

NEW EDINBURGH NEWS



February 2008

www.newedinburgh.ca

Spring Rideau River Clean Up Set for Mother's Day, May 11

By Jane Heintzman

With several months of winter still ahead of us, the health of the Rideau River is very far from the top of the agenda for most of us. Not so, however, for the core group of **Urban Rideau Conservationists**, a NECA-sponsored working group who took charge of the annual Rideau River Clean Up event last year, and not only attracted a record number of volunteers for the Mother's Day clean up effort, but also expanded its boundaries up river as far as Hog's Back. While **Catherine Canning**, our energetic and capable Project Coordinator in 2007, is currently living abroad in England, her brother **Martin**

Canning has gamely stepped in to play a leading role in the organization of this year's event, along with NECA stalwarts **Gemma Kerr** and **Jim Watson**.

While planning for Clean Up Day is still in its early stages, here are a few of the key decisions taken to date:

Rideau River Clean Up Day will once again be held on Mother's Day, which falls this year on Sunday, May 11: mark your calendars now!

There will be **at least three clean up stations**, one of which will be the **Fieldhouse at 193 Stanley Avenue**, and organizers are tentatively con-

Continued on page 30

In this issue...

Burgh Business Briefs	Page 8
Burgh Business Marketplace	Page 38
CCCC Update	Page 18
CCCC Programs	Page 20
For the Birds	Page 24
How Green is Our City?	Page 14
Kyoto: The Role of Government	Page 26



Photo: Garth Gullekson, Darlington Mediaworks

Local resident Annie Paquin and friends engaged in a lively game of tug o' war at the recent Winter Carnival held at Stanley Park.

Community Weighs In on Proposed Development for Stanley Avenue

The New Edinburgh Community Alliance (NECA) was busy at work again on the evening of Wednesday, January 9. Approximately 80 neighbours came out to a community meeting hosted by NECA to hear a presentation and join in a discussion about a proposal to redevelop the property at 132 Stanley Avenue (the corner of Queen Victoria Street). The meeting, intended both to inform neighbours and get their feedback, was opened and closed by NECA President **David Sacks**, and chaired by **Inge Vander Horst**, Co-Chair of NECA's Heritage & Development Committee. **Richard Levitan** of LARCO Homes and **Debbie Belfie** of D. G. Belfie Planning and Development Consulting Ltd gave an overview of the project, and then answered questions. Councillor **Jacques Legendre** was also in attendance and fielded some questions.

LARCO Homes' proposal is to demolish the existing 1959 bungalow and build six town-

houses in its place. One house would front on Stanley Avenue and the remaining five would face Queen Victoria Street, stretching from Stanley Avenue to River Lane. Each unit would have a double car garage, accessed by a single, one-way driveway running along the back of the property with cars entering from Stanley and exiting onto River Lane. Outdoor living space would be provided by a porch (facing Stanley) and raised balconies at the rear for the remaining units.

The question and answer period ran for an hour and was overwhelmingly negative. Objections and queries raised by the community included:

- The development is too tall (roughly 5 feet higher than the neighbour at 128 Stanley Avenue, which is currently one of the tallest homes in the immediate vicinity).
- The development is too dense. It leaves almost no green space on the lot.

- What, if any, special protection does the Heritage Conservation District offer for this space? (See article on page 4 for more on this.)
- River Lane is too narrow to handle the increase in traffic from 12 parking spaces.
- Headlight glare from exiting cars would have a serious negative impact on the neighbour located on the corner of Queen Victoria and River Lane.
- The exterior design is unattractive; some neighbours requested a more original design.
- The setback along Queen Victoria is too small, meaning that these homes will be much closer to the street than other homes on Queen Victoria
- the scale of the proposal is out of character with this part of the neighbourhood which is composed entirely of singles, semi-detached homes, with only one row of three homes.

Continued on page 17



View from Queen Victoria of Larco Homes' proposed development for 132 Stanley Ave.



NECA President David Sacks Reports

On a blistery cold January 2, you may have noticed blue posters up suddenly around the burgh, announcing a Jan. 9 public meeting on a major development proposed for 132 Stanley Avenue. That meeting—run by NECA Heritage & Development Co-Chair **Inge Vander Horst**, and organized by her and the committee on a month's notice—was a model of how NECA serves our community, routinely and free of charge. The meeting was well attended and well run, if emotionally tense, and offered a chance for many concerned residents to exchange views with the developer. (For a full account, see the NECA Heritage & Development report, at right.)

Since Jan. 9, Inge and others at NECA have received a stream of emails and phone calls from residents, offering thanks or opinions or requests for information. Also, the meeting was reported in CanWest's Ottawa newspaper *The Now EMC Ottawa East* (Jan. 17), thus bringing wider attention to the Stanley Avenue proposal and to neighbours' concerns.

The New Edinburgh News

What better newspaper to run this item? NECA board members **Gemma Kerr**, **Karen Squires**, **Jim Watson**, and myself are currently working with *New Edinburgh News* editor **Cindy Parkanyi** and others to finalize the establishment of an NEN advisory board. The board will help guide the paper through the day-to-day work of planning and reporting stories, selling ad space, and production. The goal here is to allow the paper more flexibility in its daily operations while retaining it as a NECA publication, indeed, as NECA's most visible presence in the burgh. It is hoped that by February or March official terms of reference for the NEN board will be approved by NECA.

Traffic Calming

NECA remains unhappy about the volume and speed of traffic through our streets, especially at evening rush hour when motorists race for the Macdonald-Cartier Bridge. In response, our Traffic Calming

Committee, chaired by board member **Julie Sunday**, has drafted a letter to the city, urging four practical measures to address the problem. But before we send the letter, we'd like your input: Please read our draft version, under **Traffic Calming** on page 3. If you'd care to comment, go to the New Edinburgh website, www.newedinburgh.ca; click on "Discussion Groups"; then click on "General Discussion"; and choose the "NECA Traffic Calming Letter" topic. In your message, please include your name and home address, so that we can "map out" your concerns!

NECA Progress Report

Founded in 1989, NECA is still evolving. To help us focus on possible improvements and additions, we've commissioned a "NECA Progress Report," now being carefully drafted by board members **Gemma Kerr**, **Philip MacAdam**, **Dilshad Macklem**, and **Karen Squires**, under charge of **Paul McConnell**. Due to be finished early this spring, the report will address questions ranging from NECA's basic mandate to how to streamline our board meetings. We anticipate that the report's recommendations will help NECA stay vital to New Edinburgh for years to come.

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.

Meetings are held on **Mondays** at the Fieldhouse, 193 Stanley. Changes will be posted on bulletin boards at the Fieldhouse and 200 Crichton.

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

February 18, 2008

March 17, 2008

April 21, 2008

Your NECA Representatives 2007-2008

Andrew Kerr, 749-5260	webmaster@newedinburgh.ca	Webmaster
Gemma Kerr, 745-7928	necapres@magma.ca	Past President
Madelien Lang, 741-8370		Friends of NE Park
Dilshad Macklem, 746-3951	ndmacklem@gmail.com	Heritage & Development
Paul McConnell	paulmcc@magma.ca	
David Sacks, 740-0650	dsacks1776@aol.com	
Ernie Smith	ernie4smith@yahoo.ca	
Julie Sunday, 744-8224	julie.Sunday@gmail.com	Traffic Calming
Ex officio:		
Michael Histed, 741-1660	mhisted@uottawa.ca	Neighbourhood Watch
Joanne Hughes, 745-2742	cccc@bellnet.ca	CCCC Program Co-ord.
Jacques Legendre, 580-2483	jacques.legendre@ottawa.ca	City Councillor
Cathy McConkey, 746-0303	cjmconkey@sympatico.ca	Community Council Co-Chair
Cindy Parkanyi, 745-8734	newednews@hotmail.com	New Edinburgh News
Johan Rudnik, 749-2811	rudnick.johan@ic.gc.ca	CCCC President
Brian Torrie, 747-7951	brian.torrie@rogers.com	Community Council Co-Chair

Open House Keefer Street Combined Sewer Flow Regulator and Infrastructure Upgrades

The City of Ottawa invites you to attend an open house to discuss the proposed upgrades to the Keefer Street Combined Sewer Flow Regulator. Also included in the project is the rehabilitation of sewers, watermain and roadway along Keefer Street (between Crichton and Stanley Streets).

The City of Ottawa is upgrading several of its sanitary sewer regulators in the downtown core. One of these regulators, the Keefer Regulator, located under the roadway at the intersection of Keefer Street and River Lane, will be upgraded as part of this project. The purpose of the project is to improve operator access for maintenance and upgrade equipment to better manage flows in the combined sewer system. The project will also include the integration of a real time control system for more efficient operation of the regulator, which will further reduce combined sewer overflows into the Ottawa River.

The City of Ottawa invites you to the open house, in order to:
Review the proposed plan and objectives; and
Document any questions and/or concerns you may have with respect to this project

You're invited:

Tuesday, February 5, 2008

5:30 to 8:30 pm

Presentation at 7:30 pm with Q&A to follow

St. Bartholomew's Church, 125 MacKay Street, Ottawa, ON

Representatives from the City and the Ward Councilor (Ward 13) will be available to discuss the project and answer your questions. Your feedback is an important part of the consultation process. Community participation can influence the final recommendation, and your valued input will be documented and incorporated into the project file.

Comments regarding the project should be submitted by Friday, February, 22 2008 and directed to:

Randy Dempsey, P. Eng.
Sr. Engineer Infrastructure Projects
Public Works and Services, Infrastructure Services branch
City of Ottawa
100 Constellation Ave – 6th Floor Ottawa, ON
Tel.: 613- 580-2424, ext. 14102
Fax: 613-560-6064
E-mail: randy.dempsey@ottawa.ca

Draft Traffic Calming Letter to the City

Editor's Note: The following letter is being presented to the community for feedback. To comment, go to the discussion board on the community website: www.newedinburgh.ca.

We are writing to provide an update on the recommendations of the New Edinburgh Community Alliance for traffic calming measures in our neighbourhood. Specifically, we would like to bring to your attention four specific actions that would help to alleviate current traffic problems in the community and serve as an extension of the 1997 Traffic Calming Study (currently on file with the city).

While many of the measures suggested in the 1997 study remain valid, there are also a number of new pressures on the neighbourhood that require a response. Namely, there is currently a much higher concentration of traffic—a situation that will only become more pronounced with the proposed and ongoing developments at:

- 100 Landry (773 units)
- The apartment block at 280-282 Crichton Street (39 units)
- The condos under construction at Dufferin and MacKay (27 units)
- The potential development of Rockcliffe Airbase (4500 units)

This makes a total of nearly 5300 new residences in the area, with over 800 either in or within one kilometre of New Edinburgh.

Additionally, the ongoing construction at King Edward and the failure of the St. Patrick/King Edward intersection at rush hour have created a situation where Quebec-bound traffic has increased its use of the neighbourhood (in particular, Crichton Street) as a corridor during rush hour. This has rendered a very problematic situation even more so.

Given these new pressures, we as a community have identified traffic calming priorities for New Edinburgh. These priorities are in line with the principles endorsed by NECA to prioritize pedestrians and bicycles over cars in the neighbourhood.

1. A speed hump and cross walk in front of the park at Stanley Avenue

Rationale: Traffic has a tendency to travel too fast through this stretch of road, jeopardizing the safety of children visiting the park.

2. "Local Traffic Only" signs in two places: where the Vanier Parkway turns into Crichton at Beechwood, and at MacKay at Beechwood

Rationale: To address the appreciable problem of Quebec-bound traffic cutting through the neighbourhood at high rates of speed in order to access the Macdonald-Cartier Bridge. This sort of hurried, aggressive driver looking for a shortcut compromises both the safety and peace of mind of residents.

3. Neighbourhood-wide 40 km/hour speed limits

Rationale: Crichton Street has a building (200 Crichton) which houses the Crichton Cultural Community Centre and the School of Dance and which is frequented by large numbers of children, including from nearby Macdonald-Cartier Academy. Also, Macdonald-Cartier Academy is on Crichton Street and we believe should benefit from the same safety precautions as a public school in terms of lowered speed limits on adjacent roadways. There are seniors' residences on MacKay Street, Crichton Street, and Stanley Avenue. Stanley Park is another area where lower speeds are important, because many families, cyclists, and sports clubs meet there. In general, lowering the speed limit would deter cars from simply using the neighbourhood as a corridor.

4. A stop sign at Keefer Street on Crichton Street

Rationale: To balance the number of stops on Crichton with those on Stanley and MacKay, and limit the use of Crichton Street as a through-fare during rush hour. This measure will help to prioritize pedestrians over cars.

We feel that concentrating on these four inexpensive measures would help to ensure that New Edinburgh's streets remain safe.

New Edinburgh Community Alliance

Thank You Volunteers! Merci les bénévoles!

The *New Edinburgh News* would like to take this opportunity to thank David Horley and all of the volunteers on the residential delivery team for their stalwart efforts to get the *NEN* to Burgh residents *no matter what the weather*:

Route 1 - **Sandra Ferguson**; Route 2 - **Cathy McConkey**; Route 3 - **Isabel Bisby**; Route 4 - **Margo Silver**; Route 5 - **Michelle René-deCotret**; Route 6 - **Kirsten Ahamud-Gawel**; Route 7 - **Veronika von Nostitz-Tait**; Route 8 - **Celine Amdur**; Route 9 - **Daniel**; Route 10 - **Raymond Dubuc**; Route 11 - **Phillip McAdam**; Route 12 - **William Beddoe**; Route 13 - **Anne Haas**; and Route 14 - **John Cox**.



Deadline

for the next issue of the
New Edinburgh News

March 10

Send articles to:
newednews@hotmail.com

Send ads to:
nen-ads@hotmail.com

NEW EDINBURGH NEWS

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

Publication dates: Oct. 1, Dec. 1, Feb. 1, April 1, June 1
Deadlines: Sept. 10, Nov. 10, Jan. 10, March 10, May 10

The *New Edinburgh News* (NEN) was established as a non-profit community newspaper in 1976 and is published five times a year by the New Edinburgh Community Alliance (NECA) and supported by its advertisers. The *New Edinburgh News* is distributed free of charge by volunteers to residents of New Edinburgh as well as to area schools, libraries and local businesses. Views expressed in the NEN are those of contributors and do not necessarily reflect the views of the editorial staff, the publisher or the advertisers.

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

Advertising: Brian Holland
Tel: 613-257-7762 / 262-4299
nen-ads@hotmail.com

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

Breezy Bits: breezybits@hotmail.com
Distribution: David Horley, 613-745-6156

Submission Guidelines: Articles, photos and letters to the editor may be submitted to the Editor. The Editor reserves the right to edit for length, content and legal considerations. Submissions selected for publication will be published in both a hardcopy and an electronic version. Letters to the editor must include the writer's name, address and phone number to be considered for publication.

Electronic publication: The *New Edinburgh News* is also made available online at the *New Edinburgh* community website: www.newedinburgh.ca.

Printed in Renfrew, Ontario by Ottawa Region Media Group,
a division of Metroland Media Group Ltd.

Nice Legs, Great Body.

That's what you get when you make your wine with award winning, high quality products at **HOP 'N VINE**.

It's easy to craft affordable, personalized wines that you'll be proud to share with your friends and family.



Great wine is yours for the making
at

HOP 'N VINE
BRINGING HOME THE ART OF MAKING WINE

5360 Canotek Rd. (Montreal Rd & Shefford) 613.748.1374

Heritage & Development in New Edinburgh

By Inge Vanderhorst and Paul McConnell

Heritage & Development Committee Co-Chairs

February is "Heritage Month" in Ottawa, and New Edinburgh enjoys more heritage than most other local communities. When the Rideau Canal was completed in 1832, Thomas McKay encouraged the workers to settle on his estate just east of the Rideau Falls. The settlement thrived as an industrial and commercial centre, but these activities declined in the 20th century and residential expansion took place.

Although many of the earlier mills, factories, houses, and stores have disappeared, a remarkable number of original buildings survive today. We have a rich diversity of architectural styles and building types. Houses of different design and age successfully coexist, creating the attractive residential "streetscapes" characteristic of New Edinburgh. Many of the older buildings are exceptional and the City has awarded heritage plaques to seventeen properties in the Burgh. Equally important, a City heritage reference list identifies over 150 buildings that contribute to the heritage character of New Edinburgh.

In the late 1970s, however, residents started becoming concerned about the demoli-

tion of original buildings and the unsympathetic appearance of new infill construction. The special historic character of the neighbourhood was at risk. How could it be protected? So began a long process that ultimately led to the creation of the New Edinburgh Heritage Conservation District in 2001.



What is a Heritage District?

It is a particular geographical area that has been officially recognized by the City and the province as having important architectural and historical significance that merits special protection. The heritage designation takes into account the overall combination of the scale and design of properties, the green space, the lanes, the look of the streets, the history, the ambience, the character of the neighbourhood. The Heritage Conservation District (HCD) doesn't encompass all of New Edinburgh; its boundaries are based on those of the original village when it was

formally incorporated in 1866. It runs from Dufferin Road to Sussex Drive, and from Stanley Avenue to MacKay Street. This is the traditional core of the old village, with a strong concentration of early original buildings.

Why Bother? Benefits and Drawbacks

Establishing the HCD is not simply done with a vote in Council. It is a major undertaking, requiring by-laws, historical research, architectural surveys, and lots of input from the community. But it is worth the effort. Recognizing and protecting our heritage helps promote a sense of community and maintain the quality of our environment. Heritage offers a perspective on what has been accomplished in past times and is a legacy to preserve for future generations.

Within the HCD, protection of the heritage is provided by extra controls over demolition, alterations, additions, replacement garages and porches, as well as infill construction. All such work is intended to comply with a set of guidelines put in place when the HCD was created. Owners and developers contemplating major changes need to check first with City Heritage staff.

If you live inside the HCD, you do not have to restore your property to its original appearance, you do not need permission for general maintenance such as repainting and repairs, and your property insurance premiums are not affected. However, the success of the heritage designation program depends on the cooperation of residents. Owners are encouraged to preserve the heritage character of their property whenever possible. For exam-

ple, the guidelines direct owners to retain their wooden storm windows where feasible but, if replacement is essential, select a design that reflects the size and design of the originals. Note that the City does have a small Heritage Grants program to assist with approved restoration in the HCD, helping to offset the extra expense this often requires.

Persistence Pays Off

The first discussions of New Edinburgh's special heritage happened back in 1979, when the community first began to feel the pressure of infill and backyard development. City Council identified the need for a heritage review, the intention being to introduce demolition controls and design guidelines that would help preserve the heritage character of the neighbourhood. In 1981, NECA formally requested the City conduct a full heritage review but despite various preliminary reports, not much happened until NECA was able to restart the process in 1997. We salute here the intrepid volunteers of the NE HCD Evaluation Committee led by Barbara Benoit and Gail McEachern. The project was coordinated by Sally Coutts, of the City's Heritage section. After much research, analysis, and public consultation, the NE Heritage Conservation District Plan was finally approved by the City and province in 2001.

Development Problems Solved?

While the HCD Plan is unquestionably valuable, it is not a set of hard and fast rules, but rather guidelines. Proposals for alterations, demolition and new construction are checked by City Heritage staff for compatibility with the architectural and historical

character of the HCD and compliance with the HCD Plan. But the City's Heritage staff and Planning staff can find themselves working towards conflicting objectives. When "intensification" is involved, the Planning staff usually win. Ironically, the distinctive character of New Edinburgh that makes it a very desirable place to live also brings about increased heritage pressure through requests for new additions and infill construction. These are not automatically bad, but many do seem excessively intrusive, out of scale, and uncompromising in design. Gradually, the appearance of the neighbourhood changes, and something special and irreplaceable is lost. Continued vigilance is needed to protect the quality of our heritage environment.

Recognition at last!

Although the heritage designation was granted to New Edinburgh in 2001 and its provisions are actively in place, official recognition of the NE Heritage Conservation District got lost in the shuffle of changes at City Hall. However, when NECA brought this to the City's attention last year, the wheels turned quickly. In December 2007, City Council approved the installation of two plaques in the Burgh that will at last tell the New Edinburgh story. The plaques will be installed in the summer and provide a constant reminder of the special character of our neighbourhood and the need to remain diligent in preserving it.

Paul McConnell
paulmcc@magma.ca
(613)746 4901

Inge Vander Horst
inge@ajk-solutions.com (613)
749 5260

**GELATO
CHOCOLATES
LUNCH
COFFEES**



**Valentines
Day Treats TO SWEETEN
THE HEART OF
THE LOVE IN YOUR LIFE !**

411 MACKAY ST
613-747-1565

55 MURRAY ST
613-241-2909




Buy \$20 in Chocolates and get
ONE 475 ml Gelato **FREE!!**
VALID UNTIL FEB 28th, 2008 **HEY THAT'S A \$6.95 VALUE !**

Buy \$40 in Chocolates and get
TWO 475 ml Gelato **FREE!!**
VALID UNTIL FEB 28th, 2008 **HEY THAT'S A \$12.95 VALUE !**

\$1.00 OFF ALL 475 ML HAND PACKS
VALID UNTIL FEB 28th, 2007

THESE OFFERS VALID AT BOTH PICCOLO GRANDE LOCATIONS
55 MURRAY ST. AND 411 MACKAY ST. UNTIL FEB 28th, 2008.

119



**DR. GERALD GLANTZ
DENTIST
613-741-1021**

New Patients Welcome
Free Parking
Experience and Dedicated Staff

Visa, MC, Interac, EDI
(Electronic Insurance Claims)

Beechwood Ave.



Ottawa City Councillor Jacques Legendre Reports

Downtown Parking – Charges, Extended Hours & New Paid Parking Areas

During the 2008 City Budget debate last December, Councillors Rob Jellett and Maria McRae moved an 'omnibus' motion dealing with numerous user fee and service charge increases. The basis for these revenue options were to be found in Appendix "A" of the summary document entitled "Transmittal Report". Specifically, regarding 'parking charges' several options were advanced:

Option 11: Charge for on-street parking into the evenings (until 9 pm) from Monday to Friday in commercial areas only. (Expected additional revenue \$1.275 Million).

Option 12: Charge for on-street parking on Saturday (8 am-9 pm) and Sunday (8 am-5:30 pm) in commercial areas only. Requires a capital outlay of \$85K for vehicles and equipment. (Expected additional revenue \$0.665 Million).

Option 13: Introduce Pay and Display machines for on-street parking citywide to replace parking meters. Requires \$5.2M of capital outlay. This proposal and the corresponding projections assume that the proposals for paid parking on weekday evenings and Saturday/Sunday have been taken. (Expected additional revenue \$0.480 Million – much more in subsequent years).

Option 14: Increase on-street parking rates to \$3.00/hr from current \$2.50/hr. This proposal and the corresponding projections assumes that the proposals for paid parking on weekday evenings, Saturday/Sunday and Pay & Display have been taken. (Expected additional revenue \$0.755 Million).

Option 15: Introduce on-street paid parking to the Westboro, Old Ottawa South, Hintonburg and Beechwood commercial areas. Requires \$1.288M of capital outlay. This proposal and the corresponding projections assumes that the proposals for paid parking on weekday evenings, Saturday/Sunday and Pay & Display have been taken. (Expected additional revenue \$0.795 Million).

It will be clear that many of these options are linked, that is, their implementation was logical only with other options.

Councillor Leadman and I introduced an amendment that would have delayed the implementation of Option 15 for one year. This would have allowed for proper study of the merits or otherwise of introducing parking where it does not now exist and would have provided the consultation that normally accompanies such a major change. Such was the appetite for additional revenue around the Council table that, even though no consultation had occurred in any of the proposed new areas, the amendment failed on a vote of 7 – 17.

It is now becoming evident that there are unintended consequences in these cases. The application of these measures will be discussed at a special meeting of Transportation Committee on February 6, 2008. In the meantime, application of increased rates and extended hours has been delayed until March 1.

Ottawa Talks - Lansdowne Park Future

Once again, the future vision of Lansdowne Park is up for public debate. This time, you can count on a lot more people having much more to say about what should or shouldn't be included on this historic site. Much has been suggested over past months and years, and the diversity and passion behind these ideas has far from diminished. Where else would you get an assortment of visions ranging from gondolas and farmers markets to football and condos?

Although the timing of starting such a process might be another issue for debate, the recent infrastructure issues with the south side stands sounded a warning that has proven to be the opportunity to revisit Lansdowne Park's current and future role. Neighbouring residents might feel they should have priority in providing input to what happens in their own backyards, but we have to remember that this is a huge public asset that benefits the entire National capital area - and this could be a last chance to get it right.

Over the course of the next 12 months, the City will host a

NEW EDINBURGH NEWS

design competition to entice the best creative talent to help create a bold, new vision for the 40-acre site. Tight timelines will mean a tight public consultation process. However, by using a web-based discussion forum called "Ottawa Talks", the City expects that a far greater number of people will be able to make their voices heard.

The initial process began with an Open House on January 22 with an outline of the competition process, timelines, and public input process. There will be a second facilitated workshop on February 26 to open discussions on site development issues and gather input for the guiding principles for design.

This may be the last kick at the can to be heard. If you have an opinion mark the next few weeks in your calendar and take the time to state your views. All events are being held at the Civic Centre in Salons A and B. The February 26 workshop will be held from 6:30 to 9:30 pm. Visit www.ottawa.ca/designlansdowne to register for the workshop online and add your name to the contact list. You can also voice your opinions anytime starting January 22, on "Ottawa Talks" - a web-based discussion forum.

Comprehensive Zoning By- law moves forward

The harmonization of all former municipal zoning by-laws into one Comprehensive Zoning By-law is intended to make zoning information more easily understood and thereby better guide development in the municipality. One final public meeting on the new Zoning By-law will take place at the end of March 2008, followed by Council adoption of the new By-law in May 2008.

City surpasses corporate greenhouse gas emissions target

The City of Ottawa has surpassed its corporate greenhouse gas (GHG) emissions target. Council received a study of 2004 levels of air contaminants and greenhouse gases which concluded that the City's emissions are down 24%, surpassing the target of a 20 per cent reduction below 1990 levels. As a corporate entity, the City emitted just over 75,000 tonnes of GHG in 2004. The largest sources of emissions were from City facilities (53%) and fleet (28%). The biggest reductions came from waste management, which showed a 71% reduction in emissions through landfill gas conversion, as well as water and sewage operations at

the Robert O. Pickard Environmental Centre where co-generation efforts resulted in a 68% decrease. Other contributors of note include energy efficiency initiatives for streetlights, traffic lights and corporate buildings.

