

The Eastender

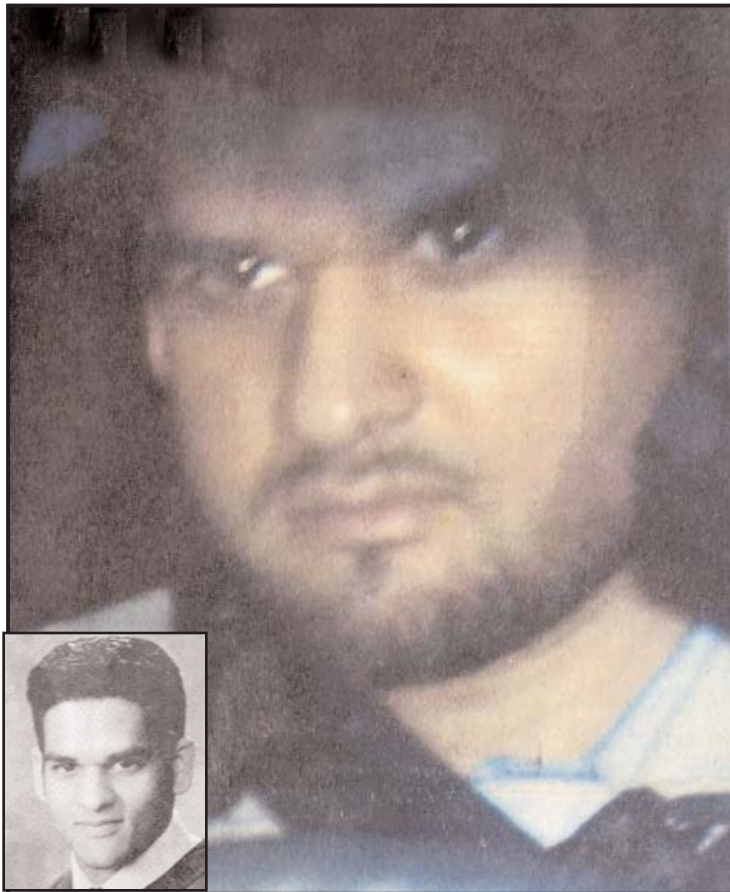
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November 1, 2008

Your environmentally friendly community newspaper

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Momin Khawaja was convicted this week on five terror related charges under Canada's Anti-Terrorism Act. However, he was acquitted on charges that he was involved in a 2004 plot to bomb civilian targets in and around London, England. File photo

Khawaja acquitted in bomb plot

By Fred Sherwin
The Eastender

Former Orléans resident and Sir Wilfrid Laurier grad Momin Khawaja has moved from the list of suspected terrorist to that of convicted terrorist after Judge Douglas Rutherford found him guilty of financing and facilitating terrorist activities between January 2002 and March 2004.

He was also found guilty on two Criminal Code offences for building a remote electronic device intended to detonate explosives which were likely to

cause serious harm or death.

However, he was acquitted on the more serious charge of building the detonation device for the purpose of being used in a plot to bomb civilian targets in and around London, England.

Justice Rutherford ruled that the Crown failed to prove beyond a reasonable doubt that Khawaja either knew of the 2004 bomb plot or that the device dubbed "HiFi Digimonster" would be used help to carry it out.

[CLICK HERE TO CON'T p2>](#)

Khawaja sentence should depend on one critical question

Commentary
By Fred Sherwin

For the past two days I've been trying to figure out what I would do if I was Justice Douglas Rutherford faced with deciding the fate of Momin Khawaja.

And every time I think about it my mind comes around to the same haunting question – what would have happened if the National Security Council in the United States hadn't intercepted an e-mail message from Pakistan to a terrorist cell in London plotting to bomb a number of public targets.

It was that e-mail which launched the investigation that uncovered the bomb plot and eventually led to the arrest of Khawaja who either knowingly

or unknowingly was building the detonation devices which were to be used in the plot.

Assuming the plotters never let him in on their plans and assuming he thought he was building the device to set off bombs in Afghanistan, he was building it nonetheless and it would have been used to kill hundreds of innocent people.

If I were Rutherford I would clear the court on Nov. 18 except for the lawyers and ask Khawaja point blank, how he would have felt if the plot had been successful and it was his device that had detonated the bombs?

Anything short of complete and authentic contrition and I would lock him away for a good number of years.

However, should he show remorse and even anger at almost being duped into helping commit mass murder, I would be tempted to be more lenient.

But after reading his e-mails to his "bros" and his ex-fiancée again and again, I can't help but think that his first response after hearing about a successful operation would have been to e-mail them back and congratulate them for taking the "J" to "L-town".

After all he did tell he ex-fiancée in an e-mail in Oct. 30 2003, to imagine the impact of 10 9/11 attacks. "Yes, I understand that innocent human beings died, but there is absolutely no other way of achieving the same objective

with the same effect," Khawaja wrote.

Earlier in the same e-mail he also wrote, "So somethings that seem wrong from face value due to our lack of info or understanding, such as certain operations that Muj carry out against the kuffar, may in fact be very noble deeds with great long-term benefits for the Muslim Ummah."

So put the question to him Justice Rutherford. How would he have reacted if the operation hadn't been discovered and his HiFi Digimonster was used to set off bombs outside London's largest shopping mall, the city's largest dance club, the subway and the energy grid?

His future and your sentence should depend on the answer.

Community briefs

Orléans man named head of Canadian Police Association

ORLEANS — Former Gloucester Police officer and Ottawa Police Association president, Charles Momy, has been named as the new head of the Canadian Police Association. Momy started out with the Gloucester Police Department in 1988 and eventually became a polygraph expert. After the region's three main municipal forces merged in 1995, he returned to patrol duty as a sergeant in 2004 and was elected as president of the Ottawa Police Service the same year. The CPA lobbies MPs in the areas of crime and policing and tries to play a consultative role in the decision-making process. In the past they pressed the federal government to put 2,500 more front-line officers on Canadian streets.

Police search for leads in pair of bizarre break-ins

ORLEANS — Police are looking for information in a pair of east residential break-ins in which the only items taken were female under garments. Both break-ins occurred in the Fallingbrook area last weekend. Police are reminding residents in Fallingbrook to make sure their doors are locked, especially during the evening and overnight. Anyone with information is asked to call police at 613-236-1222, ext. 3566, or Crime Stoppers at 613-233-8477.

Site plan unveiled for Coburn Heights

ORLEANS — The Cumberland Housing Corporation has unveiled the site plan for a 16-unit affordable housing development being built on the former site of the Tompkins Fire Station. The 16 townhomes will be built in four separate units. Three of the buildings will be set back from Tompkins Ave. with a separate laneway, while the fourth unit containing three townhomes will face east. The development will be called Coburn Heights after former Cumberland mayor Brian Coburn. While the project is technically an affordable housing development, nine of the townhomes will be leased at their current market value while the other six units will be rented out to qualified families at 70 per cent of their current market value. CHC president David Lewis says any applicants will be thoroughly vetted before entering into a rental agreement. The site plan, which was submitted to the city in September, will go before council by the end of the month. Barring any unforeseen circumstances the construction contract will go out for tender on Jan. 1 with a Feb. close date. If everything goes according to plan, construction will begin in the spring and be completed by next fall.

