# NEW EDINBURGH NEWS

June, 1979

# Mayor Offers City Hall Support For Burgh Traffic Enforcement

Her Worship Marion Dewar Mayor, City of Ottawa City Hall 111 Sussex Drive Ottawa, Ont. K1N SA1

Dear Madam,

On behalf of the New Edinburgh Community Association I wish to thank you for attending the special general meeting of the Association held on May 9th. The Association was particularly grateful for your helpful comments during the discussion on the comprehensive experimental traffic control plan developed by the Executive at the request of some

Although this plan, in principle, was not accepted by those residents attending the meeting (67 were opposed, 25 were in favour), a second motion instructing the Executive to ask the City of Ottawa to ensure that the traffic laws are strictly enforced in New Edinburgh was carried by a large majority. In this connection, the minutes of the meeting record that you stated your intention to instruct City of Ottawa officials to report on the enforcement of traffic laws in New Edinburgh in order to assure yourself that residents are being actively protected from speeding motorists.

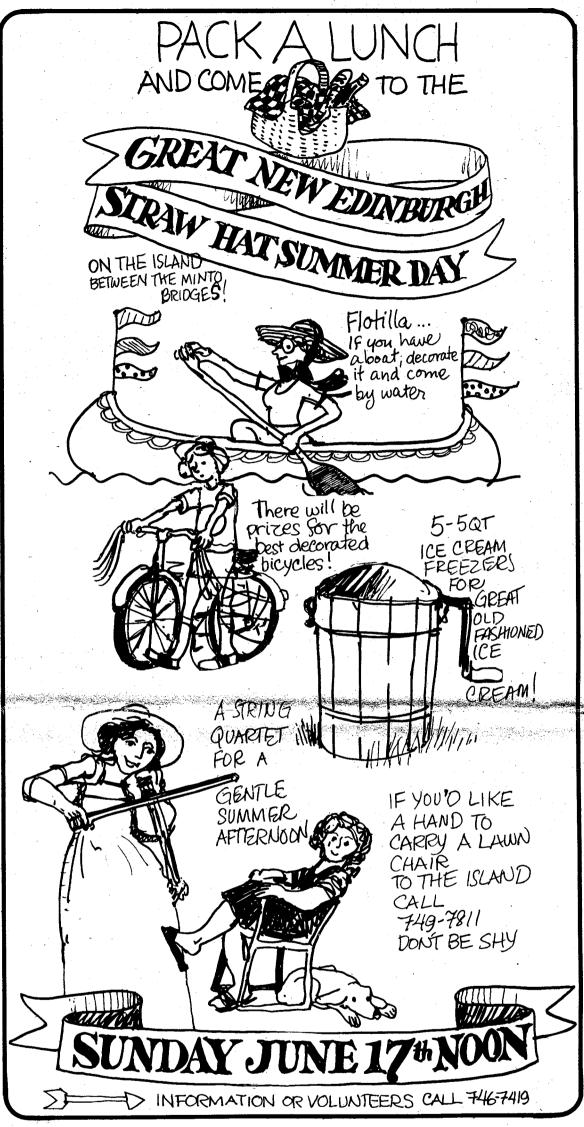
I am certain that the residents of New Edinburgh are grateful for your participation in their community discussion on ways to deal with the volume and speed of traffic in the community, and that they look forward to receiving effective assistance from City of Ottawa officials in implementing the above motion for the vigorous and strict enforcement of traffic laws to reduce the speed of vehicles on the streets of New Edinburgh.

A copy of the minutes of the May 9th meeting is attached.

J. Edward Browell
President
New Edinburgh Community
Association



(Left) Mayor Dewar smiles when recognized by the Chair during the heated debate on the proposed traffic plan. The crowded auditorium (right) is silent while Michael 'Bud' Weller makes a point.





## **NECA** President **Ed Browell Reports**

Reprinted below are the Minutes of the New Edinburgh Community Association General Meeting held on May 9, 1979 to discuss the comprehensive traffic plan.

The meeting was opened at 8:15 p.m. in the auditorium of Crichton St. School, by Ed Browell, President of the NECA. About 150 residents were in attendance.

1. The NECA Executive is trying to expedite a clean-up of the snow dump site in New Edinburgh Park.

2. Arrangements have been made to restore the construction site for St. Patrick St. Bridge to park status.

3. There will be a community picnic in the park on June 17th. 4. Planning is underway for

the garage sale in the fall. 5. A NECA membership drive will commence soon.

6. The Executive is planning to implement recreational and environmental improvements in the community.

#### **Outlines Plan**

The President then turned to the main business of the meeting, the comprehensive traffic control plan was being proposed as an experiment, in response to complaints from as many as 70 residents who felt that outside commuter traffic was undesirable and dangerous. He explained that traffic control was being approached in 2 steps: first, the executive was seeking approval now for park improvements and the experimental traffic plan, to be followed by fresh action on the Vanier Arterial.

He then attempted to place the traffic situation in New Edinburgh in context, by reviewing for residents the main access roads across and around the community. He highlighted the plans to improve King Edward St. as a through route and described plans to construct a right-turn lane at the northeast corner of St. Patrick and King Edward Streets, and make St. Patrick and Murray Sts. one-way streets.

He outlined the goals of the plan: to stop commuter traffic through New Edinburgh, to increase safety especially for children and senior citizens and enhance the community's amenities. He also indicated that the trade-off, for some residents, involved a longer route to and from their homes.

#### **Examine Details**

At this point, the President turned the meeting over to Jim Kingham, co-chairman of the parks, recreation and transportation committee. He reviewed the premises of the plan and proceeded to discuss its main features in detail. On completion of his explanation, he entertained questions from the floor.

There were a great number of questions and comments from negative reaction, as well as and that we should begin now to

outright opposition, to the premises of the traffic plan and the plan itself. Many residents indicated that there was no traffic problem in New Edinburgh. Some did not want to eliminate outside commuter traffic from the community. Many felt that it was not excessive, nor was it heavy enough to warrant imposing traffic restrictions. Others suggested that some commuter traffic was inevitable since the community is located near downtown Ottawa and the Macdonald-Cartier Bridge. Others pointed out that closure of some streets would encourage higher use of others and that commuters would find other short-cuts through the community. Some residents stated that they had deliberately moved to our community rather than to the suburbs to take advantage of the central location, and that they disliked changes in the traffic pattern even if it meant living with some disadvantages, like heavier traffic. Others pointed out that, since New Edinburgh was not a new, suburban community, streets should not be closed or changed to emulate suburban traffic planning.

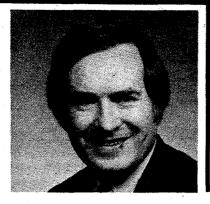
#### **Arterial Likely**

In response to comments that the Vanier Arterial would channel traffic away from the community, which should solve the problem without instituting a traffic plan, Alderman Robert mentioned that the Vanier Arterial would go ahead definitely in the next few years. Many residents supported the idea that the Arterial would reduce the traffic flow through the community. A few residents indicated that the noise from buses was worse than the car problem. Many emphasized that the proposed plan was too complicated and involved too much personal inconvenience: in effect, overkill. Many longtime residents, in response to proponents of the plan who stressed the need for the sake of children's safety, urged that parents train children not to go on the streets, with the result that today's children, like their own, would become "street wise".

Those in favour of the proposal reiterated that commuter traffic did indeed pose a traffic problem in the community, that it was needed for the safety of residents, especially children and senior citizens. Some felt that it might prevent traffic fatalities and should not be delayed until one occurred.

