

NEW EDINBURGH NEWS

www.newedinburgh.ca

Zumba Community Dance

Heat up a cold February Saturday night with steaming chili and steamier Zumba steps!

Join your neighbours and friends for an evening of food and fun on



Saturday, February 26

Find out what's happening at the Crichton Cultural Community Center

We have new programs, new schedules and new plans!

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

- WHAT** Chili & Zumba Evening
- WHEN** Saturday, February 26th, 5-8 pm
- WHERE** Crichton Cultural Community Center, 2nd Floor, 200 Crichton Street. Rear entrance via Avon Lane only.
- WHO** Families with children and adults of all ages welcome.



Tickets – Family: \$20, Individual: \$5



Sketch: Martha Markowsky

Changing Neighbourhood: Although 245 Crichton Street has now been demolished to its foundations, the structure's elegant facade will live on in our memories and through the eyes of our friendly neighbourhood sketch artist, Martha Markowsky.

An Open Letter to the Community

Why Crichton School is Worth Fighting for... NOW

By Ellen Goodman

In 1999, with the closure of Crichton School, we had a chance to save not just the historic building that housed the school but also its public function as our community centre. We got part way there. Now with the building going up for judicial sale in the coming months, and with the community having first rights of refusal to purchase, we have one more chance to get it right, and to save this lovely old building for our community and for future generations.

For those of us who have been close to this story, it is hard to understand how we could let this opportunity slip away. For others who may have read about our efforts in the last 12 years to breathe new life into our share of the building by operating the Crichton Cultural Community Centre, it may not be as clear. So this is what 200 Crichton has meant to me in the 24 years I have lived in New Edinburgh, and why I believe strongly that it's worth fighting for today.

This grand old building has educated the children of New Edinburgh and beyond for the last hundred years, but it has meant much more than that to our community. In my time here, I have attended pageants, performances, parties, pot-lucks and playgroups, work-

shops, lectures, movie nights, book sales and bake sales, and exercise classes too numerous to list. My daughters, both of whom attended (and loved) Crichton School, took after-school and weekend classes in bike safety, bird-house building, and preparation for babysitters, jewellery-making, magic, drama, French, piano, ballet, and much more. And we were not alone: the line ups for registration for courses that occurred in the school as part of the Lighthouse Program were legendary, stretching out the Avon Lane door and down to Dufferin Road.

This building has fostered the meeting of, sharing with and caring about neighbours. This building has been and remains our community hub; it has been the heart and soul of New Edinburgh. During the war years, it housed a wood-working workshop for kids whose dads were away serving in the military. In the 70's and 80's, it was home to a bustling daycare centre. For decades a group of seniors met in the school library to play euchre. The gymnasium and auditorium provided a much-needed venue for a full range of sports, art, theatrical, cultural and community activities.

There is though, one event that stands out in my mind, and clarifies for me what this

building has been, is, and can continue to be for all of us. In 1998, a young teen in the Burgh was diagnosed with bone cancer. When asked what we could do to help, she said she'd like a night time skating party in Stanley Park, with some live music for a gathering of family and friends. It was easy to organize: in typical New Edinburgh fashion, people stepped up, with offers for food, publicity, entertainment and the date was set. But the day before the 'Starlight Skate Night' was to occur, Ottawa got one of those unusual mid-winter rainstorms and the rink was destroyed. In desperation, I approached the principal and staff at Crichton School who, without hesitation, agreed to host the party, and we changed the format to a community dance for the following night.

The event itself was a huge success. Hundreds of people attended and danced. Money was raised for cancer treatments, but most importantly, the beautiful young woman we were there to honour and celebrate, had such a fantastic time. She told me afterwards that she had never felt so powerful and so loved. Though she died eight months later at the age of 15, I was so grateful that we

Continued on page 23

NECA Adopts MacKay Blue Tartan as a 'Wearable' Symbol



As part of continuing efforts to raise awareness of New Edinburgh, last year NECA created the New Edinburgh emblem as a visual symbol of the importance of where we live, and New Edinburgh's importance within Canadian history. NECA is also adopting the MacKay Blue tartan as its official 'wearable' symbol.

You may have noticed the distinctive blue scarves which are worn by volunteers of the Friends of the Park as they go about their work in the park.



Local resident Quipo wears the New Edinburgh tartan with obvious pride.



NECA President Joan Mason Reports

NECA wishes you all a happy and prosperous New Year.

2011 is a special year for New Edinburgh - it is the 10th anniversary of the designation of the original village of New Edinburgh as a Heritage Conservation District.

"The disadvantage of men not knowing the past is that they do not know the present. History is a hill or high point of vantage, from which alone men see the town in which they live or the age in which they are living." (G.K. Chesterton)

Canada has not revered its built heritage. It has been lost due to neglect and the wreck-er's ball. In fact, according to one Ontario Municipal Board

official, we have lost more of our historic buildings and communities to insensitive development than did Europe to all the bombs in World War II. It is not just the buildings we lose, we lose a sense of ourselves and a connection to our remarkable past.

We are busy in many parts of the country obliterating our urban and natural past. Just this week I attended a demonstration to save the Beaver pond in Kanata, a meeting to save the historic buildings and public land at Lansdowne Park, and a meeting to save 200 Crichton St. (our old public school) for community use. These examples of disregard

keep many citizens of Ottawa very busy defending quality of life issues, and keep NECA busy preparing presentations to encourage the upholding of the Heritage Overlay, City By-laws and District Guidelines, in both the New Edinburgh Heritage Conservation District and beyond. It begins to feel like an invasion by McWorld.

The New Edinburgh HCD is a "Mac"World, founded by Thomas "Mac"Kay. But, what a difference! And now, standing on our 'vantage point,' we see we must bring the past into the present, before it is too late. Living in New Edinburgh we walk the lanes with nine generations of Canadians. We live in the houses of the men and women who shaped Canada and kept it on its remarkable course. This is why NECA has asked that a proper history be written of the community. We are very pleased that **Martha Edmond**, author of *A history of the Village of Rockcliffe Park*, and **Janet Uren**, who lives in the Garvock House on Crichton, and has most recently written an institutional history of Bruce House, have undertaken this long neglected task. We wish them well with these words:

"Continue to instruct the world - whilst we carry on

a poor unequal conflict with the passions and prejudices of our day, perhaps with no better weapons than other passions and prejudices of our own - convey wisdom to future generations." (Edmond Burke, in a letter to historian William Robertson)

In our continuing efforts to raise awareness of New Edinburgh, last year NECA created the New Edinburgh emblem as a visual symbol of the importance of where we live, and its contribution to Canadian history. NECA is also adopting the MacKay Blue tartan as our official 'wearable' symbol. (See photo on page 1.)

New Edinburgh is envied by many other communities in Ottawa; a city that has not grown with beauty or care for its inhabitants. Everywhere I go people comment on how charming and livable our community is. They also realise that how we were designed, with front yards and porches, the option to walk to our main street, the conviviality amongst neighbours, fosters our great spirit as a community. We have been referred to as "unique" several times this month! And now we have the opportunity to add the crowning glory to the community.

200 Crichton - Our Old School - Let's Get it Back!

2011 could see New Edinburgh's 'gross community happiness' go up a lot!

We desperately lack public space in New Edinburgh. The Solution is to reclaim our Heritage Designated school building—that is with-

in the Heritage Conservation District—as our Community Centre. It is the only large building we have.

200 Crichton formerly was the headquarters for the Crichton Community Centre and NECA; it was used after hours by the community for over a hundred years. I personally do not know of a community in Ottawa that does not have a community centre. We need the heart of our community returned to us.

Imagine the whole building accessible to all, meeting the needs with programs you want, events, lectures, gatherings. Imagine you could enter by the front door! Imagine we could display our history to visitors and be a resource centre for those who face similar challenges. Please see **Ellen Goodman's** open letter to the community on page 1.

What's Up at 245 Crichton

NECA will soon be meeting with the architect of the **Collective Act of Kindness Group** to view the options for 245 Crichton Street. Work will resume on the project soon and will progress very rapidly now, with completion this spring.

We wish to thank **Vickie Brennan**, the Chair of the Friends of the Park Committee for her leadership and diligence over the past two years. Vickie, Richard and Uska will be moving to Toronto, and while we wish them all the best, we really wish they were staying.

Note: The February edition of *Ottawa Magazine* has an article featuring the gardens of New Edinburgh.

NEW EDINBURGH NEWS

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Heritage and Development Committee - Comité Patrimoine et Développement

By Katherine Arkay

What would Thomas MacKay (1792 - 1855) think, looking at New Edinburgh today? What issues would interest and concern him the most? We are fairly sure he would be a fixture on the Heritage and Development Committee, and an active booster for the Beechwood business district. It has been a long, disappointing time since we have had a good local casket maker. Times change and communities evolve. We have even heard rumours that Katherine Arkay (Heritage and Development Committee) is considering dispensing with her bustle, or what she claims is her bustle.

Below is news of a few important and current H&D issues and events.

The New Edinburgh Conservation District: 10th Anniversary

The New Edinburgh Heritage Conservation District (HCD is the portion of New Edinburgh bordered by Dufferin, Sussex, MacKay, and the Rideau River.

We have hit an important milestone for the HCD, which was formed in 2001. The experience of the past decade suggests that the specific goals of the HCD Plan are sound and remain relevant; that the guidelines and by-laws established to achieve those goals are reasonable and effective; and that the residents of the HCD appreciate and overwhelmingly respect the HCD.

The goal as stated in the HCD Plan:

The primary aim of the HCD Plan is to preserve and enhance the historic village character of New Edinburgh. This will be accomplished through the application of Guidelines that will direct the management of the HCD to ensure the retention and conservation of the District's heritage resources in an appropriate context.

Three specific HCD guidelines which govern additions are transformed into by-laws via the City of Ottawa Heritage Overlay:

1. The height of the walls and

the height and slope of the roof of the addition do not exceed those of the building.

2. The gross floor area of the addition does not exceed 30% of the gross floor area of the building.

3. The side yard setback of the addition is at least 60 cm greater than that of the wall of the building located closest to the side lot line.

A Dangerous Precedent

The HCD is not a museum. Since it was established, there have been many renovations/additions to houses and infill development. With a few notable exceptions, the changes have been compatible with the HCD goals. But development pressure has the potential to transform the HCD. For example, a proposed addition to 73 Crichton St (a brick, Edwardian semi-detached home) is currently working its way through the City approvals process. The proposed addition does not meet two of the key guidelines/by-laws governing additions in the HCD: the

City to Host Public Consultations on Urban Infill

The City's Planning and Growth Management Department is undertaking a study of small scale, residential infill housing. The work stems from concerns expressed by citizens and community groups about the impacts of new infill housing on their neighbourhoods.

The study has focussed on inner city wards (12, 13, 14, 15 and 17) and the Councillors in these wards have been informed about the project. Initial findings suggest that there are opportunities to improve the local impact of small scale infill. You can read more about the findings at ottawa.ca/infill.

The City will be hosting a series of public consultation meetings to present the

findings and explore possible solutions to address patterns of infill housing that appear to have a negative impact on neighbourhoods. The public consultation dates are:

Monday, Feb 7 (7 – 9pm)
St. Bartholomew's Church
(125 MacKay St.)

Tuesday, Feb 22
(7:15 – 9:15 pm)
St. Matthew's Church (217 First Ave.)

Thursday, Feb 17 (7 – 9pm)
Connaught Public School
Gym (1149 Gladstone Ave.)

Thursday, Feb 24 (7 – 9pm)
Festival Control (City Hall)

Please note that the content of each of the four meetings will be exactly the same.

addition extends into the side yard and far exceeds the allowable increase in floor area. The Heritage and Development Committee believes that the proposed addition does not meet the clear goals of the HCD, and that there are no legitimate/compelling reasons that the guidelines and by-laws should be waived. The Committee opinion is that the addition would have a negative impact on the symmetry of the building, and on the streetscape. There are two even greater concerns. This one addition would not by its direct impact destroy the HCD. However, if approved, this proposal would set a precedent which would undermine the HCD. It is also unfair to the many HCD residents who comply with the guidelines out of a sense of appreciation for the HCD, and willingness to abide by the rules. So we face another challenge to the HCD: uphold it, or allow individual

wishes and development pressure to result in the (perhaps) slow but certain destruction of the HCD.

The Heritage Conservation District Plan and Guidelines are Part 3 of the HCD Study and can be found on the New Edinburgh Website www.newedinburgh.ca, under Our Heritage in the main menu. We encourage you to look at the Plan and welcome your feedback. Please send your opinions (concerns, wishes, views) to: Katherine Arkay (karkay@sympatico.ca or 73 MacKay St, Ottawa, ON K1M 2E4).

NE Development: Outside the HCD

Infill and a Particular Problem: 7-9 Putman

New Edinburgh is centrally located, has a great sense of community and wonderful amenities. This is abundantly

Continued on page 4

From the Editor's Chair



Sitting in the editor's chair, I have a wonderful vantage point to see the ways in which the community is evolving. One recent trend, besides our own mini baby boom, is the explosion of artistic talent on display in the burgh. We have an ever growing number of art galleries and photo and artist studios. To read about some of the newest artists in residence see *Burgh Art Scene* on pages 20 and 21.

I have also been mulling over a comment made to me last summer by one of the local candidates for ward councillor. He stated that it seemed to him that the *New Edinburgh News* had become less "political" in recent years. My response to him was that I felt that the community newspaper should strive to be a balanced reflection of the community – their concerns, interests and passions – and not necessarily a vehicle for political diatribe. That being said, it did make

me stop and think that there have been and will be times when – to protect our neighbourhood way of life for future generations – political issues must come to the forefront and be highlighted.

I believe this is one of those times. Our village-within-a-city way of life is being challenged on a number of fronts – from dramatically insensitive infill, renovation and demolition projects, to the potential loss of community use of and access to the heart of our community – the old Crichton Street School (see *Open Letter to Community* on page 1). We are also affected by larger city-wide decisions, such as the location for a new interprovincial bridge, the development of Lansdowne Park into a commercial hub, and the implementation of light rail. For all of these issues, now is the time to get informed and speak up.

On an even more macro level, we are all being challenged to find ways to address the looming environmental realities brought on by climate

change. The New Edinburgh Committee on the Environment (NecoE) has been working with other local environmental groups to find ways to make a difference. On pages 6 and 7 we examine some of the ways in which we can move towards a better eco-balance, and on page 32, in his article *Whither or Wither The Planet*, Hugh Robertson provides a compelling case for grass-roots action on the environment.

This community newspaper is one of the ways you have to take action, to speak up and be heard, so feel free to send in letters to the editor or articles on topics that are important to you. If you are interested in becoming more involved in the important issues that face our community, come to a NECA meeting, volunteer at the CCCC, or contact me to participate in your community newspaper or the local environmental committee.

As the Chinese proverb says, "We live in interesting times." Let's make the most of it.

Cindy Parkanyi

NECA MEETINGS:

All Welcome

The NECA board meets nine times a year, normally on the **third Monday of each month at 7:30 pm**. No meetings in July, August, or December. NECA's next Annual General Meeting will be in autumn 2011.

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

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

Feb. 21, 2011, 7:30, at St. Bartholomew's
Mar. 21, 2011, 7:30 at St. Bartholomew's
April 18, 2011, 7:30 at St. Bartholomew's

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

Heritage and Development...

Continued from page 3

reflected in the busy renovation and infill development activity that keeps the trade trucks happily lining our streets. With this development come not only some great new architectural additions and neighbours, but also the potential for problems. New Edinburgh, like all the long-established parts of Ottawa, is facing some proposed development that is not sensitive to neighbours and the adjacent community. Current City policies and by-laws are

not adequate to deal with some of the development and houses being shoe-horned into existing communities. It is not a question of not placing anything adjacent to our backyards, but rather what is appropriate to be placed there. A poster child for problem development is proposed for 7/9 Putman. A large single home has already been built on a severed portion of the original lot. There is a proposal to divide the remaining lot into two large semi-detached homes. Some neighbours and NECA are fighting

the proposed development as inappropriate for the "immediate" neighbourhood. We are not against the important goals of intensification and building more sustainable cities. We are against inappropriate development that damages community fabric.

Good Development News

There is much good development news. In the H&D report in April we will report on a range of fine, interesting NE additions and infill. Meanwhile here is some good news.

City Consultations on Infill Design Guidelines

The City Of Ottawa is responding to the deafening chorus of concerns expressed by citizens and community groups over the impacts of new infill housing on their neighbourhoods. Initial findings of a City study are that there are "opportunities to improve" the local impact of small scale infill. (Dear reader, we hope you are not too shocked by these findings.)

The City will be hosting a series of public consultation meetings to present the findings and explore possible solutions to patterns of infill housing that have a negative impact on neighbourhoods. One of the public consultations will be held in New Edinburgh on Monday, February 7, from 7-9 pm, at St Bartholomew's Church (125 MacKay Street). This is a very important issue and an opportunity to be heard.

245 Crichton

Unless you were in a coma or on the space station, you cannot possibly be unaware of the recent changes and plans for 245 Crichton. The original apartment building was acquired by Ottawa Community Housing (OCH) and will become home for six OCH families. The building had deteriorated too much to simply renovate and has been taken down to the foundations. There is late breaking news. NECA reps have met with the OCH staff and BBB Architects and have had a chance to view the proposed new design. The NECA reps are very pleased. They report that the new build-

ing is an example of how modern architecture can amply meet functional needs yet fit compatibly (even beautifully) into the fabric of an established community. The new 245 Crichton will have the same footprint and essentially the same mass as the original. The new building will be very much of its time (today that is) but will echo some features of the original building. It will be a fine addition to our community and a good home for many families. More information including artistic renderings will soon be available on the NE website and in future additions of the *New Edinburgh News*. The next steps are to deal with foundation issues, finalize the design, and then build.

Some Other Things on the H&D Burner

New Edinburgh Heritage and Conservation District 10 Year Review

The H&D Committee is undertaking a review of the New Edinburgh HDC experience and status.

The review is considering: whether the original HCD Plan/goals are sound; the effectiveness of the HCD guidelines and related by-laws; the benefits and constraints of the HCD designation; the challenges to realization of HCD goals; and action needed. The review provides a case study of HCD designation and management. NECA has submitted an abstract and may be invited to present the review results at the Carleton University Heritage Symposium (spring 2011). The lucky readers of this column will definitely be provided with information on the review results.

Heritage Forum III

Heritage Forum III will be held in Spring 2011. It will be a more broad-based initiative than the first two. While there is no official title yet, Forum III will focus on achieving increased heritage protection, strength/influence, and knowledge through collaboration. NECA is working on the Forum agenda and organization in tandem with Heritage Ottawa and other community



Sketch by John Farmer

Fine detail of Tubman House veranda (52 Crichton Street).

associations with strong heritage interests.

Heritage and Development Contest (with Prize)

Where is the Hidden New Edinburgh House?

There is a mysterious house hidden in a small NE forest. The picture below shows a portion of the house. Do you know the location (street name and house number)? Submit your answer c/o H&D Contest (2011-1), New Edinburgh News, PO Box 74038, Ottawa, K1M 2H9, or to newednews@hotmail.com.



Photo: Katherine Arkay

The hidden house, deep in the remnants of the ancient New Edinburgh old growth forest.

Contest Rules

Only one winner will be chosen at random from the correct answers. Submissions must be received by March 15. Members of NECA and the H&D Committee, their families, and their dentists are not eligible to enter the contest. No residency or age restrictions apply.

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From the Desk of...



Mauril Bélanger
Member of Parliament for
Ottawa-Vanier



Changing of the Guard at City Hall

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

The recent municipal election has brought change to the Ottawa City Council, with some departures and new additions around the Council table. I would like to welcome the three new City Councillors whose wards are encompassed within the limits of the federal riding of Ottawa-Vanier, by introducing them to you. I would also like to thank the three preceding City Councillors for the hard work they have done in the service of our community over the years.

Our Three New Councillors

Councillor Tim Tierney – Ward 11, Beacon Hill-Cyrville

My congratulations to Tim Tierney on becoming Beacon Hill-Cyrville's Councillor. I have known Tim for some time prior to his election, as he is a dedicated and active member in our community. Tim has volunteered for a variety of local projects including community organizations, social services, sports and recreation and schools. Tim has received an education in Business Administration and Information Systems and is

also a small business owner. With this insight, Tim has the skills to understand the economic and social impacts of municipal policies within the community. I wish him all the best in his endeavours as Councillor.

