NEW EDINBURGH NEWS

April 2005



Information

ottawa.ca 613-580-2400 TTY: 613-580-2401

Open House - Beechwood Village Community Design Plan

Saturday, April 30, 2005

St-Charles Church, Downstairs Meeting Hall, 135 Barrette Street

The City of Ottawa has begun a process to prepare a Community Design Plan for the Beechwood Village area. The process is being guided by a Steering Committee of local residents and property owners. To complete the initial fact-finding phase, the Steering Committee would like to hear your views about your Mainstreet.

You will be asked to look at various displays and complete a short questionnaire. It should take no more than 30 minutes of your time. Your comments will be used to help prepare a Community Design Plan for the Beechwood Village area. The Plan will contain land use, built form and design guidelines that will be used to guide development in the future.

Steering Committee Members and City staff will be in attendance at the Open House to answer your questions and provide information. If you cannot attend the Open House or have questions/comments in English ou en français, please contact: Donald Morse, Planner, Department of Planning and Growth Management

110 Laurier Avenue West, Ottawa ON K1P 1J1 Telephone: 613-580-2424, ext. 13850

Fax: 613-580-2459

E-mail: donald.morse@ottawa.ca

3129

Saturday, May 14th at the fieldhouse, Stanley Park



Art in the Park

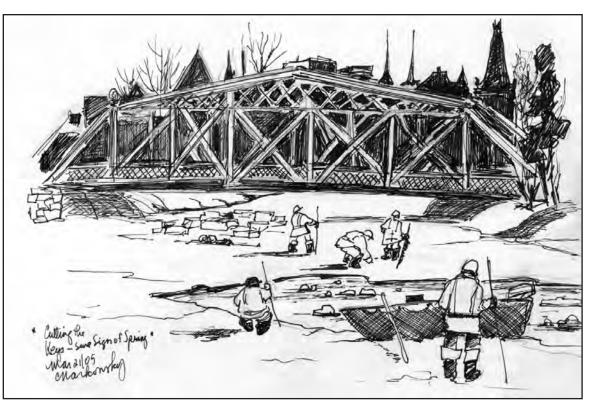
[SCULPTURE to be more precise]

a group of interested people who have been investigating the possibilities of an Ottawa Sculpture Trail will have drawings and information in the gazebo from gam... come and have a look, discuss, offer your suggestions. Heck, you can even get involved!

Annual Friends of the Park CLEAN-UP!

meet at the fieldhouse at 10am...

please dress appropriately, i.e. rubber boots, gloves etc. and bring some garbage bags if you can thanks! see you there.



"Cutting the Keys - a sure sign of Spring" by Martha Markowsky

Canada's Capital Core Area Sector Plan:

New Edinburgh Green Space Slated for Development

By Jane Heintzman

On March 18th, the National Capital Commission (N.C.C.) released a weighty report setting out its long-term plans for federal lands in the core areas of Ottawa and Gatineau. Canada's Capital Core Area Sector Plan is a wide-ranging document containing proposals which cover the waterfront from washrooms, concessions, interpretive panels and information booths Confederation Boulevard to less ugly security measures at embassies.

While our publication deadline left insufficient time to digest the details and full implications of the report, one proposal stands out which could have a serious impact on New Edinburgh: among the 19 building development sites identified by the N.C.C. is the beautiful green space on the east side of Sussex Drive between Stanley Avenue and Alexander Street. This site is reportedly slated for a building with "an international focus," and "a public dimension that adds animation and greater visitation to the area, and strong built form relationships to Sussex Drive."

Many readers will remember that only recently our community tried and failed to convince the N.C.C. to leave Rideau Falls Park in its natural state and to relocate its planned Canada and the World Pavilion



Sussex Drive looking north from Stanley Avenue. If readers wish to comment on any of the NCC proposals the deadline for responses is April 29. For contact information please see page 5.

to a location closer to other museums. Once again we face the threat of development in a glorious stretch of public green space, a development which could disfigure this graceful curve of Sussex as it approaches the Prime Minister's residence and Rideau Hall, permanently mar the beauty of the gateway to our community and

to a location closer to other museums. Once again we face the threat of development in a glorious stretch of public green space, a development which compound the traffic congestion and parking problems which already bedevil us through the height of the tourist season.

The report also refers somewhat ominously to the need to address the "missing services" in our area, specifically parking, food services, "animation" continued on page 5

NECA invites you to a PUBLIC INFORMATION MEETING

on the proposed development of an Apartment Building at the corner of Dufferin & MacKay St.

WEDNESDAY, APRIL 13, 7:00 p.m. MacKay United Church Hall (entrance on Avon Lane)



NECA President Gemma Kerr Reports

All who knew him were greatly saddened by the death of Tom Place in February. He had been battling cancer and other ailments with humour and great courage for the past six months. Tom was involved in NECA for a long time, most recently serving as our Treasurer. He and his wife Penney have also been distributing the New Edinburgh News for many years. He will be missed both for his work in the community and as a person. Our sympathies go out to Penney and their family.

More recently we learned of the death of Purissima Hamel who lived on Stanley Avenue for many years. She was active in NECA during the nineties, doing an excellent job as community liaison and membership recruiter. Our sympathies go out to her family also. (Please see article on page 37)

April and May look like being busy months in the Burgh. On April 13, a Public Information Meeting has been scheduled to discuss a large development proposed for the corner of Dufferin and Mackay (see notice on page 1). The proposal is disturbing in that it appears to be part of a trend in this part of New Edinburgh towards developing multiple-lot massive building complexes that reduce green space as well as increasing population density. I urge everyone concerned about intensification to come to the meeting.

The Beechwood Design Plan is nearing completion, and an Open House has been scheduled for all day **Saturday April 30**, to present details of the Plan and allow public input. The Plan covers Beechwood from St. Patrick Bridge to the Cemetery, and is addressing visual appearance of the street, development, and transportation and parking issues (see notice on page 1). This is an opportunity for all of us to let the City know our desires and concerns for this area. The Open House will be held in St. Charles Church, which is close to the corner of Beechwood and St.Charles Street.

The NECA group looking into Art in the Park has come up with some interesting ideas, including a possible sculpture trail that would involve other park areas in the city also. Weather permitting, we would like to do a visual presentation on **May 14**, in the Gazebo, to coincide with Community Council's Plant Sale, and the annual Park Clean-up. Depending on interest, we plan to organize an Open House on this topic later on in May.

The National Capital Commission (NCC) recently unveiled its long-term vision for the Ottawa region. The details are of concern to New Edinburgh residents because the NCC owns about a third of the park area along the river, and also the land on both sides of Sussex Drive. They are proposing to develop the east side of Sussex Drive between Stanley and Alexander. While such development might be functionally appropriate to Sussex, it would bring with it possible traffic, parking and security problems that need to be addressed. NECA will take steps to learn more about NCC's intentions, and may organize a Public Meeting to discuss the situation. We would hope to involve NCC staff in the meeting. Stay tuned.

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New Edinburgh News Park Improvements Neighbourhood Watch CCCC Facilitator Past President City Councillor CCCC President

WEB HELP WANTED

www.newedinburgh.com

As readers who have tried to access this site recently will be aware, the site is currently unavailable. This is a temporary situation as we change to a new server.

In the meantime, we need a new website manager as our indefatigable webmaster, Heather Matthews, is now fully involved with other culinary challenges and longer has the time to update the site regularly.

If you have website experience, even as a student, and would like to volunteer to help maintain the site and input data regularly please contact the New Edinburgh News at:

newednews@rogers.com

NECA MEETINGS: All Welcome

All members of the community are welcome at the monthly meetings and are encouraged to volunteer wherever their interests lead them. If there is an item you would like to have discussed, please call Gemma Kerr, President at 745-7928 to have it put on the agenda.

For the forseeable future meetings will be held on **Mondays** at the Fieldhouse, 193 Stanley. Changes will be posted on bulletin boards at the Fieldhouse and 200 Crichton.

The meeting date is the third Monday of every month at 7 p.m.:

April 18

May 16

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Mary Albota, RN, Executive Director



10 Vaughan St., Ottawa Beechwood Ave. & Vanier Parkway

Tom Place June 28, 1943 - February 15, 2005

By Barbara Benoit

It was with great sadness that the Burgh bid farewell to Tom Place on February 17th at a funeral in MacKay United Church where he was lovingly remembered by family, friends and neighbours.

Tom and his wife, Penney have put down deep roots in the neighbourhood, and fittingly, at Tom's wish, the reception following the funeral was held in the Field House in New Edinburgh Park, in the building of which he had been actively involved.

When Tom and Penney moved to New Edinburgh in 1990, they lost no time in volunteering their talents and time for the good of the community. Along with Penney's son, Stewart Clark, they took on the job of distribution manager for the New Edinburgh News, organizing a team of about 15 paper deliverers and keeping them up to the mark. Anyone who delayed would within three or four days hear Tom's friendly but firm voice pointing out that eager readers were waiting! They also made a point of developing an extensive commercial distribution route in the shops along Beechwood. Although they passed on the responsibility for the residential routes when they moved from their house to an apartment in 2000, they continued to do all the commercial distribution of the paper until Tom was diagnosed with renal cell cancer last June.

Tom was also a valued member of the NECA execu-



tive. At NECA's monthly board meetings, he was quiet but incisive, with quick wit and good judgment, tempered in debate, with a talent for finding an effective compromise, and possessed of a wicked ability to come up with a sudden and a propos pun. He and Penney were also hospitable enough to offer their house as a meeting place during a period when no community room was accessi-

Since Tom served as Chair NECA's Development Committee, his ability to achieve a fair and reasonable consensus was called upon frequently. It was most strikingly evident, however, at one NECA AGM in the mid-1990s. Both the mayor and the councilor were scheduled to speak, and somehow this fact had got out to hundreds of striking taxi drivers who were determined to get a hearing with the mayor. They thronged the door of St. Bart's, demanding entrance. The then NECA president, Steve Cushing, somewhat panic-stricken, asked Tom's advice, which was "Sell them memberships." The two approached the taxi drivers with this plan. Forty or fifty drivers agreed to buy a membership in return for an agreement that, if they sat through the rest of the meeting quietly, they could address the mayor briefly in the "Other Business" item at the end of the evening's agenda.

Tom was also generous with his professional skills. (He worked for H&R Block and was actively involved in computerizing the regional tax system.) He helped NECA's longtime treasurer, Vicki Metcalfe, professionalize the NECA bookkeeping system. (NECA responsibilities include the financial management of the New Edinburgh News, not to mention the financial planning and management involved in extensive special challenges, such as fighting the Vanier Arterial through OMB hearings and building the new Field House.) Tom later took over the job of Treasurer.

As the testimonials at his funeral touchingly bore witness, Tom was as wonderful and as deeply valued a husband, stepfather and friend as he was a neighbour and public citizen. We extend all our sympathy to Penney and her children in their loss. Tom will be greatly missed in the neighbourhood to which he contributed with such quiet warmth, wit, steadiness and generosity.

Thank You

Every issue of the New Edinburgh News there are numerous people to thank - the contributors, the distributors, the advertisers - whose wholehearted support of the paper ensures its success. This issue has reached the bumper size of 40 pages!

Fortunately, there's lots of news to fill our pages. A big thanks to all who contributed material this month: Jane Heintzman, Barbara Benoit, Gemma Kerr, Isobel Bisby, Ingrid McCarthy, John and Ana Bryson, Martha CouncillorMarkowsky, Jacques Legendre, Rev'd Kevin Little, Ethel Proulx, Doug Bird, Kim Illman (keep her posted with those Breezy Bits!), Joanne Hughes, Julie Vanderschot, Anne-Marie and Tony Gaston, and anyone else whose name has inadvertantly not been mentioned. Thanks also to our wonderful photographer Peter Glasgow who willingly takes on any assignment.

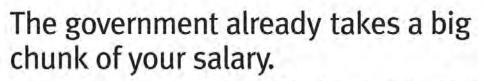
On the distribution side, Charles Wesley-James continues to do yeoman service coordinating the distributors. He reports that the last issu of the paper was brought to you by the following public-spirited individuals and families:

Sandra Ferguson, Kathy McConkey, Isobel Bisby, Margo Silver, Kitty Glover, Ian Simpson, Veronika von Nostitz-Tait, Celine Amdur, Amanda Jackson, Nancy McKendry, Ada Hallet, William Beddoe, Anne Hass and Fran Ward. If you can help with commericial distribution to the businesses along Beechwood please contact Charles at 746-7060.

Finally, but by no means least, thank you to all our advertisers, both old and new, without whose continued support there would be no paper.

However, it appears we are in the enviable position of possibly being too successful. It is no mean feat to produce a paper of this size. The production challenges, while eased considerably with the transition to digital production are still significant. Obviously, we do not wish to turn away new advertisers, but because we do not have a professional staff, it would be difficult to sustain the production of a paper this size for any length of time. One option would be to limit the maximum size of an advertisement to a half-page.

In the meantime, hope you enjoy this issue, and keep those stories and pictures coming!



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Ottawa City Councillor Jacques Legendre Reports

Beechwood Community Design - Upcoming Event

A Public Open House will be held at the downstairs meeting hall at St-Charles Church on Saturday, April 30 from 10 a.m. to 4 p.m.. Access to the hall is on the Barrette Street side of the Church. The community design plan is to develop a long-term vision for zoning and traffic matters on Beechwood between the bridge and the cemetery entrance. Come and have a look at the plans and provide your comments. We look forward to seeing you.

Budget 2005 Results

The 2005 operating budget maintains most City services at their current levels, reinstates some of the services that had been reduced during 2004, and provides enhanced service levels in some key areas. In addition to those service enhancements recommended in the Draft Budget, City Council also approved extra funds for a number of services that enhance the community's health and safety:

- Added 20 new paramedics in 2005 and 18 new paramedics in 2006;
- Reinstated \$500,000 to Community Funding Program to respond to new and emerging needs, in the areas of Health, Recreation and Social Services, within the community. This program had been eliminated in 2004;
- Provided \$148,000 for local day-programs that provide food, shelter, counselling, crisis intervention and other services to citizens who are homeless, living in isolation, poverty, substandard housing or living with mental, physical and

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emotional health concerns:

• Provided \$210,000 to support enhanced Library Services and for the addition of a second bookmobile

The 2005 capital budget provides for a number of important initiatives that will move the City closer to achieving the Ottawa 20/20 vision. Highlights include:

- Moving forward on the Light Rail project;
- Building the Rideau Canal Pedestrian bridge;
- \$1.8 million to expand the Red Light Camera Program, increased by City Council motion from draft submission of \$1.55 million to accelerate purchase of equipment and implementation of additional sites;
- Spending over \$10 million in lifecycle renewal on our general and heritage buildings;
- Major and minor capital partnership programs with our community partners for such projects as upgrades of clubhouses, new storage buildings, community centre additions or renovations.

The increase for property taxes in 2005 totals 3.9% -- 2.4% for City services, 1.4% for the Ottawa Police, and 0.1% for the Conservation Authorities, and most user fees have been raised by the same percent as the program costs have increased. As well, this

budget includes \$9.5 million in savings from improvements in how we deliver our services.

Le budget municipal - 2005

Le budget de fonctionnement de 2005 maintient la plupart des services municipaux à leur niveau actuel, rétablit certains services réduits en 2004 et propose de meilleurs niveaux de service dans certains domaines clés. En plus des améliorations aux services recommandées dans le budget préliminaire, le Conseil municipal a également approuvé le financement supplémentaire d'un nombre de services qui consolident la santé et la sécurité de notre communauté:

- 20 nouveaux postes de paramédical seront créés en 2005 et 18 nouveaux en 2006;
- Le versement de 500 000 \$ au financement des projets communautaires sera rétabli afin de satisfaire aux nouveaux besoins (santé, récréation et services sociaux) dans la communauté:
- 148 000 \$ seront injectés dans des programmes de jour de la région qui fournissent de la nourriture, un abri, des conseils, une intervention en cas de crise et d'autres services aux résidents qui vivent dans l'isolement, la pauvreté ou des logements insalubres, qui sont sans-abri ou qui présentent des problèmes de santé mentale, physique ou émotionnelle;
- 210 000 \$ afin d'appuyer le renforcement des Services de bibliothèque;
- près de 1.1 M\$ afin de rétablir bon nombre des circuits d'OCTranspo réduits en 2004.

Le budget d'immobilisations de 2005 prévoit un nombre d'initiatives importantes qui permettront à la Ville de se rapprocher de la vision d'Ottawa 20/20. Parmi les points saillants, on trouve:

- L'avancement du projet du train léger sur rail;
- La construction de la passerelle pour piétons du canal Rideau;
- L'élargissement du programme des appareils photo reliés aux feux rouges;
- La commande de 61 nouveaux autobus afin de satisfaire à l'augmentation du nombre de passagers;
- La dépense de plus de 10 M\$ pour le renouvellement du cycle de vie de nos édifices généraux et patrimoniaux;
- Les programmes de partenariat communautaire pour les projets d'immobilisations principaux et secondaires tels que les améliorations aux pavillons, les nouveaux entrepôts, les annexes des centres communautaires ou la rénovation de ces derniers.

La hausse des taxes foncières en 2005 s'établit à 3,9 % 2,4 % pour les services municipaux, 1,4 % pour le Service de police d'Ottawa et 0,1 % pour les offices de protection de la nature. La plupart des frais d'utilisation ont augmenté d'un pourcentage égal à celui de l'augmentation du coût des programmes. Le budget comprend aussi des économies de 9,5 M\$ provenant des améliorations dans la prestation de nos services.

Other Highlights of the 2005 Budget

Crime Prevention

\$200,000 and the secondment of 2 full-time staff positions to establish a permanent crime prevention responsibility centre that will bring together existing agencies, coordinate efforts, address conditions known to contribute to crime, monitor these programs and report on successes. [Those interested should consult the report entitled "Community Crime Prevention - Investing for a Safer Ottawa" at www.rideau-rockcliffe.com]

Ottawa Public Library

Convenience fees may be introduced which will result in \$227,000 in revenue.

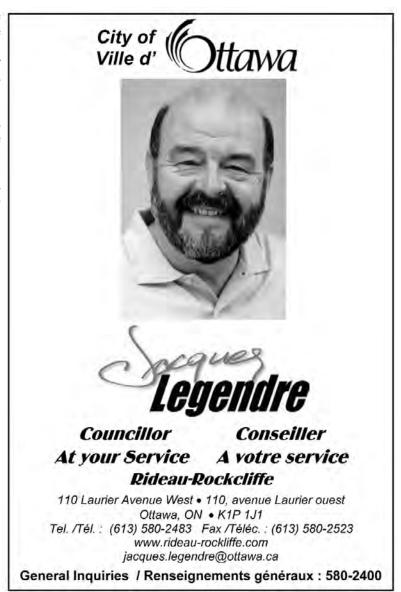
Parks and Recreation

\$500,000 for Major and \$300,000 for Minor Capital Partnership Programs which enable the City to enter into joint ventures with the community on a cost-sharing basis for projects such as upgrades of clubhouses, new storage buildings, community centre additions or renovations.

Child Care

Council support for an additional 325 child care spaces. \$2,000,000 to fund major capital requests from community





child care agencies to expand existing or establish new space for child care services in nongrowth areas of the City and \$1,640,000 for funding the same requests in growth areas.

Public Health

\$280,000 (City's share of new Provincial funding formula) will be invested in Public Health Nurses, Public Health Inspectors and Epidemiology.

Surface Operations

Reinstatement of \$650,000 for Roadside Grass Cutting. This will largely reinstate services to 2003 levels.