Judges finds Khawaja guilty on five terrorism-related charges

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The ruling is being hailed as major victory by Khawaja's defence lawyer Lawrence Greenspon who says the other terror related charges are far less serious.

"It's not totally a good thing, but it's a much better thing than being convicted of the London bomb plot," Greenspon told reporters outside the Provincial Courthouse on Elgin Street. "The prosecution's case was directed on his involvement in the London bomb plot and the judge acquitted him. It's terrific. It's what we set out to do."

The other terrorist related charges of which Khawaja was convicted come with possible life sentences, but Greenspon is confident his acquittal on the charges relating to the London bomb plot will impact the severity of the sentence in his favour.

"I certainly think that had he been convicted of the London bomb plot the sentence would be a lot more severe. Our hope now is that it will be significantly reduced," said Greenspon.

When taking into account the time he's already spent in jail, Khawaja has served the equivalent of nine years in prison.

In a 58-page document explaining his decision, Justice Rutherford said that the Crown failed to present any direct proof that Khawaja had any knowledge of the London bomb plot even though he was deeply involved in discussions with the ringleader, Omar Khyam, about providing supplies to fellow jihadists in Pakistan, opening bank accounts and providing a family residence in Pakistan as a safe house for al-Qaeda operatives.

In particular, Rutherford notes that there was no mention of the plot in the dozens of e-mails exchanged between the two men, or in electronic surveillance carried out by British security officials when Khawaja visited Khyam in London in February 2004. It was only after Khawaja left London,

that Khyam started discussing the plot with his London-based co-conspirators.

In Khawaja's defence, Greenspon said the software developer was under the impression that the device was going to be used in the insurgency in Afghanistan and that he had no knowledge of the plotters' intention to use it on civilian targets in London.

But Justice Rutherford noted in his decision that terrorist cells often operate on a "need to know" basis, and that it wasn't necessary for the plotters to let him in on their plans because he was already doing what they needed him to do by developing a detonating device.

"One wonders why terrorists like (the British plotters) would share details of such a fertilizer bomb plot with a foreigner like Khawaja, unless it was necessary to do so. And it wasn't," noted Rutherford. "His having knowledge of their domestic U.K. bomb plot was not necessary. He wasn't a required link when it came down to that knowledge."

As for Khawaja's innocence or guilt on the charges that he knowingly facilitated, financed and participated in terrorist activities, Rutherford said that his activities left no doubt that he was guilty on all five counts.

"In all the circumstances of this case, there is no doubt that Momin Khawaja did facilitate a terrorist activity," Rutherford noted in his ruling.

"Momin Khawaja was aware of the group's purposes, and whether he considered them terrorism or not, he assisted the group in many ways in the pursuit of its terrorist objective. It matters not whether any terrorist activity was actually carried out."

Khawaja will face sentencing on Nov. 18. The maximum sentences allowed under the Anti-Terrorism Act for the charges he's been convicted of range from 10 years to life in prison.

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"Providing quality legal service to Orléans and area for the past 30 years."

Story of Orléans teen turned terrorist shrouded in mystery

By Fred Sherwin
The Eastender

It's been more than four and a half years since an RCMP swat team descended on a white, two-storey home on Princess Louise Drive, setting in motion a chain of events that would result in the first trial and eventual conviction of an individual under the country's Anti-Terrorism Act.

But after all the testimony and the final verdicts, the questions remain – how and why did a quiet introverted youth from a sleepy bedroom community like Fallingbrook get caught up in Islamic extremism to the point where he wanted to finance and facilitate terrorist activities in any way possible, including the development of a remote detonation device that could kill hundreds if not thousands of people?

In an e-mail sent to Fatima Bahm in Dec. 2007, Khawaja wrote about one of earliest childhood memories.

"...I always wanted to be a soldier, cuz when I was like five years old me mum and I would read a story about Ali radiAllahu-Anhu and how he chopped off the head of Marhab the kafir and 'bout jihad and stuff. ~lolz. I loved it even then and wud (sic) repeat that story over and over again."

Although Khawaja was born in Canada along with his older brother Qasim and a younger sister, the family moved to Libya in the mid-80s where his father taught at the University of Triploi. It was around the same time that the United States was conducting air strikes against the North African country. Khawaja remembers their mother having to hide them under the kitchen table during the air raids.

The family also spent two years in Pakistan and a number of years in Saudi Arabia before returning to Orléans in the early 1990s. By this time Khawaja was already expressing anti-Western sentiments especially after U.S. led forces invaded Afghanistan.

In another e-mail sent to a friend in January 2004 he wrote "...lemme tell you somthin bout me...few yrs ago, when the kuffar amreekans invaded Afghanistan, that was...the most painful time in my whole life cuz I loved the mujahideen and our bros in afghanistan so so much that I couldn't stand it. it would tear my heart knowing these filthy kaafir dog americans were bombing our muslim bros and sisters. besides that...Shaykh Usama bin laden is like the most beloved person to me in the

whole world, after Allah."

According to a story published in the *Ottawa Citizen* two weeks after he was arrested on March 26 2004, Khawaja led a fairly normal life while he was living in Orléans. He liked cars, rap music and working out at the YMCA gym on Centrum Boulevard with his buddies that comprised of a close knit group of mostly Muslims, but also included other ethnicities. His desire to workout as much as two hours a day demonstrated a level of obsessiveness that was a major part of his character.

During his final year of high school, Khawaja spent more time attending prayer at the Bilal Mosque in Orléans and less time goofing off with his friends.

After graduating in 1998, he went to Algonquin College where he studied computer programming.

Shortly after graduating from Algonquin, he got a job placement with Human Resources and Development Canada in Gatineau. In 2002, he was hired by a private sector company that had been contracted to develop software for the Department of Foreign Affairs.

The whole time, and up until his arrest in March 2004, he lived in the basement of his parents' large two-storey home on the corner of Princess Louise Drive and Farmbrook Crescent.

While he was working downtown, he attended afternoon prayer every day at 12:30 p.m. at the Islamic Information and Education Centre on Lisgar Street like clockwork. The director of the centre remembered Khawaja as an extremely quiet person who spoke in hushed tones.

Saeed Bokhari is the president of the Islamic Society of Cumberland. He has known the Khawaja family for 25 years and believes Khawaja was caught up in trying to impress his former Pakistani fiancée at the time which led to his trip to a Mujahideen training camp and his eventually meeting with the ringleader of an avowed group of jihadists with connections to al-Qaeda plotting to carry out a terrorist attack in London. All five members of the group were found guilty on various terrorism charges last year and sentenced to life in prison.

