

NEW EDINBURGH NEWS

June 2005

New Edinburgh Community Alliance ANNUAL GENERAL MEETING

Tuesday, June 7, 7.00 p.m.
St. Bartholomew's Church Hall
(MacKay at Victoria)

Come and hear about the latest developments in parks, property and traffic. There's lots to catch up on. And then, a glass of wine and some light refreshments!

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Corner of Beechwood and MacKay. Sketch by Martha Markowsky

Beechwood Village Community Design Plan

By Jane Thompson

On April 30, 2005 an Open House was held at St. Charles Church to present ideas for revitalization of the Beechwood commercial corridor and to gather comments from the local community. This open house represents the midpoint of a City of Ottawa sponsored process that will result in the development of a Beechwood Community Design Plan and revised zoning regulations for the street by January 2006.

A steering committee made up of city planners, local councillors, community, and business representatives was estab-

lished in October 2004 to consider ways to improve the look, vitality, and functionality of the street. Agreement was reached early on that the village character of the existing street with its mix of local shops was something the community wanted to maintain and build upon. Areas for improvement included filling vacant storefronts, encouraging sympathetic development of vacant lots, renovation and maintenance of existing businesses, addressing conflicting automobile, bus, pedestrian and bike traffic, and streetscape improvements.

The Open House included displays of photographs, maps, a computer model, and sketches prepared by city staff and participants at an earlier design workshop. The 118 people who attended the exhibit were invited to comment on the aspects of the existing street they liked and disliked, and to indicate which of the ideas presented for alteration of the street they supported or did not. The following five suggestions received the most support from participants:

- There is no need for more large-format buildings to accommodate big box stores. Any more large stores along the street will do drastic damage.
- The maximum building height along Beechwood

should be 2-4 storeys, with an appropriate variety of added storeys above, that are set back further from the street.

- Encourage mixed-use projects with retail at grade and residential above grade.
- Comprehensive streetscape improvements are needed.
- Improve parking arrangements that encourage intensification (i.e. underground and shared parking).

As is typical during community consultations, a wide range of views was expressed, some conflicting with others. Commercial landowners expressed a need for relaxed height or parking requirements to make development or improvement of their property viable. Residents backing onto Beechwood expressed concern that intensification would bring with it more traffic, street parking and noise. Architects and planners who had attempted similar revitalization efforts commented on the length of time and commitment required to implement these kinds of initiatives. Debate included whether commercial development should be concentrated along portions of the street or encouraged all the way from the Vanier Parkway to Beechwood Cemetery, and whether a consistent street character was desired or

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NEW EDINBURGH NEWS Special "Green" Issue

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One Tonne Challenge . .	p.32



NECA President Gemma Kerr Reports

The public meeting on the proposed development on four lots at the corner of Dufferin and Mackay was well-attended and vociferous. This development will in all likelihood proceed. While the building itself will be attractive to look at, some of the community's concerns remain. One is that developments of this type are changing the character of our community, replacing single family homes surrounded by garden with multi-lot, multi-home visually dominating buildings with minimal greenspace around them. We have the opportunity in the next year to address this issue as the City reviews its zoning by-laws. NECA is looking into hiring a planner to advise us how best to proceed.

The Beechwood Design Plan Open House was successful in spite of appalling weather, with 200 people attending and recording comments (see article on page 1). Participants' top five priorities were: no more large format buildings containing big-box stores; restricting building height at the street to 2-4 stories, with limited extra height allowed in buildings set back from the street; encouraging mixed-use buildings with retail at street level and residential above; pursuing comprehensive streetscape improvements; and encouraging shared and underground parking to get parked

cars off the street. The steering committee will continue to meet over the next year to look at how to implement the recommendations, and another public meeting will be held.

Thanks to all of you who responded to the flyer that we sent out regarding the National Capital Commission (NCC) long-term vision for the downtown Ottawa area. Almost everyone protested the proposed placing of buildings on the two lots on the east side of Sussex Drive between Stanley and Alexander. Several of the letters submitted to NCC were wonderfully eloquent about the desirability of preserving these lots as greenspace to provide a spacious and dignified gateway to the residences of our Prime Minister and Governor General. As indicated in Jane Heintzman's article on page 6, our meeting with the NCC was very positive. They have plans for pedestrian pathways and an art garden in this general area, and were open to the idea of a green precinct that would include the two disputed lots. They were also interested in the idea of an Ottawa-wide sculpture trail starting in the park near Sussex. However, realistically, it will take more than rhetoric to save these lots. As a community we need to decide what we would like to see there (trees, rocks, flowers, sculptures?), and then we have to work with NCC to integrate

these ideas into their green-space plan. We also have to convince our political representatives to support us in order to make our vision happen. Heather Matthews and Colin Goodfellow presented their ideas for the Sculpture Trail at Community Council's recent Plant Sale, and generated considerable interest. Hopefully we can build on the momentum and the interest expressed by NCC.

The NECA AGM will be held on June 7th in St. Bartholomew's Church Hall. This is your chance to meet some of your community's volunteers, find out more about what we have been doing this year, and join us for refreshments afterwards. I hope to see you there.

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 foreseeable 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.:

June 20

**No meeting July & August
September 19**

Your NECA Representatives 2004-2005

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City Councillor

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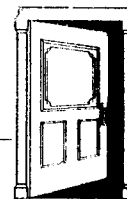
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Letter to the Editor NECA and You

Re: Ottawa Architectural Conservation Awards 2004/05 New Edinburgh Winners

Dear Editor,
Having read the article about the community winners of conservation awards I was quite flattered to be credited with the design of both 253 Mackay and adjoining 180 Avon Lane. Some clarifications are required.

The property fronting 253 Mackay was actually purchased and renovated by a trio of developers called "Avatar Developments". Avatar took about two years to subdivide the building into two separate parcels and renovate the 253 Mackay side into the residence Ginette Berthal had the good fortune to purchase back in 2000. That's when I originally discovered the the property for sale on the MLS real estate website. 253 Mackay was being advertised as a beautifully renovated loft type accommodation. It was this descrip-



tion that attracted me to take a closer look. During our visit we discovered 180 Avon Lane and the rest is history. My wife and I purchased it in "as is" condition and proceeded to carry out our own adaptive use of this great old structure. Although I am an Architect by profession I do not practice, have had no involvement with the design of 253 Mackay but am the co-owner of 180 Avon Lane.

Thanks for the opportunity to clarify this.

Yours Sincerely,

Hans Rubarth
180 Avon Lane

By Gemma Kerr

What has NECA done for our community? The answer, over the years, is quite a bit. The New Edinburgh Community Alliance is the political guardian of our neighbourhood. In this capacity it spearheaded the fight against construction of the Vanier Parkway extension through our park. This battle continued for twenty years, with NECA continually looking for new cracks in the City's and Province's armour. However, the battle was not won by NECA alone. The people of New Edinburgh posted lawn signs, wrote petitions, and fund-raised large amounts of money to support NECA's efforts. Together we prevailed.

NECA has continued to serve the New Edinburgh community in important ways during quieter times. The Development and Heritage committee scrutinises every development proposed within the borders of New Edinburgh, and organizes public meetings to allow residents to discuss the more controversial ones.

The Traffic Calming committee has developed a Community Plan, which the City is implementing (though at snail's pace) and works with the City to address residents'

concerns about parking and traffic safety (note the new stop sign on Crichton at Union).

Friends of New Edinburgh Park have developed a long-term vision to improve the park (their plan is also registered with the City), and they work with the City and the National Capital Commission (NCC) to achieve this. Other NECA enterprises include a community website and proposals for a sculpture trail through the park.

Residents of our community have always risen to defend it when necessary, usually at NECA's urging. A prime example was the fight against the Vanier Parkway. And there are more recent instances. This year, a proposal to redesignate one of our lanes as a street was withdrawn because of the large number of letters sent to the City protesting the idea. Also, the recent NCC proposal to place buildings on two lots on Sussex Drive was challenged by many people from New Edinburgh following NECA's flyer campaign.

