version of beloved jazz standard "Ain't Misbehavin'" in which she combines voice and tuba to create what her enthusiastic Ticketmaster billing describes as "one swingin', misbehavin' sound"!

The jazz fans among our readers, many of whom may have seen Kim perform at the Art Centre or the Ottawa Jazz Festival, should mark their calendars for February 10 and be sure to catch what promises to be a lively concert.

Kim's CD will be available for sale at the Ottawa Folklore Centre or by on-line ordering through www.indiepool.com or her own website at www.kimkaskiw.com. Best of luck, Kim, and please keep us posted on your upcoming performances.

Team Sammon Fitness: How to Stick With those New Year's Resolutions

Our belated congratulations and best wishes to **Taisia** and **Mike Sammon** who married last summer and became partners both personally and professionally in their in-home personal training business, Team Sammon Fitness.

Mike is a Certified Strength and Conditioning Specialist, (the top qualification for a per-

sonal trainer), and has worked in the personal training business for six years, both at the Ottawa Athletic Club (OAC) and with private clients on an in-home basis. Taisia is qualified as a Personal Training Specialist and a Personal Fitness Specialist with an additional certification in pre- and post-natal training. Interestingly enough, though they share an athletic vocation, they met, not at a gym, but in a night club where both were employed in a quite different line of work!

Mike has been mentored by **Charles Poliquin** who is well known internationally as one of the world's most successful trainers and strength coaches who has worked with professional athletes and Olympic medalists from a broad spectrum of sports ranging from hockey and baseball to track and field, short track speed skating, swimming, free style skiing and even bobsleigh. Mike is taking full advantage of the fact that Poliquin is currently in Ottawa working out at the OAC to plumb the depths of his expertise on training techniques and nutrition.

There are three primary aspects to Team Sammon's personal training plan:

- **Strength and fitness**, including cardiovascular and core strength training;
- **Weight loss**, including

body fat reduction and decreased water retention; and

- **Nutrition.**

Among the first steps Mike takes when dealing with a new client is to prescribe an "Eating Plan." The plan is not a diet in the traditional sense but rather a program for developing sensible, healthy eating habits focusing on fresh foods (including lots of fruit and vegetables), and minimizing the processed fare to which busy North American households have become addicted. Mike is actively developing his expertise in the area of nutrition, attending seminars and keeping up with the evolving literature in the field.

Team Sammon stresses the importance of combining both cardiovascular (aerobic) exercise and strength training to improve muscle tone, muscle density and bone density. Weight training also speeds up the metabolism for an extended period after the exercise and in so doing accelerates the process of fat loss. While the majority of the Sammons' private clients have some form of cardio equipment in their homes when the training starts (for example a stationary bike or a rowing machine), if you don't happen to be in possession of a full gymnasium at your house, Mike and Taisia will provide mats, exercise balls and dumbbells for the

strength portion of your work out.

In case you have concerns about your age and/or some chronic physical ailment, have no fear: personal fitness training is an option for almost everyone, as Mike's clientele attests. The Sammons have clients ranging in age from 14 to 70 plus, and many with conditions such as arthritis, Crohn's disease, Huntington's disease, and even one wheel chair athlete who has become strong enough to potentially break the world record in bench press at the paralympics.



Mike Sammon (standing) with client Rex Hussey.

One of Mike's most enthusiastic clients is **Rex Hussey**, a retired NRC research scientist who entered into his personal training program with characteristic scientific curiosity, regarding it as "an interesting experiment" and eager to see

what results might be achieved. Mr. Hussey had kept fit for many years at the OAC where he encountered Mike and enlisted his help to give a boost to what had become a somewhat "stale" training régime.

Since the start of his program last March, Mike has kept him on four week cycles working on both upper and lower body, and rotating around the various key muscle groups. According to Mr. Hussey, Mike's huge repertoire of exercises has the enormous advantage that one never gets bored with monotonous repetition, but is always trying new variations on the strengthening theme. He is also extremely enthusiastic about the Eating Plan which Mike prescribed, and which specifies five small meals a day, lots of fresh fruit, vegetables, chicken and fish, but no red meat.

And the results of the personal training "experiment"? Mr. Hussey is lyrical about the changes brought about by his work with Mike, changes which include marked improvements in muscle tone and definition, loss of surface fat and replacement with muscle, waist reduction, significant upper body development and a feeling of general vitality and health. Whatever Mr. Hussey's hypothesis at the start of the experiment, the results appear to have been right on target in relation to Mike's predictions and both are delighted.

The minimum hourly rate for in-home training sessions is \$50, increasing in relation to

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the distance traveled to reach the client. The rate also varies depending on the number of sessions involved, ranging from \$60/hour for a single session, to \$55/hour for a series of 5 and \$50/hour for 10. For more details, give Mike and Taisia a call at **797-9502**.



Photo: Peter Glasgow

KidSensation-all

We welcome sisters **Susana Richer** and **Silvia Essiambre** and their new business KidSensation-all which opened its doors at **121 Beechwood** (just opposite Subway) in mid-November. The store sells both new and consignment clothing, shoes, toys and equipment for children ranging in age from infancy to 16. Readers who have gently used kids' clothing which is clean and in good repair, and/or toys and equipment which are in working order should drop in or give the store a call at **746-9240**.

The store also stocks new items for all ages up to 16, so if you're hunting for a birthday or baby gift, pay them a visit and check out their merchandise. (There's reportedly lots of room for strollers, so Mums with babies or toddlers can

browse at their leisure). KidSensation-all is open **7 days a week**, Monday to Friday from 10:00 am to 6:00 pm; Saturdays from 10:00 am to 4:00 pm and Sundays from 12:00 pm to 4:00 pm. Best of luck on Beechwood, Susana and Silvia!

Clocktower Brew Pub: First Anniversary on Mackay Street

A warm welcome to the crew of the Mackay Street Clocktower Brew Pub who joined our advertising roster in December. The pub opened its doors at 422 Mackay Street almost exactly a year ago, and has since become a popular haunt for many residents of the community, particularly now that its signature selection of Clocktower brews are available on tap.

General Manager **Terry Mellor** reports that in the new year, the pub will introduce a new wine list, featuring French and Canadian labels, and undertake a minor updating of its menu to make some tasty additions to its list of popular items. According to Terry, December was a busy month at



Photo: Peter Glasgow
Terry Mellor mans the taps at the Clocktower Brew Pub.

the Clocktower where a succession of festive Christmas parties was capped off by a gala New Year's celebration complete with champagne, party favours, an ample buffet and music to usher in 2006.

February promises to be equally lively, starting off with a **Super Bowl Party** on **Sunday, February 5**, where participants can feast on traditional football specials such as chili and nachos while taking in the big game on the pub's new 62" screen TV (already a favourite of sports fans throughout the community). Later in the month, the Clocktower will host a party to celebrate its first anniversary on Mackay Street. Watch for details of date and time, and be sure to join the festivities.

For those who like to unwind after work with a Fenian Red, a Rapsberry Wheat or perhaps, an English Style Bitter, appetizers are half-price at the Clocktower from 3:00 to 7:00 pm from Monday to Thursday.

Welcome to the NEN, Terry and crew, and our very best wishes for a second lively year on Mackay Street.

At Jennifer's House

For the past eight years, new advertiser **Jennifer Patterson** has operated a small, family-like home day care service out of the Patterson home on the beautiful grounds of the Beechwood Cemetery where her husband James is an employee. Before her marriage and move to Ottawa, Jennifer earned a degree in psychology and sociology at the University of Toronto, combining her studies with work in a local day care centre which equipped her admirably both for her role as a mother to her children Jessie (8) and Hannah (6), and for her present home-

based business.

Jennifer has enjoyed considerable continuity in her clientele and indeed has had the offspring of two families with her since the start of her business, watching them develop from infancy into school-aged children alongside her own son and daughter. Happily, she has not had much need to advertise her services, and in fact, has filled her vacant spaces since her ad appeared in our last issue. But don't despair! Spaces do become available on an occasional basis, and Jennifer keeps a waiting list of interested clients. Give her a call at **741-6747**.

The group At Jennifer's House is limited to a maximum of 4 (not including her own children who are now at school during the day). She keeps the numbers down to ensure that all her charges will fit comfortably into her van for their regular outings to museums (Science and Technology, Aviation and the kids' museum at the Museum of Civilization are favourites), Playgroup on Wednesdays and Fridays, the Experimental Farm, circle time at the library (St. Laurent and Sunnyside branches), and local parks in the summer.

Even her own back yard on the grounds of the cemetery is



At Jennifer's House: Science in the backyard

a continuous source of interest to her brood as rabbits and other visiting wildlife wander through on a regular basis. The Pattersons have cats, a guinea pig and a hamster, and each day, the intriguing ritual of pet feeding precedes the afternoon nap. The daily routine also includes crafts and other activities, and Jennifer reports that the **Child Care Providers' Resource Network**, of which she is a member, has been an invaluable source of ideas, materials and equipment to keep her charges happily and constructively occupied. The Network is a Gloucester-based non-profit charitable organization geared to providing support, training and resources to those like Jennifer who offer child care in a home-based setting.

Continued on page 14



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Continued from page 13

Best of luck, Jennifer, and please let us know if spaces become available At Jennifer's House in the course of the new year.

Educarium

In our October issue we reported on the **Macoun Marsh Project**, a collaboration between Educarium science students and faculty and the Beechwood Cemetery Foundation to raise funds for the construction of an Outdoor Classroom to facilitate the students' ongoing field work documenting the life of the marsh, a rich haven of biodiversity in the southeast corner of the Beechwood Cemetery opposite the school.

The Sub-Committee working on the project has now finalized the budget at \$101,000, almost half of which will be covered by in kind contributions from Beechwood Cemetery. The balance is to be raised from other sources, including individual donors in the community, and **Glenviro Circle**, an active environmental group in nearby Cardinal Glen (also profiled in the October issue), has offered its support in the fundraising effort. To date, the project has also been awarded a \$10,000 City of Ottawa grant under the Community Environmental Projects Program, and a \$5,000 grant from the Wetlands Habitat Fund Program.

Each of the donation levels to Macoun Marsh Project represents one of the species indigenous to the area, ranging from the Eastern Chipmunk (\$1-\$49), to the Painted Turtle (\$50-\$99), the Cedar Waxwing

(\$100-\$249) and all the way up to the majestic Cardinal (\$10,000 plus). Tax receipts are available for all donations of \$20 or more. Interested readers should contact the **Beechwood Cemetery Foundation** at **741-9530** or Educarium Science teacher **Michael Leveillé** at **564-3466** or **747-4646**.

In addition to their collaboration on the Macoun Marsh Project, Glenviro Circle has also enlisted Grade Seven stu-



Educarium students observing nature at the Macoun Marsh.

dents at Educarium to design a logo for their environmental action group which was formed exactly a year ago, and officially named last August. All entries were to be completed by mid-January and a panel of judges is to make the final selection. We look forward to showing readers the winning design in our April edition!

Casa Acores Variety (a.k.a. "The Foam Shop")

After many years as a landmark (or perhaps more accurately, a curiosity) at Putman and Beechwood, Casa Acores Variety, or the "Foam Shop" as it's more commonly referred to in the community, has been sold through **Prime Corp Realty to Routeburn Urban Developments**, a local development company owned and operated by former New

Edinburgh (now Rockcliffe) resident, architect **Robin Fyfe**. While the deal does not officially close until May, Routeburn is currently working out its immediate plans for the property which is zoned ground floor commercial with a maximum height allowance of 8 storeys.

At the time of writing, Routeburn was leaning toward the short-term option of thoroughly renovating and remodeling the existing building, and leasing the space for new retail uses. The company has already been approached by a number of interested businesses, and if Routeburn does in fact pursue this option, it is conceivable that a new tenant or tenants may be moving in as early as mid-summer. The second longer-term option for the property is to demolish the existing structure and build a new mixed use development with condominiums in the upper storeys, an option which is consistent with The Beechwood Development Plan which earmarks this corner as a potential intensification site. While this remained a theoretical possibility at the time of

our interview, Robin was not convinced that the timing is quite right for condominium development in this location.

So in the meantime, we say farewell to owner **Manuel de Medeiros**, to Elvis and to all the intriguing mysteries of the Casa Acores Variety, and look forward to seeing its new incarnation as the spring unfolds.