Councillor Mathieu Fleury – Ward 12, Rideau-Vanier

I would like to congratulate Mathieu Fleury, the newly elected City Councillor for the Ward of Rideau-Vanier. Mathieu attended the University of Ottawa, where he received degrees in Sports Management and Human Kinetics. He has worked for the City for some time before his election to Council and served the community in numerous capacities, such as a lifeguard, swimming instructor and aquatic camp coordinator. Mathieu has also taken a special interest in working with youth to promote the values of sport, physical education and health. I extend my best wishes of success to him as well.

Councillor Peter Clark – Ward 13, Rideau-Rockcliffe

I wish to congratulate Peter Clark on becoming the new City Councillor for the ward of Rideau-Rockcliffe. I have known Peter for many years, namely while he was Chair of the Regional Municipality

of Ottawa-Carleton (RMOC) in the 1990s. Before you first elected me to serve as your Member of Parliament in the House of Commons, I was working for the Chair of RMOC as his Chief of Staff. It is also worth noting that Peter was the Mayor of Cumberland consecutively for three terms. During his time as Chair of RMOC, Peter successfully reduced the municipal debt by \$100 million and doubled reserve funds.

Peter has an exceptional corporate knowledge of the City and will be a substantive voice at City Hall. All the best to him in this new mandate as he helps our community deal with important issues such as a new interprovincial bridge.

Our Three Preceding Councillors

Michel Bellemare

Congratulations to Michel for his much appreciated service as City Councillor for the Beacon Hill-Cyrville Ward. Michel has served on numerous committees throughout his career as elected officials, including the Ottawa police services board and the Audit Committee. During his five terms as City Councillor, Michel successfully kept property taxes down and continued to improve municipal services. He was instrumental in the campaign to save the Blair Road Fire Station, so that it may continue to protect our neighbourhoods.

Michel has also introduced many federal jobs to the community and has promoted the development of an arts and culture centre in Orléans. Michel's position as City Councillor has been a vital and beneficial role within the community of Beacon Hill-Cyrville. Best wishes for the future.

Georges Bédard

My thanks to Georges Bédard for his excellent service as City Councillor for the ward of Rideau-Vanier over the past seven years. Georges had previously served as a City Councillor when he was first elected in 1974. He then focused primarily on the preservation of heritage structures. Afterwards, Georges joined the Heritage Canada foundation and co-founded the Franco-Ontarian Festival. In 2003, he returned to City and served in the capacity of Councillor until very recently. During this time, he focused on several important issues, including the fight against poverty and assistance to homeless shelters within the community. Georges actions throughout the years had a definite impact on our community and I wish him the best of luck in his future endeavours.

Jacques Legendre

I would like to thank Jacques Legendre for his long-time service as City Councillor for the Rideau Rockcliffe ward. Jacques has been an instrumental member of our community since he was first elected in 1991. As Councillor, Jacques served on several committees, including Transportation and Transit, Audit, and Emergency and Protection services. Some of the many achievements during Jacques time as Councillor range from obtaining approval for funding for the St. Laurent Community centre, restoring the pedestrian cycle link to the St. Laurent Shopping centre and stopping the proposed Vanier Arterial extension through the

New Edinburgh area. During his time as Councillor Jacques Legendre was a popular and active leader in his community. He certainly will be missed. I wish him a happy retirement.

The hard work of Michel Bellemare, Georges Bédard and Jacques Legendre will not be forgotten and I would like to thank them, once again, for their outstanding service to our community.

Let us now join forces with our new City Councillors in the Ottawa-Vanier Area: Peter Clark, Mathieu Fleury and Tim Tierney. I am confident that they will diligently continue to invest in the betterment of municipal services and of our neighbourhoods. As the federal representative for the area, I assure them that I am there to cooperate.

Good luck to all and happy New Year!

*Honourable Mauril
Bélanger, M.P.
Ottawa—Vanier*



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New Edinburgh News

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Small Changes Can Make a Positive Difference

How We Saved Money and Cut Our Carbon Impact

By Sarah Anson-Cartwright

Last year, the gas bill for our household was 35% lower than in 2009 and we spent \$800 less than the previous year. Like other Canadians, we benefitted from the very mild winter and the related energy savings of 15% (according to Environment Canada). And yes, natural gas rates have been coming down a bit. But it seems that our reduced energy use and lower carbon impact is also the result of a series of small changes we made.

These are simple changes that do not cost us any money, but allowed us to save on energy and lower our greenhouse gas emissions.

Judging from our gas bill and our Zerofootprint calculation of our household's carbon impact, these no-cost, easy changes must have made a difference.

1. Go on a "hot water" diet

Water heaters demand a lot of energy, and typically 15% of an energy bill goes to heating water (according to the Office of Energy Efficiency, at Natural Resources Canada). Cutting back on hot-water use will lower your energy bill and produce fewer emissions.

We took a hot-water diet by taking these easy, painless steps:

- installing a low-flow shower head to reduce shower-water usage by 30% (see info on this page about getting a free shower head in the water-efficiency kit from the City)
- doing virtually all our laundry in cold water, which reduces energy usage for each load by as much as 93% (according to the Office of Energy Efficiency)

- re-using available hot water for rinsing or soaking dirty pans or dishes.

Remember to fix a leaky hot water faucet as soon as possible. One drip per second can waste 9,000 litres of water a year (according to the OEE) and that requires a lot of energy to heat.

If you want to make a modest but worthwhile investment, install low-flow toilets to cut back on cold water use, too.

And while we're focused on water, if you don't let the tap run while brushing your teeth, you can save 26,000 litres of water per family, per year (according to the book *Change the Word for Ten Bucks* – an inspiring little book for children at the price of \$10).

2. Program that thermostat

Combined with the mild winter temperatures, this step may well have contributed greatly to our lower energy use. Between 10%-15% of your heating bills can be reduced by using a programmable thermostat.

Our thermostat is programmed to follow energy conservers' advice to set the temperature to **20 C when home** and **17 C when out or at night** (and we adjusted those numbers downward a bit, depending on outside temperatures).

While we received a free thermostat with Hydro Ottawa's

Free Water Efficiency Kits

A low-flow showerhead is available free of charge from the City of Ottawa, along with other water-efficiency items in a kit available to every household.

Complete a registration form and take it to one of the City's client service centres (such as the City Hall) to pick up your kit. Visit the City's website and search for "water efficiency kits" for the webpage for

the form. The kit includes:

- One low-flow showerhead
- Bag test to determine showerhead flow rate (prior to installation)
- One energy efficient bathroom aerator
- One Toilet Tank Bank

Reducing your hot-water usage with a showerhead and cut back on energy use as well.

Peaksaver program (which is aimed at reducing electricity usage associated with air conditioners in the summer), we had to replace it recently for a cost of about \$50 and installed it ourselves.

Research shows that energy-savings will vary in less efficient houses, and set-backs in temperatures in the winter could lead to condensation and mold in some houses (according to the Canadian Centre for Housing Technology).

In our small, relatively airtight house, the effects of automatic setbacks have been really helpful to our energy conservation.

3. Air-dry for energy relief

The best advice about dryers is to avoid using them as much as possible. They are among


the biggest energy-users of all appliances in the home, whether they use electricity or natural gas.

We do not use our dryer much at all. Instead, we have an airing rack and hangers in the basement which work well during the winter, when the basement is dry and warm. And we love the outdoor clotheslines in our small backyard in the spring, summer and fall.

Granted it does take a few minutes to hang items on the rack or clothesline. And we do resort to the dryer for towels and to remove the crunchy feeling of certain hang-dried clothes.

So, we have kicked the dryer habit. And we don't miss it a bit. As the author of *Ecoholic Home*, Adria Vasil, says, "Decommission your dryer."

Does Water Matter to You?



- Drinking water from the Ottawa River
- Threat of flooding from the Rideau River
- Sewage overflows into the Ottawa River

Our neighbourhood is at the critical juncture of two major rivers. It is home to a major sewer regulator site (at Keefer Street and River Lane) and parts of it are on a river flood plain. We enjoy the benefit (and responsibility) of a river bordering our park.

Water is an integral feature of New Edinburgh, no doubt about it. NecoE plans to delve into water in our lives in an **upcoming forum, planned for April 2011**.

The water forum will explore how our everyday lives affect the quality of water in the rivers which supply us with water; ways to conserve and preserve this resource in our homes; and our neighbourhood's stake in the sustainability of the Rideau River watershed, in particular.

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Let's Talk Trash!

By Jane Heintzman

In early January, the City of Ottawa launched a comprehensive **Residential Solid Waste Service Level Review**, beginning with a city-wide public consultation exercise, arrestingly dubbed *Let's Talk Trash*. Through an online survey and a series of public forums throughout the city, area residents were invited to comment on a set of possible **service level options** which are summarized in the Table below. Interested readers can check out the details and/or respond to the survey at www.ottawa.ca/residents/recycling/garbage/waste_slr/consultations_en.html.



While the prospect appears to have provoked a storm of protest in some households, it would seem a logical and necessary step in the process of encouraging residents to maximize the use of their Green Bins, and hence their benefits in terms of the diversion of waste from our over-burdened landfill sites. The system is already operating successfully in many other centres, including cities such as Toronto and Halifax, and could be of significant benefit to our community as we struggle to achieve the Province's mandated 60% diversion rate.

If we do, in fact, make use of our Green Bins for all the organic waste from our households, a switch to bi-weekly garbage collection, with weekly collection of organics, should be quite painless. Except in extraordinary circumstances such as a household move, regular residual garbage for the landfill should be minimal each week, once organics, paper and recyclable plastics are separated out into their respective coloured containers. In fact, if you're diligent, you'll probably find that most of what remains in the garbage can consists of non-recyclable plastics (a challenge for another day!!)

Since much, if not all, of the potentially "stinky" waste from our households is made up of the organic materials for Green Bin disposal, fears of reeking piles of garbage resulting from a bi-weekly garbage collection régime are largely groundless. The one exception in this case is disposable diapers, which are not compostable in our organics diversion system, though they

The next step in the process will involve an analysis of public input by City staff, and the presentation of options based on this analysis to Council for review, and subsequently to the public as the basis for a further round of consultations scheduled this spring. In this second phase of the process, the City plans to provide substantive information on the cost-savings and waste diversion implications of each service level option, information which was unfortunately lacking in Round One this January.

Bi-Weekly Garbage Collection: A Move that Makes Sense

Needless to say, the "trial balloon" option which has attracted the most media and public attention to date is the possibility of a switch to year-round weekly Green Bin collection (as opposed to present régime of bi-weekly collection from November to April), combined with a move to bi-weekly collection of residual garbage.

Type	Current Service	Under Consideration
Green Bin (compostables)	<ul style="list-style-type: none"> Weekly (spring, summer and fall) Bi-weekly in winter 	<ul style="list-style-type: none"> No change OR Weekly, year-round
Recyclables	<ul style="list-style-type: none"> Bi-weekly Containers and papers collected in separate containers 	<ul style="list-style-type: none"> No change OR Weekly AND/OR Containers and papers collected in the same container
Garbage	Weekly	<ul style="list-style-type: none"> No change OR Bi-weekly (with weekly collection of green bin)

City of Ottawa Residential Solid Waste Service Level Review Options

are in Toronto. Undoubtedly City staff will be looking at ways to tackle this specific problem without undermining the general logic of a weekly Green Bin/bi-weekly garbage system.

One possible option, at least on an interim basis, might be to ensure that in the hottest months of the year—July and August—garbage collection reverts to

a weekly basis to spare young families the unpleasantness of odiferous diaper bags.

But for the vast majority of residential households, a move to bi-weekly garbage should pose no terrors. On the contrary, the more conscientious we can become about making sure that nothing goes to the landfill that can be composted or recycled, the better it will be

for our environment and, down the road, for our pocketbook as we help to forestall the \$ billion plus investment required to replace that landfill once it reaches full capacity.

Stay tuned for more developments as the City consultation process unfolds, and feel free to send us your comments and suggestions at neca.enviro@gmail.com.

Tips to Prevent Food Waste Freezing in Your Green Bin

To make using your Green Bin easier this winter, here are some cold weather tips from the City to help prevent material from freezing in the Green Bin:

- If possible, store your Green Bin in the garage during the winter months.
- Crumpled newspaper in the

bottom of the bin will help prevent contents from freezing inside.

- Set out your Green Bin the morning of collection day (before 7 am) rather than the night before.
- Wrap wet food waste (e.g. meat, fish, fruit and vegetables) in old newspapers, used

paper towels or cereal boxes or try used popcorn, sugar, flour or potato paper bags to hold your material.

- Put your liquid food waste, such as cooking oil and bacon grease, in a milk carton.
- Use leaf and yard waste paper bags to line your Green Bin.

Offer to Inoculate Against Emerald Ash Borer Take Action to Protect Our Ash Trees

Ash trees are at risk of fatal infection by the emerald ash borer (EAB), a wood-boring beetle which invaded Ottawa several years ago. It is a serious pest that has killed millions of native ash trees in Canada and the U.S., according to the Canadian Forest Service. EAB was first found in the area of New Edinburgh Park and Stanley Park, according to City officials. Last year, the City's Forestry Services group began

its treatment program, but with limited resources, it is focusing mostly on parks and other public places. Some ash trees are currently being injected in our park (they are identified with red and green dots at the base of the trunk).

For homeowners, the challenge is how to protect ash trees if they exist on our properties, in order to continue to enjoy their shade and other environmental benefits. Since EAB has been confirmed also in Rockcliffe Park, Lindenlea and Manor Park, the environment committees of our neighbourhood associations are proposing a collective effort to save as many trees as possible. As a first step, we will compile a list of interested homeowners and investigate a group rate for inoculation of trees by a licensed applicator.

To help determine if you have an ash tree on your property, take a look at the photos and descriptions on the City's Forestry Services webpage: http://ottawa.ca/residents/healthy_lawns/forestry/eab/

[index_en.html](#) (or you can search on the terms "City of Ottawa ash tree" to locate the link).

Trees must be treated every two years and the cost of treatment will depend on the size of the tree. Bear in mind, if your ash tree becomes infected, it will die and require removal and/or replacement at some expense. However, by maintaining and protecting a healthy tree, it will add to your property's value and continue to absorb carbon monoxide to the benefit of our environment.

If you are interested in exploring the treatment offer, please send your name, email address, street address, telephone number and the number of ash trees you would consider protecting and include the circumference of each tree. Please send these details to our email address: neca.enviro@gmail.com by March 15, ideally. Then we can gauge the level of interest in this proposal across the four neighbourhoods and investigate the best offer for preserving our ash trees.

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* Source: 2001 census.

In Our Midst

Louise Imbeault



A Man of Fact and Fiction—Alex Binkley

Welcome readers to this column dedicated to the discovery of our local treasures—the people who live among us in New Edinburgh.

This time I'm sharing with you the profile of a fascinating neighbour, hoping you'll enjoy reading about "A man of fact and fiction—Alex Binkley".

Alex arrived in the Burgh with his family in the millennium and has left me perplexed and curious to discover what he does for a living. Observing his early departure every morning, backpack affixed, looking like a university student, only to notice his return in the early afternoon. I thought to myself, what a great job he must have, flexible and short hours.

It's only once I interviewed him recently that I understood...Alex is a writer, a reporter and an author. He works from home, from Bridgehead and from his press office on the Hill. What a great variety of options for this CTV W5 man.

Sharing his humble beginnings, Alex described his first assignments as a volunteer sports reporter for the student newspaper while attending Queen's University where he studied politics and history. "I love sports," he said, "so the editor assigned me to cover all the university events which I enjoyed tremendously." He attended games, interviewed players and shared his findings with the student body—and in the process discovered he had a genuine talent for the written word.

After graduation, he moved to Ottawa, enrolling in a journalism course at Carleton University. That's it, Alex had found his passion. Landing a great job for the Canadian Press Wire Service (CPWS) in Montreal, he got to meet his sports idol, famous hockey player Jean Belliveau. He then moved to Halifax on assignment and finally returned to Ottawa a few years later and continued to work for

the CPWS, but this time on Parliament Hill. To this day, he still has a desk on the third floor of the press office.

Mr. Binkley shuffles many facets of writing at the same time. In the early 90s he diversified by freelancing for trade publications, thus expanding his expertise to agriculture, transport, alternate energy and even corporate contributions (see www.alexbinkley.com). He recently joined a group of writers on a high tech media venue called www.ipolitics.ca.

On top of being a natural athlete (he's a 6'4" tower of power), Alex is a born intellectual with an insatiable thirst for knowledge or, as he says, "a perpetually curious student." He wears well the motto of journalism W5+H (Who, What, Where, When, Why and How).

It's no wonder all that talent, creativity, and passion overflowed into his personal life. While listening to classical music, sipping a cup of tea, Alex plunges into the realm of "Binkley's world of fiction". A novelist and author, there's no lag time for this writer. He works diligently on his three novels (awaiting publication) inspired by his favorite authors, namely, Terry Brooks, Robert Sawyer and Martin Cruz-Smith (Gorky Park).

Maybe someday soon we will have the honour of a book

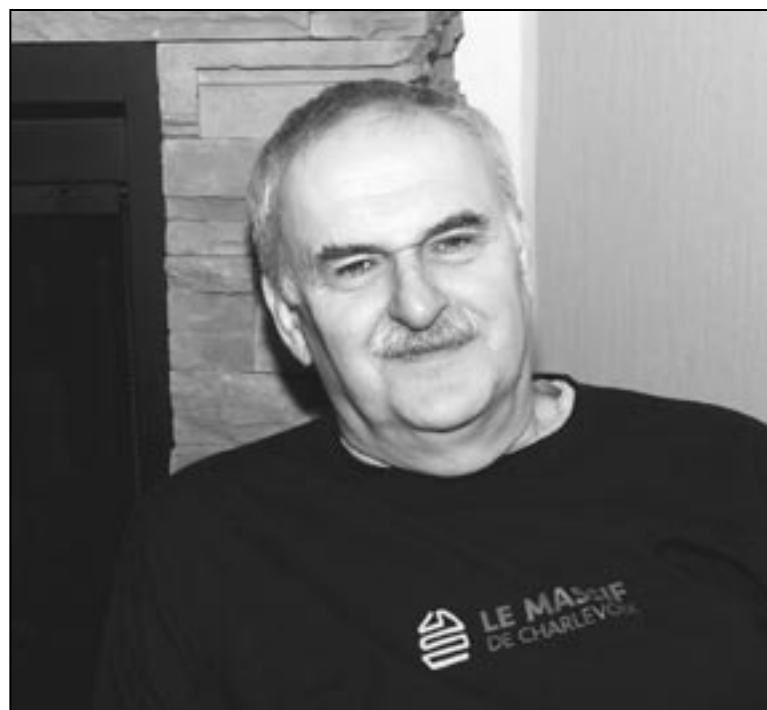


Photo: Louise Imbeault

Alex Binkley in a rare moment of repose.

signing here in the Burgh to launch *The Circle* a fantasy novel, *The Ultimate Wizard* a modern sci-fi story or *Saving Grace* a thrilling space-aged novel. Stay tuned!

Alex Binkley is also a loving husband and father of two adult children. In my curious nature I had to inquire...how did you meet your spouse? He candidly shared: "During a mixed hockey game, I competed against Christine on the opposite team, we fell in love, married six months later and have been playing on the same team ever since." They celebrated their 33 years of marriage with son Douglas and daughter Dorothy last September at the family's cottage in Bracebridge Ontario, north of Toronto.

They spend a lot of time there enjoying nature, spending quality time together, cross-country skiing, snowshoeing and walking the splendid trails. Winter is the season they enjoy most. During the summer months, Alex joins his buddies on the various golf courses in the Outaouais when he's not building model modern trains or Canadian navy ships—no idle time for this man. His personal

motto is: Life is a gas (quote from a song by the Rolling Stones).

You can find Alex deep in thought every morning at Bridgehead coffee shop on Beechwood typing away on his laptop and once a month or so, having dinner at the Clocktower Pub on MacKay for his boy's night out.

Our interview coming to a term, I asked Alex why he chose New Edinburgh for his pied-à-terre? Calmly and reflectively he said: "This area is great, close to everything, easy access to my destinations across town, but mostly it's because of the people who live here. They are unpretentious, approachable and friendly and that makes us content to live here. We are happy and will stay another decade at least".

