



# The Eastender

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Your environmentally friendly community newspaper

Volume 7, Issue 4



A home on Joseph Drouin Ave. in Convent Glen South is aglow with Christmas decorations. See story on Christmas lights tour on page 4. Fred Sherwin/Photo

## The true spirit of giving

By Fred Sherwin  
The Eastender

Staff and students at Sir Wilfrid Laurier Secondary School in Orléans have pitched in to make Christmas a little merrier for 36 cash strapped families in the Ottawa area this year thanks to the school's annual Christmas Hamper program.

Each homeroom is given the name of a family, the number of children they have and their ages. The students then pitch in

and donate food, toys and other items. The number of items each family gets depends on how much the students donate.

This year each of the 36 families will be getting an average of five large sized boxes each.

The school has once again partnered up with the Coldwell Family Service Agency, which will be distributing the hampers to the various recipient families over the weekend.

**CLICK HERE TO CON'T p2>**

## Santa restores young boy's faith in the magic of Christmas

By Fred Sherwin  
The Eastender

A visit to Santa and some reassuring words from the big man himself was all Colton Da Costa needed to restore his faith in the magic of Christmas after the 10-year-old boy received an inappropriate letter from a rogue elf last week.

Colton was one of 13 kids who received a letter from the Canada Post "Letters from Santa" program earlier this month that contained lewd and inappropriate post scripts.

According to Colton's mother Rosalyn Da Costa, who intercepted the letter before Colton could read it, the author made lewd comments about his mother and father and ended off by saying that his soccer hero David Beckham hated Santa.

"He didn't read the letter but he saw all the stories about it and it really upset him," says Da Costa. "A one point he said to me, 'I guess there really isn't a Santa is there

Mom?', and I tried to explain everything to him, but he was still pretty upset about it."

In an effort to rekindle Colton's Christmas spirit, the Colton's parent took him and his two-year-old sister Maya to see Santa at Place d'Orléans last Saturday.

After a short wait, Colton climbed up on Santa's chair and sat down beside him. St. Nick greeted the youngster by name and then apologized for the bad elf that sent him the letter.

"He said he was going to take care of the bad elf and make sure that it never happens again and that Colton shouldn't let it ruin his Christmas," says Da Costa.

"Colton's eyes almost popped out of his head. He was like, 'Mom, that was so freaky, he knew everything. He knew all about the letter and everything that happened.' As soon as he got home he called his grandmother and told her about it. It was a really good experienced. It helped a lot."

Special letters from Santa also arrived by Priority Post this morning for both Colton and his sister.

According to Canada Post spokesperson Cindy Daoust, the investigation into who wrote the offensive letters is still ongoing. In the meantime they've implemented a system whereby every letter is double checked before it's sent out.

More than 11,000 current and retired Canada Post employees volunteer their time to respond to the letters sent in by children from across the country.

"Disappointed doesn't begin to describe how we feel," says Daoust when asked how the volunteers reacted when the story first broke.

In the end, what was a very bad experience has turned into something special for at least one little boy who will one day be able to tell his children and grand children about it.

## Community briefs

### Snow removal company has license suspended

**ORLEANS** – A contractor accused of giving clients a snow job rather than the service promised, is in hot water with the City of Ottawa after the Better Business Bureau received more than 279 complaints following last week’s snow storm. According to some reports, Tony’s Snow Blowing failed to plow more than 1,400 laneways after taking payment from the customers up front. Owner Tony Putinski said the problem was caused by faulty brakes on 13 of the company’s 17 tractors. The city’s bylaw office decided to suspend the business license for Tony’s Snow Blowing and Tony and Son’s Roofing after the latter company distributed flyers offering to remove snow from people’s roofs. Under the order the two companies must cease operations immediately until a hearing is held on Jan. 21, during which bylaw officials will present their case to revoke the license permanently. A number of residents in OrLéans are all too familiar with Tony’s Snow Blowing after the company failed to fulfill their obligation to plow their laneways last winter.

### Cumberland library branch closed for the holidays

**ORLÉANS** — A small flood has forced Ottawa Library officials to temporarily close the Cumberland branch next to the Ray Friel Centre until Jan. 7. The flood was triggered when the library’s sump pump failed during a power outage on Dec. 6. While no books were damaged, the carpet in the children’s area will have to be replaced along with some furniture. While the branch itself is closed residents can still use the drop box to drop off material, however items on hold must be picked up at the OrLéans Branch located at 1705 OrLéans Blvd.

### Local restaurant to host special Christmas dinner

**ORLÉANS** — Cora’s Breakfast & Lunch will be extending their hours on Christmas Eve in order to serve a free Christmas dinner to those who might not otherwise have a place to go. The idea came from a staff member at the restaurant, and was immediately adopted by owners Jocelyne Beauchamp and Mireille Campeau. The restaurant is already close to fully booked with more than 84 guests already confirmed. Staff members and their families have volunteered to help prepare and serve the meal.

# Christmas hampers a huge success

> **CONT’D FROM PAGE 1**

Organizer Jane Brown is justifiably proud of the students’ efforts.

“I think they did really well this year. We usually get a lot of things during the last few days and everybody has really pitched in,” said Brown standing in the middle of the staff room while students from the various homerooms added last minute items to their hampers and packed everything up.

Ms. Prot’s Grade 9 class managed to fill four large boxes with everything from a gift certificate for a Christmas turkey to tooth past and tooth brushes.

“I think we did pretty good,” said Grade 9 student Evelyn Verbonnac. “We all worked really hard to get stuff. We got toys, food for Christmas dinner, Christmas ornaments, and a couple of gift certificates.”

Several students from Ms. Prot’s classes including Kate Giles said the project made them appreciate their own possessions a lot more.

“Going through my room made me realize how much I have and a lot of the families don’t have anything except for each other,” said Giles.

“It’s really sad,” added Raven Small-Service.

Besides the Christmas hamper



The staff room at Sir Wilfrid Laurier Secondary School was abuzz with activity on Friday as students put the finishing touches on their Christmas hampers which will be going out to 36 financially strapped families in the Ottawa area. Fred Sherwin/Photo

program, the students at Sir Wil also managed to collect 461 toys as part of the Salvation Army Toy Mountain program and they raised more than \$400 during a coffee house that will be going to the OrLéans-Cumberland Community Resource Centre’s food program.

## Talks delay Ardeth Wood trial

By Fred Sherwin  
The Eastender

The start date for the trial involving the bike-path killing of Ardeth Wood has been delayed a week as lawyers continue to discuss pre-trial matters.

The trial was scheduled to start on Jan. 14 with jury selection, but the delays have pushed the date back to Jan. 21.

Christopher Myers has been sitting in jail awaiting trial since he was arrested in October, 2005.

He is accused of murdering Wood, a 27-year-old OrLéans woman, who went out for a bike ride while visiting her parents during a break from her studies at the University of Waterloo in August 2003.