#### **Heated Debate**

It was suggested that rapid the floor, which indicated transit was a future necessity



discourage continued use of cars. Some in favour of the plan stated that it was separate from the Vanier Arterial and should be examined as a distinct proposal for the immediate future. Some urged that it should be tried on an experimental basis, perhaps even in a modified way, and not just

rejected in its entirety out-ofhand.

When all those attending the meeting who expressed an interest in speaking had been given an opportunity, the President asked for a motion from the floor regarding the proposed plan.

Bruce Grant MOVED that the President put the question yes or no to the plan in principle. The motion was SECONDED. 67 were opposed to the plan, 25 in favour.

More discussions from the floor followed. Many residents mentioned that, if there was a problem, it was based, not on the volume of traffic, but on the speed of the cars through the community. There seemed to be general agreement that speeding cars did create a hazard, and that City of Ottawa officials should enforce the speed limits more vigorously.

John Hutchison MOVED and was SECONDED that the NECA Executive ask City Hall to ensure that the traffic laws are strictly enforced. It was MOVED that the NECA executive request City Hall to carry out a proper traffic study in New Edinburgh. It was also moved that Mr. Hutchison's motion be changed to read that the NECA executive ask City Hall to assure that the traffic laws are amended, i.e. the speed limits are lowered, and strictly enforced.

#### Mayor Speaks

At this point in the meeting, Mayor Dewar was recognized by the chair and congratulated the executive on their attempt to address the traffic problem in response to complaints from the community, and to stimulate community-wide discussion on the subject. She explained the implications and impact on residents of trying to alter speed limits, and the technical problems involved in posting signs and enforcing the changes. She concluded by saying that amendments were very difficult to execute and enforce, but that she would ask her officials for a report on the enforcement of traffic laws in New Edinburgh in order to assure herself that residents were being actively protected from speeding motorists.

Mr. Hutchison's motion was put to a vote. One opposed, the rest in favour. The two amendments were not entertained by the chair.

## Site Cleanup Moves Ahead

members of the NECA Executive have held discussions with City of Ottawa, Regional Municipality of Ottawa-Carleton and NCC officials in an attempt to rehabilitate parts of the Park.

The emergency snow dump site at the centre of New Edinburgh Park has been graded and planted recently by the City of Ottawa (200 pounds of grass seed worth \$300).

The former St Patrick Street

During the past two months, Bridge construction site between the Bridge and Dufferin is now in the final stage of cleanup by the contractor and the Region. NCC plans to complete grass planting on the site as soon as this work is finished.

> With the completion of these two projects in mid-June, the park will be restored to the high standard of landscaping and maintenance already provided by the NCC in the northern portion.

## **Young Mexicans Need Billets**

the Child, two groups of young people from Mexico will have the opportunity to improve their English while staying with Ottawa host families during July and early August. Varied programs of study and enrichment excursions are planned for the Mexican students, aged 11 to 15 and 16

The EF Institute for Cultural Exchange is seeking families who are willing to open their homes for about three weeks and to share in this crosscultural experience. The dates involved are July 7th to August 1st and July 12th to August 6th.

The participation of host families' children in the day Joanne Payne 521-8410.

In this International Year of trips and other activities will encouraged as much as possible. However, homes without children in this age group are also welcomed to host a student.

> The visit is arranged by the EF Institute for Cultural Exchange, one of the largest international study organizations. The letters EF stand for the Swedish name "Europeiska Ferieskolan", which translates as European vacation schools.

EF has chosen the Year of the Child to present their first Canadian exchange to include an educational program. For further information and to offer your home, please call: Bruce Burgess 238-3385 or





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## **Editorial**

by Heather Matthews

In any neighbourhood there are those who get involved in community affairs and those who don't.

Those who do, do so for a variety of reasons and are usually motivated by good intentions. I have observed that they are people who already have a great deal to do and could probably live without the extra work that community organizations involves.

Those who don't get involved, are also busy people who, for a number of reasons feel they can't or won't be bothered.

Those who do get involved seem to have one thing in common. they believe that it is necessary to maintain a wellorganized neighbourhood lobby to avoid misunderstandings with governments and monitor threats to the quality of life of

Those who don't get involved do care! They prefer the less time consuming method of reacting instantly and forcefully when something comes up that threatens them.

New Edinburgh is fortunate to have an active association dedicated to ongoing communication. This newspaper is sponsored by the association as a mouthpiece for all points of view. Community Association meetings are open to everyone and the dates are published in each edition of the paper.

As I really believe that everyone cares about our neighbourhood I have this suggestion for painless participation.

#### Attend the Great New Edinburgh Straw Hat Summer Day

The annual picnic isn't a get together for families of association executive members. It's a genuine community event designed to get people involved in having a good time!

But if you want to bend the ear of an executive member, go ahead. It's one way to make your views known.

#### Commun. School Council Meets

Sandra Ferguson

School Council will be held in Senior Citizen Representative; the school library on June 12th, at 7:30 p.m. Nominations are Sally Hutchison, Ethel Proulx, now being accepted for the Jill Hardy, Ann Hood, Peggy following executive positions: Morgan, Marj Hamilton Secretary; Treasurer; Publicity Harding, Co-Ordinator;

The first Annual Meeting of Programs Co-Ordinator; Parks the Crichton Community and Recreation Representative;

Present Council members are Buie  $A n \cdot n$ Co-Ordinator: Special Events (representing the Community Co-Ordinator; Children's Association), John Proulx, Program Co-Ordinator; Adult Sandy Hood (our representative

#### Deadline

New Edinburgh News will not be published during the summer. Publication will resume early September. Deadline for the September 22 edition is Friday September 7. Please submit all articles, photos, news items etc to 7 Avon Lane by the above date.



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## **Smoke Detector** By-law in Effect

On April 1st, 1979, the "Smoke Alarm By-Law 250-78" came into effect, with regards to buildings of three (3) storeys or less in height, or having an area not exceeding six thousand (6,000) square feet, containing a residential occupancy.

At present, of the 72,000 residences which are affected, 39,654 have met or have committed themselves that the requirement will be

The installation of a smoke alarm in your place of residence ensures early warning and detection of a fire. The end result being safety and residents' reduced damage property.

Please find enclosed a copy of the by-law and two additional pamphlets on smoke alarms.

from Lindenlea), Karl Parks (Community Liaison Officer), Dave Luce (representing Parks and Recreation). We encourage you to attend our annual meeting and to become actively involved in the council's work to ensure that the community is offered the types of educational and general interest programs you wish to see made available.

My sincere thanks to those persons mentioned above for their assistance over the past

#### Memberships Available

The membership committee of Frank Anglis and Barbara Giacomin would like to remind those residents of New Edinburgh who have not as yet been approved to renew their membership in community the association, that the family membership fee of \$3 or single of \$2 can be paid at the annual community picnic this month. For those who will be away at that time, a door to door canvass for new as well as renewal memberships is underway.

The committee would like to thank those members of the community who have paid this year's fee and especially thank those who have financially contributed to the association more than just the nominal membership fee.

#### SMOKE ALARM BY-LAW 250-78

Regulation: The by-law was passed on August 16th, 1978 requiring one (1) or more smoke alarms to be installed in every residential

Effective Date: Three (3) storeys or less and not more than 6,000 sq. ft. in building area - April 1st, 1979. All other buildings -

Energy Source: Electricity or battery.

Types of Smoke Alarms Which Are Accepted: Ionization or Photo Electric. When purchasing your smoke alarm, look for the U.L.C. label, and if you choose an electrical type, look for the C.S.A. label also.