"Will you ever retire?", I asked. A most definite "NO," he promptly replied, "I'm too busy and curious to ever stop working." He does, however, have two wishes for the New Year: publish his novels and take a nice long trip to Polar Bear country in northern Canada with his life partner Christine.

COMPUTER EYE SYNDROME

The holidays are over, and the 5 day work week is upon us once again. For many, that means buckling down in front of the computer and making sure everything is in place for the New Year. So, how do you reduce the amount of eye strain and fatigue you can experience at the end of a long work day?

There are several steps you can take to ensure the best results:

- Take frequent breaks. The 20-20-20 rule: every 20 minutes, look about 20 feet in front of you for 20 seconds.
- Lower your screen contrast slightly.
- Work in a properly lit environment. Natural lighting is always ideal (try to avoid fluorescent lights).
- Use proper eyewear. Following your prescription from your doctor accurately with certain types of lenses and coatings will significantly reduce eye strain and fatigue.
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The LLADS Reunite at the New Edinburgh Pub

By Gavin Murphy and Jack Lindsey

The New Edinburgh Pub was the scene on December 12 for the latest reunion of the **Liquid Lunch Alumni of Dunelm Society**, or LLADS for short. LLADS is a group of mainly Ottawa and Kingston area graduates from Durham University in England that was established by **Jack Lindsey** and **Martin Yates** with the help of the university alumni office. While relatively small in numbers, the membership is growing all the time and two of its long-time members, **Paul McConnell** and **Gavin Murphy**, live in the Burgh.

The evening of the local LLADS reunion was the iciest of the year, but this did not prevent a determined group from

convening in the neighbourhood. The next reunion takes place this summer at Bob's Lake, near Perth.

The LLADS have been getting together now for eight years. It began with just a few guys contacting each other on something called a bulletin board newly established by the Durham University Alumni Association. Two of them had even worked together in Ottawa for years and never realised they were both Durham alumni. It should come as no surprise that it took four years to come up with their name: The Liquid Lunch Alumni of Dunelm Society—Ottawa-Kingston Chapter. As the name implies, the emphasis is on convivial informality and the fact that they have never

actually met at lunchtime is never mentioned. There simply would not be enough time.

Dunelm is of course the Latin handle for Durham University, the equivalent of Oxon and Cantab. With roots going back over 1000 years to the Venerable Bede, Durham University is the third oldest in England, after Oxford and Cambridge. Like Oxford and Cambridge it is a collegiate university, meaning the functions are divided between the central administration of the university and a number of constituent colleges. A collegiate university differs from a centralized university in that its colleges are not just halls of residence; they also have a substantial amount of responsibility and autonomy in the running of the university. Currently, Durham University is ranked number three in the UK top ten.

Situated on the River Wear in the Northeast of England, Durham City lies on the main route between Edinburgh and London and is well worth a visit. It is a beautiful city, with a Norman cathedral and castle at its centre, recognized as a World Heritage Site. The castle also serves as one of the university colleges so, even today, some students can still claim to live in a castle.

No wonder then that Durham University engenders such loyalty and nostalgia in its alumni around the globe. The LLADS membership spans alumni from the 1960s to the present day, including graduates of the former King's College Newcastle such as Dick Foss, the founder of MOSAID. The tech wreck decimated the turnout for a while as the photonics boffins returned to the mother

ship. But now that LLADS is plugged into the global Dunelm Alumni Network, it is attracting a steady trickle of new members. By the way, membership is defined as showing up at an event. The main event is the summer BBQ but the success of the first New Edinburgh Pub night guarantees that it will become a regular feature.

If there are any other Durham graduates out there who want to join LLADS, please email Gavin at gmurphy@dunelm.org.uk for further details.



The lads of the Liquid Lunch Alumni of Dunelm Society (LLADS) gathered for a reunion at the New Edinburgh Pub in December.

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the Lansdowne Follies

February 5, 2011 at the Mayfair Theatre, 4 - 5:30pm

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Miles, Ian Tamblin, and Elizabeth Hay—will inspire you with their melodies and messages. Bring a friend and get engaged in the future of your community!

The Lansdowne Follies: February 5, 2011 at the Mayfair Theatre, 4 - 5:30 pm. For more information visit www.letsgetitright.ca.

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

We wish a very Happy New Year to all our advertisers and Burgh businesses, and look forward to keeping readers up to date on their news in the coming months. Just a word on the news from my own household: not long before Christmas (impeccable timing), I managed to slip on a patch of black ice and break my left wrist in multiple places. After a surgical repair, I am recovering very gradually, but not with sufficient speed to master the computer keyboard in any but a laborious, one-fingered mode.

The resilient NEN team swiftly stepped in to help out with this column, and I would like to thank **Cindy Parkanyi**, our immensely capable and already over-worked Editor; **Louise Imbeault**, our marvelous photographer and author of the popular *In Our Midst* profiles; and **Brian Holland**, our industrious Advertising Manager, for covering the beat in this issue. With luck, and a good deal of help from the

team at the **Physical Therapy Institute**, I should be back in the saddle for the April (Fools') edition.

My family would also like to thank the many wonderful food providers in our community who rescued our otherwise imperilled Christmas season with a fulsome array of prepared meals and treats for our holiday gatherings. Not long after my accident, my husband and I embarked on a provisioning circuit around the neighbourhood, stocking up at **Bread and Roses**, **Epicuria**, **Culinary Conspiracy** and **Da Bombe** on marvellous savoury pies, quiches, tourtières, cakes, cookies and side dishes; all of which were consumed with great relish, and which allowed me a blissful, cooking-free holiday. Truly a silver lining to the proverbial cloud!

And finally, many thanks to **Vessna Pavic** and her team at the **New Edinburgh Spa** who managed to fit me in at their busiest season and provide me with the incomparable morale

booster of freshly washed hair! Being surrounded by help and support on all fronts- and all of it within easy walking distance- was yet another reminder of what an exceptional community we are lucky enough to inhabit. Jane H.

PureMed Naturopathic Centre

We wish a warm welcome to **Dr. Maureen MacDonald**, **Dr. Anouk Lepage-Chaumont** and **Dr. Alievitch Houmed**, the trio of Naturopathic Doctors at PureMed Naturopathic Centre who joined the NEN advertising roster in December. PureMed is a multi-disciplinary naturopathic clinic located in the Vanier Medical Centre at **292 Montreal Road, Suite 200**, (about halfway between St. Laurent Blvd. and the Vanier Parkway). It offers a broad range of treatments and therapies to address the full gamut of health conditions, from acute to chronic. PureMed's long menu of specific treatments includes Herbal Medicine, Homeopathy,



Photo: Louise Imbeault

The PureMed Team (left to right): Doctors Anouk Lepage, Maureen MacDonald, Ali Houmed.

Acupuncture, Intravenous Therapy, Mesotherapy (for pain management and cosmetic purposes), and Nutrition Counselling.

As the name implies, naturopathy essentially involves the use of natural treatments to support and promote the body's ability to heal itself, placing heavy emphasis on the maintenance of general health and disease prevention through such programs as Nutrition and Lifestyle Counselling, and chemical Detoxification protocols to reduce the impact of exposure to environmental contaminants (such as pesticides and petroleum products) on the liver and kidneys.

Far from serving as "an alternative" to the techniques of conventional medicine, the approach of the naturopathic doctor aims to *complement* mainstream medicine, and to work in concert with conventional treatments to achieve the best possible result for the patient. Perhaps the best example of this complementary approach is in the realm of the **Integrative Cancer Care** offered by Pure Med, where techniques such as IV Therapy (the intravenous application of large doses of Vitamin C

and possibly other Vitamins and minerals) may be used to moderate the side-effects of chemotherapy and radiation, enhance the effectiveness of these mainstream treatments, and support the immune system of the patient as they undergo aggressive treatment.

Qualifying as a Naturopathic Doctor (ND) is an intensive 8 year (minimum) process, including four years of post-secondary education in clinical and medical sciences, followed by four years of naturopathic medical school. All three members of the PureMed team are graduates of the **Canadian College of Naturopathic Medicine** in Toronto, one of the two fully accredited colleges in Canada.

Dr. MacDonald is a native of P.E.I. who joined PureMed in February 2010, and shortly thereafter moved to MacKay Street here in the Burgh. While she is in general practice, dealing with a wide range of conditions from anxiety, fatigue and mild depression to skin conditions, allergies and hormonal imbalances, Dr. MacDonald also has specialized background in IV Therapy for Integrative Cancer Care, Mesotherapy for Pain Management and

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Malcolm and John Harding





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.

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non-surgical cosmetic procedures, Homeopathy and Detoxification.

Dr. Lepage-Chaumont also has specialized training in IV Therapy and Mesotherapy, and has practised as a Homeopathic Doctor since 1996. Her particular interests include Nutritional and Lifestyle Counselling, Pain Management, Cancer Therapies, Gastro-intestinal problems, Hormonal imbalances and Skin Rejuvenation.

Dr. Houmed's practice addresses a wide variety of conditions, including elderly and geriatric care, men's health issues, digestive complaints, pain management, cancer care, female hormonal imbalances, respiratory problems, and autoimmune disorders. Like his colleagues, he too has specialized training in IV Therapy and Mesotherapy for pain management, as well as extensive background in HIV care.

To find out more about the full range of naturopathic therapies and treatments offered at PureMed, check out their website at www.puremednaturopathic.com, or give them a call at 613-216-4661. Of course, you might well meet

Dr. MacDonald right here in the neighbourhood for a face to face chat about the potential benefits of natural therapies!

Canine Touch and Tell: A Sad Farewell

We offer our sincere condolences to **Sandy Benoit**, owner/operator of the canine massage service, **Canine Touch and Tell**, on the recent sudden death of her beloved guide dog, **Jet**. Jet fell ill in late November, and died shortly thereafter of an advanced case of canine *hemangiosarcoma*, a fatal but sadly very common type of cancer typically affecting large dog breeds.

Those of us who are devoted dog owners know well how deeply attached we become to our canine family members, and how profoundly painful an experience it is when we lose them to illness or old age. I doubt, however, that we can even conceive how much more intense this attachment is in the case of working guide dogs and their owners. Sandy and Jet lived, worked, played and slept in each other's company, 24 hours a day, 7 days a week. She depended on him

as her constant companion and navigator in all of her daily routines, and he on her for nourishment, nurture, love and a sense of purpose.

Jet's loss in Sandy's life is incalculable, and we wish her comfort and strength at this painful time. We hope too that she is able to begin the process of training with a new guide dog from **Canadian Guide Dogs for the Blind** as soon as possible, both to re-establish that unique and sustaining relationship in her life, and, in purely practical terms, to keep her safe in the activities of her daily life. For two decades, Sandy has relied on the navigational skills of a canine companion.

Throughout the ordeal of the past two months since Jet's death, Sandy has bravely continued to pursue her canine massage practice at her new headquarters at **360 Croydon Avenue**, directly across the street from the Lincoln Heights Shopping Centre. Her space is shared with a professional dog groomer, so if your pooch is in need of a New Year's trim and a restorative massage to soothe its aches and pains, or limber up stiff joints, give Sandy a call at **613-762-8869**. Closer to home, Sandy's services are also available every Friday afternoon at the popular pet store, **A Guy, A Girl, Two Dogs and A Cat**, at **207 Dalhousie Street (613-241-9455)**.

We wish Sandy well in her efforts to begin a new chapter in her life with a companion animal, and look forward to reporting happier news of Jet's successor as the year unfolds.

BMO Bank of Montreal: Ask the Banker!

We've come a long way since the early days of the last century when Stephen Leacock



Nick Appleby, licensed carpenter.

penned his marvellously funny literary sketch, *My Financial Career*, in which the hapless protagonist struggles (in vain, as it turns out) to assume an air of worldly competence and gravity as he deposits his life savings of \$56: "*When I go into a bank I get rattled. The clerks rattle me; the wickets rattle me; the sight of the money rattles me.*"

In our present age, banks and financial institutions have done much to create a far more client-friendly environment than that which confronted Leacock's rattled hero, and for most of us, our regular banking transactions hold neither mystery nor intimidation. Still, however, **BMO Bank of Montreal Beechwood Branch Manager Adam Kane** feels that there are a good many aspects of banking, financial planning and investment strategy which for many of us remain grey areas in need of some elucidation by the experts in the field. As a result, Adam has recently set up a **Question Box** in BMO's Beechwood branch, into which clients are invited to deposit their queries about

anything from mortgages to RRSP's, investments, loans, bank service charges, or indeed any other aspect of personal financial management that's in need of clarification.

As a full service branch, the Beechwood BMO plans to draw on the expertise of its team of investment, financial planning and banking specialists to tackle these questions, and will attempt to provide generic responses which can be made available to all our readers in the pages of a future edition of the NEN. So the next time you drop into the bank, be prepared with that niggling question that's been on your mind but which you've never had time to follow up. Drop it into the Question Box, and stay tuned: the NEN may soon have the answers!

Nick Appleby, Licensed Carpenter

We welcome new advertiser **Nick Appleby**, a licensed carpenter with 25 years of experience in the business. Nick is licensed in both Ontario and Quebec and plies his trade on both sides of the river, working

Continued on page 12



Sandy Benoit, of Canine Touch and Tell, recently had to bid farewell to her longtime companion and guide dog, Jet.

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Continued from page 11

on projects here in the Ottawa area as well as in the Gatineau closer to his own home base in Wakefield. After 11 years living in France, he is fluently bilingual.

Nick has a broad range of experience, handling both large scale jobs such as the construction of custom built homes, and smaller scale projects ranging from decks to windows, custom trim, wood floors, basement finishing and pre-sale home improvements (all those small repairs you've been meaning to do and never got around to!).

Among his more memorable assignments was the construction of movie sets for the films *Grey Owl*, a 1998 Richard Attenborough flick starring Pierce Brosnan, and *The Bone Collector*, a thriller featuring Denzel Washington and Angelina Jolie. His involvement in the world of film began somewhat accidentally when, after finishing off a job in Chelsea, Quebec, he came across a crew building a set for *Grey Owl* by the Gatineau River. His offer of carpentry services was swiftly accepted, and he went on to spend another six weeks on the project in Chelsea and later in Montreal where, not

long thereafter, his set-building expertise was enlisted for *The Bone Collector*.

Another of Nick's services that may be of interest to some of our readers is consultation with Do-It-Yourself-ers to ensure that they have the background knowledge needed to launch into their projects with a well-founded expectation of success. He recently counselled a DIY couple who had purchased an old log house, and while they had some understanding of the requirements of a restoration, Nick was able to fill in the gaps, bringing to bear his wealth of experience with older houses to point out the potential pitfalls. As many of his jobs involve corrective action in cases of shoddy work the first time round, he is a strong believer in thorough preparatory instruction!

Nick's website at www.nick-appleby.ca is still under construction to incorporate more samples of his work, but his practice is to bring a complete portfolio to interviews with prospective clients so they can get an idea of his handiwork, and he is pleased to provide references. Though his work is piling up for the month of February, if you happen to have a smaller-scale job, give him a call at 819-459-3777 or on his cell phone at 819-210-0787, and he will do his best to fit it in. If your project is more ambitious, you can get in touch with him now to book time in March. He can also be reached by e-mail at nickappy@gmail.com.



Making house calls: Malcolm Harding is the younger half of the father-son team at Compu-Home.

Compu-Home: Helping You Choose and Use Your Computer

Ordinary people who use computers in their homes and small businesses sometimes need a consultant too, just like big corporations—but at a reasonable price. As a true family-run business, **Compu-Home** offers expert computer services provided by the father and son team of **John and Malcolm Harding**. The Harding team helps frazzled and desperate customers with their myriad of computer problems and counselling on what new system to purchase given their particular requirements. Compu-Home has no affiliation with any store or manufacturer, allowing them to provide honest, unbiased advice and consultation. They also pride themselves on avoiding the needless jargon and techno-lingo and providing clear and easy-to-understand explanations and assessments.

As an elementary school

teacher John was an early adopter of the personal computer and quickly became the "go-to" guy at any school where he taught, managing computer labs and providing computer instruction. His son, Malcolm is a graduate of Algonquin College's Computer Technician program and frankly doesn't remember a time when he wasn't tinkering with a computer.

The business was officially launched in 2000, having grown organically from simply helping family and friends, to helping people they didn't know. It was at this point they realized they had a viable business model.

So how does the business work? Well, if your computer suddenly dies or starts doing things you don't want it to, and you have given up spending hours and pulling your hair out trying to figure it out, you can call Compu-Home and they will do an initial assessment over the phone and schedule a house call. Most repairs are made on site, usually within 24 hours. No need to dismantle and lug your system down to the shop! Occasionally, they will pick up and complete work

at their workshop – usually for non-interactive issues like computer virus scans (which can take quite a long time to complete).

Services are charged on an affordable hourly rate and the average repair takes from one to one and a half hours. Malcolm works afternoons, evenings and Saturday to satisfy the needs of clients who work. And as Malcolm puts it "This is my life plan – we are in this for the long haul," so there is no fear of losing your friendly neighbourhood computer consultant and having to find a new one. For more information visit their website at www.compu-home.com or call them at 613-731-5954.

Alpha Pet and House Sitting

Welcome to new advertiser **Gilles Rheaume** and his **Alpha Pet and House Sitting Service**. After a long and successful career as a professional musician and then as an adjuster in the insurance industry, Gilles retired. But like many recent retirees he has found that retirement just isn't for him. He actually had come up with the idea for the pet sitting business over 15 years ago, but just didn't have the time to do anything about it. Now he does, and has jumped in with both feet and is ready to walk... your dogs, that is.

According to Gilles, pet sitting is an excellent alternative to kennels, and research indicates that pets tend to be less stressed when they can remain in their own home. He often has to dispel the misconception that he will reside in the home. He usually comes in once or twice a day to feed, water, walk or play with the pet, depending on the specific requirement.



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MARGOT

Gilles has many years' experience working with animals – his own and those of friends and family. He holds a police check, is fully bonded and is a member of Pet Sitters International.

At an initial meeting Gilles will sit down with the client to determine their specific requirements. Other services include cleaning up (after feeding or any 'accidents'), administering medication, pet transportation, pet supply delivery, taking in the mail and turning lights on and off. Having had dogs for many years (his "boys"), Gilles is very familiar with the best dog walking areas nearby. In fact, as a kid, he used to swim at the public pool in Stanley Park (now the tennis courts). In addition to dogs, he will take care of cats, birds and caged pets (such as gerbils, hamsters, etc.) He has even cared for a ferret! The only animals he won't care for are reptiles.

So, if you are planning a trip and need someone to come in a care for your pet feel free to call Gilles at **613-558-PETS (7387)** to get more information or a brochure.

Le Saint-Ô: New Year, New Menu!

Le Saint-Ô Restaurant Français, our community's

popular oasis of real French cuisine at the corner of Hemlock and St. Laurent Blvd., has begun the New Year with a brand new menu, first introduced on January 22 following a well-earned break for the proprietors after their jam-packed holiday season. Husband and wife team **Philippe Dupuy**, principal chef, and **Natasha Dumont**, maître d', are full of enthusiasm about their latest culinary inspirations, and look forward to introducing them to the restaurant's discerning clientele. French food lovers should drop by to sample the tempting new fare, but don't forget to call first for reservations: 613-749-9703. Should you have aspirations of your own as a creator of fine French cuisine, you may want to catch Philippe's regular radio cooking show at 94.5 FM, from Monday through Wednesday at 3:15 pm.

The Works: Elk Burger Anyone?

Congratulations to the management and staff at **The Works** who teamed up with the Elk Ranch throughout the fall to offer (and vigorously promote, I can say with authority, as my son was the top seller) gourmet elk burgers, with a dollar from the sale of each burger set aside for the **School Breakfast**

Program. By mid-December, The Works had raised a whopping \$10,000 for the Breakfast Program, which serves roughly 11,000 children in 146 Ottawa area schools.

Kimberley Wilson Bridal and Fashion Outlet: A New Arrival!

Congratulations to **Kimberley Wilson** and her husband on the safe arrival of their son, **Jaxson** (Jax, after his Dad) **Edward Wilson**. Reports are that Jax has been enthusiastically welcomed by his older siblings Matthew and Bryanna. We wish the family a healthy, happy and doubtless busy New Year, and look forward to greeting Jax when he accompanies his Mum to the store at 77 Beechwood.

Kitchen, Bathroom Renovations and Beyond with Paul Denys – Workshop on Feb 16

Renovating can be rewarding BUT...it can also cost too much, take too long and be less than hoped for if you don't know what you're doing!