Khawaja's role in the plot was to build a remote detonating device. He wasn't even on the RCMP's radar until he flew to London to meet with the co-conspirators to give them an update on his work.



Police sit outside the home of Momin Khawaja residence on Princess Louise Drive after an RCMP conducted a raid on the house in March 2004. File photo

British authorities found out about him while tailing two of the conspirators who went to Heathrow Airport to pick him up. The three men went back to an apartment and then an Internet café where Khawaja showed them a picture of the device he dubbed the HiFi Digimonster. Police were monitoring their conversations the whole time.

When Khawaja flew back to Canada, the British authorities alerted the RCMP. Two weeks later they raided his parents Fallingbrook home and found a number of items including a prototype of the HiFi Digimonster, \$10,000 in cash under his brother Qasim's bed, three military-style assault rifles with 640 rounds of ammunition and several books on Islamic Jihad and combat tactics. They also found dozens of e-mail messages on his computer at home and at Foreign Affairs.

Perhaps the most damaging was the one he sent London ringleader Omar Khyam three months before he flew to London.

"I will start on the remote device things right away and will let you know once we have it ready for testing, and I find some of the things for testing, urea, nitro, phosphate, anything else we need," Khawaja wrote.

Now 29 years old, Khawaja awaits sentencing on Nov. 18.

Fall Special

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Orléans home to Barack Obama's #1 fan

By Fred Sherwin
The Eastender

As Americans head to the polls to elect the next President of the United States on Tuesday, millions of people will be watching around the world to see if Barack Obama will become the first African American to attain the position, including thousands of supporters in Canada.

People like Orléans resident Yomi Pratt who was mesmerized by Obama when he saw his now famous keynote speech at the 2004 Democratic National Convention in which he addressed "the audacity of hope".

"I was like, 'Oh my God, who is this guy?' I couldn't believe it. When he talked about Americans being Americans no matter where they're from. That was a very powerful message," says Pratt.

During the past two years, Pratt has followed the nomination process and now the Presidential campaign very closely. Through it all he says Obama has shown himself to be a very pragmatic person as well as a man of vision. He has also demonstrated a characteristic that Pratt holds near and dear to his heart, the willingness to take responsibility for one's actions.

"We live in a society where most people don't want to take responsibility for their actions. (Obama) is not the type of individual who will blame other people. He will accept the blame himself," says Pratt. "You know complaining is like sitting in a rocking chair. You can go back and forth all you want, but it's not going to get you anywhere."

Pratt believes Obama will lead by example and inspire Americans to rise above the petty partisanship that has marred the workings of government for years.

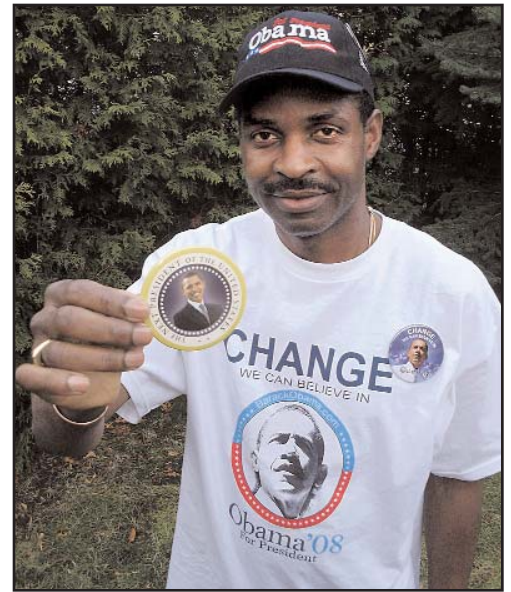
"I think Obama will inspire all Americans, both blacks and whites. My feeling is that we're going to see more cooperation among all Americans because he will create an environment based on his own life experience. He was able to struggle through life and go to a great university like Harvard. He understands what it's all about," says Pratt who believes Obama's ability to touch a wide variety of Americans has been his biggest strength.

As for Obama's chances of restoring the stature of the United States in the eyes of the rest of the world, Pratt believes the process began earlier this year when he toured Europe and drew tens of thousands of people to hear him speak.

"I see Obama as more of a beacon of hope for the entire world," says Pratt. "The world will be more at ease because everyone will want to deal with him."

There's no doubt that as a second generation African American whose father came from Kenya, Obama has a special place in the hearts of other people of African descent like Pratt who is originally from Nigeria, but it isn't his sole appeal or even his most important trait.

"You know he's worked very hard not to make the election racial. Other black men have tried to become president like Jesse Jackson and Al Sharpton, but they only appealed to the black community. Obama has appealed to everybody, black and white. He's also told the black community that you have to start working for yourself. You can't constantly blame other people and slavery. Slavery happened a long time ago. It's time to move on and Obama symbolizes that," says Pratt who intends to



Yomi Pratt shows off some of the Barack Obama election paraphernalia he picked up during a trip to Chicago in August. Fred Sherwin/Photo

take his wife and two young children to Washington D.C. to witness Obama's inauguration should he win the election.

"You better believe it. I'm going to take a Canadian flag and a Nigerian flag and maybe a banner that says 'Canada for Obama'," says Pratt who has taped nearly six hours of Obama's television appearances and purchased a pile of "Obama for President" paraphernalia during a visit to Chicago in August.

"I want my kids to be a part of history and not just read about it or watch it on TV," says Pratt. "Being there for the inauguration will be something they will never ever forget."

Khawaja's parents take solace in not guilty verdict

By Fred Sherwin
The Eastender

As Justice Douglas Rutherford read out his verdict on seven terror-related charges against Momin Khawaja on Thursday, all eyes were focused on the accused as he sat stone-faced in the prisoners docket.

Almost everyone was oblivious to the presence of his parents Mahboob and Azra Khawaja, who were sitting in the middle of the fourth bench from the back. When Rutherford announced his two verdicts of "not guilty" in connection with the plot to bomb civilian targets in London, England, Azra kept her head bowed while Mahboob glanced over at his son.

Then Rutherford read out his verdict on the remaining five charges. Five times he read the charge and five times he pronounced "guilty".

Like their son, the Khawajas showed absolutely no emotion. Perhaps they did not fully understand the ramifications of what had transpired. But after meeting with their son's lawyer, Lawrence Greenspon, they were both relieved that he was acquitted of the charges that he knowingly took part in the London bomb plot.

In an interview with the *Ottawa Sun*, Azra said that her son's fate was in the hands of Allah, but his innocence in connection with "those dirty things" as she referred to the bomb plot was never in question.

"I want all the newspapers to print in big words, 'Momin is found not guilty in the London bomb plot'," said Azra.

The front door on the Khawaja's Princess Louise Drive home still bares the scars from that day in March 2004 when officers from the RCMP's anti-terrorism squad used a battering ram to break it down at around 1:30 p.m.

Momin's brother Qasim was watching television in the living room when the officers burst in, their automatic weapons drawn, and started yelling at him to lie face down on the floor. Their 24-year-old sister Sabeen was arrested in her second floor bedroom.