The community's readiness to become involved can make serving on NECA's Board a rewarding experience. However, it takes considerable effort to keep NECA functioning, and to maintain ongoing committee activities in development, traffic and park improvement, while simultane-

ously addressing shorter-term issues such as NCC's proposal and the Beechwood Design Plan, and fostering new ideas such as art or a sculpture trail in the park.

At present, the volunteers on NECA's Board and committees are spread too thinly, there are simply not enough of us to do all the good work that needs to be done. In addition, some of us who have been involved in NECA for a decade or more, like Ed Browell, Rick Findlay, Gail McEachern and myself, would like to take a break.

NECA Needs New Blood

More particularly, we need a new Secretary, a new leader for Friends of New Edinburgh Park, people to assist with production of this newspaper and our website, someone to look after membership and community liaison, and additional Board and committee members. And this may not be a comprehensive list!

Think about it. Do you care about the community you live in? Can you spare some time to help to protect and improve it? If so, please contact myself, Gemma Kerr, or any of our Board members listed on page 2, or come to NECA's AGM on June 7th and volunteer in person. You will not regret it. And if you are new to the 'Burgh, it is a great way to get to know people.

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A Fond Farewell to Carolyn Brereton New Edinburgh News Editor, 2000-2005

By Jane Heintzman

With this issue of the New Edinburgh News, Carolyn Brereton brings to a close her challenging and eventful five year term as our accomplished Editor. In the course of that five year period, Carolyn has single-handedly managed the paper's transition into the twenty-first century, moving from our former "cut and paste" production technology to an entirely electronic format for all of its content, advertisements, articles, photos, notices and sketches alike. While the transition process was painstaking, often frustrating and occasionally downright harrowing, Carolyn worked her way through it with determination, efficiency and amazing good humour, with results that will remain of enduring benefit to the quality of the paper.

Throughout her years as Editor, Carolyn managed to ensure that our readers were provided with news, commentary and photographic coverage of an increasingly broad spectrum of community issues, activities, events and organizations. She began her term in the heady early days of the Crichton Cultural Community Centre, and closely tracked its often painful evolution from a modest one-room operation, through a threatened eviction and court battle, to the bustling community and artistic hub it is today.

In addition to providing regular coverage of the ongoing activities of NECA, the Crichton Community Council (CCC) and many of the area's schools and churches, she has ensured that the neighbourhood was kept well informed about a host of local issues.

Under Carolyn's editorship, the News has also provided extensive coverage of the many artistic endeavours taking place in the community, as well as the splendid productions of the New Edinburgh Players. Through the paper's yearly publication cycle, she has kept us up to date on literally hundreds (perhaps thousands!) of community events which regularly pack the calendar of this busy neighbourhood. In the case of last summer's groundbreaking Lumière Festival, Carolyn provided colour photographic coverage of the evening, an innovation which greatly enhanced the paper's ability to convey a sense of that extraordinary occasion to the community as a whole.

Throughout her term as Editor, Carolyn has also managed to maintain a lively historical component in the NEN, including both the Memories of the Burgh faithfully provided for so many years by Ethel Sivyer Proulx and many other special features such as Barbara Benoit's delightful tribute to Fred (Rocky) Rockburn and the Crichton School Hockey Champions of 1933. As a regular writer/reporter for the News, I have much appreciated the breadth of her interests and her receptivity to suggestions for stories, however inconvenient their timing in relation to the publication schedule. Her seemingly limitless tolerance for cliff hangers and photo finishes was admirable, and often permitted an element of "breaking news" into the paper which is all too rare in a bi-monthly publication.

While the paper has many faithful contributors and

helpers, the task of sorting, pulling together and giving an appealing shape to the masses of articles, ads, bulletins, notices, photos and sketches which flow in before each issue falls to the Editor alone. In this sense, the production of the News has been a one-person show, and we are extremely grateful to Carolyn for a consistently splendid performance. Management and production of the steadily increasing number of advertisements which are the financial backbone of the paper has been an often daunting task during the period of transition to an electronic format, requiring technical skill, and an almost saintly flexibility to accommodate late entries and last minute changes. To say that Carolyn raised the facility for "multi-tasking" to a fine art would be pale understatement, and whatever her next endeavour, the lessons learned producing our paper are bound to be an enormous asset!

But of course, the show must go on, and we are delighted to welcome Carolyn's intrepid successor Cindy Parkanyi, a resident of Avon Lane and known to many readers as past Chair of the Rockcliffe Book Fair (an ideal training ground if ever there was one!). Cindy has had a hand in the production of this issue and will formally take over the reins in October after the summer break. Our sincere thanks and very best wishes to Carolyn as she moves on to new challenges, and a warm welcome to Cindy as she confronts a steep learning curve, though not without the willing help and support of all our contributors.

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Changes at the New Edinburgh News

By Carolyn Brereton

Jane Heintzman has written such a glowing tribute on the preceeding page, it's hard to know what to say, except thank-you. She has certainly given me credit for a great deal and while it is true that putting it all together is very much a one-person job, this paper is the voice of this community and it would not be the success it is without the contributions from so many others.

As many of you know, my long-suffering husband, Steve, (it is I think a prerequisite for spouses of NEN editors to be long-suffering), is a Foreign Service Officer with the Canadian Government and we are making preparations to go on a posting this summer. So the NEN needs a new editor. Although given modern communications technology one could conceivably edit the paper from almost anywhere in the world. I've been reading Tom Friedman's latest book (see page 39) and if one can prepare Canadian tax returns in New Delhi, why not the NEN?

But five years seems long enough and I'm ready for a change. It has been a challenging experience, but as the paper has made the transition to its current electronic format I've learned a great deal about desk-top publishing which I hope to put to good use in the future.

The paper is indeed fortunate to have found a new editor in Cindy Parkanyi who has experience as both an editor



Changing of the guard: Carolyn Brereton (left) and Cindy Parkanyi (Photo: Peter Glasgow)

and a journalist. While the challenges of editing, and producing a community newspaper this size of this one may be new to her, I'm confident that she is up to that challenge. I know that she can count on your support, as I have, to get the paper out!

The *New Edinburgh News* is an excellent community newspaper because it is strongly supported by our community. Thank you to all those who contribute to that success. Regular writers like Jane Heintzman, (without whose contributions the paper would be considerably thinner in terms of quality content), Ethel Proulx, Heather Bacon, Kim Illman to name but a few. Peter Glasgow is always willing to travel on foot or by bike to the furthest reaches of the Burgh to get the that perfect shot. Thank

you also to the unsung heroes - the delivery people, many of whom were helping with the paper five years ago and are still helping. Thank you every one.

Changes to the Advertising Team

We are pleased to announce that Pierrette Tousignant, whom many of you will know from the New Edinburgh Newsstand, will be joining the team to help with advertisement production. With the switch to electronic production, the preparation of ads was taking up too much of the Editor's time. Pierrette reports that her computer training business for seniors is booming at the moment, (thanks in part to an article in this paper) but she is excited to be doing something different. Thanks, Pierrette

BEECHWOOD VILLAGE continued from page 1

whether sections of the street should be treated differently to more closely match their existing character. Building height, traffic, and parking were, as always, concerns.