Delish: New Location at 45 rue Laval, Gatineau

Shortly after Christmas **Judith Gripton** and the crew at Delish quietly cleaned out their old haunt at 42 Crichton Street and packed up their belongings for a move across the river to **45 rue Laval** in the Gatineau district known as "Old Hull" where they hope to be open for business early in February. For the time being, their telephone number, **746-9880**, will remain the same, so once they have resumed operations, feel free to call in your catering orders or perhaps reserve your favourite dishes to pick up in an after work or weekend excursion to Gatineau. Better still, drop in for lunch or sup-

per and check out their new 20 seat dining facility.

The new location is in a delightfully attractive row of shops and offices close to the heart of the Gatineau's main business district. (We suspect the federal employees at the nearby Place du Centre and Place de Portage will never have had it so good at lunch time!) Traffic permitting, the trip to Delish is a simple 10 to 15 minute jaunt:

- across the Interprovincial Bridge to Laurier;
- left on Laurier to rue de l'Hôtel de Ville (opposite Scott Paper);
- right on rue de l'Hôtel de Ville to Laval ;
- left on Laval to #45 (on the right hand side of the street.)

We wish Judith and her team a very fond farewell and the best of luck in their new quarters. We hope to keep in touch as the new year unfolds, and perhaps some day lure them back to the neighbourhood when/if the ideal location opens up.

The Scone Witch: Opening Soon at 42 Crichton

The hungry lunch crowd will be heartened to learn that **42 Crichton** will soon be back on the map as a noon hour destination. At the time we went to press, **Heather Matthews** was putting the finishing touches on a fresh paint job at the store, and preparing to open up a Crichton Street outlet of **The Scone Witch** in early February. The full menu of the Albert Street Scone Witch, including endless varieties of scones, homemade soups, salads and the signature "scone witches," will soon be available at 42 Crichton on a take



Photo: Peter Glasgow

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out basis. Watch for details about the opening date on the bulletin board outside the store.

The Physical Therapy and Sports Medicine Institute

The average age of regular gym users at the Physical Therapy and Sports Medicine Institute has taken a nose dive in recent months since the arrival of eight year old **Patrice** to take his place in the roster of those working hard on the third floor of 350 Crichton Street to keep strong and fit. Patrice had been struggling with a weight problem which is an uphill battle at the best of times, but perhaps especially tough in an elementary school milieu where peer sensitivity is at a peak level.

His mother **Anne**, who is one of the capable team at the Beechwood Post Office, sought **Pam Siekierski's** assistance in tackling the problem, and true to form, Pam turned her professional skills (and maternal instincts!) to the development of an exercise and nutritional plan to help Patrice peel away those extra pounds, and ward off the many health problems which they carry in their wake. The results of this new régime are remarkable: since his arrival at the clinic in late October, Patrice has lost six pounds and a full point in his body mass index. Perhaps more importantly, he has become noticeably more confident and outgoing as a result of his hard work and his experience as part of the community at the gym, who have offered advice and ongoing encouragement.

I was lucky enough to be given a first hand demonstra-



Photo: Peter Glasgow
Patrice presents a painting to Pam Siekierski at the Physical Therapy and Sports Medicine Institute.

tion of Patrice's impressive competence using the various machines and devices that are part of his regular workout. These include the treadmill (on which he favours backward pedaling!); weights; the chest press and the Concept 2 rowing machine (his favourite, and mine too). Pam reports that she is a tough taskmaster about his routine at the gym, and also assigns regular exercise "homework" which he is permitted to do while watching TV to relieve the monotony. He is remarkably philosophical about his new diet which is geared to minimizing the junk food/sugar component, and confesses that he is able to enjoy a candy or two on Friday, which is officially "cheating day"!

Patrice's longer run objective, as he continues to lose weight and become increasingly strong and fit, is to play on a soccer team. And when he

does, look out goalies: thanks to all his hard work in the PTSMI gym, he is going to be one strong little guy with a mean kick! As recent visitors to the clinic may have noticed, Patrice is also an accomplished young artist and at Christmas presented Pam with a splendid painting which hangs on the wall of her office. Well done, Patrice, and keep up the amazing work! We look forward getting further progress reports from you and Pam as the year unfolds, and maybe even an account of your first goal on the soccer field!

Readers with kids may be interested to know that working with Patrice has inspired Pam to consider the possibility of a **March Break Camp** at the PTSMI where participants would take part in a variety of sport and exercise programs under the supervision of her capable team, and where activities would be geared to direct involvement in our community through, for example, excursions to the park for outdoor activities and perhaps some amateur photography sessions, visits to local businesses, trips to the bookstore and in general, activities which engage the kids directly in the life of the neighbourhood, transporting them (briefly, at least) out of the electronic web of computers, videogames, iPods, television, DVDs and countless other inventions of the devil. Interested parents should give Pam a call at 740-0380.

Congratulations, Patrice, on the good progress you have made!



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Letter to the Community

Dear Friends,

Thank you for being a part of five fun years at Delish. Your patronage, encouragement and time spent chatting and sharing life stories are wonderful memories. As sad as it was to close the door on December 24th, we are now happily renovating 45 rue Laval in Old Hull.

Delish will open in early February with a 20 seat café, summer terrace and wine bar (sometime in April). We will be open for lunch and dinner service, and will continue to provide private and corporate catering and carry out cuisine.

As much as we regret leaving New Edinburgh, it's not good-bye but au revoir.

Judith, Tim and the terrific Team Delish: Candice, Chloe, Donna, Michael, Milka, Pierluc, Lois, Annick, Becca, Rebecca, Margaret, Kathleen and Justine.

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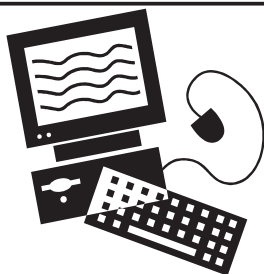
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Mr. Cundell's horse-drawn sleigh ride was a big draw for kids and grownups alike.



Due to the balmy weather, Skating Party-goers opted for "boot" hockey and kept the spirit of the event without damaging the ice.

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Skating Party 2006 - Fun in the Sun!

By Penny Thompson,
Chair of the Skating Party
Three hundred people attended the Annual New Edinburgh Skating Party held on Saturday, January 28. The

party began at 3 pm and didn't wrap up until 6 pm, despite the unseasonably warm January day that saw NO skating for the adults in attendance! However, families amused

themselves with a snowman building competition that concluded with free timbits for each participating child. **Roger and Ryan Hardy** with their friend **Andrew Clark** turned out to be the biggest kids in the competition, eventually producing a cone headed creature.

Mr. Cundell and his horses were sponsored again this year by **Catherine Bell** and **Pauline Bogue**. A huge thanks goes again this year to the **New Edinburgh Pub** for their donations. My personal thanks go to each and every volunteer and sponsor who helped our skating party remain a neighbourhood rite of winter passage.

At the end of the day fun was had by all.



Skating Party volunteers Joyce Dubuc, Kim Illman, Penny Thompson, Jill Hardy and Melodie Salter enjoy the sunshine.



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Staff photo
Putting the finishing touches on the award-winning "conehead" snowman.

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To contact CCCC Board call 745-CRIC (2742)

Crichton Cultural Community Centre Board meetings
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These meetings are open to the public.

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Fax: (613) 745-4153
Email: cccc@bellnet.ca
www.crichtonccc.ca

CCCC Programs Update

The CCCC had a busy and exciting holiday season. We offered lantern making workshops for children at Fern Hill and Charles Hulse schools and enjoyed training staff at the Museum of Science and Technology. As partners with the Museum, we are proud to be participating in their *Odyssey of Light* exhibition. Our beautiful star lanterns look stunning in the new museum lobby and many visitors made take-away box lanterns during the holiday season. We also held a lantern workshop at **The Painted Turtle**, a Westboro-based art play centre. Please feel free to contact the office if you would like to have a lantern workshop at your next celebration.

In April we will be launching a new feature, *Art of the Garden*. Taking place over the month of April we will offer exciting courses on botanical drawing, herb growing, and a hands on garden design course. We will also have a garden and plant themed art exhibit. Full details will be available in February on our website at www.crichtonccc.ca.

Upcoming Workshops

Introduction to Successful eBay Selling

Saturday February 11, 2006
1:00 - 4:00 pm

\$100 includes instruction handout

Course topics include:

- eBay Registration
- General auctions
- Payment methods
- Description and title writing
- Digital photographs
- Shipping and handling
- Feedback ratings

Call Joanne Hughes to register, 747-1587.

Parent Education Workshop at CCCC

Facilitating Creative Play

The Crichton Cultural Community Centre is a member-based volunteer charitable organization striving to maintain 200 Crichton Street as a public resource to support and encourage artistic, cultural, and community development. It was created with the objective of preserving the Crichton School, both as a heritage building and in its historic public function as a community centre.

To get involved, provide input, volunteer time, or enquire about using our community room, please contact the Community Facilitator. We encourage you to pre register for courses or special features by calling the relevant contact number.

Workshop: Supporting your Child's Creative Play with Simple Handmade Toys and Natural Materials

Monday February 20 & 27,
7:30 - 9:00 pm

\$30 for two-evening workshop

Play is essential for the healthy development of young children. In particular, play that involves make-believe is beneficial for children beginning at about two years of age. Creative play builds the imagination, social skills and the ability to problem solve. Researchers have found that play is related to greater creativity and imagination and even to higher reading levels and IQ scores.

In creative play, the most critical element is the imagination, not the details of the toy. Often the most simple toys and materials are the most satisfying to children, because they can be transformed into whatever the children imagine them to be. Simple handmade toys and natural materials also minimize the influence of advertising and the electronic media, as well as being beautiful in their own right.

The Facilitating Creative Play Workshop will help those who are interested in encouraging their child's creative play while avoiding the latest toy fads. It discusses why creative play is so important, and provides strategies for how parents can support their child's creative play. It gives ideas for alternative toys and play materials that are simple, made of natural materials, and can be easily homemade if parents have the time and inclination. Participants will have the opportunity to make a simple doll for their child.

By the end of the workshop, participants will be able to

- explain how creative play benefits children

- support their child's creative play, using strategies such as giving children enough time to play, inspiring the imagination, building a connection to nature, and providing simple toys and materials that give children room to use their imagination

- use a list of suggested toys and materials to set up play spaces that will encourage creative play such as building of forts, playing house with dolls, or acting out scenes with small figures or puppets

- access additional resources that provide more information on creative play and how to make simple toys and play materials.

Facilitator Aileen Larkin is an adult educator who is passionate about the need for creative play in our children's lives. She is the mother of two, a nine-year-old boy and a six-year-old girl. For more information, please contact Aileen Larkin at 237-4373.

Infant & Child CPR

Level 'D'

Erin Shaheen, 260-7309

Sunday Feb 26, March 26,

April 30, May 28, June 25,

1:00-4:00 pm

\$30 per person

This Heart and Stroke Foundation course covers common types of infant and childhood injuries and tips on how to prevent them.

Topics include:

- Recognition of heart attack and respiratory arrest
- Definition of CPR
- The "Chain of Survival"
- Performing CPR on children and infants CPR (one-rescuer)
- Clearing airway obstructions in children and infants (choking)
- Barrier Devices
- Prevention of childhood injuries
- Safe and healthy lifestyles.

Babes in arms are welcome to attend the course.

CCCC Receives Early Christmas Gift from Ontario Trillium Foundation

Friday, December 16 was a red letter day at the Crichton Cultural Community Centre. For the first time since the closure of Crichton School in 1999, the halls of the Centre were filled with the once familiar clutter of kids' boots and coats, and the former classrooms rang with the excited buzz of children laughing and singing carols for an audience of enthusiastic, camcorder-toting parents and relatives. **Fern Hill School's Holiday Concert**, which took place in the newly renovated Dufferin Rooms at the Centre, attracted a crowd of 200 for a joyous event which recaptured the life and energy of "the old days" when 200 Crichton was a bustling neighbourhood school.



(l to r) Johan Rudnick, Madeleine Meilleur and Sylvie Bigras.

Capping off this celebratory event was the visit of the **Honourable Madeleine**

Meilleur, M.P.P. for Ottawa Vanier and Minister of Culture, who officially congratulated the CCCC on the receipt of a \$76,000 grant from the Ontario Trillium Foundation, and presented a commemorative plaque to Chair Johan Rudnick and Community Facilitator Joanne Hughes. Mme. Meilleur, who has been a strong supporter of the Centre since its early days, emphasized that "since the goal of the Ontario Trillium Foundation is to create healthier and more vibrant communities, it is clear that the end result of this grant to the Crichton Cultural Community Centre will complement the Foundation's objectives."