The City also has a commitment to reducing the community's GHG emissions by 20% below 1990 levels by 2012. The study shows that although there are still four years remaining to reach that goal, there has been a 5% increase in community emissions, mostly due to the building and transportation sectors. Greenhouse gas emissions from the transportation sector increased by 15%, due to an increased number of vehicles and a consumer shift from cars to vans, SUVs and light-duty trucks. These larger vehicles emit up to 40% more GHG per kilometre than do cars. On the positive side, the community waste sector saw a decrease of 44% due to landfill gas recovery and diversion initiatives like recycling, composting and the *Take it Back!* program.

The City will be setting new corporate GHG targets in 2008.

Smartcard transit fare pay- ment system approved

Council approved plans to join the Greater Toronto Area Fare System (GTAFS) project to

make its goal of Smartcard technology a reality by 2010. Participation in this project will bring significant savings for the City, reduce implementation risk and make good use of resources already committed to the GTAFS by the Ministry of Transportation of Ontario (MTO). Council approved increasing the budget from \$15 million already in the 2007 budget to \$21 million, although the actual cost will be less than \$15 million due to a \$7 million subsidy from the Province. The City will also be looking for additional money from the federal government to help with the costs of integrating the OC Transpo and STO card systems.

Open House: Keefer Street Sewer Upgrades

Date: Tuesday, February 5

Time: 5:30 to 9:30 pm

(Formal Staff presentation at 7:30 pm)

Location: St. Bartholomew's Church, 125 MacKay Street

Jacques Legendre

Councillor, Rideau-Rockcliffe

City of Ottawa

110 Laurier Avenue West

Ottawa ON K1P 1J1

Tel: 580-2483, Fax: 580-2523

E-mail:

jacques.legendre@ottawa.ca

Web Site:

www.rideau-rockcliffe.com

(Please include a phone number.)




Jacques Legendre

**Councillor
at your service** **Conseiller
à votre service**

Rideau-Rockcliffe

110 Laurier Avenue West • 110, avenue Laurier Ouest
Ottawa, ON • K1P 1J1
Tel./Tél. : 613-580-2483 Fax/Téléc. : 613-580-2523
www.rideau-rockcliffe.com
jacques.legendre@ottawa.ca
General Inquiries / Renseignements généraux : 311



From the Desk of...
Mauril Bélanger
Member of Parliament for
Ottawa-Vanier

Portrait Gallery

I thank the New Edinburgh News for the continued opportunity to share federal news and views with constituents of this community.

On November 9, the Conservative government launched a request for proposals from nine Canadian cities, including Ottawa-Gatineau, to "compete" for the right to host the National Portrait Gallery, which was originally planned for Ottawa. Many will remember that the original plan announced by the Chrétien government was to convert the former American Embassy into an exposition gallery. Despite the many investments brought to this project, the Harper government's move to shut down the original plan is bewildering from a taxpayer's perspective. Furthermore, we learned in early January of this year through news reports that the federal government could save approximately \$2.5 million annually by keeping the

gallery in Ottawa.

There is one National Capital and you can't start emptying it piece by piece. Numerous countries have portrait galleries and they are in their respective national capital. Having said that, I agree that not all government institutions need to be located in Ottawa-Gatineau.

Our City Council approved in early January a package to support bids for the gallery, including exempting developers from over \$400,000 in development charges. In fact, local developers who bid for the new Portrait Gallery of Canada and win will get a break on city fees. Another form of downloading!

I am wary of the process put forth by the Harper government. The only city that has anything to lose in this matter is Ottawa. The National Portrait was to be located here, in the former American Embassy across from Parliament Hill, undoubtedly the best possible location.

Now, after over \$11 million has been spent preparing the building the Harper government pulls the plug and puts up for bid a national cultural institution.

The old U.S. Embassy is expressly excluded from the process, as are publicly owned sites. Indeed the bid documents specify that the land upon which the portrait gallery would be located must be owned or controlled by private interest. This puts Ottawa at a great disadvantage as most if not all of the suitable sites in the core are in the public domain.

I understand the desire expressed by City Council to keep the National Portrait Gallery in the National Capital and I wish them well. I am concerned however that any "Ottawa" or "Ottawa-Gatineau" bid may be used to legitimize a process that never should have been undertaken in the first place. I am not alone in this thinking.

Here is a selection taken from the editorial pages of three Canadian dailies following the November 9th announcement by the Canadian government regarding the National Portrait Gallery:

Globe and Mail, November 12, 2007

National Portrait Gallery: No, it Belongs in Ottawa

"The federal government has decided to plunk the National Portrait Gallery down wherever a developer makes the best bid to build it. (...) The Conservatives may depict themselves as decentralists, but most Canadians will likely dismiss them as philistines. The holdings include more than 20,000 paintings, drawings and prints and four million photographs. This is the world's second oldest national portrait collection; Library and Archives Canada began it in 1872. (...) The United States, Britain and Australia have all chosen to locate their national portrait galleries in their capitals. Britain shares its spectacular collection through a vibrant program of touring exhibitions and short-term loans, but the home of its national treasures remains in London. The Canadian portrait gallery belongs in Ottawa. There should be no bidding war over the nation's heritage."

The Ottawa Citizen, November 13, 2007

Canada is Not a Serious Country
From *Andrew Cohen*, Special to the Citizen

"No need to encourage a capital to be great, to display its treasures, to build fine buildings, to make it a reflection of our excellence. In Canada, which likes to redistribute everything but ambition, let's pit city against city and outsource institutions. This sets an awful precedent.

"Of course, national museums can have satellite installations in other cities, as they do in Britain. Of course, we can build worthy institutions outside Ottawa, as we are in Winnipeg, the future home of the Canadian Museum of Human Rights. But there is a big difference between a human rights museum and a national portrait gallery.

"No, in today's Canada, it is all about cutting taxes, reducing revenues, shrinking government. If you can diminish the national capital, however subtly, if you can play to regional prejudices, however coded, well, go ahead.

"China had cultural revolution; Canada has cultural devolution."

Edmonton Journal, November 14, 2007

What's Wrong with this Picture?

"...But the special nature of a national portrait gallery, as recognized in Britain, the U.S., France, Australia and literally every other country, should live in the nation's capital. This is especially so given our history of two founding nations, English and French. And it must also be noted that portrait galleries, often absolute gems as in London or Washington, D.C. are not mainline 'destination' facilities such as the British Museum, but are welcome additions to a wide mix of larger cultural institutions. A critical tourism mass is important to provide the necessary audience numbers.

"As well, while corporate and individual financial participation is to be solicited and valued in this realm, casting a national museum into the same category as developing an old military base is embarrassing. Certainly a nation as blessed as Canada must draw the line somewhere. Imagine the 'Wendy's - Tim Hortons Canadian Museum of Civilization' or the 'Bombardier National Gallery of Canada'.

"No, as intriguing as privatizing and locating a new national museum in Edmonton - or much more likely, Calgary - might be for some, our national portrait gallery should be owned and housed by the people, in the people's capital."

I agree! The National Portrait Gallery belongs in the National Capital. Let's not privatize our Canadian heritage.

To conclude, I take this opportunity to wish the New Edinburgh community a very happy and prosperous year.

*Mauril Bélanger, P.C., M.P.
Ottawa-Vanier
Official Opposition Critic for
Canadian Heritage,
Francophonie and Official
Languages*

Leo La Vecchia

SALE: 20% OFF

from Jan. 1 to Feb. 29, 2008

on

**Made to Measure
Suits, Sport Jackets,
Overcoats, Pants**

**Ladies & Gentlemen
Finest European Fabrics**

**We also Specialize in
Made to Measure Shirts
(starting at \$130)
and Alterations**

**Enquire about our new line of
custom-ordered ready-to-wear**



**17 Springfield Rd.
Ottawa, Ont. K1M 1C8
(613) 749-8383**

Rent-*A*-Wife Household Organizers

"Every working woman needs a wife!"

- Regular & Occasional cleaning
- Pre & Post move cleaning and packing
- Pre & Post renovation cleaning
- Blitz & Spring cleaning
- Organizing cupboards, basements...
- Perhaps a waitress ???

rent-a-wife-ottawa.com

Laurel 749-2249

Letter to the Editor

Ecology Ottawa Issues Enviro Report Card

It has become clear that the majority of Canadians—Ottawans included—are living completely out of balance with the environment. We are degrading the health and integrity of our planet and we must all assume responsibility and take action to create a healthier ecosystem for future generations.

Governments in particular have a special responsibility since they are the decision making bodies that manage our society, providing direction and leadership. This is especially true at the municipal level, where so much activity directly affects the environment, such as waste management practices, water usage and disposal, energy, public transit and urban sprawl issues.

Ecology Ottawa (a non-profit focused on environmental issues in Ottawa) recently released a report card, in partnership with the local chapter of the Sierra Club, on our mayor and city councillor's environmental performance over the past year, viewed at www.ottawacouncilwatch.ca. The report makes it clear that overall City Hall is not taking the environment seriously. As a resident of Ottawa I want to see my city councillors and mayor do much, much better.

In particular, Mayor O'Brien's performance is very troubling. While he did support some environmental initiatives, his overall performance signifies a serious lack of leadership. Out of eight environmental votes, O'Brien supported just five of them. This is not sufficient given his leadership position on council. His efforts and strength are needed to support decisions to reduce the environmental impact of Ottawa. Our city should act as



a positive example that other municipalities can follow. Instead, we are being left in the dust as other cities move ahead on addressing significant issues such as climate chaos.

O'Brien's environmental voting record put him near the bottom 25% of all city councillors. Most of his pro-environment votes were for motions that passed by acclamation and required zero leadership.

The report shows that O'Brien opposed financing for Ottawa's Climate Change and Air Quality Management Plan, voted against reducing unnecessary vehicle idling, and failed to support a two percent cap on public transit fares, all important initiatives that would help combat climate chaos.

Despite O'Brien's weak performance some councillors are making a strong effort to put the environment at the forefront of the city's agenda, including Councillors Cullen, Bédard, Bellemare, Deans, Doucet, Holmes, Legendre and McRae, all of whom received an A+. The rest of the marks indicate a mediocre performance for much of the Council, including Councillors Brooks, Derochers, El-Chantiry, Hunter and Thompson, who all received a D.

Although the overall performance at City Hall is poor, there are several councillors that deserve special mention for their high marks. City councillor **Jacques Legendre** is one of them. He earned an A+. This man, along with his other A-list colleagues, is helping to ensure that strong environmental decision-making is not lost at City Hall. Mr. Legendre voted in support of all of the environmental votes that were presented to City Council last year. As a resident of the city, I am very proud of the fact that my environmental concerns are being properly represented at City Hall, and I encourage Mr. Legendre to continue his good work.

We'll be watching.
Trevor Haché
Ecology Ottawa board member



By Michael Histed

Tools at your fingertips

Congratulations to all of us. The number of break and enters continues to decline, in particular compared to this time last year. Let's, however, build on that good news with a look at some tools we all have at our fingertips to help protect our homes. After all, the only acceptable number of break and enters is zero.

One of the most useful tools is offered by the Ottawa Police. They provide home owners with a Home Security Inspection program that is completely free. Using proven crime prevention principles, New Edinburgh residents can learn how to make their home safer by phoning the Rockcliffe Community Police Centre to make an appointment at 613-236-1222, ext. 5915.

At your request, police representatives visit your home (house, condo, apartment, etc.) to provide a safety audit—assessing ways to make your home safer. The audit is based on a checklist, and participants are provided with a booklet that identifies safety improvements, provides crime prevention tips and promotes other crime prevention initiatives offered by the Police Service. The check list is available on the Ottawa Police web site for you to take a look at http://ottawapolice.ca/en/crime_prevention/home_security_inspection_program.

tion_program.

This site also includes other good tips for buying alarm systems, as well as many additional crime prevention tips.

Lighting is another key tool for maintaining safety around your home, particularly during these shorter days. Criminals do not like to be visible and love dark corners. So have exterior lights on timers, or on motion sensors, particularly on your porch or driveway. Inside the home, it continues to be an excellent prevention tool to have at least one light on a timer at night or when you are away on vacation.

Lighting and criminal activity are also important issues when considering new construction. The City is striving for intensification and denser residential areas, however, we must be alert to the risks associated with larger structures, hidden driveways and less visibility.

New Edinburgh is a village within a City. We have been successful in preserving the village lifestyle and culture, as well as preserving the safety of our residents. Let's work together to help maintain the safety of this village/neighbourhood.

Important phone numbers

For a crime in progress: **911**
To report an incident call **613-236-1222**.



A.L. PAINTING

With 20 years of painting experience, Andre lefebvre knows what it takes to do a professional job every time. If it's a small bathroom or the entire house, the job will be done the right way. Why not call Andre today and have him give you a free estimate?

Your free time is valuable.

Don't waste it painting. Let A.L. Painting do it for you. All the work will be completed in a good and workmanlike manner.

Call today **613-794-0778**




Le St Denis: Habitat Urbain

"Over 40% SOLD in 60 Days!"

Model Suite open Sundays 12 - 4 PM
or by appointment

Renovated school loft condos

- 1 bdrm + den, 1 bth, 850 sq ft from \$229,900
- 2 bdrm, 2 bth, 1250 sq ft from \$329,900

New urban freehold townhomes

- 2 or 3 bedroom, 2 1/2 baths
- from \$299,900



Natalie

BELOVIC

Associate Broker • Courtier associé

Direct Line: 613.747.9914
RE/MAX: 613.563.1155
www.nataliebelovic.com



BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Ernest Johnson Antiques: CORRECTION

In our December 2007 edition, we regrettably provided the wrong contact telephone number for Ernest Johnson following his departure from Mackay Street on December 1st. Clients wishing to reach Ernest can contact him at **613-741-8565** or by e-mail at ejohnson@ernestjohnsonantiques.com. For information about his collection, readers may also wish to check out his website at www.ernestjohnsonantiques.com. Our apologies to Ernest for the error and best wishes in his search for a new permanent showroom.

Ambiente

One of our readers was understandably irritated by the fact that our December report on Ambiente's recent distinction in Ottawa's culinary community failed to include any reference to the location of the restaurant. Oops! For others who may be new to the area, the restaurant is located at **101-**

18 Beechwood, at the corner of Charlevoix and Beechwood Avenue (opposite the Loeb parking lot). Bon appétit to all who sample its delights in the New Year!

Bread and Roses Bakery: Back to Business At Usual!

The many faithful clients of Bread and Roses, our much loved community bakery and neighbourhood hub for close to two decades, were devastated to discover that the bakery closed its doors on December 24 and at that point, was not expected to reopen, if at all, until some time in the spring. It was a shock to those of us addicted to the marvelous breads, cookies, squares, cakes and other delectables to start off the New Year without our restorative trips to the familiar, warm, sweet smelling refuge of the shop at **11 Beechwood**.

Owner **Jodi Turner** made the decision to close down the retail operation at the eleventh hour, and with a heavy heart. She loved the bakery and was

deeply appreciative of her small but hard-working and dedicated team of employees whose efforts have helped to keep our community supplied with both staples and sweets of the highest quality. As a Business school graduate and marketing specialist, however, she was forced to take a long, hard look at the finances of her operation, and in the short-term at least, the numbers simply didn't seem to warrant a continuation of "business as usual."

In the past year, the bakery faced significant increases in many of its input and overhead costs, notably a dramatic increase in the price of flour from \$18 to \$29/bag, with specialty grains like spelt flour now at an astronomical \$50/bag. (Interestingly enough, ballooning flour prices are in part attributable to increased demand for bio-fuels such as ethanol, a market development which has led many growers to switch out of



wheat into corn and soybeans.) Given the nature of the bakery business, Jodi had to absorb some of these cost increases rather than pass them through to retail prices, making it a tight squeeze to keep the books in balance.

Compounding the impact of higher energy, rent and ingredient costs, Jodi found that sales for her many varieties of bread and sweet baked goods were extremely variable, making the calculation of quanti-

ties a huge challenge. Added to these vagaries of client tastes were the inevitable "weather events" such as a blinding snow storm, crippling cold or a deluge of rain that dramatically affected the volume of sales from time to time. After such events, large quantities of day old products had to be marked down for sale, and when clients took advantage of these lower prices, the fresh baked goods were once again left on the shelf and the "back up"

WONDERFULLY DIFFERENT!

The ROCKCLIFFE

RETIREMENT RESIDENCE

OPENING MARCH 2008

From the stunning location on Porter's Island to the panoramic vistas throughout the building, The Rockcliffe offers generously sized apartments in a variety of configurations. Choose between studios, one bedrooms, one bedroom plus den, and two bedroom suites, all with kitchenettes. There is as well a full continuum of care in a dedicated area. The Signature Service package is first rate and the amenities are unsurpassed.

Reservations are now being accepted. You are invited to call the Executive Director, Mary Albota RN., at **613-562-3555** for details, or visit her at the site office. She would be delighted to see you.



OPENING MARCH 2008 • www.TheRockcliffe.com

pattern continued. Even in peak times such as Christmas, Jodi found that the actual volume of sales rose very little, but rather that clients were interested in a *different* range of purchases, not larger quantities of them.

The icing on the cost-pressure cake, as it were, was the implementation of new packaging laws which require that baked goods for retail sale which are not baked on the premises be pre-wrapped in shrink wrap, and labeled with a full ingredient listing. While this requirement seems to be only sporadically enforced, compliance with the new rules entails added costs for Jodi in her wholesale sales to other outlets, and goes against Bread and Roses' environmental commitment to minimal use of plastic packaging in its operations.

As I write in mid-January, the picture is considerably more rosy, and indeed, even during the January closure of the retail store, Bread and Roses addicts were spared a complete "withdrawal" from their traditional favourites. While the bread line was temporarily discontinued pending a final decision on when the store would reopen, Jodi continued her wholesale business by supplying cakes, cookies, muffins, scones and assorted other products to a number of other natural food outlets in the community. These include **Herb and Spice** at Bank and Wellington; **Ideal Coffee** on Dalhousie Street; the **Peace Garden** in Time Square in the Byward Market; the **Natural Food Pantry** on York Street; **Rainbow Foods** on Richmond Road; **Hava Java** on Elgin Street and **Morala Coffee Shop** in the Glebe.

The even better news during

this hiatus was that our own **Nature's Buzz** at **23 Beechwood** was added to Jodi's list of wholesalers, and began supplying many of her familiar baked products, so that thankfully, some of our favourite indulgences remained available just a couple of doors down the street. But the best news of all-which will be no secret to readers by the time this paper is in print-is that Jodi has moved swiftly in response to the clamour of customer demand, and plans to reopen the bakery by late January, around the time we go to press. It will be back to business as usual at **11 Beechwood**, with the same wonderful range of baked products, prepared and sold by the same team, including master bread baker **Norbert**, with **Christie** and **Norm** at the ovens to whip up the scones, sweets, cakes, squares and pies we've come to depend on.

We welcome back the Bread and Roses crew. And Jodi, we thank you for your heroic efforts to keep this highly valued neighbourhood institution alive and well. We look forward to more news of developments at the bakery as the coming months unfold, but for the moment, we are simply grateful for the reassurance that all that is familiar at Bread and Roses will remain a part of our landscape on Beechwood. Now let me at those mocha brownies!!

Nature's Buzz: Under New Management!

Not long before Christmas, our local organic and natural food supplier Nature's Buzz, at **23 Beechwood**, quietly changed hands when the store was purchased from the **Patry** family and part-owner **Simon Saab** by **Dale Heins**. Mr. Heins' step-son **Eric Passmore** has



Photo: Peter Glasgow

Nature's Buzz Family: (l to r) owner Dale Heins, Nancy Phillips and manager Eric Passmore.

taken over as the new Manager of the store, ably assisted by his sister **Chelsea Passmore**, and many readers will by now have encountered this personable and efficient pair over the Christmas period.

Eric takes the reins with considerable experience in the natural food business, having worked in an organic food emporium in Montreal to keep body and soul together while he pursued his former avocation as a rock musician. His stint with the Montreal store was particularly useful background for his current position, as he formed part of a team which built the business from the ground up, studying the market for organic meat and

produce, and tracking down the finest suppliers of organic products.

In his new role at Nature's Buzz, Eric's first objective is to focus on organic meats, fish and fresh produce, significantly expanding the range of products within all these categories using both existing suppliers and a number of new ones, particularly in the case of meat. If you haven't dropped in recently, the offering of fresh produce is already much more substantial and varied, and our largely vegetarian household has gratefully depended on it to keep us supplied with large quantities of greens over the holiday season. If you're new to Nature's

Buzz, the produce is stored in a capacious walk-in fridge at the rear of the store, so if you don't immediately spot the veggies when you first enter, head for the back and take your pick from an ample selection.

Also in Eric's plans for the new year is an expansion of the organic dairy product lines to include some new varieties of cheese, and (as mentioned in the foregoing report on **Bread and Roses**) the introduction of an assortment of breads and baked goods, including Jodi's incomparable granola, pizzas, squares, cookies, muffins and scones during the hiatus period in January when the bakery was closed. As a new Manager, he is ready and willing to consider input from clients about their product preferences, so if there is something on your list that isn't in evidence, don't hesitate to ask - it may well be on his growing new product list already!

Sunday shoppers will be delighted to know that Nature's Buzz is now open on **Sunday from 11:00 am - 5:00 pm**, with regular store hours remaining unchanged for the rest of the week: **9:00 am - 7:00 pm, Monday to Friday** and **9:00 am - 6:00 pm on Saturday**.

We welcome Eric, Chelsea and new owner Dale Heins to Beechwood village, and wish them a busy and successful new year at Nature's Buzz. Farewell and good luck to the Patry family, and our thanks for launching this wonderful store in our community.

New Edinburgh Pub: Happy 20th Anniversary!

2008 marks a milestone for our popular neighbourhood "local", the New Edinburgh Pub. It is twenty years since

Continued on page 10



WHISKERS AND PAWS
Pets & House Sitting
PATTES ET MOUSTACHES
Gardiennage d'Animaux et de Maisons

BILINGUAL PET SITTING SERVICES IN THE OTTAWA REGION
PET ASSOCIATION MEMBER, BONDED AND INSURED

Professional dogwalking, puppy, cat and critter visits,
Daycare, never more than 3-4 pets at one time,
Bed and biscuit includes many outdoor activities, parks and hiking trips,
Home visits, all kinds of other help personal or pet related,
taxi for grooming, veterinarian appointments,
Senior dog and cat care who need medication incl. Insulin injections.
Our services can be customized to your own needs

Nicole Verdon | Home: 613-736-7387 | Cell: 613-668-7387
www.whiskers-and-paws.com



RESTRICTIONS APPLIES

OakWood

BUILDERS

Professional Design-Build Service For Your Home

OakWood
BUILDERS
Additions
Remodeling
Kitchens
Estate Homes
oak.ca
236.8001

Look for our sign
in your neighbourhood







oak.ca

613 236.8001

Continued from page 9

the Pub first opened its doors at Beechwood and Crichton, and owner/operator **Paul Williams** plans to celebrate this momentous occasion in true Pub style. Throughout the year, the Pub will donate \$1 from the sale of every New Edinburgher to the Juvenile Diabetes Association, and "2.4.1" booklets packed with special deals for Pub clients have been on sale since late January. In honour of the double decade milestone, Paul and his team have also revamped the weekly specials, so mark your 2008 calendars with the new roster:

- Mondays: Tall Boys and half-price pizza
- Tuesdays: Wing Night
- Wednesdays: Personal Pitchers and Kids under 12 eat free
- Thursdays: A second Wing Night
- Fridays: Chef's Special
- Saturdays: 2.4.1. Fajitas
- Sundays: Brunch and a pitcher and nacho special.

Watch for more celebrations as the year unfolds!

For 18 of the past 20 years, Paul Williams has been at the helm at **1 Beechwood**, and has played a central role in estab-

lishing the Pub as a true neighbourhood institution, deeply engaged in community life, and serving countless residents of the area for whom it is a haven of relaxation, lively social life and shared enjoyment, not only of food and drink, but of all manner of professional sports available on the Pub's big screens.

Over the years, Paul has observed major changes in the commercial landscape around the Pub on Beechwood. He recalls the closing of the former **Towne Cinema** followed by the arrival of **Mountain Equipment Co-op**, which in turn closed its doors to make way for **Frank Tonin's New Edinburgh Pharmacy** and the **Physical Therapy Institute**. Among the constants in the Pub's bailiwick have been **Lester's Barber Shop**, **Jolicoeur Home Hardware**, the **New Edinburgh Newsstand** and, he notes with appreciation, the ladies across the street at the **Bank of Montreal** who for many years have faithfully served local businesses and residents.

Under Paul's leadership, the Pub has played an important role in supporting community activities. For many years they have provided cups and hot chocolate to skaters at the



Photo: Peter Glasgow

Kyla serves up new specials at the New Edinburgh Pub.

Stanley Park rinks, even raising the money one year to purchase a refrigerator for the Fieldhouse. The Pub frequently supplies hot dogs and buns to feed the hungry skaters at the Annual Winter Celebration in late January, and generously donates gift certificates for fund-raising events at local schools, as well as free meal vouchers to support a reading program in the schools. Over the years it has also used its prime location for the benefit of events in the community, posting banners to publicize local Book Fairs, Garage Sales and Plant Sales.

The Pub's community spirit

has extended well beyond our immediate neighbourhood, and in its 20-year history, it has raised more than \$100,000 for a variety of causes, principally children's charities. These have included V.O.I.C.E. (supporting hearing impaired children); the Children's Wish Foundation; Camp Trillium for kids with cancer; and the Juvenile Diabetes Foundation, to which the proceeds of the Pub's Annual Charity Golf Tournament have been donated in recent years.

Needless to say, there have been major changes at the Pub itself in the past two decades. Paul reports that \$500,000 has

been invested over the years in various upgrades from the rooftop terrace to the dining area and more recently the washrooms. At the moment, plans are afoot to redesign the rooftop bar which will be reconfigured in a horse shoe shape, and yet more plasma TV's will be added in the spring.

According to Paul, the Pub's success in putting down roots in the community has been largely attributable to the family atmosphere created by his loyal and dedicated team, many of whom have been with him since the early years. Until very recently when she found employment closer to home, **Terri**, who was well known to Pub regulars, had commuted from Carleton Place each day since 1989. **Stephanie Kerr** and her husband **Kevin Delion** have worked with Paul since the early '90's, and in the past year **Stephanie's** daughter **Erin** joined the team to make it truly a family affair. Other long-serving main stays at the Pub are **Matt Leeson**, **Corey Whalen** and **Sandy**, a former customer who expressed interest in becoming a server and stayed on for a decade! In the kitchen, both **Chef Ken Hamilton** and **George Silva** are also approaching a decade

1 Beechwood Avenue, Ottawa

Phone: 613-748-9657

NEW EDINBURGH PUB

20th Anniversary!