The objective of the Community Design Plan is to create a 20 year guide for development of the street. One of the first, and potentially most important steps in this process is the development of consistent zoning regulations to replace the varying requirements for building height, use, setbacks, and parking contained in the old Ottawa, Vanier and Rockcliffe By-Laws. A model that is being considered is the Mainstreet zoning recently implemented for Bank Street in Old Ottawa South. This zoning tries to prevent suburban style development by requiring buildings to be a

minimum of two stories and maximum of four stories high, built close to the sidewalk with no parking in front. It encourages a mix of uses with retail at grade and offices or residential above. The Open House comments generally seem to support this type of zoning, although with a willingness to consider greater than four storey heights in specific locations if set back from the street. Next steps in the process are a review of the open house comments, a walking tour of the street, and further discussion of planning and zoning ideas by the steering committee to arrive at specific proposals to present back to the community in September 2005. If you wish to provide further input to the steering committee, the New Edinburgh community representative is Gemma Kerr at 745-7928 or email necapres@magma.ca



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Sussex Drive Development Plans: Room to Breathe but not Time to Relax

By Jane Heintzman

Many thanks to all who responded to the NCC's Core Area Sector Plan proposals for possible building development in the green spaces along Sussex Drive between Stanley Avenue and Alexander Street. Close to two hundred households submitted signed statements of opposition, and of these, nearly half were signed by two or more family members. Dozens of community members also wrote letters or e-mails to the NCC, and several enthusiastic respondents reported on their telephone calls to Commission staff. The eloquence of many of these responses, though perhaps to be expected from this remarkable community, was truly extraordinary, and the silver lining of this controversy may well prove to be the spawning of a new generation of Confederation Poets right here in our midst. In other cases, the tone of the response could best be described as vigorous (I was trying to avoid apoplectic!), and it seems clear that our community has no appetite for buildings or programming activities on these "green and



Sussex at John Street looking at McTaggart's Wall along Alexander Street (Photo: Jane Heintzman)

pleasant lands."

We are also most grateful to the Greenspace Alliance of Canada's Capital for supporting us in our opposition to these developments, and apologise for incorrectly suggesting a link between the Alliance and

the Federation of Citizens' Associations of Ottawa-Carleton (FCA) in the background flyer circulated in the community. The two are altogether independent organisations, and we have since been in touch with the FCA to alert them to our concerns about the NCC proposals. Thanks too to Raphaël Thierrin, President of the Green Party Association of Ottawa Vanier, who wrote to the Commission expressing support for our position.

Shortly before the NCC's appointed deadline for public response (April 29th), NECA Chair Gemma Kerr and I met with senior planners and programmers at the Commission

to present our thick stack of opposition statements and a formal letter from NECA responding to the Core Area Sector Plan proposals for our area. By that point, the Commission was well aware of the mounting campaign of community opposition, and Gemma was presented with a written reply from François Lapointe, the Director of Planning.

First, the good news: *"there are no active proposals for these sites at the present time."* For the time being, we are spared the necessity of hurling ourselves in front of the bulldozers or chaining ourselves to the tall pines. The not-so-good news, however, is that *"these sites would be considered, in the future, for uses appropriate to the context and objectives for the area."* This portion of Sussex Drive, referred to in the

plan as "The Mile of History," has been earmarked or "designated" since 1988 as a potential site for buildings with "an international focus" and "a public dimension that contributes to animation and greater visitation to the area."

If and when a concrete development plan does emerge at the NCC, M. Lapointe's letter emphasizes that "major attractions that could generate significant volumes of tour bus or automobile traffic would not be candidate uses" and that the buildings would have "a limited footprint and scale." (Arguably, the Canada and the World Pavillion has a "limited footprint and scale", but its impact on the natural charm of Rideau Falls park is far from insignificant.) While it is reassuring to know that we will be spared "major attractions" on these blocks, it is clear that they remain prime candidates in the NCC's land bank for future projects "compatible with the international and national flavour of this section of Confederation Boulevard."

In our discussions with NCC planners and programmers, Gemma and I proposed that the Commission fundamentally rethink the designation of these lands as development sites, and work on an alternative "vision" of the area as part of a natural "green precinct" encompassing Rideau Falls, the Minto Bridges, New Edinburgh/Stanley Park, Rideau Hall grounds and Rockcliffe Park. Whatever their "designation" over the past 20 years, these blocks have become (as many of you expressed so eloquently) a green and graceful heritage gateway to the official residences of the Prime Minister and Governor General, and a restful break in the building landscape. From a planning perspective, it seems a logical (and far less costly) step to preserve and even enhance these blocks as peaceful and attrac-



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tive parkland where visitors can rest their weary feet, consult their maps and perhaps commune with the mallard families who waddle contentedly under the pines each spring. After all, if our local wild life population regards them as a natural extension of the park, why shouldn't we?

While it seems highly improbable that our representations resulted in the deletion of these blocks from the Commission's list of potential building sites, we did receive an extremely attentive hearing, and were especially encouraged by the NCC's evident sensitivity to the potential impact of situating new embassies close to a quiet residential neighbourhood in the post-9/11 world of bastion-like security. At the same time, they expressed interest in exploring NECA's proposal to create a sculpture trail along the Rideau River, conceivably starting in these green spaces on Sussex Drive.

So in the short run at least, we are not in immediate danger of facing a new construction project at this tranquil edge of our community. It has, however, been immensely helpful to have stated our case on the future of this area so emphatically at an early stage in the process, before planned developments are on the drawing board and proceeding with an

unstoppable momentum, as occurred in the case of the Canada and the World Pavilion. NECA intends to remain in touch with the Commission to pursue the concept of re-designating the area as parkland forming part of a permanently "green precinct" rather than a site for future building and programming. Our elected representatives have also been informed of the community's wholehearted opposition to building development on these blocks, and we intend to pursue our efforts to enlist their support. Councillor Jacques Legendre has already offered to assist us in any way possible at the City level, and we are currently contemplating the options for taking him up on his offer.

Once again thanks to all who took the time and trouble to express their opposition to future building projects on these green spaces. As a country whose national symbol is a leaf, it seems entirely fitting that the "signature" of the environs of our central national institutions should be trees, grass and natural beauty, rather than concrete, bricks and mortar.

Ottawa Sculpture Trail

Anyone coming to the Fieldhouse on May 14 will have seen interesting things happening in the Gazebo, which was swathed in clear plastic. Had Christo come to Stanley Park? No, but perhaps something equally exciting is starting to happen here in New Edinburgh. A group of interested people have been investigating the possibilities of an Ottawa Sculpture Trail, possibly starting right here in the Burgh.

The creation of the Ottawa Sculpture Trail is being lead by a gang of spirited community volunteers. Current planning for the Trail encompasses the City of Ottawa parkland between Rideau Falls and Hog's Back on both sides of the Rideau River. Stanley Park has been selected as the preferred site for the first community supported sculpture installation. The New Edinburgh community has previously sought out sculpture for the park and is home to the Crichton Cultural Community Centre (CCCC) which is in its own right a strong regional arts resource. Heather Matthews, a steering committee member says, "There is no question that this is an Arts Friendly neighbourhood and so support for the trail is excellent here." It is the committee's plan to source and install international calibre juried pieces in co-operation with communities along the trail.

Fellow committee member and New Edinburgh resident Colin Goodfellow adds "There are actually already a fair number of installations within and adjacent The Ottawa Sculpture



Art in Your Park! display inside the Gazebo

Trail route, such as Strathcona Park, the former City Hall on Sussex and of course installations on NCC land by the Redeau falls themselves but it is still wonderful for us to be the first official planned installation site"

On May 14 visitors to the gazebo were able to see a map of the proposed route and a number of photographs of the park and other areas with works of art superimposed on the images (thanks to the wonders of Photoshop and Heather's wizardry with the mouse!). This gave a sense of what the trail might look like. Heather and Colin Goodfellow were on hand to explain the concept and answer questions. Visitors were also invited to comment on the enterprise and the remarks were overwhelmingly positive. Comments included:

"The river is such a beautiful feature of our city and Sculptors need good environment for larger works this is a wonderful idea."

"The longest urban sculpture trail in North America, it is a perfect all season complement to the Canal."

"I am from England and I have to say this Trail would be reason enough for me visit Ottawa again. Good Luck with it"

This project is still in it's infancy, but with an initially positive response to the idea from the NCC (see Jane heintzman's article on page 6) we hope it will proceed. If you would like to get involved with the Trail or to learn more contact the group at: Ottawasculpturetrail@yahoo.ca



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Spring is in the air !

A large number of beer and liquor bottles have been picked up in Stanley Park. This suggests that a fair amount of illicit liquor consumption is occurring after hours. City of Ottawa parks are closed between the hours of 11:00 P.M. and 06:00 A.M.. City of Ottawa Bylaw Department can be called or the Ottawa Police Service.

There are reports of door to door solicitation for gasoline money. This is a bogus excuse used to panhandle for cash.