Her disappearance touched off one of the largest search efforts in the history of Ottawa.

Her body was eventually found six days after she disappeared near the northern end of Green’s Creek which is a short distance from the bikepath.

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*“Providing quality legal service to OrLéans and area for the past 25 years.”*

# Calico Christmas light display goes high tech

By Fred Sherwin  
The Eastender

Avalon resident Brett Whittaker readily admits he's a tad obsessive compulsive. He would have to be. How else can you explain spending more than 100 hours of your free time developing a software based system which allows people in Brazil to program your Christmas light display?

Whittaker first developed the software program for B.C. Tel which wanted to create a giant interactive telephone for a Chinese festival. Visitors could dial a number and the buttons on the giant phone would light up as they dialed.

For the past three years, Whittaker has been talking with his neighbour J.C. Poirier about using the software program to control their Christmas lights.

"We did something two years ago, but it was only our two houses and it wasn't as cool," says Whittaker who lives on Calico Cres. just off Scala Ave.

This year Whittaker was determined to do it right and make it interactive by tying into the Internet.

He spent the majority of his waking hours in November adapting the program to control multiple strands of lights on the Orleans Soap Box Derby float in the Parade of Lights. The float ended up winning the trophy for best novelty entry.

The next task was to take all the lights off the float and put them on their houses. Besides Whittaker and Poirier, their two neighbours on either side also agreed to take part in the high tech experiment.

The red, blue and white strands of lights are all connected to a relay box using a multitude of extension cords. The relay box is controlled by the computer program which is connected to the Internet, allowing

anyone in the world to control the lights.

They simply go to [www.calico.whittaker.ca](http://www.calico.whittaker.ca) and click on one of the preprogrammed patterns or make one up one their own.

So far the site has had more than 8,500 distinct visits from every corner of the globe including such far away places as Australia, South Africa, the Philippines and Saudi Arabia. But Brazil tops the list of countries outside North America or Europe with over 500 visits so far.

And you don't have to be on the Internet to change the patterns, Blackberry users can drive to Calico Court and change the active display by logging on the website.

The interactive light display has also made an impact on YouTube where it is the sixth most popular Canadian entertainment entry and the 96th most popular entry worldwide with more than 50,000 views in the past six days.

Whittaker's software also makes it possible for anyone in the world to synch their own lights to the program.

Several people in the United States have already expressed an interest in getting on board next year.

Whittaker also wants to set up an outdoor webcam so that visitors to the website can see their active display in real time.

"I have the camera and all the hardware, but it's still sitting in a box beside my door," says Whittaker. "I just never got a chance to set it up."

While the interactive light display has become a runaway hit on the Internet it has yet to produce a huge increase in traffic on the quiet suburban street and Whittaker and Poirier are hoping to keep it that way.

"I'm not sure we want to become another Taffy Lane," says Poirier referring to the Convent Glen street that attracts hundreds



Public school board supporters from the Queenswood Heights community attend the Accommodation Review Committee meeting that was held at Cairine Wilson Secondary School last Wednesday night. The committee has been charged with the task of making a recommendation on whether to close Queenswood Public

of sightseers every holiday season. "Although I was talking to a guy from Taffy Lane the other day and he said we can have them."

To see the light display in person, take Portobello Blvd. south off Innes. Turn left on Scala Ave. and then take your first right which is Calico. And don't forget to bring your Blackberry.

Once again the website is [www.calico.whittaker.ca](http://www.calico.whittaker.ca).

## Deadline looming for U of O admission applications

By Fred Sherwin  
The Eastender

Local high school students thinking about going to the University of Ottawa next year have until Jan. 9 to get their applications in to qualify for early acceptance.

The university has been accepting applications since Nov. 15 and will start sending out the first offers of admission on a rolling basis throughout the month of January.

To qualify for an early offer of admission, a student must first achieve a minimum average of 80 per cent in Grade 11. Everyone who receives an offer of admission automatically qualifies for a scholarship of between \$1,000 and \$4,000 depending on their final average at the end of Grade 12.

The university sends out hundreds of

offers of admission during the first round of the admissions process, but only a small percentage of the students accept the offer. That's because most students apply to three or four different universities and want to wait until they've heard back from all of them before deciding where to go.

When a student receives an offer of admission from the U of O they are issued a password which lets them keep track of their application through the university's infoweb service.

Any student enrolled at an Ontario high school can apply for admission to the University of Ottawa up until late May, but they earlier they apply the more likely they are to get accepted to a program of their choice.

The university sends out a second round of offers starting on March 10 and they are

based on the applicant's top three marks in Grade 11 and their top three marks from their first semester in Grade 12.

For many programs the cut-off mark for the second round of offers is 75 per cent, although the cut-off mark for programs such as common law and biomedical science can be quite higher.

Students who have been issued an offer of admission have until May 28 to accept, after that the remaining spaces are filled on a first come, first serve basis depending on the applicant's marks.

Applicants who do not have the minimum average required for some of the university's more competitive programs may be considered for a program in a related field of study.

Historically there very few openings left by June 1 and most of the more popular programs are usually already full.

# Prepare to be amazed on Christmas light tour

By Fred Sherwin  
The Eastender

The east end of Ottawa is a Christmas light enthusiasts paradise. Drive down any street in Fallingbrook, Queenswood Heights, Chapel Hill or Convent Glen and the night sky is aglow with thousands of Christmas light displays.

Five of the best Christmas light displays in Orléans are all within a stone's throw of each other near the corner of St. Joseph Blvd. and Orléans Blvd. The most well-known is Taffy Lane which runs off of Fortune Drive near the Orleans United Church on Orléans Blvd.

The street has been featured in magazines and newspapers and on radio and television for years. Pretty well every resident on the block decorates their house, and the combined effect attracts hundreds of sight-seers every year.

As you come out of Taffy Lane and turn back on to Fortune Drive, take the next left on to Sugar Bush Court which has a wonderfully decorated house at the end of the cul-de-sac.

From Sugar Bush drive back to Orléans Blvd. and turn left. Go over the bridge and continue on to St. Joseph Blvd. where you will turn left again.

Two streets down on the left is Dussere Street. Turn left and drive to the bottom of the hill where you will run into Cholette Cres. on the right hand side you will see the the Giroux residence which is among the nicest houses in Chapel Hill.

As you come back up Dussere Street, turn left on to Cousineau Street and then left again on to St. Jean. Once you're on St. Jean take you next right which will be Joseph Drouin Ave. home to one of the most spectacular light displays in all of Orléans.

After you drive around Joseph Drouin back on to St. Jean, go up to St. Joseph Blvd. and turn left.

Once your back on St. Joseph, keep an eye out for the Pioneer gas station on your

right and turn right at the corner on to Belcourt Blvd. On either side of the street are four beautifully decorated houses.