Location: The smoke alarm is to be located betweedn each sleeping area and the remainder of the building. The Fire Department recommends at least one per floor level.

Responsibility: The onus is on the property owner or his agent to provide smoke alarms(s). The owners and tenants are encouraged to cooperate in the installation and maintenance of smoke alarms.

Warning and Testing Devices: Battery powered are provided with a device to indicate a weak battery, by either a beeping sound or a blinking light. Electrically powered will have a small light indicating that the power is on. Both types are often provided with a test button or other means of indicating operating condition. Follow manufacturers' instructions carefully.

Information: For further information, contact the Fire Prevention Bureau at 233-4801, or 232-1551 Local 29 or 30, from 8:30 a.m. to 4:30 p.m., Monday to Friday.



We are concerned with the conservation of New Edinburgh as a part of Canada's living heritage, a visible reminder of the Capital's past for the enjoyment of present and future generations.

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## New Edinburgh Day Nursery Flourishes

What is it? The New Edinburgh Day Nursery is a day care centre, open from 8:15 a.m. to 5:30 p.m., twelve months a year and located on the second floor of Crichton Street School, entrance from Avon Lane. We use the community playground on the Dufferin Street side of the school.

Who runs it? The day care centre was originated three years ago by parents in the community who needed day care. The centre is administered by a parent board, elected from the parents of the children \$28.00 half day without lunch.

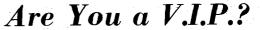
Who attends the centre? Fifteen children at any one time, between the ages of two and a half and five years. Some of these are junior and senior kindergarten children from Crichton Street School, Rockcliffe Park or Manor Park who attend on a part time basis. Most are children of working parents resident in New Edinburgh.

What does it cost? At this time the cost is \$45.00 per week for full day care with lunch; \$38.00 half day with lunch; or foods and eat well with their friends. Lunch time is an exciting time.

Day care is a place for making friends; learning to get along with them and learning how to communicate effectively with both children and adults.

After an exciting morning, full of good food the children settle down for sleep in a quiet, darkened room. This is a good break in the day — the children have a better afternoon and evening for it.

Outdoor play is great for growing bodies. A lot of



Because the Children's Aid Society of Ottawa-Carleton works with children too small to travel on their own, they have an opening for Volunteer Drivers. The need is crucial for drivers who could accept a regular assignment once or twice a week and for others who would be available occasionally. A mileage allowance of .22 is paid.

The Society is also

seeking individuals who want to make a personal commitment of several hours a week either to assist a mother or help with stimulating young preschool children.

If you are interested in becoming a Very Important Person as a Volunteer Driver, Home Tutor or Friendly Visitor, please call 733-0670 and ask for Kathy Bawden.



Children enjoy new play facilities.

enrolled in the centre. The Board has a President, Vice President, Treasurer, Secretary and two additional members. Other parents participate by contributing their labour for spring or fall cleaning, maintaining equipment and assisting with laundry. The greatest parent contribution and community contribution is through caring about the centre and the sharing of ideas and needs.

Who staffs the centre? The supervisor and teacher are both trained and experienced in Early Childhood Education. The supervisor is also trained in Family Life Education. We have one part time helper from the community and in the spelled by a student from an and afternoon snacks and enjoy

Early Childhood Education program.

We hope to keep our costs close to this level and may well be able to do so as this is a nonprofit agency. There are some subsidized spaces in the centre.

What happens in day care? Our day is very much one big happy family - with a few tears, from time to time. There is lots of fun and lots of learning - the children learn through creative experience with water, sand, paint, clay, play dough and anything else we can think of. There is time and space for exploring materials and the environment - we make a lot of mess and cleaning it up is part of the learning.

We cook and learn about summer, regular staff are food — make our own morning

eating them. A well planned hot lunch arrives daily from the caterers. The children try new climbing, swinging, sliding and digging happens in our community playground. sometimes share with the Learn and Play Program from the Association for the Retarded a wonderful sharing experience for all of us.

We have books to look at and stories to listen to; music to make and to experience through moving our bodies to music. We make our own plays with finger puppets, hand puppets and our whole selves. We use our minds and our imaginations and learn how to express fantasies.

Come and see us. Visitors are always welcome but we enjoy visitors most in the morning when they can see the most creative part of our program. Come alone or bring your most favourite small person.

If you want to discuss a registration or the program in more detail and are unable to come in, give us a call at 745-8005. If we are busy with the children we may ask you to call back; at our centre the children are the most important people, they come first!

Patricia Hooper, Supervisor Diana Pierce, Teacher

#### With Thanks

The editors of New Edinburgh News express thanks to all the willing volunteers who delivered the March issue.

The Haslett family and Chris, Michael and Robert The Henry family and

Andrew, Angus, Kathy

The Buie family and Jennifer

The Grant family and Genevieve and Peter

The Ferguson family and Jennifer and Jonathan

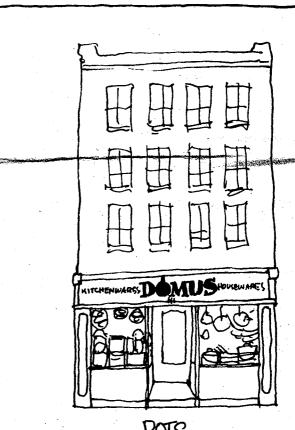
The Applebaum family and David and Shannon.

#### **Editorial Statement**

The April 1 section of New Edinburgh News was intended solely as satire. We apologize to any individuals or firms that we may have inadvertently offended.



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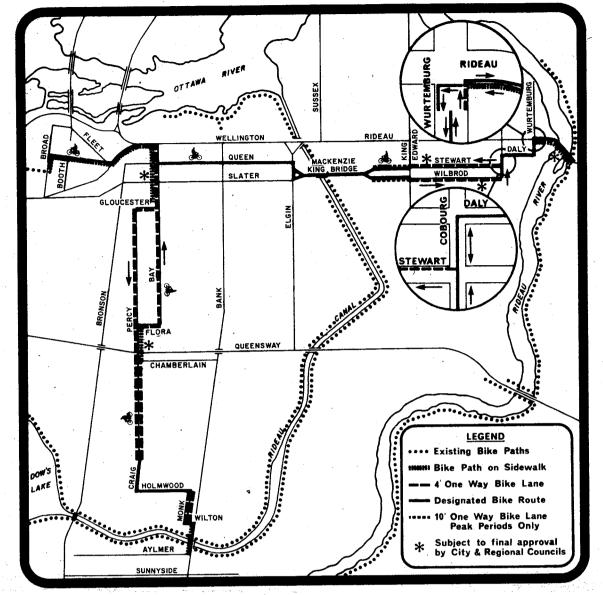


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#### THE **GENTRAL OTTAWA** BIKEWAYS



As a means of transportation, bicycling has several advantages. Besides being fuelconserving and non-polluting, bicycling is a pleasant, healthful, speedy and low-cost way to travel.

What has been lacking in Ottawa is a network of bicycle routes throughout the city to complement the ones along the Rideau Canal and the rivers. To remedy this situation, the City of Ottawa and the Regional Government will soon be retention, as well as future opening bikeways on streets in expansion of the bikeway the downtown area.

As shown on the aca north-south route on Percy and Bay Streets, and an eastwest route using Queen Street and Stewart and Wilbrod

pleasant alternatives to the busier streets such as Bank Street and Bronson Avenue or Rideau Street and Laurier Avenue. The bikeways are the first of a network of bicycle routes that is being planned for Ottawa, Vanier, Nepean and Gloucester.