Azra, who is about five feet tall and less than 100 lbs, was shopping for groceries at the Food Basic store not far away when she was confronted by police officers as she pushed her shopping cart out the front door. Two other brothers, Moshan,

18, and Tanzeel, 20, were also arrested at various locations in Ottawa along with Khawaja who was taken into custody at his job at Foreign Affairs.

Employed as a professor in Saudi Arabia at the time, Mahboob was oblivious to what was going on halfway around the world in Orléans. He would find out by phone call after his wife and children were released. The next day he was picked up for questioning by Saudi authorities and held for two weeks.

Now that the trial is over and the Judge has rendered his verdict, Mahboob and Azra would like to put the entire episode behind them and get on with rebuilding their lives and their reputations.

"It's important for us to rebuild what has been shattered because of media coverage and because of propaganda by the government. We were labeled to be part of terrorism. This has really spoiled our image and has perhaps undermined our social and economic well-being," says Mahboob.

While it is not clear how much longer Momin will have to stay in jail, Azra and Mahboob plan to support their son until he finally comes home.

The Eastender

Fred Sherwin
Editor & Publisher

To submit a letter to the editor to *The Eastender* e-mail 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.

Shame

The city released its long awaited report on the state of social housing in Ottawa this week. The document is a shameful condemnation of the powers that be in failing to meet even the most basic of standards.

There's enough blame for the current state of affairs to go around for everybody – from the federal government, which froze funding for social housing during the Mulroney years and began to cut funding under Chretien, to the provincial government which began downloading the costs to the municipalities in 1995. And let's not forget the local government's role in all this. While the Ottawa City Living units were falling apart and in desperate need of even routine maintenance, the Regional Municipality of Ottawa-Carleton and the new City of Ottawa passed eight consecutive tax freezes.

And finally there's the tenants themselves who bare some of the blame for the deterioration. In fact a lot of people would argue the tenants bare the lion's share of the blame. But none of that answers the question – what do we do about it now?

According to the report, \$332 million is needed over the next five years to make the 14,783 units "livable". That's roughly \$66 million a year. If you were to raise the money solely through property taxes it would equate to an average \$211 surcharge per household per year for the next five years followed by a three per cent tax increase in the sixth year to fund annual maintenance work.

The shame is that the report will go largely ignored. No money will come from the province and the city will do the minimum necessary. It's issues like this that demonstrate a real lack of vision on the part of our politicians at every level.

This is one issue where I would welcome the creation of a task force by Mayor Larry O'Brien. Bring the various stakeholders together and figure out what needs to be done. Perhaps the answer is some sort of private sector involvement. Perhaps we should be giving out rent subsidies rather than remaining in the property management business.

But whatever the solution the problem still remains, hundreds of families are living in conditions you wouldn't wish on your worst enemy and bulldozing them all isn't the answer. Fixing them is going to take a steadfast commitment at every level and more money, a lot more money.

– Fred Sherwin, editor

Audacious victory would send signal to the rest of the world

Four days from now, our American neighbours to the south will be heading to the polls to elect the first black President in the history of the United States, or at least I hope they will.

What puzzles me is not that Obama is leading in the polls, it's that 45 per cent of the American people still want to vote for John McCain and Sarah Palin.

You would think the choice would be an easy one. Progress, hope and enlightenment versus division, isolationism and ignorance. But as I write this column there are still some people who think that McCain can pull a rabbit out of his hat.

The thought of McCain pulling off an upset is too frightening to even contemplate. For if he were to win, it would mean that millions of Americans went into the ballot booth and allowed their latent fears of a black person becoming the most powerful man in the world win out over their better judgement.

So why do I care whether or not Barack Obama becomes the next President of the United States? Because I care about the world I want my children to grow up in, and whether we like it or not, America is still the most influential and powerful country in the world. And in Barack Obama, I see a beacon of hope. Hope for a safer planet. Hope for justice, truth and charity and all those other virtues that make up our better nature as human beings.

By electing Obama, Americans will send a message to the rest of the world that they are capable of redemption. That they are ready to become part of the solution rather than continuing to

be the source of many of the world's problems.

Not electing Obama, especially after everyone has predicted he's going to win, would send a very different message to the rest of the world.

America's stature as the moral authority on democracy and freedom would suffer irreparable damage, not that it's that great to begin with after eight years of George W. Bush, Dick Cheney and Donald Rumsfeld.

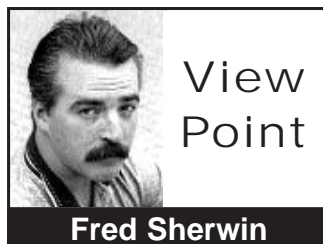
By electing Obama, America would restore their prestige almost overnight.

Obama's stature in the rest of the world has already exceeded any other President since Ronald Reagan and he hasn't even been elected yet. During a pre-election tour of Europe he attracted hundreds of thousands of people to his appearances.

There's a common belief in many parts that America is the most hated country in the world, and while that maybe true to a certain extent, it's also true that America is the most respected country in the world.

There are a lot of people out there, myself included, who keep holding out hope that America will live up to its immense promise and become a shining example of truth and justice in this world. Electing Barack Obama would be an important first step. It would show that they are finally ready to live up to the words of Abraham Lincoln and "embrace the better angels of their nature".

(If you would like to comment on this or any other Up Front column you can contact Fred Sherwin by e-mail at fsherwin@magma.ca)



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Legion launches local Poppy campaign

By Fred Sherwin
The Eastender

The Remembrance Day poppy has become one of the most recognizable symbols in Canada. Every year millions of Canadians dawn the bright red poppy shaped pins in exchange for a small donation without a second thought as to where the money goes.

More than 18 million poppies are distributed annually, raising millions of dollars in support of ex-servicemen and women and their spouses. The funds are held in trust and distributed in accordance with an established set of guidelines.

Frank Stacey is the chairman of the Poppy Fund Committee for Branch 632 of the Royal Canadian Legion in Orléans. The committee is responsible for distributing the poppies, collecting the proceeds and administering the trust fund.

The lion's share of the money is used to pay for various amenities for ex-service members staying at the Rideau Veterans Centre. A portion of the proceeds also goes to provide Meals on Wheels for local veterans living at home, or to meet specific requests.

"A veteran or a family member can make a request and if it meets the guidelines of the Poppy Campaign then it is usually met," says Stacey who is a veteran himself, having served as a peacekeeper in the Middle

East in 1978. "The intent of the program is to improve the quality of life of veterans and make their lives more comfortable."

Improving the quality of life of veterans can mean anything from providing them with a pack of cigarettes once a month to buying them a motorized scooter so they can get around more easily.

"For a lot of these guys, particularly those staying at the Rideau Veterans Centre, if we didn't buy them some of these things, they'd have to go without," says Stacey.

Money raised through the Poppy Campaign also goes to help support the army and air cadet programs; scholarships for children of deceased veterans; the Canadian Cancer Society, the Heart and Stroke Foundation and the Alzheimer Society of Canada.