\$800,000 increase to Winter Maintenance program to address historical under funding, and average Winter requirements.

Traffic and Parking Operations

\$173,000 added by City Council motion to fund Adult School Crossing Guards for 28 additional warranted locations.

Transit Services

Additional \$1.1 million service added by City Council resolutions to reinstate approximately 25% of 2004 service reductions, in response to public reaction to reduced service levels

Transit fare revenue increase of 3%.

\$31.1 million for growth in bus fleet of 30 and 31 buses in 2005 and 2006 respectively.

Solid Waste Services

\$600,000 for reinstatement of summer leaf and yard waste

collection eliminated and subsequently reinstated in 2004!

Drinking Water and Waste Water Services

\$1.9 million to address historical under funding of sewer maintenance contracted servic-

Net Water and Sewer rate increase of 9%.

You can communicate with me at (please include a telephone number):

City of Ottawa 110 Laurier Avenue West Ottawa ON K1P 1J1 Tel: 580-2483, Fax: 580-2523 E-mail:

jacques.legendre@ottawa.ca Web Site:

www.rideau-rockcliffe.com

NCC PLANS continued from page 1

and programming, so it may be only a slight exaggeration to suggest that if the N.C.C. has its year New Ediphyrgh is on

its way, New Edinburgh is on the cusp of a transition from neighbourhood to theme park. One need only look a few blocks down Sussex to the site of the (still uninhabited) Saudi

blocks down Sussex to the site of the (still uninhabited) Saudi Embassy to see what wonders have recently been wrought by the N.C.C.'s "stewardship" of public property. It is nothing short of heart-breaking to imagine such an excrescence eating up that stately row of pines, crowding out the Fraser School House and scarring the distinctively Canadian landscape around two of our central national institutions. As Bill Royds, Co-Chair of the Greenspace Alliance Canada's Capital, lamented in response to the N.C.C. proposals, "...the N.C.C. has changed from being a guardian of the national capital to being a development agency.'

As the N.C.C. proposals will have a far reaching impact on this community and on the region as a whole, we encourage readers to review the report which is posted on the Commission's website: www.canadascapital.gc.ca. The recommendations which specifically apply to our neighbourhood, the "Sussex North precinct," are contained in Section 4.3 of the report. The news is not all bad and there are some interesting and constructive proposals, including enhanced pedestrian connections between Sussex North and the Byward Market, and landscaping improvements between the National Gallery and King Edward to "strengthen Sussex as a scenic route."

More importantly, however, the proposal for new building development on this serene and beautiful remnant of the dwindling green space along Sussex Drive is utterly at odds with the N.C.C.'s duty and role as a steward of our public lands. As a neighbourhood, we have an obligation to make our views known to the Commission and to our elected representatives, and to do what we can to preserve the natural beauty of these spaces and to reverse the seemingly inexorable march towards our transformation into an International Theme Park at the whim of a powerful but non-elected body.

The New Edinburgh Community Alliance (NECA) intends to invite a representative from the N.C.C. to its next meeting in April.

Please take the time and trouble to express your views to the Commission by telephone: 239-5555; email: info@ncc-ccn.ca; mail: Public Consultations and Community Relations, National Capital Commission, 40 Elgin Street, Room 202, Ottawa K1P 1C7; or on line at www.canadascapital.gc.ca/corporate/youropinion. They have asked that public comment be submitted by April 29th. Of equal importance is making sure that our elected representatives are made aware of our views on the plans of the N.C.C.: our Member of Parliament, Mauril Bélanger, can be reached at 992-4766 or 947-7961, or by email at belanm@parl.gc.ca; and our City Councillor Jacques Legendre is at 580jacques.legendre@ottawa.ca.

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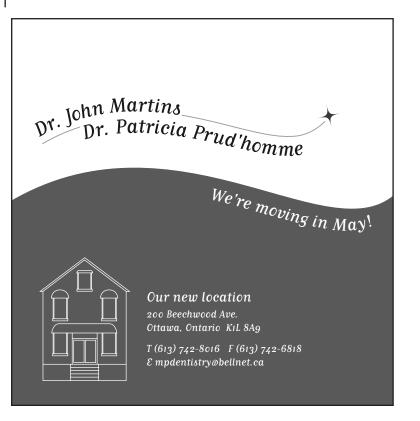
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Sidewalk Maintenance? Winter 2004-05

By Jane Heintzman

Even the most intrepid walkers must have been daunted by the condition of the Burgh's sidewalks this winter. In mid-December, the layers of ice, snow and grit began a steady and inexorable process of accumulation which has made many of our sidewalks treacherous at best and in many cases, altogether unusable. This combined with the immense banks of snow which dangerously compressed traffic on our side streets (1 and 1/4 lanes for a two way street just doesn't cut it!) made life extremely uncomfortable for even the most able-bodied pedestrians. For our elderly neighbours and those with disabilities, it made winter walks a virtual impossibility.

Faced with the exceptionally dangerous sidewalk conditions this winter, one might be forgiven for speculating that the City simply gave up on sidewalk clearance and hoped for the best. According to City officials, however, the protocol for road and sidewalk maintenance approved by Council in June 2003 (when it's hard to think seriously about snow and ice!) was followed once again this year, but was bedevilled by the weather conditions which frequently made ice clearance a practical impossibility. In the month of December alone, there were 14 freezing rain episodes in the Ottawa area and in one instance shortly before Christmas, a dramatic flash freeze saw temperatures drop from $+5^{\circ}$ to -5° within an hour. With nearly 1700 kilometres of sidewalks and 5500 kilometres of roadways to maintain, keeping up with the freeze/thaw roller coaster of the early winter was reportedly a major challenge for the City Snow Operations crew.

For a detailed look at the snow and idea clearance standards that are, in theory at least, observed in our community and elsewhere in the



Little Emma of Electric Street and her grandmother, Sonia, found the going a little tough on MacKay Street last month. It was Emma's first outing without the stroller!

Ottawa area, visit the City's website at www.ottawa.ca (click on Snow Operations). As a Downtown/Urban Residential Neighbourhood (Category 2), clearance in the Burgh is required to take place within 12 hours of a minimum 5 cm. snowfall, and to the level of "snow packed" in the case of most of our sidewalks (other than those adjacent to arterial roads which must be bare).

What the chart does not specify is the protocol for freezing rain episodes when a hiatus of 12 hours, particularly if followed by a plunge in temperature, is sufficient to render sidewalks a menace to pedestrians and an insurmountable challenge to sidewalk ploughs whose only recourse is to spread another layer of grit over the surface. And in fact, this has been the pattern of 2004-5, as the ice has become thicker and thicker, and the grit ubiquitous. If indeed, as the City website proclaims, "public safety is the main concern of the new priority-based standards," leaving sidewalks in an

all but unusable condition for several months of the winter is at best inconsistent with this goal and arguably unacceptable. It puts all of us at risk and makes life thoroughly miserable for the elderly and infirm who are literally marooned in their homes for weeks at a time.

If, as seems probable in light of recent evidence of climate change, the freeze/thaw pattern of this winter becomes the norm rather than the exception, the City should be encouraged to review the current Snow Operations criteria, and to take the Ice factor as applied to sidewalks as seriously as it does in the case of roadways. All of that said, one has only to observe the abject chaos caused by a snow and/or ice event in other cities (Toronto comes to mind) to realize that on the whole, the Ottawa crew does a remarkable job. All that's needed now is a bit of pedestrian-friendly fine-tuning to make our long, hard winters more liveable.

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Major Reconstruction Slated for Maple Lane

Now that Spring is finally here, construction season looms again. This year it is Maple Lane's turn (from Springfield to Lisgar) to have its watermains, sewers and road reconstructed, effectively closing the road to all but local traffic for ofthe summer .Construction is expected to start late April or early May 2005. As part of the project, the existing sewers and watermains will be replaced, and the road, curbs, and sidewalks will be reconstructed. While the work is messy and inconvenient, to say the least, the end result should be particularly beneficial to those homeowners in the vicinty of Maple Lane who have experienced flooded basements many times over the last few years.

Also this spring, changes to the intersection of Lisgar/Dufferin/Rideau Terrace are proposed, to make this a standard "tee" shaped intersection, and to remove the channelized right-turning lanes. This should have the highly desirable effect of forcing traffic to slow down at this corner, making the intersection safer for everyone.

In the longer term work is also proposed for Lisgar Road from Dufferin to Mariposa and Princess Avenue from Lisgar to the Rockcliffe Parkway, including another roundabout at the intersection of these two roads, but design plans have not yet been finalized and the work is not slated to begin until the Spring of 2006.



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Drivers must be aware of pedestrians and proceed with caution especially when visibility is reduced. They must be aware of road conditions and drive accordingly -pedestrians can show up in unexpected areas. In school zones, narrow roadways and areas of low lighting and poor visibility, extra caution should be taken. Drivers must also be aware of pedestrians in areas where there are no sidewalks and especially when driving in and out of driveways. Courtesy should be given to pedestrians walking around large puddles. Slow down and allow them to pass.

Pedestrians must realize that they are most vulnerable. Caution should be exercised to minimize risk especially in poor road conditions. The rules of the road are clear on this

topic. Pedestrians must use sidewalks where available. Unfortunately some sidewalks may be covered with ice, water or both. This situation should not be used as a reason for walking on the roadway where risk of injury is much greater.

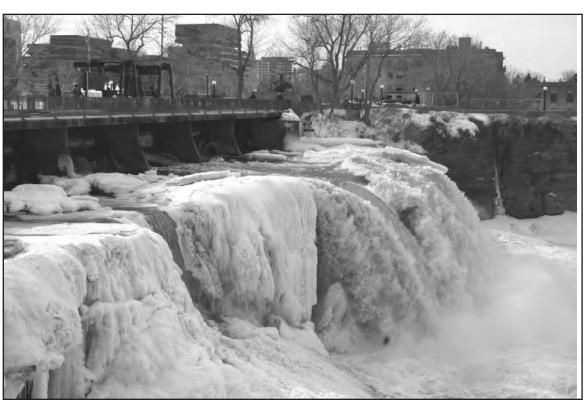
In areas where there are no sidewalks pedestrians must walk as close to the side of the roadway as practicable, facing on coming traffic. If the roadway is unsafe for pedestrians it is best to take an alternate route if available.

When crossing the roadway at intersections pedestrians should look all ways before crossing, establish eye contact with motorists and communicate with drivers by pointing to the intended destination. Pedestrians have the right of way when using crosswalks lawfully. However personal safety should be exercised, proceed with caution.

To report hazardous sidewalk or roadway conditions call the City of Ottawa at 580-2400. To report traffic offences call the Ottawa Police Service at 236-1222 extension 7300.

poor road conditions. The rules Sr. Cst. Tom Mosco Dog Day Afternoon Canine Recreology Group Park Romps include: · pick up and drop off · 40 minute off-leash interactive playtime · maximum 4 dogs per group · all dogs tested for compatibility · free home-made dog treats · daily report card Spaces are limited! Call now for our 2-week introductory rates. Your Best Friend's Best Friend Adrian M. Lloyd BSW 9 Blue Moon Private, Ottawa ON K1K 4K5 Phone: 613.748.7697 Coming Soon... DogDayAfternoon@Rogers.com **Doggie Day Care!** www.DogDayAfternoon.ca

Danger Alert to Dog Walkers



By Catherine Mirsky, CPDT

The annual blasting of ice on the section of the Rideau River that flows through New Edinburgh is already over, leaving open waters rushing toward the Rideau Falls, a short distance away. If you walk your dog in New Edinburgh Park/Stanley Park, PLEASE monitor your dog and don't let him go near the river. The current is strong and over the years, dogs have lost their lives from falling through or sliding off the ice remaining near the shoreline. Once in the water, it is almost impossible for a dog to get back out onto a shelf of ice. The strength of the current is also capable of

pulling a dog under sheets of ice that will be floating down the river as the blasting continues further upstream. Most of us who care deeply about our canine friends would be prepared to jump into icy waters to save a dog in distress. As terrible as it sounds, PLEASE DO NOT go onto the ice or into the river if your dog or any other dog has fallen or waded into the river. DON'T put yourself or anyone else in the position of having to make this decision by keeping your dog well away from the shoreline. If you know your dog loves water, you'd do well to snap on his leash or longline when walking near the river. Better safe than sorry. Please, I'd like to see everyone and their dog enjoy the dog days of summer.



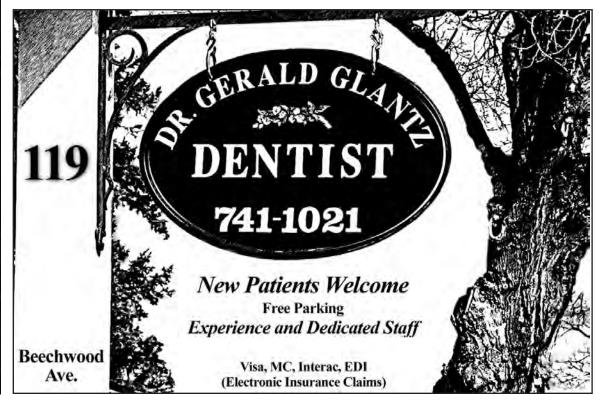
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New Edinburgh Viewed Anew After Four Years in Tokyo



Tokyo ancient and modern

By David Paget

There's nothing like living in the world's largest megalopolis, Tokyo, to make you appreciate living in New Edinburgh.

This certainly has been my experience since returning last August after 4 years in Japan. Don't get me wrong: I loved Tokyo. I reveled in its contrasts of new and old, its courtesy as a fine art, the personal security one enjoys there, its cleanliness, refinement, and extraordinary cultural vitality (East meets West). Too few foreign travelers know that Tokyo is one of the most civilized, sophisticated and prosperous places on earth - with plenty of sights worth seeing. Its dynamism and energy, combined with the flair of much of its recent architecture and interior design, give it a real buzz.

Tokyo's overall appearance is relentlessly modern, as it constantly strives to reinvent itself. "Scrap and build" is what Japanese call the phenomenon of replacing often perfectly good buildings with new ones, in a city where struc-

tures of 25 years are considered old. But one of Tokyo's treats is coming across remnants of its past, such as diminutive wooden Shinto shrines, sometimes the size of large boxes, wedged incongruously between modern office buildings. Gleaming highrises are built by workers sportmedieval wide-flared trousers and splayed shoes.

But there is no denying that with its huge population (33 million in Greater Tokyo) and high land values, living space is at a premium. And given its history of devastating earthquakes and the horrendous bombing it suffered toward the end of WWII, much of the city including central residential neighbourhoods is filled with concrete buildings, packed closely together.

So, coming back to New Edinburgh has been a treat in so many ways. My overwhelming impressions are of tranquility, spaciousness, nature, and heritage. Wandering through Stanley Park along the languid Rideau River (look - no concrete embankments!), and gaz-



ing at the illuminated Peace Tower, the spires of Notre Dame Basilica and the geometric forms of old City Hall as the sun sets over the Ottawa River, are pleasures quite unlike those experienced in Tokyo. Sunsets there went unobserved, blocked by the mass of tall buildings stretching to the horizon. (Mind you, there was somewhat more to do after sundown than Ottawa...)

Walking along New



Ancient court dance performed at Meiji Shrine

Edinburgh's streets, and admiring the many lovingly preserved houses and buildings of yesteryear is a greater treat for me than ever before. Not that our neighbourhood is frozen in time: in the years I've been away, numerous improvements such as renovations and good infill housing have taken place. Seeing the mature maple trees turning a riot of colour last Fall along MacKay St. was a specially Canadian joy. Passing our former head of government, walking back from his shopping, with no limousine or bodyguards in sight, is another gratifying New Edinburgh (and specially Canadian?) sight. Freely strolling or skiing

through the Governor General's beautiful grounds or skating on her rink - are unimaginable experiences for those used to living in Tokyo.

No doubt long-term residents of New Edinburgh will find such observations commonplace. But having experienced a very different kind of urban environment, I am no longer blasé about these pleasures. My hope is that the residents of New Edinburgh never take our neighbourhood's many attractions for granted, but that the community will continue to work together to preserve and enhance them. And let's never embrace "scrap and build" as our guiding principle!

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Why I Am a Pastor



Bv Rev'd Kevin Little MacKay United Church "Why are you a pastor?" the young man asked.

I couldn't blame him for asking. It seems like a bizarre job for someone my age. The word "pastor" often evokes images of a graying, black clad, humourless, hard ass who's only job is to sap the world of earthly pleasures. All in Jesus' name.

I know because I've met that guy. I'm not him. But he left a stain on my soul that will never be removed. I think he left it on this young guy too.

"But why would you attach yourself to a losing team?" he continued. "There must be a better way to do good for the world then to play religious games that fewer and fewer people want to play."

"But where else would you see God working? I mean really working." I ask.

Yes, I know that God is everywhere but God has promised to work through God's people - Us. The church. Think about how odd that sounds. The young guy's questions cut too close.

God has chosen churchfolks to be the instrument of salvation and healing that God wants for the world. Weak. Petty. Squabbling. It's a wonder a light bulb gets changed in the church.

Based on my own experience, this is not the sort of stuff that makes it on the 6:00 news, but it is the normal, everyday miracles that happen in the church all the time.

Like the young woman who rolling into the Greyhound Station just weeks before Christmas, escaped with her kids from the nightmare of an abusive relationship; out of food and out money, she asks the church to help her get through the season. No one makes a big fuss. The woman's group helps her pay her rent, and another buys Christmas presents for her two young Another makes children. arrangements to meet with her to see how she's getting along.

Or like on Easter Sunday, "the crazy woman is back" the kids murmur gleefully to each other. Her squeaky old wheelchair takes up the whole of the centre aisle in an already packed church. She closes her eves and sways to the soothing music of the organ prelude; her face is flush with peace. During the announcements, she boorishly interrupts the pastor to bear spontaneous testimony - how God has richly blessed her with a church she loves and people with whom she can pray. People who treat her like a long lost cousin despite her occasional "episodes." For her, she says, that is resurrection. The kids in the back smile widely. She smiles back. Resurrection, indeed.

Or like the older man visiting the nursing home, holding the hand of a long-time member who cannot hear, see, or speak, and is drawing her last breaths. He stays with her all night, gently stroking her hand as she softly slips into eternity. 'No one," he says, "deserves to die alone."

"I could go on and on but you get point." I tell the young man. "No matter how bad things get, the gospel always seems to 'work.' All we can do is be faithful to our message of salvation and new life in Jesus, and to keep our eyes open to where God is around us. Where else would that happen? And I get a from row seat when it all starts happening."



By Kim Illman Chair, Crichton Council

Aahh, can you smell it? The new spring air is here (or it had better be!) and our ice rinks are a thing of the past. It always feels to me that it can take winter forever to leave us and then suddenly it is rubber boots and car wash time. 'Course not everybody wears their rubber boots in the car wash but I'm sure some do. I digress. We had a wonderful rink season this year all thanks to Mother Nature. Well, She provided the winter but **Ryan Hardy** and his team did the rest of the work! Ryan's dad, Roger, worked hard to get the base ice going then Ryan took over. Flooding the rink at the coldest hours of the night, clearing it after snowfalls and making sure we had the best ice in Canada, well Ottawa at least. was all down to Ryan and his great team. Joining Ryan this

and Andrew Clarke - how could we go wrong with a team like this? Thanks also go out to our sponsors this year -Loblaws McArthur, the New Edinburgh Pub and the Royal Lepage Team of Pauline Bogue and Catherine Bell. It is great to have the support of our business community and we appreciate it enormously.