NEN advertiser **Paul Denys** specializes in everything from modern renovations to his-

toric restorations and often a unique fusion of the two...he knows what works, how much it will cost and how best to get it done. An award win-



Photo: Bruce McLaurin
New life appears at the Electric Street Studio on Crichton Street.

ning Ottawa based carpenter and designer who specializes in design, building and restoration, Paul Denys will showcase some of his past renovations and open the floor to questions. Workshop takes place

on **February 16 at 7 pm** at the newly renovated **Ottawa South Fire Hall Community Center** at 260 Sunnyside Avenue, **(613) 247-4872**. For more information visit www.olderottawasouth.ca.

The Electric Street Studio Welcomes New Occupants

Since the arrival of the New Year, **The Electric Street Studio**, the intimate gallery/studio space on Crichton Street, opposite the intersection at Electric Street, has been transformed by the arrival of artists **Clara Hirsch** and **Jane Burnstein**, both painters in the Ottawa area, and welcome additions to New Edinburgh's ever-growing artists' hub. Clara set up shop in mid-January and has since been working at the studio most weekdays until early evening. According to studio owner **Peter Honeywell**,

Jane was in the process of moving in at the time we went to press in late January. We welcome them both to the community, and look forward to admiring their work in our travels down Crichton Street.

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Please join us at our upcoming events:

- Chinese New Year Celebration** Dragon Dancers, dinner and entertainment - Thurs, February 3 at 5 pm
- Part 3 Series on Ottawa Heritage** Topic: Ottawa History - Tuesday, February 8 at 2:30 pm
- Lycee Claudel Choir** - Tuesday, February 8 at 7:30 pm
- Valentine's Dinner with Entertainment** - Monday, February 14 at 5 pm
- Laughter Yoga with Sylvie Degenais** - Tuesday, February 22 at 2:30 pm
- Singing and Flute Performance with Roxy Swan** - Monday, February 28 at 2:30 pm



www.TheRockcliffe.com • 613-562-3555

From the Desk of Mayor Jim Watson



2011 Budget Tabled at City Council

On January 19th, Council tabled the 2011 City budget. It is the product of a change in thinking at City Hall, and represents a new commitment towards financial restraint and smarter spending. With this budget, we will be living within our means.

The new budget has put the brakes on runaway property tax increases. During the last three years, the average tax increase has been 4.5%. I am very pleased to present a budget that reduces tax increases to less than 2.5% - in fact the proposed tax increase is 2.45%. This lower tax-rate was a major commitment made to the public in the recent elec-

tion.

Here are some examples of how we want to save your hard-earned tax dollars:

- 10% cut to Mayor's office budget
- Salary freeze for Mayor and Council
- \$300,000 reduction in travel, hospitality and conventions
- Reduction of outside legal assistance and consultants
- Increase efficiencies at OC Transpo and put the bus company on sensible and sustainable footing
- Greater use of internet and less printing and advertising

Here are some highlights of

how we want to help the public through new initiatives:

- Freeze recreation fees and rentals
- Seniors travel free on OC Transpo Mondays and Wednesdays after 12 noon in addition to all day Wednesday (starting in April)
- New affordable housing initiatives
- Additional dollars for green initiatives including trees,

cycling and solar energy

- Record amount to make our facilities more accessible.

Above are two charts that show how council has responded to the public demand to have better value for their tax dollars:

Join me on **March 1, at 7pm at City Hall** to share your ideas on saving money. Other public meetings can be found

at www.ottawa.ca. I value your input!

Jim Watson, Mayor

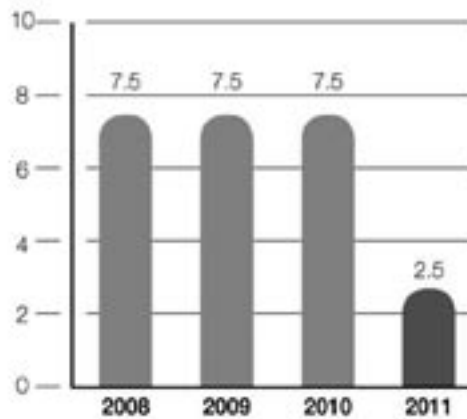
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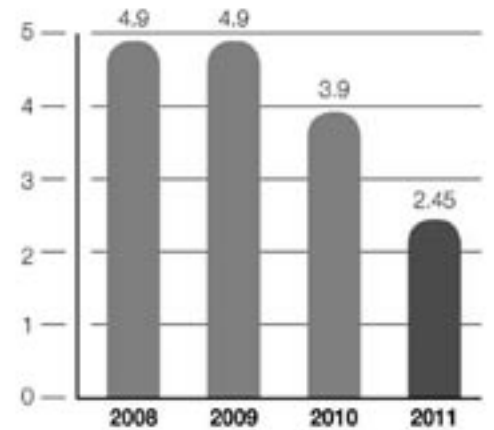
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Photo courtesy of Andrew Higdon
Healthy Smiles: (from left to right) Mayor Jim Watson, Dr. Aaron Burry, Dr. Isra Levy, Madeleine Meilleur MPP and Councillor Mathieu Fleury announce \$2 million in funding for Healthy Smiles Ontario, a program that will provide 10,000 children from low income families with preventative dental care – January 11, 2011.



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Ottawa City Councillor Peter Clark Reports

Budget 2011

On January 19, 2011 Mayor Jim Watson and Kent Kirkpatrick, City Manager, presented budget estimates that propose a tax increase of 2.45%, slightly below the 2.5% maximum total tax increase directed by the newly elected Council on December 15, 2010.

The 2011 Budget details the funds the City needs to provide services to residents, and lays out a fiscal plan designed to meet Council's objective – "delivering value for money and improving service delivery to create a better more sustainable City for the future".

Draft Budget 2011 recommends a tax increase of 2.45% for urban home owners and commercial properties and 2.4% in rural areas. The aver-

age urban home will see an increase of \$75 this year for City services – (this is considerably less than the average urban tax increase for the last few years: \$135 in 2008; \$166 in 2009; \$125 in 2010).

The 2011 Budget sets the foundation for the year ahead anticipating that Council will, in the first quarter of 2011, identify the strategic priorities for this term, conduct a comprehensive review of the capital budget and the Fiscal Framework Policy; and, refresh the Long Range Financial Plan with the aim of achieving a maximum tax increase of 2.5% for the years 2012 to 2014.

The 2011 Budget strives to build the framework for this governance work by focusing on:

- Sustainability—Both in terms

of financial sustainability and service integrity;

- Service responsiveness – Focusing on residents as clients and customers;
- Sound, accountable governance and management; and,
- Key Service Priorities – transit and transportation, citizen safety, solid waste and the environment, housing and poverty reduction, and infrastructure.

These principles guided the development of the 2011 Budget Estimates with an eye on ensuring enough flexibility to the priorities that will be developed by Council for the remainder of the term.

The budgets for the water and sewer programs, which are fully funded from revenues raised on the water bill, are not included in this report and will be tabled at the Environment Committee meeting of February 15, 2011.

Standing Committees and Boards will meet to listen to public delegations (the public are invited to attend), review budgets and recommend a

Committee budget to Council for consideration and adoption March 8 to 10.

Finance & Economic Development

Tuesday, February 1st

Transportation

Wednesday, February 2nd

Planning

Tuesday, February 8th

Agriculture & Rural Affairs

Thursday, February 10th

Environment

Tuesday, February 15th

Transit Commission

Wednesday, February 16th

Community & Protective Services

Thursday, February 17th

The City will host five bilingual multi-ward budget consultations. Note that all consultations will take place from 7 to 9 pm:

South

February 22

Nepean Sportsplex Halls A/B
1701 Woodroffe Ave, Ottawa

West

Wednesday, February 23
Holy Trinity Catholic School
180 Katimavik Road, Kanata

Rural

Thursday, February 24
Stuart Holmes Arena
5660 Main Street, Osgoode

East

Monday, February 28
Shenkman Arts Centre (Theatre)
245 Centrum Boulevard, Orleans

Central

Thursday, March 3
City Hall (Andrew Haydon Hall)
110 Laurier Avenue West, Ottawa

To comment on Budget 2011, call **311**, email 311@ottawa.ca or fax **613-560-2126**.

The 2011 operating and capital budget documents are available at ottawa.ca.



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What's Up at Rideau Hall

Taking Cybercrime to a New Level

By Michael Histed

Last year I reported on the increasing sophistication of cybercrime, including email scams, as well as fraudulent claims via the web. Last week I received an email that shocked me and that really demonstrated the degree to which scam artists will go to get our money.

Last Saturday I received an email from "Assasin". Within the test of the email the writer claimed to be an assassin who was hired to kill me unless I gave him \$6,000. He suggested that he had been following me for a while, and that if I contacted the Police he would take immediate action against me and my family.

As I am sure you can imagine my first response was shock and concern. My second reaction was that this was a scam, but the nature of my job made me think twice. I contacted the police and their response was excellent. An officer soon came to my house and reassured me that this was a well known scam. On Monday I received a call from the Ottawa Police Internet Crime unit who confirmed that this was a scam originating in Nigeria.

Here are a few tools to recognize email scams:

- Banks will never ask for your account information online. Do not give them your account number, SIN number or any personal information. Banks will either call you or ask you to come into the branch.

- The "Assasin" email is well known to the Police. Do not

give them money.

- Many scam emails contain many spelling mistakes, and poor grammar.

- Never give money to emails that promise millions in lottery winnings or unexpected inheritances. They usually ask you to send them money before they can process your winnings.

- You might receive an email from someone you recognize asking you for a donation or asking for money. Look carefully at the address line by placing the mouse hand over the address. This will bring up the real address.

Many of the scam emails originate in African countries and Asia. If you are concerned about an email or receive an email that appears to be threatening in nature, please call the Ottawa police. Receiving calls assists the police in tracking down the origins of the e-mail, as well as helping them to shut down these scam artists. The number of scam-artists is increasing and the police need your help to shut them down.

A legitimate threatening email will usually contain information familiar to you, e.g., your home address, names familiar to you, knowledge of your movements, and knowledge of your work environment. Don't worry, these emails are extremely rare.

Remember you are in control. If in doubt, delete the email. Legitimate companies will call you back by phone.

Happy and safe surfing.

Skating Rink Now Open

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

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

The general public is invited to skate on Saturdays and Sundays, from noon to 5 pm, without a reservation. Organized groups must make reservations. Before heading to Rideau Hall, skaters should check the status of the rink online at www.gg.ca or by calling 1-888-842-4422 or 613-991-4422 as it may be closed due to unfavourable weather conditions. Please note that this rink is exclusively for pleasure skating.

Winter Celebration

A public Winter Celebration will be held at Rideau Hall, on **Saturday, January 29, 2011, from 1 pm to 4 pm.**

The public is invited to get active and come experience Nordic sports and traditions through a variety of free outdoor and interpretive activities.

Families and sports enthusiasts will be entertained by dog sledding; skiing; snowshoeing; skating on the outdoor rink; kick sledding offered by the Embassy of Finland;



Photo: Library and Archives Canada
Princess Patricia of Connaught and Major Worthington on the Skating Rink at Rideau Hall in 1914.

and Bandy, a form of field hockey on ice, offered by the Embassy of Sweden. The Royal Norwegian Embassy will host races on giant skis. At 2 p.m., come and cheer on the Governor General as he competes in this friendly race along with guests and visitors.

Visitors are also invited to tour the historic residence and its ceremonial rooms. In partnership with the Canadian Ski Museum, artefacts that once belonged to "Jackrabbit" Smith Johannsen (1875-1987), one of Canada's pioneers of skiing, will be on display in the Tent Room. In addition, visitors will have the opportunity to view the current exhibit, the National Capital Commission Official Residences Crown Collection,

in the Ambassador's Room.

Winter at Rideau Hall

Whether you've come to skate, or to walk the snow-covered paths, the historic grounds are a great place to enjoy winter. Guided tours of the governor general's residence state rooms and the new temporary exhibit called the National Capital Commission Official Residences Crown Collection are offered free of charge every day upon reservation. To view the schedule, please visit www.gg.ca.

To make a reservation or for more information, please call **1-866-842-4422 or 613-991-4422.**

THANKS!

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

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

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



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Best wishes for a healthy and wonderful 2011! • Meilleurs vœux pour une année 2011 tout en santé!



Its Winter: Get Out and Have Fun!

By Catherine McConkey
 It's winter! And that can mean only one thing to the Crichton Community Council. Ice!! **Michel Giroux** and **Brian Torrie** and their team of rink attendants and volunteers have been working every night to clear the snow and water the rinks yet again to get that smooth glassy look that we all love. The council is very lucky to have volunteers like Michel and Brian and the **New Edinburgh Hosers**. We are

very proud and thankful of the work that they do for the community each winter. (Can you imagine New Edinburgh without skating rinks?) This year we have decided to open the rinks earlier on the weekends. The rinks are open 7 days a week; Monday to Friday 4-9 pm, Saturday 10 am - 9 pm and Sunday 10 am - 6 pm—always weather dependant. So come on down and check it out. Conditions are amazing! Because of the Hosers



Photo: Louise Imbeault

Conditions are excellent the Stanley Park rinks, thanks to the New Edinburgh Hosers!

		NEW EDINBURGH SKATING RINKS			
HOURS OF OPERATION					
MONDAY - FRIDAY		4 - 9 pm			
SATURDAY		10 am - 9 pm			
SUNDAY		10 am - 6 pm			
		<i>Annual Winter Carnival</i> Saturday, January 29, 2011 2:30 to 5:30 pm			

we were able to open on the 20th of December; a very early start for outdoor rinks. Michel is hoping to have the rinks open until March Break this year, a very ambitious goal. We want to thank **Paul** at the **New Edinburgh Pub** for his donation of hot chocolate to the Fieldhouse while the rinks are open.

Winter Carnival Jan 29

The Winter Carnival will be held on Saturday, January 29, 2:30-5:30 pm. Thank you to **Joseph Cull**, another valued community volunteer, for organizing this GREAT FAMILY EVENT. Also, thanks to **Pauline Bogue** and **Catherine Bell** for hosting the sleigh ride once again.

If anyone in the neighbourhood wants to get involved in any of our family-oriented activities such as the rink or our other events please call me at **613-746-0303**.

The Fieldhouse is always available for rent for your next birthday party, or event. Contact **Jill Hardy** at **613-746-1323** for more information.

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Tribute to Dennis Orchard

Editor's Note: New Edinburgh resident Dennis Orchard died of cancer on December 18, 2010. Dennis and his wife Vicki Metcalfe have been pillars of our community for many years, and active supporters of both the CCCC and NECA, on which Dennis served as Secretary for several years between 1999 and 2003.

The following tribute was among the eulogies given at Dennis' funeral on December 28, 2010, by his close friend and former colleague, Leslie-Ann Scott. In addition to the many accomplishments reviewed in Leslie-Ann's tribute, Dennis' work as director of communications for the Ottawa Youth Choir was also a highlight of his recent years, and a cause close to his heart. We extend our deepest sympathy to Vicki and the Orchard family: Dennis will be fondly remembered and greatly missed by all his friends in our community.

By Leslie-Ann Scott

Several weeks ago when Dennis and Vicki asked me to speak on this occasion, I was given some pretty clear instructions about my role and what I was to cover, even my time allotment – and I'll try to respect some of these. I was to focus on Dennis's career and

his contributions. But when I said to Dennis "what do you want me to say?" he was much too modest to offer any suggestions. Instead he said "tell them about the times we got lost," and - I will. But it was so like Dennis to move the focus away from his accomplishments.

I first met both Dennis and Vicki about 30 years ago at Energy, Mines and Resources when we all joined the department to work on some major energy programs. Dennis was brought in as the communications expert and within a short time took on the management role in the delivery of various new energy programs. His positive approach and can do attitude were what was needed.

I had the privilege of working for Dennis for a number of years and was able to learn firsthand what communications and management were all about. He taught us that simple is better: it is all about understanding the message, not winning literary prizes.

Dennis was a student of history and practised the lessons of Vimy Ridge. The whole team needed to understand what the goals were. He insisted we have weekly staff meetings which meant putting over 100 people into a room. That room became very warm but

if you dared to stand outside, you would be asked by name to join the meeting – Dennis knew the name of every one of his employees. As a result we all knew what was going on.

Dennis was a true egalitarian: we learned that everyone's work is important and that everyone must be treated with respect. We learned about the Globe and Mail test: perception is just as important as fact. We learned the value of being provided clear feedback. We learned that it could always be provided in a positive way. And most importantly we learned about integrity: that our actions had to be able to stand up to the widest possible scrutiny.

I recall Dennis being summoned to brief our Minister, Marc Lalonde, on the progress we were making. There was tremendous pressure to get the programs up and running. Dennis proudly reported that we were routinely processing grant applications and issuing cheques in under two weeks. Minister Lalonde listened to Dennis patiently and then told him that he himself had applied for the grant some eight weeks before and had yet to receive his cheque. After several hours of investigation, Dennis was able to report back that indeed the Minister's application had been received and processed within two weeks. What was more, a cheque had been issued - and cashed – by the Minister's wife.

That first year we worked



together – 1981 – a number of us went out for lunch on Dennis's birthday, the unforgettable date of March 17, St Patrick's Day. That tradition continued for the next 30 years. Somehow it made sense that Dennis's birthday was the excuse for us to get together. After all, Dennis had been the heart of our organization.

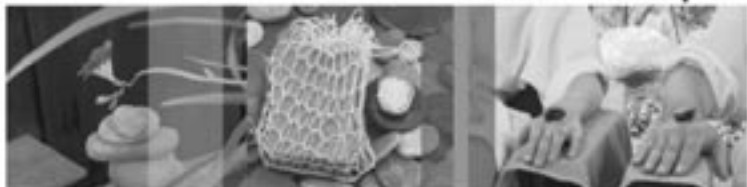
In the course of Dennis's outstanding career, he held every major communications position in the federal government including the Assistant Secretary to the Cabinet for Communications and head of communications at four federal departments. He was Executive Director of the Federal Communications Council for a number of years. He oversaw the preparation of the documents for numerous federal budgets. He coordi-

nated the review of government communications in the late 1980s and led the staff work to create the Government Communications Policy and the classification standard for the communications group.

Recently I had the opportunity to see one of Dennis's files which included personal notes of thanks, many of them hand written, from a long list of well known Canadians including John Turner, John Crosbie, Donald Macdonald, Michael Pitfield, Art Kroeger, Marc Lalonde and Paul Tellier. There were pictures of Dennis with Pierre Trudeau, Simon Reisman and John Turner. And while these were important to Dennis, just as important were the books of memories that members of his staff had prepared for him over the years and the personal notes that he received, I am sure, from some of you.

Dennis was a public servant who understood that it is often necessary to tell ministers and their staff when they are out of

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line or making a mistake. Also in that file I just mentioned was a letter that Dennis himself had written to a minister's aide. It started with ... "Get off my back."

After retiring from the federal government in 1994, Dennis found new arenas for his communications expertise including the Canadian Judicial Council. He spent five years with the Council, and his solid, common sense advice contributed significantly to the important work it carried out.

Like all true communications types, Dennis enjoyed good food and a nice glass of wine. Together with other former communications executives he had regular lunches with a group who called themselves "The Cronies". In my dictionary, a crony is a close and trusted friend – and someone who accompanies his buddies in their not always wholesome activities. That is who Dennis was, a man capable of close friendships and who knew that some of the best activities in life are the kind that ... His cronies, many of whom are here, can perhaps complete this thought better than I can.

Following retirement, Dennis was able to devote more of his time to some of his favourite hobbies including bridge and golf. Last year, he had his best round ever on the golf course. Not bad for a 70 year old. And

of course nothing could make a golf game more special than playing with his three sons. That was about as good as it got.

Dennis was always a kind and thoughtful friend to me. A few years ago, he and Vicki were in northern France visiting some of the battlefields of the first and second world wars. I told Dennis that my grandfather had been killed in the Battle of the Somme and no one in the family had ever seen his grave. Putting his investigative skills to work, Dennis not only found the name of the cemetery where my grandfather was buried, but he and Vicki also visited the grave and took pictures for me. Later that year, I was able to follow Dennis's directions and on November 11 put flowers on my grandfather's grave.

Dennis and Vicki shared many interests including a love of language, an interest in travel and the care of their dog Ceilidh. They were unbeatable at Trivial Pursuit, with Dennis's knowledge of history, politics, sports and literature, and Vicki's knowledge of the arts (especially film), geography and literature.

