

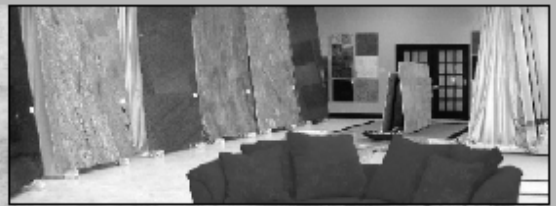
# THE GRANITE SHOP

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# Nepean Weekender

Our weekend newspapers reach over 136,500 homes in the National Capital Region

4th Year No. 2 January 12, 2006

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## Fundraising to begin in earnest for new Bells Corners mosque

MARGARET SAMBOL  
NEPEAN WEEKENDER

After several years of debate, a trip to the Ontario Municipal Board and extended traffic and parking studies, the new Jami Omar mosque in Bells Corners has received the rubber stamp from the city of Ottawa.

In 2003, the Ontario Municipal Board ruled that the new mosque, located at the intersection of Moodie Drive and Richmond Road, could go ahead, pending approval of the site plan by the city of Ottawa.

MOSQUE,  
SEE PAGE 8



NEVIL HUNT / NW

Nepean Raiders forward Matt Valois ducks away from the check of Kanata Stallions A.J. Dupud during Sunday action at the Sportsplex. Though impressive two days earlier in a 2-1 win over league-leading Pembroke, the Raiders dropped a 5-3 decision to the Stallions. For more on the Raiders, see page 12.

## Decision time

The Nepean Weekender's Malcolm MacMillan and Margaret Sambol sat down with your Nepean-Carleton candidates to get their views on the major issues.

Each candidate was asked the same series of questions.

The candidates responses are in reverse alphabetical order:

• Pierre Poilievre (Conservative) - please

see page 2.

• Laurel Gibbons (New Democrat) - please see page 3.

• Michael Gaffney (Liberal) - please see page 4.

• Lori Gadzala (Green) - please see page 7.

The Nepean Weekender will bring you in-depth interviews with your Ottawa-West Nepean candidates next week (Jan. 19).



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Fantastic bungalow just next to Stittville. Private garage on this beautiful one-acre lot. Hardwood and granite throughout. MLS #414559

**MOSQUE,  
FROM FRONT PAGE**

Imam Anver Malam explains that to get the approval more than minimum requirements were imposed. For example, the city required more than the minimum setback of nine metres, instead asking for the more stringent requirement of 1.4 times the height of the building as a setback.

However, with the final zoning hurdle cleared, Malam is now thinking about fundraising to turn the \$5 million dream into a reality.

Malam says the new mosque will be designed with a focus on youth and children.

That's why the new building will include a gymnasium and other attractions to capture the attention of youth.

Malam says a lot of thought went into the layout and design of the building to create spaces where people can socialize as well as have solitude to pray and engage with God.

The mosque will also feature an extensive library.

Malam envisions children dropped off for lessons in the classrooms and

parents able to use the facility to study and pray.

He also wants the new mosque to be a meeting place for the community.

"There will be a place in the basement where community associations could hold their monthly meetings. We will open our doors for them," Malam says.

Malam says he wants to work together with the community and create understanding.

The prayer hall will have a capacity of 750 people.

Although Malam says the new mosque will accommodate growth, he explains that the goal is to accommodate the growth in the Muslim faith overall, rather than membership of the mosque.

"Anybody who is passing by can come in and pray and go," Malam explains. "As a place of worship, any Muslim is entitled to come and pray there. We don't have membership per se."

For the main prayer service on Fridays at noon, Malam expects Muslims living or working nearby will stop in. On weekends, Muslims from Kanata, Bells Corners, Bayshore, Barrhaven and Nepean will

use the mosque.

Malam says fundraising drives are now in high gear. He hopes to get pledges

over a period of time toward the project.