NEW DAILY SPECIAL > BIG SCREEN > SENS GAMES > NTN > SCOTCH BAR
> LARGE SELECTION OF DRAUGHT > NEWLY DESIGNED ROOF TOP BAR

MONDAYS: 1/2 PRICE PIZZA + TALLBOYS FOR \$3.99 FROM 4 PM - 1 AM
TUESDAYS: WING NITE - .40 EACH
WEDNESDAYS: PERSONAL PITCHERS OF DOMESTIC DRAUGHT \$5.95 KIDS EAT FREE FROM 4 PM - 8 PM (12 & UNDER)
THURSDAYS: WING NITE # 2 - .40 EACH
FRIDAYS: CHEF'S SPECIAL
SATURDAYS: 2.4.1.FAJITAS
SUNDAYS: BRUNCH FROM 10:30 AM - 1:30 PM
 BUY A PITCHER AND PAY HALF PRICE FOR YOUR NACHOS. ALL DAY.
 OPEN MIC WITH MATT LEESON FROM 8 PM - 11 PM

\$1.00 FROM EVERY NEW EDINBURGHER WILL BE DONATED TO JUVENILE DIABETES FOUNDATION TO HELP FIND A CURE

on the Pub team.

In a category by themselves among Pub "loyalists" is the **McGuire family**, **Mike** and **Laurie**, and their five wonderful children **Marissa**, **Morgan**, **Kelsey**, **Michael** and **Kaitlyn**. Over the years, all five kids have worked with Paul at the Pub, and on December 19, twins **Michael** and **Kaitlyn** celebrated their 19th birthday there.

As many readers may know, Paul was recently married, and the family contingent working with him at the Pub has now expanded to include his two step-daughters **Jo-Leen** and **Kyla**, as well his older son **Kyle**, his wife **Tracy**, and in a few years time, his younger son **Carter** is expected to come on board to round out the team.

Our congratulations to Paul and the whole crew at the Pub on a remarkable two decades in New Edinburgh, and our thanks for all that you have contributed to community life over those 20 years. We wish you a wonderful anniversary year, and look forward to your next two decades at Beechwood and Crichton!

Fratelli's: Coming Soon to 5 Springfield Road

Many readers are by now aware that **Danny's Bar and Grill** at 5 Springfield Road (just up the street from **Second Cup**) has closed its doors, and that construction has been underway to convert the premises into the fourth in Ottawa's chain of Fratelli's restaurants. Fratelli's first entered the Ottawa scene in the fall of 1996 and has since flourished as a popular neighbourhood restaurant in three locations: in **Westboro** at **309 Richmond Road**; in the **Glebe** at **749 Bank Street** (between Second and Third Avenues); and in **Kanata** at **499 Terry Fox Drive**.

"Fratelli" means *brothers* in Italian, and true to its name, the restaurants are owned and operated by the **Valente** broth-



Photo: Louise Imbeault
Cathy MacDonald and Heather Mathews of the Scone Witch.

ers, **Riccardo** and **Roberto**, with the assistance of **Mama Louisa**, **Papa Pasquale** and assorted other family members who are regularly on the scene to greet diners with true Italian hospitality. The Fratelli's formula is very simple: they offer home-cooked Italian food made with top quality local ingredients, friendly service, reasonable prices, and a warm, family atmosphere that appeals to all age groups and has made them a popular local haunt in the three Ottawa neighbourhoods where they now operate.

The Fratelli's extensive menu includes a vast assortment of pasta dishes (should you have a favourite from your last visit to Italy, it's bound to be on there!), as well as homemade soups, salads, antipasti, pizza, veal, chicken, fish, risotto and much, much more. They also boast an extensive wine list, with selections ranging from Italy (of course!) to Australia, New Zealand, Chile, California, Canada, France and Spain. The full catalogue of choices is available on their website at www.fratelli.ca.

Richard (Riccardo) Valente reports that for some time Fratelli's had its eye on the

Burgh as a wonderful neighbourhood in which to open up a new restaurant, and when **Danny's Bar and Grill** closed its doors, they moved swiftly to take over the premises. If all goes as planned, the **Springfield** location, which will accommodate about 65 diners, should be in operation later in February, so if you're in the market for a tasty Italian meal very close to home, you won't have long to wait. We welcome the Valentos to New Edinburgh and wish them well in their first year in our community.

The Scone Witch
Scone Witch owner/operator **Heather Mathews** spends much of her time at the **42 Crichton Street** location these days, where she and her assistant **Cathy MacDonald** prepare and serve the tasty menu of Scone Witch fare to customers in our community. If you haven't yet had a chance to drop in to the store (at the corner of Crichton and Union), I suggest you make a New Year's resolution to check out the tempting menu of fresh scones, in five sweet and three savoury varieties; seven different mouth-watering sandwich-

es from poached salmon with cucumber to smoked turkey with stilton (somewhat to Heather's surprise, a runaway favourite!); and homemade soups and salads. Scone connoisseurs can also find all the essential scone accoutrements at 42 Crichton, including Devon cream, Moss Berry Farm jams, homemade fruit compote and lemon curd.

The Scone Witch's "Meal Witch" selection of what Heather describes as "gourmet sloppy-joes", consisting of a tasty mixture poured over a fresh cut scone and served with salad, are a staple at the Albert Street location, and are expected to be available for take-out at 42 Crichton very soon.

No well-run small business ever stops planning and adapting to changing market conditions, and Heather's Scone Witch is no exception. At the moment she is actively looking for a third location to serve as

a commercial kitchen for all the baking as well as to serve as storage and office space, a move which would allow her to reconfigure the Crichton Street store and to install seating for about six customers. At the same time, she is contemplating a move to significantly larger quarters for her Albert Street operation, which currently accommodates only 22 of the eat-in clients who now account for about 50% of her downtown business. To make the operation a going concern as a brunch and breakfast hub, Heather estimates that she may need to at least double this capacity, and she has her eye out for potential new premises.

We wish Heather, Cathy and The Scone Witch team on Albert Street a successful New Year, and the best of luck in pursuing their plans for change in 2008.

Continued on page 12



Didi Bahini

LUXURY WITH A CONSCIENCE

5% profits go towards women's empowerment projects in Nepal

FAIR TRADE SALE

SUNDAY, FEB. 10th

Lindenlea Community Centre
(15 Rockcliffe Way, Ottawa)

10 am - 3 pm

Luxurious pashmina shawls, Himalayan spa products, artisan silver jewellery, hand-loomed cotton yoga & tote bags, artisan paper, cards, journals & albums, fun home décor, meditation pillows, musical instruments!

NEW! WE ARE TAX-FREE!

(Payment by cash or cheque)

Email: info@didibahini.ca Phone: 819.790.8273

HAND MADE FAIR TRADE
NEPAL ARTISAN PRODUCTS



Now open at **42 Crichton** with delicious scones . . . sweet and savoury, one at a time or by the dozen . . . "Scone Witches" with fab fillings, "Meal Witches" for a warm treat, soups, coffee, teas, Devon cream, amazing Moss Berry Farm jams, homemade fruit compote & lemon curd. . . ALL TO GO!

open Tues. through Sat. 8am to 3pm

42 Crichton St. 613-744-2585

or visit our shop at 388 Albert St. just west of Lyon where we have seating and are open 7 days...613-232-2173



New Edinburgh Pharmacy

5 Beechwood Ave.

(Corner of Crichton and Beechwood)

TEL.: 749-4444
FAX: 741-1866



Monday - Friday — 8:30 a.m. - 8:30 p.m.
Saturday — 8:30 a.m. - 6:00 p.m.

GET TO KNOW YOUR GUARDIAN PHARMACISTS:
Frank Tonon B.Sc. Phm.

Full Service, Royal Bank ATM unit now located on premises (Beechwood entrance)
24 hour access

Continued from page 11

Magpie Jewellery: Valentine's Day is Approaching!

A warm welcome to new advertiser **Martin Wright**, owner of Magpie Jewellery with stores in the **Rideau Centre** and in the heart of the Glebe at **799 Bank Street**. Martin is no stranger to New Edinburgh, and in fact grew up at 115 Stanley Avenue where his mother continues to live. In the course of his university years in the early 1980's, Martin struggled as many of us do with the thorny question of a career path. When no less distinguished a figure than Dr. O.J. Firestone encouraged him to pursue his nascent interest in gemology, he took the bait and enrolled at the Gemological Institute of America (G.I.A.) in Santa Monica, California, graduating several years later with a gemologist's diploma. Thereafter he spent three years as an apprentice and took addi-

tional courses to obtain his credentials as an accredited Appraiser, an expertise which remains an important aspect of his work at Magpie.

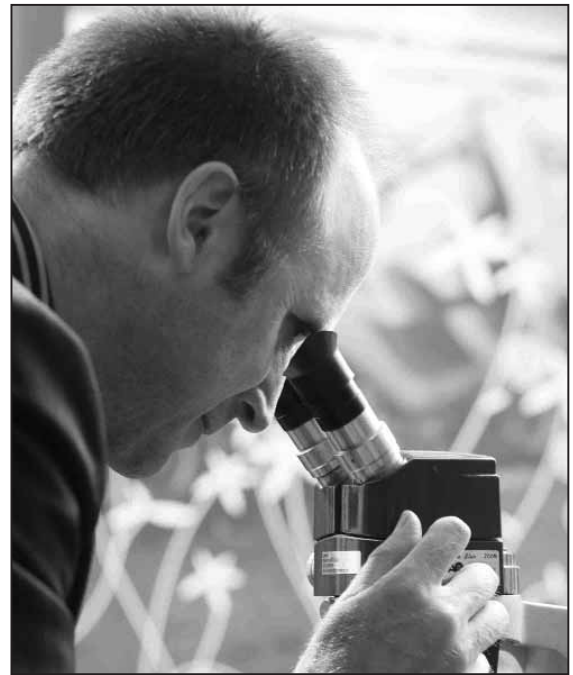
In 1991, Martin returned to Ottawa where he opened his first modest jewellery business in the storefront of Market Cleaners on Dalhousie Street, determined to pursue his gemological vocation and to provide clients with a more user-friendly alternative to the large jewellery chains. Clearly he had the marketing equivalent of the Midas Touch as by 1993, his operation had expanded significantly and moved its headquarters to the Rideau Centre. Ten years later, the second store opened its doors at 799 Bank Street in the Glebe.

If you're in the market for a special Valentine gift or simply an adornment to lift your spirits in the bleak mid-winter, Magpie has an extensive line of collections by noted jewellery designers (many of them

NEW EDINBURGH NEWS

Canadian), including **Thomas Sabo charms; Hilary Druzman designs; Matsu Jewellery** by **Jennifer Shigetomi**; and **Pyrhra Necklaces** by **Wade Papin** and **Danielle Wilmore**. (To explore the collections, check out the Magpie website at www.magpiejewellery.com.) The stores also offer a broad selection of engagement rings and wedding bands, and undertake custom work for clients wishing to redesign older pieces of jewellery, or to create their own pieces with the aid of an expert design consultant.

Magpie offers **private bookings** for bridal parties or other groups who are interested in having the run of the store for an evening and indulging their taste for beautiful adornments. The store opens up after hours to accommodate these groups, and for gatherings of 6 or more clients, provides two jewellery consultants to offer guidance in the tricky business of making a selection. Magpie's other



Martin Wright of Magpie Jewellery checks out a gem through his microscope.

services include repairs, including resetting stones and adjusting sizes, and **appraisals** by an Accredited Appraiser (to wit, Martin himself!)

For those of you who are a little shaky on your English fairy tales, as am I, the name *Magpie* refers to the legendary predilection of these birds to shiny objects such as jewellery, which they are said to have stolen and spirited back to their nests. (According to Martin, one famous fictitious magpie called Jack Dawe is alleged to have stolen the Pope's ring!) This association, combined with Martin's love of birds and animals, made the name a natural fit for his jewellery enterprise.

Welcome back to the Burgh, Martin, and we wish you and all of the Magpie crew a particularly happy-and busy-Valentine's Day!

Golden Bridge Silk and Gifts Gallery

In our last issue, we briefly introduced the Golden Bridge Silk and Gifts Gallery recently launched at **519 Rideau Street** by Ivy Crescent residents

Ming Li and Xinhong (Sing) Jin with the assistance of Sing's sister **Daisy**. Ming and Sing moved to Ivy Crescent nearly ten years ago, and their children **Tony** and **Mimi** are now students at Ashbury College and Rockcliffe Park Public School respectively. Sing is well known in the wider Ottawa community as Head Coach of the Ottawa Rhythmic Gymnastics (ORGC) Club where Mimi (at age 6) is in the pre-competitive program and looking forward to competitions next year.

The ORGC is a flourishing concern, and has produced many award winning athletes in competitions at the international, national and provincial levels. It is the first club in Canada to offer a regular weekly Special Olympics Rhythmic Gymnastics program affiliated with Special Olympics Canada, and in 2007, club trainee Christine Campbell won gold for Canada at the Special Olympics World Summer Games in Shanghai, China. In December of 2007, the ORGC also received a Gold Medal





www.magpiejewellery.com

magpie

jewellery









2 LOCATIONS

799 Bank Street | 613.233.2065

2nd floor, Rideau Centre | 613.562.0101

PANDORA

Jewelry®

PANDORA Jewelry has more than 600 charms & matching jewellery to choose from. Each item in the collection is of handmade Danish design, in sterling silver & 14K gold with colourful precious stones & cultured pearls.

MUSIC & MOVEMENT

Now also in New Edinburgh!



Carefully designed to introduce you and your baby, toddler or pre-schooler to the joy of making music without pressing PLAY.

MAKING MUSIC MEANINGFUL

613-806-SING (7464)
makingmusicmeaningful.com

Performance Award for its outstanding work in hosting the 2007 Rhythmic Gymnastics Provincial Championships, held at Ashbury College in June. Congratulations Sing!

Ming and Sing's inspiration for their new venture was acquired in the course of their regular return trips to China, when they visited China's **National Silk Museum** in Hangzhou in Zhejiang Province. The museum is dedicated to the 5000 year history of the silk culture, and their children responded with fascination to the displays and graphics depicting the many steps in the process of producing silk, from the commercial cultivation of the silk worm (sericulture) to the production of raw silk filaments and ultimately the creation of silk textiles.

Their new Gallery on the second floor of 519 Rideau Street has a similar mission, attempting to capture the complex links in the chain of silk production through 13 separate sets of exhibits, including texts, photographs and drawings. The exhibit includes a 50 minute educational video, "The Story of the Silkworm," which is shown daily at 12:00 noon, 1:00 pm, 2:00 pm, 3:00 pm and 4:00 pm. The gallery is the first of its kind in Canada, and Ming believes it may be the only such facility dedicated exclusively to silk culture outside of China.

In September, Mimi's birthday party included a visit to the Gallery which proved to be a great success among her friends and classmates, and Ming is hopeful that Golden Bridge will continue to attract school groups, parties and gatherings of young children in the 6 to 7 years and up age bracket. If all goes well and the gallery establishes a niche in our museum-oriented community, Ming and Sing may consider a move to a larger facility. Below the silk exhibits, on the main floor of 519 Rideau,

Ming, Sing and Daisy are operating a gift gallery which offers an assortment of silk-related and other items including silk scarves, silk papers for photo albums, scrap books or greeting cards, silk wine bottle covers, and a wide range of jewellery items. **The Gallery is open daily from 11:00 am to 5:00 pm** so drop by and introduce your children to the fascinating facts of the silk culture and the lowly silkworm from which it sprang.

Best of luck in your new venture, Ming, Sing and Daisy!

Celadon Salon and Spa: Inspiration for Valentine's Day

If you're seeking inspiration for the perfect Valentine's Day gift (perhaps your beloved's house is already filled with flowers and/or chocolates are strictly off the dietary agenda), a gift certificate for a beautifying and relaxing treatment at the Celadon Salon and Spa may be precisely the ticket. And at this time of year as the winter drags on, and our longing for warmth and light grows with each passing snow storm, a restorative session in Celadon's **Far Infrared Sauna** may have special appeal.

Saunas and steam baths are a time-honoured method of cleansing the body of its accumulated toxins, as well as relieving aches and pains, and generally clearing the head. By heating the body directly rather than the surrounding air, the radiant heat of the far infrared sauna can achieve these results without the potentially uncomfortable draining effects of the steam and hot, moist air in a regular sauna. This form of "dry sauna" has been found to have a broad range of beneficial effects, among them:

- Improved circulation through the dilation of peripheral blood vessels brought about by the radiant heat;



Ming Li, Xinhong (Sing) Jin and her sister Daisy of the Golden Bridge Silk and Gifts Gallery at 519 Rideau Street invite you to come and learn about the history of silk culture.

- Relief of muscle pain, and the pains of arthritis and bursitis;
- More rapid healing of strains and sprains;
- Relief in cases of fibromyalgia and respiratory ailments;
- Treatment of skin problems such as acne, eczema and psoriasis; and
- An increase in the metabolic rate promoting a more rapid burning of calories both during and after the treatment, or in effect, conferring the benefits of a physical workout without the stress on the muscles and skeleton.

Perhaps most important of all, a session in the far infrared sauna can bring about precisely that feeling of relaxation and well-being we all crave at this time of year, with many weeks of snow and cold behind us, and many more still to be endured.

The far infrared sauna is just one of the many beautifying and restorative services available at Celadon, which offers a full range of face and body treatments; massage therapy; manicures and pedicures; and hair styling and make up. Whether you're in search of the perfect gift for your significant other, or just in the market for a reviving mid-winter break without the expense of an air ticket, check out the pos-

sibilities at www.celadonspa.ca. For readers in our community, Celadon is close by at **373 St. Laurent Blvd.** in the **Rockcliffe Crossing** complex, and they can be reached at **613-746-3500**.

Burgh Business Bits

Happy Anniversary!

Several of our local businesses are in the throes of anniversary celebrations at the moment, and we send our congratulations to:

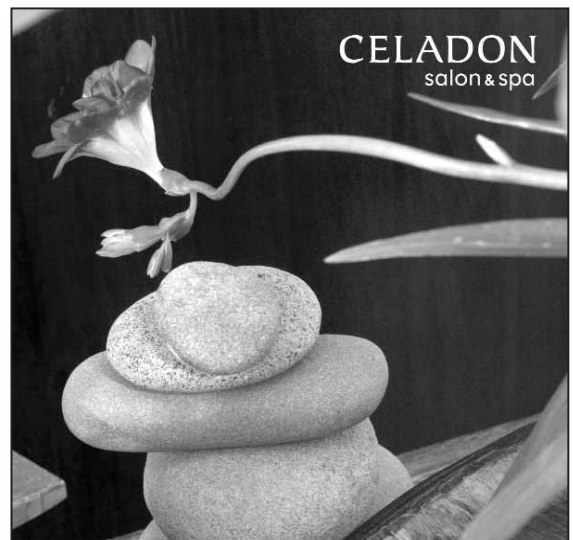
- **José and Maria Alves of El Meson Restaurant at 94 Beechwood** which is marking an amazing twenty years in the business in our community;
- **Robert Jutras** who recently celebrated the 4th anniversary of his catering

operation, **A Culinary Conspiracy** at **541 Rideau Street**, with a feast of "Conspiratorial Bellinis and Canapés" at the store; and

- **Colin Chalk of The Purple Crayon** in the **Rockcliffe Crossing Plaza**, who marks a 3rd anniversary on February 1.

Beauty Mark: Beauty Mark owner **Lee Ann Zanelli** is delighted to report the arrival of esthetician **Tracy Gauthier** (formerly of New Edinburgh Spa) who has recently joined the Beauty Mark team.

Tracy has 24 years experience as an esthetician, and brings new services to Beauty Mark including the Sumishi non-surgical facelift.



TAKE THE STRESS OUT OF GIFT GIVING...

Our Harnn & Thann natural bath and body products will be sure to please everyone on your list. They make great stocking stuffers too! For complete stress-free giving consider a gift certificate.

Save 20% on all products.

Offer good until December 31.

HAIR • SKIN • BODY • NAILS

373 St Laurent Blvd 613-746-3500 www.celadonspa.ca

GB
GOLDEN BRIDGE SILK & GIFTS GALLERY

Mon - Sun 11am - 5pm
519 Rideau Street
Tel: 613-321-2330
silk@goldenbridge.ca
www.silkgallery.ca

CLOTHES ENCOUNTERS OF A SECOND TIME

Now Accepting Spring Fashions !!

67 Beechwood 613-741-7887

MON-SAT: 9:30 - 5:00
FRI: 9:30 - 6:00
SUN: 12:00 - 5:00

How Green is Our City?

By Jane Heintzman

In contrast to their federal counterparts, local governments in U.S. cities have been actively taking the lead in the move towards more sustainable environmental practices in general, and the fight against climate change in particular. In 2005, Seattle Mayor Greg Nickels spearheaded the launching of a **U.S. Mayors' Climate Protection Agreement** to advance the goals of Kyoto at the local level (notwithstanding the Bush Administration's refusal to sign on). Late last year, the U.S. Conference of Mayors established the Mayors' Climate Protection Centre to administer the Agreement, and to track progress towards the cities' collective goals. By the end of 2007, more than 710 U.S. cities had signed on to

participate in the Agreement.

How do we measure up at the local level in Ottawa?

A recent "environmental report card" for our City Council, jointly prepared by **Ecology Ottawa** and the **Sierra Club of Canada**, suggests a mediocre performance overall and a failing grade for many of the Councillors and the Mayor himself. Not surprisingly, however, our own outstanding Councillor **Jacques Legendre** received an **A+** for his consistent support of measures to protect and improve the environment. Congratulations Jacques!

It must be admitted that relative to some other Canadian cities, including Toronto and Victoria, Ottawa has not been at the head of the charge in the struggle to combat climate change and make measurable

progress towards environmental sustainability. Both the Anti-idling by-law and the soon to be implemented organic waste collection program are long overdue, and the path to achieving a first class public transit infrastructure promises to be lengthy and tortuous. In the meantime, bus fares continue to float inexorably upwards. And unlike virtually all major Canadian cities and many smaller municipalities, Council has still not been able to agree on a by-law banning the cosmetic use of pesticides.

The news is not all bad, however, and in its internal operations in particular, the City has managed to make some progress on the environmental front despite the jurisdictional and financial constraints faced by all Canadian cities in their

efforts to go green. The City's initial target of a 20% reduction of its greenhouse gas (GHG) emissions relative to 1990 levels was reached and indeed exceeded in 2004, a full three years ahead of schedule. New internal programs introduced since 2004 have produced further cuts in GHG emissions, and it's anticipated that an in depth assessment scheduled for 2009 will also show significant reductions in the pollutants resulting from the City's use of fossil fuels.

Among the leading reasons for this measurable progress on the emissions front is the conversion of the City's fleet of vehicles to biodiesel and other alternative fuels. 1,000 city vehicles are already powered by ethanol or propane, or are electric hybrids, and by the Fall of this year, City buses will all have been converted to biodiesel. The effect of this fleet conversion will be to reduce GHG emissions by close to 9 tonnes per year, or the equivalent of taking more than 2,000 cars off the road.

While the City has had some success in greening its own operations, the trick will be to bring area residents and businesses on board in a collective effort to achieve overall emissions reduction targets for the city, and to adopt more environmentally sustainable practices in our daily lives and work. **Nancy Schepers**, Deputy City Manager of Planning, Transit and the Environment, recently reported to *Ottawa Citizen* writer Jake Rupert that there are plans afoot to revamp the green strategy with increased focus on encouraging the community to buy into green initiatives, including possible tax and development charge breaks for companies building environmentally sound buildings; the promotion of green roofs in private development and other incentive programs.

Ms Schepers' department has also compiled a comprehensive directory of the City's environmental initiatives, along with a detailed listing of ways in which residents can do their part to advance the collective effort. Readers may be interested to check out the directory to see just how many programs are in place to preserve and enhance the environmental quality of Ottawa, and to promote the sustainability of development practices within its borders. Here is a shortcut to the directory: http://www.ottawa.ca/city_services/environment/city_hall/get-green/index_en.html.

Here are just a few of the

Green Initiatives underway at the city level:

- Environmental retrofits to City buildings, including plans for green roofs;
- Programs to encourage the cleanup and development of former industrial (brown-field) sites;
- Launching of Organic Waste Collection program, starting in 2009;
- Anti-Idling By-law, with enforcement in effect January 2008;
- Conversion of City fleet, incl. buses, to biodiesel and other alternative fuels;
- Approval of solar and wind-power projects for private buildings;
- TREE (Tree, Reforestation and Environmental Enhancement) Program to encourage residents, businesses, schools and community groups to increase Ottawa's tree canopy and combat climate change;
- Community Environmental Projects Grants Program to fund community-based environmental initiatives, including our own Rideau River Clean Up in 2007;
- Ottawa by Design programme, establishing guidelines for development, including the promotion of green roofs, enhanced landscaping, rainwater recycling and the preservation of trees;
- Energy Cogeneration Project at the Robert O. Pickard Environmental Centre waste water treatment facility, where gas produced by waste is converted to electricity and heat which are used to power the facility;
- Trail Road Landfill Gas to Electricity Project where methane gas from the dump is captured and converted to electricity, reducing GHG emissions and producing enough electricity to power 4-6000 homes; and
- Plasma Gasification Pilot Project at Trail Road, where solid waste is converted to clean heat and useable byproducts.

Take a moment to find out what programs are in place, and identify the gaps that need to be addressed when the City's overall Environmental Strategy comes up for review later this year. Public consultations will be part of the process, so we will have a chance to let Council know how important moving forward with an enlightened environmental agenda is to us.

STORE HOURS: TUES. - FRI. 10AM - 6PM SAT. 9AM-6PM SUN. 11AM - 5PM CLOSED MONDAYS

Gourmet Concepts
Jacobsons

Fall in Love...



YOU'LL FIND US LOCATED AT 141 BEECHWOOD AVE. AT ACACIA 613-746-6002



By Brian Torrie

The Crichton Community Council's main activities this winter include the maintenance of the outdoor rinks and preparations for the 2008 Winter Carnival.