Bicyclists should realize that the use they make of these bikeways this summer will in large measure determine the likelihood of their permanent system.

A publicity campaign is being routes will be quieter, more street that is designated and Johns).

signed as a bike lane, traffic and parking will be prohibited during certain hours of the day. As with a bus lane, motorists who are caught driving or parking in a bike lane will be ticketed.

On Sunday, 27 May 1979, starting at 2:00 p.m. in Strathcona Park, there will be a bicycle rally in co-operation with the Ottawa Bicycle Club to inaugurate the new bikeways. Everyone is invited to bring a bicycle and join in the rally which will follow the bikeway route shown on the map.

For further information companying map, there will be undertaken to inform motorists about the bikeways or the rally, and cyclists about the bikeways. you can call the Regional Essentially, bike lanes will do Municipality of Ottawa-the same thing for cyclists that Carleton (563-2788 — ask for bus lanes now do for buses. Grant Malinsky) or the City of Streets in Sandy Hill. These That is, on the section of the Ottawa (563-3216 — ask for Al

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## City Begins Heritage List

Some residents of the Burgh recently reported seeing a man with a notebook looking over their houses. That was the City's heritage officer preparing a heritage reference list for New Edinburgh. The list which includes about 200 buildings is intended mainly as a guide for the City's Building Inspection Branch and does not confer any benefit or impose any legal restrictions on property owners. More information on the heritage review process can be obtained from Roberta Butler or Bruce Grant, two burghers who are serving on the Heritage Advisory Committee at City Hall.

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## Soirée des Méritants

Le 16 mai dernier avait lieu la soirée de remise des prix aux Nationale élèves de l'école. On a félicité les méritants du concours de Populaire St-Charles français en leur remettant un certificat d'excellence en français et un bon également récompensé les méritants du programme du civisme en décernant un certificat de mérite à chacun et on a fait tirer au sort (Quincaillerie) un bel étui de crayons-feutres parmi les "bons citoyens" de chaque niveau.

Pour égayer la fête — car s'en était une — certains groupes d'élèves ont présenté des numéros artistiques entre chaque remise par niveau: chants, danses folkloriques, mimes et comptines... Des invités d'honneur remettaient les prix.

L'école tient à remercier publiquement toutes les organisations qui ont contribué à rendre cette soirée possible par leurs dons généreux, en voici la Banque Canadienne

M. Legault,

M. Bélanger, le Droit A.P.I. Barrette/St-Charles Conseil communautaire

F.F.C.F. section Rhéal Jolicoeur Μ.

Le Coin du Livre (M. Normand Savard, gérant)

Mme Simone Lemieux, prés. F.F.C.F.

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Mme Flore Joanisse membre de la F.F.C.F. St-

Sans leur support particulier pour la culture française, il nous aurait été très difficile de tenir un tel concours de français ayant pour but de souligner tangiblement tant d'efforts méritoires. On leur doit un ban d'applaudissements!

## **Community Bulletin Board** in Crichton Yard by July

Our latest conversation with company installing the programs for children will equipment in Crichton School continue at 214 Hopewell yard, indicates the community Avenue until late June. Crichton St. and will, we hope, Crichton School. prove to be a useful means of getting community information Preschool, 1/2 day camp at to the community.

The surface for two tennis courts, to be located in the yard on the West side of the school, should also be installed before July if the weather continues to co-operate. With this in mind, your Community School Council proposes to offer tennis lessons to those wishing instruction. Please telephone Karl Parks at 741-1904 to indicate interest is shown a convenient time will be arranged.

Registration for the following Hilan Construction, the City of Ottawa summer

bulletin board shold be installed Summer Fun '79 — ages 7 to 12, before July. It will be located at \$15 per week, July 3 - August the corner of Dufferin Rd. and 31. Children will be picked up at

> Crichton School — ages 3 1/2 to 6, July 3 - August 10, \$10 per week. Experienced staff with background in early childhood education, and camp will run subject to sufficient registration (20 - 22 per week). Registration will be held at Crichton School on June 5 between 7 and 9 p.m. for this English and French

your interest. If sufficient Teens N'Travel — ages 14 to 17. Call Jan Davis at 563-3356 for

## **Small Turnout for Seminar**

by Katherine Haslett

Although the turn out was small, the second seminar on curriculum, which was held at Crichton School, on April 3, 1979 was a great success. This was mainly due to the excellent speakers: Miss Barbara Wright, Primary Consultant and Mr. Peter King, Junior Consultant both of the Ottawa Board of Education. Due to the small number of people attending, there was plenty of opportunity to ask questions and to discuss various aspects of curriculum in the language arts program.

As you may recall, the first seminar was held in February and viewed the matter from the Ministry of Education's them to participate.

mandate. This second one was to explain how the Ministry's Guidelines are interpreted and implemented at the local School Board level.

Speaking personally, the high points of the evening dealt with the Primary Reading Programs. As a parent, I was unaware, that these different approaches are available and tailored to meet the individual needs of each child.

We were very fortunate to have two such experienced and enthusiastic speakers (and teachers) with us. Many thanks to Mr Bill Jones, Principal of Crichton School for inviting

#### L'Ecole St. Charles-Barrette

## Une Année Remplie d'Activités

autre année fort bien remplie d'activités communautaires. Plusieurs cours d'artisanats de toute sorte ont été offert durant les sessions d'automne, d'hiver et du printemps. Au-delà de cent vingt-cinq adultes ont participé.

Vingt-cinq étudiant(es) participent au programme 'après 4" qui a lieu tous les soirs de la semaine de 3h:15 à 5h:00. Le groupe de 6-7 et 8 ans vient le mardi et le jeudi, les plus âgés viennent le lundi et le mercredi; le vendredi, le groupe est au complet.

Depuis le mois de janvier nous avons deux monitrices qui se partagent les tâches: Mlle Francine Bolduc, étudiante à

Nous approchons la fin d'une l'école secondaire Belcourt et Mlle Marye Tanguay, étudiante à l'Université d'Ottawa.

Le vendredi 2 mars avait lieu notre marché aux puces. Ce fut une journée mouvementée: les étudiants, parents, amis et professeurs y sont venus pour faire les emplettes! Merci à tous ceux qui ont participé, soit par leurs dons, leurs achats, et comme volontaire.

Le conseil communautaire a reçu une réponse favorable à notre demande pour des argents dispensés par le Ministère des Affaires Culturelles et des Loisirs (Wintario). Nous avons reçu un montant de \$386.00 qui nous aidera à défrayer les coûts pour l'achat d'une machine à coudre et d'un métier à tisser.

Nous espérons l'aménagement du parc dans la cours de l'école se termine d'ici quelque temps. Si les installations sont prêtes pour le début de juin, nous espérons présenter des cours de tennis, clinique de 5 sessions pour débutants, intermédiaires et avancés.

Nous terminons notre année avec un vin et fromage et la remise de attestations.

L'école communautaire est toujours à la recherche de professeurs pour enseigner des cours. Nous n'exigeons aucun diplôme; si vous avez des compétences, soit en bricolage. artisanat, décoration, etc...téléphonez-nous pour en discuter.