Accompanying Mme. Meilleur was Trillium Foundation Board member **Sylvie Bigras** who braved the snowy conditions and the Avon Lane stairs (despite being on crutches) to show her support for the Centre, and take part in the celebration of this welcome boost to the CCCC's capacity to renovate its space in order to accommodate a steadily growing variety of events and programs.

The grant will be devoted to capital improvements at the Centre, including the creation of a new Hallway Art Gallery, a refitting of the Dufferin Entrance, the creation of new office space and kitchen facilities, and further work on the Dufferin Rooms. Cause for celebration indeed!



Photo: Carol Burchill

Alex MacDonald and Martin Clary, leaders of the industrious Volunteer Team who renovated the Dufferin Room at the Centre last summer, pause to admire their handiwork. The CCCC held a reception to thank this hard-working group in late Fall.

Crichton Cultural Community Centre Programs Winter 2006

Fitness & Wellness

CARDIO KICKBOXING

Carolle Laliberté
(613) 263-0539
Mondays & Wednesdays
6:00-7:00 pm
\$8/class



A mid to high intensity kick-boxing inspired cardio workout for Ages 15 to a fit 60+, this total body workout will strengthen and tone muscles while burning fat.

FITMOM 2 BE

Cassandra Mactavish
(613) 884-7800
www.fitmomcanada.com
\$168+GST for 12 sessions
(rolling admission)
Thursdays, 7:15-8:15 pm

FITMOM 2 BE class is designed for women wanting to stay healthy during pregnancy.



CCCC Office:
Joanne Hughes
Community Facilitator
#307-200 Crichton Street
Ottawa, Ontario K1M 1W2
Phone: 745-CRIC (2742)
Fax: 745-4153
Email: cccc@bellnet.ca
www.crichtonccc.ca

For more information about the Centre or programs call 745-2742. To register for a specific program please call the instructor.

FITMOM POST NATAL FITNESS

Cassandra Mactavish
(613) 884-7800
www.fitmomcanada.com
\$168+GST for 12 sessions
(rolling admission)
Thursdays, 11:00 am-12:00 pm

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FITNESS: EARLY BIRD WORK-OUT

Louise Lettstrom-Hannant,
(613) 747-1514
Mondays, Tuesdays,
Thursdays 7:30-8:30 am,
\$110 for 13 sessions

Louise will share her favorite music and choreography and take you through a dynamic warm up followed by 20 minutes of cardiovascular work and 20 min of strength exercises. Learn to use fitness balls, weights and toning bands to enhance muscular core strength, balance and postural improvements.

FITNESS FUSION: REJUVENATION OF BODY AND SPIRIT

Louise Lettstrom-Hannant,
(613) 747-1514
Mondays 9:00-10:00 am,
Wednesdays 7:30-8:30 am,
September 12 - December 12
\$110 for 13 sessions, or \$10 drop-in

The focus here is functional fitness beginning with a 15 min extended cardiovascular warm-up, moving into a fusion of Pilates, yoga postures and strength exercises. Use exercise balls, weights, and toning bands using a variety of breathing techniques and balance exercises.

STRETCH & STRENGTH

Alex MacDonald
(613) 562-4858
Tuesdays 6:00-7:00 pm,
Thursdays 6:00-7:00 pm,
Saturdays 10:00-11:00 am
\$126 for 14 weeks
No drops ins.

This year marks the 16th anniversary of this unique class that combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination.



YANG STYLE TAI CHI

Larisa Gerol
(613) 722-4416
Wednesdays, 7:00-8:00 pm
8 week session, \$95

The system known as the Tai Chi Exercise was developed hundreds of years ago. It was proved to be the most advanced system of body exercise and mind conditioning ever to be created.

Tai Chi encourages the fulfillment of the individual person and helps to tone and strengthen body, improve concentration, coordination and balance.

The practice of Tai Chi helps to discipline individuals to be healthy, kind and intelligent, to be responsible for assisting others to reach the same levels of achievement.

Larisa Gerol is an experienced instructor who studied for 5 years with Master Don Yee.

THE FELDENKRAIS® METHOD

Jill Ogilvie
(613) 742-8262
Mondays 10:00 -11:00 am,
Wednesdays 6:00-7:00 pm
On-going
\$72 for 8 weeks, or
\$10 drop-in

The Feldenkrais® Method will help you to reconnect with your ability to move with ease, through a natural, exploratory learning process and learn how to make any activity easier, more effective, and more enjoyable.

Dance

BALLROOM AND LATIN DANCE - NEW ***

(613) 355-9866
info@dancestudios.ca
www.dancestudios.ca
Sundays, 5:00-6:30 pm
\$59 for 7 week session



One of DanceStudios.ca most popular courses! This course will give you an excellent introduction to Ballroom, Latin, and Swing dancing.

Basics in each dance will be taught, as well as dance etiquette, lead and follow techniques, and how to recognize and move to different types of music. You'll enjoy learning dances such as the WALTZ, TANGO, RUMBA, CHA CHA, MERENGUE and SWING.

It's healthy, fun, and you'll be a hit at weddings and parties. Couples and singles welcome.

IRISH DANCE LESSONS

with the Taylor School of Irish Dance
Suzanne Taylor T.C.R.G
(613)761-6260
suzanne@tayloririshdance.com
www.tayloririshdance.com
Thursdays, 7:15 - 8:15 p.m.
14 week session/ \$168.00

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

KATHARINE ROBINSON SCHOOL OF HIGHLAND DANCING

Katharine Robinson, Director,
(613) 733-2206
Saturdays 8:30 - 10:00 am
Wednesdays 7:00-8:30 pm
Saturdays 12:30-1:30 pm
Special Workshops
The Katharine Robinson

School of Highland Dancing offers classes in highland dancing, a traditional Scottish dance form. The school has several professionally qualified teachers, who train both recreational and competitive dancers of all ages. Depending on their interests and goals, dancers are prepared for annual examinations of the B.A.T.D., competition, choreography and performance.

Music

DRUM CIRCLE

Nancy Porteous and
Corinne Davison
porteous_nancy@hotmail.com
Fridays, 8:00-9:30 pm
Feb. 10, Mar. 3, Apr. 21,
May 12
\$4 a night

Bring your own hand drum and percussion instruments.



SING, DANCE & PLAY

Caroline Elson
(613) 282-7905
Wednesdays 10:00 -11:00 am
\$100 for 10 weeks

This program is for toddlers (1 to 3 yrs.) their parents or caregivers. This class is fun and interactive and begins with a song circle, some interactive singing, dancing to music, with instruments or other props, and exploring some traditional childhood games.

Visual Arts

FIGURE PAINTING AND DRAWING

John Jarrett
(613) 594-0182
johnjarrett812@hotmail.com
Wednesdays 9:30 am -
12:30 pm
\$40 for six classes

In this workshop the model will sustain a pose over two sessions for a total of six hours. This will permit participants to complete a painting or to do a number of sketches or drawings.

General Interest

EDEN: A WALDORF HOMESCHOOLING INITIATIVE

Camille Lechasseur
(613) 789-5743
camillelechasseur@rogers.com
Fridays, 9:30 am - 1:00 pm
\$200 for one child; \$50 for each additional child over the age of 3 per 8 week session.

Eden is a parent and child group for ages 0-7 which nourishes both parent and child in community through weekly meetings that provide a rhythm of creative play, arts and crafts, stories, and a nutritious lunch. Also dedicated to providing parent education and support, once a month parents are called to attend meetings that nourish the spirit, and spark the dreaming that is required when working with the young child.

Please visit our website for more specific details about Eden:
www.flora.org/waldorffcoop

CCCC Yoga Circle

Yoga at the Community Centre, on the second floor of 200 Crichton Street, is in a bright character room with large windows, natural light, hardwood floors and endless height.

IYENGAR

This practice is a precise form of Hatha Yoga that brings physical awareness and mental focus. The postures are taught step-by step with students correcting and adjusting their movements as they learn. Props, such as belts, blocks, and blankets help to support participants, provide safety and maximize benefits. The yoga practice develops strength, flexibility, balance and alignment leading to stillness and well-being. Practices are non-competitive and adapted for each individual. The founder is Sri B.K.S Iyengar, now 87 years old and still teaching at the institute he founded over 30 years ago in Pune, India. Iyengar Yoga has been called "meditation in action".

Tuesdays 11:00-12:30 pm
Wednesdays 8:00-9:30 pm

KUNDALINI

This yoga was designed for the householder, those who live in the world, who have families and jobs and who want to balance the inner and outer world. It is a yoga that fits the busy lives most of us lead. A typical Kundalini yoga class includes movement and breathing focused on the central nervous system, deep relaxation and meditation. Participants can feel the effects of releasing the prana or inner energy during the class. It is effective, efficient and easy. Those who practice it say they can feel changes in the body and psyche within one class and deeper changes through regular practice.

Mondays 7:30-9:00 pm

CCCC YOGA CIRCLE Pre-registration		
Once you have seen the schedule and programs that best suit your schedule e-mail your preference to ccccyoga@canada.com. Leave your contact information and the instructor will respond to your request with program details. You can also contact individual instructors:		
Barbara Young b-young@rogers.com	Iyengar Yoga	728-8647
John Yasbeck john.yasbeck@sympatico.ca	Kundalini Yoga	747-8111
Andre Casaubon acasa12@hotmail.com	Hatha Yoga	744-4809
Join us to discover the wonderful joy and long lasting benefits of practicing yoga whether you are new or experienced.		



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Cha, Cha, Cha at the Crichton Cultural Community Centre

The community centre is excited to announce that we are now offering **Ballroom Dancing**. DanceStudios.ca, a local dance school, will be offering a course in Ballroom and Latin dance.

Greg Szymborski, the school's founder, states that his mission "is to provide a relaxed, comfortable, fun atmosphere for students to learn how to dance, refine their dance skills, and socialize with friends who enjoy the same hobby. Whether you are an experienced dancer looking for new material, or a beginner preparing for a special occasion, DanceStudios.ca offers flexible classes to fit into both your schedule and your budget."

DanceStudios.ca specializes in instruction of over 15 types of dances including Salsa, Hip Hop, Swing, Ballroom, and much more. There is something for all ages, and all levels from novice to expert. Partners are never required but always welcome. Students vary anywhere from professionals to seniors to university students. They also offer customized programs for people with intellectual disabilities.

Greg says that great dancers

are not always great teachers. It takes the right attitude, patience, and respect to articulate dance instruction to students. In addition to being veteran dancers, his instructors are skilled at the art of teaching and have many years of experience.

DanceStudio.ca offers group dance classes which are perfect for new students learning basics and for experienced dancers looking for exciting new patterns. They also offer private dance classes which can be a valuable resource to all dancers. They allow you to learn at whatever pace is comfortable to you. One-on-one instruction provides detailed information that can help you work on a wide variety of technical concepts, such as lead, follow, connection, balance, and spins, that are difficult to perfect in a group format.

Gift Certificates: Gift certificates may be purchased in several denominations at our studio and can make the perfect gift for all occasions including Birthdays, Christmas, and Weddings. Call the studio at (613) 355-9866 for more information, or email us at info@dancestudios.ca.

What should I wear? Please bring clean comfortable shoes to change into. Appropriate footwear includes sneakers, flat soft-soled dance shoes, or high-heeled dance shoes. In winter, no shoes that have been worn outside are permitted in the dance studio.

Do I need to pre-register? We accept walk-ins, however pre-registration is recommended to ensure a spot is reserved for you. Please arrive 15 minutes early on your first day to handle the administration. To register, please call the studio at 613-355-9866 or email us at info@dancestudios.ca.

Do I need a partner? No. In group classes, we rotate partners frequently to get students comfortable with a variety of different people. At least half of our students are singles, both ladies and gentlemen. Although 90% of our couples find it beneficial to learn to dance with others, it is not mandatory to rotate partners.

Email: info@dancestudios.ca
www.dancestudios.ca
 Sundays, 5:00-6:30 pm
 \$59 for 7 week session
 355-9866



DanceStudios.ca provides "a relaxed, comfortable, fun atmosphere for students to learn how to dance, refine their dance skills, and socialize with friends who enjoy the same hobby."