At this point turn your car around and head back down to St. Joseph Blvd. To get to the next house turn left on to St. Joseph and then right on to Orléans Blvd. Once you reach Jeanne d'Arc Blvd. turn right again and take Jeanne d'Arc to Champlain Street. On the northeast corner is the Chenard residence which other than Taffy Lane is the most visited house during the holiday season.

If by now you haven't had your fill of Christmas lights there are still a few other houses that are worth checking out. One is at the corner of Leduc Crescent and Carrigan Drive in Fallingbrook. For the full effect stop your car and get out. Besides the fact that a lot of the display is blocked by a big snowbank when you're at car level, you also don't get to enjoy the Christmas music that's part of the display.

Two other spots that are worth checking out are both in Avalon. The best way to get to them is to take Portobello Blvd. south off of Innes Road. Drive down to Nantes Street. Turn left on to Nantes and then right on to Brianna Way. At the corner of Brianna and Descartes Street is brightly lit house that makes use of mainly white lights.

As you leave, turn back on to Portobello Blvd. as if you're heading back to Orléans. At the next right turn on to Scala Avenue and then take an immediate right on to Calico Crescent where you will find four houses belonging to a group of neighbours who have interconnected their lights and made them computer programmable so that people can go on to the Internet and change the patterns in real time.

You can also change the patterns using a Blackberry, so if you have one bring it with you. Log onto [www.calico.whittaker.ca](http://www.calico.whittaker.ca) and program away.

Last but not least no Christmas light tour would be complete without a trip out to the Rollins residence on Smith Road in Navan.



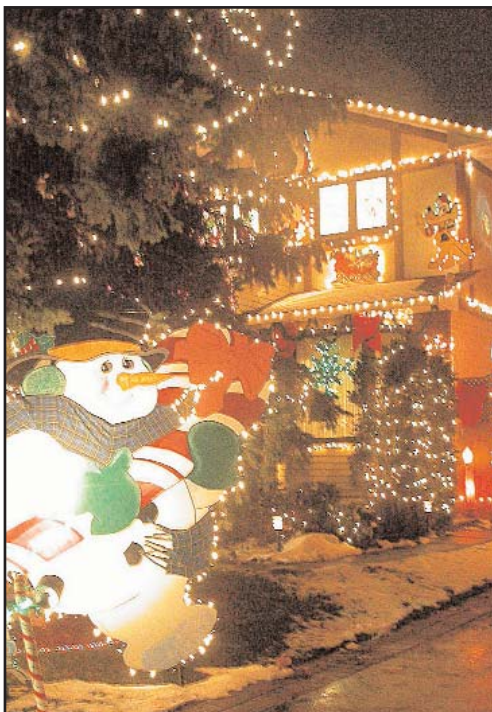
**Cholette Crescent**



**Smith Road in Navan**

The best way to get there is to take Tenth Line Road south to Navan Road and then turn left. When you come to a sign for Carlsbad Springs turn left. Follow Milton Road down the hill and take your first left which is Smith Road. Be careful because the intersection is not very well lit. The Rollins residence which employs a multitude of lights will be on your left.

Part of the fun of any Christmas lights tour is in keeping an eye out for other spectacular displays along the way. Outdoor Christmas decorations have enjoyed a resurgence of late, thanks in large part to the advent of LCD bulbs which use up a fraction of the energy older bulbs do. So more and more people are taking the time to decorate their houses in the spirit of the holiday season.



**Taffy Lane**



**Champlain Blvd. and Jeanne d'Arc Blvd.**

# The Eastender

Fred Sherwin  
Editor & Publisher

To submit a letter to the editor to *The Eastender* e-mail [the-eastender@orleansonline.ca](mailto:the-eastender@orleansonline.ca).

Letters should be limited to 250 words.

*The Eastender* reserves the right to edit correspondence for length with a commitment to maintaining the integrity and spirit of the content.

## Gazoontite

With the flu season now upon, it's time once again to take stock of the province's free flu vaccine program which not only a colossal waste of time, but a colossal waste of health care dollars.

Most adults can avoid getting the flu or a bad cold simply by washing their hands eating a balanced diet and exercising once in awhile.

The funny thing is that most people who think they have the flu don't. They may suffer from flu like symptoms, but they don't have a full blown influenza virus. Case in point, during the 2006-2007 flu season 86,269 swabs were taken from people who sought treatment for what they perceived to be the flu. Only 7,976 of the swabs tested positive for influenza. The rest or 92 per cent were linked to other pathogens against which the vaccine is completely ineffective.

In truth, most adults are already immune to a number of different flu strains so even if they come in contact with the flu virus they won't get the flu.

Then there's the flu vaccine itself. The Public Health Agency of Canada has already admitted that one of the three strains of influenza virus selected for this year's vaccine has already mutated into a different form and a second one has begun to mutate. This means that the vaccine will be ineffectual against those viruses. The same thing happened in 2005.

All of which points to the fact that Ontario's free vaccine program has failed to reduce seasonal influenza.

As far as vaccinating school aged child against the flu is concerned, besides the arguments already presented, there is also the argument that kids need to come into contact with certain viruses in order for their body's immune systems to develop properly.

The problem is that influenza becomes much more dangerous for young adults who have not been exposed to the influenza virus at an early age and therefore have very little if any protection should they contract the virus in their 20s or 30s.

The only segment of the population who should get a flu shot are seniors citizens who are more susceptible to get pneumonia. Together the two conditions are lethal.

But safeguarding the lives of seniors is one thing, spending in excess of \$40 million a year on a program with very limited results at best is quite another. The money would be better spent in other areas such as hiring more nurses and improving emergency waiting times.

— Fred Sherwin, editor

## Looking back on the top stories of 2007

The other day I was on Roger's Talk Ottawa "Year in Review" show to discuss the top stories of the year.

Not surprisingly some of the stories that were picked among the most newsworthy of the past year were Larry O'Brien's legal problems; his failure to make good on his promise to freeze taxes and the Ottawa Senators playoff run last spring.

The show's producer took a camera out on to conduct an informal poll of what the average man in the street thought was the top story of the year and the overwhelming response by far was last Sunday's snow storm which only goes to demonstrate the average attention span of the average man in the street.

From a general interest perspective I think there's no question that the Sens playoff run was the biggest story of the year. It certainly sold the most papers.

But from a purely news worthy perspective the allegations against O'Brien, his admission to meeting Terry Kilrea in the parking lot of a Tim Horton's restaurant last summer and the subsequent investigation and laying of charges by the OPP against the mayor was definitely the top local story of the year.

For one thing, the city's top politician being charged with a Criminal Code offence is unprecedented in the history of Ottawa.

But for me the real story isn't so much what was said between Kilrea and O'Brien, or what may or may not have been offered. The real story is that O'Brien never needed to meet with Kilrea in the first place. All he had to do was enter the race and Kilrea would have been forced to drop out.

The fact that he did meet with Kilrea and that he agreed to meet him in the parking lot of a Tim Horton's shows such an incredible lack of judgement, it's boggles the mind.