That being said, it is time to unlace your skates and bring out the potting soil as the Crichton Community Council's Annual Plant Sale is right around the corner! Put some thought into petunias or marigolds; what colour geraniums should you pick and how early do you need to arrive to get those really pretty spindly flowers that always sell first but you can't remember the name? Fret not, just show up on Saturday May 14 at the Fieldhouse (193 Stanley Ave) pretty much any time after year were Aidan dawn, (omciany o a.in.), and O'Callaghan, Jim Lovelace we can lend a hand helping you dawn, (officially 8 a.m.), and

pick the perfect floral delight. If you have any questions about the plant sale please give Mary Grainger a call on 748-6292.

Personally, I often feel that spring is that season which makes everything feel new. A fresh season knowing that you can almost start from the beginning. That short time between melting snow and daffodils makes me think about the past year in the Burgh. Despite fun events and good times, for many it has been a hard year. But in much of the darkest times you can learn the most. And I have been amazed and reassured by strength and generosity of our neighbourhood. If you allow yourself the chance to 'live', not just reside, in New Edinburgh I hope you know what I mean. It goes without saying that the Burgh is a beautiful area of Ottawa, the homes are lovely and it is a neighbourhood admired by many. But is the people who make this place so special, let's not forget that.

On that note, enjoy our spring and feel free to come along to a Crichton Community Council monthly meeting. We meet at the Fieldhouse, 193 Stanley Ave, every second Monday of the month at 7pm. Tea and something yummy are always provided!



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Ottawa Architectural Conservation Awards 2004/05: New Edinburgh Winners

Among the winners of this Conservation years Ottawa Architectural Conservation Awards 2004/2005 announced last December by the City of Ottawa are two buildings in our New Edinburgh neighbourhood.

award recognizes This excellence in the city's architectural heritage in three categories; restoration, adaptive use and infill. Additionally, bronze plaques are mounted on Award of Excellence awardwinning projects with the major contributors to each project receiving framed certificates. Projects and contributors deserving recognition in the three categories can also receive Certificates of Merit, an award given for projects deserving recognition, but to a lesser extent than those given the Award of Excellence. Submissions and nominations are accepted each year with an award ceremony for any qualifying submissions taking place generally to coincide with the annual Heritage Day celebrations, the third Monday in February. These submissions are reviewed by a sub committee of the Local Architectural

Committee, (LACAC), prior to consideration by the LACAC, Planning and Environment Committee and City Council.

Stables at Rideau Hall

One of the two local projects which received an award for 2004/2005 was The Stable Building at Rideau Hall. This project received an Award of Excellence for adaptive use, a category which recognizes the "modification of a heritage resource to contemporary functional standards while retaining it's heritage character"

Rideau Hall, the Governor General's residence, was constructed in 1864 with the Stable Building added in 1867 for the exclusive use of the Governor General. The stables housed the horses of the Governor General. It was last used for this purpose in 1914. Subsequently, the building had been used for staff apartments, then office buildings and later on as a storage facility until the present renovations were completed.

This project involved the restoration of the exterior and interior of the building. The exterior was restored to return



the building to as it appeared around 1867 while the interior of the building now accommodates two stories of office space and a new basement level. The restoration, under the direction of architect Ralph Wiesbrock, took a year to complete and was commissioned by and continues to be owned and operated by the NCC. The newly renovated office space is used by the secretary to the Governor General. All of these renovations were done while maintaining the original building axis and

views while at the same time incorporating some of the original finishes. Seven individuals will receive Certificates of Merit for this project.

"Cosmic Ray Lab"

For almost forty years, a quiet New Edinburgh neighbourhood was home to a federal government laboratory studying high energy particles found in space. The building known as the Cosmic Ray Lab, was discreetly situated amongst the quiet splendour of this New Edinburgh neighbourhood.

The property was first owned by the MacKay United Church who sold it to what was then known as the Department of the Interior, in 1912. The building was used by the department as a physical testing lab for survey chains and rods. In the 1950's the National Research Council took over the building as a cosmic ray laboratory, as their main office on Montreal Road was not suitable for this type of testing. In the 1990's, the building was abandoned by the NRC and sold with the intention of the buyers being to construct three separate residences. This plan was later abandoned with the structure being severed into two separate entities. The property on 253 MacKay was subsequently







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Top: The front facade of 253 MacKay. Below: 180 Avon Lane

Ginette Berthal. Although architecturally redesigned to have a modern look, in the spirit of following the award guidelines, the new designs remain compatible with the original fabric. With a goal of converting this laboratory into something more befitting of the neighbourhood and, of course, a much more liveable space, Ms. Berthal began the arduous and expensive task of renovation and

change. Affectionately known as the "Cosmic Ray Lab", the renovation was completed in 2000, designed by architect Hans Rubarth and owner Ginette Berthel. The transformation was, as evidenced by this years recognition, award winning. Both 180 Avon Lane and 253 MacKay St. buildings have received a Certificate of Merit for adaptive use.

I can't say that I'm sorry to see winter go. It has been a very strange winter with freezing rain, mild weather and then more snow.

Of course, when you are a child, you don't mind the winter. You look forward to lots of snow for sledding, skiing and a wonderful time for skating on the canal.

When I was growing up, we had Rockcliffe Park for sledding and skiing, and the city rinks for skating. If you were really lucky you had a rink in your back yard.

When we finished our outdoor activities at Rockcliffe Park, we would go to the store at the bottom of the pavilion for hot chocolate and hot dogs. Recently, the Scouts have reopened the store during the summer months to sell ice cream and soft drinks. It was so nice to see that it was being used again and crowds of people at the park.

I have put a picture with my story to show you where the streetcar went to Rockcliffe Park and out to Beechwood and another to show you what that area looks like today.

Does anyone out there remember the winter carnival at Crichton School?

The children would dress up in costumes and skate around the rink. Afterwards there was hot chocolate and cookies for everyone inside the school.



Top: View of Streetcar #243 travelling the Rockcliffe Park route. (City of Ottawa Archives #CA 1519a) Below: The same scene today

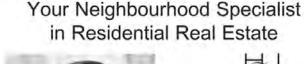
parades on Hallowe'en day?

Everyone would walk over to the Edinburgh Retirement Does anyone remember the Home while the residents sat

outside and cheered them on.

So many wonderful things went on at Crichton School. Just passing by the school brings back so many fond memories for me.

Hope you had a Happy Easter! See you in April.





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BURGH BUSINESS BRIEFS

- By Jane Heintzman -



Tracy Black and Heather Maclachlan celebrate 15 years serving fine food to the community

Epicuria: A Salute to 15 **Years Serving the** Community

Our congratulations and best wishes to **Heather Maclachlan**, **Tracey Black** and the team at Epicuria who will mark the fifteenth anniversary of their flagship Burgh business with a gala Open House for all members of the community on May 26.

Over the decade and a half since it opened its doors at 419 Mackay Street, Epicuria has evolved from a comparatively small take-away food shop serving a clientele composed largely of "locals" here in the community, to a much larger enterprise with a major catering operation serving both individual and corporate clients throughout the region.

Despite this expansion of its however, its operations, appealing retail "store front" on Mackay Street remains as it always has been: a haven of delicious sights and smells where friends and neighbours can drop in for soup and a sandwich (and probably fail in their attempt to resist an accompanying giant cookie),

or pick up dinner for two after a hectic day at the office.

For even its regular clientele (myself among them) find no hint of monotony in Epicuria fare: the menu changes weekly and varies to reflect seasonal dishes as well as the recipe innovations which frequently emerge from its bustling kitchen. As the website succinctly puts it, the Epicuria "methodology is French but (their) style is contemporary and simple." Indeed, over the years since the store opened, as our sons evolved from small boys with bland boyish tastes into young adults with more palates, adventurous the Epicuria menu has invariably offered fare which appealed to both ends of the spectrum and all gradations in between.

In recent years the store has been faced with some stiff competition from comparable businesses in the area. In response, Heather and Tracey have worked hard to develop their full-service catering operation, "Events by Epicuria" which handles all aspects of medium- to large-scale events from gourmet food and décor

to serving staff, on site chefs and rentals. While the degree of client direction of these occasions varies widely from the carefully honed and detailed plan to the broad brush approach which leaves the particulars in Epicuria's hands, Heather reports that the service has produced many grateful and complimentary clients from both the neighbourhood and the region.

Many readers will remember Epicuria's very successful Open House last spring, when clients and members of the community mingled with Epicuria's chefs and serving staff to savour a selection of finger foods and mock cocktails, and catch up with old acquaintances. As noted earlier, the store will open its doors and larder to the neighbourhood again this year on **Thursday, May 26**, and Heather and Tracey are hoping that friends and neighbours will drop by to help them celebrate their 15th anniversary on Mackay Street. Watch for more details in the store as the date approaches. Congratulations, Heather, Tracey et al.: we look forward to 15 more years of fine food and wonderful serv-





Stacey Acker, Manager at Jazz'oo Café

Jazz'oo Café: A Correction, with apologies!

Our sincere apologies to the team at the Jazz'oo Café for some regrettable if inadvertent inaccuracies in our report in the February Business Briefs. To begin with, owner **Predrag** Bracanovich was not, in fact, the man in our picture, poised to serve some hungry clients. Rather it was server Ivan Karin who has since moved on other employment. Secondly, Stacey Acker is not, as we suggested, a co-manager of the café but rather is the sole Manager, while Melanie Younger is among the servers at the restaurant. In addition to helping us to correct the record, Stacey reports that

Jazz'oo has recently begun brewing the fresh beans of a local roaster, Francesco's Coffee, who apparently uses a traditional Italian-and highly secret!- roasting process to achieve an exceptional flavour. Yet another excuse to stoke our caffeine addictions!

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Last November, Tony Debz

Danny's Bar and Grill



Organic wines were a hit at Nature's Buzz' tasting event

Nature's Buzz

On Thursday evening, March 10th, Nature's Buzz hosted an Organic Food and Wine Tasting evening at the Rockcliffe Park Community Centre. Thanks to the rapidly growing public interest in organics, it was a sold out event with over 120 people gathering to sample the organic fare assembled by the Nature's Buzz organizers. The latter included organic chocolate from Cocoa Camino; organic coffee supplied by Origine Café of Montreal; smoked salmon from Hallelujah Farms; a spread of prepared vegetarian fare from The Table on Wellington Street, and to wash it all down, Groovy Grape organic wines from the Niagara Peninsula. The display also included a line of European cosmetics by

Doctor Hauschka.

Reliable reports have it that the organic wines were an immense success, and as they are notoriously difficult to find on the market, the Patrys are planning to explore the possibility of obtaining a limited supply for sale at the Beechwood store.

Highlights of the evening included three presentations, the first by **Dr. Mark Patry** on the rationale behind switching to an organic diet; the second by **Biff Herringer** on the importance of seeking out organic beef; and the third by **Cameron**, the "Chef Tournant" at Rideau Hall on how to make organic truffles. The samples which Cameron brought to the event were reportedly guzzled very swiftly by an appreciative crowd



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and his brother Fadi took over Danny's Bar and Grill at 5 Springfield Road from long-time proprietor Karam El Marji and his family. Tony had worked previously in the restaurant business in an Italian/Canadian/Lebanese establishment, and specializes in Lebanese food. While the Debz brothers have left the menu largely unchanged, they

and now offer home delivery service as well as catering. (Hungry families and party planners can reach them at **749-3369**).

Tony, Fadi and Tony's wife

have added Pizzas and subs,

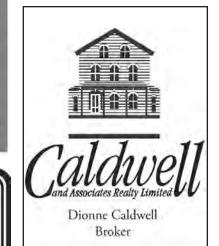
Grace, who also helps out with operation of the restaurant, are strong supporters of the community and frequently offer gift certificates and special discounts to local organizations.

The restaurant is adorned with letters of thanks from the beneficiaries of these donations, including local organizations supporting the homeless, many of whom are able to get a square meal courtesy of the Debz family. Numerous members of the congregation at L'Église St. Charles are regular patrons of Danny's, flocking to the restaurant for sustenance after mass on Sunday mornings, and Tony has also supported the youth group at the Church.

We belatedly welcome Tony, Fadi and Grace to the Burgh and applaud their community-spirited contribution to the life of our neighbourhood.

Lester's Barber Shop

As many of his friends and clients know by now, **Lester** is back from his travels and ensconced once again behind



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Tony and Fadi Debz, new owners of Danny's Bar & Grill

the barber's chair at 13 Beechwood. We wish him a warm welcome home and look forward to hearing more about his adventures in India.

Clocktower Brew Pub

Last issue we reported on the change of ownership and the renovations underway at 422 MacKay Street. The Clocktower Brew Pub opened for business on February 10. Managing partner, Michael Coughlan and his construction crew have introduced a brighter and more modern style to the interior. If you haven't already done so, do stop by for a pint or to sample the fine food of chef Chris Maquis.



Cheers! Michael Coughlan welcomes you to The Clocktower Brew Pub





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Sandy Benoit's guide dogs, Carl (retired) and Jet.

Canine Touch and Tell

Our canine massage ladies, Sandy Benoit and Sylvia King (and, not to be forgotten, Sandy's guide dog Jet) are heading into another busy spring filled with a round of dog-related events and appearances. Early in March, they appeared on the New RO Breakfast Show for a session on massage techniques and, in Sandy's words, "tuning up your dog for spring" (many of us might be grateful for a word on how to "tune down" but that's another story!)

In April, the team will be hosting a "Get to Know Your Dog" session at the Kanata Library, focusing on how to keep your pet comfortable and fit between visits to the vet. In mid-May, they will hang out their shingle at the Bytown Dog Show in Manotick (May 14th) and the Arnprior Dog Show (May 15th), winding up the month with an appearance Nutrichem Pharmacy's "Doggy

Day" and at the Canadian Guide Dogs for the Blind Walkathon on May 29th. Looking ahead to the summer, Sandy and Sylvia have at least two more dog shows on their agenda: the German Shepherd Club Dog Show in June and the Ottawa Kennel Club Show later in the summer.

Needless to say, between events and public appearances, Sandy and Sylvia continue to serve their canine clientele with restorative massages to assist in the recovery from surgery, relieve chronic aches and pains, improve circulation and generally maintain well-being among the canine seniors' set particular. After hours, Sandy hones her skills on her 13 year old retired guide dog Carl who continues to thrive under her care despite a myriad of age-related health problems. We wish them all well in their activities over the coming months.



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Roberto Briones DVM

Montreal Road Animal Hospital

We wish a warm welcome to new advertiser Dr. Roberto Briones, D.V.M., owner/ operator of the new Montreal Road Animal Hospital at 1700 Montreal Road (just past Blair Road). Before coming to Canada, Dr. Briones earned his degree in veterinary medicine in his native Mexico and practiced for 25 years in (appropriately!) Chihuahua, Mexico, a city of roughly the same population as Ottawa. Largely as a result of sluggish conditions economic Mexico, he and his family pulled up stakes and moved to Ontario where he received his veterinary licence in 2002.

In order to acquaint himself thoroughly with Canadian methods and practices in the veterinary realm, Dr. Briones undertook a series of locums in several different animal hospitals throughout the region, including Kanata, Algonquin, March Road and our own Beechwood Animal Hospital where he became known to many pet owners in the community.

In the spring of 2004, he branched out on his own and launched extensive renovations to the house at 1700 Montreal Road (a former law office) which has since become his new fully equipped and accredited veterinary hospital, complete with an operating theatre as well as X-Ray and in-house laboratory facilities. As his advertisement suggests, Dr. Briones treats cats (about 70% of his current practice), dogs and "pocket pets" such as hamsters, gerbils and rabbits (but no birds or reptiles please!). While his new hospital has been up and running for less than a year, it has already



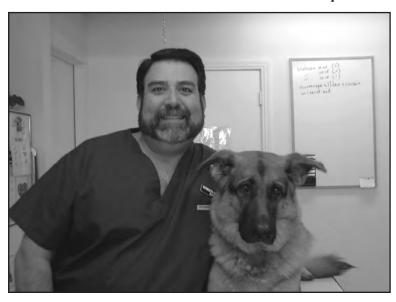
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Dr. Roberto Briones of the Montreal Road Animal Hospital with client Kaiser Mesereau

become a popular destination for Humane Society animals as well as for continuing clients acquired in his previous Ottawa locations.

Dr. Briones' special interest and expertise lies in the realm of Pain Management for animals suffering from acute or chronic conditions such as arthritis and cancer. He belongs to the International Veterinary Academy of Pain Management, a Colorado based organization, and has completed three years of qualifications towards his licence with that body. He works with an extensive arsenal of pain control medications ranging from non-steroidal anti-inflammatories to morphine in critical

cases. While he is not a practitioner of homeopathic techniques, he recognizes the value of such methods and is able to refer clients to vets who specialize in this area.

We wish Dr. Briones and his team at the Montreal Road Animal Hospital the best of luck in their new location.





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Colin Chalk, owner of The Purple Crayon, an attractive new children's consignment store

The Purple Crayon

Since our last report which heralded its imminent opening, operations at The Purple Crayon, a new Children's Consignment Shop at 347 St. Laurent Blvd., are now in full swing. The store is owned and operated by Manor Park residents Colin Chalk and his wife Suzanne Nicholls. For the past four years since their arrival in Manor Park, Suzanne has run a thriving Home Day Care business, and it was through contacts in the day care community that the couple was inspired to plunge into the children's consignment clothing area and to fill the gap left by the closing of Beechwoodbased The Kids' Station. For Colin, the new venture marks his first foray into the world of retailing after a long and varied career as an electrician; a public relations expert for the Ottawa Food Bank; a fundraiser for a variety of non-profit organizations and a professional musician.



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Once they had put out the word in the January edition of the Manor Park Chronicle, Suzanne and Colin had no difficulty acquiring a critical mass of good used clothing in time for their opening on February 1st. (Who can forget the pace at which our kids outgrew their clothes and shoes, and the piles that swiftly built up in cupboards and corners waiting for reassignment?) In addition to clothing, the store accepts all manner of kids' and baby equipment including strollers, high chairs, small play structures and toys. It also carries a limited line of new merchandise including baby and infant wear made by Kushies of Canada and cosy looking "go-bags" to keep babies from kicking off their blankets.

The store is open from Tuesday to Saturday from 10:00 a.m. to 5:00 p.m. and is located in the Manor Park

Plaza (Hemlock and St. Laurent) close to the new Ontario Licence Bureau, Tutti Music School, the St. Laurent Pizzeria and (not least, now that warmer weather is in view), the Dairy Queen. Colin would be delighted to play host to stroller gatherings or other child/parent groups, and anyone interested can give him a call at 744-2545.

Aficionados of children's literature will long since have guessed what I had to ask: the store's name comes from Suzanne's favourite childhood book, *Harold and the Purple Crayon*, a fantasy in which whatever is drawn with Harold's beloved purple crayon comes to life and leads him into a string of adventures. We wish Suzanne and Colin the best of luck with their new adventure and welcome them to the NEN as a new advertiser.



o 141 beechwood ave., ottawa, K1M 1L4 t: 747-0155 €



Griffin Kennedy Fine Living Since its expansion into the former lighting emporium next door to its New Edinburgh location at 141 Beechwood (at Acacia), Griffin Kennedy has greatly enlarged the range and volume of its retail business. Alongside its active and ongoing furniture and interior design operations, the store features an extensive array of ladies' bath products, kitchen equipment, all the necessary accoutrements for the bar including ice buckets and shak-

ers (for devotees of James Bond!), a line of classic white "hotel ware" to compliment virtually any themes and patterns in your household, a selection of gifts for children, specialty chocolates (both Belgian and Canadian) and an attractive collection of gift books of the large "coffee table" variety. Now that the weather is becoming more civilized, take a stroll up Beechwood and check out their wares for all tastes and occasions.



elimination of computer virus-



Pierrette and regular client, Mrs. Chantal Monk (Photo:Peter Glasgow)

Pierrette Tousignant: Oneon-One Bilingual Computer Instruction

Since our last report in June 2002, Pierrette Tousignant, a Burgh resident and a familiar face at the New Edinburgh Newsstand, has steadily built up the clientele for her Oneon-One Computer Instruction business which caters primarily to intrepid seniors keen on venturing into the mysteries of the cyber world. Pierrette is increasingly convinced of the benefits of this instruction in keeping the intellect sharp and slowing memory loss among the elderly. At the moment her students range in age from 75 to 86 (it's never too late!), and she takes great pride in their enthusiasm and accomplishments. One of her oldest students, a former producer at the CBC, has been taking regular instruction for the past two and a half years, and is now an avid

and proficient e-mail user, keeping in constant communication with friends.