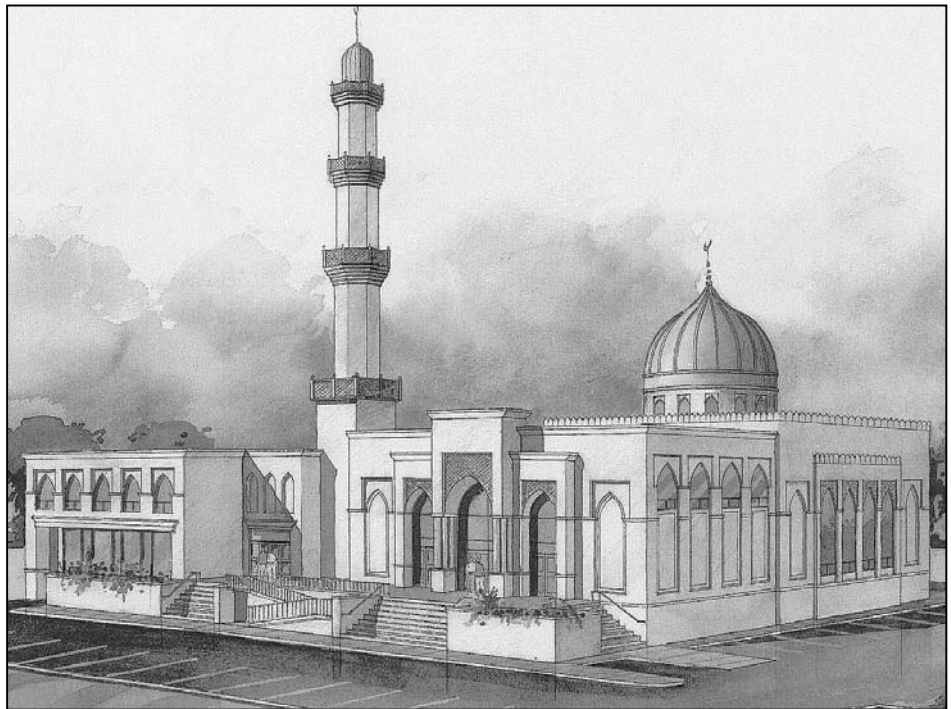
The first goal is to raise \$2 million to be able to

start digging.

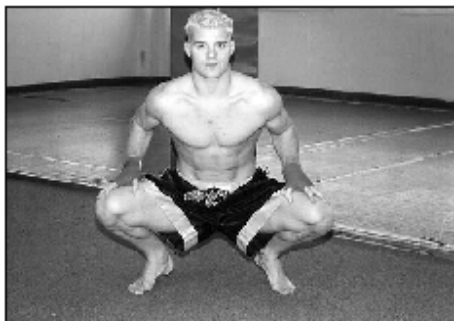
He describes the fundraising efforts as grassroots networking at the

moment.

The new mosque will be built on the site of the current Jami Omar Mosque.



The new Jami Omar mosque in Bells Corners will feature an elegant dome and minaret. The city of Ottawa has approved the site plan for the mosque and now fundraising for the building is beginning in earnest.



**BEN STEWART**, eight-times World Karate and Kick Boxing Champion and coach of the Ultimate Body Shaping Course in Ottawa and Kanata.

**Ottawa's  
Ultimate Body  
Shaping Course  
gets under way  
soon**

Eight-times World Karate and Kick Boxing Champion and owner of both Steve Anderson Karate World Training Centers, Ben Stewart, is about to put on his third annual Ultimate Body Shaping Course here

in the Nation's Capital. Stewart's Eight Week Ultimate Body Shaping Course combines a weight training program, cardio kick boxing classes, and an easy-to-follow nutritional plan to create the healthiest and fastest body changing experience ever to hit Ottawa.

"In September 2005 we had 120 local residents take the UBC challenge at our two

**STEVE ANDERSON KARATE WORLD TRAINING CENTERS**

**Ben Stewart shapes up Ottawa, one body at a time**

Ottawa schools. They averaged losing 14 pounds and 8% body fat in a short eight-week period," said Stewart.

The contestants were so happy with their results that 75% of them continued on training in the Kick Boxing classes at the school after the program ended.

"These are people who have not worked out in 15 years, have never touched a dumbbell, or tried any type of Kick Boxing in their lives. Also, we have people who have simply lost their way fitness wise and just need a kick in the right direction. By combining a healthy diet with weights and our World Class Cardio Kick

Boxing Classes at the school make for a very motivated group of body shapers. I am so amazed how much camaraderie and team work go into each contestant's success, something you will never see possible in a typical gym scenario."

"With the opening of my second location I can now reach all the way across the Nation's Capital with my Ultimate Body Shaping Course. From Carleton Place to Orleans no matter where you live you are within a short 10-20 minute drive from one of my professional facilities," points out Stewart.

Steve Anderson Karate and Kick Boxing World Training

Centers next Ultimate Body Shaping Course starts January 28 in Kanata and Ottawa. Also starting this week is the UBC Elite Program. The Elite Program is for previous graduates of the UBC of experienced athletes who are looking to be pushed to that next level. This program will sell out very quickly due to the limited amount of participants. Coach Ben Stewart accepts each September.

This program is designed to educate and re-shape your look, no matter how old or how out of shape you are. Their personal trainers will light the training fire under your butt all the way to your fitness

goals.

This program has met with overwhelming success from its participants and word is spreading quickly about the results people are able to obtain. Don't wait to the last minute to join or you may miss out!

All pre-registrations can start training right away for FREE until your UBC starts!

If you would like to be a part of the Ultimate Body Shaping Course starting in September, call the Kanata school at 831-6355 or the Ottawa location at 260-5000 to obtain additional information about the program and to book your spot.