Dennis and Vicki made over 40 trips together. My husband and I had the great fun of travelling with them to a number of wonderful locations, including Paris, Tuscany, Scotland,

the Netherlands, New York and Georgia. We enjoyed walking and cycling together. In Tuscany, after starting out on a well marked walking path, we managed to end up in a forest with wild pigs where for over two hours we searched for a way out. In Scotland we were on our hands and knees trying to climb a river bank and eventually scaled a six foot fence in an effort to return to our car. While out for a walk together at our family cottage we managed to take a wrong turn – one that left us having to use ropes to descend a very steep hill. Yes, we got lost together – many times. How do you explain repeating this? Did we not learn?

Perhaps the explanation was that Dennis was a great leader and we followed him wherever he took us. The journey was not always easy and the way ahead was not always clear. But he got us there. Those of us who had the great privilege of working for him knew he would always take us in the right direction. We were in good hands.

We will miss your leadership and your friendship, Dennis. You were, for so many of us, our rock, our beacon. You mentored and trained many of us, so your work will go on. But pieces of our hearts will be missing.

December 28, 2010

Simon Hubbard

The NEN extends sincere condolences to family and friends of Simon Hubbard who died tragically on New Year's Day, not far from his home on Stanley Avenue. Mr. Hubbard attended Colonel By Secondary School in Ottawa, and remained close friends with many of his high school companions. He went on to study electrical engineering at Algonquin College, and in recent years, pursued his interest in food and cooking, working as a chef

at the Sussex Pavilion. He is fondly remembered by close friends as a quiet, hard-working but fun-loving person with a special passion for music, jamming regularly with his friends and turning up each summer to take in the action at Bluesfest. Simon Hubbard's untimely death was a tragic and distressing event for all of us in the community, and our thoughts are with his mother, his sister Jane, and those closest to him.

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Burgh Arts Scene

MainWorks Welcomes Artist Josée Robillard

By Karen Bailey

Josée Robillard's childhood dream was to have a studio space to call her own. Last year her dream came true. In April 2010, she moved her pastels, paints, brushes and canvases into studio 301 at **MainWorks Artists' Cooperative** on Crichton Street. Sharing the sunny classroom studio with four other artists, Josée now works alongside like-minded artists steeped in the creative process.

Community volunteerism is a cornerstone of Josée's life and she sees a strong connection between art and healing. Through workshops and experimentation, she has developed an intuitive approach towards her art where caring and healing are constant themes.

Three years ago she was introduced to the book *Mandala - Luminous Symbols for Healing* by Judith Cornell and a new journey began. Josée found these striking symbols of heal-

ing everywhere and began incorporating circles into her mixed media works as a tool for personal growth and transformation. Teaching Mandala workshops was a natural progression.



"Mandala" comes from the classical Indian language of Sanskrit meaning "circle" and appears as an important symbol in many religions including native and aboriginal cultures where circles represent a sacred space. The mandala is found in all aspects of the universe and of life: from the sun, earth, moon, to circles of friends, family, community. For those encountering difficult life challenges, the process of creating a personal mandala is about moving towards wholeness. We are protected within a circle and able to express our unconscious self within this safe place. Mandalas are about honouring yourself and your feelings.

Early in 2010 a career coach assisted Josée in moving forward with her mandala workshops. The results are remarkable. Last year, Josée facilitated workshops at Roger's House, the Cancer Clinic and Artwell, a nonprofit charitable organization dedicated to improving the quality of life of people living with the effects of age, illness or injury,

Typically in a workshop, the

creation of a mandala begins with soft pastels on black paper for maximum contrast. As needs differ with each group she is constantly learning and adapting the program to suit the participants. Her workshops are designed to encourage individuals and groups to discover their innate potential to thrive and live a healthy fulfilling life. No artistic experience is required as Josée assures "anyone can make a mandala."

An active member of the Calligraphy Society of Ottawa for over twenty years, the calligraphic arts appeal to Josée's love of detail—the meditative rhythms of hand lettering and the precision of illumination, mirror her artistic desires. Josée has melded her commitment to the community with her calligraphic skills. Commissions for creating certificates in recognition of volunteers at the Defence Advisory Group for Persons with Disabilities and to acknowledge contributions of donors at Canadian Blood Services, represent samples of her community work. Most recently she began volunteering with the Hospice at Maycourt where her creative talents will be utilized.

Josée's studio is filled with light and colour. A celebration



In recent works, Josée Robillard moves to more linear-based compositions where the natural world provides inspiration.

of the strength of the human spirit is evident in her uplifting mixed media works where the circle takes on an important significance with jewel-like qualities and cosmic overtones. As a developing artist, she gravitates towards abstract work. In her most recent works she moves to more linear-based compositions where the natural world—especially the sound of wind through the trees—provides inspiration. Ultimately, Josée feels it's the creative process that matters most.

With her transformative heal-

ing approach to art and strong community commitment, Josée's presence enriches the MainWorks Artists Studio Cooperative and MainWorks in turn has provided her with an opportunity to create art full time.

Josée says it best, "The studio is a gift."

Look for upcoming Mandala workshops at the CCCC and visit Josée Robillard's exhibition of recent paintings at:

Chez Lucien
137 Murray Street St.
8 February - 7 March, 2011.

Sylvio Gagnon: A One of a Kind Painter Coming to a Park Near You...

By Eileen Olexiuk

New Edinburgh residents will be astonished to see an artist set up his easel near the Stanley Park skating rink to paint the typical Canadian scenery. **Sylvio Gagnon** is a plein air painter who always works and completes his work on location, even in the winter. He recently moved into the neighbourhood from the Glebe where he had his studio and home for 35 years.

Gagnon is well known for his unique interpretations of the Skaters on the Rideau Canal Skateway. Over the years he has been featured many times in newspaper articles and television videos. He loves painting



Sylvio Gagnon can often be seen painting scenes in Stanley Park—no matter the weather.

winter because the high scale value of snow simplifies the painting process, and produces stunning contrasts. "Painting in harsh conditions requires extreme simplification," says Gagnon. "With experience I have developed a methodology that permits me to complete even a large painting in less than two hours. But the essential element to painting is and will always be the passion we have for our work."

To find out more about the art of Sylvio Gagnon visit his website at www.sylviogagnon.com. He can be reached at 613-235-6415 (studio), 613-290-6372 (mobile) or by email at sylviogagnon@rogers.com.



Josée Robillard has joined the MainWorks Artists' Cooperative.

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Burgh Artist Kelly Ann Beaton's Photo Series Selected for Downtown Rideau Underpass 2011 Winter Public Art Exhibition Series

Congratulations to Burgh artist **Kelly Ann Beaton**, whose charming photographic series, *Melting*, was chosen by the Downtown Rideau Business Improvement Association (DRBIA) as the featured public art exhibition for the Downtown Rideau's 2011 Underpass Wall Exhibit installation. The exhibition was installed on the Wall section along the pedestrian link between Wellington and Rideau streets on January 7, and will run until April 2011.

The *Melting* photo series is about snowmen, one of Kelly Ann's special passions. She was particularly delighted with the timing of the exhibition



The *Melting* photo series is about snowmen, one of Kelly Ann Beaton's special passions.

this year, having discovered that January 18th is World Day of Snowman (check it out at www.worlddayofsnowman.com!) The series was shot in Ottawa with a Kodak disposable camera over the course of three years, and one of the photos was previously selected by the DRBIA as the featured image for the 2009 and 2010 banner campaigns installed along Rideau Street.

The Underpass Project is managed by the Downtown Rideau BIA, in partnership with the City of Ottawa, National Capital Commission and the Ottawa Arts Court Foundation. Its goal is to provide a forum for active, programmable public space to highlight work by local professional and emerging artists. The DRBIA estimates that close to 6,000 members of the public pass by this

space between 11:30 am and 5:30 pm each day.

In addition to her photographic work, Kelly Ann is the creator of **Pink Slippers Productions**, an Ottawa-based independent film and theatrical production company launched in 1998. Her films, *Mulberry Red, No. 17* (1999), *10:33* (2001), *The Organist* (2002) and *My Fur Hat* (2005) have been screened at national and international film festivals. Her next film, *Miles*, is scheduled for release in 2011, and she is also working on *Check Please!*, a one woman play about dating and dining in the 21st century, as well as two new photo projects – *R U Looking at Me* and *Space In Between*. Interested readers can check out her website at www.pinkslippersproductions.com.

Why Does Burgh Artist Gordon Harrison Say There Are Only Twelve Days of Winter?

By Phil Edmond

Gordon Harrison, who has a studio and lives in New Edinburgh, is exhibiting a new collection of winter scenes from New Edinburgh, Rockcliffe Park and the National Capital and les collines de l'outaouais. In his *View to the Hill* series, the artist offers a warm dreamy view of Parliament Hill from Stanley Park in a contemporary style. The *Frosty Morning* collection in the blues and violets takes you from the shore of the

Rideau River into Stanley Park. The *Rockcliffe Winterscape* collection with its warm purple and blue winter sky leads you up the Ottawa River along the escarpment through the pine forest to New Edinburgh.

Gordon's winter paintings are not the traditional cold winter scenes. His use of pastel colours add warmth to our cold winters and although it may be cold outside, looking at his work will bring a smile and

tingling warmth.

Gordon's collection is on exhibit at the **Gordon Harrison Gallery** located at **495 Sussex Drive**. Gallery hours: Wednesday, 11-6, Thursday and Friday, 11-8 and Saturday and Sunday, 11-6. You may also see his work at www.gordonharrisongallery.com. And if you want to see the artist at work, stop in for a cup of coffee on weekends at his gallery as he paints his Spring collection.



Rockcliffe Winterscape. Painting by Gordon Harrison.



Frosty Morning in New Edinburgh. Painting by Gordon Harrison.



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200 Crichton: A New Year, Beginning of a New Era

The arrival of 2011 marks the start of a New Year and, we hope, a whole new era for 200 Crichton: one in which this historic New Edinburgh landmark is reclaimed by the community to become much more fully the centre of community life for residents of all ages, talents and interests, as well as the jewel in the crown of our Heritage Conservation District.

While the precise timing of the court-ordered process for sale of the building has yet to be determined, the count down has begun, and the CCCC is hard at work preparing the ground for a successful acquisition bid. But the Centre is not alone in this enterprise. Both NECA and the CCC are now actively participating in what has become a community-wide effort to secure this vital part of our collective past for present and future generations. And when this feisty and public-spirited neighbourhood pulls together, the record shows that we can indeed move mountains (or quash expressways in one legendary instance!)

In the coming weeks, we will be reaching out to seek your support in a variety of ways, whether it be through a commitment to our capital campaign, ably captained by **Colin Goodfellow**, with the assistance of **Carol Burchill** and **Jennifer Barbarie**, or through participation in meetings of stakeholder groups to consider the most effective ways and means of making our dreams for the building a reality. But time is short, so if you care about securing 200 Crichton as an ongoing resource for everyone in the community, from infants to the elderly, don't wait to hear from us: give the Centre a call at 613-745-2742 or email us at communitycentre@rogers.com. We would enthusiastically welcome your ideas, time, talents and financial support.

As a part of our "push to

the finish line", the CCCC has recently taken steps to buttress its staff resources with some impressive organizational and communications talent. As of early January 2011, **Alex MacDonald** has resigned from her position on the Board to become **Managing Director of the CCCC** with special responsibility for communications and strategic leadership and support. She will also be working closely with our current staff, **Susan Ashbrook**, **Director of Programming**, and **Kiki Cliff**, our **Administrator**, to keep the Centre operating smoothly and efficiently while the acquisition effort is underway.

Alex is well known in this community, not only for her enormously popular exercise and dance classes (which, by the way, will continue uninterrupted under the new regime), but also for her leading role in the organization of the Centre's annual **Cocktails for Crichton** events, occasions which have become legendary as highlights on the community's collective social calendar. We welcome Alex to our staff team, and look forward to having her formidable talents brought to bear on the challenges of guiding our organization through this critical transitional phase in our history.

And of course, as efforts gear up on the acquisition front, the daily life of the Centre goes on apace, serving the community through its myriad programs, activities and special events. The effort to improve and expand this service to respond to the specific needs and interests of the community remains at the top of the agenda of our Programming Committee. In December, the Committee launched a comprehensive **needs assessment survey**, a project ably spearheaded by CCCC instructor and Programming Committee member **Sharon Collins**.

Response to the survey has been enthusiastic (despite the

timing of its release in the busiest season of the year!), and Sharon and her colleagues have been hard at work analysing the preliminary results, a summary of which is presented in this issue. Indeed, the level of community interest was sufficiently high that the **Programming Committee has extended the duration of the survey to February 27th**, so if you have suggestions to pass along to help us put in place the programming content and scheduling that best suits your family or group, check out the survey at <http://www.surveymonkey.com/s/QSLTG7N>.

While the New Year is full of promise for the CCCC, our Board and staff have been greatly saddened by the recent death of **Dennis Orchard**, the beloved husband of **Vicki Metcalfe**, a longstanding and valued member of the CCCC family. Before stepping down to take a seat on the Board of the Ottawa Public Library, Vicki served on the CCCC Board for seven years, several of them in the demanding role of Treasurer. Even after her departure from the Board, she has maintained her ties with the CCCC, serving as an active member of the organizing committee for our spectacular Cocktails for Crichton events. She is very much in our thoughts as we begin this challenging year.

April Fools' Day Celebration at CCCC

April 1

6:30 PM Start

\$20/family, \$5/person

Join A Company of Fools and Circus Montreal in celebrating April Fools' Day by learning to be a Fool! Learn circus skills from Aythan Ross (Circus Montreal) and Clown from Scott Florence (A Company of Fools), followed by a stellar performance by both. A fun evening of both watching and doing for the whole family.

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Open Letter...

From Page 1

had this opportunity to show her and her family this support and friendship. This is what communities are for.

This last decade, volunteers and staff of the Crichton Cultural Community Centre, which occupies the second floor of the school, have worked hard to continue to nourish that sense of community. We have done this **with no public funding** for the operation of the Centre, while also trying to resolve issues with our partner in the building, The School of Dance. There have been many lessons learned, and this experience has prepared the community to be in a position to purchase and operate the entire building when it is put up for

wheelchair accessible to fully accomplish this. We want to continue to offer much needed space for working visual artists, and to expand this role by inviting performers, writers, photographers and other artists to join us in creating and sharing their work and skills with our local community and the region as a whole.

But most importantly we want to preserve this heritage building and its historic function as our community centre for the next hundred years. This cornerstone of our community has been central in making New Edinburgh the wonderful and caring place it is. We need to stand shoulder to shoulder, NOW, to ensure that this opportunity doesn't slip away.

No amount of reason gets through to road planners, let alone moves them. Pressure is what does it, and only local citizens are effective at exerting that.

sale in the near future.

We want to provide a permanent home for the whole community, for our partners in NECA, the Crichton Community Council, and the New Edinburgh News, and for individuals of all ages, abilities and interests. We'd like to have archival space and a centre in which to showcase the rich heritage of our unique neighbourhood. We want to run summer camps, March Break and after school care for the growing number of families in the Burgh, families who now have to travel to find such care, or have to wait for a spot in already-full programs nearby. We want to provide programs for seniors, and apply for grants to make the building

As I went through memorabilia recently, I came across a typed letter I received in 1989 from world renowned urban planner and community activist Jane Jacobs. I had asked for her support in our struggles to stop the building of the Vanier Parkway Extension. She replied: *"The only effect I've ever had in these expressway battles is by doing just what you and your fellow members of Parks Not Pavement are doing—organizing, putting pressure on elected officials, making the cause known to the rest of the city, demonstrating etc. Reason is important of course, so your own side knows what it is doing and why, but it isn't reason that wins these fights. No amount of reason*

gets through to road planners, let alone moves them. Pressure is what does it, and only local citizens are effective at exerting that."

We won our fight against the Vanier Parkway Extension: with the same collective energy and will, we can preserve our beautiful Crichton Street School as a welcoming public facility if we follow Jane Jacobs' wise advice. It's up to all of us: it's now or never.

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Crichton Cultural Community Centre



Ongoing Programs

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

Family Events

Register at CCCC 613-745-2742 or communitycentre@rogers.com.

APRIL FESTIFOOLS

April 1, 6:00 – 8:30 pm

A family friendly event for all ages. Attendees will participate in series of workshops based on a 'Circus'...Including Mask Making, Clowning, and Circus Arts.

The evening will conclude with performances by the workshop leaders and refreshments will be provided.

A COMMUNITY SUPPER DANCE

February 26, 5:00 – 8:00 pm

\$5.00 per person or \$20.00 per family

Learn a variety of dance steps to invigorating latin music with Ximena Puente. Dance with family and friends then enjoy a hearty chilli dinner.

Children

KALARTASCOPE

Art for 6-8 year olds
Fridays 4 – 5:30 pm

April 8 to June 18 (10 wks)

No classes April 22
Fee: \$125

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

TAKE PART

Art for 9-12 year olds
Tuesdays 4 – 5:30 pm
April 5- June 6 (10 wks)
Fee: \$135

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

PASSION FOR ART

Art for 13-16 year olds
Wednesdays 4 – 5:30 pm
April 6- June 8 (10 wks)
Fee: \$135

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

JUST DANCE!

Have a ton of fun learning the

dance steps and moves for a variety of different dance styles.

For 6-8 year olds
Thursdays 4 – 5 pm
April 7 – June 9 (10 wks)

For 9-12 year olds
Thursdays 5 – 6 pm
April 7 – June 9 (10 wks)
Fee: \$105

THEATRE STORIES

For 10-12 year olds
Mondays 5 – 6 pm
April 4 – June 13 (10 wks)
No class April 25
Fee: \$105

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

OH, THE DRAMA!

For 6-9 year olds
Mondays 4 – 5 pm
April 4 – June 13 (10 wks)
No class April 25
Fee: \$105

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

Wellness/Fitness

TAOIST TAI CHI INTERNAL ARTS OF HEALTH

Wednesdays 11am – 12:30 pm
April 6- June 8 (10 wks)
Fee: \$126

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

TARGETING THE STRESS TRAP

Sharon Collins
Thursdays, 1 – 2 pm
April 7- May 26

Register at 613-816-4307 or sharon@sonassolutions.com.

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

DANCEFIT

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

A fun way to dance yourself into shape! No dance ability required just a love of dancing!

STRETCH AND STRENGTH

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

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

BRIGHT AND EARLY FITNESS

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

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

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

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

This class focuses on overall functional strength and core stability. We will end this class with an extended stretch and deep relaxation.

Fitness fusion: a rejuvenation of

body and spirit

Tuesday & Wednesdays 7:30 - 8:30 am

The focus here is functional fitness beginning with a 15min extended cardiovascular warm up move into a fusion of Pilates, strength exercises and yoga.

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

Zumba is a dynamic work out designed to be fun and easy to do. It combines simple dance steps with a Latin flavor that anyone can do! It is a fun work-out for any age.

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

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

Stretch: A delicious hour of stretch, release, and relaxation
Fridays 7:30-8:30 am

Start your week-end with a release of your tension as well as relaxing your mind and body using soft music to encourage breath and full body movements.

SOCARAMBA

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

Socaramba focuses on cardiovascular and muscular endurance, mind and body coordination, agility, balance and most importantly on creating a new lifestyle. Once you taste the Socaramba experience you will never want to stop!!!

STOTT PILATES

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

As a certified STOTT Pilates Instructor, Stuart bases his mat classes on the principles of posture. This is effective, especially for toning the mid-sec-



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tion. Pilates Matwork focuses on increasing abdominal and back strength and mobilizing the spine!

Yoga/Meditation

GENTLE HATHA YOGA

Heather MacDonald
Tuesdays 9 - 10:30 am
April 5- June 7 (10 wks)
Fee: \$100

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

IYENGAR YOGA

Barbara Young
Register at 613-728-8647.
b-young@rogers.com
Mondays, 9 - 10:30 am, *Level 2*

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

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

Dance

AFRO CARIBBEAN DANCE

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

ages 12-18

Our programs are designed not only to teach dance but also to promote the development of well-rounded, culturally aware and strong principled young persons.