In addition to teaching the use of e-mail to keep track of friends and family, and to send and receive photos and documents, Pierrette typically instructs her clients in the use of the Internet to "Google search" their areas of special interest (one student is now able to visit the museums of the world in the comfort of her own home), as well as in word processing; the creation of folders to save files, and even the technique of "hooking up" on MSN to converse with computer literate friends. She has also taught clients the (enviable) knack of putting digital photos on to the computer to send off via e-mail, and helped one older couple prepare a trip slide show on computer.

Pierrette works regularly with clients to assist in the

es, install new software, provide advice on the purchase of equipment (or refer them to an appropriate specialist), undertake minor repairs and install printers. Since launching her business three years ago, she has actually reduced her rates to make the service more accessible to seniors on fixed incomes. She currently charges \$25 per hour for single bookings, and \$100 for blocks of five hours, while repairs are a comparatively modest \$25 (try getting a computer specialist into your house for less than \$60!). In Pierrette's view, her computer instruction venture is much more a service to the elderly than a business, and her long-term aspiration is to seek government support in subsidizing her service to make it accessible to any interested seniors, regardless of income Perhaps the most satisfying

aspect of Pierrette's teaching has been the warm personal relationships she has developed with many of her elderly clients (one of whom recently called her from Florida simply to say hello!). In one case, her computer instruction duties evolved into the role of companion/caregiver to a recently widowed and lonely senior with whom Pierrette remained over a six month period until her charge was able to recover her spirits and regain her independence.

Interested readers who might like a hand in developing or honing their computer skills in the comfort of their own home should give her a call at 741-2582. Best of luck, Pierrette, and keep up the wonderful work.

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Elizabeth Dale-Harris RN, BScN

23 Rideau Terrace 745-5950

Rockcliffe Landscaping

We are happy to welcome Rockcliffe Landscaping back to the advertising fold as a harbinger of spring, new growth and the return of the gardening season (just when you thought your back was recovering from snow shovelling!) Co-owner Mark Arnold reports that in addition preparing for the reopening of their Garden Centre at 5495 Canotek Road, his crew is working on a submission to Landscape Ontario, the trade association for the landscaping business, which is already gearing up for the first ever Ottawa-based Canada **Blooms Garden Show** in April

Gardening aficionados are undoubtedly familiar with the annual Canada Blooms show in Toronto each spring, but next year, Ottawa will host its own event, and preparations are already underway. The show is essentially a gardenoriented market place complete with real display gardens, and all proceeds from the Ottawa event will go to support Ronald McDonald House. Any interested readers the in garden/landscaping field can contact Lynn Lane, Membership Services Co-ordinator, Landscape Ontario, 796-5156 (llane@landscapeontario.com) for information on how to participate.



The Scone Witch

Scone Witch owner Heather Matthews' potent combination of imagination and business flare quite literally stopped traffic on Albert Street during a blizzard in early March. Actually it was the driving snow that snarled the traffic to a standstill, but Heather seized the moment to emerge from the store with an armful of fresh scones (and accompanying business cards) which she passed out to weary motorists caught in the jam (regrettably not the kind you can put on the scone). According to Heather, the reaction of drivers ranged from the appreciative to the openly enthusiastic, with one man forcefully declaring that "I like someone who knows how to market" and promising to return to the store. Well done Heather: it's not everyone who can spot a business opportunity in a paralysing snowstorm!



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Chad Sheehy, Naturopathic Doctor, New Edinburgh Therapy Clinic

We welcome new advertiser Chad Sheehy, a registered and licensed Naturopathic Doctor (N.D.) who has started a practice on Thursday afternoons at the New Edinburgh Clinic at 1A Therapy Springfield Road (above the Second Cup). After graduating from Dalhousie University with a BSc in Biology and German, Chad went on to complete his naturopathic training at the Canadian College of Naturopathic Medicine in Toronto in 2003.

Since his move from Toronto to Ottawa, he has worked as a full time employee of Health Canada applying his professional background to the evaluation of the often baffling myriad of natural health products currently on the market. According to Chad, new federal regulations governing these products (and hopefully placing some restraints on the extravagant claims of many of them) are about to be introduced.

The basic principles underlying naturopathic medicine are comparatively simple and "commonsensical":

- Do no harm (i.e. non-invasive treatment with minimal or no side effects)
- Promote self-healing
- Root out the causes of pain and illness rather than simply treating the symptoms
- Educate the individual to take responsibility for his/her own health, and

• Treat the whole person, taking into account emotional, physical, environmental, dietary and lifestyle factors which may affect an individual's well-being (hence, as Chad points out, the frequent application of entirely different naturopathic treatments to identical sets of symptoms).

According to Chad, the naturopath is equipped with "a really big tool belt" to address the health problems of his patients. Among his principal tools are traditional Chinese medicine, rooted in the theory of Chi as the basis of energy and life, and using acupuncture, herbal medicine or diet changes to break down blockages in the flow of that vital energy; botanical/herbal medicine; homeopathy; clinical nutrition; physical medicine (including soft tissue and spinal manipulation, as well as hydrotherapy); and lifestyle counselling. A rule of thumb in the treatment of pain and illness using a naturopathic approach is that a month of healing is required for every year a condition has existed, although improvement may be perceptible more quickly.

In addition to treating the whole spectrum of health problems ranging from chronic conditions such as arthritis, to digestive and skin ailments, low energy levels and head aches, Chad is one of the few practising specialists in facial rejuvenation cosmetic acupuncture, a technique which he learned from a practitioner in New York City, and

which affords a natural alternative to cosmetic surgery (an unappealing prospect if there ever was one!)

Far from being a revolutionary new procedure, the practice dates back to the Sung Dynasty in China (970-1270 AD) when it was used on the Empress and the Emperor's concubines. As in the case of therapeutic acupuncture, the process involves the insertion of small needles which reportedly enhances the circulation of blood to the face, stimulates the production of collagen at the site of the insertion; improves skin colour and elasticity; eliminates some fine lines and softens the deeper crevices. Chad has achieved considerable success with the process in his practice in Toronto and looks forward to introducing it to his Ottawa clientele.

The protocol for Chad's naturopathic treatment involves two initial one hour sessions (at \$150 for the first and \$90 for the second) to obtain a full medical history, carry out a physical examination oriented to the specific complaint and, at the end of the second visit, establish a treatment plan. Follow up appointments are about half an hour long at \$60 a visit. As noted earlier, the length of the treatment process varies considerably depending on the nature and duration of the complaint, but the results of a dietary change, for example, may be evident within six weeks, while a course of acupuncture may take 6 to 8 weeks to do the job. Interested readers can contact Chad at 850-4775 to explore the possibility of an appointment on a Thursday afternoon when he plans to be available here in the Burgh at the New Edinburgh Therapy Clinic. Best of luck in your new practise Chad: if we see our friends and neighbours suddenly and mysteriously rejuvenated, we'll know whom to thank!



Rideau Tennis Club

Many readers are undoubtedly familiar with (or indeed members of) the Rideau Tennis Club at 1 Donald Street in a picturesque spot by the shores of the Rideau River The club was established in 1912 and in the ensuing nine decades has become one of the leading tennis and squash centres in the region. In late December, 2001, the venerable old RTC clubhouse was destroyed by fire, and while the courts remained in tact Club Directors were faced with a pressing requirement to refinance and rebuild in order to keep the institution alive.

About two years after the fire, the RTC approached the RA Centre, another non-profit organization in the sports and recreation sector, and after a period of negotiation, it was agreed that the RA would purchase the tennis club and invest in a new, full service clubhouse facility. The transaction was completed in April 2004, construction was launched in June and by December, the new RTC facility was starting up operations.

Jane Proudfoot, Manager of LifeFIT Canada, the Health and Fitness Division of the RA, reports that the new RA-owned Rideau Tennis Club consists of three distinct business ventures: the core Tennis/Squash Programme, which continues to thrive under the direction of the original RTC Board; a state of the art Fitness and Wellness

Centre managed by the RA's LifeFIT division and offering strength training, cardio-conditioning and personal training, as well as Yoga and pilates; and a fully licensed and catered Conference facility (including a spacious wedding reception room) for groups of up to 150. At the time of writing, the new fitness facility was just starting up operations, with the Gym open from 6:30 a.m. until 8:00 p.m. Tennis Club members receive preferred prices for the fitness club and Family Fitness Memberships are also available. As in the past, any member of either club is entitled to full use of the outdoor pool, though as I observe the piles of snow outside my window, that pleasure seems a long way off!

While the new facility involves a substantial reconfiguring of the old clubhouse (including a new ground floor deck looking out on the courts, and a cosy 'den-like" downstairs bar as a haven from blustery winter weather), Jane likens the adjustment process to moving into a new home: the environment is a little different, but you're still part of the same family. She encourages members of the community to come and have a look at the premises, and check out the glossy new phoenix which has arisen from the ashes

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To contact CCCC Board call 745-CRIC (2742)

Crichton Cultural Community Centre Board meetings take place on the 1st Sunday of the month at 4:00pm. These meetings are open to the public.

To access our Centre, #307 - 200 Crichton Street, please use the Avon Lane entrance



The Crichton Cultural Community Centre is a member-based volunteer charitable organization striving to maintain 200 Crichton Street as a public resource to support and encourage artistic, cultural, and community development. It was created with the objective of preserving the Crichton School, both as a heritage building and in its historic public function as a community

To get involved, provide input, volunteer time, or enquire about using our community room, please contact the Community Facilitator. We encourage you to pre register for courses or special features by calling the relevant contact number.

CCCC Office - Joanne Hughes Community Facilitator #307-200 Crichton Street

Ottawa, Ontario K1M 1W2 Phone: (613) 745-CRIC

(2742)

Fax: (613) 745-4153

We ask people to pre-register for courses and special features so that we have some idea of numbers and therefore can be adequately prepared. Unfortunately, programs may be cancelled if there is insufficient registration. It is important for us to have a contact number in the event of a class cancellation. Drop-ins are still welcome but please call ahead to confirm that the event is still going ahead as scheduled.

CCCC Year End Report

By Johan Rudnick Chair,

In the course of the last five years, the CCCC has evolved from a fledgling organisation occupying a single room and wondering just how to proceed, to a cohesive and vigorous group with control of the entire second floor and no lack of ideas about projects, plans and directions for the future.

Last year, the CCCC significantly expanded the number of programs and activities offered, saw a quadrupling of public participation, launched a major and extraordinarily successful regional Festival, Lumière 2004, and as a sign of confidence from the City, was declared a Municipal Capital Facility.

At the same time, on the legal front, the CCCC successfully challenged The School of Dance (TSOD) management and not only halted their unauthorized intrusion into CCCC space, but also defeated their attempt to evict the Centre and the community from the building. More importantly, however, the Centre successfully argued for a building Management Agreement that respected the rights and needs of the community in the building. More recently, in response

Court, the City and the CCCC have successfully argued that TSOD management should not be allowed to evict the Centre and sell Crichton School. If the issue proceeds further in the courts, it is expected to take at least a couple of years to unfold.

This year, the CCCC will be in transition. While our operating difficulties and legal problems with TSOD management are expected to continue, the Cityimposed building Management Agreement should make them more manageable. Today the Centre has artists, musicians, singers and dancers, and of course, our thriving Community Room. With a critical mass of community and arts activity, the CCCC is now in a position to make a broader and richer contribution, not just to the community but to the City and region as well.

Our vision is to see the CCCC evolve into a dynamic community and arts hub, a place where the Centre can provide affordable space, deliver unique programming, and create special initiatives to build on synergies between the arts and the community. And at the same time, the CCCC will continue to preserve Crichton School as a

to a TSOD application to the welcoming and accessible place for our community.

> The Centre's successes would not have been possible without the incredible level of community and partner support, the tremendous efforts of our legal team at McCarthy Tétrault, and the determination and resolve of the City to ensure that the Centre and the community were treated fairly and equitably. We have also benefited greatly from the support and encouragement of our federal, provincial and municipal representatives. We are confident that this amazing level of collective effort will fuel CCCC success this year and beyond. And that success will build upon the continuing historic role of Crichton School, not just in our community but in our City as well.

As we embark upon a year of transition and challenge, we would like to thank our departing Board members, Dan Brock, Lu Korte, Sharon Kelly, Barbara Young and Jessica Thomas, for their many contributions to our early years and guidance through our growing pains. At the same time we welcome three new members of the Board, Alex MacDonald, John Jarrett and Goodfellow, and look forward to working with them over the coming year.

(Note: this report is an abridged version of the report of the Chair presented at the CCCCAnnualGeneral Meeting on Saturday, March 5, 2005)



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Spring 2005

Crichton Cultural Community Centre Programs

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\$80 for the 8-week session In an Iyengar yoga class, students learn the practice in stages and are taught how to adapt postures to their needs. Barbara Young is a certified Iyengar yoga teacher with many years of experience.

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AND RENEW RELAX (RESTORATIVE) YOGA Šima Samguissi, 739-9847 ssamguissi@yahoo.com.

Mondays 9:30-11 a.m.

\$80 for 8 classes or \$12 for drop-in

This class allows students to take benefit of yoga postures to increase their flexibility and improve their energy level while relaxing and directing attention to their body.

STRETCH & STRENGTH. Alex MacDonald, 562-4858

Mondays, 5 - 6 pm, 6-7 pm Tuesdays 5-6 pm Thursday 6-7 pm Saturdays 10-11 am

\$9 per class

This year marks the 15th anniversary of this unique class that combines dance, yoga and exercises movement to improve strength, flexibility, balance and co-ordination.



KUNDALINI YOGA John Yazbeck, 747-8111

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drop-in All classes include an interesting variety of postures with stretching, moving, breathing, deep relaxation and meditation, presented in a way that is appropriate for all experience levels, ages, shapes and sizes. Everyone is welcome. This Yoga assures that you will feel stronger and brighter physically, mentally, emotionally and spiritually. One class can change your life. Any class is a good tune-up, and if you keep at it, you will also realize added health benefits. All ages and abilities welcome.

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EDEN: A WALDORF INSPIRED HOME SCHOOLING GROUP Camille Lechasseur, 789-

Fridays 9:30 - 12 pm \$180 per child, second child is

This seven week session will allow home schooling parents with children between the ages of 3 and 7 to come together, share ideas and bring Steiner Waldorf into a community setting.

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MANDARIN CONNEXION Pauline Rubarth, 746-7955

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Thursdays 7:15-8:30 pm, Beginners

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Music



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(For more info, e-mail porteous nancy@hotmail.com)

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Bring your own hand drum and percussion instruments.



SING, DANCE & PLAY Caroline Elson, 282-7905

Tuesdays 10:30-11:30 am \$80 for 10 weeks

This program is for toddlers (1 yr.-3 yrs.) their parents or caregivers. This class is fun and interactive and begins with a song circle, some interactive singing, dancing to music, with instruments or other props, and exploring some traditional childhood games.

Crichton

CCCC Office: Joanne Hughes Community Facilitator #307-200 Crichton Street Ottawa, Ontario K1M 1W2 Phone: 745-CRIC (2742) Fax: 745-4153

Email: cccc@bellnet.ca

For more information about the Centre or programs call 745-2742. To register for a specific program please call the instructor.

We ask people to pre-register for courses and special features so that we have some idea of numbers and can be adequately prepared.

Unfortunately, programs may be cancelled if there is insufficient registration. It is important for us to have a contact number in the event of a class cancellation.

Drop-ins are still welcome but please call ahead to confirm that the event is still going ahead as scheduled.

Visual Arts



FIGURE PAINTING AND **DRAWING** John Jarrett, 594-0182 johnjarrett812@hotmail.com

Wednesdays, 9:30 -12:30 pm \$40 for six classes

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



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Crichton Cultural Community Centre Programs

Special Events



INTRODUCTION TO LIFE **DRAWING:A FIVE DAY** INTENSIVE WORKSHOP Monday, April 18th - Friday, April 22nd, 9 am to 4 pm To register, phone Margaret Ferraro, 839-5241

\$225.00, plus model fee (ranges from \$40-\$65.) Supply list upon registration.

This course is designed to teach anyone, from beginners to advanced, how to draw figures, in a loose and consistent manner. The focus is on training the mind to analyze visually, to trust your natural ability, and to play and have fun. We start with the simplest of gesture drawing and build from there to line drawing, basic shapes, proportion, and construction. We also practice using our imagination, and experiment with different papers and drawing instruments.

There will be many demonstrations, including study of the head, hands and feet. Come and challenge your drawing skills in a fun and

relaxing atmosphere.
To see more figure work or more information on other classes, visit www.ferraroart com

INTRODUCTION TO **SUCCESSFUL EBAY SELLING**

Saturday April 16, 1 - 3:30 pm

\$60 (includes instruction hand-

Call Joanne Hughes to register, 747-1587.

Learn about the fascinating world of eBay. This workshop is designed for anybody who would like to sell on the world's largest on-line garage

Course topics include:

- eBay Registration
- General auctions
- Payment methods
- Description and title writing
- Digital photographs • Shipping and handling
- Feedback ratings





INFANT AND CHILD CPR (LEVEL 'D') Erin Shaheen, 260-7309, werehip@magma.ca

Sunday April 24, May 29 and **June 26**, 1:00-4:00 pm

\$30 per person

Heart & Stroke Foundation course covers common types of infant & childhood injuries and tips on how to prevent them.

Topics include: Recognition of heart attack and respiratory arrest Definition of CPR The "Chain of Survival" Performing CPR on children and infants CPR (one-rescuer) Clearing airway obstructions in children and infants (choking) **Barrier Devices** Prevention of childhood injuries

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Buddhist Group Hosts Workshops at CCCC

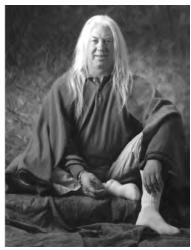
Crystal Staff is a charitable organization that is part of a larger worldwide group of Buddhist groups and Dharma Centres whose root teacher was the Venerable Namgyal Rinpoche. The teaching of this tradition is eclectic, with a foundation in Tibetan Vajrayana and Theravadin Buddhist practices, but also explorations includes of Western Mystery traditions as well as many modern scientific, mystical, and psychological developments and studies.

Crystal Staff's main objects are the teaching and practice of meditation and the study of philosophy and religion as the performance of charitable work in Canada.

In April Crystal Staff have organized a series of workshops and evening classes to be held at the Crichton Cultural Community Centre. These will be led by the Lama Karma Tsundulp Lodro.

Lama Karma Tsundulp Lodro (Jeff Alvin Olson) is a multi-disciplinary meditation teacher who seeks to make esoteric information comprehensible and useful to a wide variety of people. He particularly enjoys integrating ancient mystic philosophies with modern scientific principles. Lama Lodro's teaching draws upon many years of traditional monastic study, extensive meditation work, and fourteen years of intensive meditation retreats.