Despite some challenging weather conditions, the rink opened in late December and was fully operational during the Christmas break. This was thanks to the many volunteers who helped develop the base needed to establish a durable ice surface. As a result, New Edinburgh was one of the only rinks in the city that was operating in late December and early January. Many thanks go to the volunteers, rink staff and others who just grabbed a shovel and helped out. We can always use more volunteers to help flood the rink so if you are interested in joining our crew, please contact me at btorrie@hotmail.com.

The rink is now open

Monday to Friday from 4 to 9 pm, Saturday from 11 am to 9 pm and Sunday from noon to 6 pm. Please note that the Fieldhouse may close early (7:30 pm) for skaters on Mondays in February because of pre-booked events like Council's meeting on February 11. You can find out more about the rink's hours and ice conditions by visiting www.newedinburgh.ca.

The highlight of the winter season is our Winter Carnival organized by Joseph Cull. Many thanks to Joseph for making this event a success in any kind of weather.

As reported in the last edition, Penney Place has moved out of the city so Cathy McConkey and I will share the President's role over the next few months. Many thanks to Penney for her leadership, energy and contributions to the community.



Photo: Garth Gullekson, Darlington Mediaworks

Winter Carnival organizer Joseph Cull takes to the bullhorn.

New Edinburgh Rink Schedule 2008

Mon-Fri	4 - 9 pm
Saturday	11 - 9 pm
Sunday	12 - 6 pm

Thank You Sponsors!

We thank all the sponsors and volunteers who have provided their support to the New Edinburgh Winter Carnival 2008.

Through their generosity, we celebrate the great community we live in. All proceeds from the day will go to re-furbishing the Fieldhouse.

Sponsors

Paul Williams, New Edinburgh Pub; Pauline Bogue and Catherine Bell, Royal Lepage

Realty; Garth Gullekson, Darlington Mediaworks; Ian Engelberg and Joseph Cull; and Nila Matthews, Caldwell Banker Realty.

Volunteers

Jill Harding, Melodie Salter, Joyce Dubuc, John Jarecni, Brian Torrie, Michel Giroux, Cathy McConkey, Heather Bouchez, Isobel Bisby, Mary Grainger, Penney Place and all those who came out to enjoy our great community!

for results call

Christopher BARKER
ASSOCIATE BROKER
613-612-9555

Tony RHODES
SALES REPRESENTATIVE
613-276-6061

RHODES & COMPANY
BROKERAGE
613-236-9551

For Sale • \$1,850,000

For Sale • \$1,550,000

For Sale • \$539,000

For Sale • \$389,000

For Sale • \$279,000

For Sale • \$549,000


For Sale • \$1,300,000

For Sale • \$875,000

For Sale • \$1,499,000



Frank J. Wallace, M.Mus.
Voice · Piano · Theory
613.255.2077 · fjwallace@carefultouch.ca



activa physiotherapy clinic
200 Rideau Terrace, Suite 202
Tel. 744-4188

Orthopedic & sport injury	Massage therapy RMT
Neck and back pain	Sports massage
Motor vehicle accidents	Myofascial release
Acupuncture	Craniocervical therapy
Manual therapy	Lymphatic drainage
Personal training	Pregnancy massage
Aquafitness	Naturopath
Exercise classes	Osteopathy

Dog Day Afternoon

Canine Recreation

Daylight Savings depriving your dog of his after-work outing?

Nervous of walking your dog in the dark?

Whether it's snow, sleet or freezing rain, nothing stops Dog Day Afternoon from giving your dog a great daytime romp!

Treat your dog to the best...
Group Park Romps include:

- off-leash interactive play with compatible dogs
- pick up and drop off
- free home-made dog treats
- daily report card



Your Best Friend's Best Friend

• Fully insured and bonded
• Member of Pet Sitters International
• Member of PDWAI (Professional Dog Walker's Association International)

Adrian M. Lloyd BSW
Phone: 613.748.7697
DogDayAfternoon@Rogers.com
www.DogDayAfternoon.ca

Beechwood Cemetery's National Memorial Centre Receives Official Blessing

By Jane Heintzman
On Wednesday, November 28, an official blessing ceremony took place at Beechwood Cemetery's new **National Memorial Centre**, the striking 14,000 square foot, nine-sided facility intended, in the words of Beechwood Cemetery Foundation Chair **Grete Hale**, as a "sacred space for all...designed to serve the memorial needs of Canada's diverse communities." The Centre, which contains no religious symbols and permits faith groups to worship facing in the direction of their choice, is expected to officially open on **April 17, 2008** to coincide with the **135th Anniversary** of Beechwood Cemetery. In addition to its central role as a location for funerals and memorial services, the Centre is also expected to serve as a venue for special events, concerts and other celebrations.

At the heart of the Memorial Centre's sacred space area is a massive 14-tonne rock located beneath a vaulted ceiling with a large sky-lit dome. The rock, which is a visible symbol of the changeless and the eternal, was the focus of the November blessing ceremony, an event which began with a traditional smudging ritual led by **Elder Peter Decontie**, Sacred Firekeeper for the Algonquin Nation.

About 30 local and national faith leaders were in attendance, and following the smudging ritual and a prayer of invocation by Beechwood Cemetery Foundation Vice-Chair **Padre Gerry Peddle**, (the former Chaplain General of the Canadian Forces who



Photo: Art Babych
Elder Peter Decontie, Sacred Firekeeper for the Algonquin Nation conducts a traditional smudging ritual during the recent blessing ceremony at Beechwood Cemetery.

spearheaded the project), religious leaders gathered around the rock for prayers and placed their faith's funeral rites on a table near the rock. Manor Park Public School student **Molly Henderson** also played an important part in the ceremony, presenting her *Prayer for Peace* which was selected from among hundreds of student entries submitted to mark the event. Congratulations Molly!

After the blessing ceremonies in the National Memorial Centre, **Padre Stanley Johnstone**, Chaplain General of the Canadian Forces, blessed both the Hall of Colours, a small room inside the reception area adjacent to the Centre, and the memorial stained glass window. Donated by the Canadian Military Chaplains' Association to honour military chaplains, the window is an imposing five metres tall by two metres wide, and was designed, built and installed by

Luxfer Studio Ltd. of Toronto. The images depicted in the window reflect the broad theme of "Hope in a Broken World," and include a representation of a chaplain offering comfort to a severely wounded soldier. The actual dedication of the window is expected to take place this June, two months after the Centre's opening.

Rounding off the occasion, **General Maurice Baril**, former Chief of Defence Staff, on behalf of the Quebec-based Royal 22nd Regiment (the Vandoos), and retired **Major-General W. Holmes** for the Royal Canadian Regiment, presented the colours of their regiments (the two largest in Canada) for placement in the Hall of colours. Other regiments are expected to bring their colours to the Centre in the months to come.

Watch for news of the official opening ceremonies at the National Memorial Centre in our April edition.



MAURIL BÉLANGER
MP / DÉPUTÉ
OTTAWA-VANIER

925 Confederation Building
House of Commons
Ottawa (Ontario) K1A 0A6
(613) 992-4766 Téléc./Fax: (613) 992-6448
belanm@parl.gc.ca
webpage: www.mauril.ca

Bureau de circonscription/Riding Office

504-168, rue Charlotte Street
Ottawa (Ontario) K1N 8K5
(613) 947-7961 Téléc./Fax: (613) 947-7963





Photo:NEN Staff

Concerned local residents examine the plans presented by Larco Homes for the redevelopment of the lot at the corner of Stanley and Queen Victoria.

132 Stanley...

Continued from Page 1

While many people said they were not opposed to the city's policy of intensification, they questioned the degree and indicated that replacing one home with six large ones on one lot was unacceptable.


It remains to be seen if LARCO Homes makes any substantial changes to their plans in light of the feedback they have received. NECA's next step will be to submit a letter, written by the Heritage & Development Committee, stating the Committee's position on the proposal. This letter will go to LARCO Homes, Councillor Jacques Legendre, the City of Ottawa's Heritage Planner, the Planning &

Environment Committee, and to the City's Local Architectural Conservation Advisory Committee (LACAC). Neighbours are encouraged to submit their own letters to these bodies. Addresses can be found on the community website at www.newedinburgh.ca, click on NECA Committees and follow the link to the Heritage & Development Committee.

It is anticipated that this proposal will go before LACAC on February 14. This meeting is open to the public and concerned neighbours are encouraged to attend. Details can be found on the City's website at www.ottawa.ca.

Dr. John Martins
Dr. Patricia Prud'homme

Dentistry



200 Beechwood Ave.
Ottawa, Ontario K1L 8A9
T (613) 742-8016 F (613) 742-6818
E mpdentistry@bellnet.ca



GREENTREE & COMPANY

Rental Management for the Foreign Service Community

Our services include:

- market analysis
- preparation of documents
- reporting
- maintenance
- regular inspections
- simplified & competitive fees

We've been there...we care!


Mary Ellen Boomgaardt Representative Tel: (613) 746-2367 Fax: (613) 746-3050 E-mail: greentreeco@sympatico.ca	5 Beechwood Avenue P.O. Box 74074 Ottawa, Ontario K1M 2H9
---	---

Buying or Selling?

Let Janny and Jeff's 42 combined years of experience help you meet your real estate needs.


Janny and Jeff...Working for You

proven performance in
New Edinburgh
since 1986



Janny Mills · Jeff Rosebrugh
Sales Representatives

613.238.2801
jannyandjeff.com



ROYAL LEPAGE

Performance Realty
Brokerage, Independently Owned and Operated

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.



CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

Jennifer Barbarie, ad hoc	jennifer.barbarie@international.gc.ca
Carol Burchill	cburchill@webruler.com
Colin Goodfellow	colingoodfellow@yahoo.ca
Ellen Goodman	ellen_goodman@ocdsb.edu.on.ca
Marion Haunton	hauntonm@dfo-mpo.gc.ca
Jane Heintzman, Secretary	janeheintzman@hotmail.com
John Jarrett	johnjarrett812@hotmail.com
Alex MacDonald	alex.macdonald@rogers.com
Vicki Metcalfe, Treasurer	46metcalfe@sympatico.ca
Bethann Robin	Bethann.Robin@ccra-adrc.gc.ca
Johan Rudnick, Chair	rudnick.johan@ic.gc.ca
Carol West	cwest@cscb.ca

Ex Officio:

NECA - Gemma Kerr	inair2@cyberus.ca
MainWorks - Karen Bailey	karenartist@sympatico.ca
MainWorks - Karen Rasmussen	vistas@travel-net.com

To contact CCCC Board call 745-CRIC (2742)

Crichton Cultural Community Centre Board meetings take place on the 1st Sunday of the month at 4:00pm. These meetings are open to the public.

From Gallery Launch to Community Fundraising:

CCCC Looks Forward to a Year of Progress

By Jane Heintzman

The CCCC embarks on the New Year with a full and ambitious agenda, moving ahead on several fronts ranging from events and regular programming at the Centre (including our first Community Dance on Saturday, January 26) to active preparations for Lumière 2008; continuing improvements to our facilities; planning for the official opening of our (yet to be named) "Corridor" Art Gallery in April; and last but by no means least, continuing discussions towards a resolution of our differences with The School of Dance (TSOD) and the ongoing campaign to raise the funds needed to acquire the building.

Thanks to funds made available by the Ontario Trillium Foundation, the CCCC and our partner, the MainWorks Artists Cooperative have been actively proceeding with plans to launch an art gallery at the Centre, making use of the exhibition space along the corridors on the second floor. Consistent with the CCCC mandate to provide opportunities to local emerging artists in all disciplines, the gallery will host several art exhibitions each year. For this initiative, the CCCC will engage an up-and-coming curator and exhibitions will feature the work of emerging local artists. This exhibition schedule will be complimented by a series of exhibitions from MainWorks. Once in full swing, the gallery will become the hub for a full range of community-based activities with links to local school and community-based art programs. Watch for details of the April Opening celebrations in the April edition of the News!

On the immediate horizon are several important dates in our continuing efforts to clear the air in our dealings with TSOD, and ultimately to secure 200 Crichton as a public asset for our community, the City and the region:

- on **February 4**, the CCCC will take part in a full day round of settlement discussions with TSOD and the City.
- on **February 29** (yup, it's a Leap Year!), a Court Hearing is scheduled to decide on whether to proceed with a judicial sale of the building. We need to ensure a strong show of community support at this

hearing: please mark your calendars and check the website for details of place and time (www.crichtonccc.ca or call 613-745-2742).

- on **March 5**, a second tri-party session has been scheduled to pursue settlement discussions, if the circumstances warrant.

Given our ultimate objective of acquiring the building for community purposes, our ongoing fundraising campaign is currently a top priority. At the community level, the **Friends of Crichton**, spearheaded by organizers **Barbara Laskin** and **Margot Silver**, have been pursuing their efforts to set in motion a variety of fundraising initiatives, and to broaden the net to engage a much larger constituency of supporters. Among the project ideas now on the table and/or actively underway are:

- Developing lists of Crichton Street Public School Alumni (students and staff) with the aim of planning a reunion/fundraiser for the CCCC (if you fall into this category, please send an email to friendsofcrichton@yahoo.ca and join the team!)
- Engaging the local business community in the campaign, some members of which - including **Books on Beechwood** and **The Scene Witch** - have expressed willingness to serve as drop off points for donations.
- Holding Speakers' events, drawing on our community's wealth of writers, public figures and distinguished people.
- staging a special benefit performance of the New Edinburgh Players 2008 production on April 28 (Mark your calendars now!), thanks to the generosity of Director **Ingrid McCarthy**.
- Rallying CCCC instructors to follow the lead of **Louise Hannant** and **Sharon Collins** (who held an event on December 20) by organizing their own special fundraising events.
- Reaching out to new families in the neighbourhood to make them aware of the Centre's potential as a hub of community life, and to engage them in the effort to secure the building as a public asset.
- Setting in motion a series

of small dinner parties or coffee klatches where friends and neighbours would gather for an interlude of sociability and make a contribution to the campaign in the process. A variation on this is the "wandering dinner party" where each of three or four households prepare a separate course and guests proceed from one house to another. We understand that at least one such event is planned for early 2008.

Special thanks to **Suzanne Lavertu, Director of the School of Afro-Caribbean Dance**, who generously committed to raising \$5,000 towards the CCCC campaign at the public meeting in October. One important fundraising event on the School's agenda is its **annual recital coming up in May**. In the interim, Suzanne has been pursuing a low key, but highly effective campaign, raising money in her classes through a variety of small charges for such things as water bottles and even late arrivals for class. To date she has raised close to \$1,000 by these ingenious means, and is living proof of the adage that every penny (or at least loonie) really does count!

There is no shortage of ideas to make this campaign a success, but your help and participation is needed to get the wheels in motion, and maintain the momentum towards our fundraising target. Whatever your time, talents or inclination, there is bound to be a way in which you can help our community secure this wonderful building. Got a great new fundraising idea? Interested in helping to organize/publicize/participate in an event? Keen to make a donation to the cause? Let us know.

To get in touch:

Friends of Crichton:
friendsofcrichton@yahoo.ca

Joanne Hughes, CCCC:
613-745-2742
cccc@bellnet.ca

Barbara Laskin:
613-562-9953, x 1
barbara@meta4creative.ca

Margot Silver-Dumas:
613-748-7975
msilverdumas@sympatico.ca



Photo: NEN Staff

People of all ages participated in the recent the Community Dance hosted by the Crichton Cultural Community Centre. All were encouraged to promenade, sashay and do-si-do under the able guidance of caller Maura Volante and accompanied by Greg Brown on fiddle, accordion and guitar.

MainWorks Featured Artist: Alberta Dickson

It is with great pleasure we would like to introduce you to this month's featured artist, and MainWorks member, Alberta Dickson.

Alberta is a painter of people and landscape, and of the emotive influence of one on the other. She is interested in the uses of colour, atmosphere, sculptured form, and the rhythms and tensions of nature.

Having grown up in Toronto beside Lake Ontario and on rural Ontario farmland, Alberta was affected by the forms and moods of land and water. A

subsequent teaching career in New Brunswick, Nova Scotia, and Ottawa made her a committed people-watcher, and sharpened her love of seeing people change and develop within and without their particular physical world. Alberta has studied at the Ottawa School of Art in portrait, landscape, and sculpture, and has exhibited with several organizations in group shows, and with the Ottawa Art Association, where she won second prize in the Spring 2004 juried show. She has been a member of MainWorks

Artists' Cooperative since 2004 and can be reached at albertadickson@magma.ca or at her Studio by appointment.

Alberta is having an exhibition at the Cumberland Gallery in the Orleans Client Service Centre, 255 Centrum Blvd, 2nd floor. The show, entitled "Natural Talks (Dialogues Naturels)", consists of a series of paintings that explore the manifestations of nature's desire for relationship. Through a focus on colour, light, and activity, these works attempt to convey the universal



"The Pool", a painting by MainWorks artist Alberta Dickson.

attraction and dialogue which form our life. The show runs from January 17 to February 19, 2008. The Artists' recep-

tion is Sunday, January 20 from 1 to 3 pm. For more information call 613-580-2424 ext. 29288.

CRICHTON FUNDRAISING REPORT

The community fundraising target is to raise \$550,000 to keep the CCCC operational and provide a reasonable down payment to help acquire Crichton.

As of early January, we are extremely happy to report that we are making good progress towards reaching our fund-raising target.

We have commitments and general pledges for \$217,000. We have received over \$35,900 for immediate and operational needs.

We have received an additional \$13,600 in building acquisition pledges and donations.

At the same time, we have secured \$106,000 by way of private loans, of which about three-quarters is expected to be forgivable.

This would put us at just under two-thirds of our way towards our target!

Thank you everyone for your continued support!

Helping Yourself and Crichton: You Can Donate Securities to the CCCC!

As part of the 2006 Federal Budget, capital gains were eliminated on all gifts of publicly traded securities (such as stocks, bonds, mutual funds, etc.) to a public charity. You can also donate employee stock options. If you have some securities that have appreciated in value and are interested in making a donation to the CCCC, you can actually increase your current after-tax cash flow. In order to take advantage of this however, you must donate, that is transfer, the actual securities themselves – not the proceeds from the sale of the securities.

The advantage to donating securities that have appreciated in value can be illustrated by the following example.

	Sale of Security	Donation of Security
What it is worth today (FMV: fair market value)	\$10,000	\$10,000
What you originally paid	\$2,000	\$2,000
Appreciation	\$8,000	\$8,000
Your Taxable Gain on Appreciation	\$4,000 (50%)	\$0 (0%)
Your Tax Credit for Donation (46% of FMV)	\$4,600	\$4,600
Tax on your Taxable Gain (46%)	\$1,840	\$0
Your Tax Savings	\$2,760	\$4,600

As with any personal investment matter, it is best to seek out the advice of a professional financial planner before making a decision.

If you would like more infor-

mation on donating securities to the CCCC, please contact Joanne Hughes directly at (613) 745-2742 or by e-mail at cccc@bellnet.ca.

Health & Wellness**CARDIO KICKBOXING**

Carolle Laliberté
(613) 263-0539
cardio.kickboxing@videotron.ca

or visit ckb.ericlaliberte.com
Monday & Wednesday
6:00-7:00 pm
8 week session
Once/week \$65; Twice/week \$115; Drop-ins \$10/class
This kickboxing inspired cardio workout will strengthen and tone muscles while burning fat. You will also benefit from improved flexibility, higher energy levels, greater aerobic capacity and reduced stress. Suitable for beginner to intermediate, ages 15 to a fit 60+.

DANCEFIT

Alex MacDonald
(613) 748-0870
Monday, Friday 10-11 am
1 class/week \$80,
2 classes/week \$145 for 8 weeks

A fun way to dance yourself into shape, the class will begin with an extensive warm-up, and use various styles of dance to ensure a good cardio work out, followed by a stretching and relaxation period. No dance ability required just a love of dancing!

Alex MacDonald has trained extensively as a dancer in ballet, modern and jazz and has been teaching the neighbourhood Stretch and Strength class for 18 years. She is a certified Can-Fit Pro fitness instructor with current CPR certification.

FITNESS SERIES

Core Training: Physical Strength Comes from Our Centre

Sharon Collins
(613) 816-4307
Thursday, 8:30 - 9:30 am
1 class/week \$95
2 classes/week \$180
3 classes/week \$260
4 classes/week \$335

In class we will work on gaining strength in our core muscles including abdominal and oblique using basic pilates technique and practicing balance. Sharon leads a multi-level class that all fitness levels can enjoy and benefit. The class will start with a gentle yet thorough warm-up using dynamic movement followed by balancing exercises and abdominal/back work, sometimes using exercise balls or yoga balls. The class will end with a complete stretch, leaving you relaxed and rejuvenated!

Early Bird Work-Out

Louise Lettstrom-Hannant
(613) 747-1514 and
Sharon Collins
(613) 816-4307
Monday, Tuesday, Thursday,
Friday 7:30 - 8:30 am

1 class/week \$95
2 classes/week \$180
3 classes/week \$260
4 classes/week \$335
A dynamic warm up followed by 20 minutes of cardiovascular work. 20 min of strength exercises. Learn to use fitness balls, weights and toning bands to enhance muscular core strength, balance and postural improvements. Finish with a stretch and cool down to leave you fit and focused to face the day.

Fitness Fusion: A Rejuvenation of Body and Spirit

Louise Lettstrom Hannant,
(613) 747-1514
Monday, 9:00 - 10:00 am,
Wednesday, 7:30 - 8:30 am
1 class/week \$95
2 classes/week \$180
3 classes/week \$260
4 classes/week \$335
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. We will use exercise balls, weights, and toning bands using a variety of breathing techniques and balance exercises. The class will finish with an extended stretch and deep relaxation for the tranquility of the soul.

FITWOMAN BOOTCAMP

Cassandra Mactavish
(613) 884-7800
www.fitwomancanada.com
Mondays, 8 - 9 pm
\$168+GST for 12 sessions (rolling admission)
A high intensity workout for moms and non moms who want to workout without their little ones. This program is designed to maximize metabolism. Modifications are provided beginner to advanced.

STOTT PILATES

Stuart Maskell
(613) 796-3476
Stuart@Firmfit.ca
Tuesday, Friday 9 - 10 am
1 Class \$17, 8 Classes \$120, 16 Classes \$215, 24 Classes \$315, 32 Classes \$380
Prices do not include 5% GST
As a certified STOTT Pilates Instructor, Stuart bases his mat classes on the principles of posture. This is effective, especially for toning the mid-section. Pilates Matwork focuses on increasing abdominal and back strength and mobilizing the spine! Variations and modifications are given to accommodate all levels and abilities. For best results, join us twice a week! Join anytime with one of our flexible drop in packages.

STRETCH & STRENGTH

Alex MacDonald
(613) 748-0870
Tuesday, Thursday 6-7 pm

Saturday 10-11 am
\$126 for 14 weeks

A neighbourhood favourite for 17 years, this unique class that combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination. Alex is a certified Can-Fit Pro Fitness Instructor Specialist with current CPR certification.

THE FELDENKRAIS® METHOD

Jill Ogilvie
(613) 742-8262
Wednesday 6:00-7:00 pm
\$80 for 8 weeks, or
\$12 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. These gentle, slow exercises are designed to develop your awareness of how you move, or maybe don't move!

Yoga & Meditation**HATHA YOGA - NEW**

Avril Patrick / Sebastian Citro
(613) 742-8513
avril-sebastian@sympatico.ca
www.avrilpatrick.typepad.com
Tuesday, 6:15 - 7:15 am
\$72 - 6 weeks. Drop in - \$14

An early morning gentle Hata yoga class with an emphasis on core strengthening. Begin your day with a few rounds of sun salutations to warm up the body and senses. Perform asanas (postures) that will build strength, stamina, balance and flexibility. All levels are welcome to join us.

Instructors Avril Patrick & Sebastian Citro of Sculpt are certified in Sivananda Hatha Yoga, Personal & Boot Camp Training and Mad Dog Spinning.

IYENGAR YOGA

Barbara Young
(613) 728-8647
b-young@rogers.com
Tuesday, 6:00 - 7:30 pm
Level 1
Tuesday, 7:30 - 9:00 pm
Level 2
Thursday, 9:00 - 10:30 am
Gentle

Iyengar yoga teaches postures, or *asanas*, that bring flexibility, strength and endurance. Awareness deepens as students learn to practice with precision and subtlety, but even beginners can taste the well-being and stillness that yoga brings. Classes build over time, and so no two are the same.

KUNDALINI YOGA

John Yazbeck
(613)747-8111
john.yazbeck@sympatico.ca

Monday, 7:30 - 9:00 pm
Flex, stretch, connect, focus and relax. The benefits of Yoga are well documented and well known. Dynamic exercises combined with relaxation and meditation techniques help you:

- create a calm mind and stay centered in the midst of chaos
- increase concentration and focus
- develop a more powerful and resilient body, less susceptible to strain, weight gain and injury
- build confidence and a positive self-image
- reduce stress and fatigue
- have fun!

KUNDALINI YOGA EN FRANÇAIS

Sophie Terrasse
(613) 842-9771
terrasse@rogers.com
Jeudi, 7:00- 8:30 pm
Le Kundalini yoga ou yoga de la conscience est accessible à tous; c'est une science complète qui comprend: une pratique corporelle tonique (asanas: postures statiques et dynamiques), un travail respiratoire (pranayamas), de la relaxation, de la méditation, du chant (mantras).

Un travail spécifique est effectué sur les aspects physiologique et psychologique de l'individu de telle sorte que la chimie du sang, le système nerveux, le système musculaire, le système endocrinien et les fonctions cérébrales s'en trouvent améliorées. A un niveau plus avancé, il permet à chacun de développer sa propre spiritualité, d'élargir sa conscience et de développer sa sagesse intérieure.

Le Kundalini yoga permet d'activer la circulation de l'énergie vitale, de renforcer le système immunitaire, de stimuler les systèmes d'auto guérison, de se régénérer mentalement, d'être plus centré, moins stressé, plus joyeux et optimiste!

ZEN MEDITATION

Theresa Redmond
613-521-1509
theresa.redmond@rogers.com
Monday 7:00 - 8:00 pm.
\$15/term

Meets for an hour twice a month. While not open to the general public, experienced meditators can contact the instructor to discuss joining the group.