The second so called biggest news story – O'Brien's failure to fulfill his campaign promise to freeze taxes – is hardly even newsworthy. Most people including yours truly knew it was an impossibility right from the get go.

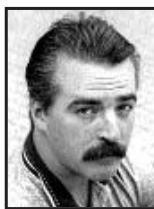
The only "news-worthy" thing about the budget process was O'Brien's decision to keep telling people he was going to freeze their taxes even after the writing was on the wall in big bold letters.

Turning away from municipal politics, the two biggest provincial story and the biggest national story can be summed up in two phrases – full-funding for residential schools and brown envelopes filled with \$1,000 bills.

Promising full-funding for religious based schools will probably go down as the biggest political blunder in the history of provincial politics.

In the blink of a political eye, John Tory doomed the provincial Conservatives to certain electoral defeat and handed the Liberals a second majority government on a silver platter.

As for the biggest national story, the Schreiber-Mulroney affair not only provided us with amazing political theatre, but it unearthed the fact that the former Prime Minister tried to defraud the Canadian taxpayers out of more than \$100,000 in unpaid taxes and if not for Schreiber's troubles in Germany he likely would have gotten away with it. Instead, he filed a voluntary disclosure with Revenue Canada fearing he would get found out and in doing so got himself off the hook.



View Point

Fred Sherwin



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# Fitness entertainment centre a hit with the kids

By Fred Sherwin  
The Eastender

It's no secret that today's younger generation spends far too much time in front of the television set playing a litany of video games. Recreational hockey has been replaced by NHL 2K8, and minor league soccer and baseball have been replaced by other super high tech video games. There's even games that cover snowboarding and skateboarding.

According to statistics, barely 15 per cent of today's youth are involved in organized sports, which has led to increasing rates of obesity among children under the age 18.

One person who knows this more than anybody is Orléans resident Rodney Muzik. The former owner minor football coach spent the better part of two years studying the issue of youth fitness in developing Ottawa's first ever sports fitness centre designed for youth.

The result is the Kidz Sports World fitness entertainment facility on Cleopatra

Drive near the corner of Merivale and Hunt Club Roads.

The facility utilizes a variety of apparatus that are unique to Canada including the Makato Training Ring, a sport wall and a rock climbing wall that moves as you climb to get kids active.

They also have several inflatable obstacle courses, a state-of-the-art laser tag arena and a Dance Dance Revolution station, but one thing you won't find at Kidz Sports World are banks upon banks of arcade games. In fact, they only have two of them.

Most kids who go to the centre don't even seem to notice the lack of stationary games because they're too busy having fun and getting a work-out in the process.

Everything at Kidz Sports World was designed to duplicate the neuro-sensory appeal of video games in an environment that is both mentally and physically stimulating not to mention a heck of a lot of fun.

"When kids leave here they are literally

sweating. I've had some parents come up to me and say, 'I can't believe it, I've never seen my kid sweat so much in his life.' And the kid has a smile on his face from ear to ear," says Muzik.

The first rule when entering the Fun Fit Zone is "Play hard, but play safe".

Each Fun Fit Zone activity is supervised by a trained staff member.

The regular drop-in rate is \$12 for two hours in the Fun Fit Zone and \$8 for two games of laser tag. A combination of the two costs \$18.

The facility also offers yearly memberships that you can pay for on a bi-weekly basis which allows you to drop your child off whenever you want. You simply pay a \$40 registration fee which covers the first month plus \$20 every two weeks thereafter. Should you want to cancel your membership you must pay a \$40 fee.

For more information or to find out how to get to Kidz Sports World visit [www.kidzsportsworld.com](http://www.kidzsportsworld.com).

## Local business

# Your key to health, happiness and personal well being

By Fred Sherwin  
The Eastender

Since its inception, chiropractic has been the subject of a great deal of controversy and criticism – not to mention a popular punch line for stand-up comedians. But did you know that chiropractic patients have the highest satisfaction rate among the various health care disciplines?

The surveys and anecdotal data is further backed up by the Manga Report, funded by the Ontario Ministry of Health, which found that chiropractic care had higher patient satisfaction levels than conventional alternatives.

A growing number of chiropractors in North America are in the process of taking the profession to an even higher level by taking a more holistic approach to their patients' health and general well being beyond their spines, bones and joints.

Dr. Nathalie Beauchamp has operated a successful practice in Orléans for the past six years and has built up a loyal clientele who have come to depend on her to help create and maintain a healthy lifestyle.

The former competitive natural body builder has long believed that a healthy lifestyle which includes regular exercise and proper nutrition can help prevent the severity of musculoskeletal problems and speed up recuperation.

As part of the process of constantly looking to improve her practice and in turn the health of her patients, Dr. Beauchamp last year joined the Creating Wellness Alliance which is a network of independently operated Creating Wellness Centres throughout Canada and the United States of America.

At the heart of "creating wellness" is being able to properly balance the three

key dimensions of personal health – the physical, the bio-chemical and the psychological.

At certain times in an individual's life they will experience a range of different stresses in one, two or even all three dimensions. The key to maintaining wellness is to be aware of how each dimension is being impacted and to make adjustments in the other areas to maintain a proper balance. In order to move toward total wellness, all three dimensions must be addressed at the same time.

But before you can proceed down the road to personal wellness and vitality, it is important to properly assess where you are at now.

All of Dr. Beauchamp's patients undergo a Creating Wellness Assessment which measures body composition, cardiovascular health, lung capacity, multi-modality stress response and strength and then compares the data to information provided by way of a questionnaire designed to assess the three dimensions of personal wellness.

The end result is a Wellness Quotient which becomes that person's wellness baseline. The next step is to develop a personal wellness program in consultation with Dr. Beauchamp that is customized to meet their specific needs.

In the journey to personal wellness, Dr. Beauchamp is not only a health care provider but a mentor.

She believes so deeply in the Creating Wellness philosophy, that she has become one of its most ardent spokespeople often giving seminars at health and wellness expos including right here in Orleans.

The very first Wellness Expo held last spring was a tremendous success and she's



Dr. Nathalie Beauchamp was a double recipient for Professional of the Year and Business Person of the Year at the 2007 Orléans Chamber of Commerce People's Choice Business Awards. Fred Sherwin/Photo

already working on the next one.

She deeply believes that creating wellness is the best and most effective way to prevent illness. Not to mention the most economic.

If you're sick and tired of always feeling sick and tired, why not call the Beauchamp Chiropractic Creating Wellness Centre and set up an appointment to have an assessment done. You can set up an appointment by calling 613-837-2883. You can also visit their website at [www.beauchampchiropractic.ca](http://www.beauchampchiropractic.ca) and download a Creating Wellness Lifestyle Questionnaire.