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Energy...

Continued from page 1

kilowatt than to create a kilowatt of electricity. It is disappointing that the present government has spent over 60 times as much on expanding energy supplies as on conservation and efficiency measures.

It is also distressing that the OPA report, although paying lip service to conservation, has exaggerated the estimates of future electricity demand in Ontario. Inflated estimates raise disconcerting questions about the influence of the nuclear lobby and its vested interest in exploiting market opportunities for more power

reduce their consumption by offering rebates on efficient appliances and machinery, for example, has produced the lowest per capita usage of electricity in the US. California's consumption has increased by just 1% in the past 25 years; Ontario's by contrast has escalated by 25% in the same period.

Ontario has not fully explored or exploited the potential for conservation and energy efficiencies in areas as diverse as appliances, building codes, and co-generation. Decisive initiatives in the form of education, incentives, and regulations are desperately needed to transform our consumption patterns - a move that will be difficult and politi-

leading a wave of sustainable energy development.

Ontario is at a critical juncture regarding the future of energy supplies. After decades of political and bureaucratic mismanagement of electricity policies and practices, the McGuinty government has an opportunity to set a new direction for energy supplies in the province. We do not need new electrical capacity generated by expensive nuclear plants. We can moderate our demands through conservation practices, efficiency measures, and renewable energy processes at no great cost or inconvenience.

Renewable energy is at the centre of the new industrial revolution. The plight of provincial power generation

Research by The Rocky Mountain Institute has demonstrated that it is far cheaper for utilities to save a kilowatt than to create a kilowatt of electricity.

plants. These overstated estimates are especially ironic when one considers that the Conservation Bureau, which is charged with implementing the "culture of conservation," is a subsidiary of the OPA.

Ontario might emulate the Californian model, where the state government has promoted conservation practices, not new supplies, for a number of years. The state's aggressive policy of encouraging residents and industry alike to

cally challenging but which is crucial to a secure energy future for the province.

A reduction in overall demand for electricity through efficiency initiatives and conservation measures will allow for renewable energy technologies to provide the balance of Ontario's energy requirements. The use of renewable energy worldwide is far outstripping nuclear power generation. Japan, Germany, Denmark, Spain, and Sweden are all

provides an excellent opportunity for us to focus our efforts and our talents on developing green energy technologies. Ontario has the financiers, the scientists, the engineers, and the designers to be pace setters in the field - now we need policies, strategies, and decisive leadership.

Hugh Robertson is an Ottawa author, publisher, and retired teacher.

How to "Weigh In" on Electricity

Comments regarding the OPA Supply Mix Report may be submitted to the Ministry of Energy either via email at write2us@energy.gov.on.ca or via conventional mail. The Ministry's mailing address is available on their Contact page.

Comments may also be submitted via the Environmental Bill of Rights website at www.ene.gov.on.ca/envreg-istry/026852ep.htm.

All comments must be submitted or postmarked no later than **February 12, 2006**.

To find out more about the recommendations of the OPA report, check out the website at www.powerauthority.on.ca.

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There's No Business Like Dog Business: Costly Activity Spotted in New Edinburgh

By Catherine Mirsky and
Sands Edwards

It's a dog's life if you are finding that the wallet is well padded, but that there's slim pickings in the bags when you arrive home. It is not unusual to pay hundreds or even thousands of dollars for purebred dogs such as, Havanese, Shih Tzus, Golden Retrievers or German Short Hair Pointers. Until recently, if a purebred dog was too expensive, a dog of mixed heritage, a mutt, was much easier on the pocket-book. There is a phenomenon taking place today however, where some mixed breeds are

now fetching astounding prices, particularly 'hypo-allergenic', non-shedding mixes. Golden doodles, Labradoodles, Schnoodles, Jackapoos, Cockapoos, Lhasapoos and other officiously named mixes can come with a price tag of \$1,500 dollars or more.

There is another, rather dubious, breed making its presence known in our neighbourhood. They walk on our streets and through our park. You may have seen it, or become aware of its presence, and had difficulty determining its proper name. The proper name is Shirkapoo. Their physical characteristics are difficult to describe, as they come in all shapes and sizes, but they are easily recognizable by their behavioural traits.

Although normally sociable and easy to get along with even in off-leash environments, they can, under certain circumstances, be uncooperative, stubborn, even evasive and hostile if confronted or challenged. Shirkapoos seem to be quite short-sighted and rather inflexible, often to the point of being incapable of bending. They have a distinctive head turn and, if in a group, will become engrossed

in "conversation" with their doggy friends or attentive to an indiscernible task at just the moment that nature calls. Oddly, they appear to have an aversion to plastic bags. However, their most identifiable and, I might say, unappreciated characteristic is their calling card, which they have no compunction about leaving behind on or near sidewalks or paths, whether on public or

required after a messy encounter with a 'calling card', dogs not being allowed off-leash to get needed exercise because they like 'calling cards' (a.k.a. coprophagia) and gas costs associated with having to find alternate locations for exercising one's dog when the local park becomes off-limits to dogs. Non-physical consequences include the stress imposed on individuals who happen upon a Shirkapoo's calling card, more stringent by-laws and bigger fines and perhaps most importantly, negative public sentiment towards dogs and their people.

While 98% of dog owners and walkers are responsible in cleaning up after their dogs and even clean up 'calling cards' left behind by those dastardly Shirkapoos, it's



private property, during the day or under the cover of darkness.

Shirkapoos are a costly breed, costly to everyone, including themselves, although they may not realize the impact of their behaviour. They are costly because of the collective consequences of their calling card habit. Physical consequences such as cleaning bills generated from the clean up

those Shirkapoos who are significantly responsible for the negative impressions harboured by members of the public. One odd characteristic of this breed is that they believe that they can exist amongst us in anonymity, leaving their calling cards here and there throughout the community. Ironically they are often recognized or known to others. The reason for the misconception is that many people are reluctant to engage in a confrontation which is a distinct possibility when it comes to a Shirkapoo. However, the truly short sighted or distracted ones are generally grateful to be informed of their oversight.

If you encounter a Shirkapoo who through his/her short sightedness or being engrossed in conversation, is about to leave a calling card behind, help them out and let them know that they've been identified. Offer him/her a bag for the calling card and if you're in the park, point out the plastic bag dispenser posted, holding bags donated for such a purpose. To any Shirkapoos who may read this article (oh yes, they can read too!), "Please, don't leave your calling cards behind for others to find". I'd be less polite, but it couldn't be printed here.

Catherine Mirsky is a member of Friends of New Edinburgh Park and Sands Edwards is a local dog training instructor.



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Margo Edwards Ledoux

Early Burghers

By Mary Peck

Today's inhabitants of the residential area described by real estate agents as "trendy New Edinburgh" may find it hard to believe that over one hundred and forty years ago there was an industrial complex beside Rideau Falls, where the French Embassy now stands. According to documents of



Thomas MacKay

that period, Thomas MacKay's grist mill was in existence there by 1833. The illustration shows us how his operation expanded by 1845. It was the work of Thomas Burrowes of the Royal Engineers, who did a series of drawings on the progress of the canal builders and the communities they created.

Thomas MacKay, the founder of New Edinburgh, was one of the four leading contractors on the Rideau Canal and he was influential in many areas of public life in Upper and Lower Canada. Born in Perth, Scotland in 1792, he married Ann Crichton, who bore 16 children. In 1817, they emigrated to Canada and first lived in Montreal, where MacKay worked on several fortifications and on the Lachine Canal.

By 1826 he had no doubt heard of the plans for the Rideau Canal and he moved to Bytown with his family. The son born to Mrs. MacKay in 1827 was the first white child born in Bytown. MacKay received the contract for building the flight of eight locks



from the Ottawa River to the canal basin. In the contract, stone was to be brought from a quarry in Hull but MacKay persuaded Colonel By that the stone on the site was suitable. This meant a much higher profit for MacKay and with some of the money he was able to buy 1200 acres of land in Gloucester Township. He also had the contract for the construction of the Union Bridge over the Ottawa river at the Chaudière Falls. This was a complex structure with very wide spans – one of which, over a turbulent cauldron known as the Big Kettle, was 200 feet long. MacKay's work and integrity were respected by all. According to one worker, "Mac is a good practical mason and scorns to slim any work." In 1828, when construction on the canal was delayed, MacKay put his masons to work on building St Andrew's Church - for which he donated the stone.

After the canal was completed, he bought a large tract of land on the east bank of the Rideau extending to the falls, as shown in the drawing. Here he had a large flour mill, followed by a textile factory, whose products won a prize at the 1850 Exhibition in London. In 1937 he added a distillery to the little community of New Edinburgh.

One of his most important contributions to the future capital was his stone mansion built on 65 acres known as "MacKay's Bush" and completed in 1838. The house, 77 feet by 47 feet with 11 rooms, was leased to the government in 1865, after his death. It was purchased three years later as a residence for the Governor General and then became known as Rideau Hall. MacKay's Bush is now the village of Rockcliffe. He also built the first court house and

gaol on Nicholas Street; these were later destroyed by fire. When one of the MacKay daughters married in 1846, MacKay, by then in partnership with her husband, built Earnscliffe and gave it to her as a wedding gift.

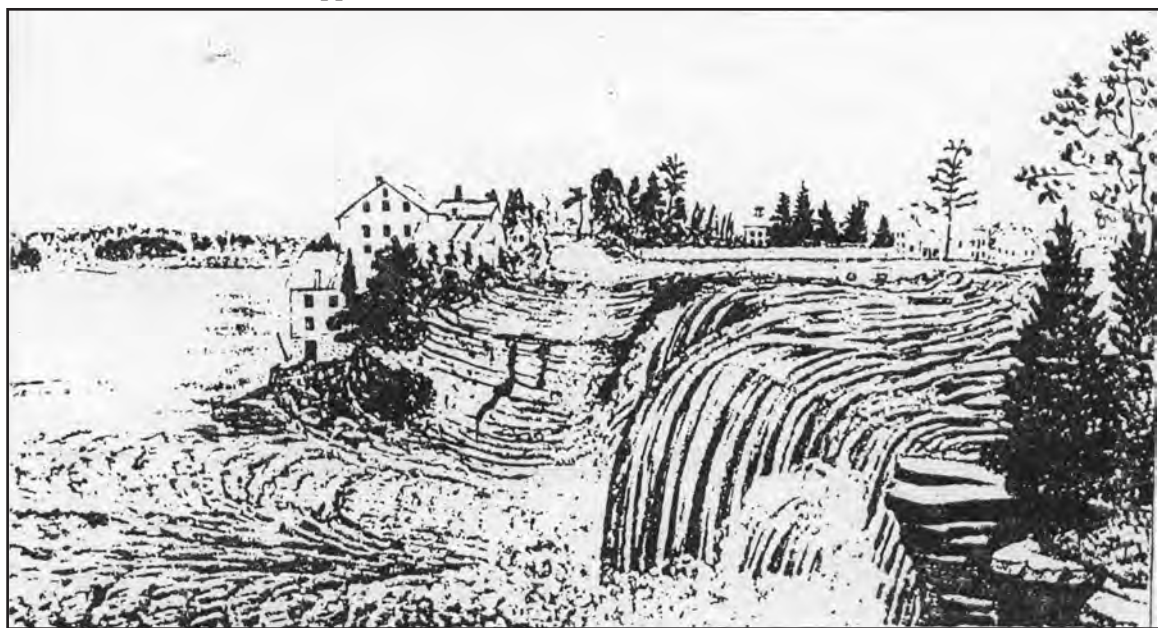
He also found time for public life, as a member of Bytown's first municipal council, and later as a member of the Upper

time of Confederation, new ones, such as Curries' planning mill and sash factory had opened. Probably because of MacKay's carding and fulling mill and woolen factory, there were two tailors in New Edinburgh by 1873. In this period, the Carleton County Atlas listed a shoe shop, a blacksmith and two foundries - Bannerman and Powers and

distillery - were the reason for enacting all those by-laws about the operations of taverns when the village of New Edinburgh was incorporated in 1867. MacKay was a Presbyterian, not a Methodist, so he would not be above sampling his own wares.