Crichton Cultural Centre Weekly Program

Dance**SCHOOL OF AFRO CARIBBEAN DANCE**

Suzane Lavertu
Artistic Director
(613) 863-3493
afrocaribdance@videotron.ca

Saturday
SOULRYTHMS:Adult dance
10:00 - 11:00 am

Dance Racine:
11:00 -noon
children ages 4-6

Mouvement Kwèyol
12:00 -1:00 pm
Children ages 7-12

Kubuli Dance Company Program
1:00 - 2:00 pm
Ages 12-18

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

BALLROOM DANCE

Murray Carter
(819) 827-1603
Friday, 8:30 pm - 9:30 pm
Join Murray and explore the wonderful world of ballroom dancing.

BEGINNER BALLROOM DANCE

Stefania Baraniak
(613) 741-5569 Or e-mail
Shalini at ballroomdnc@gmail.com
Friday 7-8 pm
\$80 / person for 8 weeks

If you have always wanted to learn how to ballroom dance or if you know the basics and want to improve your technique, Stefania is offering a 6-week ballroom dance session at the beginner level.

You will be introduced to some of the dances popular in social settings: Waltz, Foxtrot, and Tango, along with the Cha Cha, Jive and Merengue. No partner necessary.

BOLIVIAN DANCE

Carole Ouellette
(613) 837-0058
co@maqex.com
Sunday, 2:00-4:00 pm
\$6/class

Come and experience the wonderful culture of Bolivia

Community Centre Programs 2008

through dance and music. Join the newly formed Canadian Bolivian Association and help promote Bolivian culture to the Ottawa region.

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

Thursday, 7:15 - 8:15 pm
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
Wednesday 7:00 - 9:00 pm

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.

SOCO DANCING

Leo, (819) 682-8827
leo@freefrogpercussion.ca
Tuesday 7:30 - 9 pm
\$160/10 weeks
Study the dance and intro drum parts to this athletic, beautiful dance from Guinea. No experience necessary. Wear comfortable clothing, bare feet. Drums provided.

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.

Music & Voice

SIGHT SINGING AND EAR TRAINING COURSE

Marie-Lynne Sauvé
(819) 827-2657 or
mlsauve@videotron.ca
pages.videotron.com/mlsauve
Sunday 3:00-4:30 pm
(beginner)
2:00-3:00 pm
(intermediate)

These small group workshops (8-10 participants) are geared toward choral singers and anyone interested in gaining the ability to sing music they have never seen before directly from sheet music. Participants will become familiar with the basic elements of music including rhythm, melody and intervals from both a theoretical and aural standpoint. Lots of singing is on the program as well as time for individual questions and one-on-one work adapted to each person.

Infants & Children

CLUB YOGA

Carol Sly, (613) 228-9235
Thursday 4:00-5:00 pm
8 classes/\$65 a family

"Club Yoga," a creative, uplifting multimedia yoga program for children and parents. We use yoga poses, props, story telling, singing, art, movement to music, games, breath work and meditation to bring children into a fun and uplifting space where they can access their own natural creativity and flow.

During this 8-week series of classes, your child (ages 5 and under) will experience a sense of well-being, increased awareness, improved concentration, increased self-confidence, relaxation and motor coordination. You and your child will be Happy, Healthy and Whole!

CREATIVE KIDS

Cheryl Brooks
(613)736-9099
Tuesday 4:00-5:00 pm
8 classes/\$100

This class is for 3-5 year olds and their adults, who will have a fun, creative and tactile experience making art with a variety of different tools and materials.

- Brown Bear Brown Bear, What Do You See?
- Rainbow Fish
- Watercolor Butterflies
- Marker and water painting

- Crayon and Finger-paint painting
- Paper Bag Puppets
- Papier Mache Fish
- Bubble Painting
- Egg Carton Critters

FITMOM POST NATAL FITNESS

Cassandra Mactavish
(613) 884-7800
www.fitmomcanada.com
Thursday 11:15 am-12:15 pm
\$168+GST for 12 sessions
(rolling admission)

All FITMOM + Baby™ classes include exercises to target all the major muscle groups. Each class concludes with a baby activity that changes weekly. In the course of the session participants will be able to address concerns about postnatal fitness and will receive handouts on relative topics for their interest.

HIPPIN' & HOPPIN' - NEW

Erin Dube, (613) 614-4590
makinmovesinoos@yahoo.com
Tuesday 10:00-10:45 am
8 classes/\$100

Erin Dube is the proud owner of Makin' Moves! Located in Old Ottawa South, Makin' Moves brings dance and other forms of movement and exercise to the community. She finds it so rewarding to see the children and adults alike learning, making friends and having fun.

In Hippin' & Hoppin' Erin will go thru all of the basic moves for 3 - 5 year olds. An excellent way to introduce your little one to their very first dance class. Focus will be on fun!

INFANT & CHILD CPR (Level 'F')

Erin Shaheen, 613-260-7309
werehip@magma.ca
\$35 per person

Call for dates and times
This Heart & Stroke Foundation course covers CPR for infants, children and adults.

- Topics include:
- Recognition of heart attack and respiratory arrest
 - Home safety and injury prevention for babies and children
 - Definition of CPR
 - Performing CPR on infants and children (one-rescuer)
 - Clearing airway obstructions in children and infants (choking)
 - Barrier Devices
 - CPR and the Heimlich on

adults
• Safe and healthy lifestyles
Babies in arms are welcome to attend the course.

INFANT MASSAGE

Jill Vyse, (613) 830-6690
Sunday 11:00-12:00
5 lessons/\$110 includes oil & hand outs

Offering parent/caregivers and their babies lessons in our nurturing touch and infant massage program. This is a non profit organization and all the instructors are certified with IAIM.® Classes are fun, interactive and gives suggestions for the growing children. www.iaim.ws.

INTRO TO THE WORLD OF DANCE - NEW

Sally Collins, (613) 260-9847
sally.collins@ocdsb.ca
Saturday 9:00-9:45 am
8 classes/\$90

A fun introduction to dance and movement for young children. We'll explore different styles of dance (from hip hop, to Latin to African gumbot and beyond) and work with music from around the world. The course is aimed at children 3-5, but younger or older children may register with permission of the instructor.

MESSY FUN

Cheryl Brooks, 613-736-9099
Thursday 9:30-10:30
8 classes/\$100

This class for 1 to 3 year olds and their adults will focus on the tactile experience of making art instead of on the results. Kids are introduced to a wide variety of tools, simple techniques and materials to stimulate their natural creativity.

- Painting with new and unusual tools
- Finger painting and making a print from the result
- Paper plate collage
- Bubble painting
- Sun Catchers
- Valentine's Day Masterpiece
- Butterfly Mask
- Simple Mosaic

SPORTBALL

Gloria Hui
(613) 569-5300
Also register on line at www.sportball.ca
October 31 - December 19
JUNIOR SPORTBALL
(Age 16 mos -2 yrs)
Wednesday 9:30-10:15 am

Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more! Parents are encouraged to participate with their child and challenge them according to their skill level.

PARENT & TOT PROGRAM

Age 2 - 3 years
Wednesday 10:15-11:00 am
This program is designed to guide parents and their children through the introductory skills of 7 different ball sports.

MULTISPORT

3-5 year olds
Wednesday 11:00 am -noon
Multi-Sport programs focus on skill development in 7 popular sports: Soccer, Hockey, Baseball, Basketball, Tennis, Volleyball, and Golf. Participants learn, rehearse, and refine sports skills in a positive, encouraging, and non-competitive atmosphere.

Canine

CANINE OBEDIENCE CLASSES

Chantal Mills
613-296-dog-e (3643),
dog_trainer@rogers.com
www.ottawak9school.com
Sundays 10:00 - 12:00 pm

Basic Canine Obedience
Chantal says "my goal during the Basic Obedience course is to help you establish yourself as the leader AND develop the willingness in your dog to follow you. You want your dog to be obedient with an enthusiastic attitude!"

Private classes available.



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.

We ask people to pre-register for courses and special features so that we have some idea of numbers and can be adequately prepared.

Unfortunately, programs may be cancelled if there is insufficient registration. It is important for us to have a contact number in the event of a class cancellation. Drop-ins are welcome, but please call ahead to confirm.

An Integrated, Holistic Club Discover Ya Ya Club Yoga!!

Would you like to experience yoga with your child/children - to open to the wisdom of your own inner child as your child shares his/her natural innocence and joy with you?

Club Yoga is a multimedia yoga program being offered at the Crichton Cultural Community Centre this year for "families with children under 5 years of age." on **Thursdays, from 4 - 5 pm.** This integrated yoga program for families and children helps them go through life with a happy, healthy, whole body, mind & spirit. It provides a fun, and uplifting space for parents and children to come



together and totally relax.

In over six years of Club Yoga programming in Ottawa, it is not uncommon to see a toddler or baby on Mom's tummy with the 4 year old close by telling Mom how to

do a pose during the class. Classes are held in various school and community settings e.g. churches, community centres and institutions.

Club Yoga is a great activity for families to participate in together. There is also a sense of community as new families meet each other and enjoy the spontaneity of the program. No two classes are the same as the teachers tap into the natural creativity of the families and children in each moment.

Various yoga poses, breathe work, meditation, singing, art, movement to music, drama and storytelling and props are used to engage the children. It only takes a few seconds to engage the children. The children love when Mr. Tom, the friendly lizard, takes a ride on their tummy as they do the de-stress or natural breath.

You and your family will experience many benefits doing Club Yoga: improved focus and concentration, increased self-confidence, relaxation and motor coordination. The breath clears the emotions and meditation calms the mind. It is wonderful to see children learn to relax and to learn tools that they can apply the rest of their life to meet any challenge in life.

In addition, our comprehensive and unique "Club Yoga Teacher Training Program" for parents and educators is allowing more and more children to benefit by yoga. Certified Club Yoga professionals provide 36 hours of theory and 4 practicums in schools or community settings. For more information about Club Yoga and services please visit our website at www.clubyoga.ca.

To register for a Club Yoga series of 8 classes at Crichton Cultural Community Centre please call **Carol Sly** at **613-228-9235**.



Jars & Volunteers Needed

The 2008 Lumière Festival Set for Saturday August 9

Mark your calendars! The Lumière Festival is a magical event that you will not want to miss.

In anticipation of one of the summers most magical events preparations are already underway for the 5th annual Ottawa Lumière Festival. As always the unique community event is welcoming the support and assistance of our friends and neighbours in New Edinburgh.

You can help though volunteering your time, donating materials, or financial support that will be used to help purchase lantern making materials.

We are offering Lumière lantern workshops (at our location or yours) or lantern supplies for organizations. Additionally, lantern making parties are available at the CCCC. Call 745-2742 or check the website at www.lumiereottawa.com for workshop details.

Just a reminder - a lot of the supplies needed are those found in your basement, garage and garden. We are looking for donations of:

- glass jars (clean, any size, no labels or lids)
- thick and pliable wood from your garden - willow, etc
- decorating items - stickers, tissue paper, buttons, ribbon,

Lumière Volunteers Needed

We welcome your participation; help Ottawa shine!

- **Lantern Maker** - Attend a volunteer lantern making workshop and then make star lanterns - these can be made at the centre or at home.
- **Sponsor** - the Festival needs to raise funds to cover festival supplies and performer fees. Approach potential sponsors to secure festival funds.
- **Festival Promoters** - Help promote the festival by disseminating brochures at other large events like Canada day.
- **Translator** - Translate Lumière promotions and media releases from English to other languages.
- **Media Assistant** - Contact media to get Lumière listed on PSAs, community calendars and to get print/radio/TV publicity

To volunteer, contact the office at 745-2742, email cccc@bell-net.ca or fill in a volunteer registration form at www.lumiereottawa.com.



RETIRE *in style*

Discover an independent lifestyle which is enhanced by our superb service. We do the work, so you can have the leisure time to enjoy everything The Edinburgh has to offer.

The Edinburgh
Retirement Residence

10 Vaughan St. (613)747-2233
www.retirementresidences.com

A Member of Retirement Residences Group

Pauline Bogue
Sales Representative

Catherine Bell
Sales Representative

(613)725-1171

contactus@theottawahometeam.com



Capital Service
with 28 years of combined
Real Estate experience.

**We are dedicated to
our community and to providing
Quality Customer Service
with satisfaction guaranteed.**

ROYAL LEPAGE

www.theottawahometeam.com

In the Works at MainWorks

All MainWorks members would like to take this opportunity to wish everyone a Happy and Healthy New Year, and to thank the New Edinburgh Community for their continued support during our annual 2007 MainWorks Open House. In December, Gail Bourgeois was invited to participate in an exhibition at the Propeller Centre for the Visual Arts in Toronto. Gary Michael Dault, the curator, put

together a showing of conceptual works that use words as part of the work. Pierre Lagalisse is participating in a group show at Santé Restaurant and Gallery, 45 Rideau Street, from Jan 7 to March 31. Vernissage: Monday January 14, 5-7 pm. Karen Bailey is participating in a group show "Celebration: New Year, New Work" at

Dale Smith Gallery, 137 Beechwood Avenue, from January 11 to February 3. Vernissage: Friday, January 11, 7-10 pm. Susan Parisien is having a show at Francesco's Coffee Company Inc. located in the Glebe, 857A Bank Street (south of Fifth Avenue), from January 3 until February 29. Vernissage: Sunday, February 3, 3 - 5 pm.

CCCC Has Lovely Spaces Available for Community Activities

The Crichton Cultural Community Centre is ideal for:

- social functions (birthdays, retirement, wedding shower)
- weekly courses (health and wellness, art & culture, music, children's programs, general interest)
- rehearsals & auditions (musical, theatre, dance)
- workshops (yoga, financial, visual art)
- photography (shoots, classes, workshops)
- exhibitions (art, sculpture)
- non-profit organizations (meetings, fundraisers)
- business (meetings, AGMs, interviews)
- community events (garage sale, fundraiser, parties)

The Crichton Cultural Community Centre promotes community culture by offering

the Centre to individuals and organizations for a nominal fee. Additionally, the Centre assists room users by promoting their activities in: *The New Edinburgh News*, *The Manor Park Chronicle* and seasonal activity guides. The Centre is available seven days a week from 7:00 am to midnight. The rental fee is comparable to other local community centres and all day rates are available for registered non profit organizations. Additionally we offer a lower rate to arts and cultural groups looking for rehearsal space. We offer two very distinct spaces: Room 307 - this lovely renovated classroom has a bright and open atmosphere, graced with 6 tall windows that allow natural light to fill the room. Gleaming hardwood floors, new paint and 12 ft ceilings highlight its historical

ambiance. The room measures 34 ft in length and 26 ft in width. The Dufferin Room is a unique basic loft-style multipurpose room that measures an impressive 28 x 64 feet (7 x 20 meters) with high ceilings. Tall windows cover one entire wall and these look out onto the lovely Stanley Park and let in stunning natural light. Dufferin also has a wall of exposed brick, one of the building's many heritage features. Dufferin has a sprung floor finished with vinyl tiles making this room ideal for most activities. The room has been painted an elegant white and also contains custom roll down blinds which let in light but block the sun. To check the availability of the community rooms please check our on line calendar at www.crichtonccc.ca or contact the Community Facilitator at 745-CRIC (2742).



DENYS
BUILDS
DESIGNS

I am an Ottawa based renovator that specializes in everything from modern renovations to historic restorations. As a creative designer who also builds, I have a passion for combining historical elements with new technology.

Please feel free to take a moment and explore some of our exceptional spaces at Denys.ca.

Paul Denys

EXPERIENCE THE DENYS DIFFERENCE

Kavanaugh's Esso

- Motor Vehicle Inspection
- Air conditioning Specialist
- General Repairs by Licensed Mechanics

- Wheel Alignment
- 40 Years Experience

RUST CHECK

222 Beechwood, Vanier 613-746-0744

RoyalShine Car Wash

- Hand Wash (Interior and Exterior) •
- Hand Wax • Interior Shampoo •
- Leather Conditioning • and more ...

613-742-5208

745-3319

Restaurant - Catering

Fine Dining
Relaxed
Atmosphere

319 ST LAURENT BLVD

ROCKCLIFFE BISTRO

\$10 ten dollar

GIFT CERTIFICATE

Limit 1 certificate per couple with 2 dinners and salads. Not valid with any other promotions, dining in only. Valid Monday to Thursday. Expires Feb 29, 2008.

www.rockcliffebistro.com

For the Birds



By Jane Heintzman

True to the predictions of knowledgeable birders, this year's failure of the cone crop in the Boreal forest regions has indeed resulted in *irruptions* of a variety of species into our area and throughout southern Ontario this winter. (If you are like me and had heretofore associated "irruptions" (spelt rather differently) more with volcanoes and skin blemishes than with birds, the term is in fact ornithological parlance for the movement of north-wintering species to the south in years of food scarcity in their Northern range.) Among the irruptive species which have been spotted in backyards and wooded areas throughout the region are **pine** and **evening grosbeaks**, **bohemian waxwings**, **common redpolls** and **red breasted nuthatches**.

The *NEN's* youngest and most faithful birding reporter **Isabel Glasgow** spotted seven **pine grosbeaks** feasting on a

crabapple tree on Minto Place in late December. The pine grosbeak is the largest and most rarely seen of the winter finches, apparently noted for its relative tameness and slow moving behaviour (to the point that Newfoundlanders have nicknamed the bird "Mope"!)

Winter flocks gravitate to fruit trees where they remain until all the available fruit is consumed, and no doubt that crabapple tree on Minto Place has now been thoroughly decimated. The male of the species is a bright rosy red with blackish brown wings and a long, forked tail, while the female has a yellowish-olive head and rump. These beauties are also partial to sunflower seeds, so make sure your feeders are well stocked in case you have the good luck to be on the route of a passing flock.

In addition to her report on the hungry pine grosbeaks, Isabel Glasgow spotted a **piledated woodpecker** drilling away at an immense hole in a sickly looking maple at the bottom of Maple Lane at the entrance to Belvedere Crescent. I have since had a close look at the work of this fanatical bird, and the cavity is indeed well over three feet long as Isabel observed.

NEW EDINBURGH NEWS

Perhaps the most abundant of the irruptive species spotted in Ottawa this winter is the **Bohemian waxwing**. This striking fellow has appeared in such huge numbers (an astonishing 525 were sighted in the Carleton Place Christmas bird count alone) that American birders are reportedly coming up from south of the border to catch a glimpse of them. The Bohemian waxwing is slightly larger than its better known cousin the **cedar waxwing**, and is a sleek, crested bird with a dusky gray belly, reddish brown undertail coverts, a black eye-stripe, and a bright red "wax" droplet on its wing.



Photo: Saul Bocian

Bohemian waxwing eating berries.

Like the **pine grosbeak**, the **Bohemian waxwing** has a lusty appetite for berries, and has been spotted in our area tossing the berries into the air

before catching and devouring them, and occasionally even passing them along to its companions from beak to beak. The species gets its name from the nomadic, gypsy-like lifestyle of winter flocks which move from place to place, depending on the available supply of berries and fruits. An interesting consequence of these peripatetic ways is that the bird has no true song, as it has no need to defend a specific breeding territory. I haven't yet had the good fortune to spot one this winter, but as there are a few remaining crabapples in our back yard, I continue to hope!

The Droll Yankee sunflower seed feeder in our back garden has been active all winter with visiting **black-capped chickadees** in especially large numbers, **house** and **purple finches**, **common redpolls** (another of the "irruptive" species, distinguished by the bright red blob on its head and a rosy red throat), **European house sparrows** and our resident **cardinal** pair. Interestingly, the female cardinal appears to be more aggressive than the male in competing for food with the bustling sparrow and chickadee hordes, and though cardinals are normally ground feeders, she has been regularly battling her way on to the feeder itself.

Regrettably, however, our two nyjer seed feeders have been all but abandoned this winter, after serving a regular clientele of **goldfinches** throughout the summer and fall. Perhaps the goldfinches have been prescient about the predators in the area, as a large **Cooper's hawk** turned up in our backyard recently and cruised languidly about, waiting for the right moment to strike. After giving us a mag-



Photo: Mike Leveillé

Common redpolls on nyjer feeder.

nificent display of his outstretched wings, barred fan tail and ample belly (pickings must be good this year), the hawk landed on the cedar bush next to our feeder and instantly dispersed a cloud of small birds which had retreated there for shelter in his presence. As far as we could tell, there were no casualties that time round, but no doubt he'll be back for another try.

In the course of one of my daily dog walks out Sussex Drive into Rockcliffe Park, I spotted an enormous pair of glossy black **Common ravens** idling in the scrub brush on the slope leading down to the Ottawa River. These imposing birds are readily distinguishable from their **American crow** cousins, as they are considerably larger (24" as opposed to 16"), and have shaggy feathers on their chin and throat, a wedge or paddle-shaped tail, and a deep, guttural *gronk*-like croak which is as different from the crow's nasal *caw* as a *basso profundo* from an Irish tenor.

The **raven** is among the most widespread bird species in the world, with a range extending across North America and Eurasia, and south into Central America and North Africa. It is also reputed to be one of the cleverest and most adaptable birds, using its ingenuity to survive in Arctic, desert and temperate environments alike. Its indiscriminate eating habits are undoubtedly an important factor in its adaptability, and its diet ranges from carrion to birds' eggs, nestlings, crayfish, insects, small rodents, berries, seeds, garbage and even wolf scat. While I didn't actually observe such an "air show," the raven is also reputed to be an acrobatic flyer, capable of executing mid-air rolls and somersaults, and even flying upside down!

Historically, the **raven** has been the subject of myth and legend among cultures throughout the world. Among

MACDONALD-CARTIER ACADEMY

FOR A LIFE OF *Infinite* CAPACITY

Macdonald-Cartier Academy (MCA) is one of the most respected, coveted, and genuine junior high school French Immersion educational institutions in the nation's capital.

From science to the humanities; sporting activities to cultural events – MCA develops and perfects the problem solving methods, study habits, time management, and social skills a child needs to confidently address the challenges inherent to continuing educational endeavors, career, and life.

- Private – Co-educational – Grades 7 and 8
- 16 students per class – Personalized attention
- Structured, rigorous, explorative environment rich in academic, physical and cultural curricula
- Equal student intellectual levels allow an unfettered educational pace
- Unrivaled and equal proficiency in Canada's official languages

At this pivotal chapter in a child's development, MCA students learn to learn – prepared for the next level of their education, and readied for a lifetime of learning that is virtually infinite.



For confidentiality, comfort, and accurate assessment, entrance examinations are administered on an individual basis.

For further information, please contact:
Jean Mantha, Headmaster
 Macdonald-Cartier Academy
 270 Crichton Street
 Ottawa, ON K1M 1W4
 Tel: (613) 744-8898



www.macademy.ca



Caldwell
 and Associates Realty Limited

Dionne Caldwell
 Broker

Sales, rentals, and relocation

38 Charles Street
 Ottawa, ON, K1M 1R2
 (613) 744-5525

email: caldwell@cyberus.ca

www.caldwell-realty.ca

native peoples in Ontario, the raven played a central role in the flood story, where it was singled out as the first of the animals to gather mud to create a new world after the deluge. Native peoples in British Columbia and Alaska credited the wily bird with bringing the sun, moon, stars and fresh water, and even with creating people. Its legendary powers led to its adoption as the battle standard of the Danish Vikings and William the Conqueror, and it remains the official bird of the Yukon.

On the darker side, the bird's taste for carrion led to its close association with death, ill omen and the spread of disease. European settlers in North America brought with them their animus for ravens, hunting them down with guns, traps and poison, and forcing their retreat into the unpopulated territories of the Canadian Shield, a retreat from which they have only recently begun to emerge, moving into more southerly regions and even into urban areas such as ours. While thankfully the hunt for ravens is unlikely to resurge, their dubious reputation will live on in their collective designation: an unkindness of ravens!

News from the Macoun Marsh and from Nature's Encounters' Dave Collyer

Mike Leveillé's team from St. Laurent Academy reports that the feeding stations at the Macoun Marsh have been visited this winter by black-capped chickadees (in significant numbers), cardinals, juncos, white-breasted nuthatches, common redpolls, goldfinches, tree sparrows, mourning doves, hairy and downy woodpeckers and American crows (no ravens so far). Many thanks to Mike for his wonderful photographs of the hand-fed birds at the Marsh. (I've tried this with my chickadee visitors and came close, but so far, no cigar!)

Manor Park naturalist Dave Collyer reports that his most fruitful birding territory has been the area bounded by Springfield, Mariposa and Cloverdale to Mackay Lake

where he has spotted a roster of species similar to that recorded at the Marsh, including hairy and downy woodpeckers, chickadees, white-breasted nuthatches and house sparrows. Dave also had the good luck to observe a red-tailed hawk near Mackay Lake, and has received a report of a hermit thrush in the same area.



Photo: Mike Leveillé

White-breasted nuthatch at Macoun Marsh.

Counting Crows - and Other Winter Birds

The tradition of the annual Christmas Bird Count began over a century ago in December 1900, and continues to this day across the continent from Canada to California and south to the Caribbean. In recent years more than 50,000 volunteers have participated in this early winter bird census (a far cry from the original 27 pioneers who undertook the first count in 1900!), and their observations are compiled in one of the longest-running data bases in ornithological history. The count takes place between December 14 and January 5 each year, and the data is used to monitor the distribution of bird populations throughout the Western hemisphere, as well to track the impact of climate change on the movements of many species.

The Ottawa Christmas Bird Count, one of the 110 counts taking place in Ontario, was held on December 16, which, as most readers will remember all too well, was the day of a ferocious snow storm that dumped close to 40 centimeters of snow on the capital region. Blizzard notwithstanding,

ing, about 80 birders braved the elements to participate in the count, concluding with a tally of 40 species (less than half last year's total) including bohemian waxwings, dark-eyed juncos, mourning doves, American crows and even a hardy peregrine falcon.

All is not lost if you happened to miss the Christmas count. If you are a keen birder, and in particular if you enjoy observing the activity at your backyard feeders, you may be interested in checking out Project Feeder Watch, a joint study run by the Cornell University Laboratory of Ornithology and Bird Studies Canada (www.birds.cornell.edu/pfw) Project Feeder Watch is a winter long (November to April) survey of birds visiting feeding stations throughout North America, and once again the information collected by participating volunteers assists ornithological researchers to track the distribution and abundance of bird populations. Though the 2007-2008 season began in November, you can still sign up until February 28, so check out the website for instructions on how to participate. (The alternative, of course, is to send us your birding observations here at the News!)

If you do happen to visit the Project Feeder Watch website, click on the About Birds and Bird Feeding link for a wealth of information on how to get the most out of your backyard feeding stations. The site covers the gamut from Feeder Types to What to Feed; Feeder Placement and Landscaping; Safe Feeding Environment; Uninvited Visitors to Feeders; Bird IDs; and Tricky Bird IDs (this is great as it sorts out such look-alikes as Cooper's vs. sharpshinned hawks, downy vs. hairy woodpeckers, black-capped vs. Carolina chickadees and many more).