# Origins of Christmas symbols not easy to pin down

By Fred Sherwin  
The Eastender

Although the true origin of Christmas remains a mystery to this day, the reasons behind Dec. 25 as the date we all celebrate the birth of the Christ child is likely a conglomeration of a number of circumstances.

The traditional date of Dec. 25 was first set in 375 AD for the Western Church but the Eastern Church celebrates Christmas on Jan. 6.

Christ's birth is unlikely to have taken place during the winter since shepherds in Palestine customarily remain in the open with their flocks only from spring to autumn.

Further confusion as to the exact date of Jesus' birth was added in the 6th century AD when the Christian calendar replaced the old Roman calendar which dated from the founding of Rome (753 BC).

A monk, Dionysius Exiguus (also known as Dennis the Short), miscalculated Rome's founding as 748 BC. His mistake was not detected until long after the Christian calendar had become established. From this the date of Christ's birth must be reckoned as 5 BC.

However, the exact timing is further clouded by the existence of the Star of Bethlehem. According to astronomers a triple conjunction of Saturn and Jupiter did occur in 6 BC pointing to the likely date of Christ's birth around October, 6 BC.

So why is Christmas celebrated on Dec 25?

The idea of celebrating the birth of Christ was first suggested early in the fourth century AD by Church fathers who were looking for a way to subplant the traditional pagan celebrations associated with the winter Solstice.

The Roman festival "Natalis Solis Invicti" celebrated the birth of the "unconquered sun". Dec. 25 was also the birth date of Mithras, Son of Righteous-

ness and god of the Iranian mystery cult.

The Roman feast of Saturnalia was celebrated on Dec. 17 and involved merry-making and the exchange of gifts.

The Solstice had been connected with rebirth throughout the world from well before the Roman period and was a natural choice for the Christian birth celebration which took permanent hold in the Western world sometime around 337 AD after the Roman emperor Constantine had made Christianity the official state religion 24 years earlier.

By 354 AD, the Church of Rome led by Bishop Liberius wanted to reiterate the importance of celebrating not only Christ's death but also his birth.

## The Christmas tree

The Christmas tree with its lights and other decorations, is derived from the so-called paradise tree, symbolizing Eden, which was used in early German passion plays.

The use of a Christmas tree began early in the 17th century, in Strasbourg, France, spreading



through Germany and into Northern Europe.

In 1841 Albert, prince consort of Queen Victoria, introduced the Christmas tree custom to Great Britain and from there it accompanied immigrants travelling to the New World.

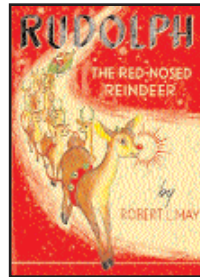
## Rudolph

The story of, "Rudolph the Red-Nosed Reindeer," began in 1939. Rudolph was created as part of an advertising campaign launched by the Montgomery Ward chain of department stores, well after the character of Santa Claus emerged.

The original Rudolph was a character in a poem about a misfit written by Robert L. May, a Montgomery Ward employee, and given away to clients at Christmas as a store promotion. 2.4-million copies were circulated in 1939.

In 1947, the copyright to the story was transferred to the original author and sold commercially.

The following year, a nine-minute cartoon of Rudolph was shown in theatres. Rudolph exploded in popularity. May's brother-in-law, Johnny Marks, came up with a song for the story, and in 1949, the song



"Rudolph the Red-Nosed Reindeer," sung by Gene Autry, aired.

Two million copies of the popular tune were sold in the first year. The song lingers as a popular Christmas carol today.

The original story May wrote for Montgomery Ward differs from the story told in the song. In May's version, Rudolph is not one of Santa's reindeer, and he's not from the North Pole.

In the song, Rudolph becomes loved among all the other reindeer who "used to laugh and call him names" because he was chosen by Santa Claus to lead the sleigh.

In the poem, Santa recruits Rudolph while on a foggy Christmas Eve delivery when he sees a bright red glow emitted from Rudolph's home. Rudolph's glowing nose saves Christmas Eve.

## Christmas cards

The first Christmas cards originated in England where they were hand-drawn on sheets of plain paper.

The practice of sending formal Christmas cards has been around for 157 years. The first

formal Christmas card, depicting adults and children with raised glasses in a toast, was created and sent in 1843 by J.C. Horsley of England. It read: "A Merry Christmas and a Happy New Year."

## Candy Cane

Widely believed to have been created to symbolize a "J" for Jesus or a shepherd's staff, the candy cane more likely started out the same as it is today – half confectionary treat and half ornament.

The very first candy canes date back to the 17th century. Soon after they began using Christmas trees, Europeans began making decorations for them. A popular confectionary item at the time was a plain white sugar stick which some inventive person decided to bend at one end to hang from the tree's limbs.

The broad red stripe symbolic of the Lord's sacrifice for man, wasn't added until the early part of the 20th century. By then the legend of the candy cane as a Christian symbol had already been well established.

Bob McCormack began making candy canes as special Christmas treats for his children and friends in Albany, Georgia in the 1920s.

McCormack's brother-in-law Gregory Keller later automated the process in the 1950's and in doing so founded the largest manufacturer of candy canes in the world.

## Boxing Day

Boxing Day falls on St. Stephen's Day when the charity boxes in churches were traditionally opened and the money distributed to the poor of the parish.

In Victorian times the custom was enlarged to allow servants a day's holiday to visit their families as cooks, maids, butlers, grooms etc. would have had to work on Christmas.

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# Legend of Santa Claus a mix of fact and fiction

By Fred Sherwin  
The Eastender

He may be but a myth to millions of people around the world, but the legend that is Santa Claus is actually based on a real person.

The real-life St. Nicholas lived during the fourth century in what is now modern-day Turkey.

As the bishop of Myra, the real Nicholas reputedly gave marriage dowries of gold to three girls whom poverty would otherwise have forced into slavery.



**Bishop of Myra**

Nicholas' miracles also included restoring the lives of three children who had been chopped up by a butcher and placed in brine, and saving the lives of sailors by halting a storm at sea.

By the Middle Ages, devotion to the patron saint of children and sailors stretched throughout much of Europe and Russia.

After the Reformation, devotion to St. Nicholas died out in all the Protestant countries of Europe except Holland. There his legend lived on as Sinterklaas.

When the Dutch first settled in the New World in the 17th century, they brought their devotion to Sinterklass with them. Before long Sinterklass became Santa Claus and the legend of St. Nicholas was coloured with Nordic tales of a magician who punished naughty children and rewarded good children with presents.

The jolly old elf we celebrate today was sealed in our collective imagination after poet Clement Moore penned the now famous *'Twas the Night Before Christmas*, as a gift to his family in 1822.

In the poem, Santa is portrayed as a rotund elf with a miniature sleigh and eight tiny reindeer. Rudolph was actually a 1939 creation of the Montgomery Ward advertising department.

Moore actually borrowed some of his concept of Santa Claus from earlier writers such as Washington Irving who penned *A History of New York* in 1807, in which St. Nicholas rode over the treetops in a wagon.