There were two reports of women followed. These incidents occurred on Crichton Street and Stanley Park. It is very important that personal security takes precedence in all situations. Criminals do not

want witnesses, they usually seek out areas of isolation. Try to stay in high traffic areas where there are lots of people.

Residents should be mindful that the best form of crime prevention is to take back your streets and parks. Walk with friends and neighbours. Watch out for each other. Do not hesitate to call the police and report suspicious activity.

Information on crime prevention in your community is available at ottawapolice.ca. or call the Rockcliffe Community Police Centre at 236-1222 extension 5915. To make a police report call the Ottawa Police at 236-1222 extension 7300. To make a report to the City of Ottawa please call 580-2400.



Elmer the Safety Elephant and OC Owl from Transpo Secure dancing with students from Rockcliffe Park Public School at a Police Week event organized last month by Rockcliffe Community Police Centre for local students from kindergarten to Grade 6. In addition to meeting these friendly mascots, students received a close-up view of the many roles of today's peace officers.
(Photo: Carolyn Brereton)

Neighbourhood Watch Update

As we move into another summer, your Neighbourhood Watch would like to announce some interesting initiatives:



Safety of Seniors

New Edinburgh has a number of seniors living in their own homes, apartments as well as in retirement residences. These seniors can be vulnerable to issues such as elder abuse, fraud, physical abuse, or are afraid to go out of the house. If this is you, or you know someone who is a relative or a neighbour, you might be interested in attending in an **Information Session on June 14.**

The New Edinburgh Neighbourhood, in collaboration with the Good Companions Support Centre will be hosting an information evening for seniors at The Edinburgh Residence on Vaughan Street on June 14 between 7:00 and 9:00 pm. We invite everyone to attend.

The ABC's of Fraud

A second event is being hosted by our friends at the Rockcliffe Neighbourhood Watch. They will feature a presentation on the ABCs of fraud as part of a community service project of the Rotary Club of Ottawa. Launched three years ago by Scotiabank, the program is intended to make people, seniors in particular, tough targets for frauds and scams. This meeting will take place at the **Rockcliffe Community**

Centre, 280 Springfield, on June 8 at 7:30 pm

Community Picnic

The New Edinburgh Neighbourhood Watch will be present, together with the Ottawa Police, at the neighbourhood picnic in **Stanley Park on June 12.** We hope to help make it a fun day for all.

Neighbourhood Graffiti

It has become apparent that a number of areas are seeing significant amounts of graffiti on garages, street signs, fences, etc. The areas most affected seem to be River Lane, Avon Lane and Schoolhouse Lane. The Police are aware of the problem; however, they have requested that all residents file reports to them. Once there have been a number of reports, the Police will monitor the situation, providing additional patrols at night. So please report if you have graffiti anywhere on your property to 230-6211 or the Rockcliffe Community Police Centre at 236-1222.

Operation Identification

Operation Identification is a program to mark or identify valuables as a proactive meas-

ure against theft. Marked stolen articles are easily traced and difficult to sell. To help you, your local Rockcliffe Community Police Centre will lend out an electronic engraver (free of charge) to mark any of your personal possessions. They provide a guide to help you identify which articles to engrave, as well as a sticker to put on your window or door to alert people that you have taken these proactive measures.

Your Block Captain will be circulating the forms and stickers to submit to the Rockcliffe Community Centre.

Summer Safety Tips

- Keep doors to your home locked
- Keep your garage door locked
- Have your bike engraved.
- Watch out for Police events to have your bike marked for free
- Be vigilant walking in the parks
- Do not walk alone in the park after dark, or if you do, carry a cell phone and tell someone where you are going
- Lock car doors when parked in the driveway
- Do not leave personal possessions in the car at night

Please help care for our community, your neighbours, especially seniors and children.

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**By Kim Illman,
Chairperson**

My tulips have just finished their fancy spring fashion show and I can just about remember winter now. The bliss of early summer (please, no words like West Nile and humidex!).

In late May Council braved a cool dull morning to turn New Edinburgh into a colourful floral delight by holding our Annual Plant Sale. Regardless of the less than perfect weather we had a great turnout of buyers and had fun catching up with neighbours who were coming out of hibernation. Enormous thanks go to Mary Grainger and her clan as well as all the faithful volunteers of the Council. Each spring Mary does a great job organizing this fun sale and we appreciate it!

On May 19th Council, NECA, family and friends had a special evening in the children's park as a tree was planted in memory of Tom Place, a long standing member of New Edinburgh who passed away in February. We worked with the City of Ottawa's Commemorative Tree Program which allows people to purchase and plant trees in memory of a loved one. The perfect spring evening made for a time of reflecting on what a great man Tom was and how the community appreciated all he did.

June is normally the time when Council takes a slight pause for the summer but not before we host the Annual Community Picnic! Mark Sunday June 12th down on your calendar as the day to

kick back and make summer official. Starting at noon and running until 3pm we will pack in scavenger hunts, races, police cars, face painting and maybe a surprise or two. We don't have a rain date so please place your order now for sunshine and a temperature of roughly 25c...give or take a degree or so!

If this summer also has you sorting through the basement or attic don't forget that the Garage Sale will be held on Saturday September 17th 2005. This is a day where the population of New Edinburgh explodes and many a bargain can be had. Just a quick note, that the area along the Governor Generals (Mackay and Dufferin to be exact) will NOT be an area to set up selling stalls. For the most part these folk come from outside the Burgh and last year a van load of garbage was left by the sellers. Complaints were lodged and dealt with quickly, but it is something that the Community Council is taking very seriously and will do our best to address this year with the help of the security from the Governor Generals and local police.

If you have any questions about what the Crichton Community Council does or the events were hold please feel free to contact me, 742-7410 or email kimillman@yahoo.com

Have a terrific summer.



Above: Plant Sale volunteers are all smiles despite the inclement weather



Left: Crichton Council Chair Kim Illman assists Penney Place at the planting of the memorial tree for Tom Place



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Goodbye to the Burgh

**By Rev'd Kevin Little
MacKay United Church**

Many in New Edinburgh are familiar with a three year posting. The number of diplomats living in our area are many. So it may or may not be a surprise to learn that Lucy, Kim and I are moving to another church in July 2005. I wanted to take this opportunity to extend my thanks to members of the community that have been especially kind to my family.

I suppose the two highlights of my time here were the first Bethlehem in the Burgh celebration in December 2002 and the first HIV/AIDS Sunday in December 2003. I remember suggesting an outdoor Christmas nativity service when I first arrived in May 2002. The look on the faces of our Church Council was pure shock. Didn't I know that Ottawa winters were much colder and more unpredictable than Halifax ones? Still they allowed me to go ahead and invite the celebrity Magi, the donkeys and goats, the hay on the front lawn. So on the strange and wondrous evening I was as nervous as an expectant father. It didn't help that 20 minutes before the service was to begin there were only 20 people gathered and they were standing under freezing rain! The sound professionals asked me if I had a favorite CD they could play while people were arriving. I chose Vince Guaraldi's *A Charlie Brown Christmas* (1965) and as music played the freezing rain turned to big fat flakes of snow and people began arriving in large numbers.

400 people gathered that night and the atmosphere was magical. Children, parents, seniors, everyone's eyes were as big as the snow flakes. The collection we took in the Hall

**Kevin and Lucy Little at the rink**

went to the Men's Mission and fed 500 homeless people in Ottawa. I shall never forget that night.

The HIV/AIDS service in December 2003 came about as a result of meeting Assefa Abay who had come to Canada as a refugee from Ethiopia. Assefa shared with me the plight of orphans in Ethiopia, orphans who had lost both parents to HIV/AIDS, who would have no memory of grandparents. It was heart breaking. We decided to designate one Sunday to this cause and invited former Ambassador David MacDonald to share his thoughts on this tragic situation and to give us some Gospel-inspired hope. He did. In the mean time drummers from the Folklore Centre on Bank Street started calling me and offering to play for the service. David Smith of Nate's donated a meal in our Church Hall and the atmosphere of the African drumming was magical.