The site includes two excellent pieces of advice for ensuring the health and safety of your backyard bird population:

Make sure that your feeders are placed close to natural cover such as shrubs and bush-

es to provide a retreat from predators and shelter from the wind and cold; and

Check your seed supply regularly for mold (which is toxic to birds) and ensure your feeders are kept clean. PFW suggests washing them every two weeks in hot, soapy water and then soaking them in a solution of 1 part bleach and 9 parts water before thoroughly rinsing and drying them. (They caution that we can't rely on extreme cold to kill off bacteria, as there are cold-loving molds and salmonella bacteria that can survive frigid temperatures.)

Where to go for Supplies

It is almost a year since Birder's Corner closed its doors on Beechwood, and many readers may still be on the lookout for somewhere else to acquire their birding supplies- especially seed and suet at this time of year. The closest alternative here in Ottawa is Wild Birds Unlimited at 1500 Bank Street in the Blue Heron Mall (on the west side of Bank between Billings Bridge and Heron Road, tel. 613-521-7333). The store is one of 350 franchises all across North America, about a dozen of them here in Canada. While I haven't yet paid them a visit, I understand that they offer a full range of birding supplies and equipment including top quality seed and suet; feeders; houses; birding books and software; videos; binoculars and even gift items along the lines of those available at Birder's Corner.

Somewhat farther afield, on a recent trip to Orangeville (en route to collecting our new Labrador puppy in nearby Shelburne) we dropped into a wonderful birding store called, irresistibly enough, For the Birds Nature Store. The store is owned and operated by Scott McIntosh and offers an impressive collection of birding equipment, including top of the line Droll Yankee feeders which I have found in my limited experience to be the most durable and well designed on the market. In response to my queries as to why our nyjer feeders have



Photo: Mike Leveillé

Hand fed chickadee at Macoun Marsh.

been abandoned this winter, Scott strongly suggested I check out the seed to ensure that it's fresh and free of mold.

He explained that there are significant differences in seed quality that the birds actually react to, with high quality nyjer seed coming from the top of shipping containers, while the cheaper stuff tends to be drawn from the residue at the bottom, and is often mixed with dirt. Similarly, lower quality black oil sunflower seed is likely to be liberally mixed with twigs, so the next time you are loading up, have a good look at the contents of the bag to ensure that your seed purchase is fit for your feathered visitors. If my experience is any guide, they do notice the difference!

Scott reported that in the Orangeville area, the Fall/early Winter of 2007 was the best ever for backyard feeder birds, with pine grosbeaks, pine siskins, goldfinches, and common redpolls turning up in large numbers. Not surprisingly, the predator population has also blossomed this year to take advantage of this song bird feast, and Scott has had numerous reports of hawks, snowy owls and Northern shrikes in the vicinity.

While For the Birds is a bit more of a hike than the Blue Heron Mall, if you happen to be in the Orangeville area, the store is well worth a visit. It is located at 114 Broadway (the main drag) and you can reach Scott by phone at 519-942-8795.

Remember to send in your reports on the early arrivals in the spring migration for our April edition (janeheintzman@hotmail.com or newednews@hotmail.com).

Birds love us.
So will you.

Wild Birds Unlimited
1500 Bank St. 521-7333

Ismene Wood
Sales Representative

KELLER WILLIAMS
Ottawa Realty Ltd
brokerage
613-236-5959

Direct Line: **613-745-4562**
www.IsmeneWood.com

IV Kyoto: The Role of Government

Editor's Note: This is the fourth in a series of articles on Climate Change by local environmentalist Hugh Robertson. The previous articles in the series were published in the June, October and December 2007 editions of the New Edinburgh News, and are also posted on the community website: www.newedinburgh.ca. (Click on Climate Change Series).

By Hugh Robertson

Now that the ballyhoo of Bali is over and the carbon offsets for the delegates' flights have been tallied, we should turn our thoughts to some of the underlying issues at the conference. Besides a myriad of moral questions, Bali also raises fundamental questions about the role of government. A central question involves the formulation of our government's climate policy and the influence of the electorate in shaping that policy.

Why did the Canadian government take a position at Bali that was denounced by nearly every country in the world? A position that was only grudgingly modified at the last minute with the conference on the verge of collapse.

Was the Conservative government emboldened in its stance at Bali by public opinion polls at home? Do these polls reveal our darker side: that publicly we may rate the environment at the top of our concerns, but secretly we actually oppose paying the costs of

fighting global warming? If opposing most of the world on the threat of climate change and ignoring the warnings of Nobel scientists is based on a reading of the Canadian public pulse, are we, as individuals, not complicit in the shame of Bali?

Last year Canadians spent \$15 billion on gambling. Just half this amount devoted to reduction initiatives would have met our Kyoto target for the year.

In fairness to the Conservatives, previous governments have generated far more rhetoric and hot air on curbing global warming. Jeffrey Simpson and Mark Jaccard outline with devastating clarity in *Hot Air: Meeting Canada's Climate Change Challenge*, the delinquency of the Liberals in handling the Kyoto file.

However, it is our present government that wrote the obituary for Kyoto by abandoning the target of 6% below our 1990 greenhouse gas levels for 2008 - 2012. They moved the goalposts and unilaterally

set our target at 20% below 2006 levels by 2020 with remarkably little public and media opposition.

Canadians create a per capita average of 24 tonnes of greenhouse gases per year, of which roughly 6 tonnes is directly attributable to our personal lifestyles. In the previous article (December, 2007), we suggested how individuals can reduce their energy consumption and emissions from 6 to 4.5 tonnes each to help meet Kyoto.

ffects that reduce greenhouse gas emissions in developing countries, such as clean energy technology and reforestation. Kyoto also permits countries to sell and trade emission credits under a regulated framework.

Kyoto is not the dream world that the media, corporations and the government have tried to portray. It is achievable if individuals, corporations, and governments reduce their excessive consumption and needless waste - and the resulting emissions - and live within

The remaining 18 tonnes of per capita emissions, resulting from industrial activity and exports, have to be reduced to 13.5 tonnes to meet our Kyoto target. As individuals, we are also part of the 18 tonnes of industrial emissions. After all, big emitters like Ontario Power Generation, Stelco and Shell, produce consumer goods and services for us. And we also benefit financially as a society from the export of Canadian products.

The Kyoto Protocol does more than mandate emission cuts. Kyoto allows countries to earn credits by funding proj-

the sustainable limits of the planet.

Canada can also meet Kyoto targets by obtaining credits for projects in developing countries. If we earn billions from dirty Tar Sands oil that contaminates the atmosphere, both inside and outside our borders, are we not, as the country with the third highest carbon footprint, morally bound to invest in emission reduction projects in less wealthy countries? Many of these countries will be hit hardest by the climate calamities on the horizon.

In cutting the GST by 2%, besides fueling more con-

sumption, the government will also forfeit \$60 billion in revenue by 2012. Imagine the range of emission reduction projects that could be funded in poorer countries with this bounty - at minimal cost and inconvenience to us. Last year Canadians spent \$15 billion on gambling. Just half this amount devoted to reduction initiatives would have met our Kyoto target for the year.

Governments have basically three approaches available in implementing change:

- Incentives ("the carrot")
- Regulations ("the stick")
- Sermons or moral-suasion.

Initiating change through these policy options is not easy - especially if additional personal costs are involved - in a mixed market economic system where voters have to be placated for parties to win elections.

Distressingly, Simpson and Jaccard argue in *Hot Air* that two of these three approaches have failed to modify public behaviour and curb the dramatic increase in emissions in the past decade. Neither appeals to individuals and corporations to voluntarily reduce their consumption, nor have they led to successful government incentives that encourage emission reductions.

If we are going to win the climate war - an increasingly



BAG TO EARTH'S 10-PACK OF SMALL FOOD WASTE BAGS & 5-PACK OF LARGE FOOD WASTE BAGS



This amazing bag, which is totally biodegradable and certified by Environment Canada, is all that you require for food scraps. This bag system is made from paper - including the film! The product really does biodegrade and compost. It is designed to assist you in a very clean and practical way to participate in the compost pilot and in your efforts to be environmentally responsible. For more information: 800-366-6812 ext. 108 or 104.



These bags are available at:

- Elmvale Acres Home Hardware** Elmvale Acres Shopping Centre, 731-4492
- Jolicoeur Hardware Ltd.** 19 Beechwood Ave., 749-5959
- Heron Home Hardware**, 1593 Bank St., 733-3492
- Canadian Tire** 1170 Heron Rd, Bank & Heron 733-6776

- Manor Park Grocery**, 179 St. Laurent Blvd. 746-1023
- Shopper's Drug Mart**, 3310 McCarthy, 523-2835
- Village Drug Mart**, 425 St. Laurent Blvd. 746-4659
- Quickie/ESSO Convenience Store**, 3332 McCarthy Rd., 526-1230
- Loblaws** at Rideau St., Bank St., Riverside Dr. and St. Laurent Blvd. locations.



WITH ZERO COUPON BONDS, IT'S EASY TO DO THE MATH.

Government or Provincial Zero Coupon Bonds

TURN \$50,360 INTO \$100,000

Any day you can turn \$50,360 into \$100,000 in 15 years in an RRSP, with 4.549% yield to maturity, is a good day. After all, that's the kind of math you'll really enjoy.

Compounded return based on a 4.549% yield to maturity effective 01/11/08. Other maturities and yields are available. The effects of market risk on zero coupon bonds may be greater than on those that make periodic interest payments. Accrued interest is paid at maturity. Bonds taxed annually as ordinary income even though no income will be received until maturity. Please consult your tax adviser concerning your specific taxation reporting requirements or questions. The amount received from the sale of a zero coupon bond at current market value may be more than, less than or equal to the amount originally invested. Bond values may decline in a rising interest rate environment. Subject to availability and price change.

Call or visit your local Edward Jones advisor today.



Steve McIlroy
Financial Advisor
266 Beechwood Avenue
Ottawa, ON K1L 8A7
613-742-6811

www.edwardjones.com Member CIPF

Edward Jones
MAKING SENSE OF INVESTING

Faulkner
REAL ESTATE LTD.

Knowledge is power

Committed to sharing 21 years of real estate experience and success.

Mary Jane McKENDRY
Sales Representative
613.231.4663
MJ@RealOttawaProperties.com

If we are going to win the climate war - an increasingly urgent task - the federal government will have to assume a decisive leadership role.

urgent task - the federal government will have to assume a decisive leadership role. The approach will require more compulsory regulations and less emphasis on incentives and voluntary appeals. Relying on market forces alone only serves to reward selfish behaviour, while setting soft emission targets decades into the future is an election ploy, not a solution.

Policies will have to be designed that combine the best of the three basic approaches - the carrot, the stick and moral-suasion. Economic tools have to be devised that send clear price signals to individuals and corporations alike. These initiatives will not be politically popular and part of the challenge will be to persuade the electorate that tough medicine is necessary to mitigate global

warming.

What Governments Must Do to Meet Emissions Reduction Targets: The Policy Options

Selected suggested policies encompassing a range of options are listed below in brief outline only:

- Initiate a carbon tax with compensatory income tax cuts.
- Set both a price and a limit or cap on industrial greenhouse gas emissions.
- Permit trading in national and international emissions markets.
- Divert penalties for companies exceeding their caps to the local community, where possible.
- Invest a portion of any emission penalties in a clean technology fund.
- Tighten fuel efficiency and emission standards for all vehicles.
- Mandate a minimum 10% renewable energy component for all utilities and then gradually increase it.
- Enhance energy efficiency standards for all residential and commercial buildings.
- Regulate efficiency standards for electrical appliances.
- Legislate reduced consumer product packaging.
- Encourage waste reduction and recycling.
- Eliminate subsidies for fossil fuels and corn-based ethanol.
- Insist on true cost pricing for all finite energy resources.

- Encourage and subsidize public transit, especially rail and bus.
 - Waive sales taxes on green products.
 - Provide incentives for the development of renewable energy.
 - Support reforestation projects.
 - Offer rebates for energy efficiency initiatives.
 - Use moral-suasion to encourage conservation.
- But beware of a wolf in sheep's clothing.
- Nuclear energy is no panacea. The full nuclear fuel cycle is heavily dependent on fossil fuels and the industry is a major emitter of greenhouse gases.
 - Going carbon neutral by buying offsets is a cop-out. Carbon offsets are modern day indulgences offered to absolve people from their consumption guilt.
 - Encouraging and subsidizing corn-based ethanol is driving up the price of food around the world and causing deforestation.
 - Burying carbon dioxide in

deep geological formations is a dubious disposal method because there is no assurance that the gas will not escape to the surface or leak into the water table.

The previous article in this series outlined suggestions to enable individuals to reduce their energy consumption by 25% over five years. If corporations and governments take up the challenge and cut their emissions by 5% a year for the next five years, we will surpass our Kyoto commitment by 2012. European countries like Denmark, Sweden and Germany - all northern countries - are meeting their targets. Canada can also be part of the Kyoto club if we all - individuals, communities, institutions, corporations and governments - redouble our efforts and pull together. To fail is to steal the future of unborn generations.

A fifth article in the Climate Change series, 'Footprints on the Planet', will appear in the April 2008 edition of the NEN, and will examine how individuals can measure their own "carbon footprint" as a benchmark for making real progress towards more sustainable lifestyles.

Drive Less, and When You Do, Drive Green!

Driving generates half of our personal greenhouse gas emissions. Besides the impact on global warming, our driving habits also exacerbate urban smog problems.

One obvious solution is to try our best to use our cars as little as possible. When the need arises, however, there are a number ways reduce the impact of our car travels on climate change and air pollution.

Here are a few simple tips:

- Do not idle your vehicle.
- Use public transportation whenever possible.
- Bike or walk when distances and weather permit.
- Carpool or carshare. See www.vrtucar.com
- Buy a fuel efficient car. 32 vehicles now qualify for rebates under the ecoAuto program. See www.tc.gc.ca.
- Regular tune-ups keep engines running efficiently.
- Ensure that tires are always properly inflated.
- Keep track of your gasoline expenditures.
- Calculate your fuel efficiency by dividing the number of kilometers travelled by litres of gasoline used.
- Avoid aggressive driving. A light foot on the pedal will save on gasoline, brakes, tires and money.
- Drive at the posted speed limits. Between 100 kph and 120 kph there is a 20% increase in gasoline consumption.
- Watch the revolution counter on your dashboard. 2,000 rpm ensures optimum efficiency.
- Multi-task to save a trip: try to accomplish a number of tasks each time you use your car.
- Park in the sun in winter to warm your vehicle.
- Minimize your use of air conditioning.
- Avoid drive-through takeouts!
- Become a one car family (with a bike for everyone!)



VRTUCAR

*The only good car is a shared car
La seule bonne auto c'est celle qu'on partage*

50 stations 613-798-1900

www.vrtucar.com

Lester's
Your neighborhood
Barber shop


Now open
7 Days
To serve you better

Mon - Fri 7am - 6 pm
Sat 7am - 5 pm
Sun 10am - 4 pm

Tel : 613.745.9623

3 Barbers
Hot Shaves
+
Clean cuts
Young Children
Are more than
Welcome
(Thomas train / Lollipops)

SANDY HILL CONSTRUCTION



THE NEIGHBOURHOOD SPECIALISTS™ IN RENOVATIONS

CELEBRATING OVER 10 YEARS OF QUALITY AND SERVICE

613-832-1717

www.sandy-hill.on.ca
Committed to Excellence

Beechwood Optometry
DR. J. LEDUC
DR. F. GAUTHIER

Free eyeglass adjustments

Keep your eyeglasses in good repair and fitting well. Come and see us to have them fitted and adjusted properly.

178 Beechwood Ave
749 0481

www.bwopt.com

ASSURANCE

FH ROWAT
INSURANCE

For all of your Insurance needs, call us for a quick quote today!

613-747-9737

266 Beechwood Ave
Ottawa, ON

Serving Ontario & Quebec
since 1955

www.fhrowat.com

Fern Hill: Crossing a Bridge to Build Community Ties

By Gina Watson

Crossing the bridge over the Ottawa River, children from Fern Hill School in Ottawa shared songs, met pen pals, and worked together on a joint food drive for Christmas with children from l'Ecole Montessori de l'Outaouais.

Both schools came together to share the spirit of Christmas by collecting tinned food to be donated to "Accueil Parrainage", an organization that helps new immigrants in the region.

The grade five and six students from Fern Hill School, loaded their collection of boxes and tins of food onto a bus, and excitedly chatting in English, they made their way across the river to meet the students from l'Ecole Montessori de l'Outaouais.

When they arrived, the grade five and six students from the Montessori school gathered around the bus to help unload



it, chatting amongst themselves in French.

Inside the gym, under the watchful eye of their English teacher, **Audry O'Leary**, the Montessori students intro-

duced themselves in English, while the Fern Hill students, encouraged by their French teacher, **Lynn Boucher**, practiced their French skills throughout the introductions.

Each school then sang a song in their second language to connect the students through music.

A special guest from Accueil Parrainage, **Seraj Doryane**, came to tell the children where the food they collected would be going.

"Christmas time is an important time to help people who are in need. But it helps to

know who it is you are helping", said Mrs. O'Leary.

Mr. Doryane explained that the food would help new immigrant families in the Outaouais region.

"For many of these families it will be their first Christmas in Canada, and for some of the children it will be the first time they see snow. They will have left their family and friends at home to start a new life in Canada."

The children learned that some of these families will have left their countries in order to find better jobs, but

others would have fled war or other difficult situations.

Mr. Doryane also pointed out that Canada needs these immigrants to join our workforce, but that many of them find the transition to life in Canada difficult.

L'Accueil Parrainage helps them find accomodation, helps register children at local schools, and offers translation services in nine languages, among other things.

By the end of the presentation the children from Fern Hill School and l'Ecole Montessori de l'Outaouais understood that in their own small way they were going to make life a little easier for some of these families by sharing the food they had collected.

And at the same time they learned from the Principal of Fern Hill School, **Elizabeth Milligan**, "that working together as a team, we are able to make a difference in our community."

The connections will continue as Fern Hill students become pen pals with their Montessori school counterparts, and the bridges between the schools, across the river and into the community are strengthened.

Fern Hill School
Leadership – Knowledge – Community
An Independent Day School – Preschool to Grade 6



Open House:
5 - 7 p.m.
Tuesday, February 26 '08



(613)746-0255 or WWW.FERNHILLOTTAWA.COM
50 Vaughan Street, Ottawa, Ontario K1M 1X1



At Ottawa Montessori School the joy of learning comes naturally. Join us at an upcoming "Montessori 101" session and discover what a Montessori education would mean for your child. We think it could mean everything. Programs for 18 months to Grade 8. Enrolment is beginning for 2008.



À l'école Montessori d'Ottawa, le plaisir d'apprendre vient tout naturellement. Venez nous rejoindre et assister à une session d'information «Montessori 101» pour découvrir ce que veut dire pour votre enfant une éducation Montessori. Nous pensons que ça veut tout dire. Programmes pour 18 mois à la 8^{ème} année. Inscriptions ouvertes pour l'année 2008.

OTTAWA MONTESSORI SCHOOL • ÉCOLE MONTESSORI d'OTTAWA
335 rue Lindsay Street, Ottawa ON K1G 0L6
Tel/Tél: (613) 521-5185 Fax/Télééc: (613) 521-6796
www.ottawamontessori.com info@ottawamontessori.com

Depuis / Since 1979

BEECHWOOD CANADA AUTO SERVICE

- Brakes • Tires
- Exhaust Systems
- Injection • Etc


Pierre Fortier

188 Beechwood Avenue
Ottawa, Ontario K1L 8A9 **749-6773**

• General repairs	• Réparations générales
• Towing & Plowing	• Remorquage & déneigement
• A/C Specialists	• Spécialistes en climatisation d'auto
• Computer Diagnostic	• Diagnostic par ordinateur
• We buy and sell used cars	• Nous achetons et nous vendons des voitures usagés

Fuel System Service 10% OFF*	Transmission Maintenance 10% OFF*	Oxygen Sensor Evaluation \$10 OFF*
		

North America's Fastest Growing Automotive Service Association
An Association of North America's Most Skilled Automotive Technician's Networking Through One Central Computer System for Fast and Accurate Automotive Diagnosis




CULINARY CONSPIRACY
[FINN FOODS ON THE GO]

From Lust to Love
From Soup to Nuts ...

We have everything
to show your Valentine
that they are very special!

Drop into our heart-filled store
and let us put some romance
on your plate.



541 Rideau Street (at Cobourg)
Ample Parking
241-3126

Elmwood School Announces New Head to Take Leadership in August

Elmwood School is pleased to announce the appointment of **Cheryl Boughton** to Head of School effective August 1, 2008. After a global search process lasting nearly a year, the Elmwood Board of Governors gave unanimous consent to hire Boughton.



Cheryl Boughton has been appointed to Head of Elmwood School, effective August 2008.

"I am thrilled to be coming to Elmwood School and returning to education in Canada. The academic achievement, exceptional international curriculum and a dedicated team has already impressed me," said Cheryl Boughton. "It is a privilege and a pleasure to have the opportunity to lead Elmwood School on its continued path to excellence in education."

Ms. Boughton is currently the Deputy Head of Bedford Preparatory School in Bedfordshire, United Kingdom, a single gender independent boarding and day school for 1100 male students. Prior to joining Bedford, Ms. Boughton spent eight years working in all-girls schools in the United Kingdom. She

began her career teaching English and History in the Ontario Public school system. Educated at Queen's University and the University of Toronto, Ms. Boughton brings with her more than 10 years experience in progressively senior roles managing independent schools.

"We are delighted to have Ms. Boughton lead Elmwood School," said Jacob Polisuk, Chair of the Board of Governors. "She has a solid understanding of the importance of single gender learning environments as well as the characteristics of what makes a great school. She has the experience, attitude and drive to take Elmwood to its next stage of development, as a leader in providing single gender academic excellence."

Fall 2007 Activities at St. Brigid

By Aidan Opazo Baer

Last fall at St. Brigid Elementary School, students participated in many athletic events and tournaments, theme days, and celebrations.

For the ninth year in a row, students participated in our Terry Fox Run and raised over \$900. Also, in early October, our Cross-Country running team did very well at the board meet at the Terry Fox Facility. We had many top 10 finishes including the Intermediate boys, who finished 1st, 2nd, and 4th, and the Junior boys, who finished 1st and 3rd.

Our boys and girls soccer teams did extremely well at the board tournament and represented our school very well. The boys won every game and both teams had a lot of fun. In November, St. Brigid hosted successful volleyball tournaments for boys and girls. Our teams showed great teamwork

and effort.

On December 1, we hosted our annual **Christmas Gift Fair** with homemade crafts, artwork, a silent auction, and a bake sale. It was highly successful and we raised a lot of a money for field trips and supplies. Thanks to the community for supporting our school!

This fall, we also had several theme days. Students would bring in a dollar donation and show their spirit. First we had **Hat Day**. It was amazing to see all the different shapes and sizes of hats. On **Halloween**, students and teachers wore orange and black. Then we had **Pyjama Day** in December. Students were invited to wear their pyjamas, slippers, and housecoats. Gym was a bit awkward.... Also on Pyjama Day, the Grade 1 students baked cookies and sold them for \$0.50 each. All proceeds went to a World Vision project

in a needy school in a far off country.

The Grade 4 classes finished their study of the Medieval Ages by having their annual feast. Students and teachers dressed up in costume as knights, princesses, jesters, archers, and kings. There was a wide array of medieval food (dried fruit, roast chicken, bread, and of course no cutlery!) Students learned a lot and thoroughly enjoyed themselves.

Throughout December, for Advent, students brought in non-perishable foods for needy families in our school and community.

After working hard for these wonderful events, students and teachers were looking forward to the Christmas holidays, and learning and having even more fun in the New Year.

Your Neighbourhood Specialist in Residential Real Estate

HUGH DALE HARRIS
A TREASURE CHEST OF SERVICE™
Broker

ROYAL LePAGE
Performance Realty
Brokerage, Independently Owned and Operated

Office: (613) 744-2000
Direct: (613) 745-5950

e-mail: dalehwh@magma.ca web: www.hughdaleharris.com

201-5300 Canotek Road, Ottawa, ON, K1J 1A4

MONSON DELUXE CLEANERS

**WE ARE A
CLEANER
DRY CLEANER**

- ✓ **We care about the environment** and operate our business in a safe and efficient manner.
- ✓ **We use the best available equipment and technology** to reduce any chemical released into the air, water or ground.
- ✓ **We train our employees** and practice proper procedures and precautions to ensure safety in our operations.
- ✓ **We are members of professional associations** that keep us up-to-date with the latest technical and safety information.
- ✓ **We dispose of our chemical waste legally** through a licensed waste removal service.
- ✓ **We are working with governments** on the federal, provincial and municipal levels and surpass all required environmental regulations.
- ✓ **We are proud to be a part of the community** and respect our customers' and our neighbors' right to a safe and clean environment.
- ✓ **We strive to be good neighbors** and recognize our responsibility to the community we work and live in.

YOUR NEIGHBOURHOOD DRY CLEANER

**WE CARE ABOUT YOU
AS WELL AS YOUR CLOTHES
SPECIALISTS IN SUEDE AND
FRENCH CLEANING**

**ENVIRONMENTAL DRY CLEANER:
CERTIFIED BY JACQUES WHITFORD,
ENVIRONMENTAL SCIENTIST**

**110 Beechwood (at St. Charles)
613 749-5969**

Want to be plugged in?