One tribute which tells us much about his life style was written by Andrew Wilson:

He was a straightforward, upright, honourable man; he was a plain, humble man, quite accessible even to the humblest. Nevertheless he had a dignified bearing, and knew his place as a gentleman. He was an Elder in the Scotch



Honourable Thomas MacKay's Mills, Distillery, etc. and part of New Edinburgh, Rideau Falls. Sketched in 1845 by Thomas Burrowes.

Canada House of Assembly and of the Legislative Council. He also supported the building of railroads, the improvement of roads and incorporation of the Bank of Montreal.

Thomas MacKay died in 1855 at the age of 63 but he will be remembered in New Edinburgh as long as the streets bear his name and those of his wife, Ann Crichton, and his four sons, John, Charles, Alexander and Thomas. However, the family name did not survive, as two of his sons drowned near New Edinburgh, one died in India on army service and one of consumption, when attending Queen's University.

The industries started by MacKay survived, and by the

Caledonia - in New Edinburgh. MacKay's complex had included stave-making machinery and in 1875 there were a stave factory and a cooper at Rideau Falls.

Today it is difficult to picture New Edinburgh as a hive of industrial activity, but perhaps these plants - especially the

Church, and on a Sabbath even would be heard the songs of melody floating on the breeze from his dwelling, Rideau Hall.

This story was taken from Ethel Proulx's scrapbook of early 1970. Mary Peck, a longtime resident of the Burgh, is now deceased.

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St. Brigid Gift Fair a Huge Success

By Penny Thompson

The 2nd Annual St. Brigid School Christmas Gift Fair was a huge success. \$3,500.00 was raised for the St. Brigid School Council which will ensure that every student, regardless of financial need, is able to participate in all school

visitors who brought canned goods to kick off our Christmas Hamper food drive.

A record number of volunteers contributed to the success of the event from the parents who distributed flyers, to the bakers and volunteers who

The Fair hosted more than two dozen gift vendors selling a variety of interesting items including: original art, stained glass, hand-painted table runners, wildlife photography, Christmas crafts, custom jewelry, knits, scrapbook supplies, books, calendars and more. Vendors enjoyed the fair a great deal and many expressed a desire to return next year. A large portion of the earnings were made at the Silent Auction. Thank you to our many donors who provided gift certificates, art, concert and hockey tickets, gift baskets, workshops, craft items, Irish whiskey, and Australian wine to name a few. The organizers would like to specifically thank the following businesses; KidSensation-all, Ontario Travel Guides, Discovery Toys, New Edinburgh Pub, Devon Wadden-Remax, Jill Alexander - Official Artist of the Ottawa 67's, Cosbie Fine Art of Canada, Lumière Festival - Crichton Cultural Community Centre, Beauty Mark Esthetics, Rockcliffe Park Community Centre, Piccolo Grande, High Tops Clothing, La Boulangerie du Village, James St. Feed Company, The Irish Embassy, A Better Frame of Mind, Waste Management, Lester's Barber Shop and, last but not least, Avis Car and Truck Rental (Gladstone and Kent). Our sincere thanks to the Rockcliffe Community Centre and Lindenlea Community Centre for allowing us to borrow their tables. We could not have held this event otherwise.



Some of the wares that were on offer at the Christmas Gift Fair at St. Brigid School.

programs. In addition, \$172 was raised for Canadian Breast Cancer Society and \$200 for the PC Children's Charity via the Gingerbread Workshop provided by the Gloucester Upstairs at Loblaws Cooking School. Kudos to the many

took a shift at either the Bake Sale table, Prize Tree or those who signed up for clean-up. Students from both Grade 6 classes took shifts in the Tea Room while across the hall a parent volunteer operated the busy popcorn stand.



Fern Hill School Principal Elizabeth Milligan with Grade 6 students Mark Bitar and Andrew Burnet.

Young Leaders at Fern Hill School

By Rosemary Crane

The Grade 5/6 class of Fern Hill School set aside their urge to build a snow fort during the first real snowstorm of the year. Instead they picked up snow shovels and began clearing snow from the walkways and driveways belonging to neighbours near the school on Vaughan Street in New Edinburgh.

This is the kind of responsibility and commitment to the community that we are seeing from this group of young people. Since September these future leaders have been setting a wonderful example for their younger classmates. They have been busy leading the school's recycling program; reading to younger students as

part of the school's Reading Buddies program as well as organizing a Christmas hamper, filled with gifts and food, for a disadvantaged family in the neighbourhood.

Much of this new wave of young student leadership is a result of the programs established by the school's new principal, Elizabeth Milligan. Ms. Milligan has been stressing the importance of responsibility and leadership at school assemblies. The school's unofficial motto has become "At Fern Hill School we can make a difference".

Find out more about the Grade 5/6 leadership program and other new initiatives by contacting principal Elizabeth Milligan at 746-0255.

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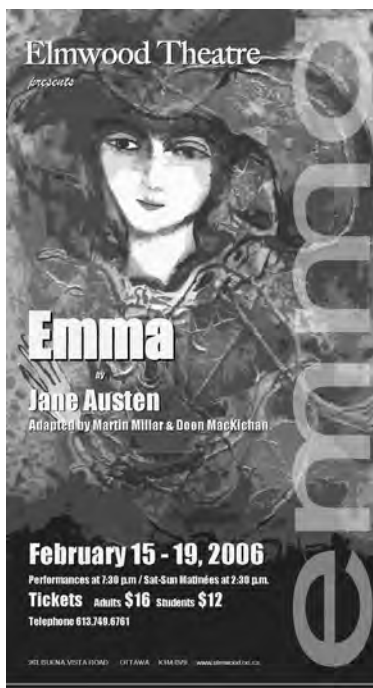
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Elmwood Theatre Presents *EMMA*

When Elmwood School teacher and director **Angela Boychuk** came upon a new, lively and somewhat cheeky adaptation of Jane Austen's *Emma* in a small bookstore in Stratford, Ontario, she was drawn to the possibility of the real-life author engaged, on-stage, with her principal fictitious character.

In this play, written very much with women in mind, playwrights Martin Millar and Doon MacKichan have happily intertwined fact with fiction by juxtaposing elements of Austen's real life with the characters in her novel. Of all the characters she created, Emma was apparently a favourite of hers, as much for her imperfect qualities as for those which make her a romantic heroine. Emma sets out to do good but is unable to achieve her goals, principally because she is motivated by her own conceit and selfishness. One cannot help but love and be annoyed with Emma. This makes her deliciously human, especially for student actors who are themselves exploring their own youthful understanding of social morality.

Featuring a cast of 34 students, Elmwood Theatre also welcomes **Dr. Mohammad**



Mahin in the role of Mr. Woodhouse, Emma's father. Woodhouse is just one of several colourful characters found in this story, but he is particularly endearing because of his own bumbling pre-occupation with the on-going state of his health and that of others. Dr. Mahin, Elmwood's senior physics teacher, may be enjoying his debut with Elmwood Theatre, but in actual fact he is already an accomplished actor as well as a noted painter.

The play is a bit of a romp, which may succeed in unseat-

ing the true connoisseurs of Jane Austen's novels. For a young cast, the challenge lies in finding the energy, the precision, the wit and the speed inherent in this unabashed comedy, a story which is still relevant because of its universal themes related to romantic and filial love.

Elmwood School is proud to present *Emma* from **February 15 to 19** in the Auditorium Theatre.

Showtimes:

Wednesday, Feb. 15: 7:30 pm
Thursday, Feb. 16: 7:30 pm
Friday, Feb. 17: 7:30 pm
Saturday, Feb. 18: 2:30 pm & 7:30 pm
Sunday, Feb. 19: 2:30 pm

For further information about Elmwood's production of *Emma*, or to inquire about tickets, please contact Elmwood School at (613) 749-6761, ext. 245.



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Ottawa residents, ages 18 and older are invited to enter the Ottawa Public Library's 20th Annual Adult Short Story Contest. All short story genres accepted. Entries may be in English or in French. Enter once or often, just remember the contest deadline is **Tuesday, Mar. 14, 2006**. Contest guidelines are available at all Ottawa Public Library branches and the bookmobile, on the OPL website at www.library.ottawa.on.ca/english/story or by visiting your local branch or bookmobile. To be eligible, entries must follow contest guidelines.

Authors of the first, second and third prize-winning stories in both English and French receive cash awards of \$500, \$250 and \$100 respectively. Winners and honourable mentions will be announced at the Ottawa Literary Awards Ceremony held at the Library and Archives Canada on Thursday, May 25.

Childhood in the 21st Century

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Hurried and worried: does school have to be stressful?

Tuesday, January 24, 7:00 – 8:30 p.m.

Society today often expects children to perform at levels far beyond what is appropriate for their age. This includes excessive academic demands that actually threaten a healthy development rather than giving an edge in life. Hear how many teachers and child psychologists are beginning to question these expectations, advocating a less stressful approach to education.

Meeting the needs of boys at home and in the classroom

Tuesday, February 7, 7:00 p.m. – 8:30 p.m.

Many parents and teachers are concerned about the growing number of boys that are receiving learning and behaviour difficulty labels at school. Learn how to meet the needs of boys at home and the classroom in ways that provide for them to grow and thrive in a healthy manner.

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Ottawa City Council's Year End Environmental Report Card: A Failing Grade

By Jane Heintzman

In the flurry of pre-Christmas activity, many readers may have failed to note that in its final budget deliberations in December, City Council took yet another step to undermine its capacity to provide much needed leadership in the realm of environmental protection and stewardship. Hard on the heels of its failure to approve a bylaw restricting **pesticide use** and foot-dragging on the introduction of **city-wide Compost Plus collection** to make possible the achievement of Ottawa's waste diversion targets, Council elected to cut the 2006 budget for the city's planned air quality and energy conservation initiatives, and to remove staff positions required to develop and co-ordinate community environmental programs.

These planned initiatives flowed originally from the **Environmental Strategy** which Council approved in 2003 to provide a framework for responsible environmental management in both the Corporation and the wider Ottawa community. The framework included commitments to

- reduce greenhouse gas emissions by 20% relative to 1990 levels;
- incorporate environmental factors into City decision making;
- demonstrate and promote environmental leadership;
- adopt an ecosystem management approach to new and existing development, and
- monitor and assess progress on all these fronts.

In January 2005, Council followed up these worthy under-

takings with the adoption of an **Air Quality and Climate Change Management Plan** setting out specific measures to assist in the achievement of its greenhouse gas reduction targets, measures whose success depends heavily on the widespread participation of Ottawa residents, organizations and businesses. While the City has made significant headway on the Corporate side since 2003, much less progress has been achieved in educating and persuading the wider public to adopt more responsible environmental practices, a step which is essential to the achievement of vehicle pollution and greenhouse gas emissions reduction targets, but which requires the commitment of more resources than Council has yet been prepared to allocate.

Regrettably, while Council has talked a good game, the City's Environmental Management Unit and the recently announced Environmental Sustainability Division, the departments charged with following through on these environmental commitments, have been seriously under-resourced and under-staffed since the adoption of the strategy in 2003. These budget and staff cuts for 2006 are a crowning blow, undermining City staff's significant efforts to date on the **Air Quality and Climate Change Management Plan**, the **Emission Reductions Strategy**, the **Smog Action Plan** and a variety of partnerships which were in the works as a basis for funding these initiatives.

On December 18 at the

eleventh hour in the budget deliberations, a memorandum from the Ottawa **Environmental Advisory Committee** urged that Council reconsider its decisions on the cuts which amounted in total to a comparatively modest \$1.4 million (representing less than \$2 per Ottawa resident in 2006). Though the Committee stressed that this minimal investment would result in future savings for both energy costs and health care which would far outweigh the proposed expenditures, its motion was ultimately crowded out by a raft of other higher profile appeals, and once again, the environment plummeted to the lowest ranks of this Council's political priorities list.

Apparently the enjoiner to "think globally and act locally" carries little weight at City Hall, as many Counsellors reportedly took the view that the environment is a federal responsibility and that city resources should be reserved for other purposes. In fact, as the evidence suggests south of the border where 195 major cities across 38 states are actively working towards a **U.S. Mayors' Climate Protection Agreement** designed to meet ambitious greenhouse gas reduction targets, environmental protection is overwhelmingly a *local* responsibility as well as the job of national governments. It is in fact the responsibility of *all* of us: organizations, businesses, individuals and governments alike.

There are no A's in evidence on the City's Environmental Report Card for the past year, not even an E for Effort. Sadly it seems unavoidable to assign a clear F for Failure: a poor performance indeed for Canada's capital city, and one which must not be forgotten when the November election rolls around.