IRISH DANCE LESSONS

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

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

Infants & Children

HUSH-A-BYE BABIES

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

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

MONKEY ROCK

John King and Sheryl Parks
Wednesdays, 4 - 5 pm
Fridays mornings, 10 - 10:45, 10:45 - 11:30, 11:30 - 12:15
Register at www.monkeyrockmusic.com or 613 421-0590.

Monkey Rock Music is a fun, entertaining and creative participatory music program for young children and their adult caregivers. Our primary goal is to instill

NEW EDINBURGH NEWS

a love of creating and experiencing music that will last a lifetime!

Visual Arts

ORIENTAL BRUSH

- PAINTING & CALLIGRAPHY
Heather MacDonald
Fridays, 1 - 3 pm
April 8 - June 3 (8 weeks)
No class April 22
Fee: \$115

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

ACRYLIC PAINTING

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

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

FREESTYLE ACRYLICS

Susan Ashbrook
Saturdays, 1:30 - 4 pm
April 9 - June 18 (10 wks)
No class April 23
Fee: \$205

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

OIL & ACRYLIC PAINTING

Susan Ashbrook
Thursdays, 1 - 3:30 pm
April 7 - June 9 (10 wks)
Fee: \$165
Drop-in fee: \$20 per class

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

WATERCOLOUR: BEG/INT

Leslie Anderson-Dorofi
Thursdays, 7 - 9:30 pm
April 9 - June 8 (10 wks)
Fee: \$165

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

JOURNALING TOGETHER

Michelle Casey
Fridays, 6:30 - 9:30 pm
April 8 - June 17 (10 wks)
No class April 22
Fee: \$195

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

GARDEN SCULPTURE WORKSHOP

Herman Kluck
To be determined.

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

FIGURE PAINTING AND DRAWING STUDIO

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

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

General

DESIGN YOUR OWN GARDEN

Cheryl Green
Saturdays, 9 - 11:30 am
April 9 - June 18 (10 wks)
No class April 23
Fee: \$165

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

THE ART AND CRAFT OF MEMOIR WRITING

Glynis Ellens
Tuesdays, 7 - 10 pm
April 9 - May 7 (4 wks)
No class April 23
Fee: \$85

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

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The Crichton Cultural Community Centre Wants to Hear from You!

CCCC Needs Assessment Survey: Summary of Preliminary Results

By Sharon Collins

Crichton Cultural Community Centre (CCCC) is a treasure in our neighbourhood offering a host of cultural and recreational activities and programs to the residents of New Edinburgh and beyond. The Centre is in the process of expanding the program possibilities and wants your feedback! Here is your chance to let the CCCC know what is on your wish list.

In December 2010, the CCCC launched an online survey to inform the program planners about the needs and interests of the community. So far, the Centre has had an extremely gratifying response to the survey. Crichton wants to encourage all residents of New Edinburgh and surrounding neighbourhoods who are interested in programs related to arts and culture, fitness, recreation and wellness to com-

plete this online survey. Now is your chance to voice your opinion and be a part of the decision-making at your local community centre.

To date, the CCCC has gathered some very interesting information and wants to share it with you. Only half of the survey respondents know about the existing programs offered at the Centre, although almost all are familiar with the CCCC. The most requested arts and cultural activities, so far, are dance classes, followed by painting and then photography, drawing and art appreciation.

Recreational programs, which focus on social activities, in order of popularity are movie nights, evening dances and card games. Exercise classes led the pack in the fitness activity category, followed by yoga, indoor soccer and hockey. Nutrition classes and then stress management were the most requested wellness activities.

The survey allowed you to

voice your own opinion on the programs that you would like to attend. Here is what we learned about your programming wish list. You want more child-focused programs, music classes, crafts, computer courses, card games for seniors, foreign films, cooking classes, badminton, martial arts, mindfulness, meditation and relaxation. What else would you like?



The survey then explored age-related programming to learn what was most important for preschoolers, children up to 12, youth from 13-17, adults, adults 55+, families and individuals with special needs. Music and dance classes led in the preschool category, with summer camp and sports for children up to 12. The youth category was lean on responses and we would like to hear what the youth in New Edinburgh and surrounding communities are thinking. Adults and adults

55+ requested exercise classes, and both groups want to watch movies, dance, and participate in art classes. Families want to watch movies together, play sports and dance. Those with special needs are interested in exploring all programs that the Centre had to offer!

As most readers know, you can also rent space at the CCCC. The respondents to the survey have already told us that they would like rent space for workshops, birthday parties, special events, foreign film screenings and more. Their preferred means of being kept abreast with Crichton activities and news is by email and the New Edinburgh News!

Crichton wants to hear from those of you who have not yet completed the survey so please visit the link www.survey-monkey.com/s/OSLTG7N, complete the survey and send it into us so that your voice will be heard. This could be the best ten minute investment that you could make in your community.

Check the Crichton Cultural Community Centre website in early spring for the final results: www.crichtonccc.ca. And stay tuned for updates here in the *New Edinburgh News*!

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The “Real” Africa?

Editor’s Note: This is Emilie Tobin’s third report to the NEN from Maun, Botswana, where she is completing a two year assignment. Emilie is a former Ivy Crescent resident and a graduate of the Carleton School of Journalism.

By Emilie Tobin

I think I’m the only person who dislikes the rainy season in Botswana. After months without rain, Maun residents excitedly greet the first rainfall. Rain signals mango season, flowers in bloom and water for crops. Rain for me means muddy feet, blocked roads and raindrops on my head...while I’m in bed!

I recently moved out of a beautiful, four-bedroom, riverside home with a pool and enormous lawn into a modest, two-bedroom, cinderblock home with a dirt yard, no hot water and no closets. I went

from living in a gated compound to being the only white person in my neighbourhood.

During my first night in the new place, I was awakened by little sprinkles of water in my face. Upon further inspection, I realized that the roof was leaking right where I decided to put my bed.

So I complained about the rain and all the other “problems” with the new place to whomever would listen. A lot of people in Maun and back home tried to make me feel better by pointing out that I was now living “a real African experience.”

It’s a term we hear a lot. The “Real” Africa. To many in the western world, it symbolizes poverty, tribal wars, greedy dictators, genital mutilation, HIV and shantytown houses with leaky tin roofs. While there is plenty of that to go

around, this continent is so much more than what the West often portrays it to be.

First of all, it’s 54 (soon to be 55 when the Southern Sudan referendum is complete) countries, not just one giant place. It’s a mix of cultures, languages, tribes, colours and people. The various regions differ in topography, history and natural resources. And although there is immense poverty and corruption, frail children with bulging bellies and fat dictators stocking their Swiss bank accounts with country funds are not an accurate depiction of this continent.

Let’s take Botswana for example. The country gained independence from Britain in 1966 through a peaceful process. It has never gone through a civil war or ethnic cleansing. Actually, Botswana has maintained one of the world’s



Photo: Emilie Tobin

The roof leaks so often that Emilie doesn’t bother to move the bed anymore. She simply places the bucket on the bed and relies on trusty teddy JJ to make sure the bucket doesn’t overflow.

highest growth rates since independence.

It has transformed itself from one of the poorest countries in the world to a middle-income country through diamond mining and its abundant wildlife which attracts tourists.

The country has its problems. Unemployment is high, HIV infections are some of the highest in the world, racial tensions exist and women are still considered inferior in this paternalistic society, but let’s not pretend that these issues are limited to Africa, because they are not.

It’s simply that many in the West – media, politicians and tourists alike – choose to focus on the bad and reinforce the stereotypes people have about this continent.

Why not look at the good once in awhile? Because there is so much of it, you just need

to dig a little deeper to see it. Why not talk about Unity Dow, a Motswana judge, human rights activist and writer who helped change Botswana law to allow children of women by foreign nationals to be considered Botswana. Prior to this, tradition and prior precedent stated nationality only descended from the father.

Or Sandee Greer who has built an NHL size roller hockey rink right here in Maun, complete with boards and stands. The dressing room is stocked full of rollerblades, pads, sticks and helmets which have been donated and passed along by visitors. Sandee has mentored quite a few young players and our local team won its division at a major inline hockey tournament in Namibia last November.

And then there’s Anne who helped fill a much needed void by opening a cultural centre in Maun, complete with shops, cafe and dance studios. Since it opened in October, all its plays and events have sold out and its farmers market is the place to be at the end of the month. She has brought an arts scene to this dusty village that has been happily embraced by the community.

I have many complaints about this country – the rain and shoddy construction being two of them. However, focusing on the bad prevents me from seeing the good. It prevents everyone from seeing the good.

What’s the “real” Africa? There isn’t one answer. But it is a whole lot more than meets the eye. I encourage everyone to discover it. But if you come to Botswana, don’t forget your rain boots!

Thanks and Farewell to the Brennans

By Barbara Benoit

New Edinburgh this month says a regretful goodbye to **Vickie and Richard Brennan**, Burghers of passage who are returning to their Toronto roots.

Richard is a career journalist with a long involvement in federal issues. He was posted to Ottawa by the *Toronto Star* four years ago to provide in-depth coverage of the news from Parliament Hill. Two years later, after retiring from her job with RBC in Toronto, wife Vickie joined him here full-time. With the abundant energy of the newly retired, she took on the chairmanship of the **Friends of the Park**—ably and enthusiastically assisted

by the family dog, **Uska**. We will miss their devoted stewardship!

Living in an Edwardian townhouse at 71 Crichton, Richard and Vickie fell in love, not just with the elegant proportions of their house, but with the Burgh’s neighbourly society and historical values. Richard describes New Edinburgh as a “real jewel” in Ottawa’s urban landscape, and we are also grateful to the Brennans for their deep involvement in the perennial challenge of defending the zoning provisions that protect the Burgh’s architectural heritage.

Although Vickie and Richard will miss the Burgh, there is much to be said for the

transition back to Toronto. Richard will have a broader field to cover: provincial as well as federal political affairs. Their Burgh home sold within a week and they bought a house in Toronto the following weekend in a pleasant older neighbourhood north of the Danforth. In Toronto they will be closer to their children: daughter Kelly, an OPP officer stationed near Caledon, and son Andrew, a high school teacher in Burlington. And of course, the real attraction is their first grandchild, Mason, a roaring almost-two.

But Uska would rather stay with his friends in Stanley Park.

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And the Kids Shall Play

By Sheryn Sauvé

For over three years, MacKay United Church has hosted a Chamber Music Series to raise funds for a new grand piano. The beautiful piano arrived in June and since then we have had two wonderful concerts with guest performers featured on the piano. But, as I told MacKay's congregation last fall, the piano opens the door to new opportunities.

And that meant even for the children and youth! This inspired us to plan a youth concert, which would allow several young musicians an opportunity to perform on their instrument of choice, including the new Yamaha C7 concert grand.

The Community Youth Concert will take place at 2:30 pm on Sunday, February 20, at MacKay United Church, 39 Dufferin Street at MacKay. The concert will feature MacKay youth pianists, **Bryn Orth-Lashley** and **Brandon Le**, plus other performers, including *Kids Helping Kids* violinist, **Laura Telford**. All the proceeds will go towards a fund to provide a caregiver for a disabled youth.

An avid musician, Bryn Orth-Lashley, 19, began his musical studies on the violin, but eventually fell in love with the piano, focusing on music from the Romantic Era. He started playing the piano at the age of 12, and only five years later succeeded in passing his Royal Conservatory of Music Grade 8, attaining First Class Honours Certificate with

Distinction. Bryn started his lessons under Bonnie Maitland of Ottawa, and now studies Grade 10 with Stephen Satory of the Royal Conservatory in Toronto. His accomplishments include various musical theatre performances in Ottawa and Toronto, and many awards at the Ontario-Quebec Youth Music Festival. He is currently focused on establishing the Trinity College Orchestra at the University of Toronto. Bryn also teaches piano to underprivileged children at the Yonge Street Mission. In his second year at the University of Toronto, he studies Astronomy and Physics.

Fifteen year old Brandon Le began studying piano at the age of 8 under Lynne Stacey, choir director at Queenswood United Church, and is currently preparing for his Royal Conservatory of Music Grade 8 exam. As a sign of his abilities, at the age of 13, Brandon performed the music for his Aunt's wedding in Florida, as well as the bride and groom's first dance. He has also played the alto sax since the age of 11. Brandon plans on studying piano at university. I am told, he has such a passion for piano that he has never been asked to practice, because he is always at the piano.

This past November 7, I had the pleasure of hearing several teenage classical musicians from an organization called *Kids Helping Kids*, who recently put on their fifth annual concert at MacKay to raise money for the Peaceful

Children's Homes, orphanages in Cambodia. Founded in 2006 by then thirteen-year-old **Laurent Côté**, *Kids Helping Kids* has raised over \$20,000 to date for the homes and is run almost entirely by talented young musicians, eager to use their musical skills to help youth half way across the world. One of their musicians, Laura Telford, 16, who is a Kiwanis award-winning violinist, will also perform in the Community Youth Concert at MacKay on February 20.

But wait, there is still more happening this season. MacKay will host a **vocal concert "Consider Love" at 7:30 p.m. on Sunday, March 13**, featuring Ottawa Choral Society baritone **Frank Wallace**, with its Music Director, **Matthew Larkin**, on piano. Mr. Wallace teaches voice and piano in New Edinburgh. Mr. Larkin is the Organist and Director of Music at Christ Church Cathedral.

The MacKay Chamber Music Series closes the season on Sunday, April 3, at 7:30 pm, with a concert featuring one of Ottawa's best known musicians, pianist **Dina Namer**, with violist **Sally Benson**, violinist **Mark Friedman**, violinist **Leah Roseman**, and cellist **Margaret Munro Tobolowska**. They will be performing a piano trio by Spanish composer Joaquín Turina, and Antonín Dvořák's Piano Quintet No. 2 in A major, Op. 81, B. 155.



The Community Youth Concert will take place on Sunday, February 20, at MacKay United Church. The concert will feature MacKay youth pianists, Bryn Orth-Lashley (pictured here) and Brandon Le, plus other performers, including *Kids Helping Kids* violinist, Laura Telford.

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Books on Beechwood's Book Picks for Children from Toddlers to Teens

Preface by Jean Barton, Owner, Books on Beechwood

Does reading make you a better person? I would like to propose that it does.

How many petty criminals, illiterates, geniuses, abused women, enslaved Africans, megalomaniacs, do we know? How many have we come to know and understand through books? How many men, women, children, ancients, have we come to know and understand by reading? It is certainly more than we come across in our daily lives with our families, friends and neighbours.

I am amazed and awed by writers who expose themselves, bare their souls and their minds in the process of writing. It is a courageous thing to do. Even by writing about others, fictional or real, the writers are revealing a great deal about themselves. We, the readers, are let into others' lives as we might not otherwise be.

Readers of non-fiction tend to read more for information, or a point of view other than their own, but they are gaining an understanding of a subject, and understanding is the gold ring.

With understanding comes empathy. With empathy comes humanity. Have I made my case yet?

In December 2010, Patsy Aldana, publisher of

Groundwood Books which publishes books for children, was appointed a member of the Order of Canada. On January 3, 2011, the Globe and Mail quoted Ms. Aldana:

"Adults sometimes forget what reading means to children...Reading is a window into oneself and others. Reading is a bulwark of democracy. And we don't do enough to nurture our children's love of reading."

Each child should have access to books that are right for him or her... (Reading) talks to you about who you are, or it tells you something about who the other is... and it's essential to becoming a free person in a democratic society. If you become a reader, you have a chance to become a critical thinker, to be a person who has some power over your life."

And, I might add, reading gives you an opportunity to see yourself and others in the context of the bigger world. I think that makes you a better person.



Staff Picks for Toddlers, Kids and Teens

There are few things in the world as enjoyable or comforting as a good book. Whether being read to as a child, learn-

ing to read on your own for the first time or just adding another book conquest to your already extensive library, the joy is still the same.

Having a healthy and full reading life as an adult often depends greatly on one's experiences with reading as a child. The earlier in life children are exposed to reading the better. There are so many wonderful books available now for every reading level, it is impossible to name them all. We will, however, name a few here for readers ranging from toddlers to teens.

For toddlers (0-3 years):

One of the classic toddler board books is *Goodnight Moon* by **Margaret Wise Brown**. It's been around for sixty years, but children are still drawn to its rhyming, repetition and simple concept.

Sandra Boynton is a wonderful author who has written innumerable books for toddlers. All of them have either a rhyming or sing-a-long aspect to them, and feature a menagerie of different animals. A favourite of ours here at the store is *Night-Night Little Pookie* – the story of a little pig getting ready for bed.

Another wonderful rhyming board book is **Nancy Shaw's** *Sheep in a Jeep*. The sentences are all very short and the rhyming is great. It also has wonderful pictures.

Children (4-8 years – picture books):

Ernest by **Catherine Rayner** is an adorable picture book for children just out of the board book phase. With beautiful pictures and a very simple plot, this book follows Ernest, a very large moose, who spends the entire length of the book trying to wiggle and twist his way into the books pages. He's just too big to fit, until his little chipmunk friend comes up with a plan.

Julia Donaldson, of *Room on the Broom* and *The Gruffalo* fame, has a new book out called *The Troll*. With fantastic illustrations, readers of this book encounter pirates, buried treasure and, of course, a troll!

The Monster Who Ate My Peas by **Danny Schnitzlein** is a great story for children closer to seven or eight years of age. It's the story of a young boy who does not want to eat his peas. He makes a deal with a monster, who agrees to eat the peas in return for something the boy holds dear: his new soccer ball, his red bicycle, his puppy. It is wonderfully illustrated and has a nice message.

Children (5-8 years – early readers):

A classic early reader is *Mr. Popper's Penguins* by **Richard and Florence Atwater**. It is the story of a man who trains a troupe of penguins and takes his show on the road!

Another wonderful choice is the recent release by **Jill Murphy**, *Dear Hound*. Alfie is a young deerhound who loves cheese and his boy, Charlie

more than anything. This book tells the story of what happens when Alfie gets lost. It's a staff pick, so you can be sure it has a good ending.

Ivy and Bean is a great series for young readers by **Annie Barrows**. There are seven books in the series so far (no doubt with more to come), and each one has short chapters with lovely pencil drawings interspersed throughout.

Children (8-12 years):

An absolutely fabulous series for middle readers starts a young boy named Jacob Two-Two. Written by **Mordecai Richler**, Jacob Two-Two's adventures begin in *Jacob Two-Two Meets the Hooded Fang*. Our young hero is captured by the Hooded Fang for the worst crime of all: insulting a grown-up.


For those among middle readers who enjoy unconventional princess stories, **Gail Carson Levine's** *Ella Enchanted* is a great choice. It's the story of a young girl who, because of a fairy's "gift," must obey every instruction given to her, no matter how ludicrous some of them may be. It's a fun story that's sure to be an all-time favourite.

The Book of Three, the first in the Chronicles of Prydain series by **Lloyd Alexander**, is a fantastic fantasy adventure story. Tired of his duties as Assistant Pig-Keeper, Taran wishes he could do something more heroic like make swords and learn how to use them. So begin his adventures with a colourful cast of characters he collects along the way.

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Young Adults (12+, Teens): A wonderful young adult novel is *I Capture the Castle* by **Dodie Smith**. It's told from the perspective of Cassandra Mortmain and tells the story of her eccentric family. It's a fantastic read!

A really funny read for young adults is *Oh, My, Gods* by **Tera Lynn Childs**. This is the story of Phoebe, a young girl who finds herself enrolled in a school for descendents of the Greek Gods and Goddesses when her mother marries a mysterious Greek man and moves them to a tiny Greek island. A really great read!

City of Bones by **Cassandra Clare** is the first book in the *Mortal Instruments* series. It's the story of Clary Fray, a young woman who discovers that there is much more to her world than she has thought for

the first fifteen years of her life. Werewolves, vampires, demons, and Shadowhunters (demon hunters) become a part of her everyday life as she searches for her mother, who has mysteriously disappeared.

There is no better way to while away the remaining winter months than a good book. So, put a fire in the fireplace, grab your blanket and toasty socks, curl up in a comfy chair with your mug of cocoa, and let your book take you away from the winter blues and drop you into a world beyond the



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Books, eBooks and your library

Did you know that sales of eBooks outnumber games in the App Store earlier year? And that Amazon sells more e-books than books in hard-cover?

eReaders have certainly taken off recently; they were the hot Christmas gift this year. Maybe you even received one under the tree yourself. The library received over 1500 new registrations for our Overdrive e-book and digital audiobook service in December 2010, with many of these coming in the days after Christmas.