I shall always remember these two events.

I shall also always appreciate the way this community opened its heart to my daughter Lucy. We adopted Lucy at 14 months from Guandong province in China. Ottawa is now the only place she knows as home. Day after day I would take Lucy out in her famous green car and drop in for coffee, photos, cookies. Lucy's favorite meals are fruit, fries and shrimp. She got plenty of that in the Burgh! Whenever my father would come and visit he was amazed at how many people on the streets and in the stores knew Lucy by

name. Lucy loved Stanley park (clearly the cleanest park in the world) and the playgroup she referred to as her "Auntie Adrienne's" (The Governor General's Park on MacKay).

Kim will miss the book club that met every month to discuss the book, at least for a few minutes. She found the women in that group warm, funny and stimulating. She will miss them.

We are moving to Toronto where I will be working with the homeless population. If you are interested in learning more about the "Out of the Cold Program" you can click on: http://www.eastminsteruc.org/out_of_the_cold.htm

Outreach has been the passion of my Christian calling. It is why I write columns, serve on the Boards of non-profits that fight poverty, and volunteer for organizations that assist the needy. I hope and pray my gifts are of service to this new church I serve.

Finally I say a word of thanks to our neighbour Pauline. She has been a special blessing to us. Pauline is also from China and has assisted us in teaching Lucy the little Chinese she can speak. Her children, Max and Chris, are the two most polite children we have ever had the pleasure to meet and befriend.

My parting words to this community come from Nancy Mairs "Poor and afflicted and oppressed peoples have faces, and we are required to look squarely into them. We can't love what we can't experience."

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— by Ethel Sivyer Proulx —

On April 16 I was invited to a very special lady's 90th birthday celebration for Geraldine Schoenherr, also known as Gerry.

The party was organized by her granddaughter Cindy and took place in the basement of St. Luke's. The ladies of the church set the tables and prepared the food. There was a large birthday cake to add to the festivities which were enjoyed by a large group of family and friends who were in attendance.

Among the guests were Gerry's two sisters, one brother, her granddaughter Cindy, her grandson Kurt and her great-granddaughter Sara.

There were many people there who came from out of town to celebrate with Gerry on her special day. Friends and relatives from all over the province: Sudbury, Coniston, Hamner Black Corner, Smith Falls, Metcalfe and Navan just to name a few.

Gerry also received letters of congratulations from the Governor General and the Prime Minister of Canada.

Gerry was born in 1915 in Inlet, Quebec. She lived in a very large log house. There were 5 girls and 2 boys in her family.

In her late teens, Gerry came to Ottawa and began attending mass at St. Luke's Church, where she met her husband Walter. They were married in 1939. Gerry and Walter has a son who is now deceased.

Gerry has lived in the same home on Crichton Street for over 64 years and has been an active member of the Burgh community.

For years now, Gerry and a few women, myself included (we call ourselves the Widows Club), get together every Friday night to play cards at her home. We have shared many good times.

A few years back, Gerry was also a member of my Thursday afternoon Euchre club for seniors.

We wish you all the best Gerry, and many more birthdays to come. Happy 90th birthday!



Birthday girl Gerry Schoenherr surrounded by her granddaughter Cindy, grandson Kurt and great-granddaughter Sara.

Summer in the Burgh

Remember our hazy, lazy days of summer when we'd go swimming in the river behind Abe Robin's store at the corner of Crichton and Electric Street. I'm sure that's where most of

the Burgh kids learned how to swim. And if we weren't swimming in the river, we were at Dutchies at Stanley Park and later at the swimming pool. The Stanley Park pool was always crowded with kids

coming from all over. Most of the Lowertown kids used to cross the black bridges to get there faster, hoping to get to the other side before the train passed. The bridge was also used by the Burgh kids who went to St. Brigid's school. The train passed behind the houses on Crichton St. and every mother in the area worried about their kids playing around the tracks, where they'd stand and watch the train go by and wave to the engineer.

And who remembers going to the river to watch the tadpoles grow and change, or to skip stones to see how many "skips" we could make. When the swans were put into the water, the kids would save bread to take over to feed them. They wanted to get the swans to come out of the water and take the bread from their hands.

Summer brings back memories of the Governor-General's Foot Guards. Do you remember how they would all arrive in buses, and Claire Dawson would always have a table with ice water set up for them. They would line up at Union and MacKay, the band would start playing, and off they would go up to MacKay and Sussex and then to the gates of Government House where they

would follow them along their route. I remember going with a group of kids to see the guards nearly every day. My daughter Jane used to call the guards "Beatle Soldiers". And remember how the young boys tried so hard to make the guards laugh or talk while on duty. I'm sure every boy tried it but none succeeded.

And who could forget that big centennial parade in 1967. Sussex Drive was packed with people watching that parade.

I went to Mike's store the other day, and there in a jar on the counter were black licorice babies. I hadn't seen them for many years. I asked how many you'd get for a penny and was told "One". Gosh, I remember when we would get five for a penny! And do you remember those mellow rolls for five cents, those wonderful double dips - ice cream in the double cones - for 20 cents; BB bats, black balls, honeymoons and those 1 cent bags of chips. And remember the Canada Day parade with none other than Bobby Gimby as parade leader. Everyone marched and waved flags and sang CAN-A-DA. Oh yes, it's been fun recapturing those summer memories.

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -



Members of the team at Byfield Pitman Photography (l. to r.): Rob Singlehurst, Mike Reynolds, Petr Maur, Tina Mohns (owner), Phil MacCallum, Shannon Fournier, Ben Welland.

Byfield Pitman Photography

A belated welcome to the crew at **Byfield Pitman Photography** who set up shop at 137 Beechwood last November. The owner of the business is **Tina Mohns**, a "Valley girl" from Petawawa who now divides her time between her home here in Ottawa and New York City where she is working hard to broaden the base of her new business. Tina studied Applied Arts and Still Photography at Ryerson in the mid-90's, and now specializes in portraiture ("people photography"), documentary weddings and commercial photography, describing her style as "people-oriented architecture." According to the Byfield Pitman website: www.byfieldpitman.com (which is a delight to visit, by the way), her eclectic range of

interests includes Art Deco, Duke Ellington, Coney Island and (after my own heart) CBC Radio.

Tina's cohorts in the Beechwood office are **Shannon Fournier** and **Mike Reynolds**, both of whom work with her on commercial projects, as well as sharing the load of documentary weddings which are the hallmark of the studio. Shannon is also a Valley girl from nearby Perth, and graduated in Photography from Algonquin College in 2001. Like Tina, her passions beyond photography cover a broad spectrum from acrylic paint to architecture, Ani Difranco, France, Organics and Shakespeare.

Mike began his career as a sports photographer, covering every level from little league to the NHL, CFL, NBA and

major league baseball. Not surprisingly, he encountered his share of the slings and arrows which afflict most practitioners of his trade. He was tackled and hit with pucks, baseballs, footballs and assorted fast moving objects, but emerged unscathed, and moved on to other areas, covering some of the stars of the music world at the Corel Centre, and later working at the Ottawa Business Journal and Hemera Technologies.



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In addition to Tina, Shannon and Mike, the core group at the studio on Beechwood, Byfield Pitman has a large team of contract photographers with whom they work on a regular basis. The group includes **Rob Singlehurst**, **Petr Maur**, **Ben Welland**, **Phil MacCallum**, **Lisa Picard** and **Peter Lindell**, most of whom are pictured in the entertaining photo accompanying this article. (Shades of *Four Weddings and a Funeral*!)

For many readers, myself included, the concept of wedding photography involves a predictable sequence of formal (and usually stiff) shots of the bride and groom and the wedding party, all of them straining to mask the discomforts of tight shoes, intense heat, nerves or exhaustion. Byfield Pitman's documentary wedding photography breaks this mold altogether, offering a more candid, story-telling slant on the entire wedding day from start to finish.