Like to discuss local issues?
Come join our online community!
www.newedinburgh.ca

DIRECTION	ANDREWSHERWOOD, CA	GUIDANCE
	ANDREW SHERWOOD PH.D PSYCHOTHERAPIST	
	613-695-5600	
<i>It makes a great deal of difference to the behaviour of the individual whether the psyche is functioning mainly consciously or unconsciously.</i>		
	C. G. Jung	
PASSAGES		INDIVIDUATION
<small>MEMBER OF THE CANADIAN ASSOCIATION OF PSYCHODYNAMIC THERAPY</small>		



PSYCHOTHERAPY
Individual
Couple
Family

200-16 Beechwood Avenue
Ottawa, On. K1L 8L9
Facsimile: 613.741.8784
E-mail: suzanne@stjohnsmith.ca
www.stjohnsmith.ca

Suzanne St. John Smith
M.A., M.A. Psych.
Tel: 613.741.2756

Free Your Neck & Back.....
.....**Drop that STRESS**
Osteopathic Biodynamics

- Relief of Physical Pain
- Increased Energy & Mental Clarity
- Deep Relaxation



For appointment and more information call
Joah Bates, D.O. (U.K.)
(613) 742-0011

your friendly neighbourhood scuba & snorkeling headquarters



BURTON'S
Dive Service & Gear
since 1986



• snorkeling • scuba • rentals • service • training •

196 Beechwood Ave. Ottawa, ON K1L 8A9
tel: (613) 745-6444 • www.burtonsdive.com



Il Vagabondo
ESTABLISHED IN 1979
A True Italian Family Tradition

Our specialty: Fresh pasta made on the premises.
Seafood, chicken and veal.

Every Meal Is a Special Event

186 Barrette (at corner of Beechwood and Marier)

Open for Lunch: Tues. - Fri., 11:30 a.m. - 2:30 p.m.
Dinner: Tuesdays to Sundays, 5 p.m. - 10 p.m.
Open on Mondays for groups (reservations min. 10 people)
Please call for reservations 613-749-4877

Anti-Idling By-law:

Turn Off that Engine or Prepare to Pay

By Jane Heintzman

The City of Ottawa's long-awaited **Anti-Idling By-law** came into effect last June, and after six months of public education and friendly reminders, the gloves came off on January 1, 2008 when enforcement of the by-law's provisions officially began. The by-law prohibits idling your vehicle for more than three minutes except in cases where the temperature exceeds 27° C or falls below 5° C. Even in these instances, the vehicle must be occupied to obtain the exemption, so don't expect to start your car on a frigid morning and retire to have a leisurely breakfast while it heats up. The fine for a violation is \$100, but repeat offenders may face a much heavier hit of up to \$5,000.

Needless to say, enforcing the anti-idling rules is a labour intensive task requiring the deployment of officers with timing devices to track down hard core idling offenders. As a result, the City plans to follow

the lead of other cities where such by-laws are in place, and undertake several blitzes in the city core in the course of the year, as well as continue acting on specific complaints in residential areas.



Many of us are torn when we observe the inhabitants of a car or truck idling their engines for long periods of time: should we do our civic duty and knock on the window, or does that guy look mean and unresponsive to a friendly reminder of the environmental impact of his profligate carbon emissions? The advice from **Linda Anderson, Manager of Enforcement and Inspections** in the City's By-Law and Regulatory Services Branch, is to spare yourself a potential confrontation. Simply record the vehicle plate number and,

in the case of truck, the company with which it is associated, and report this information to the City so that enforcement officers can follow up.

In case you needed a reminder of the many environmental and practical reasons to break the idling habit, here are just a few of those compiled by Cardinal Glen's **Cercle Glenviro Circle**:

- Your car engine needs only 30 seconds to warm up;
- 10 seconds of idling uses more gas than restarting your car;
- Idling damages cylinders and the catalytic converter of your vehicle;
- An idling vehicle emits 20 times more air pollution than one traveling 50 km/h;
- Carbon monoxide can seep into an idling vehicle; and
- Idling is a major cause of urban smog, acid rain and greenhouse gas emissions.

Last but not least, it's now against the law!

River Clean Up...

(Continued from Page 1)

considering adding a fourth station if a suitable location can be found. Watch for details of the exact locations in the April edition of the News.

Three volunteers will be recruited to look after each of the stations, one to handle the paperwork and refreshments indoors at the site, and two others to supervise volunteers outdoors by the river banks, and to direct participants to areas most acutely in need of a

clean up.

Depending on volunteer resources and funds available for supplies, a BBQ lunch for volunteers may be held once the clean up is over.

Politicians at all levels, federal, provincial and municipal, will be invited to take part in the event and, if possible, provide volunteers to beef up the clean up team.

As they have in years past, arrangements will be made with City for the provision of clean up supplies; garbage and recycling pick up; and any spe-

cial instructions regarding what's safe to collect from the river banks.

Wanted: Volunteer Support to Make this Happen!

As always, the success of the annual Rideau River Clean Up event depends crucially on the participation of volunteers, lots of volunteers, to assist with organization; publicity and communication; volunteer recruitment; and management of clean up stations, or simply to serve as foot soldiers to undertake the mucky work of extracting garbage and assorted debris from the river banks. (I've met a lot of mighty attractive frogs and turtles this way!) As the task is hungry work, the Urban Rideau Conservationists are also in need of donations of refreshments for Clean Up Day participants, so if you are able to help out in this department, your generosity would be greatly appreciated.

The next major Planning Meeting for the clean up will take place on February 3rd at the New Edinburgh Pub from 3-5:00 p.m., so if you're interested in helping out, please feel free to join the group.

To volunteer, donate supplies or get more information about the project, contact Martin at canning_martin@gmail.com. Stay tuned for all the details of the event in the April edition of the NEN!

Delicious fresh organic foods



life organic
WWW.LIFEORGANIC.CA



delivered to your door.

613 745 6868
www.lifeorganic.ca



WINNER of the BBB Torch Award for Marketplace Ethics

"Some businesses go far beyond the average standard in maintaining high standards of ethical behaviour. They do what is right & fair without question, without compromise..."
Better Business Bureau

745-8502

Creating Tranquility in the Lifestyles of New Edinburgh Area Children

By **Amanda deGrace**

Integration of yoga into a child's life allows for a sense of calmness and relaxation, coupled with environmental awareness and tools for personal stress management. Children's yoga classes foster a sharing and caring environment and bring honour and thankfulness for their self, family and surroundings. Local Little Lotus Yogi's and Yogini's have been moving their bodies, creating calmness in the mind and allowing their spirits to soar!

Take a look at what some of our class participants have been up to! Little Lotus classes begin with a tuning in, followed by caring and sharing, pranayama, asana (posture) practice and play, reflection time through storytelling or journaling and end with a comfortable and relaxing shavasana (or a star, if you ask a Little Lotus participant).

Preschool Little Lotus Yogi's and Yogini's enjoy shaking their "tail" in this position as they bark like a Mommy Dog.



floor. Pressing the feet into the floor and begin to lift your chest and shoulders off the floor. Lengthen your arms and press the crown of your head towards the sky. Open up your chest, pressing your shoulder blades together.



Bound Angle (Butterfly) Baddha Konasana

Begin in a comfortable seated position and bring your knees in close to your chest. Allow your knees to slowly drop to the side, towards the earth. Your hips should remain on the floor, with a tall spine. Press the souls of your feet together.

Preschool Little Lotus Yogi's and Yogini's enjoy singing Fly Like a Butterfly in as they flutter their wings!

Child's Pose (Sleeping Bunny) Balasana

Begin in a kneeling position, with your buttocks on the heels of your feet. Allow your upper body to fold forward reaching towards the earth. Allow your forehead to drop towards the floor, and allow your buttocks to reach toward your heels. Lengthen the spine as your breath dances throughout your body. Place your hands on the floor next to your body. Another option that the children enjoy is a variation (as shown in picture) with the arms extended in front. This is a great relaxation pose.



Downward Dog (Mommy Dog) Adho Mukha Svanasana

Begin on all fours (table position) distributing equal weight in your hands while spreading the fingers. Gently lift your buttocks towards the sky, as your press your heels deep down into the earth. Keep the fingers spread and hands pressed evenly into the ground as you create a V shape with your body.



Upward Dog (Baby Dog) Urdhva Mukha Svanasana

Begin on your stomach with your chin resting on the floor, bringing your hands in close to your chest. Spread your fingers and press your palms into the

Amanda DeGrace is a national fitness professional and presenter for CALA, YMCA & CanFit Pro, as well as an Instructor Trainer with the Lifesaving Society of Canada and Red Cross. Amanda has also completed Yoga4Kids training and attended various yoga workshops and events. Little Lotus class and session information available through www.amandadegrace.ca.

Apprendre avec le corps avec l'esprit avec le cœur

Découvrez la pédagogie Steiner Waldorf - Une pédagogie tenant compte des rythmes de l'enfant et utilisant les arts comme véhicule pédagogique, sans compétition, en harmonie avec la nature et le monde, où l'implication de la famille est valorisée pour que l'enfant devienne un adulte à l'esprit libre, respectueux et humain.

Contactez Céline au comité de bienvenue : 613 748-6048

Programme éducatif Steiner Waldorf - www.trilledesbois.com
École élémentaire publique Le Trillium - Édifice Trille des bois - 140, rue Genest - Ottawa

TRILLE DES BOIS

PLACE FOR PAWS

Boarding Camp for Dogs & Cats

THE place to stay while your family is away!

Visit the spa-like atmosphere and see for yourself.

Dogs enjoy 6 daily supervised outings in our fenced acre & country trail walks.

Separate sunny CAT condos

Transportation Available

613-446-2280
Margo Edwards Ledoux

Is everyday life getting you down?



Walk it out ...

while you talk it out.

I provide counselling sessions that combine *Walking with Talk Therapy*.

Walks originate from your home, workplace or my office.

Counselling focuses on positive change in the areas of:

- self esteem and assertiveness
- parenting skills
- home/career balance
- mid-life transitions

Lise Rowell MA CCA CCC

613-298-1733

lrowell@svmpatio.ca or visit my website at: www.walkitout.ca



Phone: 613-742-9319

200-39 Vaughan St.

Fax: 613-744-7254



LINDENLEA \$1,400,000. Fantastic mixed use building in a superb location. This New Edinburgh bldg is fully leased w/ office and R & D lab prototype manufacturing. Great tenants & a building that shows pride of ownership. Because the zoning is an exception, the long term value is also in the residential zoning that surrounds this bldg.



THE RENAISSANCE. 40 Landry. A Ten+++ This total redesign features a 24' panorama of the river and city skyline. Cherrywood stained floors and a den full of mahogany built-ins incl. a Murphy bed. Ensuite laundry, an awesome kitchen, a high-end bathroom reno and murano glass light fixtures. See the photos on our website. \$299,900.



2951 RIVERSIDE DRIVE Apartment 1003 has been renovated. The hardwood floors are lovely. The 12 x 20 living room has a fireplace. Three bedrooms, but now the master bedroom has ensuite bathroom and walk-in closet. Priced at \$269,500.



LINDENLEA \$750,000. This property is located on Beechwood Ave and Putman. Fully leased office space with 14 parking spaces.

KNUD V. POULSEN
613-884-7676

MICHAEL VALIQUETTE
613-255-7779

www.victoriainland.ca



Bouillabaisse: A Valentine's Day Delight!

By André Sanche
Brand Manager
Mackay Street Epicuria
Food Lover's Companion writes: Bouillabaisse is "a celebrated seafood stew from Provence, made with an assortment of fish and shellfish, onions, tomatoes, white wine, olive oil, garlic, saffron and herbs." It is said that Venus, goddess of love, beauty and fertility, once fed this soup to her husband Vulcan, in order to lull him to sleep, while she consorted with the god Mars.

With such a plethora of ingredients, this soup/stew is a perfect match for a cold winter's Valentine Day Menu. Try using as many local or Canadian ingredients as possible. You will be surprised at what you can find at this time of year.

On that note; remember that it is entirely acceptable to use canned goods. Being February, finding ripe, Canadian tomatoes is a challenge. There are a number of quality canned tomatoes available at your local grocer. They are picked at their ripest and processed immediately; you're ensured to have naturally ripened, quality product year round. As an accompaniment don't forget to drizzle a nice peppery olive oil over beauti-



fully toasted 12-grain fennel bread from our local *Art-Is-In Bakery*.

There is a little work involved in making this dish, so why not invite two or three couples over for a Valentine's dinner amongst friends!

Bouillabaisse

- 1 live lobster
- 1 can Canadian tomatoes, drained and coarsely chopped
- 1 medium leek, whites only, julienne
- 2 garlic cloves, chopped

- ¼ cup peppery olive oil
- ½ lbs potatoes
- ¼ cup fennel, julienne
- pinch saffron threads
- 1 tbs coarse sea salt
- ½ tsp fresh cracked black pepper
- 4-5 cups white fish stock (or store bought)
- ¼ cup dry Ontario Riesling or Chardonnay
- 1 lbs white fish fillets (halibut or cod), 1 inch cube
- ¼ lbs small hard-shelled clams, scrubbed
- ¼ lbs cultivated mussels, scrubbed and beards removed
- ¼ lbs large shrimp in shell (ask your fish monger for 21/25's)
- ¼ bunch Italian parsley, leaves removed and kept whole

Prepare all of your seafood items ahead of time, cooking them each individually in your fish stock.

Plunge lobster head first into a heavy bottomed pot filled with rapidly boiling water, cook, covered, 2 minutes. Transfer lobster with tongs into a colander and let sit until cool enough to handle. Once cooled, twist off claws, smashing with mallet and remove meat and set aside. Pull tail, cut in half lengthwise and remove. Cut everything into 1 inch cubed pieces, or better yet, reserve the claw to set on top.

Poach remaining fish in simmering fish stock (reserve for soup). Make sure that mussels open wide. Set aside to add to soup at last minute.

Cook tomatoes, leeks and garlic in oil in a heavy-bottomed pot over medium heat, stirring occasionally, until leeks are softened, 5-7 minutes. Meanwhile, peel potatoes, cut into ½ inch cubes. Add potatoes, fennel, saffron, sea salt and pepper to tomato mixture. Add white wine, reduce by half and then add stock, bring to a boil, reduce heat to a simmer and cook covered until potatoes are al dente, 8-10 minutes.

Place cooked fish, shellfish and parsley in bottom of hot bowls. Ladle warm soup into bowls, top with thick, toasted bread, drizzle with olive oil and serve piping hot!

EPICURIA
 FINE FOOD STORE AND CATERING

New for 2008

- Store décor
- House-line of frozen foods
- Valentine's menu
- Tapas menu
- Weddings ...

MACKAY STREET EPICURIA
 419 MACKAY STREET, OTTAWA
 TEL (613) 745-7350 fax (613) 745-2869

Prepare... your taste buds

Da Bombe uses only the freshest ingredients in producing desserts and other foods of distinct quality.

Come on in for lunch and enjoy one of our delicious specials alongside one of our desserts. Be sure to prepare for a whole new taste experience.

- Gourmet Desserts
- Ice Cream Cakes
- Pies
- Salads
- Pizzas
- Oven Ready Meals
- Panini Grilled Sandwiches
- Quesadillas
- Coffee & Tea

Chocolate Raspberry Bombe

...And Fresh Food Ideas

176 Beechwood Ave. Ottawa, ON K1L 1A9
613.741.0044

QUINCAILLERIE JOLICOEUR LTÉE.
 HOME HARDWARE

70 ANS DE SERVICES PERSONNALISÉS BILINGUES
 YEARS OF PERSONALIZED BILINGUAL SERVICES

Affûtage • Sharpening
 Accessoires de maison • Household Accessories
 Coupe de vitre, miroir • Glass, mirror cutting

LIVRAISONS GRATUITES • FREE DELIVERIES

Business Hours	
Monday - Thursday	8:30 a.m. - 6:00 p.m.
Friday	8:30 a.m. - 8:00 p.m.
Saturday	8:30 a.m. - 6:00 p.m.
Sunday	10:00 a.m. - 4:00 p.m.

19 Beechwood Ave.
 613 749-5959

Pick up your aeroplan card at Jolicoeur Home Hardware.

Eating Your Way to Good Health

By Margaret Hollett

Healthy Living Project Officer
With the New Year, many resolve to lose weight. We all want to look our best and be healthy. Walk into any health and nutrition section in a bookstore and you are guaranteed to find many tempting approaches to dieting. The diet industry continues to grow, along with our increasing waistlines. Your best bet for healthy eating is to follow *Canada's Food Guide to Eating Well* that provides ideas and tips to help you make wise and healthy food choices. The Food Guide emphasizes the need to:

- Enjoy a variety of foods from each of the 4 food groups daily.
- Try to choose low fat foods more often.
- Eat more grain products, vegetables, and fruits.
- Limit the amounts of "other foods" (fats and oils, sweets, salt, alcohol and caffeine)

For many of us, the high costs of some foods challenge healthy eating. Are you pressed for cash? The following resources are available if you are having trouble buying nutritious foods.

- The *Good Food Box* provides a box of fresh fruit and vegetables at reasonable cost once a month. Contact: 613-860-6767 or [\[townchc.org\]\(http://townchc.org\).](mailto:goodfoodbox@centre-

</div>
<div data-bbox=)

- *Just Food* coordinates "gleaning" excursions to local farms, offers canning and preserving workshops and publishes both a Buy Local Guide and a monthly electronic newsletter. It also hosts the Community Garden Network, which provides opportunities to grow vegetables on plots throughout the city, as well as information and resources. Contact: 613-236-9300, ext. 301 or info@justfood.ca.
- *The School Breakfast Program* provides nutrition to 8,000 children in 130 Ottawa schools. Contact: 613-828-6274, ext. 277.
- If you are receiving benefits from Ontario Works or the *Ontario Disability Program* you may be eligible for either the Special Diet Allowance or the Pregnancy/ Breastfeeding Nutritional Allowance. Information on these benefits can be obtained from the Ontario Disability Support Program at 613-234-1188 or toll free 1-800-267-5111.

It is possible to achieve and maintain a healthy weight. For more information or copies of the new food guide, please contact Ottawa Public Health at 613-580-6744 or visit Ottawa.ca/health.

A Public Health **Moment**

Santé publique **Ottawa** Public Health

? *Did you know...* With a wind chill of -35 or colder, exposed skin can freeze in as little as 10 minutes. Bundle up and stay dry.

ottawa.ca/health Tel.: 613-580-6744 TTY: 613-580-9656

COMING SOON

H A B I T A T U R B A I N

in Quartier Vanier
The New Urban Village

CONDOS and TOWNHOMES
from \$189,000

PRIORITY REGISTRATION
613-747-1221
OR
www.lesaintdenis.com

ANOTHER PROJECT BY
ReDevelopment Group

ROCKLIFFE PHOTO
IMAGE CENTRE INC.

Photo • Video • Digital


- Digital Cameras and accessories
- Digital Prints and enlargements
- Print from prints
- Passport photos
- Frames and other photo accessories
- Colour and B&W photocopies at the best price

Specializing in...

- Video and audio duplication
- Foreign video conversion to pal/scam/ntsc
- Transfer old movies (beta/8mm/super8/vhsc/dvc) into dvd at the best prices
- Slides on cd or dvd

18 Beechwood Ave. tel. 613.747.6259
Ottawa, On k1l 8l9 fax. 613.747.4458
email. moshen@rockliffephoto.com

Mrs. Sew & Sew



Custom Sewing and Alterations

Janet Rowett
Seamstress

By Appointment
(613) 744-1731
166B Carillon St. Ottawa

MONFILS
GENERAL CONTRACTING



High quality renovation and custom carpentry services.

SPECIALIZING IN PERIOD HOMES.

Free estimate
613-227-5544
info@monfils-renos.com

WWW.MONFILS-RENOS.COM

 Nancy Benson
Sales Representative
613.747.4747

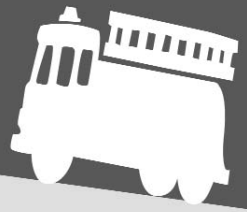
KELLER WILLIAMS
OTTAWA REALTY LTD.

SPECIALIZING IN UNIQUE DWELLINGS



WWW.NANCYBENSON.COM

ManorPark.ca



Manor Park
PLAYSCHOOL

"Where children laugh, learn and play."

The Manor Park Playschool offers half-day programs that delight 2½ – 5 year olds. For older children, our supervised lunchtimes and school bus connections make the transition to or from Kindergarten* easy!

www.manorpark.ca
mpcc@manorpark.ca
613-741-4776

* St. Brigid and Manor Park schools

In Memoriam: Geordie

By Jane Heintzman
On November 25, our beloved 10 year old yellow Labrador Geordie died of hemangiosarcoma, a virulent form of canine cancer which originated in his spleen and ultimately spread to his liver and throughout his abdomen. His loss is deeply felt in our household, and we sorely miss his beautiful soft head, his gentle eyes, his graceful, cantering gait, and his unflinching eagerness to give and receive love and

use of Magnetic Resonance Imaging (MRI) as a predictor of response to cancer therapy. Earlier this year, (fatefully, around the time that Geordie's cancer was first diagnosed), I received a notice from the Pet Trust heralding an ambitious new project: the creation of an **Animal Cancer Care Centre**, the first such comprehensive cancer care facility in Canada. As part of a broader effort underway at the University of Guelph to establish an

quality of care for sick animals; train highly specialized veterinary oncologists; promote collaborative research into new diagnostic procedures and cutting-edge medical and radiation therapies; and achieve fresh insights into this deadly disease that will be of benefit to human and animal medicine alike. Pet lovers who have lost a beloved companion, or who would like to pay tribute to the dog or cat of a friend or family



affection. Many individuals and families in our community have quietly endured the same painful loss of a cherished dog or cat, struggling to cope with their sadness in the absence of the supportive rituals associated with a human death.

One way to fill this gap in societal observance and to honour the memory of a beloved pet is through a memorial donation to one of the many animal welfare causes that abound in our community. As Labrador owners for close to three decades, we have now had occasion to make four such donations, and have selected the **Ontario Veterinary College Pet Trust Fund** as the recipient of these memorial offerings.

The Pet Trust was established in 1986 to fund leading-edge research in companion animal medicine, supporting projects which explore common health problems, develop new diagnostic, therapeutic and surgical techniques, and investigate animal behaviour and the unique human-animal bond. The funds are distributed annually in a two-stage scientific review process, and recent projects have included studies of canine immune-mediated hemolytic anemia (a nasty bleeding disease which afflicted one of our Labs), and the

Institute for Comparative Cancer Investigation, the Pet Trust has set out to raise \$10 million to fund new facilities for cancer care, and to support ground-breaking cancer research with potential benefit to both companion animals and the humans who share their environment and develop many of the same forms of cancer.


Just two examples of recent projects include a joint OVC/McMaster University investigation into the use of a gene therapy that targets dendritic cells to trigger the immune system of dogs to attack cancer cells; and an examination of the effectiveness of "metronomic" chemotherapy, a low, continuous dose of chemotherapeutic drugs (with minimal side effects) aimed at cutting off the blood supply to tumours, a procedure which is hoped will have application in human cancer care.

It is some consolation to know that our donation to Geordie's memory, and those of the kind friends and family members who also paid him tribute through donations to the Trust, will help to bring the new Animal Cancer Care Centre into being. Also, a donation will support the OVC's efforts to improve the

member, can check out the Pet Trust website at www.pet-trust.ca, or contact the Trust at the following address:

Ontario Veterinary College
Pet Trust Fund,
c/o Alumni House,
University of Guelph,
Guelph, ON
N1G 2W1
(519) 824-4120 Ext 54431

In the meantime, cherish your canine or feline companions: their lives are painfully short, and as we have learned through Geordie's illness, combined with the fragile continuing existence of his 15 and a half year old companion Robbie, every day really is a gift!



Deadline

for the next issue of the
New Edinburgh News

March 10

Send articles to:
newednews@hotmail.com

Send ads to:
nen-ads@hotmail.com

To Valentine or Not to Valentine?

By Doug Cornish

To valentine or not to valentine. This year I'll think of Valentine's Day more as a verb than a noun or an adjective. It's going to be a "will I or won't I?" decision. Will I participate in yet another commercial wallet squeeze, another corporate push to buy the flowers, purchase the card, eat (sorry, give then eat) the chocolates?

Just another manufactured day when we're encouraged to show our affection. In reality, Valentine's Day should be every day of the year. If you love someone, why not tell them constantly? Why wait for one day a year?

I've always admired the unpredictability of Valentine's Day, the randomness of the day. It's one day a year when you're actually given societal permission to make a fool out of yourself, either anonymously or not.

There's a tenseness on February 14th, an anticipation; the air seems fraught with unknown promise. Will something happen or won't it? Valentine's Day brings out the idealistic dreamer in most of us. People think because there is an official day set aside for love, then love will happen that day. It seldom does. If love happens, it happens when

you're least expecting it, not on some official "love" day where it's officially sanctioned to happen.

Cynical? Perhaps? Last year I overheard a woman saying, "You know, this Valentine's Day isn't all it's cracked up to be."

Valentine's Day is one day, that in spite of the constant money grab and the obviously too neatly packaged idea of the day, people still seem to like the idea of having a Valentine's Day. They've been disappointed other Valentine's days, but there always seems to be hope (false as it sometimes is) that this year something will happen and that the Laura Secord knight or damsel in red will appear.

Valentine's Day has become a corporate amoeba feeding on our unfulfilled and secret wants. Love is all there is. That's Valentine's Day. We crave it, but the expectations

and promises usually outweigh the reality. It feeds on our weaknesses, therefore, it has control over us. It owns us. It devours us. We can't ignore it.

Valentine's Day can, though, give birth to loneliness. It can produce jealousy. It can leave a bad taste in one's mouth.

I've often thought that one year people should try giving a card or chocolate not to those they love but, to those they hate. Wouldn't it be nice for a person you despise to receive a gift from you? Isn't that the idea behind the day in the first place? Isn't it about love? Or, is it just about romantic love? Is a box of chocolates and a dozen roses simply a means to an end, an invitation to romantic love?

Perhaps we should think of Valentine's Day as not only a romantic love day, but also a day of kindness, a day where you show your appreciation for

someone whom you might not love, but whom you care about. Isn't that what Valentine's Day is slowly becoming? Walk into a card shop, and you'll find Valentine's Day cards for everybody, including dogs and cats. Yes, folks, the ever present corporate hand is always there. The gift and card business has expanded to include pets, and who knows what else. The one thing you shouldn't buy for your dog, though, is a box of chocolates.

So, will I or won't I? Succumb to that annual, harmless, mid-winter custom of giving someone a rose, or some chocolate, or a card (or all of the above). It will give me a good feeling if I do. And, if I decide to give chocolates, it might save me a few calories (by giving them away!). Unless, of course, someone decides to give me chocolate.

Douglas Cornish is an Ottawa writer.



For Women



Ninom Rouze
Certified Holistic Massage Therapist

Offering the following:

- Anti-Stress (Whole Body)
- Traditional Shiatsu and Tui-Na
- Reflexology (Feet)
- Manual Lymphatic Drainage
- Pre & Post Operative
- Flower Essence Therapy by Dr. Bach
- Medicine for the Soul and Emotional Well Being

Reduces mental and physical stress and chronic pain; strengthens the immune, hormonal and nervous systems; enhances skin tone and self-esteem.