If you are interested in discussing the future of libraries in the eBook age, or you have an eReader and want to learn more about how you can borrow free eBooks from the library, we want to invite you to an upcoming special event at the Rockcliffe Park Library. Those of you who are considering buying an eReader and want to test drive a few different readers, and the simply curious, are also welcome for

this exciting event.

On Wednesday, February 23 at 8 pm, Barbara Clubb, City Librarian, will speak about the future of books and libraries and OPL staff will demonstrate a variety of hand-held e-book readers in an event entitled "*What Future for Books and Libraries?*" This free event is sponsored by the Rockcliffe Park Residents Association and will be held at the Rockcliffe Park Community Hall, at 380 Springfield.

Configuring an eReader can be complex and confusing. While you are waiting for this special event, please have a look at the "Digital Media" section of the Ottawa Public Library website (<http://bibliottawalibrary.ca/en/main/find/download>). There you will find a quick start guide to digital media (on the right-hand side of the screen, click on "If you are new to digital media, we are here to help") and a video overview of devices that are compatible with our digital media collections.

Annual Rockcliffe Library Book Drive and Sale

By Jane Dobell

Although the annual Book Sale in support of the Rockcliffe Park branch of the Ottawa Public Library is not until April, volunteers like **Di Bethune** are already sorting and pricing donated books as they come into the library. Di works hard for both the School Book Fair in the autumn and the Library Book Sale in the spring.

The community is lucky to have a volunteer as knowledgeable as Di who has previously owned a second hand book store, and has worked in several book stores, currently in Books on Beechwood. She has also collected books for many years and can therefore be found cruising the Antiquarian Book Fair, the local used book stores as well as consulting the internet for guidance on the pricing of rare items. What would we do without her?

People who plan to donate books or audio visual material to the April Book Sale in support of the Rockcliffe Park branch of the Ottawa Public Library should bear in mind that it has very little storage space. As the books come into



Di Bethune is one of the many volunteers who are busy sorting and pricing donated books for the upcoming Book Sale on April 9 - 10, 2011.

the library the volunteers sort and price as quickly as possible so the books can then be stored off site until the week of April 6 when they are delivered back to the community hall. It would be helpful if those who are donating books could do so as early as possible so we can avoid being overwhelmed at the last moment.

The question of the moment facing organizers of all Book

Sales is—what effect will the popularity of electronic books have on the number of books donated to the book sales or bought at them? The Rockcliffe Library sale has always set high standards of condition and current interest. We pass along to the central library sale textbooks or books which are out of date. As the quality has been high we hope to live up to the yet unknown challenge offered by electronic books.

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XIII: Whither or Wither the Planet...?

If we live as if there is no tomorrow, there really won't be one.

- Kurt Vonnegut

By Hugh Robertson

2010 is turning out to be the hottest year worldwide since temperature details were first documented in the 1850s, while the past decade has been the warmest ever recorded. Wildfires scorched Russia and Israel and parts of the interior of British Columbia were once again on the burn.

Although we have notoriously short memories, surely we have not forgotten the floods and landslides that ravaged Pakistan and China, the oil spill that will permanently cripple the Gulf of Mexico or the toxic red sludge that engulfed the Danube.

The World Meteorological Organization has just announced that global concentrations of the main greenhouse gases reached their highest level in 2010 in almost one million years. Is it any wonder that, with increased planetary warming, a massive chunk of the Greenland ice shelf broke off and slid into the ocean this summer or that species extinction is escalating?

One of the most reputable international think tanks, the New Economics Foundation, recently reported that this year the world went into ecological debt on August 21. Known as Earth Overshoot Day, it occurred a whole month earlier than last year. On that day we exhausted our annual environmental budget and are now

eating into our natural capital by extracting more from the planet than it is capable of reproducing.

Lester Brown, founder of the Worldwatch Institute, clarifies the problem using economic terms: "We are liquidating earth's natural assets to fuel our consumption." No amount of Federal Reserve stimulus funding or bailouts can rescue us from this meltdown.

Enough doom and gloom? Read on.

One of the most frightening studies ever published appeared in July of this year but it sailed right under the radar screen of public awareness. It was reported in *Nature* that the concentrations of phytoplankton or plant plankton in the top layers of the oceans had declined by about 40 percent since 1950.

Plummeting levels seem to be linked to rising ocean temperatures triggered by global warming and to widespread contamination, such as oil spills and plastic pollutants. Increased acidification of the oceans, another consequence of global warming, is also suspected in the disturbing decline of the plankton.

Phytoplankton form part of a complex photosynthesis process that produces oxygen. It is estimated that half the world's oxygen is created by marine photosynthesis – every second breath we take is dependent on the health of the oceans. In addition, phytoplankton help cool the planet by absorbing carbon dioxide from the

atmosphere. The microscopic plankton also perform another vital role as the base of the ocean food chain.

The other half of the world's oxygen supply is produced through photosynthesis on land by trees, grasses and plants. North America has been operating at an oxygen deficit for the last 40 years as we clearcut forests, ploughed under grasslands and burned fossil fuels in increasing volumes.

To deprive our unborn offspring of life-sustaining oxygen would be a crime of epic proportions. And just because, as the late Carl Sagan put it, we were too lazy to change our destructive lifestyles. We have no moral right to download the costs, both economic and ecologic, on the backs of future generations or to squander their birthright.

We have probably one decade at most to dramatically control our greenhouse gas emissions, reduce pollution and learn to live within the natural limits of the planet. If we remain so resolute in our refusal to modify our lifestyles and our consumption habits, ecological tipping points will kick in with consequences far beyond human control. No technofixes will rescue us once we pass the point of no return.

The environmental crisis in its different manifestations is the defining crisis of the 21st century – not terrorism, not unemployment, not nuclear weapons or socialism vs capitalism. Environmentalism is not simply another –ism or ideology. It is our life support system.

We are better informed than any generation in history about the dangers threatening the environment and yet we appear

immobilized by the magnitude of the problems. We have to frame, and face, the critical questions that will help provide us with a sense of direction to combat the impending crisis:

- Why do we recoil from using language, such as morality, ethics, values, principles, emotions, feelings, compassion, justice, empathy and spirituality when discussing environmental issues?

- What are the relative roles of the individual and institutions, such as the media, corporations, churches and government, in confronting environmental problems?

- How do we shape an environmental conscience among the corporate, political and moneyed elites?

- Why do we promote infinite growth on a planet with finite resources?

- How do we persuade individuals to reduce their ecological footprint?

- Since advertising is aimed primarily at expanding consumption, should marketing programs in colleges and universities be converted into departments of ecological economics and sustainable business?

- Should we consider draconian measures, such as restricting the size of houses, limiting the number of cars per family and rationing airline flights?

- How can we hold governments to account on environmental policies if the electorate is not engaged or is ill-informed?

- Do we have the right to protest government environmental policies before we have set an example and curbed our own consumption?

- How do we depoliticize so important an issue as climate change in our partisan political

system?

- Are the wealthy developed countries, with their over-sized ecological footprints, creating "climate apartheid" in the words of Archbishop Desmond Tutu?

- Is the climate crisis more of a consumption problem in the developed countries rather than a problem of over-population in the developing world?

- If Canada is already overpopulated in terms of its biocapacity, should we discourage immigration and devote funds to improving the lives of people in other countries?

We will never solve the environmental crisis until we see it as a moral problem. Some years ago, Wendell Berry, a renowned writer and ecologist, wrote that the environmental crisis is fundamentally a crisis of character; it still is. Dr James Hansen, the dean of climate scientists, describes the ecological crisis as both a legal and a moral problem because it is an issue of intergenerational justice. To modify a Marshall McLuhan metaphor: the moral is the message.

It is a moral issue because our conscious decisions and lifestyle choices affect others, not only the unborn but also the disadvantaged struggling to survive in societies shattered by climate change and pollution. If we are not personally aware of the dangers of unrestrained consumption, we have the responsibility to inform ourselves of the impact of our lifestyle decisions on the less fortunate. We are, after all, a sentient species governed by conscious free will, not by programmed determinism.

The environmental crisis is also a crisis of ideology. How sustainable, both ecologically and socially, are the values embedded in our market econ-



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omy, that focus on self-interest, competition, consumption and growth? Does an adversarial political system that frequently appeals to our baser instincts, best serve our long term ecological and social interests?

Furthermore, it is a crisis of emotions. Somehow, we have to develop and demonstrate the empathy to feel and sense the anguish of the environmentally dispossessed: the submerged Pacific islanders and the victims of floods, fires

The eminent ecologist, E.O. Wilson's blunt assessment of the anthropogenic causes of global environmental degradation is that we live in an era of Stone Age emotions, mediæval institutions and—in our arrogance—we attempt to play God with our technology.

It is crystal clear that we cannot rely on our governments for ethical and enlightened environmental leadership. Partly it is because of the constant pressure exerted on our

faithful and then capitulated to voter whims.

Although we need national governments to develop progressive environmental policies and to seek international cooperation on ecological issues, we must never rely on them to legislate our attitudes and to restrain our consumption. Joel Salatin, the hero of Food Inc. puts it succinctly: There is no salvation through legislation. Furthermore, government decrees merely absolve us from

the late 18th century, William Blake, was ahead of his time when he asked: How do we know what is too much, when we don't even know what is enough? Jeffrey Sachs, the respected humanitarian, in his address to the graduating students at Carleton University recently acknowledged that "our consumerism has too often overtaken our common humanity."

The first step in an action-based crusade is to quantify our consumption and establish our personal ecological footprints. We have to measure and monitor the full sweep of our lifestyles from waste disposal and personal shopping to fossil fuel use and vacations. Earlier articles in this series suggested ways of both reducing and measuring our footprints.

Conservation is really no more difficult than consumption, partly because we already waste so much food and energy in North America. Conserving a litre of gasoline or a kilowatt of electricity not only reduces carbon emissions and pollution, it also preserves scarce resources for future generations. The cheapest, cleanest fuel is that which we leave in the ground or the electricity we do not use. Furthermore, modifying our lifestyles and reducing our use of fossil fuels will eliminate the need for government regulations "to price carbon" in the form of carbon taxes and cap and trade policies.

We must examine all our lifestyle decisions through the lens of ecological precaution and strive to live within the bio-

capacity of the planet. Mother Earth is, after all, our one and only home.

Once you have set your house in order, take the crusade into your neighbourhood. Major societal change invariably comes from below – it is seldom top down and it is seldom achieved without a protracted struggle. But the struggle for ecological balance, unlike any major change in history, has an overriding urgency.

Communities inspired by an overarching moral purpose and energized by collective action will coalesce into larger movements creating a grassroots groundswell that will drive changes throughout all levels of society. Many municipalities and cities, for example, are undertaking major environmental initiatives and provinces and states are stepping into the vacuum left by our national governments.

By transforming your lifestyle and inspiring others, you will have left an imprint on your community and perhaps the wider world. It may not always be possible to measure the broader impact of our personal efforts. Ultimately, at the end of life's journey, however, it is our conscience that is our most trusty companion, especially when it is reinforced by the conviction that we have done our best.

Editor's note: This is one of a series of articles on climate change and the need to take action to protect our ecological inheritance. To see other articles by Hugh Robertson visit <http://ecologyeconomics-ethics.blogspot.com/>.

Communities inspired by an overarching moral purpose and energized by collective action will coalesce into larger movements creating a grassroots groundswell that will drive changes throughout all levels of society.

and droughts. Dare we forget our own northern people as the melting ice and the thawing tundra destroy their age-old lifestyles. How can we even imagine and envision the plight of future generations on a ravaged planet, if we are alienated and estranged from our own emotions?

Above all, the environmental crisis is a spiritual crisis. It is not spiritual in a "new age" or narrow religious sense. What we desperately need is an all-embracing, ecumenical spirituality built around a reverence for the divine in nature and focused on the perpetuation of life on a vibrant planet – a "reverential ecology" in the words of Satish Kumar, editor of Resurgence magazine.

Sacrifice is central to spirituality. Our individual Canadian carbon and ecological footprints are among the highest in the world, far exceeding nature's regenerative capacity. Our level of spiritual commitment must be measured by the sacrifices that we personally are prepared to make in our material lifestyles that will allow us to live within the sustainable limits of the planet.

politicians by corporate lobbyists and partly due to our own fickle voting nature. The lack of political will largely reflects a lack of public will.

Sadly, there is no critical mass of voters to drive public policy on the environment. Many governments, including Canada, have sensed this lack of domestic electoral commitment to climate issues and, consequently, they are cooling on their emission pledges. We need look no further than the results of the recent mid-term elections in the US as a possible portent for progress on climate change initiatives. How tragically ironic it would be if it was democracy that dashed international attempts to save the planet.

Canada's role as a lead assassin of the Kyoto Protocol at the recent Cancun Conference was inspired largely by a reading of the electorate. The latest polling numbers indicate that Canadians rate climate change as only the eighth most important global issue. Kyoto will be viewed by future historians as our "Climate Munich" where politicians abandoned principle to appease the party

the moral responsibility of regulating our own behaviour.

The onus is on us as individuals to initiate and to ignite the changes that will revolutionize political and public attitudes and action. We can only lead through personal example, not through preaching or through protesting, and the revolution must start in our own homes and in our hearts. Just as Gandhi reminds us that our priorities are best expressed in actions, so must we also anchor our aspirations in actions.

If, as the psychologists suggest, reducing our consumption and moderating our lifestyles, is largely a matter of behavioural change, what is delaying us? We are the arbiters of our own behaviour. Surely we don't lack the courage or the conscience to change our behaviour for the benefit of our offspring.

Appeals to circumscribe our consumption are not new. The prescient English poet of

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- Pan-seared sweetbreads with Vermouth and St. Augustine honey
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- Duck confit spring roll with caramelized onions, cassis syrup and exotic fruit salsa
- Trio of crème brûlée: basil, mango and lychee, rum and blueberry



For the Birds



By Jane Heintzman

Regrettably, this first 2011 edition of *For the Birds* will be short and sweet, both on account of a pre-Christmas injury which has reduced me to a one-fingered typist (see my apologia in the *Business Briefs* column!), and because my birding activities since the last issue have been comparatively limited.

Throughout late November and early December, our backyard feeders were heavily populated with **American goldfinches**, **rosy house finches** (as well as the occasional **purple finch**-similar to its

house finch cousin, but slightly larger, and much more thoroughly "dipped in raspberry jam" covering its head, throat, breast and flanks, with little or none of the brown streaking typical of house finches), **black-capped chickadees**, **Northern cardinals** and **slate coloured juncos** foraging on the ground.

Since mid-December, however, this crowd of regulars has thinned out considerably in the wake of two hawk attacks which took place in quite rapid succession. In the first instance, an imposing **Cooper's hawk** swooped in to capture a slow-moving pigeon scabbling beneath the safflower feeder. The raptor made the kill, but was only able to drag the hapless pigeon as far as our back fence before being frightened off by our arrival at the scene of the crime. Thereafter the hawk

kept vigil over his prey from the top of a nearby pine tree, where he remained a bulky silhouette for many hours before disappearing (minus his meal).

In the second instance, a smaller male **sharp-shinned hawk** appeared from out of nowhere to snag, once again, an unwary pigeon under the feeders. In this case, however, he proceeded to dispatch his prey before our eyes, first plucking its feathers, then dragging it roughly along the ground (still alive, to our consternation!), shaking it violently and at last flying off with the corpse. Since these two episodes, most of the regulars at our feeders have kept their distance, only the fearless **chickadees** remaining to take advantage of our ample stocks of sunflower, safflower and nyjer seed.

One particularly magical sighting, however, was late in the evening on Christmas Eve, when I looked out the kitchen window to see a solitary male cardinal foraging on the snowy



Photo: Wade Clare
Bohemian Waxwing.

ground, his brilliant red plumage creating a bright glow like a large crested Christmas light. **Cardinals** are well known to be among the earliest birds to feed each morning, and the last callers at night, when they fuel up to survive the cool evening temperatures, often foraging long after other species have retired to roost. The species is also particularly adept at finding and staying warm in isolated *micro-climates* to conserve energy over the winter months, a fact which may explain the year-long presence of a cardinal family at the back of our garden, where we have discovered a small, rhododendron-friendly *micro-climate* under the pines.

The big birding story of the winter in our region was the invasion of **bohemian waxwings** which have appeared in large-sometimes massive-flocks to scavenge the area's remaining supplies of crab apples and mountain ash and juniper berries. As reported in our last issue, the **Macoun Marsh** off St. Laurent Blvd. was descended upon by clouds of waxwings in late November, and in our own neck of the woods, groups of 40 to well over 100 have been spotted close to Rideau Hall and in River Lane, where I happened

to notice a particularly chatty gathering on New Year's Eve. Perhaps not surprisingly, close to 2000 bohemian waxwings were recorded in the annual Ottawa/Gatineau Christmas Bird Count held on December 18.

If you haven't yet encountered these sleek, handsome creatures, the bohemian waxwing is about 8" in length (roughly the size of a **starling**) with a predominantly greyish body; a rusty brown, crested head with a black eye stripe; black and white wing markings with touches of yellow and red, and a rusty brown patch under its yellow-tipped tail. The majority of those that I have observed over the years have appeared extremely well fed, with ample bellies suggestive of a healthy enjoyment of the finer things in life!

While I look forward to reporting in the next edition on the return of the **American robin**, birders with sharp eyes may well spot a few isolated groups of hardy robins overwintering in the area, as I did in late December when I noticed a flurry of familiar orange bellies foraging on the ground in the Rideau Hall grounds off Princess Avenue. The *Ottawa Citizen's* legendary birding columnist **Elizabeth Le Geyt** received several more such reports in the second week of January, so one can only hope that these intrepid creatures survive the rigours of the wintery weeks ahead.

Figuring Out Finches

In our last edition, we reported on the Winter Finch Forecast for 2010-2011, one notable element of which was the prognosis that **common redpolls** were likely to irrupt into our area in significant numbers this year, both due to the failure of the white birch crop across much of Northern Canada, and as a result of their spectacular breeding season in 2010. While there are recent reports of redpolls in the vicinity,

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including a tally of 262 spotted in the Dunrobin-Breckenridge winter Bird Count on January 2nd, I have unfortunately yet to encounter any here in the Burgh. I remain optimistic, however, and interested readers may also want to keep their eyes peeled for redpoll visitors at their feeders.



Photo: Wade Clare
Hoary redpoll at Shirley's Bay.

The common redpoll is about the same size as an ordinary house finch (5 1/12" long), and can be distinguished by the prominent rosy red spot on the top of its head. In winter, the male also has a rosy splotch in the centre of its breast, a colourful marking which expands in summer to cover the whole breast and cheeks. The female of the species lacks the red breast markings, and has streaky brown sides.

The common redpoll's cousin, the hoary redpoll may also turn up this winter, and is fairly easily distinguishable by its overall whitish, almost "flour-dipped" or frosty appearance. It has little or no streaking on its sides or rump, and generally lacks the rosy red breast marking of the common red-

poll male.

Reports from Our Readers

In his excursions to Shirley's Bay, Andrew Haydon Park, Grandview and Hastings Roads, Hilda Road and Ottawa Beach in November, Edwin Daudrich spotted 30 species still in the area, notably white-winged scoter, black scoter, red-breasted merganser, red-necked grebe, horned grebe, green-winged teal, American coot, a Northern harrier and a flock of 60 snow buntings at Shirley's Bay.

Closer to home in late November, he encountered a group of about 150 bohemian waxwings near the Governor General's residence, and 14 other species in a visit to Strathcona Park by the Rideau River, including Barrow's goldeneye, herring gulls, hairy woodpeckers and white-breasted nuthatches.

An outing to Mud Lake and Shirley's Bay in December yielded another 18 species braving the advance of winter, including great black-backed gulls, herring gulls, bufflehead, red-breasted mergansers, bohemian waxwings, American tree sparrows, common mergansers, common goldeneye and a common raven.

For the first time in many years, the stately hooded mergansers failed to make their annual appearance (usually in mid-December) on our stretch of the Rideau River close to the Falls. However, Vicki Metcalfe had better luck upstream in New Edinburgh Park where she spotted a group of "hoodies" (a single male with six females!) consorting with a number of common goldeneye in late November. On the last day of November, Vicki happened to be passing

NEW EDINBURGH NEWS

by as a large flock of about 30 common goldeneye gathered on the Rideau in preparation for take off in a southerly direction.