In 1821, William Gilley wrote a poem about "Santeclaus" who was dressed in fur and drove a sleigh driven by a single reindeer.

It was Moore's poem, however, that would inspire caricaturist Thomas Nast to come up

with the image we've come to associate with the present day Santa Claus.

Nast's engravings featuring a portly Santa in a red suit with a wide black belt ran in the American magazine *Harper's Weekly* between 1863 and 1886.

The engravings featured Santa in a workshop, reading letters, checking his list and so on.

In 1885, Nast fixed Santa's address with a drawing of two children looking at a map of the world on which Santa's journey was etched from the North Pole to the United States.



**Early American Santa**

Santa's final transformation evolved through a series of Coca-Cola ads illustrated by Haddon Sundblom from 1931 to 1964.



**Coca-Cola Santa**

Coca-Cola still holds the trademark for their Santa design and Christmas ads featuring Sundblom's Santa continue to this day.

As for Santa's elves, their origin is murkier, although Europe's Christkindlein, or Christ child, travelled with dwarf-like helpers while delivering gifts in secret to children.

The idea of Santa delivering gifts at night has also been adopted throughout the world, although his delivery methods differ from culture to culture.

In countries like Holland and Spain, children leave their shoes under the tree filled with hay and sugar for Santa's horses. When the horses have their fill, the children are repayed with gifts.

In Sweden, a reindeerless Santa has to pull his sack of gifts through the snow.

## Two surefire, can't miss holiday baking recipes

By Fred Sherwin  
The Eastender

"My mother bakes the best Christmas goodies in the world." How many of us have uttered those same words about our own mother's Christmas baking?

I know I have, many times. So in the spirit of Christmas I thought I might pass along the recipes – shortbread and cherry loaf.

The shortbread recipe is actually my grandmother's on my mother's side and the

cherry loaf recipe is taken from my great-grandmother's original hand-written notes.

### SHORTBREAD COOKIES

- 1 1/2 cups of butter
- 1 1/2 cups of shortening
- 1 1/2 cups of icing sugar
- 4 1/2 cups of flour

Cream butter and shortening together into a large mixing bowl with a kitchen fork. Be sure both ingredients are at room temperature before you start.

Mix in the icing sugar

about half a cup at a time. Finally, mix in the flour.

If your dough seems a little gooey, add more flour.

Roll dough out about a quarter inch thick. Cut out your cookies and place on an ungreased cookie sheet. Bake at 350°F for about 10 minutes.

### CHERRY LOAF

- 2 cups of flour
- 1 cup of brown sugar
- 2 teaspoons of baking powder
- 1 16 oz. bottle of cherries
- 3 tablespoons of butter
- 1 egg

Cream brown sugar and butter together. Add flour, baking powder and a pinch of salt and mix together.

Beat the egg in a measuring cup and add the drained syrup from the cherries. If it doesn't come to an even cup and a bit of milk. Pour the liquid mixture into the dry ingredients and mix well.

Slice the cherries in half, and flour generously before folding them into the rest of the ingredients.

Bake at 350 for about 50 minutes to an hour.

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## Local sports

# Orléans speedskater has disappointing homecoming

By Fred Sherwin  
The Eastender

Short track speed skating is a very unforgiving sport. In the blink of an eye you can go from being on the top of the heap to lying in a heap.

Orléans native Ivanie Blondin was reminded of how quickly one's fortunes can change in the sport during the Canadian Junior Championships which were held at the Bob MacQuarrie Recreation Complex over the weekend.

It was the first time the 17-year-old short track specialist was competing on her home turf since moving to Montreal in August to train with the national development team.

In Saturday's opening event, Ivanie made it to the final of her specialty, the 1500 metres. On lap five, she tried to make an inside pass and went sprawling into the boards. At first it looked like she might have been pushed by one of the other skaters, but the officials ruled that she had obstructed the other competitor and she was disqualified.

In the afternoon session, Ivanie made it to the quarterfinals in the 500 metres. Again she went down, only this time she was maintaining her line around the track when she was bumped from behind. Frustrated at what happened, she kicked the ice with her skate.

When the list for the semi-finals was posted, her name had been scratched off. Believing that she had been disqualified for kicking the ice she went home to rest up for the second day of the competition. It was only afterwards that she learned that her name had been scratched off by mistake.

Things continued to go from bad to worse on Sunday. After making it to the final of the 1,000 metres, she was jostled not once but twice and hesitated to make an inside pass on the seventh lap which might have gotten her into the medals. Instead, she finished fourth.

In the Super 1500, which traditionally brings the meet to a close, Ivanie was content to make it to the final and let the top four girls duke it out.

Despite her misfortunes on the ice, she ended up placing fifth overall. Unfortunately, only the top two competitors earned a spot on the World Junior team which will be going to the World Junior Championships in Italy next month. But not making the world junior team could be a blessing in disguise for Ivanie.

The Canadian Open Championship, which will be used to select the skaters competing in two World Cup events in February and the World Championships in March, are being held in Montreal five days after the World Juniors.

Ivanie is hoping the extra rest will allow her to be in the best shape possible heading into the event.

"I think it will definitely help for sure. The trials are right after worlds and it would have been tough to do the two meets that close together. It was tough last year," says Ivanie referring to last year's Canadian Open Championship in which she placed fifth after spending 38 hours on planes getting from the Czech Republic where the World Juniors were held to Sudbury.

It's been a difficult season for Ivanie. After moving to Montreal in August, she had a hard time getting used to the rigorous training schedule which saw her go from eight hours a week to five to seven hours a day.

By the time she competed at the first National Team Trials in September she was physically spent and ended up placing a disappointing 12th.

After a meeting with officials from the national short track speed skating program she was assigned to a new coach who worked with her on a new training schedule.

So far it appears to be working out, although Ivanie is still trying to adjust to



Orléans native Ivanie Blondin placed fifth overall at the Canadian Junior Short Track Speed Skating Championships at the Bob MacQuarrie Recreation Complex on the weekend. File photo

living in Montreal and having to commute 45 minutes to an hour to practice every day.

"I'm getting more used to it now, but the travel is still pretty draining," says Ivanie who competed in two World Cup races in Quebec last year and made to a 1500 metre final in one of the events.

Her ultimate goal is to compete at the 2010 Winter Olympics in Vancouver, but to get there she has to make the team first and to make the team she has to break out of her habit of having a down season in odd number years. The Olympic trials will be held in the fall of 2009.

"I know it's weird, but it seems I'll have a really good year and then a down year, and then a really good year and then a down year again. Hopefully, I can still get back on track this year," says Blondin.

# St. Matt's loses Tier 2 girls hockey crown in overtime

By Fred Sherwin  
The Eastender

The St. Matthew Tigers varsity girls hockey team came within a whisker of winning the Tier 2 city championship on Monday, but it was not to be as the Franco Ouest Vikings scored four and half minutes into overtime to win the game 2-1 and take the series two games to one after the Tigers had won the opener 4-3.