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Late Winter...Early Spring, sketch by Martha Markowsky.

Spring is the Journey

By Douglas Cornish

Spring is the journey all Canadians dream of taking each year, a journey towards the sun. When the winter sojourn is over and even though spring is a yearly occurrence, it's a period of renaissance, a literal re-birth: out of the cold, white, windswept, barren landscape is breathed life. The birds return, and sing. The trees will transform themselves from skeletons, to elegantly clothed creatures. Spring flowers (probably the loveliest flowers of any season) will miraculously burst from the cold, dark earth. Nature's creatures are suddenly busy. There is so much to do after the deadness and inactivity of winter.

Spring is nature's incredible way of telling everyone that the winter isn't the final say on the way things will be. Spring is the eternal optimist, bringing promise to all. Akin to a newborn child, spring is the hope of humankind. Out of chaos comes order and beauty. Out of despair comes light and hope. Spring is the new order. Spring is the new world. Spring is the new way.

For me the miracle of spring is the "softness". There's no other way to describe it. The hurly-burly gusts of winter have finally petered out, and winter has (and not always gracefully) succumbed to spring. Winter has been laid to rest. The youthful spring has been declared the victor. There seems to be more time in the spring. The days are longer, the sun is stronger, the walks are longer, the bicycles are back on the road, the chats in open door cafés linger. The

doors of business establishments and homes are left ajar. This "softness" is welcomed freely. This soft air is never questioned, nor is it a cause for anger. Like a soft, pure, innocent baby, no one shows malice towards the spring season. No, not even the ski-tow operators, for they know that their off season is a time to reflect and build for next year and, and even play some golf.

Without spring there would be no progress. Without spring there would be no inspiration. A world without spring would not be livable. Spring is our second chance. We can replant our dreams. We can begin anew.

In spring we can renew old acquaintances. Neighbours have been hibernating. It's in springtime when we meet again by the old neighbourhood fence, or in the back lane, or by the river, or lean on the car in the drive, or stop half down the middle of a quiet out of the way street for a chat. Time seems to lengthen in the spring. There's more activity in the spring. There's a whole new, expansive sky spread out before us in the spring. The sunrises are inviting, the sunsets warm and longing. Spring is for cleaning and clearing and

moving and changing directions. Spring is for sprucing up.

The beginning of spring also marks the beginning of doubt. Is it really spring? Is spring really here to stay? Weather patterns, especially these days, are unpredictable. Is there a point where one can definitely say, without the shadow of a doubt that, yes, we are in the season of spring. Would future snow on top of future tulips constitute spring? Does the collective will of the people influence these matters? Can we assume it's spring just because the future calendar date says it is, and just because the solar and lunar calendars decree?

Spring is an important benchmark on our mental landscape. It should be all smooth sailing from here. I've always thought that the calendar year should begin with spring, because it's a good place to start. "The year began with spring", would be a good slogan! Soon we will begin our wonderful journey. Welcome spring. It will be a pleasure to see you. It will be a delight to know you. Come and stay, and warm our hearts and lift our tired spirits.

Douglas Cornish is an Ottawa writer.

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For the Birds



By Jane Heintzman

While it must be admitted that **house sparrows** (which incidentally, are not sparrows at all, but rather members of the **weaver finch** family) constitute the overwhelming majority of the bird population in the trees, bushes and feeders of the Burgh, we hope that most readers will have encountered at least few more interesting feathered visitors to their backyard feeders in the course of the past two months since our first report in December.

Our **nyjer** feeders have been successful in attracting **house finches** and **pine siskins**,

though I continue to wait for our first visit from the **redpolls** which were around in abundance in previous years. True to their billing from **Lynn Smyth** of **Birders' Corner**, the nyjer feeders are of no interest to either squirrels or pigeons, and are a tranquil island of neutral territory in the war zone of our sunflower seed feeder where **black capped chickadees**, **nuthatches**, **house sparrows** and the occasional aristocratic **cardinal** vie noisily for the lion's share of the black seed. If you are using sunflower seed, Lynn's advice for dealing with the plague of **pigeons** is to stick with **caged feeders** or **small feeders** on which these weighty pests are unable to get a purchase. Check out the **Duncraft** series of feeders and squirrel/pigeon baffles at www.duncraft.com.

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Cooper's Hawk

exciting visitor to our backyard feeders was an immense and menacing looking **Cooper's Hawk** which sailed into the garden through a stand of pines and parked itself ominously behind a cedar bush, just out of sight of an unsuspecting crowd of busy house sparrows. This impressive predator, which has the height and bulk of small to medium sized dog, is apparently well-known as the scourge of backyard feeders during the winter months, when it bulks up on a diet of small birds (which presumably are even more appe-

tizing when freshly filled with black sunflower seed). In the end, our visitor was unsuccessful in his mission, as my clumsy attempts to get a closer look at his tail feathers drove him off with empty talons.

Across the road in the Rideau River, a flock of a dozen **hooded merganser ducks** braved the cold and the encroaching ice well into the first week of December. The group was an arresting sight, not unlike an aquatic parade of uniformed soldiers with their distinctive black and white "helmets" and regal bearing. Quite often, the entire flock could be seen upended, with only a dozen backsides visible while the icy waters were combed for food.

Immediately across the road from my front door, a large **pileated woodpecker** has been industriously rooting out carpenter ants from the remains of a dead tree which the City cut back but did not remove earlier in the Fall. The combination of his flaming red crest, his squeaky chipmunk-like cry when in flight, and the insistent tapping of his powerful beak make him hard to miss, even for novice birders like me.

Lynn suggests that readers whose winter travels take them through rural areas should be on the lookout for flocks of **snow buntings** which gather in open fields to bathe and burrow in the snow for warmth, and which appear from a distance like leaves tossed about by the wind.

Judith Gripton of **Avon Lane** ruefully reported on a recent bird-related incident which seems eerily reminiscent of Alfred Hitchcock's famous 60's thriller *The Birds*. Judith's house is densely cov-

ered in grape vines which she and her husband carefully prune and cultivate, and which produce a yearly crop in the late fall/early winter which she harvests for the preparation of grape jam and jelly. Alas that crop never saw the light of day this year, as a swarm of marauding **grackles** (or **starlings**, she wasn't altogether sure which) swept in shortly before the planned harvesting, and utterly denuded the vines (here's a whole new dimension to "home invasions"!) Confirming evidence of the theft was soon provided by Judith's near neighbours whose environs were left liberally splattered with bright blue bird poop.



Snow Bunting

Signs of Spring

For those who are eagerly awaiting the first signs of spring, the return migration will begin next month. According to Lynn, the first birds to reappear at some point in March are the **horned larks** and the **red-winged black birds** so keep your eyes peeled for these harbingers of warmer weather. In the meantime, please take the time to send in your own bird reports to share with other readers:

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St. Bart's Welcomes New Rector: The Reverend Sharon Schollar

In early January, the Congregation of St. Bartholomew's Anglican Church was delighted to welcome its new Rector, the Reverend Sharon Schollar who conducted her first Sunday service on January 8, and was officially inducted on Wednesday, January 25. Sharon had been Associate Priest at the Church of St. John the Evangelist since 2001, and prior to that had served in a joint appointment as Rector at St. James, Gatineau and Priest Assistant at Christ Church Cathedral.

Before deciding to pursue her call to the ministry in 1987, Sharon had a first career in the field of law. She graduated from Osgoode Hall Law School in 1974 and is a member of the Ontario Bar. Inspired by a serious interest in questions of social justice, Sharon entered the political realm where she worked in the offices of a Prime Minister, a Leader of the Opposition and a number of Cabinet Ministers before shifting gears and launching into theological



St. Bartholomew's new Rector, the Reverend Sharon Schollar.

studies at Saint Paul University here in Ottawa. She was ordained in 1990 by then Archbishop Edwin Lackey. Since then, Sharon has pursued graduate studies in social ethics at Harvard Divinity

School and returned briefly to the political arena in the mid-1990's.

Of special importance to the congregation at St. Bartholomew's is Sharon's strong interest in communities, and in the central role of St. Bart's as a community church. This interest has deep roots in her history of involvement in town planning issues in Toronto in the 1970's, when she became a disciple of internationally known writer and activist, Jane Jacobs.

We join with the community at St. Bart's in warmly welcoming Sharon to the church and to the neighbourhood at large, and hope that the charms and challenges of New Edinburgh and environs combine to make this a rewarding and memorable appointment!

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Introducing Bullfrog Power: A Clean Power Alternative

By Jane Heintzman*

For the growing number of Ottawa residents who are concerned about the environment, there are lots of consumer choices out there: energy efficient appliances; compact fluorescent light bulbs; hybrid vehicles; organic foods and “green” products of all descriptions. Until recently, however, “clean power” was not one of them. In order to keep our lights on and our appliances operating, Ottawa Hydro was the only retailer on the market and the possibility of a greener option had never even occurred to most of us.

Electricity production is currently the largest industrial source of air pollution and carbon emissions in the province, particularly coal-fired plants which top the list in emissions of greenhouse gases, sulphur dioxides and oxides of nitrogen. When Ontario consumers exercise their new "green option" and switch to Bulfrog Power, their electricity payments will go exclusively to clean, renewable power providers who are not contributors to this noxious emissions cocktail, and who have the potential to significantly reduce the health and environ-

this year. A single large scale turbine can generate enough power to serve 350-500 homes, and since it is estimated that switching 200 households from coal-fired to wind generated electricity reduces greenhouse gas emissions by 2,000 tonnes a year, the expansion of the Ferndale facility has the potential to have a significant environmental impact.

The remaining 80% of the Bullfrog power mix is EcoLogo(M) certified “low impact hydro” which meets rigorous federal criteria requiring, for example, protection of indigenous species, habitats and fish migration patterns, and compliance with standards related to head pond water levels, water flows and water quality.

One word of reassurance: the switch to Bullfrog does *not* mean freezing in the dark if the wind stops blowing. Subscribers continue to draw their power from the provincial grid as they always did, but when they pay their monthly electricity bill, their hard-earned dollars will go exclusively to green power providers and in the longer-run, will help to bring more “clean” electricity on stream in Ontario.

Not surprisingly, there is a premium to be paid when you switch to Bullfrog. The cost of clean power is about 8.3 cents/kwh, (vs. the current 5-

Source	Ontario System Mix	Bullfrog Power Mix
Wind Power	Less than 1%	20%
Low Impact Hydro	2%	80%
Nuclear	38%	
Coal, Oil and Gas	37%	
Other Hydro	22%	

Since last fall, however, that picture has changed dramatically. On September 28, 2005, Toronto-based **Bullfrog Power** leapt on to the market to become Ontario's first 100% green electricity retailer. Bullfrog buys its power exclusively from **wind** and **low impact hydro** generators which meet or exceed the federal Environmental Choice Program EcoLogo(M) standards for renewable energy.

mental impacts of the industry.

At present, **wind power** accounts for 20% of the Bullfrog system “mix” and the company recently announced a power purchase agreement with **Sky Generation Wind Turbines**, an EcoLogo(M) certified wind power generator located in Ferndale on the Bruce Peninsula. The partnership will help to finance new wind turbines which are expected to come on line later



Wind power generators like these account for 20% of the Bullfrog system power mix.

5.8 cents/kwh) or about \$1 a day more for an average household. Over time, however, this margin should narrow significantly as provincial rates go up (which they are scheduled to do in May), and as increased demand for green power results in production efficiencies and new technologies which lower its relative cost. It really is, as the company claims, a **“virtuous circle”**: more clients, more demand, expansion of capacity in the green power industry, a lower clean power premium and a significant step towards a healthier environment.

As many readers may have noted in local newspaper and radio reports, in late November, Bullfrog expanded

its reach to the Ottawa market where **Phil** and **Laura Jackman** of nearby **Fairhaven Way** were the first clients to sign up. The Jackmans, who have been actively concerned about the environment for many years, explained that they “were looking for something tangible to do on a personal level to help combat climate change. Choosing Bullfrog Power is one way for us to contribute to a solution. And the more of us that make that decision, the bigger the difference we’ll make-together!”

Interested readers should check out the Bullfrog website at www.bullfrogpower.com. You'll find answers to all your questions about switching to Bullfrog, except perhaps one: where did the name come from? The bullfrog was in fact chosen as the company name and symbol for three reasons: bullfrogs are green; they are an important environmental "indicator species" and they have a powerful voice despite their small size!