Alexander Street resident Philip MacAdam reports that recent drop-ins at Phil's Avian Bistro have included a white-breasted nuthatch, black-capped chickadees, cardinals and a hairy woodpecker. Shortly before Christmas, he also spotted a red-breasted nuthatch at the feeders, but so far (like many of us), Philip has been disappointed by the scarcity of winter finches (guess the pickins' must be good in the Boreal Forest regions this year!).

Dave Collyer reports that his property in Central Alberta remains a hive of birding activity this winter, with blue jays, black-capped chickadees, downy and hairy woodpeckers, pileated woodpeckers, loads of magpies and a rough-legged hawk turning up regularly at his feeders. There are also hundreds of snow buntings in his neighbourhood, as well as reports of redpolls and snowy owls which he looks forward to encountering in the weeks ahead. No doubt to the consternation of his regulars at the feeders, Dave recently had a visit from a hungry Northern shrike which created momentary pandemonium as it embarked on a spirited chase in search of a meal.

Project Feeder Watch

If you have been enjoying the regular ritual of keeping track of the visitors at your backyard bird feeders, it's not too late to join Project Feeder Watch (PFW), a joint project run by the Cornell Lab of Ornithology and Bird Studies Canada. PFW runs each year from November to April, and you can sign up



Photo: Wade Clare

Hooded merganser.

at any time during this period. Interested can check it out at www.birds.cornell.edu/pfw/.

Correction: As careful readers will no doubt have noticed,

in the December edition of *For the Birds*, a photograph of a gray catbird was mysteriously misidentified as a black and white warbler.

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Beet and Cabbage Borscht with Cannelli Beans

By Robert Jutras of Culinary Conspiracy

When I was going to culinary school in Toronto, ("waaaayyyy back in the day" as my son says) I often sought out the cheap and cheerful ethnic restaurants to ease the pain in my pocketbook. Toronto, at the time, enjoyed the benefits of a large and diverse ethnic population who brought with them recipes for hale and hearty dishes. Between Kensington Market and Queen Street West one could easily survive on extraordinary soups that, during the winter months, provided economical as well as emotional sustenance without sacrificing flavour and/or nutrition.

I remember the Bagel Restaurant on College Street that served a bean and barley soup that you could walk on. If you did not finish the substantial bowl you would be roundly admonished by the large bosomed waitress who would not tolerate waste where food was concerned.

There were numerous hole-in-the-wall Chinese restaurants on Spadina Avenue that served gigantic bowls of congee so thick that it took an afternoon to finish and stuck to the ribs



Robert Jutras (on right) and the Culinary Conspiracy team.

so thoroughly you didn't have to eat for the next couple of days. Then there was one of my favourites, the Union Café on Queen Street West, a bastion of Polish food culture that served Beet Borscht on Monday, Wednesday and Friday and Kapusta (a cabbage soup) on the other days. A plate of cheese pirogues and a bowl of either soup were so fortifying you did not want to ever leave the warm embrace of the over-heated room.

Thinking about a seasonally correct soup for the short month of February where the days are also short (but lengthening) conjured up these memories and inspired me to make

a soup for you that would be comforting, filling, robust, flavourful and beautiful. Ergo, beet and cabbage borscht with cannelli beans.

This beet and cabbage borscht is packed with roasted red beets, onions, red cabbage, and white beans--all the better to make it through a cold winter night. A rich chicken stock (or, ideally duck stock) will add a depth of flavor missing in canned varieties, but this soup is remarkable even when made with plain old water.

When I make this I make it for a crowd of about 12 people. If it lasts, it freezes extremely well and is a treat to pull out of the freezer after a long day's

work, heat up, and devour on a frigid night. Pair it with some dark rye bread, unsalted butter and a mug of pilsner or dark ale. Of, course, a dollop of sour cream on the top makes it so good you will probably be moved to literally hover over the warming pot in anticipation of the first spoon full.

Ingredients:

- 1 can of cannellini or other small white beans(La Bottega in the market is a good source)
- 6 large beets (about 2 lbs.)
- 2 Tbsp. olive oil, vegetable oil, or butter
- 2 medium onions, halved and thinly sliced
- 1 tsp. salt, plus more to taste
- 3 cloves garlic, minced
- 1 head red cabbage cored and thinly sliced or shredded
- 2 tsp. caraway seeds
- 8 cups chicken, beef, or vegetable broth
- Lemon juice to taste
- Plain yogurt or sour cream for garnish (optional)
- Fresh chopped dill for garnish (optional)

Preheat oven to 350°. Wrap beets in a large sheet of foil, place on a baking sheet, and cook until tender when pierced with a fork, about 45 minutes.

1. Let beets sit until cool enough to handle. Wearing latex gloves, peel (skins should slip off after being roasted) and grate on the large-hole side of a box grater. Set aside.

2. In a large pot over medium-high heat add oil, onions, caraway seeds and salt. Cook, stirring occasionally, until onions are soft, about 3 minutes. Add garlic and cook until aromatic and soft, about 1 minute. Add cabbage, stir to combine, and cook, stirring occasionally, until cabbage wilts, 3 to 5 minutes. Add the grated beets. Stir to combine and add broth. Bring to a boil, reduce heat to maintain a steady simmer, and cook until vegetables are tender and flavors blend, 15 to 20 minutes. Add the beans and heat for another 5 minutes.

3. Add salt and lemon juice to taste.

4. Serve hot, with a dollop of sour cream and a sprinkle of snipped fresh dill weed and a generous amount of cracked black pepper

5. Eat with gusto and good friends and family.



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Happenings at St. Bartholomew's Church

An important New Edinburgh heritage property has been saved from serious water damage thanks to the hard work of local volunteers and an unexpected gift from a member of the community.

Parishioners at the 142-year old St. Bartholomew's Church on MacKay Street had noticed some signs of water staining in the church's main chapel and adjoining vestry, but when the situation deteriorated last year, they decided to call in **Ross Peterson**, an Ottawa heritage restoration specialist.

It turned out that the problem was significant and worse than expected. The cedar roof had come to the end of its useful life, and there was extensive water damage to the ceiling, insulation, carpeting and cabinets in the vestry.

Fortunately, and although the cost would be considerable, the church board decided to act quickly to avoid any further damage and protect this important structure, which has been at the centre of community activity and worship since the time of Confederation.

Peterson, with the help and advice of members of the church

and oversight by its Rector, the **Reverend Canon David Clunie**, conducted extensive research on the building and the construction materials used over the years. A crew of specialists was brought in to do the work.

Nine months later, St. Bart's now has a new ceiling, lighting, electrical carpeting and refurbished cabinets in its vestry. Anyone passing the church will also note the beautiful new cedar shake roof, upgraded chimneys, flashing and venting.

The work was possible, in part, due to a surprise bequest made a few years ago by a former parishioner of the church worth \$1.2 million.

When the bequest was received, the church members decided to do something unusual—give half of it away.

They saw that this generous donation would be important to help maintain the church for future generations.

But they also recognized that St. Bart's had an ongoing mission to the community through its support of local organizations that provide services to those in need.

So the bequest was divided into two parts. One half went to the church's capital needs, while the other half was used to create the **Social Outreach and Christian Education Fund**.

Over a period of six to seven years, the Fund would provide a much needed boost to local and international outreach activities.

Recently, the church has been able to assist with the **Cornerstone Women's Ministry**, the **Youville Centre** counselling for young mothers and the **Hospice at May Court**. The fund has also supported the milk program at the **Robert E. Wilson School**, funded education opportunities for families through **Hippy Canada**.

In the last three years, the church has given \$300,000, and hopes to award another \$100,000 this year.

The people of St. Bart's are committed to ensuring that the church continues to serve the needs in our community and making sure that the building which has stood strong in New Edinburgh for many years continues to do so in the future.

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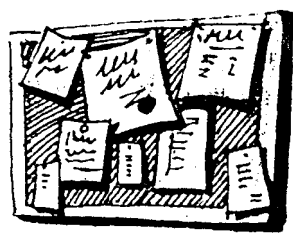


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February Events

Sat., February 5, 4 - 5:30 pm
LANSDOWNE FOLLIES at the Mayfair Theatre. Tickets \$30. For more information visit www.letsgetitright.ca.

Mon., February 7, 7 - 9 pm
PUBLIC CONSULTATION meetings to present the findings and explore possible solutions to address patterns of infill housing that appear to have a negative impact on neighbourhoods. St. Bartholomew's Church - 125 MacKay St.

Tue., February 22, 11:30 am - 3 pm

HELP CELEBRATE OTTAWA'S DIVERSE CULTURE AND HERITAGE. The Cultural & Heritage Services Branch of the City of Ottawa present Heritage Day, an annual event taking place at Ottawa City Hall, located at

110 Laurier Avenue West. Local historical societies, heritage groups, and museums will exhibit tabletop displays; while lively music and entertainment is provided and costumed interpreters greet visitors. Heritage Day Ceremony in Andrew S. Haydon Hall at noon. Light refreshments will be served. Contact Cynthia.smith@ottawa.ca or 613-580-2424 extension 30540 for more information. www.ottawa.ca/heritage.

Mon., February 21, 7:30 pm
NECA BOARD MEETING at St. Bartholomew's Church. All welcome.

Until Tue., February 22,
CENTRE D'ARTISTES VOIX VISUELLE presents, the work of two artists inspired by a rather particular object: the iron.

Nathalie Lavoie will present

NEW EDINBURGH NEWS

drawings which replicate the pattern of the openings found on the soleplate of the iron, as well as the video of a performance in which she irons a sheet on the ground. Thus, she invites the observer to reflect on the formal components of the iron and the repetitive gesture associated with it.

On the other hand, Anne-Marie Sirois will exhibit a series of amusing sculptures made from old irons and other unusual objects found in flea markets. Her sculptures are the direct result of a spontaneous creative process relating to play.

Sat., February 26, 5 - 8 pm

ZUMBA COMMUNITY DANCE Heat up a cold February Saturday night with steaming chili and steamier Zumba steps! Join your neighbours and friends for an evening of food and fun. Crichton Cultural Community Center, 2nd Floor, 200 Crichton Street. Rear entrance via Avon Lane only. Tickets - Family: \$20, Individual: \$5.

Sun., February 20, 2:30 pm

COMMUNITY YOUTH CONCERT at MacKay United Church. The concert will feature MacKay youth pianists, Bryn Orth-Lashley and Brandon Le, plus other performers, including *Kids Helping Kids* violinist, Laura Telford.

March Events

Sat., March 5, 10 am - 3 pm

SEEDY SATURDAY
 Come out and learn about organic gardening in Ottawa and Eastern Ontario: seed exchange, gardening tips,

canning and more! All are welcome to join the organic gardening community. Ron Kolbus Lakeside Community Centre, Britannia Park (off Grandeur Ave.) For more information: Greta at greta@seeds-organic.com or Kate at kgreen@usc-canada.org.

Tue., March 8

HERITAGE SUGAR SHACK OUTING Join Friends of the Farm for a one day bus tour to a Heritage Sugar Shack in Rigaud, Quebec. Includes transportation and heritage lunch. Info: 613-230-3270 and www.friendsofthefarm.ca.

Sun., March 13, 7:30 pm

VOCAL CONCERT "Consider Love" at MacKay United Church featuring Ottawa Choral Society baritone Frank Wallace, with its Music Director, Matthew Larkin, on piano.

Mon., March 21, 7:30 pm

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

Sat., March 25, 7:30 pm

SWING INTO SPRING CONCERT Celadon is sponsoring one of the neighbourhood's local jazz vocalists/music teacher's **Kim Kaskiw**. Kim just happens to also be our new hair stylist. Kim and Steve Berndt team up with a 5 peice band for a concert at the NAC 4TH Stage. Tickets are \$25.

Thur., March 31, 2:30 pm

DAFFODIL TEA at Governor's Walk, 150 Stanley

Ave. Entertainment by Joanne Griffin; harpist & pianist, tea & coffee to be served as well as home-made treats from our executive chef. Buy a Daffodil and support the Cancer Society. To RSVP or for more information please call 613-564-9255.

April Events

Sun., April 3, 7:30 pm

MACKAY CHAMBER MUSIC SERIES concert featuring one of Ottawa's best known musicians, pianist Dina Namer, with violist Sally Benson, violinist Mark Friedman, violinist Leah Roseman, and cellist Margaret Munro Tobolowska.

They will be performing a piano trio by Spanish composer Joaquín Turina, and Antonín Dvořák's Piano Quintet No. 2 in A major, Op. 81, B. 155.

April 9 & 10

ROCKCLIFFE BOOK SALE at the Rockcliffe Park Branch of the Ottawa Public Library. For more information call 613-745-2562

Mon., April 18, 7:30 pm

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

Tue., April 19, 7:30 pm

DISCOVERING OTTAWA'S ENVIRONMENTAL HISTORY - Joanna Dean on Mapping Ottawa's Urban Forest: Lowertown, New Edinburgh. Main Library, 120 Metcalfe St. For more information call InfoService at 613-580-2940 or visit www.BiblioOttawaLibrary.ca.

Ongoing

WELCOMING NEW MEMBERS AT OTTAWA BRAHMS CHOIR! To celebrate its 30th Anniversary in 2011, we invite new members to sing with us Johannes Brahms' magnificent work 'Ein Deutsches Requiem' on Saturday April 30 at St. Thomas the Apostle. All voices welcome. A special encouragement is directed to brave new Tenors and Basses!! Rehearsals in the New Year: starting Monday, January 10, from 7-9.30 pm at Southminster United Church at Aylmer /Bank. Contacts: Leo 613-749-2391 or Sieglinde 819-568-8169; www.OttawaBrahmsChoir.ca.

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



Ottawa Internationals Build two Artificial Turf Fields at Hillcrest and Franco-Cite

By George Bennett

The Ottawa Internationals Soccer Club started a per-player registration Field Fund levy in the mid-1990's with the idea of someday being able to acquire land to construct their own field.

The Fund kept building and various field-creating ideas were attempted between the late 1990's and mid 2000's – but no progress was made on

developing a site.

In 2008, the Federal and Provincial Governments introduced recession-fighting stimulus programs—including the “Recreational Infrastructure Canada” program grants.

In May 2009, an application for the installation of two artificial turf fields at Hillcrest and at Franco Cite was approved.

Committee members have Both FIFA 2-Star Showcase

fields are soccer/football fields whose goal-line to goal-line measurements are 110 yards by 65 yards wide.

The Club's lease or license with each School Board gives the School (and its Board) use of the fields between 7 am and 6 pm for every school day of the year; whereas the Club has the remaining hours and can operate the lights until 11 pm each night.




DEADLINE

for the April edition of the
New Edinburgh News

March 10

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Congratulations

On November 10, 2010 **Henry Patterson** (Vaughan) received the Bronze Cross of Merit from the government of Poland for Community Service.

Annie Dufour-Meredith and **Colin Meredith** (Vaughan) are expecting a baby in June! Looks like it's a boy.

Jim and Meriel Bradford welcomed a new grandson in London, England - **Robert Ewan**. Ewan's proud parents are Lesley Harrington and Tolly Bradford. Lesley and Tolly are both post doctoral fellowship award holders and will be moving to Saskatchewan due to Tolly's position as a post doctoral fellow at the University of Saskatchewan.

Herb Stovel, an internationally renowned heritage conservationist who has graciously and successfully helped out New Edinburgh over the last five years, has won the very prestigious ICCROM Award for heritage conservation from the International Centre for the Study of the Preservation and Restoration of Cultural Property.



Welcome to the neighbourhood, Miston!

Susan Rodocanachi is delighted to welcome **Miston**, a 4 month old border collie who will be carrying on the

tradition of his predecessor Octave and herding skaters, children, dogs and squirrels in Stanley Park.

Comings & Goings

Robert Lemieux and **Christine Rybas** at 65 Vaughan are moving, due to a transfer to Toronto.

Farewell to **Vickie** and **Richard Brennan**, who are returning to their Toronto roots. (See article on page 27.)

Condolences

Our sincere condolences are extended to **Deborah Fraser** and family on the recent death of her husband, **John MacLeod Fraser**. The Frasers have been longstanding residents of Stanley Avenue where they have shared their home with a succession of much loved cats and dogs. Mr. Fraser retired in 1994 following a long and very distinguished career in the Canadian Foreign Service. In the course of his 36 year career, he was on the scene at the time of several watershed events on the international front, acting as chargé d'affaires in Beijing (then Peking) in 1971 where he took part in the opening of the first Canadian embassy following the Trudeau government's decision to establish diplomatic ties with Communist China. He went on to serve as a counsellor at the Canadian

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NEW EDINBURGH NEWS

embassy in Washington during the Watergate era, and later became our Ambassador to Poland during the early '80's, when he witnessed the emergence of the Solidarity movement and the eventual implementation of martial law. He is remembered by a colleague as "arguably the finest diplomatic writer of his generation."

Our condolences to **Patricia Diamond** and her family on the death of her husband, **Bill Diamond**, in late November. For over three decades, Bill was one of Canada's top trade negotiators, and served as a key member of the high-powered team that negotiated the Canada-U.S. Free Trade Agreement. Patricia and Bill have been long time residents of Stanley Avenue, and among the many dog walking regulars in New Edinburgh Park. We extend our sympathies to Patricia, their sons **Michael** and **Christian**, daughters-in-law **Rebecca** and **Ann**, and their three much loved grandchildren, **Abigail**, **Sabena** and **James**.

Sad news to report: **Michel Giroux** and **Tanya Guay** had to put down their beloved dog **Pandore**. At 15.5 years, she was the last of her pals that all joined the neighbourhood at around the same time: including **Broda** and **Octave**. (July 20, 1995 - December 14, 2010).



Pandore will be sorely missed.

Kudos

Da Bombe served free traditional turkey dinners on Christmas Eve to some less fortunate members of the community, in a wonderful gesture of generosity and good cheer. Bill Ross and his crew, who worked until 10:45, plan to do it again next Christmas, tweaking the format to attract even more people.

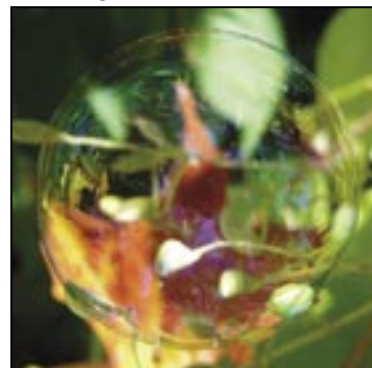
Events

Vaughan Street families enjoyed a great party at the home of **Mike Meyer** and **Zsuzsanna Etesi**. There were



Santa made a special visit to Vaughn Street this past holiday season and partied with residents.

horse rides and Santa visited to give presents to the neighbourhood kids. Special thanks to Santa, who upon hearing that **Maya Dubuc** (3 yrs) was too ill to attend, made a special visit to her home to give her a present and cheer her up. She is still talking about this exciting visit.



Yasmin Salehi's Bubble 2 is one of the photographs on display at DaleSmith Gallery.

JUST GIRLS ART SHOW: Passions, Obsessions and Collections is a group exhibition of new work by six Grade 12 art students from **Elmwood School** at DALESMITHGALLERY on Beechwood. Until February 7.

Crichton Community Council (CCC) meets once a month to arrange a number of fun and/or fundraising events in the neighbourhood. If you would like to volunteer to help with the picnic, garage sale, winter carnival, spring plant sale, rink etc., please come to



A Valentine Surprise! Stanley Avenue resident **Cathy McConkey** and son **Caelan McLaurin** admire the heart-shaped potato that showed up in their grocery bag just in time for the special day.

a meeting at the Fieldhouse on the second Monday of the month at 7:30 pm.

Teens

Free gaming night once a month at the St. Laurent Library. Play with Wii, discuss books, have a snack. Bilingual program for ages 14-18. Upcoming dates are Friday, Feb 11, March 18, April 15 and May 13, 5 pm until 7 pm.

News From Away

Jim and Meriel Bradford (late of Ivy) are just back from the Yukon where they had Christmas with Dominic and Tiffani and their twin grandchildren now 2 and a half years old. It was minus 37 to minus 22 while they were there but they managed to ski and enjoy lots of good company, including a delicious meal with **Thomas Shepherd** (son of **Gyde** and **Rosemary** of MacKay Street) and his wife **Mara** and their two daughters. Thomas and Dominic were at Montessori together in the 1970s! Mara is a Justice lawyer on exchange to the Yukon government and Thomas is on loan to United Way Yukon from HRDC.

NEXT DEADLINE: Mar 10

Happy Valentine's Day!