The studio provides both black and white and colour coverage, sending two photographers to track the events of the day from the complex rituals of bridal preparations (wonder if they would have captured my goddaughter's bridesmaids dashing out to buy her new underwear 15 minutes before the ceremony?) to family activities, the wedding ceremony, cocktails, dinner and dancing. While the bride and groom are clearly the stars of the show,

Byfield Pitman provides ample coverage of their supporting cast. Under the heading of "Anticipation" on the Weddings link of the studio's website, there are some memorable sample shots which include a photo of the family Labrador lying prostrate with exhaustion, and no doubt confusion, at the centre of the whirlwind.

Shannon reports that between the time of arrival on the doorstep of the bride or groom to the end of the evening, she and her colleagues make a rapid and pleasurable transition from complete strangers to good friends and collaborators in a life-changing occasion. While most of their wedding coverage is local, during the bitter cold snap last January they traded snow banks for the sunny beaches of Jamaica when they headed south to film a documentary wedding for a local Ottawa couple.

In addition to weddings, Byfield Pitman's specialties include commercial photography, including corporate portraiture, interiors and exteriors; family photos and model photography. It's all there on the website, and well worth a close look to get a first hand sense of their artistic flair and keen eye for the human comedy. Welcome to Beechwood, Tina, Shannon, Mike et al., and continued good luck with your new enterprise.



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Tuesdays, 4:30 - 6 pm

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- **Frances Michniewicz**
Saturdays, 9:30 - 11:30 am

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Beauty & Mandala - Renée Blanchet
Last Thursday of month, 7 - 9:30 pm

Ayurvedic Bodywork Therapy - Jodeey Durnin
Level 1 and Level 2, Mondays

Sadhana, early morning yoga
Tuesdays & Thursdays, 5:15 - 6:30 a.m., donation

Bomba Tuesday Nights - Ana Karyn Garcia
6:30 - 8:30 pm, call first for interview 231-1162

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Mai Nguyen, centre, owner of *La boulangerie du village* with her mother and husband on Opening Day, April 8, 2005
(Photo: Rainbow Video Inc.)

La boulangerie du village

We wish a warm welcome to **Mai Nguyen** and her new French bakery, pastry and catering establishment, **La boulangerie du village** at 82 Beechwood Avenue. After a slow and often frustrating two month renovation period, Mai opened her new business at the beginning of April and it is now in full swing, with a steadily growing clientele of new and regular customers eager for a taste of real French baking.

Mai learned her baking and pastry-making skills in Montreal, and for many years dreamed of starting her own business. When she moved to Ottawa three years ago, she discovered a comparative scarcity of French boulangeries and decided to take the plunge here in our community, close to her own home in the Manor Park area. For those who have not yet paid La boulangerie a visit, the store is clean, bright, attractively decorated and full of the sights and smells of

fresh baking. Mai offers well over a dozen different kinds of bread ranging from the classic French baguette to Belgian loaves, miches or round country loaves, whole wheat and mixed grain loaves and salad rolls. All the breads are baked on the premises at 82 Beechwood, one round early in the morning and a second at lunch time so the loaves are always fresh.

Her shelves are also well stocked with Viennoiseries, including (it goes without saying!) fresh croissants both plain and in a mouth-watering array of varieties such as chocolatine, abricotine and croissants amandes. Other delicacies to tempt the sweet tooth or complement a cup of morning coffee include such traditional French fare as palmiers, roulés aux raisins, biscuits aux amandes and chaussons aux pommes. For the true dessert lover, Mai's patisseries are a delight to the eye as well as the palate. On one of my visits I encountered a magnificent

cake ornately decorated with musical accoutrements and appropriately labelled Opéra, a creation with a list of ingredients sufficient to slake even the most powerful sugar/chocolate craving.

In addition to its baked goods, La boulangerie offers light lunch fare including sandwiches, salads and fresh fruit. Mai also provides a catering service and (given sufficient advance notice) is happy to provide special order cakes for celebrations such as birthdays, festivals and Mother's Day or Father's Day (which is fast approaching).

Perhaps because of her background in Montreal where shops are open as early as 6:00 a.m., Mai is an early bird and the store is open from 7:00 a.m. to 6:00 p.m., Monday to Friday and from 7:00 a.m. to 5:00 p.m. on the weekends. Despite this gruelling schedule, Mai manages to remain a serene and gracious proprietor, and we wish her good luck here in the Burgh.



Harry Potter fans in costume attended the party at Books on Beechwood when the fourth book in the series, *The Goblet of Fire*, was published in July 2000.

(Photo: Carolyn Brereton)

Books on Beechwood: Wait 'til the Midnight Hour!

In celebration of the release of the next Harry Potter book next month, **Books on Beechwood** will open its doors at midnight on Friday, July 16th and remain open for an hour until 1:00 a.m. on Saturday. There will be treats for both kids and adults, and the younger crowd are invited to come in costume. There's a prize for the best costume guys, so get your imaginations (and your mothers' sewing machines) in gear. Every purchaser of Harry Potter and the Half Blood Prince will receive four times the regular allocation of bonus points, or in effect a 20% discount. Supplies of the new blockbuster will be substantial but advance orders are strongly recommended just to ensure that your small wizard or witch is not bitterly disappointed.

For kids whose parents couldn't handle the dead of night, all is not lost: the store will reopen at 7:00 a.m. on Saturday morning, July 17th to continue the celebration and

provide eager readers with their long awaited Harry Potter ration for the summer holidays. Good luck to Jean and her crew: with any luck the costumes and the youthful buzz of excitement will make up for the sleep deprivation!

Starting this spring, Books on Beechwood has introduced another treat for the younger set (ages 3 to 6). On the final Saturday of every month, the store will open early at 9:00 a.m. for story readings by **Jill Moll**, so harried parents can browse in peace while their offspring are kept happily occupied, away from the thrall of Saturday morning cartoons. Readers of all ages can make use of those long summer evenings by taking advantage of the store's extended hours to 8:00 p. m. on both Thursdays and Fridays, and drop by to pick up their weekend reading.



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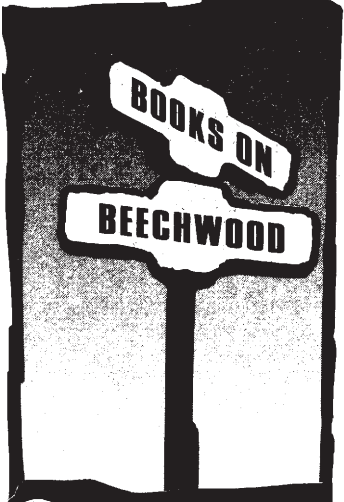
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New Edinburgh Pub: Calling all Golfers!

Golf enthusiasts in the community should mark their calendars now to avoid missing the **New Edinburgh Pub's annual Charity Golf Tournament** in support of the **Juvenile Diabetes Research Foundation**, a charity close to the heart of owner **Paul Williams** whose own nephew is afflicted with the condition. This year's event will take place on **Sunday, July 24th** at the Pineview Golf Course, and if last year's tournament is any guide, it promises to be a fun and highly competitive (!) occasion in support of a wonderful cause. In the meantime, don't miss the Pub's annual week-long **Lobster Fest** which runs from **June 20th to 26th**.

Canadian Duvet Company

We say farewell to the Canadian Duvet Company and its owner **Stephen Bachynsky** who has been a regular NEN advertiser for the past three years. Stephen originally purchased the award-winning business as a "retirement project," and after ten years of successful operations in the Byward Market, the company closed its doors on April 14th. Perhaps now Stephen will allow himself a real retirement, and we wish him a long, happy and healthy one.

Beechwood Canada

We welcome new advertiser **Pierre Fortier**, owner/operator of the Beechwood Canada Garage at Beechwood and Marier. While the garage has only recently joined our advertising roster, it has been a fixture in the community for nearly three decades, and throughout this period has been owned and run by the Fortier family. For many years it was a full service gas station, initially operating under the BP banner and later switching to Petro Canada, which it remained until 1996. At that point it opted out of the gas pumping business, choosing to remain an independent car repair and maintenance operation as opposed to the self-serve gas/convenience store model imposed by the major companies.