## A PARTY IN **CELEBRATION** OF THE

## YEAR OF THE CHILD

## SATURDAY, JUNE 9\*

CHICKEN B.B.Q. SUPPER — DRINKS —DANCING

Rockcliffe Park Public School and Village Green

Co-Chairmen — Diana Kirkwood 746-0694; Frances O'Brien 745-4595 Artists 9:30 a.m. CHILDREN'S ART EXHIBIT

Village Green Convenor: Pat Fyfe 749-6951 PET PARADE All Classes — Fish — Fowl Baseball Field — For children under 10 Convenor: Heather Gillan 746-3154

SKATEBOARD DUAL SLALOM — With Helmets Springfield Road Convenors: David Gill 238-8288; Nick Hooper 749-8227

KITE CONTEST — Special class for homemade Convenors: Judy and Doug Reid 741-8871

OBSTACLE RACE — Mother and Son, Father and Daughter **And Assorted Combinations** Convenor: Don Brown 745-5539

SCAVENGER HUNT ON BIKE AND FOOT — Arrange teams of 8 - All ages Convenors: Popsy Johnstone 746-2751; Sue Irvin 741-0743

EARTH BALL DEMONSTRATION Convenor: Gordon Smith — 746-7481

SQUARE DANCING — N.A.C. Donald MacSween and His Fiddlers Three — Master of Ceremonies: Gordon Roston **CHICKEN B.B.Q. SUPPER** 

STREET DISCO WITH LISGAR LAVAC

5:30 - 7:30 7:30 - 9:30

Public 1:00 p.m.

2:00 p.m.

2:00 p.m.

2:00 p.m.

2:30 p..m.

3:30 - 4:30

4:30 p.m.

5:00 - 7:00 p.m.

to 3:30 p.m.

B.B.Q. tickets \$3.50 available at: Rockcliffe Park Village Office Manor Park — Marion Robertson 746-2849 New Edinburgh — Rosemary Shepherd 746-4443 Lindenlea — Joanne Nelson 741-1631

\* IN CASE OF RAIN POSTPONED TO JUNE 10th BRING A CHAIR - IF YOU CARE!

Crichton Students Celebrate Year of the Child

# Enthusiastic Audience Taken On World Tour for Spring Concert



(Above) Parents and friends delight in the spectacle presented for them. From top to bottom: Countries and customs of Japan, Scotland, Morocco and the USSR.

#### by Katherine Haslett

On Tuesday, April 24th, the parents, and friends of Crichton Street School were treated to a Gala evening.

This year, the annual school concert was done in conjunction with the International Year of the Child. The theme of the evening was children from other lands.

It was evident that a great deal of planning, learning and practising had been done before the actual night of the performance. The school corridors ware filled with colourful displays and art work. Each teacher (and one parent), had taken a group of approximately ten children. The learning process was carried out over a period of weeks during which time the pupils studied their chosen country's culture, language, geography, etc.

The final result was terrific. A procession of all the students opened the evening and gave everyone a chance to view their costumes. Subsequently, each group presented their efforts — a tea ceremony from Morocco; dances from Holland and Trinidad; facts about Russia; highland dancing; and many songs from the various countries.

The groups represented were:

Morocco and North Africa — Mrs. Val Northgrave

Russia — Mrs. Bill Jones Trinidad — Mr. Taylor Holland — Mrs. Rehaag

British Isles — Mrs. Pottery

Native Canadian People — Mrs. Carter

Japan — Mrs. Williams

French Canada — Madame Boyle.

The 4 yr. old kindergarten pupils entertained us with a selection of spring songs.

The evening was a great success and we were all very proud of our school and our

Many thanks to everyone who worked so hard.



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References in New Edinburgh

## New Edinburgh Ways

by Chris Burke

In this puzzle there are nine unclued lights (a "light" is what you enter into the puzzle). All of these lights have something in common. As the answers to the clues are entered into the puzzle, they will provide crossletters to help in identifying these unclued lights. The puzzle contains one obscure word and several proper names.

The layout of this puzzle uses heavy lines to mark the end of words, rather than blacked-in squares. As in the previous puzzle, each clue provides two separate leads to the answer, one a definition and the other usually more cryptic. The examples given below are all from the previous puzzle.

Send completed puzzles to 7 Avon Lane. The first correct 13. Four rings and the clap answer drawn from the bag June 8 will entitle the solver to dinner for two at the Compiler's.

The Compiler apologizes for female (10) errors in 5 Down and 16 Down in the previous puzzle.

#### **EXAMPLES**

1. Clue: Void makes my pet

**Answer: EMPTY** 

Logic: Anagram of "my pet"; means "void"

2. Clue: Ban second medal

**Answer: BAR** 

**Logic:** The second medal awarded is known as a bar bacon initially (7) (DSO and bar; DFC and bar); 29. In the beginning, sic transit bar means ban.

3. Clue: Sounds like we've got a few; McCreery's keeps then in July

**Answer: SUMMER HOURS** Logic: Sounds like "Some are

4. Clue: Mistakes from Her Majesty, the Centre, brief thanks.

**Answer: ERRATA** 

RA Centre; TA is brief thanks. 5. Clue: When to expect a letter

from Athens Answer: ETA

Centre of Ottawa-Carleton.

Does that mean anything to

you? Is it something you could

use? Chances are the answer is

If, for example, you need free

legal advice, or if you want to

lodge a complaint against your

'landlord; if you require

financial assistance or you're

looking for a day-care centre —

not to worry. The people at

Estimated Time of Arrival; Eta is a Greek letter

6. Clue: Green, for example, is touch-down

**Answer: ISLAND** 

Logic: Green Island (a bit of local colour!); IS LAND (to land means to touch-down).

7. Clue: Eastern french glove, with article, is fashionable **Answer: ELEGANT** 

Logic: E is eastern; french glove is 'gant'; the article is 'le' (making E-LE-GANT); elegant means fashionable.

#### **ACROSS**

1. Sight Rio Valley mixed up in the lore of New Edinburgh (7,

12. (7)

confuse this sort of doll (6)

14. The words are a cross in eastern New Year (4)

15. All gentle sex; typical

18. No blot on actor's name (4) 19. Changed and did something about very loud Eastern capital

23. Addict of Yankee monarch

24. Detest mixing definite and indefinite articles (4)

25. Prosecute the loser of the war (4)

27. Burn leaner, beginning with

from Sid Vicious, crazy and offensive (9)

31. Leap on your way (5)

33. Confused voter putting silver on the plate (7)

35. In growth in Northern Dancer's home is something totally mysterious (11)

38. (8)

**New Information Service** 

43. (6)

45. Take over territory en-Logic: Her Majesty is ER; the dlessly and be queen for a thousand days (4)

46. Direction was in front; brought down back (7)

call. More than that, they can

give you the name of someone

to talk to, tell you what to

Ottawa-Carleton is blessed

with a good network of social

services, and the C.I.C.'s great

revolving file contains in-

formation on all kinds of

resources provided by govern-

48. Steals raises (5)

conditions.