Lama Lodro's background provides him with a rare ability to bridge East and West. His education includes many years of classical study and meditation at Buddhist monasteries in Thailand, Burma, Malaysia, India, and Sikkim. Lama Lodro has received monastic ordinations as a Theravadin Buddhist Bhikkhu and Vajrayana Tantric training as a Lama in the Kargyu and Sakya schools of Tibetan Buddhism.



Spring 2005

Lama Karma Tsundulp Lodro Weekend workshops:

April 9 & 10, 9 - 4 p.m. Kasenas

April 16 & 17, 10 - 5 p.m. Empowerments of Chenreizig and White Tara including teachings and practice

April 23 & 24, 9 - 4 p.m. Star Group.

* Each day will begin with a 2-hour session of Medicine Qi Gong.

\$100 each (3 for \$250). Fulltime students and unwaged \$75 (3 for \$180).

Evening classes: 7:30-9 p.m. April 6

An Open Discourse On Life, Art, Religion, And Science April 7

Colour As A Vehicle For Meditation

April 13

Mystic Insights Of Buddhist Sages And Catholic Saints

April 14 Dream Yoga

April 20

Concerning The Brain And The Nature Of Mind April 21

Trauma & Negative Conditioning

Evening classes by donation.

For details on workshops and classes or to register call 722-2768 or go to www.crystalstaff.org



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Dufferin Doors Open: Now Wasn't That a Party?!

By Jane Heintzman

Immediately following the Annual General Meeting on Saturday afternoon, March 5th, the CCCC hosted a rollicking party for the community, capping off a landmark year filled with many challenges and some notable successes.

"Dufferin Doors Open" was our second annual fundraising event with proceeds going towards a refitting of the Dufferin Road entrance to 200 Crichton to create an attractive new and more welcoming entrance to our Centre. Preliminary estimates suggest that close to \$5,000 was raised for this purpose, enough to give us a good start on the renovation process.

Thanks to the tireless efforts of a dedicated team of volunteers, combined with the large and loyal core of support in the community for the continuing development of the Centre, the evening was a great success and we heartily thank all those who participated. While our calculations of attendance are somewhat sketchy, we estimate that well over 200 partygoers from the community and environs joined the celebration and shared in the enjoyment of live musical entertainment; excellent food, wines, and cocktails; tours of the MainWorks artists' studios; exciting Balloon prizes; a silent auction of close to a dozen pieces of interesting art donated for the occasion, and (not least!) quiet chats with the honorary hosts, their Excellencies, Lord and Lady Dufferin, who appeared in two guises in the course of the evening. Above all, it was a chance for the Centre to do what lies at the very core of its mandate: to provide a community hub and gathering place where friends and neighbours can congregate in a relaxed and attractive setting in the heart of the Burgh.

A highlight of this year's party was the début appearance of the **SoundStorm Voices Youth Choir** directed by **Sonia Ndongmo**. The choir,

which now holds its weekly rehearsals at the CCCC, is loaded with young talent and its lively performance was a delight for those in attendance.

Even at this early stage in its development, the choir boasts a number of extraordinarily fine including Alex
Sharla Cotnam, soloists, Alex Lacasse, Bekah Shiray, **Paula** Whitelock, Camille Eanga Selenge, Bacic, Ariana Stephanie Nguyen, Melissa Haye and Ashley Walker who entertained the crowds at the fundraiser with impressive professionalism. The Choir's next engagement takes place at 11:30 a.m. on April 2nd at the Capital Parent and Kid Show, Nepean Sportsplex (Woodroofe and Baseline) when the group will be taking part in the Capital Kid Idol singing contest for 8 to 16 year olds. We wish them luck and thank them for their memorable contribution to the success of our fundraising evening.

As always in the case of events of this scale and complexity, an immense amount of planning, co-ordination, imagination and hard labour were invested in making it a success. Our special thanks go to Margo Silver and Barbara **Laskin** who joined the CCCC Sub-Committee tasked with the fundraiser, and played a crucial role in the planning process from start to finish. Their wonderful ideas, menu planning expertise, culinary skills and vast network of contacts and helpers were an invaluable resource, and we cannot thank them enough for the hours of work they invested for the benefit of the Centre.

Hats off too to their hardworking team of cooks and food servers: Toby Greenbaum, Tim Plumptre, Jacques Dumas, Bora Plumptre, Alex Tesar, Anne Ostrom, Blair Ostrom, Olivia Dumas, Benedict Dubé, Martine Lacasse and Simone Caron (and to any others we may have inadvertently omit-





ted to mention!).

Thanks to the skilful work of the "Food Team", partygoers feasted on a generous array of tasty dishes ranging from tandoori chicken skewers to wild mushroom tartlettes; Lord Dufferin's sliced rare beef; chick pea and raisin curry; Lady Lox on rye bread and a glorious table of sweets laid out in the "dim religious light" of the Dufferin Rooms (see below for an explanation: it was more than just a stab at "atmosphere'!) The chefs have generously agreed to share

their recipes for some of these delicacies with NEN readers, (see page 24)

Margo and Barbara also assembled a capable group of bartenders to supply drinks to the thirsty multitudes, and we extend our thanks to Martin Clary, Alex MacDonald, Kathryn Connelly, Andrew Blakeley, Michael Burchill, Aynslee Kyte, Chris Schmidt and Rachel McCormick. With tailor-made cocktails on the agenda (Lord Dufferin's Door or Lady Dufferin's Desire

acquired an enthusiastic constituency in the course of the evening!), the bartender's job took on an added complexity, and we greatly appreciate the labours of this thoroughly professional team.

Once again this year, the tickets and posters for the event bore the unmistakable artistic imprint and flare of **Heather Matthews** who contributed her time and talents despite a gruelling work schedule at The



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lling work schedule at The Scone Witch. (She also provided trays of delicious fresh scones to slake the many hearty appetites in the crowd.) Our sincere thanks to Heather and to our erstwhile Board member Jessica Thomas for taking on the task of designing, printing and distributing the tickets and publicity materials. Thanks too to Jess' friend Mary Spicer of Mad Mother Designs who produced the distinguished sketch of our "patron" for the evening, former Governor General Lord Dufferin, whose image appeared throughout the Burgh on tickets and posters.

Our multi-talented CCCC Facilitator Joanne Hughes skilfully handled the co-ordination of the décor for the evening, which was intended to reflect the era of Lord Dufferin who was Governor General of Canada in the 1870's and Viceroy of India in the 1880's. Many thanks to Joanne for all her efforts and to our faithful ally and supporter, Peter Honeywell who devoted much of his day to assisting Joanne in the artful arrangement of tables, chairs, props, pictures and Victoriana of all descriptions. We are also grateful to Denis Bourdon who supplied us with the backdrop of doors to highlight our theme of "Dufferin Doors Open".

Our new Board member, MainWorks artist **John Jarrett** dexterously orchestrated the hall lighting to show off the

silent auction art work to best advantage, and in the "Dufferin Rooms" (the former Physical Therapy Institute premises), the loan of a power box by James McNabb (co-worker of Board member Bethann Robin) allowed us to rig up some makeshift lighting for the evening and make use of this beautiful space despite the ongoing lack of electricity as we attempt to resolve differences with the School of Dance.

We are extremely grateful to Thomas Street resident Michel Caron for his splendid sketches of the Dufferin Road entrance which were on display at the party. His obvious enthusiasm for the Centre and our heritage building was much appreciated, and we hope he will remain involved as we embark on the next stages of our development.

No list of acknowledgments would be complete without a mention of their Excellencies, Lord and Lady Dufferin, who circulated with vice-regal grace and dignity through the crowds on the second floor. Our sincere thanks to Barbara Uteck, Secretary to the Governor General, for providing us with two splendid and appropriately costumed Rideau Hall guides, Jerry Sabin and Jennifer Blodget, whose presence, historical background knowledge and personal charm added greatly to the pleasure of the event. We are equally grateful to their "successors" later in

the evening, local New Edinburgh residents and actors **Janet Uren** and **Robin Carter** who took over the roles with remarkable flare, faithfully reflecting the original Lord and Lady Dufferin, both of whom were enthusiastic amateur actors

To all of those many others who contributed their energies and time to the event we extend hearty thanks: to Anne and Nicola Ostrom for their help with ticket sales; to Sima Samguissi for her patient work preparing innumerable sheets of food and wine tokens; to Peter Glasgow for his photographic coverage of the event; to the team of volunteers from Ashbury College who assisted with all manner of tasks from sweeping and washing the floors to set up, food service, balloon sales and clean up; and Connelly, Kathryn Andrew Blakeley, and Dennis and Pat Orchard for their hard labour in the Clean Up process after the party.

All successful fundraising events depend heavily on the generosity of corporate and individual donors, and ours was no exception. A complete list of the donors of our splendid collection of Balloon and Door Prizes and Silent Auction art works is included in this issue, and we extend our sincere thanks for their support of the CCCC in its efforts to move into a new and more ambitious phase of development.

A final word of thanks to those in our second floor "family" who worked so hard to create a memorable evening: to the MainWorks artists who opened their studios to the community and helped us to spread the word and sell the tickets; to harpist Heather **Desclouds** who made beautiful music from the new harp studio of Caroline Léonardelli; to **Joanne Hughes**, our Community Facilitator, who handled tickets, décor, set up, clean up and overall management of details, large and small; and to CCCC Board members Vicki Metcalfe, Robin, Jessica Bethann Thomas and Carol Burchill who joined me in devoting many days and hours to the planning, co-ordination and seamless (well, not quite!) execution of the event. And to the many community members who supported us by making donations, buying tickets and joining in the celebrations, we say a resounding "thank you and come again next year!"

Thank you to our Generous Donors to the Dufferin Doors Open Fundraiser

PRIZES Patrick Gordon Framing A Better Frame of Mind Delish **Epicuria** Bread and Roses Bakery Margot Silver Barbara Laskin Joseph Cull Vicki Metcalfe Alicja Kreuger **Books on Beechwood** David Sacks, Author/Scholar Dale Smith Gallery, Byfield Pitman Photography and Jess **Thomas Designs** Veronika Von Nostitz, Potter **Angela Marcus** Barbara Young, Yoga Instructor Alex MacDonald, Stretch and Strength Instructor Ginette Deslauriers, Soul to Sole Mind and Body Studio Joanne Hughes, e-Bay Instructor **Catherine Mirsky, Dog Trainer** Jacqui Sjonger, Creature Comforts Dog Grooming **Bridgehead Coffee Houses** Beau Temps Mauvais Temps, Aylmer, Quebec **Boss Arts Angela's Esthetics** John Yazbeck, Yoga Instructor **Lumière Festival 2005** Caroline Léonardelli, Harpist **Ingrid McCarthy** Maurice Hébert, Registered Massage Therapist **Moda Hair Design and Esthetics** Vanilla Boutique

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Dufferin Doors Open! Recipes

By Barbara Laskin and Margot Silver

Rare Beef on Crusty
Baguette, with Baby Arugula
and Creamy Mustard Sauce.
Spread thin slices of baguette
with mustard sauce (recipe to
follow) and fresh arugula
leaves. Place thinly sliced roast
beef (or carpaccio) on top and
garnish with cress, sprouts or
other greens.

Creamy Mustard Sauce [adapted from Fancy Pantry,

[adapted from Fancy Pantry, by Helen Witty, Workman Publishing, 1986]

This sauce can be used as a base for a creamy vinaigrette, it can be added to mayonnaise for pasta or potato salads, or it can be combined with a reduced beef stock and capers as a sauce to accompany a comforting pot-au-feu.

½ cup water

1 medium clove garlic, sliced ½ cup (lightly packed) dry mustard powder

2/3 cup cider vinegar

1/3 cup sugar

3 tablespoons vegetable oil

3 tablespoons cornstarch

2 ½ teaspoons salt

1/8 teaspoon freshly ground white pepper

1/8 teaspoon ground cinnamon 1/8 teaspoon ground allspice

Hot pepper sauce, optional 1 tablespoon freshly chopped herbs (dill, tarragon, or chives), optional

Blend the water and garlic in a food processor or blender until the garlic is completely pureed. Add the dry mustard, vinegar, sugar, oil, cornstarch, salt, pepper, cinnamon, and allspice. Process until smooth. Add the egg and process again briefly.

Pour the mixture into a heavy saucepan and cook it over medium-low heat, stirring constantly with a whisk or spatula, until the sauce has thickened smoothly almost to

mayonnaise consistency. Do not let the mixture boil. Remove the pan from the heat.

Scrape the sauce immediately into a clean, dry jar, straining it through a fine-meshed sieve if you suspect lumps. Let the sauce cool, taste for seasoning and add salt, a pinch more sugar, a drop of vinegar, or more spice according to your preference. Stir in the fresh herbs if you have them on hand (or substitute dried).

Dilled Soda Bread

Note: this recipe can be doubled or tripled. The bread is excellent fresh or toasted, and it freezes well.

Into a large bowl sift together 2 cups white flour, 1 3/4 teaspoons salt, 1 teaspoon baking soda, and ½ teaspoon doubleacting baking powder. Whisk in 1 cup whole wheat flour. In a mortar crush slightly 1 tablespoon fresh dillseed (I use dry seed when fresh is unavailable) and whisk into the dry ingredients. I another bowl, combine 1 ½ cups buttermilk, 3 tablespoons butter, melted, and 2 tablespoons honey and stir the mixture into the dry ingredients to form a stiff dough. Turn the dough into a buttered 9inch ceramic or glass pie dish and with floured hands pat the dough into a 7-inch round loaf. Brush the top with melted butter and cut a cross 1/4 inch deep across the loaf, cutting the sides as well as the top. Bake the bread in a pr-heated oven at 375° for 50 minutes to 1 hour, or until it is browned and sounds hollow when the bottom is tapped. Brush the crust with melted butter (optional) and let the bread cool on a rack before slicing.



Community Support Services available to seniors who five north of the Queensway between Preston St. and Blair Rd. and adults with physical disabilities: Help at Home 'Housekeeping Home maintenance Minor household repairs Grocery shopping bus Transportation to medical appointments (escort with minimal assistance only) Daily phone calls for safety Friendly visiting/calls The Good Companions is a not-for-profit agency funded by the Ontario Ministry of Health, United Way/Centrate Ottawa, and the City of Ottawa to provide activities and services to seniors in our community and adults with physical disabilities. To see all that we do, visit our Seniors' Centre at 670 Albert Street or visit our website: www.magma.ca/goodcompanions.

Gravlax

2 pieces salmon filet (2 lbs each with skin attached)
1 - 2 bunches fresh dill
Combine:
1/3 cup kosher salt
1/4 cup - 1/3 cup sugar
freshly ground COARSE peppercorns

¹/₄ - ¹/₂ cup vodka (or aquavit)

Rinse salmon. Place 1/3 dill sprigs in bottom of glass rectangular pan. Place salmon skin side down and rub spices on it and 1/3 of fresh dill. Rub second filet with spice mixture and place filet with skin up. Add remaining fresh dill. Cover with plastic and add weight (i.e. bricks)

Start process on Wednesday to be ready for Saturday evening. Slice thinly and place on home-made bread. Garnish with sauce, thinly sliced red onion, lemon zest, fresh dill and capers (optional).

Sauce:

½ cup Dijon mustard
½ tspn dried mustard
1tspn champagne vinegar
¼ tspn sugar or to taste
½ cup olive oil (or ¼ olive, ¼ canola)
Blend and add freshly chopped dill
Salt and pepper to taste

Asparagus Tips from Epicuria

Yeah! Spring is here and that means Asparagus!

Spears of asparagus are the tender young shoots of the big root of asparagus officinalis which grow into a fern like plant with berries. Asparagus are harvested in the early spring when they are between 6 and 12 inches above ground and quite green. Asparagus is graded by size and sold in bunches. Size varies from pencil thin to the size of cigars.

The best way to serve asparagus is grilled, steamed or boiled in salads, stir-fries or sauces.

Like many vegetables, asparagus starts losing its sweetness the moment it is cut, therefore look for the freshest, smooth-skinned, bright in colour and tightly formed heads, when picking your produce.

Store asparagus like you would cut flowers, put bunches in warm water, tips up, and refrigerate.

To prepare asparagus for cooking, grasp each spear with both hands and snap - it will break at a point above which the stalk will be tender. You can use the end pieces for soup.

One way to judge whether smaller asparagus needs peeling is to take a bit of a raw spear and if the skin is tough you will want to peel it, it will be fibrous and strings can get caught between your teeth. A regular vegetable peeler will do the trick.

The following recipe is a very easy and tasty asparagus recipe to make: serves 4

Steamed Asparagus with Lemon Butter

½ lb fresh asparagus Salt 2 tbspn unsalted butter 1 tspn lemon zest 1tbspn lemon juice

Wash asparagus and trim off bottom of stems by 2 inches. In a large skillet, bring water to a rapid boli. Season water with salt and add asparagus. Cook asparagus 2 - 3 minutes or until bright green and just tender. Drain the asparagus and add butter to the pan with zest and juice. Return the drained asparagus to the skillet and toss to coat. Serve immediately and enjoy!



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Lumière 2005

Cultural Crichton Community Centre is getting ready to light up Stanley Park again this summer Saturday August 20 for Lumière 2005. Many who attended last year said it was the best Festival they had ever attended - high praise for a first year event. Stanley Park is an ideal venue. Beside the river, it is safe and well maintained, ensuring that people using walkers, strollers and wheelchairs are all able to enjoy the magical experience.

Throughout the summer of 2004 the Centre provided lantern making supplies to three community organizations and held 15 lantern workshops for a total of over 400 participants. Hoping to attract 1000 people to the actual event, we were delighted when it attracted over 3,500 visitors. The Lumière Festival website has received close to 10,000 hits since June 2004.

Lumière website The (www.lumiereottawa.com) will soon have a new and exciting look, assisted by our fantastic web company, Imatics Inc. and the extremely talented illustra-Julia Breckenreid (www.breckenreid.com). Julia has generously agreed to design the 2005 Lumière poster, aspects of which will be incorporated into the website and other promotional pieces. Julia divides her time with her illustration work, teaching in the illustration programs at Sheridan College, the Ontario College of Art & Design and to children at the Royal Ontario Museum. Julia has illustrated for Chatelaine, MacLean's, Canadian Living, The New York Sun, The Globe and Mail, and The National Post.

Lantern making workshops will begin in July and will run until August 20. The Crichton Community Council has offered the Festival the use of the Fieldhouse for the entire week leading up to Lumière 2005 which will enable us to offer lantern making workshops in the park as well as at the CCCC.



"I can't believe my eyes mom I think that's a REAL Fairy." (Ella, aged 4 ½) (Photo:Jesse Henderson/www.CurvedSpaceStudios.com)

We will also have the pleasure of welcoming back many of the fine performers we saw last year including The Fire Weavers, DJ Rise Ashen, and Aerialist/acrobat Stacy Clark **Baisley**. An exciting addition for 2005 will be the **Opera** Lyra Company.

Following much the same format as last year, Lumiere 2005 will be working to expand some elements of the festival:

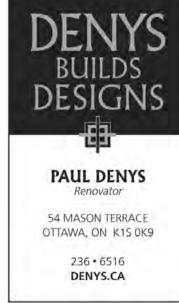
- The lantern procession will kick off the festival in style and will be led by our talented performers.
- Costume workshops will be organized for those who wish to dress up.
- Instead of jar lanterns, young children will now be able to make their own lanterns using lovely pagoda boxes. These boxes are safer, come with a handle and make very attractive lanterns
- New lantern designs will include a tear drop shape and a water lantern

be asking for a \$2/person dona-

A lack of government funding has given Lumière the chance to be self sustaining in its second year. We are counting on support from the community, businesses and from creative fundraising to raise the necessary funds. The performers and artists generously give of their talents and time to help make this festival a success. The Lumière Festival must commit to recognizing their contribution through payment of professional fees.