Pierre graduated from the University of Ottawa in 1991 with a degree in Criminology and Management & Public Policy. While he initially contemplated a career in the RCMP, his attachment to his girl friend (now wife!) proved a stronger motivator, and he remained here in Ottawa. Though he returned to the university to pursue additional courses, he continued to work at the station throughout the '90's, taking increasing control over the business which he ultimately purchased from his



Pierre Fortier, owner/operator of Beechwood Canada Garage
(Photo: Peter Glasgow)

father Giles in 2000.

In addition to Pierre and his wife, who handle much of the paper work, the garage now has a licensed technician with one assistant. Chief technician Al Côté is an electrical specialist, experienced in the computer diagnostics which are now an essential tool in the world of car maintenance and repairs. To keep abreast of the continuous technological changes in

the industry, Al regularly takes courses from Algonquin or Cité Collégiale, and is equipped to service virtually all makes and models of car. The garage is also a member of the Tech-Net Professional Auto Service umbrella group which makes technology updating courses available to its membership.

In addition to maintenance and repairs, Beechwood Canada offers a towing service which Pierre reports was great-

ly in demand over the course of the winter, particularly during the January deep freeze and later in March when electrical problems were the order of the day. Pierre himself handles service calls for tire changes, boosts, unlocking doors and extraction from snow banks, while Capital Towing is called in for straight towing purposes. The garage also buys and sells used cars, and rents long-term parking spaces to a variety of local services including **VrtuCar**, the car sharing business profiled several months ago in this column. Other regular renters include **Monson's** and **Roberts Landscaping** who handle ploughing operations in Rockcliffe Park.

According to Pierre, business at the garage has steadily improved since he took ownership in 2000, a fact which he attributes in part to the wise advice of his father Giles, who strongly encouraged him to adopt a meticulous, hands-on approach to the accounts, and to keep track at first hand of "what pays and what doesn't." He is also encouraged by the recent spread of new businesses such as **Mood Moss Flowers** and **Co-operators Insurance** to his area, a development which has noticeably enhanced the level of commercial activity in that corner of the Burgh.

Welcome to the NEN, Pierre, and continued success in your family business.



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Dog Day Afternoon

Welcome (or a metaphorical wag of the tail!) to **Adrian Lloyd of Dog Day Afternoon: Canine Recreology**, who joined our advertising ranks in April. Before launching his new dog walking business in the summer of 2004, Adrian had worked in two very different fields, initially as social worker and subsequently as a financial planner. In his capacity as a social worker, he worked with the AIDS Committee of Ottawa where he continues to help out on a volunteer basis and at the moment, he is heavily involved in preparations for the Stage for AIDS Fundraiser at the National Arts Centre on June 21st.

When his second career as a financial planner proved a less than perfect fit with his interests and ambitions, Adrian took a break from the rat race to spend the summer contemplating his options. Having always loved dogs and been accustomed to daily walks with his own dog, Benson, it was a logical step into the dog walking business where he is able to achieve at least one of his life objectives: "really loving what you do." Since launching Dog Day Afternoon, Adrian has built up a clientele both in the Manor Park/Rockcliffe/New Edinburgh area close to his own home in Manor Park, and in the downtown core where he has a number of regular canine clients who are treated to a daily romp in the Arboretum. In this neck of the woods, Adrian takes his charges to the off leash areas with which most readers are familiar, including our own Stanley Park, Pine Hill and the Rockcliffe field adjacent to the Rockeries.



Adrian Lloyd and canine client, Finnegan, a magnificent Harlequin Great Dane

Adrian takes a maximum of 4 dogs per group and is careful to test them all for compatibility, and to ensure for example, that the senior citizens are not matched with zealous young pests to try their patience and wear them to a frazzle. He was surprised in one case, however, as a slightly creaky 11 year old proved wildly enthusiastic about young dogs and has ultimately worked herself back into excellent shape keeping up with her energetic companions. Because the dogs are walked in groups and in off leash areas, Adrian begins with a two week trial period to ensure that a prospective new client is well socialized and unlikely to pose problems of aggression.

A number of Adrian's human clients are initially concerned that their dogs may be less than reliable about coming when they're called (mine are utterly reliable: they never do!). In his experience, however, this is rarely a problem. Within about a week, the dogs in each group tend to form a small pack, sticking close together and within range of

Adrian himself who carries homemade liver treats to tempt even the most adventurous wanderer back to the fold. In general he has observed that because he is the "fun person" whom the dogs come to associate with walks, treats and play, as opposed to the daily disciplines of the home routine, they are content to stay close by and to respond when he calls.

Dog Day Afternoon walks are a minimum of 40 minutes (although the total turn-around time for pick up, transportation and delivery is closer to 1 ½ hours), and in extreme heat (above 30 °C) or extreme cold (- 30° C or below) this is shortened to half an hour. Adrian's schedule begins at 9:30 a.m., and continues at 1 ½ hour increments until his last walk in Stanley Park at 4:30 p.m., where he can be found each day with his own dog Benson and a splendid black and white Great Dane called Finnegan. Finnegan's owner Maggie Johnson, a former trainer with the Canadian Guide Dogs for the Blind in Manotick, is

extremely grateful for Adrian's assistance both in helping to socialize Finnegan, who is a rescue dog with an unsettled start in life, and in keeping him regularly exercised and content when Maggie's own work schedule keeps her away from home for long stretches of time. She describes her companion as "a much more balanced animal" and a joy to live with since Adrian came on the scene.

Within the next month or so, Adrian plans to update his website (www.dogdayafternoon.com) with a Doggie Dating Service (now this is a "first" in the neighbourhood!) for dog owners hoping to meet a fellow dog walker with whom they can team up for the daily rounds. A digital picture of the dog of the interested client will be posted on the website along with a description of its temperament and

characteristics, and like-minded web browsers can seek out a match for their pooch. In a similar vein, Adrian plans to organize a Humane Society Fundraiser featuring Doggie Speed Dating (yup). Dog "couples" have exactly 4 minutes to get acquainted and at the end of the day, the owners of all compatible matches get e-mail addresses for one another. Another ground-breaking event (maybe literally if the match goes sour!) for the neighbourhood, but if it helps out the Humane Society, let's give it a try! Readers whose dogs are in need of more vigorous daily exercise than their own schedules permit may want to give Adrian a call at 748-7697.



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Fern Hill School Spring Fair



Everyone is welcome at Fern Hill School's Spring Fair on Saturday, June 11

By Jane Heintzman

Fern Hill School is actively gearing up for its annual **Spring Fair on Saturday, June 11** from 10:30 a.m. to 1:30 p.m. at 50 Vaughan Street. The Fair is a combined fundraiser and neighbourhood social event for the whole school community, including kids, parents, teachers and new families registered for next September, as well as for friends and neighbours who want to join the fun. Thanks to the participation and support of Fern Hill families from the German Embassy, the Fair has a German theme this year which will be reflected in both the food and the games at the event.

Co-Chairs of the parents' organizing committee, Melanie Harmon and **Margaret Douglas**, are planning a full slate of activities for all ages, including face painting, a hunt for buried treasure (wonder if they'd like the help of a dog or two?), a fish pond, a jumping castle, horse drawn wagon rides, a used book sale, a bake sale and a barbecue. Weather permitting, most of the activities will take place outside at

the front and back of the school, but the event will go ahead rain or shine, with the festivities moving indoors to the classrooms if it's a damp day.

At 1:00 p.m. the games and barbecue will close, and participants will be treated to a Talent Show in the newly renovated school gym, where Fern Hill students will show off their performance skills in dancing, singing, comic skits and a wide variety of entertaining presentations. The age range at the school now extends from the 2 to 3 year old pre-school set to the Grade 6 graduates, so there is undoubtedly a wealth of talent to be found in the 150-strong student community.

The Fair is a perfect chance for families who are interested in the school to meet the Fern Hill community and chat with parents, teachers and students in a relaxed and celebratory atmosphere. We wish the organizers and all the participants a glorious, sunny day and a successful event to cap off the school year and usher in the long-awaited summer holiday.