Logic: ETA stands for 49. French sailor got turn, lost

## 20 21 13 24 25 26 27 32 33 36 37 38 39 40 41 42 44 45 46 50

a mixed-up person (7)

51. Similarity about outside

#### DOWN

2. One of a collection I met on

burden objects to loosen things up inside (9)

4. (9)

5. This beauty is no empty socket (6)

6. Charioteer in Arthurian legend (3)

8. Cast for trufflehunter (3)

wined with Yankees' target plate (9)

11. Fork on the German over

12. Point put above sign (4)

direction, got confused and left 16. Spinning arrow sounds like

show (11)

53. (7)

the way up (4)

3. In private (or brief) a rising

9. Tasty, horny sounds ent-10. Beginning off Broadway

The Community Information C.I.C. can tell you where to ment departments and voluntary agencies, resources in the fields of recreation, health, education, employment serexpect when you call the vices, legal aid, financial organization, who is eligible for assistance, nursing homes, dayits services, and under what care centres. Even so, some needed services are not available, and the C.I.C. has a role to play here too. By keeping statistics on inquiries for services not available (a dental clinic for low-income adults is one such service) and by providing such information to social planning groups, the staff at C.I.C. helps to ensure the development of essential

> The Centre staff is composed of director Huguette Petruk, an information counsellor and a secretary. They are available from nine to five, Monday to Friday. So the next time you have a question about community services, why don't you dial 238-2101?

he fancies himself (4)

17. Flesh we use to make bodily passage (6)

20. Fish back out of the wind

21. Cheat in antic, ribald fashion (4) 25. I trespass and turn up

unless legal cause shown (4) 26. Soon a most prolific poet

27. Rub up a North American initially, Carmina (6)

28. Wrap up fifty in crazy dance (6)

30. Cry puppy (3)

32. Golden boat? (4)

34. Sounds like Roberta's giving trouble (4) 36. Poles for pari-mutuel lady

37. Draw southern ship (6)

38. Exalted depression in charge of gripe (5)

39. Wet fall sounds like the rule

40. Dig under (5)

41. He special Nazi soldier (4) 42. There is this mixed up cipher

44. Seventh lettered tribe makes a metallic thud (5)

50. Part of late afternoon meal

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## Profiles of People in the 'Burgh'

## Bibliophile Brightens Beechwood

Kent Doe looked into the elderly gentleman's shopping bag and apologetically shook his head. No, he couldn't accept old Chatelaine's for sale. He's just not running that kind of bookstore. "Well, you see, vicar, I just want to buy some tobacco. It costs about 70, or 80 cents." As he dug deeper in the bag, Kent discovered several good children's books at the bottom. He smiled and said, ah, now you have something that interests me and paid the relieved man for five of them.

that if he didn't do this identity thing with history at 41, he'd be even less likely to make the move at 50 or 55. He felt that he didn't want to reach his sixties and look back on his past, his work in the ministry which he enjoys, knowing that there was still this nagging thing left undone.

Spontaneously, Kent walked across the street to the bank, talked to the branch's sympathetic manager and walked out with a loan. His wife, Nan, had recently returned to the labour force full time and he back to Ottawa. On highway 7, just outside Carleton Place the truck had a blowout; his intial purchase turned into a quite a memorable adventure.

Within days of opening, local response was overwhelming. People started to turn up with armfuls of books as donations. All the Beechwood merchants welcomed the bookstore with great enthusiasm. One arrived with a box of chocolates as a gift for the bookstore's sweet success and Kent Doe was deeply moved by the warmth accorded him. The chocolates

His family has reacted with much excitement and enthusiasm. He feels that it's been a bit tough on them in the past, always branded as PK kids (Priest Kids) wherever they've lived. It's almost as if no one can be real in front of them it sometimes becomes frustrating. A dad who runs a bookstore is a bit more ordinary than one who is a priest. They come to the store often; his older two like to help out on weekends. (There are four girls).

"I treat the store like a baby - I nurture it and handle it with great love.

Some days I don't take in anything and that's a scary situation. Every day that has been a low day has been because there haven't been any people. When people come in, they buy. Out of every 10 people coming through the store, 8 buy something. If he can keep the store going for a year he will have enough credibility to branch out - to approach publishers and be able to order wider selections and more specialized books customers. If the store folded he



TENNIS INSTRUCTION

Adult Evening Clinics, Junior Clinics, Women's Morning Clinics and Private Lessons commencing May 1st are given by Margaret Gibson, former Australian International Player, at the Ottawa-New Edinburgh Club, Telephone 234-1048 after April 20th.

would return to his parish full time but for the moment, Kent Doe is optimistic about the Vicar's Bookshelf's chances for survival and he is enjoying himself immensely.

## Public Archives Exhibit

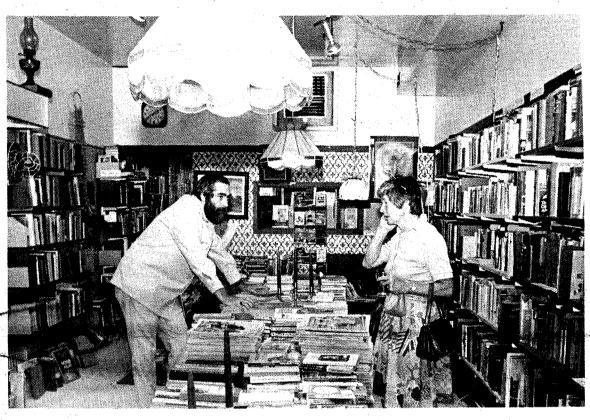
On Friday, May 4, 1979, at 8:00 p.m., Colonel J.W. Ostiguy, a well-known figure in the world of decorations and insignia, officially opened an exhibition presented by the Picture Division of the Public Archives, entitled A Collection of Honours and Awards: N.P. Comnène (1881-1958).

The Comnène Collection comprises forty-eight items, mainly insignia of high-ranking European Orders, dating from the period between the two World Wars. They include not only the celebrated Legion of Honour (France) and Orders of St. Michael and St. George (Great Britain), but also less well-known Orders from many countries of Central and Eastern Europe. These were all acquired by N.P. Comnène 395 Wellington Street, Ottawa.

during his career as a Romanian diplomat.

"This display," according to Norman Willis, Curator of the National Medal Collection, "offers the Canadian public a representative cross-section of specimens of a specialized form of artwork. It exemplifies a tradition, with roots in medieval Europe, which is perpetuated today all over the world, including in Canada's own System of Honours. The Public Archives is indebted to Mr. Raymond Comnène, of Ottawa, for his kind permission to show his father's collection."

The exhibition A Collection of Honours and Awards: N.P. Comnène (1881-1958) will be on display until September 15. 1979, from 9 a.m. to 9 p.m., at the Public Archives of Canada,



Kent Doe, the owner of and inspiration behind The Vicar's Bookshelf talks books with one of the bookstore's customers, who dropped in during the pre-election wine and cheese morning. Photo courtesy of Dan Lewis.

Toronto-born Kent Doe is the creator of New Edinburgh's latest attraction — The Vicar's Bookshelf, that tiny charming book-crammed cubbyhole sandwiched between the Towne Cinema and Polonez Restaurant. The bearded, soft spoken man, who looks like the jazz drummer he is, is, in fact, a parish priest with St. Margaret's Anglican Church. He received permission to leave the parish for a year, at least, to set a life dream in motion. (He still manages to tend the needs of parishioners 'mornings and evenings, outside of the bookstore hours.)

Kent Doe has always had the idea for a bookstore germinating in his mind. He has been looking for an environment" a setting that to me would take my idea of a bookstore. When I was given the parish of St. Margaret's, we moved out of the suburban setting, found a house that we bought on Acacia, so that put us into this area. At Christmas, I was driving past the Towne Cinema and noticed the 'for rent' sign next door and something told me this was the place." He had no idea that he was about to jump into anything so quickly but started to make inquiries.

He had to decide whether to act immediately or let the chance pass him by. He knew knew that it meant a gamble were shared with the first and just getting by for a year, but his family supported the move completely.

"I had in my mind what the store had to look like. I knew it had to be quaint, small, cosy and accessible in the sense of browsing. That meant opting for used books because if I just went for new ones, I'd simply be another bookstore, - just a commercial enterprise — and what was going on inside me would have gone unanswered.'