Financial supporters are thanked with on-line and print promotion. We are also working on a sponsorship package which will highlight company logo placement opportunities.

Please contact Joanne Hughes at 745-2742 to volunteer, sponsor, or suggest!



Help Light Up Lumiere!

Lumiere Volunteers Needed NOW

The Lumière Festival is ideal for fostering community spirit through volunteerism. All skill sets and levels are needed to make this event a success. Whether it is hanging posters, creating lantern kits, working on a joint lantern installation, lighting 500 Pagoda boxes or creating fairy wands, the Lumière volunteers are happy to donate hours of work to the festival.

During July and August, Lumière Festival volunteers have the opportunity to participate in 3 training sessions; they are trained in lantern making or workshop facilitation, fire safety at a workshop with a representative of the Ottawa Fire Department and a site visit.

New Edinburgh residents are creative, resourceful and generous, and we urge you to please help us create a true community event. Volunteering for Lumière is fun and rewarding. Please contact Joanne Hughes at 745-2742 or fill in the on-line volunteer form at www.lumiereottawa.com

Volunteers are needed to start in April so that we are able to meet our lantern and sponsorship targets. The positions available now are:

Star Lantern Volunteer

The Lumière festival uses star lanterns to promote the festival, to thank sponsors and to sell at the event. This year our goal is to create 300 star lanterns. One of the most fun and rewarding Lumière tasks is the creation of the Lumière star lanterns. These paper and bamboo lanterns are fun to make and a joy to decorate. Volunteers can choose from a variety of wonderful tissue paper and decorations. Once trained, star lantern volunteers can work at the Centre or at home. Last year volunteers often threw parties with their friends, family or coworkers where everybody created star lanterns.

Sponsorship Volunteer

The success of Lumière 2005 will depend initially on the support the festival can get from the business community. Sponsorship volunteers will help the coordinators approach potential sponsors to solicit festival funds and in-kind donations for performers, artists and festival promotions.

Lantern Installation and Workshop Supplies Volunteer

If you have an interest in recycling then this task is for you! Donated supplies are needed to supply to artists and community groups so that they can create the large lantern installations that are a cornerstone of the event. Materials such as wood, wire, and tubing are useful for installations and glue, stickers, and wool are needed for children's lantern workshops.

Contact construction companies, contractors and other businesses to get donated supplies, then sit back and watch artists reuse these materials to create amazing installations!

Morsels & Indulgences

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News from Rockcliffe Park Public School

By Julie Vanderschot

Rockcliffe Park Public School has twinned with the Guardian Angel Primary School in Pitseng, Lesotho - all the way in Africa! The Lesotho twinning provides a unique and wonderful opportunity to make a direct connection with children in a vastly different country. More than 500 pen pals at both schools have been writing back and forth since October to the delight of all.

Learning about how children live in Lesotho is an eye opener for the students, and at Rockcliffe School, it has triggered not only curiosity, but generosity as well. Students were happy to solicit donations from parents and the public at their annual Book Fair, asking donors to support their twin school and to "Buy a Book for a Child in Lesotho". Students and their families were also very generous in making contributions to their pen pals over the Christmas holidays and at a recent "twoonie drive" on Valentine's Day. A portion of the money raised has also been used to sponsor an Awards Program at the school in Pitseng. The awards recognize individual students and teachers on a monthly basis.

Parents and the public are invited to attend when Sister Alice Mputsoe from Lesotho visits Canada and comes to speak to the students and staff of Rockcliffe School on Tuesday, April 12 at 9am.

Skating Season

The skating rink has been enjoyed by all students with many classes benefitting from



outdoor skating during their gym periods as well as skating during lunch hours for the last two months thanks to the supervision of many parent volunteers. RPPS is grateful for this unique opportunity and thanks all of the neighborhood "Hozer" volunteers for doing such a great job of maintaining the rinks.

Reading Garden

Thanks to the inspiration of Principal, RPPS Denis Delorme, "Mr. D", a "Reading Garden" is being constructed on the school grounds, immediately adjacent to the school's library. The stone foundation is already in place, nicely protecting the existing shade trees, and benches and tables will be added in the spring. engraved stone laid by Queen Juliana of the Netherlands in 1952 will be moved from its current place at the back of the gym to a more prominent place within the Reading Garden.

This idea for the Reading

Garden came about to satisfy the following needs: to provide a quiet reading area for our children; to preserve and protect the maple trees; to provide an area to the community for social gatherings; and to celebrate the history of the community and the school.

Rockcliffe School's "Reading Garden" is expected to be completed in early May. Financial contributions for this project are still welcome and have thus far come from members of the community, students and parents of the school, the School Board, and the Embassy of The Netherlands.

Highness, Her Royal Princess Margriet of The Netherlands, will be the guest of honour at the official ribbon cutting ceremony of the Reading Garden on Friday, May 13th at 9:50am. Anyone is welcome to attend this excit-More specific ing event! details will be forthcoming.



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Imagine not being able to read these words... Nevada Tickets Support Family Literacy

By Isobel Bisby

It's only a short stroll for you to the Maximum visit Convenience corner store on Springfield Road to buy a Nevada ticket. Once a month would be good. Why? Because if you do many, many families in need who live in Vanier, Lowertown and Sandy Hill will benefit. ALSOcares is a small, community-based literacy program in the area that will soon be opening a Nevada site in the store and we're hoping that neighbourhood people will support family literacy by dropping in to purchase a ticket. This will provide regular income for this worthwhile charity. Why bother you wonder? Think about it for a moment.

Imagine not being able to read these words. It's a bit like being in a foreign country, except Mary has always lived in Canada. She missed a lot of school as a child and had a really tough time. Still can't always understand what she reads, and still gets stuck on the big words, and then loses track of the meaning. Mary's a single parent living below the poverty line. She knows that books are important but she's scared of libraries and bookstores and can't afford to buy books. Mary worries a lot about her two young children, because she desperately wants them to do well in school.

Or imagine being Fatima and not being able to read these words. She's from Somalia and although she's been in Ottawa for a number of years, and speaks English quite well, she still finds reading and writing difficult. Somehow books for the kids never fit into the weekly budget.



Mother and daughter read "The Hungry Caterpillar"

A neighbour told Mary and Fatima about ALSOcares and the Reading and Parents Program (RAPP). It's just what they want and need, being a place where parents and children can go together. Mom and/or Dad get help with reading and writing while the kids attend a program especially designed for little kids early learning. And what's so great is that there are books and literacy activities for the kids to enjoy at home. Most importantly the program's free.

Life could be easier for a lot of adults if they had had better opportunities to develop their reading and writing as children. A great concept called Family Literacy has burgeoned over the years and society is finally beginning to sit up and take notice.

Why is family literacy important? The family is a child's first teacher. Family literacy activities are the foundation of future learning and can help children develop and maintain a love of learning.

Current research shows that early experiences help to determine brain structure which in turn shapes the way we learn, think, behave and respond to challenges as adults. The skills and capacity to learn that we develop before the age of six, stay with us for a lifetime.

Families in our society and, especially families living in poverty, are under increasing stress and need all the support they can get. When their children have an opportunity to learn at home, in community programs and even in designated family literacy programs, they have a much better chance of succeeding at school and anticipating a bright, productive future. Hopefully, one day, there will be far fewer adults in Ontario who face a daily struggle with literacy.

So take a walk to the corner store and buy a Nevada ticket. Because ALSOcares is free for participating families, it must raise funds to keep the program up and running. It's been around for three years now and has provided family literacy support to over three hundred families during that time. ALSOcares offers the Reading and Parents Program (RAPP) at various sites in the local community, and the on-site Children's Program, that provides quality care for young children while parents study.

So again. Please buy a Nevada ticket and we'll let you know this time next year just how much money YOU raised! Thank you.

Each 50¢ Nevada ticket contains hidden symbols that are revealed by tearing open the cover tab. The winning combination of symbols is specified on the back of The City of Ottawa issues a licence to eligible local organizations where the Nevada tickets are not to be sold in conjunction with another gaming

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de l'existence de l'enfant. La journée se déroule comme une sorte de respiration : inspiration, expiration et ainsi de suite, de sorte à ne

pas fatiguer l'élève et à le maintenir en éveil. Le mouvement fait partie intégrante de chaque leçon. Rien à voir avec apprendre par





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Festival des Sucres/Sugar Fest

By Jane Heintzman

As the festive banners across Beechwood proclaim, le Festival des Sucres or Sugar Fest will take place at the Centre Richelieu-Vanier, 300, avenue des Pères Blancs, from April 4th to April 12th. This annual rite of spring is now in its fifteenth year of successful operation, but this year, for the first time since its inception, Sugar Fest will be run exclusively by the non-profit corporation, Action Vanier without the participation of the City (though the City has provided some funding support). Action Vanier official and Festival Coordinator Therese Goneau is enthusiastic about the actionpacked programme for the week, and confident that her organisation (including the hard working team of volunteers who run the Vanier Sugar Shack) will put on a wonderful show for the crowds of participants who flock to the events each year.

The Vanier Sugar Bush, which is the focal point for the festival, is just minutes from the Burgh at the end of the avenue des Pères Blancs behind the old Vanier City Hall (Pères Blancs runs diagonally off Marier). Festival goers can wander through the bush and, weather permitting, watch the sap collection which should be fully underway by early April. Over the weekend, (April 9th and 10th), there will also be tours of the Vanier Sugar Shack (320 Pères Blancs) which was built by Action Vanier in the year following the ice storm and boasts a roof constructed entirely of timber from icedamaged trees. The new building replaces the original shack built in 1938 by the Missionary Fathers of Africa, and is the only sugar shack in Canada located in the heart of an urban area. The building, which seats about 40 visitors, is operated by Action Vanier volunteers who serve breakfast, lunch and supper throughout the spring (March and April) but advance reservations are essential, so call ahead (Tel. 291-5362).

The agenda for the festival begins with a Senior's Day on Tuesday, April 5th (11:00 a.m.-2:00 p.m. and 4:00-7:00 p.m.), when participants will be treated to a traditional meal and entertainment at the Sugar Shack, all for a modest \$8 per person. Another big event is Kids' Day on Thursday, April 7th, 9:00 a.m.-3:00 p.m. Elementary schools from throughout the City have been



invited to the festivities and at wings and chilli. the time of writing, 1500 children were already scheduled to attend (let's hope supplies of maple syrup and taffy are abundant!). The programme for the day will include live entertainment by Dominic Darcy, the singing policeman, and Grand Partage, a folk music group; sleigh rides; Eskimo dogs; clowns; taffy on snow: and an introduction to the Jasmine security house used as an educational tool by the Ottawa Fire Department. Slightly bigger kids will want to check out the festival on Friday night, April 8th at 8:00 p.m. when the group Swing will perform the "techno-trad" music of Michel Benac. (Concert tickets are \$15).

On Saturday and Sunday, April 9th and 10th, there is a full slate of activities from 10:00 a.m.- 5:00 p.m., including lumberjack shows; sleigh rides; Eskimo dogs; clowns; face painting; taffy on snow; entertainment karaoke; magicians; dancers; a craft sale; Jasmine security house and a beer tent where alcohol is served from noon to 5:00 p.m. A highlight of the Saturday session is a lumberjack competition (1:30-3:30 p.m.) in which teams from the police and fire departments; Waste Services Inc. (WSI), and Rona Home and Garden will go head to head, testing their skills in such arts as cross-cut and axe throwing, among others. (There is also some chance that the NewRO may throw their hat into the ring for this event so the competition is sure to be lively).

On Saturday evening (8:00 p.m.- 1:00 a.m.), the festival features a Country Night with Trio Max, as well as dancing and line dancing with Live Band, and participants can relax and replenish their energies with a meal of chicken

Not to be missed is Sunday Brunch (10:00 p.m.-2:00 p.m.) when Sugar Shack volunteers will serve eggs, pancakes, potatoes, bacon and beans (all with maple syrup of course!) to the multitudes. Last year 800 hungry participants showed up for this event so ticket reservations are recommended (Call 291-5362 or 862-7077 for tickets; or 745-3216 for more information). The cost of this ample feast is \$6 for Adults and \$3 for kids.

Also taking place on Sunday is the unveiling at 1:00 p.m. of a new mural by artist John Ellenberger, the latest in the Publiart series which has been featured in a number of earlier editions of the News. The mural is a depiction of the original sugar shack as it might have appeared fifty years ago in the era of the White Fathers, and a festive winter/spring celebration along the line's of this month's Sugar Fest is in full swing around it. Following the unveiling, Publiart will give guided bus tours of the rapidly expanding Vanier mural collection, many prominent examples of which have become part of the familiar landscape of New Edinburgh.

We wish Action Vanier and all the festival organisers a storm-free and exciting week of celebrations, and hope that many of our readers (especially those with a sweet tooth!) will be able to join the fun.

Centre Richelieu-Vanier, 300, avenue des Pères Blancs Tickets and Information: 862-





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Himalayan Travels Inspire **Buddhist Choreography**

By Anne-Marie (Anjali) and Tony Gaston

Last September we travelled to Leh, the capital of Ladakh, a region in the state of Jammu and Kashmir in India. Leh is at an altitude of 12,000 feet. When you get out of the plane from Delhi, which is in the dusty, polluted plains, you gasp at the rarified, crystal-clear, mountain air.

We have spent many years in the Indian sub-continent. Anne-Marie has trained and performed several styles of Indian classical dances throughout India and written books about the art and culture of India. Tony's speciality is the birds and ecology of the Himalayas. However, this was our first visit to Ladakh. We were travelling to take photographs for Anne-Marie's new choreography, which centres on a manifestation of the Buddha (Avalokitesvara: the birth of Compassion) and to get inspiration by visiting monasteries, talking with monks and trekking high in the Himalayas, along the ancient silk route which linked China ren and forbidding mountains



with India, Persia and Europe.

Our arrival in Leh coincided with the Ladakhi festival week and we were lucky enough to see traditional masked dances by monks from the numerous monasteries which surround Leh. The opportunity to see these ritual dances was one of the reasons why we decided to visit Ladakh.

Leh is situated in the valley of the one of Asia's great rivers, the Indus. The river creates a fertile corridor through the bar-

of the inner Himalayas. From Leh, we made trips to several of the many Buddhist monasteries that dot the Indus Valley, working together in film and video to capture images, movement, sound and colour of monastic life, from the vivid mural paintings to the incessant chanting.

As in the great cathedrals of Europe, a profusion of images in the monasteries record the important mythology Buddhism. Greed, anger and

pride are symbolized by the pig, the snake and the rooster. Images of Buddhist hell, showing hungry ghosts and tortured beings are skilfully drawn in a style reminiscent of Bosch. Later, on trek, these images remained with me while I struggled to the top of the high passes, or lay in our tent while the wind whistled outside. How to come to terms with a philosophy that has pinpointed the essence of existence. Our short visits provided food for many months of thought.

Once the cultural festival was over, we set out for the mountains which ring the skyline around the city. For ten days we walked and climbed up to 10 hours a day, crossing passes at 17,000 feet, fording icy rivers that gushed straight from glaciers and sleeping under the stars. We saw wild sheep and ibexes: huge stocky goats with scimitar-like horns. Three sturdy Tibetan ponies carried our gear and our two Tibetan pony men cooked for us morning and evening, providing a nutritious vegetarian diet supplemented with eggs and plenty of tea.

We were not alone when we camped. Unlike Nepal, where there are many villagers who offer their homes for rent, very few people live in the mountains of Ladakh. Also because of the steep mountains there are relatively few good camp sites which offer flat sheltered close areas to water Consequently, local herders with their goats, sheep, yaks and zoes (cattle x yak hybrids), local traders, as well as foreign trekkers tend to clump at night, giving the feel of a kind of loose caravan. The bells on the ponies necks tinkle incessantly. Suddenly, seemingly out of nowhere, women arrive with huge stacks of fodder on their backs to supplement the ponies' diet. These pack animals are treated reverently. One false step on the steep paths and they would break a leg. Without them, such travel would be impossible. How would we get out? There are no telephones or immediate search and rescue facilities. As this was mid-September, in two weeks the snow would

make movement impossible.

Returning from our trek, we set off by eastwards by jeep, towards the Chinese border, hoping to realize our dream of seeing the landscape of Tibet. We penetrated deep into the Chang Tang - the great dry plateau that stretches into Tibet, meeting the nomadic graziers who are the only people capable of surviving in the unrelenting harshness of this high altitude desert.

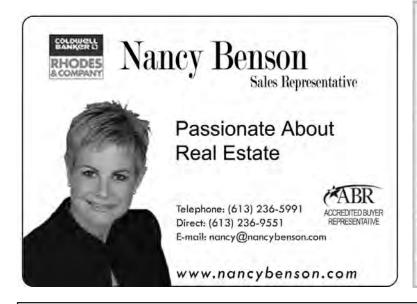
A more barren, yet beautiful moonscape is hard to imagine. There are no roads, just deeply rutted tracks winding among fields of boulders. With the sun to give us direction we bumped along. I cannot remember a more uncomfortable ride. At one point it took 8 hours to travel 75 kilometres. If we had broken down we would have had to fend for ourselves. There was only the sky, the mountains, an occasional bird and the incessant wind. When we reached the top of each pass, and there were at least three, our driver supplied us with prayer flags which we reverently added to those already fluttering in the icy breeze. The flags gave thanks for our good fortune and unleashed the mantra: om mani padme hum to blow in the wind, increasing peace and harmony in the world.

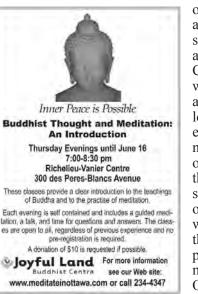
East Indian Dance Classes in the Burg

Anjali, is teaching in New Edinburgh. Classes are small maximum 5-6. Adult and children classes for all levels and abilities. She is creating a dance for Next Year's Lumiere Festival so why not start to learn a style of dance that is rhythmic and fun. Anjali also holds a doctorate in South Asian Art from Oxford University.

Première at Arts Court

On April 22 and 23, at Arts Court, Anjali and Company will première Avalokitesvara, (The Birth of Compassion)performed in front of evocative backdrops of images captured in Ladakh. The programme will also include Temple and Court Dances of India. Information and tickets 564-7240, www.culturalhorizons.ca







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New Edinburgh Players Invite You to Swing Back to the 1920's with Noël Coward's *Hay Fever*!



Front row, from left to right: Karen Shepherd, Derrick McGarry, Tom Blazejewics, Olivia Dumas Second row, from left to right: Barbara Merriam, Larry Swain, Janet Uren, Jennifer Drummond, Silvain Morin, Ingrid McCarthy, Eric Beevis.

April 21-23; 28-30; MacKay United Memorial Hall; Corner Dufferin and MacKay Streets; 8:00 p.m.

The Bliss family is ultra-Bohemian. Mother, Judith Bliss (Janet Uren), is a retired actress who makes a crisis out of every scene and father, David Bliss (Larry Swain), is a novelist. The daughter, Sorel (Olivia Dumas), and son, Simon (Tom Blazejewicz), are handsome and ill-mannered.

One weekend all announce they are expecting a guest: Judith has invited an athletic youth, Sandy Tyrell (Sylvain Morin), who is in love with her; Sorel a diplomat, Richard Greatham (Derrick McGarry), Simon an attractive woman Myra Arundel (Jennifer Drummond) who is older than him; and David a shy, young flapper, Jackie Coryton (Karen Shepherd), a type he intends to study for his novel.