** I need to declare “up front” that my nephew Tom Heintzman is in fact the President of Bullfrog Power. This is how I first learned about the company, but not why I chose to bring it to the attention of the community. This exciting new clean power option stands on its own merits and will, I hope, be of interest to all households who have a lively concern about our energy future in Ontario.*



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Demystifying CPP and Disability Insurance

By Sandra Fraser

Recently, a local disability advocacy organization, **SanDouglas Health Care & Associates Inc.**, won a CPP appeals case that had been repeatedly denied until it finally reached the Pension Appeals Board Level. The individual was a government employee with all the consummate benefits who became disabled due to Fibromyalgia. After the two year point, the insurance carrier cut off her payments on the grounds that she was not disabled from doing other kinds of work. SanDouglas appealed the case and won the claim from the insurance company. While awaiting the decision on the appeal with the insurance company, a CPP application form was completed, and after three years CPP determined that the individual was disabled from doing any kind of a job. Sandouglas then used this

to convince the insurance carrier that the disability was "total" and the client will now receive many thousands of dollars in retroactive payments.

The moral of the story: apply for both benefits at the same time.

Another client was receiving WSIB but since his back wasn't getting any better, WSIB said they were going to cut him off unless he went back to work. His pain was excruciating and so he would take pain pills just before work, then at noon and spend his lunch time lying in the back of his car, limp back to work to try and finish his shift. As soon as he got home, he went to bed to rest up for the next day. He didn't know about the three month work trial period, and so pushed himself to work beyond the three months. He also didn't know he could apply for private insurance.

Because he pushed himself to work beyond the three months, he needed to start a new claim with the insurance company and start a new waiting period.

Moral of the story: Don't be a hero, but do find out about your rights.

Sandra Fraser has over 10 years of experience helping people with different kinds of disability insurance issues.

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Did You Know?

- CPP also provides disability benefits?
- EI provides 15 weeks sick benefits?
- It is possible to collect EI, WSIB, Private Insurance, & CPP disability benefits all at the same time?
- Your private insurance carrier may not be providing all the insurance coverage you are entitled to receive?
- Just because you are denied benefits doesn't mean you are not eligible?
- You don't need a lawyer to fight your case?
- It is possible to win a claim from CPP the first time around?
- Often mistakes are made in the calculation of benefits and you could conceivably have thousands of \$ owing to you?

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Still Cruising; Christmas in the Cape Verdes

By Heather Bacon
SV ARGONAUTA 1

When last I wrote I thought that our passage to the Caribbean would be over by the time the February issue of NEN appeared. Indeed it may well be, but a January 10 deadline obliges me to write from the other side of the Pond. We realized that it would be unwise to rush the season, considering the many and violent hurricanes of 2005. Besides, there are tempting and attractive places on this side of the Atlantic.

Graciosa Island, our sub tropical paradise in the Canary Islands, was a very special place. As well as its natural

It is hard to leave, but there are always surprises around the corner. We visited two more islands in the Canaries and found the visits worthwhile.

Lanzerote is a volcanic island whose terrain resembles a moon landscape; It was fascinating to drive past acres of volcanic rock created as lava flowed from the cone to the sea. A remarkable architect, César Manrique, designed his home over five volcanic cones. I liked the swimming pool he had incorporated into the underground design.

Rubicon Marina was like a mirage in the desert: elegant shops, a huge pool exclusive to marina residents, plethora of

word of their betrayal and share how a private developer literally bulldozed over their concerns.

"How dull this ease of Lotus Land"...we would have lingered much longer in our beloved Graciosa. But had we done so we would probably have suffered serious damage. This particularly violent storm season did not go out with a whimper. We were safely, we thought, tucked away in the marina in Las Palmas when another rogue storm, **Delta**, wreaked great damage on the Canary Islands. Tenerife suffered most. Power was out for two days, boats were wrecked and a century old landmark, the Hand of God, lost a fingertip. Hugh and David stood watch all night but despite their vigilance our WIND vane was damaged as it bashed the dock. In Rubicon, where we had been last, WINDS reached 70 knots and in idyllic Graciosa the dock where we had tied up was ripped away. Had we stayed we would have experienced much discomfort and, quite possibly, serious damage. It is ironic that we spend much concern planning passages and scoping out anchorages, yet we are not safe even when tucked into a marina!

Las Palmas, Gran Canaria, in contrast to our isolated islands, was a hubbub of traffic, commerce and tourism. But it was useful to do provisioning and search for boat stuff. Hugh managed to have some serious repair work done (remember the dearly departed WIND generator?) I was sent on missions through the back streets of the town in search of esoteric objects. My Spanish is expanding. I can eat well and order five varieties of meat vac packed and frozen. I have never mastered nor understood vocabulary such as MANUAL POP RIVETER and it is very difficult to mime the words in a shop dominated largely by macho men with little sense of humour.

Now we are anchored off the

coast of Africa, on the island of Boavista. We decided to come to the Cape Verde Islands in order to shorten the Atlantic crossing and to visit an area that still holds the charm of the not yet exploited. These islands are African, under Portuguese jurisdiction in the past; the charm of the exotic tempered by quite civilized living conditions. On shore, stone mosaic streets remind us of the Madeiras. Women carrying water vessels on their heads are reminiscent of the African continent. There are beaches to rival the most magnificent I have seen, including my beloved Kawana Beach in Mooloolaba. These beaches

DAS DUNAS VILLAS, BOAVISTA!! But take their shuttle bus into town and see the "real life" of the village. We would come back for a vacation. Like Graciosa it is a place that grabbed our imagination.

CHRISTMAS away from home is always a bit of a conundrum. Does one try to replicate the trappings of tradition or pretend that it is just another day? We compromised. Christmas on the beach was fun. But I could not resist bringing out the caviar and champagne which has been our personal tradition over the years. And, despite my promise to David that he could have comfort food: (KRAFT DINNER, what else?) I cooked up a creative red and green pasta



BEFORE: The quiet fishing village of Berrugo.

attractions, there was the special novelty of warm ties among cruisers. Unlike the Med, where there was little rapport among sailing yachts, we once again struck up quick friendships with fellow cruisers who are all, essentially, going the same way. Brits talked to French, Anglo Canadians partied with Quebecois; it was a microcosm of the United Nations. Best of all, we met the same friends again at following ports. When we left our last marina ten cruisers, representing five countries, waved us off. This was enough to bring tears to MY eyes. I bond with any place where I have spent more than a week. This is one of the hard parts of cruising. I am forever saying "Goodbye".

restaurants, all housed in new edifices constructed to replicate the architecture of the "real Spain of forty years ago". It was a kind of Disneyland in above average taste. The location was impressive but not without its darker side. In the shadow of an ugly **Bowlerama** was a touching memorial. A fisherman's house, a fishing boat with a black flag and a sign: "Once a beach stood here. The town of Berrugo died for THIS." The village fought development hard, but lost. Even the name of the village has been erased. I visited the site prepared to help with a financial donation, the most facile way a transient can. To my surprise, the former residents are not asking for money. They simply want to spread the



AFTER: The Rubicon Marina is a "kind of Disneyland in above average taste."

are virtually deserted, though a few discreet resorts, Italian run, have cornered the market. Ominous cement apartment hotels, all in construction, presage development that might cast the blight of Spain's Costa del Sol on this fragile paradise. I, ever pragmatic, enjoyed my afternoon at the pool and restaurant of one resort which has managed to retain dignity in spite of touristic ambitions. Want a holiday in a hot new place, still undiscovered and reasonably priced? Check out PARQUE

on Christmas Eve and a truly delicious rolled stuffed turkey breast on Dec 25. Tradition dies hard.

Waiting for weather, (WIND is a 4 letter word!!) we will cross the Big Pond early in January. See Yah!!!

Hugh and Heather Bacon, former residents of the Burgh, left the Caribbean in 1997 in their yacht ARGONAUTA I. As of the publication date, they have crossed the Atlantic and are less than 90 miles from completing their circumnavigation.



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Canada's Newest Crime Fiction Writer Comes to Books on Beechwood: *Conduct in Question* by Mary E. Martin



Mary Martin at Books on Beechwood with owner Jean Barton (left).

By Julie Swettenham

It was a dark and stormy night . . . when Canada's newest crime novelist, **Mary E. Martin**, was at Books on Beechwood to launch her debut novel *Conduct in Question*.

Martin is a Toronto lawyer who has been writing "ever since her last child was out of diapers." And her legal background shines through in *Conduct in Question*, a fast-paced, gripping whodunit set in Toronto. And it's more. It's also an intelligent novel with complex characters and depth. The protagonist, Harry, is a lawyer like Martin. He is a thoroughly decent, likeable

man of middle age—a man who tries to do his best and make moral decisions—who is caught in several personal and professional crossroads.

He becomes involved in a suspected murder case when one of his oldest, dearest clients is discovered dead at her home several hours before an appointment with him to alter her will. The woman's death brings Harry into contact with members of her dysfunctional family, all of whom, like Harry himself, are struggling in various ways to find happiness and make good decisions in life.

Martin manages to weave several plots into this very sat-

isfying novel. Suspected murder is one plot, and money laundering and urban development are two others. *Conduct in Question* also probes the large questions that all of us face at some point in our lives. What constitutes success? How important is money? When is it right to make change or to stand your ground?

I have to confess that I've never really been a fan of crime fiction. As a self-confessed literary snob, I always felt the genre was beneath me. But when a friend lent me *Conduct in Question*, I couldn't put it down. I was caught from the first page. Dinner was late more than once, homework unsupervised, and my husband had to have conversations with himself until I reached the final page. And, speaking of the ending, men in particular will love the final romantic scene—surely a male fantasy—while women will be amused.

Have I piqued your interest?

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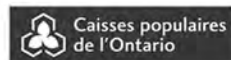
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MacKay Street Epicuria's Winter Recipe: Soup's On!

By Heather MacLachlan

I have been asked to contribute recipes to the New Edinburgh News on an ongoing basis. I would like to think that I can create a dialogue with members of the community, and build up a series of recipes that will help you create fun meals for your family, loved ones and friends. I want to simplify and facilitate your life. I'd like the recipes to be seasonal and interesting.

The advantage to cooking in the coldest of days is turning on the oven to produce warmth and wonderful aromas. Who doesn't want to be drawn to the kitchen, to share a glass of wine and enjoy conversation while stirring a pot of soup? Soup can be a meal with lots of flexibility. It can be eaten at any time of day, on the run or quietly late at night after a movie or an invigorating skate on the canal. Pair it with bread

and cheese, and you can transform yourself into a culinary hero.

There are some basic rules to making soup that teach you about cooking and can be



added to your repertoire of culinary knowledge, excelling you into the chef category! Fine flavour comes from careful preparation of seasonal ingredients, a long slow gentle cooking process and quality

stock.

In January and February, we look to winter vegetables (onions, carrots, squash, turnip, fresh and dried mushrooms) and dried legumes for inspiration. Almost all soups begin with the same instruction: chop the onions and cook in butter until translucent. Chopping the onions finely is important for flavour and if the soup is not being pureed at the end, then it is particularly important for ensuring that the soup can be easily eaten with a spoon (big chunks of onion can be messy). Adding a little sugar to the onions while they are cooking adds a certain sweetness that is natural to this vegetable and again enhances the flavour. Leaving the onion to cook very slowly at this initial stage is important. Leave the lid off and let them gently simmer. A good heavy pot is essential, one that will distrib-

ute the heat evenly. If your pot has an annoying dark spot on the bottom that seems to always burn, then the heat is being drawn to that spot whenever you cook. After adding the vegetables and stock to your onion mixture, the more slowly the ingredients come to the boil, the better your bowl of soup will be. So be patient, keep the heat low and let it come slowly to boiling point. Often a recipe will call for potato instead of flour as a thickener, a much better means to an end. Just let it boil and allow the natural starch to thicken. If you make your own stock, so much the better. If you use a prepared stock (not the end of the world), a powdered stock helps control the strength, intensity and of course saltiness.

With these points in mind, here this month's recipe:

Mushroom and Potato Soup

1 cup dried porcini mushrooms
3 cups water

Place the mushrooms in a saucepan with the water, bring to a boil and simmer gently for 30 minutes. Strain the mushrooms, reserving the cooking liquid. Coarsely chop the mushrooms and set aside.