Both teams played their best hockey of the series, if not the entire season, at the Potvin Arena.

The Tigers were extremely sharp in their own end, especially when they were on the penalty kill. They killed off five penalties including a 5-on-3 situation for about a minute and forty seconds in the second period.

St. Matt's got on the board first when Breanna Roy scored with 1:31 left in the opening period on a wrist shot from about 20 feet out that found the top left corner of the net.

The Vikings would eventually tie the game late in the second period on a point shot from Sophie Berthiaume which was redirected by Amanda Lucky past Tigers goalie Rachel Lamb-Palmer who had no chance on the play.

Both teams had several chances to break the 1-1 deadlock in the third period, including the Tigers who very nearly scored on pass from behind the net with a minute left in the game that sailed just wide.

The game looked to be heading to overtime, when the Vikings forced the Tigers to turn the puck over inside their own end

which set up a two on one play.

Lamb-Palmer managed to stop the initial shot, but Elise Defrancesco was right there to poke home the rebound.

The play was questionable in that there was definitely contact between the Viking player and the Tiger puck carrier to cause the initial turnover. Girls hockey at the high school level is supposed to be non-contact.

After the game, Tigers co-coaches Ken Clark and Kyle Wilson refused to blame the referees for the apparent non-call.

"I thought there was definitely contact, but there was contact on both sides all game that wasn't called," said Clark. "There's nothing you can do about it. It's over and done with."

The Tigers ended the season with a record of 9-2-1 including the playoffs.

# Artscetera

## ‘Sleeping Beauty’ panto pure entertainment

By Fred Sherwin  
The Eastender

The East End Theatre company’s latest pantomime production “Sleeping Beauty” wrapped up a three day stint at the Orléans Theatre on Sunday before an audience of 60 souls who bravely managed to weather the worst snowstorm in 30 years to be there.

Those people who did manage to make it to the theatre were treated to a traditional English panto with all the standard elements including music, humour, audience participation, puns, double entendre and, of course, a dastardly villain.

Pantomime as a popular art form dates back to Victorian England where it was a served as a diversion from the drudgery of daily life, especially around Christmas when pantos are traditionally performed.

Some of the more famous pantos are “Cinderella”, “Aladdin” and “Jack and the Beanstalk”.

“Sleeping Beauty” is East End Theatre’s sixth pantomime following on the heels of last year’s highly popular production of “Dick Whittington and His Cat”. Director Diane Barnett chose the Norman Robbins version of the famous fairy tale.

Robbins is one of the most popular panto playwrights in England as well as one of the most prolific.

The play itself centres around the princess Aurora who has a curse placed on her during her christening party by a wicked fairy named Carabosse. Carabosse wasn’t on the guest list so she cast a spell that on Aurora’s 16th birthday she would prick her finger on a spinning wheel spindle and die.

Fortunately the good fairy Azuriel, played by East End Theatre veteran Sally Osbourne, is able to cast a counter spell so that Aurora will only fall into a deep sleep and stay that way for 100 years until she’s kissed by a handsome prince.

Robbin’s pantomime version of the fairy tale differs from the other versions out there in that the audience is introduced to Prince Valiant in Act 1 rather than Act 2.

Central to any pantomime are the dame, who is usually played by a man in drag, and the audience prompter who acts as a sort of go between with the audience.

In the East End Theatre version of “Sleeping Beauty”, Kevin Rockel filled out

the role of Dame Amonia Goodbody in more ways than one. The exceptionally tall actor towered over the rest of the cast and had an extremely high pitched voice which reminded me of the female characters in Monty Python’s Flying Circus.

Playing opposite Rockel’s Dame was Nick St. Francois, who played Tickle the Jester, Dame Goodbody’s reluctant “love” interest. St. Francois kept the crowd involved and his high energy performance kept everything on pace.

The villain Carabosse was aptly played by Debra Boileau who was just plain nasty, not to mention a touch psychotic especially when she started threatening to kill everyone in Entertania along with the princess, who was played by Orleans Young Players alumnus Sarah Benfield who is arguably the hardest working actress in Orléans. This is her third production in the last two months and fourth since she played Cindy in the East End Theatre production of “The Roof Top Guy” and “The Three Hole Punch” in July.

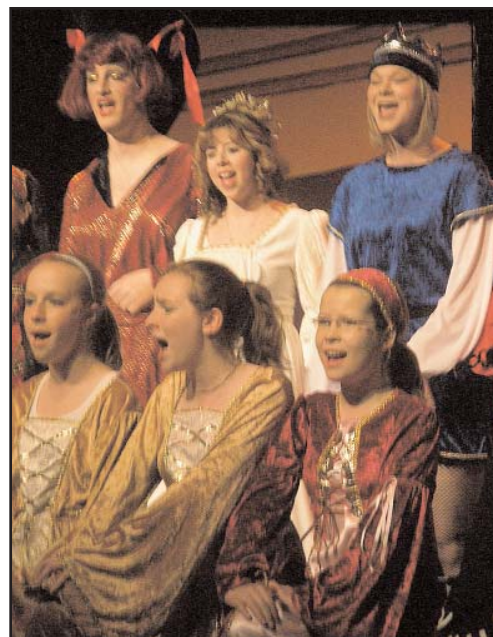
In an effort to thwart Carabosse, Aurora’s parents King Cedric and Queen Semolina, played by Ron Kok and Lili Miller order all the spinning wheels in the kingdom destroyed. But their efforts go for not when Carabosse shows up with her own spinning wheel and tricks Aurora into pricking her finger and falling asleep.

In order to break the spell Tickle and Dame Goodbody volunteer to go into the future and find Prince Valiant who Aurora had briefly met and fallen in love with before she pricked her finger. While they’re gone, Azuriel casts a spell so that the rest of the kingdom will fall asleep until Tickle and Dame Goodbody return.

In the end Carabosse is killed by Prince Valiant, played by Elizabeth Fiander, who kisses Aurora to break the spell and everyone lives happily ever after.

It should be noted that the principle boy in pantos is traditionally played by a girl, usually wearing high heels and fish net stockings.

Like all traditional pantos, “Sleeping Beauty” is riddled with racy humour and local references to things like the Senate, Ottawa City Council and Larry O’Brien. At one point Dame Goodbody asks Tickle



The East End Theatre’s pantomime version of ‘Sleeping Beauty’ was a holiday treat. Fred Sherwin/Photo

if he’s ever hunted bear, to which Tickle replies “No, but I’ve hunted in my underwear”.

There was also songs galore, dancing, and plenty of chances to boo, hiss, cheer and shout. Audience participation is not only encouraged in panto, it’s an integral part of the whole experience.

Some of the more memorable numbers were Dame Goodbody’s rendition of “Seven Day Fool” by Julie Black; “For Once in my Life” and “I’m a Believer” sung by Prince Valiant and Valiant and Aurora’s duet “It Had to be You”.