The guests receive an unusual rude reception. Soon Judith is paired off with the diplomat, Sorel with the athlete, Simon with the flapper and David with his son's young woman. Dramatizing for all it is worth, Judith first fears she

must tell her husband about her romance, then realizes her daughter is younger and more attractive to young men so she enacts a scene of noble sacrifice, and, noticing her husband's flirtation, she follows with a poor unhappy wife scene. The family, including Judith's former dresser and now a cantankerous house-Clara (Barbara keeper, Merriam), are used to such displays, but the guests are bewildered

Tickets

Tickets will be available as of April 1 at A Better Frame of Mind, 417 MacKay Street (746-5329); by phoning 741-6084, or at the door on the night of the performances.

As always the hall will be set-up cabaret style with tables for four, six and eight and refreshments will be served. Pianist Gabrielle Alexis Aarons will set the mood half an hour before the curtain rises, and each act will be introduced by a Noël Coward song presented by York Davis, Jennifer Drummond, Tom Blazejewicz and Derrick McGarry.

Director Ingrid McCarthy, Assistant Director Eric Beevis, Costume designer and Assistant, Jane Caskey and Marilyn Denton, promise as they joint the critics, "... An evening of intoxicating escape."...; a play that is "Light, luminous, and charming... and hilariously funny."

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George Klein: The Great Inventor

George J. Klein: The Great Inventor,

Richard I. Bourgeois-Doyle, National Research Council Press, Ottawa, 2004. 289 pp, \$49.95

Review by John Bryson

The Canadian Encyclopedia describes George Klein as "possibly the most productive inventor in Canada in the 20th century" Talking to him one would never have guessed.

I first met George Klein when we became neighbours on Crichton Street in 1984. I knew that he had had a distinguished career at the Research Council and that he had somehow been involved in the design of the Canadarm of the NASA space shuttle. But I was unaware of the full extent of his achievements - few were. And questioning him produced modest results at best.

I asked him one day shortly after we met what his specialty was.

'Gears' he replied.

I could not think of a comeback, and as George was not inclined to elaborate the discussion turned to a children's baseball game underway in our garden.

Sometime later I repeated the question.

'Snow' was the reply. This proved more promising and led to story of a far fetched scheme promoted by Prime Minister Winston Churchill during the Second World War to use icebergs as landing strips for trans-Atlantic flights.

On yet another occasion I found myself with George in the basement of his house. I noticed it had a steel support beam and asked him how it came to be there (both our houses date from the 1870's).

Well, first I calculated the weight of the house...." Further explanation quickly surpassed my modest grasp of mathematics.

It was clear that George Klein was an exceptional man. Just how exceptional I did not realise until I read Richard Bourgeois-Doyle's excellent biography published last fall to mark the centenary of George's hirth

George grew up Hamilton, Ontario, the eldest of four, son of a highly successful jeweller. George's father reportedly gave his mother a book on mechanical systems prior to his birth in the hopes that it would influence the development of the as yetto-be-born child. She dutifully read it, although confessed in later years she did not understand much of what she had read. It seems likely George's inventiveness was stimulated more by the work of the watch makers and goldsmiths in his father's shop than his mother's puzzling over the mysteries of mechanics.

His talent and breadth of interests were evident at an early stage. At the height of the First World War George's father received a visit from the Hamilton police who claimed that coded messages, possibly

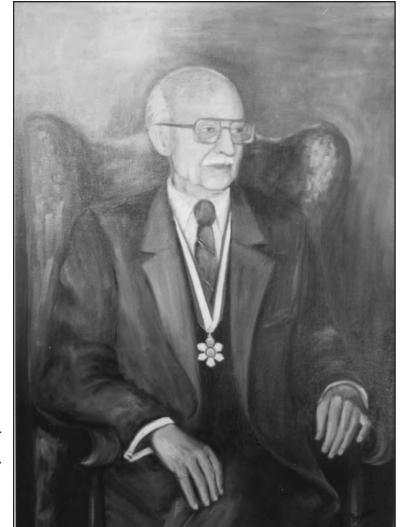
to German submarines in the Gulf of St Lawrence had been detected emanating from the family home. It turned out to be a crystal set that young George had cobbled together. The police were not amused and confiscated the equipment.

George took a degree in mechanical engineering at the University of Toronto where in his early 20s he co-authored papers with his supervisor, John Hamilton Parkin, on aerodynamics.

It was at this time that the government was moving to establish the National Research Council (NRC). It founders, including the ubiquitous Henry Marshall Tory (founder as well of UBC, the University of Alberta and Carleton), were looking for "a special breed (of researcher)... people who were creative in a practical sense and willing to get their hands dirty.... with a vision (of) scientific exploration that could alter Canada's future and its role in the world....." The first person they hired was the 25 year old George Klein!

George began what was to become a forty year career with the NRC in 1929. That year also marked the beginning of a 63 year association with New Edinburgh, including, following his marriage to Florence in 1940, 52 years on Crichton Street, first at #31 and from 1951 at 104 Crichton.

Work on the NRC's splendid new laboratories on Sussex Drive were just getting under way so George was dispatched across the Rideau River to the



Portrait of George Klein by Ana Iriondo de Bryson,

old lumber sheds on John moved by air. Street. There, under what today would be considered primitive conditions at best, George designed and supervised the construction of a marine testing tank and a wind tunnel, the first of their kind in Canada.

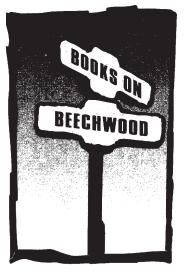
These facilities provided the venue for testing aircraft models and components, particularly pontoons and skis for the small bush planes that were instrumental in opening up the Canadian north.

The author goes so far as to suggest that George Klein's work helped to change the map of Canada, and it is difficult to gainsay him. Despite the depression of the 1930s the northern aviation industry experienced five-fold a increase in business. This made Canada the greatest air transport nation in the world, at times outstripping all other countries in the world combined in the amount of cargo

An interesting trivial pursuit question: What was the second busiest airport in North American in the 1930s. Answer: Sioux Lookout (the busiest was Chicago).

The author notes that by the late 1930s George Klein was arguably the worlds leading expert on aircraft ski design. Putting it another way, that made him the foremost expert on the mechanics of snow. This lead in the early years of the Second World War to his involvement with a small. top secret group of international experts in the development of a military snow vehicle known as the Weasel or M-29. Originally intended for use in a planned allied invasion of northern Norway, later cancelled, the Weasel proved to be a highly effective all purpose military transport vehicle particularly in swamp and underbrush. Over 15,000 were man-

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Pacific theatre.

By that time, however, George was already well into his next project, the design and construction of a small heavy water nuclear test reactor, the ZEEP. It was a testimony to his ingenuity that, despite the absence of a background or specialized knowledge in nuclear physics, he was given such an assignment. True to form he had the reactor was up and running at Chalk River on September 5, 1945, less than a year from the day he took on the task. Not only that but it proved to be a model for similar reactors in France, the Netherlands, Norway and the United Kingdom.

What about gears? "George hated gears," said Florence, his wife of 53 years, when I questioned her on aspects of his career. "He didn't want anything to do with them. But it was an assignment and he always did what he was told at least at work!"

Ironically, his work on gears has provided his greatest legacy. George's first project in this field was the development of an electric wheelchair for disabled war veterans which lead him to design an early version of the modern "joy stick". So, when you see a disabled person who would otherwise be confined to home zipping about town in an electric wheel chair, give a thought to George Klein.

The second and most notable project was derived from idea that came to him while rolling his daily supply of cigarettes, an idea that lead eventually, and by a highly circuitous route, to the so-called Canadarm on the US space shuttle. It is a story laced with fortuitous encounters, rather like a detective novel. And I am loath to give the plot away.

And what did George Klein do in his spare time? Well, he designed and built a sailboat, a device for reconnecting sev-

ufactured and saw service in ered blood vessels, a cigarette Italy, Normandy and the case for the Duke of Edinburgh and a break-in-proof handle for his garage door. He also took bicycle rides through the laneways of New Edinburgh, entertained scores of neighbourhood children on the lookout for sweets, and worked (under Florence's guidance) on their garden which became one of the marvels of Avon Lane.

George died in 1992 at the age of 88. For those readers who enjoy a quiet stroll in Beechwood cemetery he is buried not far from the cemetery office. A Great Canadian Portrait plaque is to be installed shortly near his grave. Richard Bourgeois-Doyle has produced a detailed, highly readable account of George Klein's life and achievements. It is peppered with photographs and residents of New Edinburgh will be particularly taken by the those of the John Street laboratories and of the NRC building under construction.

Its subtitle, The Great Inventor, is not misplaced. Indeed, this is a work that deserves a place in every school, university and public library in the country and on the bookshelf of anyone interested in Canadian scientific achievements.

My only complaint is the price tag which probably reflects a small print run. As the author notes on a number of occasions, the NRC frequently transferred patents of its inventions to private manufacturers at little or no charge. They should consider doing the same with this book, pass it to a commercial publisher on the condition that it be issued at half the price, thereby giving it the wide public accessibility it deserves.

Books on Beechwood may still have a copy two. If not they will gladly order it.



Toddlertime for ages 18-36

Introduce your child to the pleasures of words and stories through books, songs, and action rhymes.

Mondays, May 2, 9, 16 10 a.m. (20 minutes) Registration begins April 6.



Adult Book Club

Rockcliffe Park branch of the OPL continues its monthly adult book club chats. Meetings last about one hour:

The Book Bor rower by Alice Mattison Thursday, April 21, 7:40 p.m.

Montana, 1948 by Larry Watson **Thursday, May 19**, 7:40 p.m.

Three Junes by Julia Glass Thursday, June 16, 7:40 p.m.

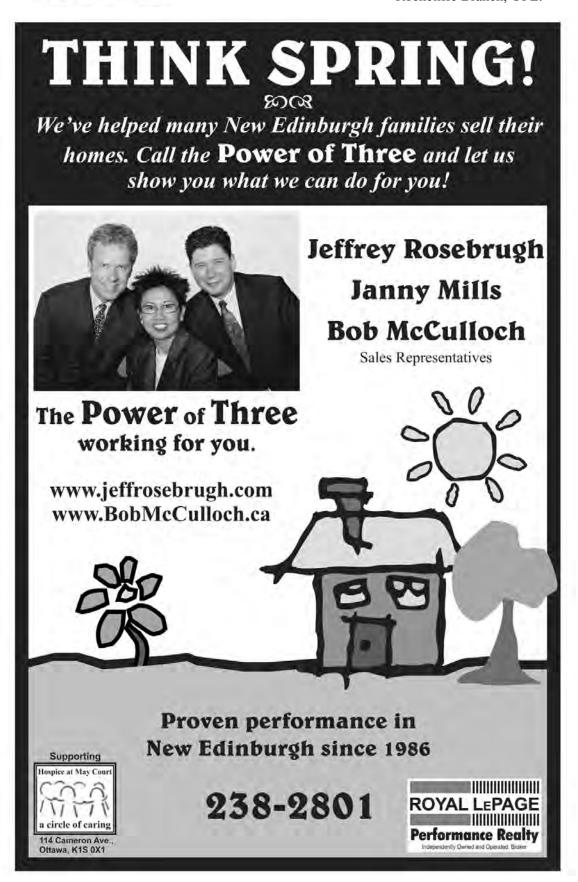
New Extended Hours

Effective May 2, the Rockliffe Branch will be open longer hours:

Monday 10 am - 5pm Tuesday 1pm - 8:30 pm Wednesday 10am - 5 pm 1pm - 8:30 pm Thursday Friday 2 pm - 6 pm 10 am - 2 pm Saturday Sunday Closed

Book Sale

Sat, April 2, 10 - 6 pm; Sun., April 3, noon to 5 pm Presented by the Library Committee, Rockcliffe Park Residents Association. Community Hall, 380 Springfield Road. Donated books, 'Collector's Table', Magazines, CDs, Videos. Proceeds support the Rockcliffe Branch, OPL.







MANOR PARK COMMUNITY COUNCIL

Providing recreational activities for Manor Park and its neighbours.

Manor Park Fieldhouse, 100 Thornwood Road 741-4776 programs@manorpark.ca www.manorpark.ca

MANOR PARK UNITED

In 2004 we launched the Manor Park United U-13 team. The U-13 team had a great season, winning 9 out of 12 regular season games. They also attended a festival and yearend tournament. Don't miss the opportunity to join some of last years players on the fields this spring as part of the Manor Park United teams!

Teams will play in the South Side Soccer League. They will meet twice a week, once for a practice and once for a game. Teams will attend tournaments and festivals.



U-13 Soccer Players born in 1992-93-94

\$150

Practices May 3- Sept 15 Tuesdays 6-7:30 pm

League Games Thursdays 6:00pm-8:00pm

Manor Park United

U-15 Soccer Players born in 1990-91 \$150

Practices May 5 - Sept 17 Thursdays 7 -8:30 pm

Games Mondays or Tuesdays 6:00pm-8:00pm

PARK LEAGUE BASE-BALL

Manor Park baseball is back! This year, enjoy a longer season with more game time. Older players (8-11 years) will have two sessions per week: one practice and one game. This program will introduce the fundamentals of baseball. Players receive t-shirts and awards.

Manor Park Diamonds 100 Thornwood Rd.

Blastball

4-5 year olds (Players born in 2000-01)

Fridays, May 6 - July 29, 6-7 pm

T-Ball

6-7 year olds (Players born in 1998-99)

Fridays, May 6- July 29, 6-7 pm \$50

Coach Pitch

8-9 year olds (Players born in 1996-97)

Practice:

Mondays, May 9- July 25 7-8 pm

Games:

Fridays, May 6- July 29 6-7pm \$60

Coach Pitch/Baseball

10-11 year olds (Players born in 1994-95)

Practice:

Mondays, May 9- July 25 7-8 nm

Games:

Fridays, May 6- July 29

6-7pm Fri \$60



Mighty Moms Soccer Begins May 2

Calling all Mighty Moms! The ladies of the 'hood will once again be taking up residence on the Rockeries soccer pitch to have some fun, exercise and a chance to spend some time with friends, new and old. Newcomers are welcomed and encouraged - no soccer experience required. The group meets Monday evenings at 7:00 p.m. from spring through autumn, beginning on May 2.

Even in the off season the Mighty Moms manage to squeeze in some activity. The recent 1st annual cross-country ski expedition in Gatineau Park was a great event. After a hard climb up to the "chalet" the fondue dinner was a delicious treat. Of course, coming down again was a slightly different story... In all, it was great fun, good exercise and a wonderful way to spend an evening with friends.

If you want more information about the Mighty Moms, contact Cindy Parkanyi at 745-8734.

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BABYSITTING COURSE (ST. JOHN AMBULANCE)

Sunday, May 1, 9 - 5 pm Sunday, May 29, 9 - 5 pm

Single day format. Covers childcare, nutrition, safety & emergencies. Manual, exam and certificate from St. John Ambulance

Rockcliffe Park Community Centre, 380 Springfield Rd For students 11 - 16 yrs. Register at the Community Centre, 842-8578.



What's New at Lindenlea

READING WORKSHOP

Just in time for Mother's Day! Please join us at the Lindenlea Community Centre on Sunday May 1st, at 1:00 p.m., for a Mother-Daughter beading workshop. Learn how to design original beaded jewelry, and craft two personalized pieces each. This activity is suitable for ages 5 and up. The cost for both mother and daughter is \$50.00 (this includes materials). Please add \$15.00 for additional children.

LINDENLEA GARAGE AND PLANT SALE

The 2005 installment of the Lindenlea Garage and Plant Sale takes place on Saturday, May 14. As well as the annual transfer of treasures, local craftspeople will be displaying their latest creations in Lindenlea Park. Our Plant Sale will once again be held on the Green adjacent to the tennis courts. The sale begins at 8:00

LINDENLEA TENNIS **CLUB**

Swing into Spring and become a member at the Lindenlea Tennis Club. The cost for a Family membership is 120\$, Adult membership 85\$, Junior membership 35\$. For additional information call 613-742-5011, or email us at lindenleatennis@hotmail.com.

SUMMER CAMPS IN LIN-DENLEA

It's never too early to start planning your children's summer activities. We are pleased to offer the following program options this summer:

Little Tennis Summer Camp - designed for children aged 4 12, this camp runs Monday to Friday, 8:30 - 12:30 p.m, every week of July and August. Fun games and activities introduce younger children to early tennis skills and help older children develop their game. Cost is \$100; this includes prizes and a pizza lunch on Friday as well as a personalized evaluation from the Ontario Tennis Association certified instructors. The campers must have non-marking shoes, a racquet, a snack with a bottle of water or juice, sunscreen and a hat. But most of all they must bring along a friendly smile!!! Email:lindenleatennis@hotmail com

Funky Art Summer Camp designed for children aged 6 -10 years, this camp is offered in the afternoon from 1 - 3 p.m., the last 2 weeks of July and August. Activities include tie-dyeing, stylish sculptures,

and much more. Cost is \$55.00 per week.

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Registration for camps, workshops, tennis or soccer is held every Tuesday evening from 6:00-8:30 p.m. the Lindenlea Centre, 15 Community Rockcliffe Way. If you have any questions, please call 742-5011.

Crafts & Laughs Summer Camp - designed for children aged $2\frac{1}{2}$ - 5 years. We offer 3 or 5 days/week, and full and half day options. Both indoor and outdoor activities, imagi-

native crafts, circle time and many other activities will keep your little ones busy. Camp begins at 8:30, and prices start at \$75.00. For further info., call Sue-Ellen Nevala at724-

around the corner. Rockcliffe Park Lindenlea House League Soccer Program will start April 30. Interested soccer players living

in the New Edinburgh and surrounding areas are invited and are encouraged to join this pro-

PeeWees (4 to 5 and 6 to 7 year olds) will play on Saturday the mornings; Junior Program (ages 7 to 9) will run Thursday evenings; **Intermediates** (ages 9 to 11) play on Wednesday evenings; and Seniors (ages 11 to 14) play on Tuesday evenings. Teams are mixed (girls and boys) and games will be played on the Rockcliffe Public Hillsdale/ School and Rockeries fields. This program provides a great opportunity for families to meet and kids to

The soccer season is just play soccer with their neighbours. All are welcome, just a positive attitude required!

Volunteers needed

Soccer Season is Coming Up

The

Coaches and referees are needed. Students looking for volunteer hours are welcome to help out. For more information, please email jvanderschot@rogers.com or call the Lindenlea Community Centre at 742-5011.

Registration Night

Registration forms are availat the Lindenlea able Community Centre on any Tuesday evening from 6:00 to 8:30pm. Or come on the official registration night. Tuesday, April 5 between 8:15 ad 9:30pm. A late registration fee will apply after April 12th.





have always been intrigued by the interconnectedness of body, mind and spirit.

I have been a personal trainer for 7 years, training people from 9 to 77 years old. Ive had great success in helping clients burn fat, tone muscle and build lean muscle mas

Throughout my journey, I've alscovered that the beauty of the human body is that it will improve at any age. Anyone with a proper fitness and nutritional regimen can become another health and fitness success story.

Nways grateful feaching and learning with clients.