Orléans has always been super generous when it comes to donating to the Poppy Campaign. Stacey started getting calls to empty donation boxes and refill them with more poppies within hours of dropping them off.

"The response so far has been fantastic," says Stacey, who attributes the flood in poppy sales to the Canadian military's involvement in Afghanistan.

Point of purchase donation boxes can be found in businesses throughout the east end, while members of the Legion will be manning kiosks in Walmart and the Great



Frank Stacey is chair of the local Poppy Fund Committee responsible for the distribution of Remembrance Day poppies and the administration of the Poppy Campaign Trust Fund. Fred Sherwin/Photo

Canadian Superstore on Innes Road and Zellers in Place d'Orléans from 11 a.m. to 6 p.m. everyday until Nov. 11.

Local business

A small town institution with a great big heart

Special to The Eastender

In 1898, John Thomas Bradley moved to the village of Navan from Blackburn Hamlet along with his wife Florence and their six children. Soon after arriving, he founded a small country store on Navan's main street to serve the residents of the local village and the surrounding area.

Over 100 years later, J.T. Bradley's Country Convenience Store has become a Navan institution.

Today, J.T. Bradley's is owned and operated by John Thomas Bradley's great grandson John Bradley and his wife Linda. Besides selling groceries J.T. Bradley's also carries a complete line of St. Albert's cheeses including fresh curds and a wide variety of pre-cooked take home meals such as lasagna and Sheppard's Pie prepared by Desjardins Catering.

J.T. Bradley's is also a popular LCBO and Beer Store outlet. Visitors can venture to the back of the store where they'll find a wide selection of wine and spirits including several unique brands such as Navan Cognac. They also carry all the popular domestic brands of beer as well as a wide variety of imported beers. More importantly they have plenty of parking making it easy to get in and out quickly and conve-

niently.

A large part of J.T. Bradley's success can be directly attributed to the Bradley's commitment to their community. The Bradley family received a key to the city in 2001 for their years of community service.

One of their more successful efforts was the Navan Street Dance which raised tens of thousands of dollars for a number of local charities between 1999 and 2005 including the OutCare Foundation of which John Bradley is the vice-chair of the board of directors.

Bradley's most recent fundraising endeavour was the Outcare Classic Golf Tournament held last July which raised over \$18,000 for the foundation. The event was so successfully that Bradley is planning another tournament for next summer.

The store has also received the Small Business of the Year Award from the Greater Ottawa Chamber of Commerce in 2002 and Ross Bradley was given the Lions Club lifetime achievement award during the Navan Lions' 50th anniversary celebration.

Last but by no means least, J.T. Bradley's is a proud supporter of the Navan Fair, the Greater Orleans Canada Day Celebration and the Orleans Outstanding Youth Awards.



Ross and John Bradley are carrying on a family business, first started 110 years ago by John Thomas Bradley. Fred Sherwin/Photo

Through his many efforts, John Bradley is carrying on a family tradition as the proud proprietor of a small town institution. J.T. Bradley's Country Convenience Store is located on Colonial Road just east of Trim. They can be reached by phone by calling 835-3781 or e-mail jtbradley@bellnet.ca. You can also visit their website at www.jtbradleys.com.

Local sports

Sir Wil advances to semis with 28-0 win over St. Joe's

By Fred Sherwin
The Eastender

The Sir Wilfrid Laurier Lancers earned a date with the St. Peter Knights in next week's Tier 1 semi-finals after downing the St. Joseph Jaguars 28-0 on Thursday.

After a shaky first quarter, the Lancers totally dominated the Jaguars on special teams and defence, limiting them to just three first downs and forcing four turnovers.

The closest St. Joseph got to the Lancers' goal line was near the end of the first quarter when they ripped off a long run down to the seven yard line. On first and goal they found another crack in the Lancers' defence and appeared to score the go ahead touchdown, but an illegal block would negate the TD and move the Jags back to the 17-yard line.

On the next play, the Lancers knocked the ball loose and Josh Deslodges fell on it for his first of two fumble recoveries on the day.

The Lancers had their own troubles on offense in the first half as well. A stubborn Jaguar defence made first downs hard to come by. It wasn't until midway through the second quarter after St. Joseph turned the ball over for the second time in the game that the Lancers finally got on the scoreboard.

After the referee spotted the ball on the Jaguars' 25-yard line, Lancers' quarterback Zach Leger handed the ball off to Harry Short who followed his blockers all the way to the end zone.

After a muffed extra point attempt the score stood at 6-0 in favour of Sir Wil, which is where things remained until early in the third quarter when the Lancers manufactured their longest drive of the game, moving the ball 55 yards on seven plays culminating in a 15 yard run on third and two by Short.

As the Lancers celebrated the touchdown, a number of the Jaguar players stood

with their heads bowed and their hands on their hips.

Sensing a possible opening, Lancers head coach Eric Kukkonen decided to go for the two point conversion and had Leger hand the ball off to Short who ran into the end zone untouched.

Things quickly went from bad to worse for the Jaguars who fumbled the ball away on a third down conversion attempt on their next possession. Nine plays and three first downs later, Connor Davidson carried the ball in from eight yards out to give Sir Wil a 21-0 lead.

When St. Joseph turned the ball over yet again on the ensuing kickoff, the Lancers made them pay for their error with their fourth touchdown of the contest.

By this point in the game, the undermanned Jaguars, many of whom had to play both sides of the ball because of a lack of numbers, were on the brink of exhaustion. Of the first 29 plays from scrimmage in the second half, the Jaguars' defence was on the field for 24 of them.

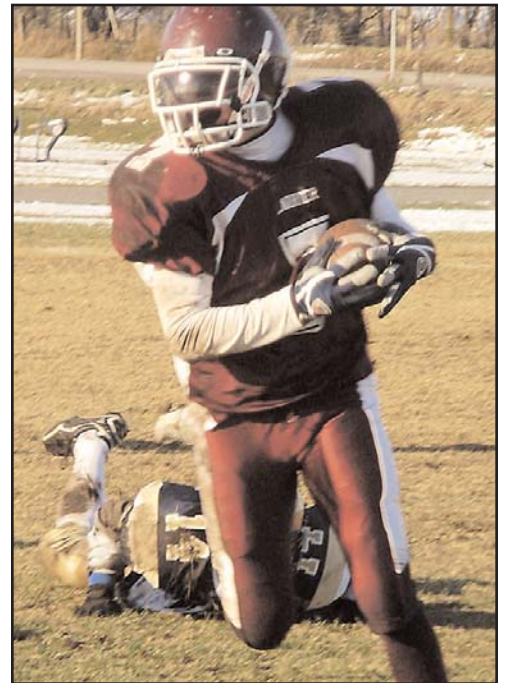
The remainder of the fourth quarter was relatively uneventful except for a couple of objectionable conduct penalties and Sir Wil walked off the field with the win.

Probably the happiest man on the field was Lancers' head coach Eric Kukkonen who saw his team play with a level of intensity he hadn't seen all season.