Filing out the cast of principle players was Marc Barette as the Lord Chamberlain Fuspot; and Cheryl Tofflemire and Jeannette Smith as the royal heralds Dim and Wit.

No East End Theatre panto would be complete without the contribution of the childrens’ chorus which this year was made up of Camille, Colton and Calissa Daly, Kristen and Graham Mainwood, Miranda and Danica Tofflemire, Sarah and Marlie Fitzpatrick, Sarah Conway, Sarah Izzard, Emily Naismith and Tara Miller.

Next year, the theatre company plans to tackle another Norman Robbins’ panto when they present the fairy tale “Humpty Dumpty”.

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# Artscetera

## Vintage Stock Christmas play tugs at the heart strings

By Fred Sherwin  
The Eastender

Amateur theatre is alive and well in the east end as evident by the recent spat of holiday productions kicked off three weeks ago by ENCORE!'s presentation of Maurice Panych's wonderfully funny "7 Stories".

A week later, Orleans Young Players' Christmas class brought "Plenty of Christmas for Everyone" to the Orléans Theatre stage. The play, about two would-be lovers kept apart by a community's intolerance of their interfaith relationship, was written by Cumberland playwright Susan Flemming.

This past weekend it was the East End Theatre's turn. The irreverent theatre company presented the traditional English pantomime "Sleeping Beauty".

Last but not least, the Vintage Stock Theatre Company performed "A Cumberland Christmas" at the Cumberland Heritage Village Museum.

"A Cumberland Christmas" was originally written by Flemming more than a year ago. The founder of Vintage Stock Theatre later expanded on the script which ended up becoming "Plenty of Christmas for Everyone".

Having sat through both plays, the similarities were numerous starting with the central theme of tolerance, acceptance and family.

Both plays revolved around a young couple from opposite families. In the case of "Plenty of Christmas for Everyone", one was Protestant and the other was Catholic.

In "A Cumberland Christmas", the respective families are not only separated by religion, but by language and culture.

The play is set in the 1920s and revolves

around two families – one French Catholic and the other English Protestant – who are caught up in a disagreement between the respective mothers after the daughter from the French family marries the son from the English family and move to Carleton Place to start a new life.

The couple's younger sisters have been forbidden to play with each other by their feuding mothers so they hatch a plan to bring the couple back to Cumberland to watch their Christmas concert during which they plan to talk them into moving back for good.

The play is unique in that it is performed in both official languages with the French characters conversing in French and the English characters conversing in English.

The cast, almost all of whom were first timers, did an outstanding job. I was especially impressed with young Marseille Lachance who played Josephine Lefebvre. Ginette Davis also did a wonderful job as Rose Lefebvre and as did Ashley Moores who played the school teacher.

The rest of the cast was rounded out by Bryce Fisher who played the postmaster; Francis LeBlanc played Jos Lefebvre; David M. Brown played James Mackenzie; Jacquie Embleton played Elizabeth Mackenzie; Heather Jamieson played Annie Mackenzie; Erika Fisher played Sarah Mackenzie; Pascale Lachance played Susan Lough and Zoe Doyle, Audrey Doyle, and Chloe Allard were choir members along with Pascale L.

Pulling the cast together and getting them focused on the task at hand was the job of Orleans Young Players alumnus Louisa Haché who directed the production.



A choir strikes up a song during the Vintage Stock Theatre production of 'A Christmas in Cumberland' on at the Cumberland Heritage Village Museum over the weekend. Fred Sherwin/Photo

Although the parts of the play spoken in French were difficult to follow at times for an anglophone with a passing knowledge of the language like myself, the actors did a good job in getting across the underlying tone so that you at least had an idea of where the plot was going.

All in all it was an enjoyable performance to watch and hopefully it will provide some of the cast members with the confidence to go on to do even bigger and better things to come.

# Community calendar

SATURDAY, DEC. 22

**ALL DAY SKI-DOO PARTY** at Jacques' Trap Roadhouse in Carlsbad Springs. Half-price appetizers, 25 cent jumbo chicken wings. For more info visit [www.jacquestrap.ca](http://www.jacquestrap.ca).

MONDAY, DEC. 24

**CHRISTMAS EVE SERVICE** at 5 p.m., 7 p.m., 9 p.m. and midnight at Divine Infant Roman Catholic Church, 6658 Bilberry Dr. (Behind St. Matthew High School).

**CHRISTMAS EVE SERVICE** at 6 p.m. and 8 p.m. Divine Infant Parish at St. Peter

High School on Charlemagne Blvd.

**CHRISTMAS EVE CANDLELIGHT SERVICE** at 6:30 p.m. at Community Pentecostal Church, 1825 St. Joseph Blvd. (east of Jeanne d'Arc Blvd.)

**CHRISTMAS EVE SERVICE** at 5 p.m., 7 p.m., 9 p.m. and 11 p.m. at Orleans United Church, 1111 Orléans Blvd.

**CHRISTMAS EVE CANDLELIGHT SERVICE** with caroling at Bilberry Creek Baptist Church, 480 Charlemagne Blvd.

starting at 7 p.m.

**CHRISTMAS EVE SERVICES** at St. Helen's Anglican Church, 1234 Prestone Drive in Queenswood Heights. Children's service at 4 p.m.; Candlelight service at 7 p.m. and 10 p.m.

**CHRISTMAS EVE CANDLELIGHT SERVICE** at Abiding Word Lutheran Church, 1575 Belcourt Blvd. at 6 and 8 p.m.

**CHRISTMAS EVE SERVICE** at Resurrection Lutheran Church, 1325 Gaultois Ave., Orléans at 7 p.m. and 10 p.m.

**MIDNIGHT MASS** at Good Shepherd Roman Catholic Church, 3092 Innes Road at the Blackburn Bypass.

TUESDAY, DEC. 25

**CHRISTMAS SERVICE** at Divine Infant Roman Catholic Church, 6658 Bilberry Dr., Orléans at 8 a.m., 9:15 a.m., 10:45 a.m. and 12:15 p.m.

**CHRISTMAS SERVICE** at St. Helen's Anglican Church, 1234 Prestone Drive at 10 a.m. in Queenswood Heights.

**RESURRECTION LUTHERAN CHRISTMAS**

**SERVICE** 10 a.m. at Laurier Manor, 1715 Montreal Rd. A special Christmas Day service with those in long-term care.

**NATIVITY SERVICE** at Abiding Word Lutheran Church, 1575 Belcourt Blvd. starting at 11 a.m.

MONDAY, DEC. 31

**NEW YEAR'S EVE BALL** at the Orleans Legion, 800 Taylor Creek Rd. Cocktails at 6 p.m. Dinner at 7 p.m. Door prizes, party favors, champagne at midnight. \$55 per person. For tickets and info call 613-830-9984.