Kent spread the word amongst friends and within a matter of days books started coming in, in bags, boxes, cartons. A week before he was due to open the store was stocked with a few hundred books and looked so sparce that he filled shelves with used Readers Digest Condensed books that he knew no one would buy, but would serve to make the place less dismal. A trip to Toronto and a donation at a church sale netted him another 90. Then, he was driving in Toronto's west end and saw a sign 'bookstore closing out sale'. On a hunch, he decided to buy out the entire stock. Kent exchanged half his loan for 3000 books, borrowed a half ton truck from a friend, crammed every conceivable corner of the truck chock-ablock with books and headed

curious passers-by.

Kent Doe wants The Vicar's Bookshelf to be, above all, a community bookstore — there to serve the people in the area. He sees it as a gathering place, where people will feel comfortable dropping in for a leisurely browse and chat with neighbours as they make their way along Beechwood. He has already organized two successful Saturday events — an author's morning and more recently, a pre-election wine and cheese tasting — which drew large numbers of area residents. The store's tiffany lamps were made by Peter Bond who enjoys doing them as a hobby. Paintings of local artists are shown and sold for the artist who might otherwise go unnoticed.

Kent has a special affection for children. His children's corner is an inviting area where children are encouraged to come and cuddle up with one of the books there, or to draw while their parents browse. "I encourage them to bring in the books they've outgrown and we'll do a swap. They can either get something else or a small payment for their possessions." He also carries a selection of new Ontario published children's books previously unavailable in Ottawa.

#### Calling All Thespians



If a group of local residents is successful, New Edinburgh will soon have its own theatre company. They plan to form a community theatre company and present plays in the Crichton School auditorium. The group is forming now and needs actors, set designers, costume designers, gofers, directors, moguls, publicity agents, technicians, prompters, and other dramatic people. If you're interested call:

> Cheryl Matson, 741-6853 Marybeth Grant, 745-2797 Gaye Applebaum, 741-1854 Robin Hamilton Harding, 746-5742



## ART'S SMOKE SHOP

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## Artists of New Edinburgh

#### Second in a Series

by Joan Ablett

A quiet study in blues of a wintry Crichton Street School. Pale outlines of children playing on a sunlit Keefer Street. A compelling fall landscape of

trees and gentle slopes in Stanley Park.

The works are those of Diana Dean and she lives here, in New Edinburgh.

Diana's life is quiet—centred around her work, her family (she and architect husband Raymond Burton have four boys), and music.

But there is an excitement about her work which is attracting attention.

The Canada Council Art Bank recently bought some of her work.

And it has chosen one of her paintings to show at the Birmingham (Alabama) Festival of the Arts this summer, a festival that this year features Canadian arts.

In addition, Diana just completed a highly-successful one-woman show at Nancy Poole's Studio in Toronto.

"In art circles," says Margaret Collins, director of Ottawa's York Gallery where Diana exhibits in Ottawa, "it is considered quite an honor to be in Nancy Poole's "stable".

Born in Southern Rhodesia in 1940, Diana Dean moved to England at the age of ten.

She studied at the Bath Academy of Art from 1961-64, working mainly in sculpture.

Diana had several shows in England and won a major award for her sculpture.

In 1970, the Castleford Civic Centre commissioned her to make a sculpture for its new building.

Diana and her husband came to Canada in 1974 and to New Edinburgh a year later.

While she continues to do the occasional sculpture, she now works mainly in oils, concentrating on figurative work and landscapes.

"I like hills, as you can see," she smiles and points to the several "hilly" scenes which

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#### An Interview with Diana Dean



Diana Dean at work in her studio. The painting visible in the background is a self portrait.

dominate her airy studio.

Often she paints small pastels as studies for the much larger oil paintings which follow.

Most recently, Diana has been using many layers of "scumbled" paint to create a greater luminosity and depth, which gives the paintings a thick, almost rug-like texture.

Her work is fresh and compelling. And her style has been most accurately described as "spare, exacting, and uneasily tranquil".

How does a successful artist, working in a studio at home, organize her time.

"When the children were younger," said Diana, "my

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REMORQUAGE

**TOWING** 

**Plowing** 

priorities were my family and my painting — housework and other chores were left until evening.

"Now I'm able to work more consistently on my painting — 9-3 p.m. every day — as the children are at school."

Diana also manages to find time to teach a night course at the Ottawa School of Art.

"I find that the discipline of regular hours ultimately works best for me", Diana says.

The reviewers seem to agree.

## **Swimming Classes**

Lowertown Pool, 40 Cobourg Street is holding registration for the following summer swimming programs —

Little People (3-5 yrs.) \$11.00 first session July 3 - 13.

Pre-Beginner & Beginner (5 and over) \$9.00 first session July 3 - 13.

Junior \$10.00, Mon & Wed beginning June 25.

Intermediate \$10.00, Mon & Wed beginning June 25.

Parent-N-Me, Mon & Wed 5 p.m. beginning June 25

Senior/LS II (12 yrs.) Tues & Thurs beginning June 25

Bronze Medallion (14 yrs)
Tues & Thurs beginning July

Adults, Mon & Wed beginning June 25.

For more information regarding the above please call 563-3405.

## What's Cooking ...?

#### **Baked Turbot**

by Marjorie Hamilton Harding New Edinburgh News Food Editor

This fish is absolutely delicious, inexpensive, and easy to cook. Well . . . it can be prettied up and served in super gourmet style. However, sometimes simplicity is just as attractive, and I can vouch that this fish simply cooked is very, very good.

Another point in its favour, even my kids like it.

Allow 4-6 ounces of filleted Turbot per person.

Place fish in greased baking pan.

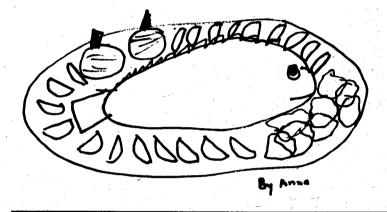
Brush with melted butter. Sprinkle with salt and pepper. Bake in hot oven — 475°F for five minutes.

Turn fish over carefully so that it remains more or less together.



Brush again with butter and seasoning.

Cook another five minutes. Decorate and dish up.



## Sign Up for Saturday Soccer

The New Edinburgh Soccer team meets Saturdays at 10 a.m. in the Park on Stanley Avenue. Boys and girls between 6 and 12 years of age are invited to play. For information please call Jack Ferguson at 746-8259. No

previous soccer experience necessary. As the weather becomes warmer the Saturday morning game will be replaced by one held early in the evening on a weekday suitable to most players.

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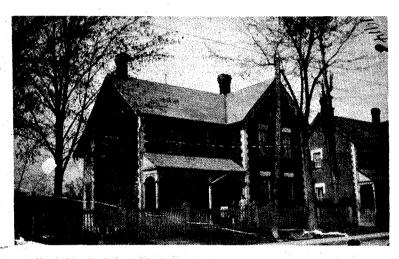
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## When I Was A Kid...

as told to Heather Mathews and Marybeth Grant



Elizabeth Gascon's father shovelling snow. In the background is 96 Crichton where Flossie Howard was living; 98 Crichton where the English family lived; and Mr. Rennie's house at 102 Crichton.



Elizabeth Gascon and her sisters on their front veranda, 105 Crichton Street, ca. 1914.

from the Holt's estate in November, 1908. It was built in 1872. Only two families have lived here. First the Holts, then us. We moved here from Chapel Street. When my father first brought us to see the house it was a sunny day. I felt as if I was walking into a cathedral. The walls were freshly painted papered in flowered wallpaper. The windows were washed and even the curtains were hanging. The kitchen was in the basement and my mother didn't like that. There was a pulley from the dining room to the basement and the food could be brought up. We didn't have a cook, only a charwoman once a week — Mrs. Chadwick from Stanley Ave. We built the kitchen in the back. It's a bright, sunny room. I would hate to leave it. The sun still pours in.

was taken down; my father was so mad. They came right inside the gate to widen the street. When the sewer was built, the ceilings all cracked.