"Defensively we finally showed some attitude out there. Up until now we've seen it for a couple of minutes here and a couple of minutes there, but this is the first time we finally got some gang tackling going on and some enthusiasm," said Kukkonen.

As for the offense, Coach K admitted it still needed some work especially if they hope to upset the Knights in next week's semi-final showdown.

"We sputtered a bit today, but we came



Sir Wilfrid Laurier's Rob Carle carries the ball during the Lancers' 28-0 win over the St. Joseph Jaguars on Thursday. Fred Sherwin/Photo

through when we had to. We showed some killer instinct," said Kukkonen who's counting on the presence of several key players who didn't suit up for the Lancers regular season loss to the Knights to come through will big performances next Thursday.

"We know we can't win on field position with (Knights kicker) Ryan Begin in the game, so we have to have some sustained drives and to do that we need to be able to pass the ball a bit. If we can't pass the ball we're dead in the water."

The other semi-final will pit the second place St. Mark Lions against South Carleton who shutout the Glebe Gryphons 21-0 in Thursday's other quarterfinal.

Cumberland Panther tykes advance to A-Cup semi-finals

By Fred Sherwin
The Eastender

The Cumberland Panthers tyke team overcame brutal weather and a stubborn Nepean Redskins squad on Saturday to advance to the National Capital Amateur Football Association's A-Cup semi-finals.

Playing in a steady downpour and a windchill factor in the single digits, the Panthers scored a pair of touchdowns in the first half and then let their defence take over in downing the Redskins 23-0.

Cumberland got on the board early thanks to a 65 yard run on third and 11 by Aidan Aylward on their first series of the game.

Two series later, the Panthers' defence stopped the Redskins on third and nine deep in their own territory to give the offense excellent field position. Two plays later Aylward carried it in again and then kicked a two point convert to put Cumberland up 14-0.

Both teams' offences had difficulty moving the ball the rest of the game, as they battled their respective defenses as well as the elements.

The Panthers eventually added to their lead in the fourth quarter on another spectacular run by Aylward who went inside and then bounced outside for a 17-yard gain. His second two point conversion of the game would put the Panthers up 22-0. A rouge off a punt late in the game would make the final score 23-0 in favour of the home team.

The Redskins put up a gallant fight, but the Panthers proved too much for them. Besides Aylward, Daymon Williams also had a strong game at running back, picking up several key first downs, and Joshua Earle had three or four sacks on defence.

Panthers' head coach Michael Earle was understandably proud of his players effort, especially considering that many of the

eight- and nine-year-olds were playing in cold and rain for the first time.

"The kids played their hearts out today. They left everything they had on the field. I couldn't have asked for more," said Earle.

Only one team stands between the Panthers and a trip to the A-Cup final and that team is the West Division champion Myers Riders who have yet to lose a game this season.

Despite the Riders' impressive record, Earle believes the Panthers will be ready, willing and able to rise to the challenge.

"That was the plan. To meet Myers in the playoffs," says Earle. "We're going to shock them."

In other action last Saturday, the Cumberland Panther mosquito team beat the West Carleton Wolverines 28-0 to advance to the NCAFA C-Cup semi-final against the East Ottawa Generals on Sunday.

Local sports

Blocked extra points the difference in Panthers' win over Vikes

By Fred Sherwin
The Eastender

In football it's often the little things that make a big difference. In the case of the Cumberland Panthers quarterfinal showdown against the Gatineau Vikings on Sunday, a pair of blocked extra points by Luc Cyr and Phil Allard made all the difference in the world.

In what was a nail-biter right down to the last possession, the Panthers eked out a 21-19 win over the Vikings. And while the two blocked converts accounted for the difference in the score, it was a pair of long passes that proved to be the difference in the game.

The first pass came late in the second quarter. With the Panthers trailing 6-0, Jaylen King threw a 33 yard completion to Tyrone Pierre on a halfback option. The play was significant for two reasons – it was the first time the Panthers crossed midfield in the first half and it gave them a first down deep in Viking territory.

On the next play, King broke off a 23 yard run to tie the score at 6-6. Jake Molinski then kicked the extra point substituting for an injured Matt Drolet to give Cumberland a one point lead at the half.

Gatineau regained the lead late in the third quarter on a 43 yard pass from Mike Aruda to Mathieu Bradley. Allard's block on the extra point attempt would make the score 12-7.

The Vikings appeared to take control of the game midway through the fourth quarter when Aruda and Bradley hooked up for

a pair of passes of 38 and 19 yards to set up a one yard touchdown run by Alex Brazeau. This time they made the extra point and improved their lead to 19-7.

Rather than resign themselves to a losing cause, the Panthers pulled their socks up and came straight at the Vikings on the next series, moving the ball 55 yards on 11 plays, culminating with a one yard run by Darcy Pelletier-Lauzon. Molinski's covert would narrow the deficit to 19-14 with under three minutes to play.

But before the Panthers could think about putting together a game winning drive, they had to get the ball back. A huge tackle by Will Wojcik in the backfield would do the trick and with less than two minutes to go in the game the Panthers set up on the Vikings' 30 yard line.

A 15 yard face mask penalty against Gatineau would give the Panthers a first down on the 15 yard line. Then, rather than hand the ball off, Flosse dropped back and threw a short pass to King who took it down to the two yard line.

Two plays later, Brandon Vieau carried the ball up the middle to put the Panthers up 21-19 after Molinski's third convert of the game.

The Vikings would get one last chance to try and get within field goal range in the final minute, but the Panthers' defence stood firm and forced them to turn the ball over on downs.

It was a quality win for the Panthers who must now take on the Myers Riders in the A-Cup semi-finals this weekend. The Riders



Cumberland Panthers running back Jaylen King finds some daylight during the Panthers 21-19 win over the Gatineau Vikings on Sunday. Fred Sherwin/Photo

extended their unbeaten record to 9-0 after downing the Mews Orleans Bengals 20-0 on Saturday.

Panthers head coach Chris Molinski was understandably proud of his team following their come from behind win.

"To be down two touchdowns with seven minutes left and come back and win it. That's the sign of a great team. That's what championship teams are made of. They never gave up," said Molinski.

East end rivalry heats up as Grads down Rangers in penalty-filled affair

By Fred Sherwin
The Eastender

The Cumberland Grads downed the Gloucester Rangers 7-5 on Sunday, in a penalty-laden, hotly-contested, entertainment-filled contest that is sure to jump start the long standing rivalry between the two east end clubs.

After a rather uneventful first period in which the two teams exchanged goals, the Grads came out flying in the second period, jumping out to a 5-1 lead before the Rangers knew what hit them.

As the Grads' goal count increased, so did the Rangers' level of frustration. Corey Frizell was especially upset with how things were going and wasn't shy about voicing his displeasure to the Grads, or referee Jay Shaw.

The tipping point came when Marc-André Labelle skated along the Rangers bench on one knee and pumped his fist in the air several times after scoring his second goal of the game to put the Grads

up 6-2 early in the third period.