George Sabbagh



It is a pleasure to write this testimonial for "George ine Personal Trainer". During the time I have worked with George, I have benefited both physically and mentally. His enthusiom, energy, attention to detail, and charm have helped me go beyond all my expectations. As a professional ligure skafer, body awareness, strength, and general well being is a goal I have been able to achieve through this one on one attention. I always thought this intense training builds character, however, with George, this training reveals it. Thanks Georgel! If is a pleasure to write this testimonial for "George line

Brian Orser



Optimizing your health requires attention to mind. Optimizing your health requires attention to mind, body and soul. For someone like me with a busy schedule, the molivation of a personal trainer helps ensure I stay filt. George is more than a pesonal trainer however. He has become a friend and a mentor, His personal attention to all aspects of health and well being help ensure success. What used to be a dreaded activity is now a totally energizing experience.



Having been involved in the world of dance for over Having been involved in the world of dance for over fifty years, it is seldom that I meet someone in the body training profession whom I consider to have the expertise and knowledge that I have in mine. I have found my counterpart in George, who is intense, demanding, supportive, intelligent and a hell of a lot of fun this man is a total encyclopedia when it comes to muscle training and body litness, healthy eating and pure enjoyment with one's physical being.

²eter Bonehom, Artistic Director - Le Groupe Dance

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Art in the Burgh. . . and elsewhere

STANLEY STREET WORKSHOP

Monday mornings find eleven artists pursuing their love of painting in the Field House in New Edinburgh. Known as the Stanley Street Workshop, this group is the proud descendant of one which was formed over fifty years ago, originally called the Wednesday Art Group. It included artists of considerable talent, though they seldom if ever exhibited their work. However, current members decided a few years ago that they would very much like to show their work to the public, and held the first exhibition in the history of the group in November 2003.



Since that time, they have

forged ahead and will be presenting a large selection of new

work. The group's members work in many different media and many different styles. Using oils, pastels, inks, watercolours, conté, graphite - and anything else that is at hand they enjoy the exploration that art encourages and allows. Through mutual encouragement and studio projects organized by group members, they continue to expand their skills and express their sheer joy of painting - the primary purpose of the Workshop. Their second show and sale

of work will be held at the New Edinburgh Field House, 193 Stanley Ave, on **Saturday**, **April 23** from 3 - 7 pm (vernissage) and Sunday, **April 24** from noon to 5 pm.

Members of the workshop are: Charline Alward, Jean Brimmell, Nancy Chance, Ann Clayton, Joan Crate, Nan Griffiths, Margaret Harman, Edith Liepa, Lynn McIntosh, Carol Towe and Janice Yalden.

JOY ART

Artists from the Center for the Living Arts will hold a Craft Fair and Sale, Joy Art, on **May 13 - 15** at the Centre at 63 Beechwood. Featuring paintings, ceramics, photos, textiles, jewelry and glass.



MARTHA MARKOWSKY

There are several opportunites to see the work of Burgh artist Martha Markowsky over the next few weeks:

April 10, 1 - 5 pm

Art Show and Sale in aid of Canadian-African Community Health Alliance (CACHA) featuring over 25 artists from Ottawa and Montreal including artists from the Burgh Judy Martha Dougherty and Markowsky.

May 5 - 23, Ottawa 150 Tulip Festival. Martha is one of the artisits selected to paint a five foot tulip. Some of Martha's paintings will be displayed in the

Tulip Art Garden in front of City Hall

May 15 - June 12,

Galerie Old Chelsea, Scott Rd. Old Chelsea.

Solo exhibition featuring new paintings. Everyone welcome, Vernissage is Sunday May 15

May 24 - 29,

Charlevoix painting workshop "en plein air" Anyone interested call Martha at 294 2402



ELINOR NICHOLSON will have an exhibit of floral photography "Flowers: Jewels of Nature" during the month of April at Tea Tyme, 81 Beechwood Ave. 1-30 April, Monday -Saturday, 11 am - 4 p.m. Elinor Nicholson herself will be present April 1 & 2.

IODE HOUSE & GARDEN TOUR

IODE Laurentian Chapter will hold its 44th Annual Tour on Saturday, June 11 between 10 a.m. and 4 p.m. Tickets are \$25.00 and may be bought at Mood Moss Flowers, 186 Beech-wood Avenue, corner of Marier Road

Call Jo Brodie 842-5304 for further information.



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Photos

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2005

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Saturday 11am-4pm

Sunday 11am-4pm

Center for the Living Arts

63 Beechwood

741 1737

Convivial and relaxed atmosphere

A long-standing presence in the neighbourhood, the Rockcliffe Lawn Tennis Club has recently upgraded its courts. Our popular Club Pro, Andrew Polus, not only offers traditional lessons, but is also on hand to animate the four weekly informal round-robins. Weather-permitting, we'll start on May 9. Club tournaments are enjoyed by both recreational and more serious players. The Annual Club Social, planned for June 25, includes dinner under the tent, catered by "Goodies", and a casino night for the kids.

The Club's summer Junior Tennis Program, beginning June 20, is second to none. Special features include an optional lunch program and club-sponsored junior social events, all to enrich the summertime experience of local children and teenagers.

All in all: an important focal point in the neighbourhood. If you're not already a member, now's the time to join!

For application form, fee schedule, newsletter or additional information, call our Club Manager, Karen Leslie, at 749-5494.



April showers bring May flowers but to A Culinary Conspiracy

they bring the promise of crisp asparagus for soups, salads, appetizers and frittatas. The temperamental month also inspires us with new crop rhubarb for pies, cobblers, scones, and jams as well as savoury compotes to complement the taste of roasted spring lamb. Drop in to our fine food shop and let our exuberance for all things vernal whet your appetite.

Let us indulge you in The Conspiracy Cafe with a few of Richard's decadent truffles or a slice of raspberry pie to enjoy with an aromatic cup of one of our freshly brewed coffees.

We are blossoming with fresh ideas and our chefs are keen to leap into spring with their repertoire of new creations. Come in and help us celebrate the return of longer days, warmer nights, shorter sleeves and a new food sensibility!

541 Rideau St. (at Cobourg) Tel: 241-3126

Purissima Hamel



This photograph from the April 1995 issue of the New Edinburgh News shows the delegation from NECA that met with former Governor-General Ramon Hnatyshyn and Mrs. Hnatyshyn to deliver a cheque from the community in support of the proposed new rose garden at Rideau Hall. Purissima Hamel is seated in the front row, on the far right.

Bv NEN Staff

Our sincere condolences to the family of Purissima Hamel who died on Friday, March 18th. Mme Hamel and her husband Marcel were long time residents of Stanley Avenue, and had many close friends and acquaintances here in New Edinburgh. They were faithful parishioners at the Franciscan church on Stanley (which was recently converted into the retirement residence Governor's Walk), and for several years beginning in May 1990, Mme. Hamel served on the Board of the New Edinburgh Community Alliance and was an active participant in the life of the community.

Throughout her term on NECA, Mme. Hamel brought an enthusiasm, good cheer and wealth of experience to the job which was greatly appreciated by all who worked with her. She became a member of NECA's crucial Development Committee where she took on the task of tracking Committee of Adjustment Notices. Later in her term with NECA, she responsible Community Liaison, and with her close friend, the late Louise Frawley, also a resident of Stanley Avenue, Mme. Hamel played an active role in the annual campaign to sell or renew memberships to the Alliance. Many readers will remember her welcoming presence at the reception table at the Annual General Meeting each year, a presence which did much to ensure that NECA's membership roster

was kept up to date and in good

Throughout the 1990's, Mme. Hamel was active in a wide range of community projects, including the Parks Not Pavement campaign to stop construction of the proposed Vanier Parkway Extension. Her contributions to the New Edinburgh News included a memorable letter in support of her friend, Louise Frawley's objection to the construction of a tower at the new (now defunct) City Hall on Green Island. In response to former Mayor Jacqueline Holzman's reported comment that the Safdi building without a tower would be akin to a person missing an arm, Mme. Hamel pointed out with characteristic spirit that the absence of an arm (or two) had never detracted from the timeless public appeal of the Venus de Milo, an obvious fact which would seem to augur well for the popularity of a towerless City

In the mid-'90's, Mme. Hamel was a member of the NECA delegation who met with former Governor General Ramon Hnatyshyn to deliver a cheque from the community in support of the new rose garden to be created on the grounds of Rideau Hall, grounds which had only recently been reopened to the public after the infamous closure decreed by Mr. Hnatyshyn's predecessor, Jeanne Sauvé, and battled tenaciously by the "Unlock The Gates" campaign spearheaded by our community.

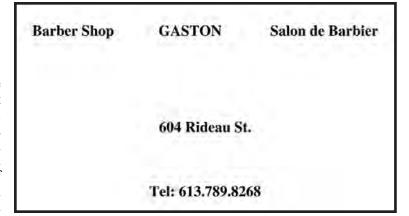
We are extremely grateful for Mme. Hamel's many years as an active contributor to our community life, and extend our deepest sympathies to her five children Louise Proulx, Roger, Jean-Pierre, Paul-Émile and René, and to her 13 grandchildren and 6 great grandchildren.

SoundStorm Voices Youth Choir On A Roll!

The **SoundStorm Voices** from the Ottawa region. Youth Choir, the talented group of 18 teenagers who rehearse each week at the Crichton Cultural Community Centre under the direction of Sonia Ndongmo, has just been selected by the Harlem Globetrotters to provide the half-time entertainment for the Globetrotters' appearance at the Corel Centre on Thursday, April 7th. The choir will be accompanied by a live 4-piece band of professional musicians

Other engagements on the immediate horizon include;

- The Ottawa Folk Festival Auditions, April 24th, 1:30 p.m. at Rasputin's;
- The Ottawa Tulip Festival, Friday, May 20th, at 6:00 p.m. (International Stage); and
- SoundStorm Fundraiser, Saturday, May 28th, 7:00 p.m. at 200 Crichton. Don't miss it, readers: Mark your calendars now!





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Jolicoeur Hardware Ltd. 19 Beechwood Ave., 749-5959 Heron Home Hardware, 1593 Bank St., 733-3492 Canadian Tire 1170 Heron Rd, 733-6776 Canadian Tire 330 Coventry Rd, 746-4303



Manor Park Grocery, 179 St. Laurent Blvd. 746-1023 Shopper's Drug Mart, 3310 McCarthy, Village Drug Mart, 425 St. Laurent Blvd. Quickie/ESSO Convenience Store, 3332 McCarthy Rd., 526-1230

Lobaws at Rideau St., Bank St., Riverside Dr. and St. Laurent Blvd. locations.



Saint Luke **Lutheran Church**

Rev. Dr. Bryan J. King



"Come to me, all who labour and are heavy laden, and I will give you rest." Matthew 11:28

Sunday Worship: 10:30 AM Sunday School - All Ages: 9:30 to 10:30 AM Choir Practice: 7:00 PM Wednesday

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with 150' to 200' frontage

with private road

Km X 2 Km

Wakefield

investment

available:

and beam

No powerboats

PORTRAIT COMMISSIONS by Ana Iriondo de Bryson. I can also paint a picture of your house or street. Visit my studio where you can choose from a variety of media. I also paint icons and retable follow ing the old traditions Call 740-0489. Web site: www.AnaIriondodeBryson.CJ

COTTAGE FOR RENT- on small Lake Near McGregor/Grand Lake Forty minutes from Ottawa excellent swimming, on quiet small lake, (no motor boats allowed), dock, canoe, south facing deck, shower, telephone (not long distance to Ottawa) 2 bedrooms, suits adults \$800 per week. Tel 745-1368, email gaston@cyberus.ca

HOUSECLEANING by longtime Burgh resident. Good references in neighbourhood. Available immediately. 744-8449

FOR SALE: Love Seat, wedgewood blue; area rug approx. 9' x 12', complementary colours. Call 744-7166

FOR SALE: IKEA upper bunk bed, sturdy, loft-style, new Sleep Country twin size mattress, \$100. Call 749-5499



MORNING RIDE NEEDED to Bells Corners: Monday through Friday until end of June. Must arrive by 7:30 a.m. Will gladly help pay for gas. Call 746-4884

APARTMENT FOR RENT NEW EDINBURGH June 1 pleasant one bedroom plus den, washer/dryer, fridge, stove, heat and hot water included. Private entrance, private patio, compact car parking. \$870. 744-1533

FOR SALE: 2 Small Child's Bicycles with training wheels,(16" wheel, ages 5/6); 2 Child's Bicycles (20" wheel, ages 8-10) \$25 each Call 749-5499

SHEPHERDS NEED DONA-TIONS If you are unable to drop off your donations of food, clothing, toiletries or linens to the Shepherds of Good Hope, please call Claudia Waters at 745-7140 and I will pick up and deliver them at your convenience.



Burgh Bulletin Board

Sat. & Sun. April 2 - 3 BOOK SALE,

Rockcliffe Park Community Hall, 380 Springfield Road. Donated books, 'Collector's Magazines, Table', CDs Videos. Proceeds will support the Rockcliffe Branch, Ottawa Public Library. Cash or cheque only, please.

Mardi le 5 avril, 19h à20h30 Le tempérament dominant et les intelligences multiples Conférence par Gérard Caron, psychologue humaniste, consultant en éducation scolaire et familiale, auteur du livre " Accompagner l'enfant à l'école et à la maison selon son tempérament "

Au Conseil des écoles publiques de l'est de l'Ontario, 2445, boulevard St-Laurent. Info: 744-8523.

Sun, April 10, 2 - 4 pm Katherine Fletcher will talk on "Exploring the National Capital Region" Presented by Friends of the City of Ottawa Archives Library and Archives Canada, Boardroom 156, 395 Wellington

Tues, April 12, 9 am SISTER ALICE MPUTSOE from Lesotho will visit Rockcliffe Park Public School 360 Springfield Road Parents and public welcome

Wed, April 13, 7 pm PUBLIC INFORMATION MEETING on the proposed development of an Apartment Building at the corner of Dufferin and MacKay St MacKay United Church Hall Entrance on Avon lane

Sat., April 16, 7 pm 100% CHANCE OF RAIN Choir and children will present musical story of Noah and the flood. Refreshments. All welcome.Freewill donation towards church roof shingles St Columba Church, 24 Sandridge Road Info: 821-3313

Sat. April 16, 10 - 1 pm OPEN HOUSE Park Playschool, Manor Park Fieldhouse, 100 Thornwood

Mardi le 26 avril, 19hà20h30

- La discipline intelligente : celle appropriée au tempérament de votre enfant Conférence par Gérard Caron, psychologue humaniste Au Conseil des écoles publiques de l'est de l'Ontario, 2445, boulevard St-Laurent. Info: 744-8523.

Saturday. April 30 OPEN HOUSE -Beechwood Village Design Plan St. Charles Church Meeting Hall, 135 Barrette St.

Saturday, May 14 ANNUAL PLANT SALE, PARK SPRING CLEAN-UP, & ART IN THE PARK **INFORMATION** New Edinburgh Field House 193 Stanley Ave

Thurs. May 26, OPEN HOUSE celebrating 15 years of business at Epicuria 419 MacKay St.

Sat., June 11, 10 - 4 pm IODE ANNUAL HOUSE & **GARDEN TOUR** Info: 842-5302



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Compiled by Kim Illman

FURRY FAREWELL

Isobel and Mark Bisby lost their best dog ever and good friend, Marley, on March 4th. It was a very sudden diagnosis of cancer of the spleen and is particularly sad as he was only 8 years old. Isobel appreciated the sympathy from so many doggy friends in New Edinburgh.

TIME TO CHILL

It must be something in the air, but this 'tis the season to retire! Ken O'Callaghan recently retired after many years as an OC Transpo driver. Time to turn in the bus keys for the keys to the life of Reilly! Joining Ken on retirement tour is Vaughn Street's own Ray Dubuc. Though Ray will no longer be serving his regular 9-5 working commitment, he will be available for regular consultation at the New Edinburgh Pub. His first seminar will be entitled 'How To Get Roger Hardy To Buy The Next Round'! Well done fellas, kick back and enjoy!

DEEPEST SYMPATHIES

Our thoughts go out to Peter Seguin and family of Crichton Street on the recent passing of his dad, Gerald Seguin, on March 14th 2005. Peter and his family, Angie and Sage,

Transportation Available

PLACE FOR PAWS

Boarding Camp for Dogs & Cats

Dogs enjoy 6 daily supervised outings

in our fenced acre & country trail walks.

Separate sunny CAT condos

have been members of the

Special thoughts from the Crichton Community Council go to Penney Place . Penney's husband Tom passed away in February and is deeply missed by so many. Council wanted Penney to know how much we love her and are going to be there for her through thick and

Our sincere condolences to Judith Manson of Crichton Street and her family on the recent death of her father, Jim Wilson. Mr Wilson died on March 10 after several months in hospital. In his last year, he enjoyed quiet walks with Judith by the Rideau River in Stanley Park and his apparent pleasure in the beautiful setting was a delight to observe.

CONGRATULATIONS

Congratulations to Jeremy Runnalls of Dufferin Road who played a leading role in the Ashbury College production of the musical You're a Good Man, Charlie Brown. The production was a huge success, and Jeremy gave an outstanding and often hilarious performance as Charlie Brown's dog, the inimitable and beloved Snoopy. With his

Burgh for a number of years and their loss is felt deeply by those who know them.

THE place to stay while your family is away! Visit the spa-like atmosphere and see for yourself. 446-2280 Margo Edwards Ledoux

voice and attractive stage presence, there seems little doubt that Jeremy's career in musical theatre has just begun.

wonderful (now baritone)

Kudos to the team from the 63rd Ottawa Scout troop (Burgh residents Brereton, Thomas Parkanyi and Nick Rémillard and their team mates Justin Bell, Russell Burgess, Chris Chisholm and Doug Rochon-Bowes) who won the Best Team Award -Junior Category at the Klondike Derby in February. The Derby, now in its 41st year, is a day-long winter competition for area Scouts, testing team work and outdoor skills.

HIDDEN WONDERS

Ever know somebody who is a constant reliable delight that often works behind the scene? Well, we do! A very special thank you goes to **Ted Mathesius** of Crichton Street from ery skater in the Burgh as well as Crichton Community Council. Most do not know know that Ted is a wonder at helping Council repair our rink snowblower every year. Without Ted's help, clearing the rink of snow would require much more time and as well as vast amounts of sore muscle ointment! THANK YOU TED!

Berg Resident Honoured by Naming of Newly Discovered Insect

Family and friends of Gaby Warren rejoice in the unusual honour that has been bestowed upon him. A recently discovered insect now bears Mr. Warren's name. The insect in question is retated to the *Megaloblatta* or cockroach family and was discovered in the Eastern Yukon in 2003 by entomologists from University of Calgary.

The name Megaloblatta Orientales Blaberoides Gabriel Warren will be formally filed with the International Entomological Register at Linnaeus College, the University of Uppsala, Sweden. Megaloblatta Warren (short form) is oval in shape, 1.3cm long, wingless, dun brown in colour with orange specks on the oothera, has two antennae, mandibles and a fused pair of auxiliary jaws. Like other members of the order Blattoria, this species is primarily nocturnal - its antennae and sensory bristles enabling it to detect the smallest traces of food and moisture. It feeds on insect eggs and fecal matter, thereby playing



an important role in the breakdown of waste. An oily cuticle protects it from dehydration. The insect exudes a slightly unpleasant odour. Insensitive to noise, it possesses an acute pheromone olifactor by which it identifies mates and preda-

Celebrations include the presentation of the insect encased in a clear plastic lozenge by Dr. Avril Primero, the Director of Research, Department of Entomology at the Museum of Nature. Questioned by NEN staff, a spokesperson for Mr. Warren was reluctant to comment on the choice of a Megaloblatta.

DEADLINE

for the next issue of the **New Edinburgh News**

is

May 10, 2005

The Editor has a new email address:

newednews@rogers.com





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