½ cup butter
3 medium onions, finely chopped
3 leeks, finely sliced
3 cloves of garlic, minced
3 ribs of celery, finely sliced
1 large carrot, finely chopped

Melt the butter and add the onions; cook gently for 30 minutes (add 1 tsp sugar after 15 minutes). Add the rest of the ingredients and continue cooking over gentle heat for another 30 minutes.

1 pound of fresh mushrooms, thinly sliced

Add the fresh and dried mushrooms. Continue cooking for another 30 minutes.

3 cups chicken or vegetable stock

Mushroom soaking water
5 large potatoes chopped into large dice

Meanwhile, combine the above ingredients in a second pot and cook until falling apart, almost overcooked as the potatoes should then be roughly processed. This is most effectively done using a hand blender. The blender processes from rough to smooth in a minute so take care. If you like smoother soups then blend this completely. Combine both mixtures in one pot. Bring back to the boiling point on low heat and simmer gently for 15 minutes. Add:

1 cup whipping cream and 1 cup milk

Taste and season as you wish with salt and freshly ground pepper. You may also wish to add some fresh herbs. Chopped fresh thyme is appropriate.

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Commissions welcome



**New Edinburgh
Rink Schedule
2005-2006**

MONDAY	CLOSED
TUESDAY	4 - 9 pm
WEDNESDAY	4 - 9 pm
THURSDAY	4 - 9 pm
FRIDAY	4 - 10 pm
SATURDAY	12 - 9 pm
SUNDAY	1 - 6 pm

Proven Performance in the New Edinburgh Since 1986



Burgh Bulletin Board

Friday, Feb 3, 7:00 pm

OPENING RECEPTION for *We are all strange birds*, an exhibition and sale of recent work of Toronto artist Julie Liger Belair at the DALE-SMITH Gallery at 137 Beechwood Avenue. Admission is free.

Friday, Feb 10, 8:00 pm

DEBUT JAZZ CD RELEASE Kim Kaskiw, a Lindenlea-based Voice Coach and accomplished jazz performer will release her debut jazz CD, *Shades of Love*, in the National Archives Auditorium at 395 Wellington Street. Tickets for the event are \$20 each and are available through Ticketmaster (www.ticketmaster.ca)

Saturday, Feb 11, 7:30 pm

5TH ANNUAL CANTERBURY STARS RETURN BENEFIT CONCERT at Barrie Alexander Auditorium (Canterbury High School) 900 Canterbury Avenue. A fabulous Variety and Visual Art Show featuring Canterbury's finest alumni, including internationally renowned opera singer Shannon Mercer. All proceeds go to the Canterbury Arts Centre Development Association, which raises money to keep Ottawa's only high school arts specialty program alive. For Tickets, go to: www.cacda.com or phone 731-0091.

The Centre for the Living Arts

Winter 2006

Art classes with yoga, meditation and breathwork

Courses starting on January 9



Art in Gibberish – Ana Karyn Garcia
Cultivate your no-mind through creativity
Fridays 9:30 – 11:30am

Releasing your Creativity from within – Diana Bates
Explore, play and let your inner treasures emerge
Mondays 1:30 – 3:30pm

Art and French for the young – Diana Bates
Express your creativity while speaking French
Tuesdays 4 – 5:30 pm

Painting colour and light – Diana Bates
Enter the magical world of colour, create paintings full of light
Wednesdays 9:30 – 11am

Creative with Clay – Helena Schonning
Feel the joy of being creative from within using clay and colourful glazes
Mondays 9:30 – 11am & 8 – 9:30pm

Fun with Clay for children – Helena Schonning
Get to know what it is like to work with your hands, using real clay. Make and glaze your own pieces, then bring them home.

Fridays 4 – 5pm, 4-6 yrs, 5-6pm, 7-10yrs

Chi Kung – Aliya Ombiga
The healing Tao System, practise exercises to open meridians and meditation to connect your 5 elements.
Tuesdays 9 – 10:30am & Wednesdays 7 – 8:30pm

Moitié/moitié – Diana Bates & Diana Magill
French/English conversation Salon.
Thursdays 7 – 8:30pm

Sadhana – John Yazbeck
Tuesday & Thursday 6am



Centre for the Living Arts, 63 Beechwood, 741-1737

Wednesday, Feb 15, 7:00 pm

PARADISE FOUND LECTURE SERIES: *Virginia, Vita & Sissinghurst*
Paradise Found is pleased to announce an annual lecture series on Gardens of the World, premiering in Ottawa in 2006 with British garden themes. This innovative new series will expand the traditional approach to horticulture lectures by cross-referencing art, biography, literature, history, and culture. Centrepont Theatre \$50/lecture or \$100/series of 3 contact@paradisefoundlectures.ca (613) 261-3333

Saturday, Feb 18

FERN HILL FUNDRAISING AUCTION
Army Officer's Mess on Somerset Street. For more information call the school at 746-0255

Wednesday, Mar 15, 7:00pm

PARADISE FOUND LECTURE SERIES: *Jekyll & Lutyens*
Centrepont Theatre \$50/lecture or \$100/series of 3 contact@paradisefoundlectures.ca (613) 261-3333

Ongoing

SUPPORT FAMILY LITERACY and buy a Nevada ticket from Maximum Convenience on Springfield Road. They're only 50 cents and you might win \$300 and at the same time provide much needed funds for the ALSOcares programs in Vanier, Lowertown and Sandy Hill.

AMATEUR MUSICIANS WANTED

Adult string players, intermediate level. We are forming an ensemble in a private home in New Edinburgh. E-mail inbing@yahoo.ca or call Christine at 745-1854.

HELP SUPPORT CHILDREN WITH AUTISM and their families by bringing in your ink cartridges and old cellular phones to Jolicoeur Home Hardware for recycling. Any donation to 'Million pennies for the Angels' will also help in our goal of creating programs for families with children with autism. You are invited to visit the web site angelswautism.org for further information.



Classified Ads

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

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

ENERGY CONSERVATION SPECIALIST and experienced handyman. Call Jacques at 256-3935.

RETIRED school principal available to assist you with shopping, appointments and other light chores. Have vehicle. Reasonable rates. Call William 241-5139.

PORTRAIT COMMISSIONS by Ana Irondo de Bryson. I can also paint a picture of your house or street. Visit my studio where you can choose from a variety of media. Call 740-0489. Website: www.AnaIrondodeBryson.CJB.net.

LINDENLEA HOUSE FOR RENT: 3 bedroom, fireplace, AC, 6 appliances, garden, deck, garage, finished basement, security lighting, ample storage, \$1750 /mo, March 1 741-4029.

LOVING NANNY AVAILABLE
Part-time (Mon, Tues, Weds), your home, into natural health, yoga for children teacher, speaks English and a little French, has nanny and other childcare experience. Available to start Feb '06. Call Lisa: 274-3369 lisaakshaw@yahoo.ca

DOG WALKING and sitting. (Cats too!) Emergency and regular walking, Pet behaviour consultations, investigations and pet bereavement counseling. References. Liba Bender, 746-4884.

CREATIVE WRITING SERVICES by published author. Are you planning to write your memoirs or a novel? I will help you to get started and will assist and guide you from the opening sentence to the final word. Wordprocessing, proofreading, editing, ghostwriting, fact checking. Call Ingrid McCarthy 741-6084; www.ingridmccarthy.com.

Did you Know?

New Edinburgh has a community website.
Check it out at: www.newedinburgh.ca.

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Burgh Breezy its

Calling all new parents: Please send us baby pictures of our newest community members born in 2005 for the NEN baby edition in April. By email: jarecsni@hotmail.com.

New arrivals

Scott and **Juliann Reynolds** and big sister **Cameron** are pleased to announce the birth of **Rachael**, born on November 3, weighing 9lbs, 6oz. The Reynolds moved to Crichton Street in June.

Margaret Baer and **Jaime Opazo** welcomed their 4th son on Nov. 21. **Kieran Alejandro** was born at home and is brother to **Daniel**, **Aidan**, and **Andreas**. Perhaps they have plans to start their own soccer team?

A wonderful Christmas present to **Mike** and **Josee** of Ivy Crescent; a baby boy **Owen Michael**, born December 27, 7lbs, 11 oz.

Andrew and **Joni Hamlin** of Noel Street are pleased to announce the birth of **Scott**, on December 20. Scott weighed in at 7lbs 14oz.

Christine Jolicoeur, of Jolicouer Home Hardware is pleased to announce the birth of her first grandchild, **Madeline Grace** on December 23, 8lbs 2 oz, to her oldest son **Benoit** and his wife **Julie**.

Congratulations to **Kerry Buck** and **Michael Pearson** of Ivy Crescent on the birth of **Euan John Pearson**, a 10lbs not-so-little brother for **Mieka**, **Miaja**, and **Meaghen**, on Nov 18.

Congratulations to **Brian**, **Gillian** and big brother **Ross** who are overjoyed with the birth of **Alice Isabella Wansbrough Torrie**. Alice was welcomed into the world on January 3, 2006, tipping the scales at an impressive 9lbs 11 oz. Aunt **Susan** and cousin **Laura** of Noel Street are looking forward to nurturing the diva we all know Alice is meant to be!

Celebrations

The neighbourhood seems to be settling down after a busy and fun filled holiday season. Things even seem to be calming to a dull roar over on Noel Street where the season seemed to be the source of much merriment!! However neighbours still caution, beware of **wild Newfoundlanders** baring Tequilla!!



Brian Torrie at age 5. Too bad your mommy doesn't dress you anymore.

Lordy Lordy look who's 40!!! **Brian Torrie** of Ivy Crescent has now passed the great divide. Thanks to his friends and neighbours that helped him make the passage and numb some of the pain at the Pub.

Soon-to-be demi-centenarian (figure that one out) **George Parkanyi** will be celebrating his coming of age later this month.

Farewells

Peggy Grace has left Vaughan St., after many years in the neighbourhood. She and her late husband **Pat** raised their four sons, **Pat**, **Mike**, **Leo** and **Jimmy** here and Peggy and her sons who visited frequently will be missed on the street.

Deadline for the next issue of the New Edinburgh News is March 10, 2006

newednews@hotmail.com

Goodbye to **Louise Crosby** and **Dr. Evan Potter** of Crichton Street who have bought a house in the Glebe. Louise continues to write the "vegetarian" column in the Wednesday Citizen and always leaves her readers with a chuckle.

Warm Welcome to...

... **Boris Jacouty** and **Alexandra MacKenzie** who are the new owners of Louise and Evan's house.

... **Eric** and **Claire Dickson**, and their dog **Miles** (named for the amount he has traveled - all the way from Taiwan via London, England) and congratulations on your upcoming wedding in Puerto Vallarta in March. We will be thinking of you as we dig out our driveways!

... **Sengmany Phommachakr** and **Dr. Nicolas Chagnon** and their two children, who are the new owners of Pauline Bogue's house, also on Crichton Street. Pauline has taken up residence on Dufferin Road.

... **Trevor Elliott** who recently purchased a townhouse on Vaughan Street.

... **S&L and family** who recently moved from Rockcliffe into **P&S's** former place by the river. The old house may be a bit drafty but the neighbourhood is warm and welcoming!

Condolences to ...

... the **Sankey family** on the passing of **Judy Sankey** of Victoria Street in December. David and Judy are longtime NECA supporters and have been involved in a number of park activities over the years.

... the **Parker family** on the passing of Sharda's father in Katmandu. Our thoughts are with Sharda at this difficult time.

Kudos

Charlesfort Developments received an Award of Merit for the Crichton School Redevelopment in the Urban Infill category. The award was presented by the City of Ottawa at the Ottawa Urban Design Awards ceremony in November.

Rockcliffe Park Public School grade 4 student **Andrej Vukovic** of Mackay Street came in 2nd in a national essay and art contest held by Heritage Canada. His entry for the competition was an essay on Mary Ann Schadd, a Black Canadian writer/newspaper publisher of the Underground Railroad. Good job Andrej!

Thank you to the **McConkey family**, the **Thompson family**, the **Illman family**, the **Hardy family** and all the volunteers who made this year's Skating Party a BLAST!

The Burgh is On Line!

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

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



Log on to the Life of Our Community: Pay us a visit and send us your questions, comments and suggestions about possible new features and information you'd like to see.

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

www.newedinburgh.ca

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