On the next shift Rangers' enforcer Ben Bakker decided to drop the gloves with Grads' forward Luke McBride who was awarded an extra two minutes for elbowing.

Thirty second later Jason McCarthy scored on the power play to narrow the deficit to 6-3. Less than two minutes later Shane Ramsay scored on a nice set up from Brett Nooyen to make it a two goal deficit.

After Sean Blunden went off for roughing after the whistle at the 12:39 mark of the third period, Andrew Creppin scored shorthanded to make it a one goal game.

With the score so close both teams did their best to stick to hockey the rest of the way, or at least until Andrew Klaassen scored into the empty net to put the game out of reach. That touched off a mini-brouhaha as Creppin and Blunden got into it with Chris Murphy and Michael Nooyen. Somewhere in the middle of it

all, Frizell managed to pick up his third unsportsmanlike penalty of the game.

The bad blood will likely spill over to the next game between the two clubs on Nov. 21. In the meantime, the Grads will look to solidify their division lead, which now stands at three points over Cornwall and Ottawa who have both played one more game than Cumberland. The Rangers are one point back of the Colts and the Jr. Sens in fourth place, but they have two games in hand.

With his two goals in Sunday's game, Brock Plouffe now has 11 goals in 13 games, tying him for the team lead with Jeffrey Clarke. Labelle and Murphy also had two goals each.

The Grads' next home game is this Sunday at 3 p.m. against the Kanata Stallions.

The Rangers, meanwhile, have back to back home games against the Pembroke Lumber Kings and the Cornwall Colts this Friday and Sunday.

Local sports

Second half heroics lift bantam Panthers over Kanata Knights

By Fred Sherwin
The Eastender

The Cumberland Panthers are one win away from a berth in the bantam A-Cup final, and they have a diminutive tailback playing in his first full year of minor football to thank for it.

Roger Bouchard scored the Panthers' first two touchdowns in a 21-14 win over the Kanata Knights on Sunday, including a remarkable 110-yard kickoff return off a busted play in the fourth quarter that tied the game at 14-14.

The Knights just scored a touchdown to take a 14-7 lead and looked to all the world like they would pull off the upset over the unbeaten Panthers.

It wasn't so much that the Knights scored, but how they scored. After starting the fourth quarter on the Panthers' 30-yard line thanks to a no yards penalty against Cumberland, the Knights worked the ball down to the one.

The Panthers' defence came up big stopping the Knights twice. On third and one they were called for offside which put them back on the six yard line. Rather than go for it again, the Knights brought out their field goal team.

On what should have been a simple chip shot, Charles Safarian burst through the line for the Panthers and blocked the kick to give Cumberland a first down on their own six yard line.

After the Panthers failed to pick up a first down, they lined up to punt the ball from the goal line. As the ball was snapped, a Knights' defender steamed through the middle of the line forcing Nick Wakim to pull the ball down and run for his life. The end result saw the Knights take over on the Panthers' five yard line.

As they did on the Knights' previous possession, the Panthers' defence held fast on first down. Then they shot themselves in the foot. On second and goal from the five, the left defensive back lined up offside which gave the Knights a fresh set of downs on the one.

Grateful for the unexpected gift, the

Knights scored on the next play and then added a two point conversion to take a 14-7 lead and set the stage for Bouchard's improbable run.

On the ensuing kickoff, the ball went between Bouchard and fellow return man Daniel Gracia.

"Basically, I'm supposed to make the call (on who should take it), but I forgot," said Bouchard in describing the play after the game. "So I just ran back and picked it up and headed up field. I saw a hole and got a couple of great blocks from Addison Dark and Jeff Veinotte, and then I saw another gap and ran through that. I was running out of gas the last 10 yards or so."

Although the play left Bouchard a little gassed, it definitely pumped up his teammates who forced the Knights to cough up the ball on their next series to set up a 31-yard touchdown drive highlighted by a 29-yard pass from Alex Skinner to Wakim on the two-yard line. Two plays later, Bouchard carried it over to give the Panthers a 21-14 lead.

The Knights would get one last chance to tie the score late in the game, but a huge sack on Knights' quarterback Dallan Kuprowski by Safarian and a broken pass by John Carty on third and 15 from the 20 would end the threat and seal the deal for Cumberland.

While the performance was nowhere close to being a masterpiece – the Panthers had two touchdowns called back on a pair of senseless penalties, including a 31-yard pass from Skinner to Wakim that was called back because a receiver failed to line up on the line of scrimmage – it was good enough to get them through to the A-Cup semi-finals and bring them one step closer to the NCAFA championship.

"Talk about cardiac kids. You guys are taking years off my life. You came out so flat. No execution. Too many dropped passes. Too many penalties. But you showed an awful lot of resiliency and we pulled it out," Panthers' head coach Tony Skinner told his troops after the game. "But we can't keep playing like that. We can't keep



Cumberland Panthers running back Roger Bouchard scored three touchdowns against the Kanata Knights on Sunday, including a 110-yard kickoff return to tie the game in the fourth quarter. Fred Sherwin/Photo

counting on Bouchard to pull us out of the fire. We have to come out firing and finish firing right through to the A-Cup."

The Panthers were down 7-0 after the first half when Bouchard put the team on his back, running for 61 yards on five carries to set up a one yard touchdown run at the start of the third quarter. The touchdown was an adventure in itself with Skinner dropping back in the shotgun and then laying the ball on the ground on the snap only to have Bouchard pick it up and scamper into the end zone.

The Knights first touchdown came on a perfectly executed quarterback draw by Kuprowski in the second quarter.

The Panthers will play the Myers Riders in one semi-final next weekend, while the Bell Warriors will play the Bell-Air Lions in the other semifinal. The Riders advanced to the A-Cup semifinal after upsetting the Mews Orleans Bengals 9-5 on Sunday.

Gloucester ends losing skid with surprising win over Pembroke

By Fred Sherwin
The Eastender

The Gloucester Rangers pulled off one of the biggest surprises of the young CJHL season on Friday night, downing the first place Pembroke Lumber Kings 1-0 in a shootout.

Michael Webley scored the lone goal in the final round of the shootout. But it was starting goalie Francois Dupuis who was the man of the hour, turning away 52 shots including all three Pembroke shootout attempts to earn his first shutout of the season.

The Rangers were outshot 12-3 in the first period, 15-6 in the second and 18-9 in

the third. Gloucester finally turned the tables on Pembroke in the five minute overtime period out-shooting them 6-4.

It was only the third time the Lumber Kings had been beat this season and the second time they had been shutout. The Cornwall Colts blanked them 1-0 on Oct. 12.

The Rangers, in the meantime, came into the game having lost their last two including a 6-4 defeat at the hands of the Smiths Falls Bears on Tuesday. In fact, they had given up 13 goals in their last two games when you factor in their 7-5 loss to the Cumberland Grads on Sunday.