We needed a big house; there were my parents, my two sisters, and my aunts who often visited for months at a time. Grandma Gascon spent the winters here. She would sew all the time she was here. She had a bag of remnants. She'd call us in and say, "I could put a little yoke on that dress, or cuffs on this one." We thought we were getting a new dress.

My sisters and I went to the

My father bought this house Rideau Street Convent. My older sister, Gabrielle, was a boarder. I was sick so often, though, my father grew tired of paying the fees for me, so I went to Crichton Street School. I was in Mr. Talbot's class. I loved Crichton School! At the convent we had to stand up and greet the Mother Superior when she entered the classroom. At Crichton, if Mr. Church, the principal, came in, the kids all turned around and talked to each other. I had been used to the discipline at the convent, reciting the beads, praying . . of course there was a piece of the Bible read each day at Crichton School and the Lord's Prayer. We used to go to St. Charles Church or sometimes the Basilica on Sussex. That was before I was liberated. I don't go to church now. My father was a freethinker and so am I.

Things were so different then. The road was narrower then and the sidewalks were wider.

Things were so different them A little "jigger" came down Crichton Street from the St. We all had picket fences. When Patrick Street Bridge to John the road was built, the fence and Alexander. It was a small to talk to me. My life has been streetcar that held only about 20 people. We called it a jigger; I think that means little sailboat. The main stores in the neigh-

bourhood were Acklands, Bedard's and McCreery's. The delivery boys used to race their horses to see who could get ahead. All the dogs would follow, barking at them. We bought at Acklands and Bedard's. My mother used to send me for 10 cents worth of meat. That would be a good piece for a soup. It was shank - not just the bone, but good meat for 10 cents. Sometimes we went to Charette's butcher on Cumberland Street. We bought butter in a mold, T-Bone steaks, a rump roast and two pounds of marshmallow cookies - pink and white with coconut. It never cost over \$2 and that meat lasted us all week.

I used to make myself hats. One afternoon I remember walking up and down, up and down, in a little hat I had made. It was a pillbox, with a bow at the back. I looked up and saw a familiar face. Was it Lord Minto? It was. I stared at him and he lifted his hat to me. I was so proud.

There was a typhoid epidemic in 1910. Gabrielle and I were sick. I got out of bed in April, 1910 after eight weeks with just a little syphon water to drink. Eight weeks without eating. I was only 9 years old. After that I was sickly. When I was 15, I stopped school. I worked at home. I started writing to pen pals. I had 20 pen pals from all over the world — St. Pierre de Michelon, Madagascar, Spain, Argentina, France. I went to France in 1925 to visit one of my pen pals. That was like going to the moon in those days. My friend was getting married. She asked me to be her bridesmaid. I still do a lot of writing.

We went to Dr. Graham for 45 years. You miss those doctors, you know. We'd chat about this or that. He always had time to talk and cheer you up. Those doctors are gone now. When I see a doctor today I feel like a sausage. I go in as meat, and I come out as sausage.

You live a long time when you live in the Burgh. The Elliots were in their 90's; the Rankins were in the 90's there were a lot of old maids. Mr. Asquith was 92 . . . I find the new people a little bit pretentious. In the old days there were workers, lawyers; we never saw a difference.

Everyone was kind to everyone. New Edinburgh was a village. Maybe I'm old and cranky now but it was a village then and it doesn't seem like a village any more.

I don't know why you came like a sheet of music — five lines and the notes - nothing exciting. Of course when I went to France it was exciting.



## Lion Loves Lilliputians

Lester Lion makes a birthday party special New Edinburgh resident, Cheryl Matson, changes into Lester, Pierrot, or a gigantic firefly. She performs puppet shows, magic and juggling acts and creates unique birthday banners. For information call 741-6853.

#### DO YOU REALLY KNOW WHAT CONSTIPATION IS?

Constipation is a condition, not a disease. It may be caused by disease but much more often occurs in perfectly healthy individuals. It is, in fact, hard to define. Some people have a habit of a daily bowel movement; others, equally normal, may have a movement only every 2 or 3 or more days. Probably any reasonably regular timing for emptying the bowel, with a soft painless stool and without cramping, may be considered normal. Therefore constipation may be considered as dry stools which are difficult to pass and may be painful to expel

#### How to help avoid constipation and be regular.

An appropriate program of Metamucil often combined with the following should relieve

- Eat meals at regular hours, and chew all solid foods thoroughly and well.
- Eat sufficient residue producing foods such as fruits, vegetables, and salads.
- Drink sufficient water, fruit juices, buttermilk, or milk on a daily basis and form the habit of drinking and enjoying these at certain times during the day.
- Exercise daily; a brisk walk, bicycling, running or jogging can be of considerable help in relieving constipation and staying in general good health.
- Avoid missing by answering the urge for a bowel movement promptly; delay may result in loss of the urge.
- Allow a routinely convenient time of day for your bowel movements.
- Take all the time necessary when at stool. Avoid straining; relax, and allow normal peristalsis (natural movement of the bowel) to take place.
- Any significant change in bowel habit, either diarrhea or constipation, should be brought to the attention of your physician . . . PROMPTLY!

#### What is Metamucil®?

Metamucil is a natural source laxative. Certain natural plant seeds are effective as a laxative because they have the property of absorbing water and work to form a soft pliable stool which can be easily passed and expelled. Modern preparation and processing has resulted in extracting and purifying the natural "mucilloid" from psyllium seeds to present Metamucil as an effective laxative.

Metamucil<sup>®</sup> is available in two convenient forms: Metamucil Powder in 6 oz. and 12 oz. plastic bottles and effervescent, lemon-lime Metamucii Instant Mix in pre-

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A scene from the recent Ottawa Little Theatre's production of "Living Together" All three males in the cast are from New Edinburgh. From I. to r. there are Jane Morris, Jim Bradford, Robin Hamilton Harding, and Chris Burke. Photo courtesy of Ron Mackenzie.

## Volontaires Cherché(e)s

Service Communautaire a besoin de bénévoles-volontaires pour rendre des services de dépannage auprès des personnes àgées dans New Edinburgh: visites d'amitié, courses, escortes, petit téléphone.

des volontaires, de nombreux Sarda vieillards peuvent encore 256, avenue King Edward demeurer heureux et Ottawa indépendants chez eux et dans Téléphone: 237-1266

d'Entraide leur quartier.

Améliorer le bien-être de nos ainés...est un bon moyen de se préparer pour soi-même un avenir encore meilleur.

Renseignements: mènage, surveillance par Service d'Entraide Communautaire Grâce au travail inestimable Suzanne Bédard ou Denise

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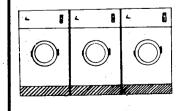
Double Bed \$125.00 (new); 2 dressers, cooler \$10.00. 745-8124.

Moore paints left over after painting school basement. 2 gals. light green semi-gloss; 1 gal orange latex; 1 gal. bright red latex; 2 gals. enamel. floor green \$10/gal. Call Sandra Ferguson, 746-8259.

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#### **Gather Garage Sale Goodies Gnow**

Autumn leaves, crunchy apples, golden chrysanthemums, and that horrible fringed lampshade you're finally getting rid of... New Edinburgh's 3rd annual garage sale is tentatively set for the first Saturday in October, start rummaging through your basements and attics. Let's make this our biggest blockbuster.



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