For an appointment call
613-680-2744
email: ninomrm@rogers.com

Pick Custom Driving

Door to Door Driving Services
Individuals, Small Groups, Families
Local & Long Distance
By the hour or by the day

Call **Pick Custom Driving** for:

- Conventions
- Meetings
- Appointments
- Custom Sightseeing Tours
- Restaurants
- Museums
- Performances
- Weddings
- Sports: Senators, Habs Games
- Intercity: Business, Shopping
- Airports Montreal, Toronto, USA

Our luxury Toyota Sienna, with 6 reclining leather passenger seats, meets your needs in safety & comfort.
Licensed limousine - City of Ottawa

Information, rates & booking:

www.pickcustomdriving.ca
alan@pickcustomdriving.ca
613.232.4900

E

XPERIENCE THE ELEGANCE

GOVERNOR'S WALK

RETIREMENT RESIDENCE

Governor's Walk, Ottawa's preeminent retirement address, is in historic New Edinburgh, on the edge of Rockcliffe.

Locally owned and operated by Dymon Healthcare Corporation and managed by retirement experts with over 40 years of experience.

Enjoy gracious living with highest level of comfort, convenience and care.

Call now for a Tour, Free Brochure or join us for our Open House every Sunday from 2 - 4pm.

DUKE OF DEVONSHIRE
RETIREMENT RESIDENCE

Introducing
Duke of Devonshire
in the
Civic Hospital Neighbourhood

LORD LANSDOWNE
RETIREMENT RESIDENCE

Opening soon in the Glebe
Lord Lansdowne
613 230-9900
www.lordlansdowne.com

The Lifestyle

You Want...

at Affordable Rates.

*Ask about our spacious
two-bedroom suite. (1120 sq.ft.)*

150 STANLEY AVENUE, OTTAWA • 613 564-9255

WWW.GOVERNORSWALKRESIDENCE.COM



Rockcliffe Park Branch
380 Springfield Road
613-745-2562

Winter 2008 Programs

Adult Book Chats

Drop in at the library for an informal chat about great books and authors. (meetings start at 7 pm)

February 14

The History of Love
by Nichole Krauss

March 13

The Sad Truth about Happiness
by Ane Giardini

Children's Programs

Bilingual Toddler Time Sessions (2-3 years old)

A story based program for toddlers and a parent or caregiver with rhymes, songs and games. February 4 & 11 at 10:30 am.

English Storytime Sessions (3-6 years old)

A storytime program with stories and rhymes for young children. Parents and caregivers are welcome to join in. February 6 & 20, March 5 & 19 at 10:00 am.

Fun with Music / J'amuse avec la musique (birth - 3 years)

A fun 30 minute program introducing kids to various musical instruments, songs and rhymes. March 3 at 9:30 am (Bilingual).

Contact person for all branch programs: *Sonia Doyon*
Public Supervisor
sonia.doyon@bibliootawalibrary.ca

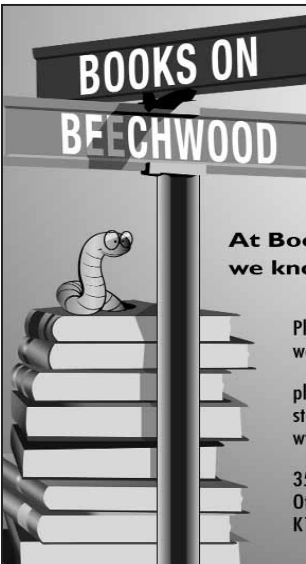
Branch will be closed February 18 for Family Day.

Discover the difference of personalized Care for Women, Men & Teens



Sylvie Sauré
Esthetician - Electrologist
Advanced Podologie Foot Care Technician

by appointment 613 748-0352
54 Dunvegan Road (Manor Park) - Ottawa, Ontario K1K 3G3



BOOKS ON BEECHWOOD

At Books on Beechwood, we know our books!

Phone us or order online - we deliver!

phone: 613 742-5030
staff@booksonbeechwood.ca
www.booksonbeechwood.ca

35 Beechwood Ave.
Ottawa, Ontario
K1M 1M1



OTTAWA POLICE SERVICE SERVICE DE POLICE D'OTTAWA

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

Home Security

By Tom Mosco

Ottawa is regarded by many as one of the safest cities in the world, but that's no reason to let your guard down. While the Ottawa Police Service will always be available to respond to crime, we need your active participation to help prevent crime.

When it comes to their homes, Ottawa residents have told us that they're concerned with break and enter and various property crimes like vandalism. The following information provides a good start for addressing these issues and raising awareness about crime prevention in general. We can't do it alone - get informed, get involved and make crime prevention part of your everyday life.

Start with the basics

Start and maintain an accurate household inventory, and use Operation Identification - a free engraving program offered by the Ottawa Police - to mark your property.

Get involved in

Neighbourhood Watch - it's one of the best ways to meet your neighbours and make your home and community safer.

Security alarm systems should be used in addition to, not in place of, other security measures.

House numbers should be in a well-lit area and easily visible to neighbours and emergency response units.

Install deadbolt locks on all exterior doors and other entrances into the house from the garage or basement.

Install wide-angle viewers for exterior doors.

While proper locks on sliding glass doors are recommended, inserting a fitted piece of wood or metal in the door's lower track improves security.

Secure basement and ground level windows, as well as other possible points of entry, such as pet doors and window-mounted air conditioners.

Check references of people you employ to work in and around your home.

List only surname and initials in the telephone book.

Have adequate insurance coverage on your home and contents.

Take advantage of the Ottawa Police's Home Security Inspection Program.

Security Inspections

Home security inspections allow community members to take an active role in making their homes less susceptible to criminal activity. Based on proven crime prevention principles, residents learn how to make their homes safer.

At your request, police representatives visit your home (house, condo, apartment, etc.) to provide a safety audit - assessing ways to make your home safer. The audit is based on a checklist, and participants are provided with a booklet that identifies safety improvements, provides crime prevention tips and promotes other crime prevention initiatives offered by the Police Service.

Contact the Rockcliffe Community Police Centre at 613-236-1222 extension 5915 to schedule your home security inspection.

BEAT THE BLUES DANCE at the Lindenlea Community Centre

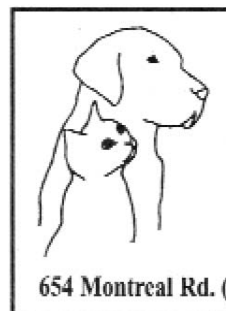
Come out and join your neighbours in Lindenlea for our annual February Beat the Blues Dance and Social.

Saturday, February 16th, beginning at 8 pm

Suggested donation towards the cost of refreshments is \$10.00 per person.

For further information, please call us at 742-5011.

Hope to see you there!



ST. LAURENT ANIMAL HOSPITAL

Dr. Thomas Kral Dr. Brigitte Mehlhorn

654 Montreal Rd. (corner Cummings) 613-749-2143

Ottawa Internationals Soccer Club (OISC)

Though it is still winter, it is time to think of soccer for the summer! Registration is starting for the Ottawa Internationals Soccer Club (OISC) club and their summer DSP (Developmental Soccer program) which holds sessions for children aged 5 to 11 in various parks in the former City of Ottawa areas. The Internationals DSP is the only children's soccer program in Ottawa that is based on established European patterns for building life-long soccer skills, rather than preparing young players for weekly games in the traditional "house league" format. The program includes twice-weekly training using drills and activities designed for young players to have fun while learning soccer skills, and monthly festivals where the over 60 teams and 900 players come together for a series of games.

The DSP program begins the week of May 12 and ends with the last festival on the second weekend of September. These four festivals are:



June 7-8 Leitrump Park
(Saturday U-5 & 9; Sunday U-7 & 11)

July 5-6 Brewer Park
(Saturday U-7 & 11; Sunday U-9)

August 9-10 Brewer Park
(Saturday U-9; Sunday U-7 & 11)

Sept. 6-7 Rideau High School
(Saturday U-7 & 11; Sunday U-5 & 9)

For New Edinburgh, we are very fortunate to have access to the University of Ottawa field and the London terrace field, which is located just east of St. Laurent Blvd and Hemlock Road. At both these sites we

offer U7 (2001 & 2002), U09 (2000 & 1998) and U11 (1997 & 1998) teams for both girls and boys. At U of O, all teams are on Tuesdays and Thursdays from 6-7:50 PM while at London Terrace the boys are on Monday and Wednesday while the girls teams are on Tuesday and Thursdays. At London Terrace, a highly requested U5 (2003) team (mixed) on Tuesday rounds out the lineup.

The Internationals is a community-based club, run by volunteers. Recreational and competitive soccer programs are available for all ages and skill levels from DSP for the youngest members to youth, adult and old-timers recreational and competitive teams at the highest levels. If you want to play, the Internationals have soccer for you.

For more information:

DSP
www.ottawasoccerdsp.com or at 745-5009

Other programs
www.ottawasoccer.com or at 745-7400.

Rockcliffe Park Residents Association

Luncheon Speakers Series

Thursday, February 28, 12:30 pm

THE HONOURABLE
FLORA MACDONALD OC

Former Secretary of State for External Affairs will speak on her current work in Afganistan



Tickets for the Luncheon Speaker Series are \$20 per person and may be purchased at the Rockcliffe Community Centre, 360 Springfield Road, 613-842-8578. Space is limited - Please purchase tickets by February 25.

Rockcliffe Park Community Hall
380 Springfield Road

The Speakers Program is sponsored by...

Rockcliffe Park Residents Association
Rockcliffe Park Village Foundation
City of Ottawa



Meet the 63rd Ottawa Scouts, Cubs and Beavers. For more info on Scouting contact George Parkanyi at 612-745-8734.



EVROPA HOLISTIC STUDIO-SPA

Summer special: 50% off first visit on all esthetic services

- Massage Therapy • Detox
- Slimming - Anti-Aging Treatments
- Facial Treatments • Body Care
- Permanent Hair Removal • Waxing
- Infra-Red Sauna • Manicures & Pedicures

NEW! ION CLEANSING FOOT BATH helps your body to re-balance its bio-energy and get rid of toxins like chemicals, bacteria and heavy metals. We also have Solaris-Healing Blankets available.



Beauty begins with Harmony...

336 Cumberland Street
Byward Market

(613) 562-3882
Free Parking

Gift Certificates

old-fashion, traditional and simple
no toxic lead paints

20 piece puzzles to 18,000 pieces
educational

for youngsters 2 years or 100 years old
puzzles for sight-impaired and digitally-handicapped

2 locations

176 Beechwood Avenue - 613-746-4515 (free parking)

240 Sparks Street, Level A - 613-235-2939

Burgh Business Marketplace

Supporting those who support the community

Michael K. Edwards Chartered Accountant

- ACCOUNTING AND AUDITING
- FINANCIAL STATEMENT PREPARATION
- PERSONAL AND CORPORATE TAX
- SMALL BUSINESS COUNSELLING

68 Stanley Avenue
New Edinburgh

Tel: 749-7013
Fax: 749-6603

LOUIS HUTCHISON Furniture

Repair, Refinishing, Restoration
On-site Service - Commercial and Residential



Pick-up and Delivery
Kitchen and Bathroom cabinetry and furniture

Call 613-850-6707 for free estimate
Ottawa/Gatineau area



FUOCO CRONIER CONSTRUCTION & RENOVATIONS

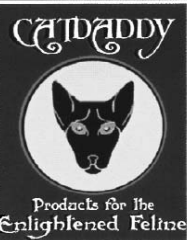
Incorporated in 1986

- PLANNING & DESIGN
- OFFICE INTERIORS •
- STORES •
- HOME ALTERATIONS and ADDITIONS



613-744-3801

www.fuococronier.ca
55 Vaughan - Ottawa



Brian James Holland Holistic Cat Furniture and Catsulting

Retail & Wholesale Inquiries
Welcomed

office: (613) 257-7762
mobile: (613) 262-4299
fax: (613) 745-4766

email: catdaddy@bellnet.ca



Hair of the Dog Care Services (Since 1999)

- Dog Walking ~ Dog Sitting
- Puppy Visits ~ Vet Visits
- Insured and Bonded
- Member of Pet Sitters International

613-842-4443

Linda Roininen 43 Alexander Street, Ottawa ON K1M 1N1



PREVENTIVE HEALTH CARE FOR YOUR PET

- ▼ Vaccinations
- ▼ Dental Care
- ▼ Medical & Surgical Care
- ▼ Nutritional Counseling

16 Pretoria Avenue
(613) 565-0588

Mondays, Tuesdays, Wednesdays & Thursdays 8:00am - 7:00pm
Fridays 8:00am - 6:00pm & Saturdays 9:00am - 12:00pm

We buy any brand watches

Time Sharpening Watch & Jewellery Repair

15 Beechwood Ave., Ottawa, ON
Tel #: (613) 746-7927

Marnie Edwards R.M.T.

Registered Massage Therapist

Serving New Edinburgh, Rockcliffe and Manor Park

Back Pain, Sports and Repetitive Strain Injuries, Whiplash
Headaches, Insomnia, Chronic Fatigue, Arthritis, Stroke

AND MORE

For an appointment, Call 613-741-3470

10 Braemar St.
Manor Park

Please call for more information.

David Beauvais

(formerly Alexandre's)

Serving your community for the past 10 years.

We do it all!

- Renovations & Restorations
- Exteriors & Interiors



One resource for all your home repair needs.

Free Estimates Owner/Operator 613-276-4530

Evan Lee
Owner/Operator
27 Beechwood Avenue
Ottawa, ON K1M 1M2



613.842.8964 Tel
613.842.4262 Fax
store292@theupsstore.ca

- Canada & Worldwide Shipping
- Colour & B/W Copies & Printing
- Custom Printing Service

— Computer Repair - all kinds —

theupsstore.ca/292

The UPS Store

LEE-ANN ZANELLI
OWNER

BEAUTY MARK

SALON & SPA

2 BEECHWOOD AVENUE
OTTAWA, ONTARIO K1L 8L9
Tel: (613) 744-4460

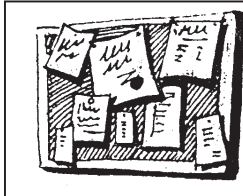


\$100.00 to \$150.00

a great gift - a wonderful keepsake

House Portraits

by Donna Edwards
233-4775



Burgh Bulletin Board

Sat, Feb 2 - Tues, Mar 4
DEEP ROOTS Curated by Catherine Sinclair:
 André-Charles Biéler, Emily Carr, A. J. Casson, Paraskveva Clark, Charles Comfort, Lawren S. Harris, Bobs Cogill Haworth, Edwin H. Holgate, Yvonne McKague Houser, A. Y. Jackson, Franz Johnston, Arthur Lismer, J. E. H. MacDonald, Henri Masson, L. A. C. Panton, Goodridge Roberts, Carl Schaefer, Philip Surrey, George Thomson, Jacques de Tonnancour.
 The Ottawa Art Gallery Arts Court, 2 Daly Avenue, Ottawa, Ontario K1N 6E2 613-233-8699
info@ottawaartgallery.ca
www.ottawaartgallery.ca

Sun, Feb 3, 7:30 pm
BEETHOVEN CONCERT in the Sanctuary. Program features a special flute duo with Camille Churchfield and Emily Smethurst. Other musicians include Leah Roseman, Mark Friedman, Lisa Moody, Leah Wyber and Sally Benson. Tickets are \$15 for adults, \$10 for seniors and students and can be purchased through the Church Office or at the door. Call 613-749-8727 for more information. 39 Dufferin Rd.

Tue, Feb 5 - Sat, Feb 16
JOËL BEDDOWS DIRECTS Boris Vian's *Empire Builders* at the new Irving Greenberg Theatre Centre's studio theatre. This marks Third Wall's first production in their new home, and Beddows' first professional English production. For more information or to purchase tickets, please call the GCTC box office at 613-236-5196 or visit www.thirdwall.com.

Wednesday, Feb. 6
NOON HOUR READINGS at the Main Library. Charles de Lint reads from *Promises to Keep* (World Fantasy Award winner and master of mythical fiction).

Beginning Wed, Feb 6 6:30 pm
WINTER STUDY EVENINGS – At the centre of the city, six Wednesday evenings. A simple supper, 6 p.m., then your choice of four groups, 6:30 – 8 p.m.,

St. Andrew's Church (Wellington at Kent - ample free parking). Register at www.standrewsottawa.ca or 613-232-9042.

Fri, Feb 8, 8 pm
POPS CONCERTS
 A programme of light music Orleans United Church 1111 Orléans Blvd. Adults: \$15 Seniors and Students: \$10 Children Under 13: \$3 Children Under 6: Free www.divertimento.ca

Sat, Feb 9, 12:30 pm
BEDZZ RACE As part of the Winterlude Celebrations – The Kiwanis Club of Ottawa will be holding the 28th Annual Bedzz Race Presented by Allstream on the Rideau Canal at Dows Lake. Funds raised support the Kiwanis Club of Ottawa initiatives for children – serving our Community for 90 years. To make a pledge call – Bill Gosewitz 613-563-5083 www.bedzzrace.ottawakiwanis.org.

Sat, February 9, 8 pm
POPS CONCERTS
 A programme of light music L'Église St-Thomas-d'Aquin 1244 Kilborn Ave. Adults: \$15 Seniors and Students: \$10 Children Under 13: \$3 Children Under 6: Free www.divertimento.ca.

Sat, Feb 9 & Sun, Feb 10
BOOK SIGNING of Gordon Harrison's very first Canadian Landscapes hardcover book. For the very first time, a very impressive collection of Gordon's work across Canada is offered in a beautiful 160 page book. Many of you will recognize some of your paintings in it. The book will be available at a cost of \$75. To reserve a copy, please email us at info@gordonharrisingallery.com. Gordon Harrison Gallery 100 Murray Street, Ottawa. Phone: 613-746-6853.

Wednesday, Feb. 13
NOON HOUR READINGS at the Main Library. Mary Jane Maffini, Ellis-Award-winning author of two Ottawa-based mystery series, reads from *Too*

Hot to Handle.

Sat, Feb 16, 8 pm
BEAT THE BLUES DANCE at the Lindenlea Community Centre. Suggested donation towards the cost of refreshments is \$10.00 per person. For further information, please call us at 742-5011.

Wednesday, Feb. 20
NOON HOUR READINGS at the Main Library. Rick Mofina, former reporter & Ellis Award winner of suspense thrillers reads from *A Perfect Grave*.

Wednesday, Feb. 27
NOON HOUR READINGS at the Main Library. John Metcalf, writer, editor, critic and anthologist, reads from *Shut Up, He Explained: A Literary Memoir*

Until Thur, Feb 21
CARLA WHITESID exhibition at the Lieu de diffusion BRAVO-Est located at 81 Beechwood Street, in Vanier. Information: Shahla Bahrami (613) 748-6954 or bravo-est@hotmail.com.

Ongoing
 The Canadian Future Achievers Awards has established a Future Achievers (Role Model) Awards program which in this its pilot stage is focusing on youth of Jamaican origin between the ages of 9-10 or 12-14 who are conscientious at school and a real role model for other students.. For further information to register a child or to contribute to the Awards, please contact one of the following; Cynthia Bled (613.749.9616.); Faye Beaufort (613.731.2891) or Judith Bateman (613.828.7295)

Classified Ads

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

PIANO STUDIO - I am offering private piano and theory lessons to children and committed adults; Royal Conservatory Exam preparation (all grades); theory, ensemble playing and chamber music. Piano accompaniment services also available. B.Mus. (Performance) in piano, U of T; violinist in Ottawa Symphony Orchestra. Call 613-695-8007 or email avonlanestudio@gmail.com for more information.

DOG WALKING and sitting. (Cats too!) Emergency and regular walking, Pet behaviour consultations, investigations and pet bereavement counseling. References. Liba Bender, (613) 746-4884.

HANDYMAN needed to help senior couple. 613-749-5214.

FLUTE LESSONS - Experienced teacher accepting students in flute, recorder and music theory. All ages and levels welcome. Located at CCCC. Call Beverley Robinson at 613-744-8190.

HOUSECLEANING by longtime Burgh resident. Good references in neighbourhood. Available immediately. (613) 744-8449.

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 (613) 860-2371. www.ingridmccarthy.com.

MAXIMIZE YOUR POTENTIAL

Experienced **HAIR STYLIST** wanted for full service day spa located in **Rockcliffe Crossing** plaza. Excellent remuneration for the stylist with a loyal following. **Could lead to equity position for the right person.** Check out our website: www.celadonspa.ca. Call 613-741-8048 or send resume to info@celadonspa.ca.

Fine Chinese Antique Furniture & Reproductions

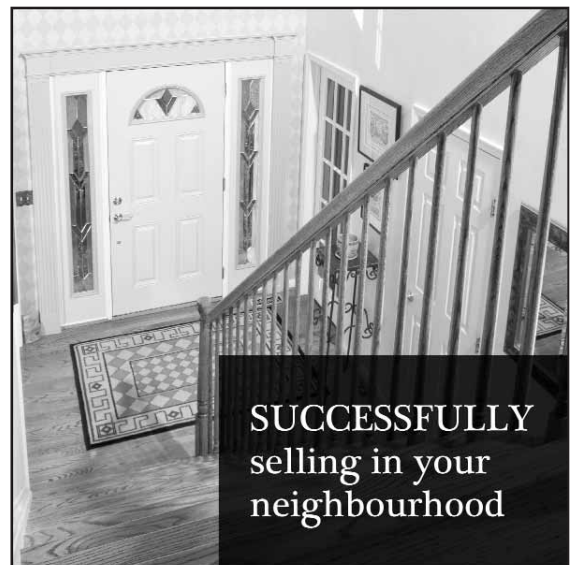
Centuries old Chinese craftsmanship
 All natural, hand rubbed finished



All Furniture 20% Off!

Watermelon Seed

503 Rideau St. (613)789-3120
 (Between Agusta & Cobourg)
 Tues. - Fri. 10-4; Sat. 11-6
 Interest-free Financing Available



SUCCESSFULLY
 selling in your
 neighbourhood



100-116 Lisgar Street, Ottawa

JANE DAVIS sales representative
 email janedavis@livinginottawa.com
 613-231-4663 livinginottawa.com

Burgh Breezy Bits

Congratulations



Gordon Jackson turns 70!

Happy birthday to both a 'master chef' and a generous friend of The Hospice at May Court. **Mr. Gordon Jackson** of Alexander Street turns 70 February 8, 2008. Mr. Jackson will be celebrating abroad in the company of his partner **Liz**. Enjoy!

Congratulations to **Bridget Farr** of Crichton Street! Bridget won the Ottawa XPress *Best of Ottawa 2007* for 'Best Film by a Local Filmmaker'. *The Best of*

Ottawa 2007 is an online survey where readers vote for their favourite entry within different categories. Under the Arts & Culture section Bridget's film, "*Letting*", was by far the favourite. Well done!

New Arrivals

Born on the morning of Jan 7, 2008. Welcome **Sara Christian Adams** to the Burgh. Congratulations to parents **Steve Adams** and **Stephanie Monteith** of Crichton. Sara is a little sister to **William** and their pet dog **Gaby**.



Sara Christian Adams and Family.

NEW EDINBURGH NEWS

Rick and Ida Findlay of Queen Victoria Street are delighted to be new grandparents of **Patrick Everett Findlay**. Patrick was born Dec 22, 2007 to proud parents **Peter and Carolyn**. Congratulations to all!



Welcome Patrick Everett Findlay!

Ellen, Scott, Freddy, Isaac and **Theodore Andrews** are thrilled to announce the arrival of **Theodore Lucas Andrews**. Theo was born on Friday night, January 18, at 8:06 pm. He came in at a whopping 9 lb 5 oz despite being a few days early. The whole family is so thankful for this newest and very beautiful blessing into their lives.

Welcome

Since mid-December **Jean Metcalfe** from Kanata has been enjoying her new home at The Edinburgh. Her daughter **Vicki** is thrilled to have her close enough where she, **Dennis and Ceildh** (their dog) can visit regularly. Welcome Mrs. Metcalfe!

To **Mary, Lee, Sophia** and **Luca Kane** of Crichton Street, bienvenu! The Kanes joined us in November from France and are new to both the Burgh and to Ottawa.

Changes

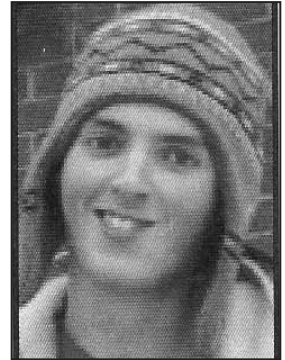
Susan Rodocanachi and her border collie, **Octave**, are delighted with the completion of the addition they had built on the back of their MacKay Street home. Susan is enjoying the wonderful light the windows allow while Octave watches local traffic on Avon Lane. Many thanks to **Barbara Benoit** of Noel Street, whose sketches of a room with a view sparked the idea for the project. Susan also thanks **David Shouldice** for the plans and **Bob Geldart** for the realization.

Former long time Burgh resident and active member of the Crichton Community Council **Melodie Salter** has retired after a long career with Statistics Canada. She and **Jill Hardy** will be celebrating later on this winter with a trip to the Dominican Republic for Melodie's first trip to the Caribbean.

After many years of service to the larger (Canadian) community at the helm of the Bank of Canada, Burgh resident **David Dodge** is taking a well-deserved rest and taking the helm of an altogether different sort of vessel – a sailboat. We wish David and wife

Christiane a bon voyage to points south or wherever the fair winds will take you!

Condolences



Benjamin Marsters.

It was with a sad heart that many in the area said a farewell to **Benjamin Marsters**, who passed away suddenly in January at the age of 17. Our heartfelt condolences go out to the Marsters family and friends.

Condolences to the family of long time Noel Street resident **Sunny Wente** who passed away at home on Thursday Jan 24.

Got a Breezy Bit?

Send your Breezy Bits or photos to our new **Breezy Bits Editor Alicia Visconti**:

breezybits@hotmail.com

MOMS & DADS: We are looking for baby photos for April's *Babies of the Burgh 2007/2008*.



CLOCKTOWER est. 1996

BREW PUB

UNWIND

GREAT FOOD *****

6 HANDCRAFTED BEERS ON TAP

TRY OUR NEW MENU!

MONDAY - THURSDAY: 1/2 PRICE APPETIZERS 3 TO 7 PM

TUESDAY: WING NIGHT

422 Mackay 613-742-3169