The shootout victory was their second in

the last two weeks. They beat the Nepean Raiders in a shootout on Oct. 22.

In both shootout victories, Webley was the lone scorer for the Rangers, while Dupuis has yet to give up a goal in seven shootout attempts.

With the win the Rangers have moved into second place in the Robinson Division, one point behind the Grads who have played one fewer game. The Colts and the Ottawa Jr. Senators are one point back of Gloucester, but they have each played an extra game.

The Rangers next home game is against Cornwall this Sunday at 7:30 p.m.

Artscetera

Local municipal galleries welcome two new exhibits

By Fred Sherwin
The Eastender

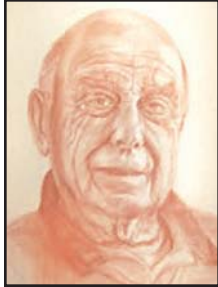
The east end's two municipal art galleries are welcoming two new exhibits this month which offer a little something for everyone.

The most interesting is a collection of drawings by Ottawa artist Jennifer Foster entitled "Behind the Lines: Portraying the Faces and Stories of the Second World War", on exhibit at the Cumberland Gallery on Centrum Blvd.

The portraits of the men and women who participated in the Second World War share a sense of tremendous warmth and wisdom. While they might not all have been to hell and back, you can tell they've faced many an ordeal and survived to talk about it.

The majority of the portraits are done in either graphite, charcoal or terra cotta.

The exhibit is very apropos in light of the fact that Remembrance Day is just around



'Francois'

the corner. In fact, Foster drew her inspiration for the series while attending a Remembrance Day ceremony.

"Every year, as I watch the ceremonies, I look at the faces around me, and think about the interesting experiences and the stories behind those faces. This project is meant to capture the spirit of the men and women who served Canada during the Second World War," says Foster.

The Gloucester Gallery located on the second floor of the Orléans Client Service Centre is also hosting a new exhibit this month entitled "Cluttered Counters" by Almonte artist Rosemary Leach.

The animated compositions offer an exaggerated but whimsical perspective on everyday objects. They're also incredibly vivid both in terms of their composition and use of colour.

Who knew dirty dishes, unused kitchen appliances and dusty books could be so beautiful?

The exhibit is a procrastinator's dream in technicolour. For someone like myself who battles everyday between the ideals of cleanliness and tidiness instilled in me



'The Sink' by Rosemary Leach

by my mother and the why-do-today-what-you-can-put-off-until-tomorrow mentality, I have a great affinity for Leach's work. I only wish I was half as talented.

"Behind the Lines: Portraying the Faces and Stories of the Second World War" and "Cluttered Counters", are both on display until Dec. 2.

The Gloucester Gallery and the Cumberland Gallery are both located in the Orléans Client Service Centre, 255 Centrum Blvd. They are open from 8:30 a.m. to 4:30 p.m. Monday to Friday and 11 a.m. to 6 p.m. on Sundays.

Community calendar

SUNDAY, NOV. 2

CHRISTMAS CRAFT FAIR presented by the Cumberland Arts and Crafts Guild from 10 a.m. to 4 p.m. at Sir Wilfrid Laurier Secondary School on Tenth Line Road. Free admission. Donations to the Orleans-Cumberland Community Resource Centre food program would be greatly appreciated.

ARTS OTTAWA EAST present FestivARTS 2008 from noon to 5 p.m. on the Fountain Stage and in the Customer Services Court in Place d'Orléans. Live performances, presentations and information on local arts groups. Free for everyone.

CUMBERLAND GRADS VS KANATA STALLIONS starting at 3 p.m. at the Navan Memorial Arena. Admission: adults \$10, students and seniors \$7, children 11 and under \$2.

WEDNESDAY, NOV. 5

LAURA'S CORNER CHRISTMAS PARTY from 7 p.m. to 9 p.m., live music, gourmet treats, chocolates, wine from Perrault Winery, and a draw for 3 great prizes. First prize this year is a complete Brunelli bedroom ensemble valued at well over \$350 including a quilt, shams and draperies for a beautiful night's sleep. Laura's Corner is located in Navan at 3470 Trim Rd. For more information about the store visit www.orleansonline.ca/LaurasCorner.

SATURDAY, NOV. 8

LIVE AND SILENT AUCTION to support Jeun'Espoir Jamaïque at the Rideau Canal Junior Ranks Mess, 4 Queen Elizabeth Drive. Silent auction 4 p.m. to 6 p.m. Live auction begins at 6:30 p.m. Free admission. Optional dinner (sweet-herb chicken, rice, vegetables, salad, dessert, tea / coffee) at

5 p.m. cost \$20. Cash bar. To learn more about Jeun'Espoir Jamaïque www.jeunespoir.org. To reserve dinner tickets by Nov. 3 call Andre Clermont at 613-749-6027.

TINSEL TEA AND BAZAAR from 10 a.m. to 2 p.m. at the Gloucester Senior Adults Centre, 2020 Ogilvie Rd. (above the Earl Armstrong Arena). Attractions include a tea room, art gallery, bake sale, straw draw, crafts, beautiful quilts, knitting/ crocheting, grocery basket, Chinese raffle and white elephant tables.

ST HELEN'S ANNUAL CHRISTMAS BAZAAR from 9 a.m. to 2 p.m. Bake table, crafts, table of warmth, jewelry table, re-gift table, church calendars etc. Morning coffee with cinnamon buns. Free craft room for the children. St. Helen's

Anglican Church is located at 1234 Prestone Dr.

ST MARY'S (NAVAN) ANNUAL SALE AND TEA from 2 p.m. to 4 p.m. in St. Mary's Hall beside the church. Enjoy afternoon tea will checking out the bake table, homemade jams and jellies and knitting. Silent auction table as well.

STARCRAFT ONE-ON-ONE TOURNAMENT at iPlay Network Gaming Centre from 7 p.m. to midnight. Cost \$25 plus GST for non-members, \$20 plus GST for members. To register call 613-845-0872 ore-mail iPLAYorleans@sympatico.ca. The iPlay Network Gaming Centre is located at 2208 St. Joseph Blvd.

SUNDAY, NOV. 9

SUNDAY BRUNCH at the Bearbrook Resort. Menu includes game meat as well as regular breakfast items, special

salads and deserts. Bring the family and enjoy your Sunday at the farm. Seatings at 11 a.m., noon and 1 p.m. Cost is \$18.69 plus taxes for adults and \$9.35 plus taxes for children 4 to 14. Children under four eat for free. By reservations only. Call 613-835-2227.

REMEMBRANCE DAY PROGRAM at St. Mary the Virgin Church, 2750 Navan Rd. starting at 2 p.m. An hour of readings and music with some of our Armed Forces veterans.

GENERAL NOTICES

THE ORLEANS-CUMBERLAND COMMUNITY RESOURCE CENTRE has organized a Clothing and Furniture Distribution Centre for financially challenged families in Orléans and Cumberland. To donate items or have access to the centre call Tracy at 613-830-4357.