Ashbury Bids Farewell to Jane Kennedy

By Jane Heintzman

Later this month, the Ashbury College community will bid farewell to Jane Kennedy, current Head of Residential Life and an important fixture in the life of the school for 32 years. Ms. Kennedy's contribution and legacy were celebrated in a recent article in the *Ottawa Citizen* (Saturday, May 7, 2005), and she was honoured by more than 200 students, colleagues and friends at a farewell evening in mid-May. In 1973, when Ms. Kennedy joined the Ashbury faculty as a Business Studies teacher, she became the first full-time female member of the teaching staff in an otherwise all-male institution. Despite the challenges of this pioneering role, combined with what might charitably be called a "modest" starting salary, Ms. Kennedy settled into to the Ashbury community and within a decade of her arrival, had become the first woman in a leadership position at the school as Head of Business Studies, and played an important part in Ashbury's transition to a co-ed environment.

When girls were first admit-



Jane Kennedy (centre), with her daughters Meghan Kennedy Gillin (left) and Beth Kennedy

ted to the school in the 1982-83 academic year, Ms. Kennedy was an active member of the selection committee interviewing candidates for the 13 available spaces in that groundbreaking year. With the arrival of the girls, Ms. Kennedy was appointed Dean of Women and became an important mentor, confidante and source of support for Ashbury girls, as well as a strong and persistent advocate for improvement in their facilities at the school.

In his history of Ashbury, *A Character of its Own: Ashbury College, 1891-1991*, author Tony German describes Ms. Kennedy as a "wise, level-headed, feet-on-the-ground woman who believed in straight talk, (and) had things moving with the right spirit from the start." He and many others give her credit for helping to shape the palpable change in the atmosphere of the school brought about by the girls' arrival, a change charac-

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terized by "a new tone, an essential civility ... (and) an upbeat attitude."

At her retirement party in May, one of Ms. Kennedy's first female students recalled the determination with which she took the girls under her wing, making every effort to prepare them for their pioneering role in carving out a permanent place for young women in the life of the school, a place that would be recognised as having a value and distinction equal to that of the boys who had shaped the first nine decades of Ashbury's history. Judging by the extraordinary calibre and accomplishments of the Ashbury girls over the two decades since then, Ms. Kennedy's early efforts have been richly rewarded.

Later in the 1980's, Ms. Kennedy took on a leading role in the Boarding School at Ashbury and in recent years, has served as Head of Residential Life, a role which she has continued to play to the time of her retirement this year. In the early stages of co-ed life, the girls' boarding facilities were somewhat cramped quarters scattered around the periphery of the school property. Inevitably, the most intense controversy in these residences revolved around access to the bathroom, and her colleague and friend Mary Ann Varley reports that Ms. Kennedy was

often thrust into the role of Enforcer of Shower Scheduling and Protocol. She became a strong advocate for the creation of new and more spacious boarding accommodation for Ashbury girls, an objective that was ultimately achieved with the opening of the Heather Gillin Residence for girls in 1999.

Ms. Kennedy has faced formidable challenges as Head of Residential Life, playing the role of disciplinarian, confidante, advisor, advocate and substitute parent for a boarding community which now numbers more than 80 students from 33 countries around the world. And hers were not 8 hour days: she was effectively on duty 24 hours a day and on many occasions, has had to sacrifice her sleep to deal with a misadventure or help a student through a late night crisis.

At her retirement party, Ms. Kennedy's unofficial "throne" for the evening was the familiar orange and blue plaid couch in her office where, over the years, countless adolescent tears were shed, sorrows poured out and troubles confessed. Many who consider themselves seasoned parents are no doubt neophytes in comparison to Ms. Kennedy who, in the course of two decades, has quite literally "seen it all"!

Perhaps her most important role, however, has been to

assist boarders in the often painful process of adapting to residential life, away from friends and family, and in many cases, in an unfamiliar culture. Mrs. Varley recalls in particular Ms. Kennedy's dedication in working with a number of First Nations' students who had come to Ashbury with the aid of bursaries, in most cases from remote communities. She worked hard to support these students in making the adjustment to an utterly new and unfamiliar way of life, helping them to make contact with local First Nations' facilities and encouraging them to celebrate their heritage.

We join with the Ashbury community in congratulating Ms. Kennedy on her remarkable career and wish her a happy, healthy and well-deserved retirement. We can only hope that perhaps one day (when she has made up for many years of sleep deprivation!) she may be moved to write a book on her colourful and interesting experiences at the heart of the Ashbury boarding community.



Irish Dance in New Edinburgh

For the past two years, Memorial Hall at McKay United Church (Dufferin Street), has been the home of the **Taylor School of Irish Dance**. If you stop by the Church Hall on a Tuesday evening you will see boys and girls learning a style of dance that has been performed since the 18th century. This exciting expression of culture and art is often described as 'ice of the body and fire of the feet'. In the early 1990's Irish dance received international recognition as shows like the Riverdance and Lord of the Dance traveled throughout the world, performing for millions of people. Irish dance is an excellent and fun way to strengthen and develop skills in music, tempo and rhythm, improve physical coordination and to learn about the Irish culture through its tradition of dance.

Students of the Taylor School of Irish Dance have participated in competitions with other competitors from across Canada. They stepped up to the challenge and brought home a variety of medals as well as some excellent dance memories.



Under the direction of Suzanne Taylor, girls and boys of all ages learn a variety of dances include jigs, reels and hornpipes as well as traditional Ceili (group dances) dances. Suzanne started her Irish dance career at the age of 4 years in Ottawa and competed at the championship level in competitions in Canada and the United States. Suzanne has over ten years of Irish dance teaching experience and is certified (T.C.R.G.) and registered through An Coimisiún Le Rincí Gaelacha in Dublin, Ireland. She is a member of the Irish Dance Teachers Association of North America and the Irish Dance Teachers Association of Canada.

For more information about the Taylor School of Irish Dance please visit www.tayloririshdance.com or contact Suzanne at suzanne@tayloririshdance.com

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A Royal Visit to Rockcliffe Park Public School

By Bea Hampson

Princess Margriet of Holland returned to her childhood playground Friday, May 13 at Rockcliffe Park Public School to celebrate the opening of the "The Peace Garden" - a terraced, contemplative retreat for children who wish to escape the hurly-burly of the school yard.

Her Royal Highness, the second youngest of the four daughters of the late Queen Juliana of the Netherlands, lingered far longer at RPPS than protocol had allotted, charming the students, staff, community representatives, and visiting veterans of World War Two, some of whom participated in the liberation of Holland on V.E. Day sixty years ago.

Princess Margriet began her visit gazing at old photographs, many of which she had never seen, showing her mother and sisters attending very functions at the school, in including Queen Julian's visit to officially open the hall that now bears her name, a ceremony which took place fifty seven years ago. Princess Margriet promised to send back to RPPS the trowel that was used to lay the commemorative stone in 1952.



Greeting the crowd outside the school (Photo: Normand Gaudreault)

A spokesperson for the Netherlands Embassy told Principal Denis Delorme that Princess Margriet's visit to the village elementary school "was in many ways the highlight of her visit to Canada."

"The Princess was very impressed and very moved" by the witty, charming and historic play performed by dozens and dozens of Rockcliffe Park students who had given up lunch hours and recesses to perfect their diction, timing and song in the debut perform-

ance of *"The Seeds of Kindness,"* another masterpiece written by award-winning playwright and RPPS teacher, Barbara Brockman.

"It was the display of innocence through the voices of children that brought the play and its insights about families, war, peace and the joy of life, home to the audience," said Sherri Brodie, Master of Ceremonies and Vice Principal at RPPS.

When Mr Delorme was asked by curious students

whether he had met a princess before Margriet's visit to Rockcliffe Park, he said, "I live with four of them." His remarks elicited hearty chuckles from the Royal couple, guests and veterans.

RPPS students play to perform *Seeds of Kindness* again for school parents and the wider community sometime in mid-June, once labor negotiations with the Ottawa Carleton School Board have been resolved.

Among the invited guests

were Martine Feaver, Godmother of Princess Margriet, and her daughter Marianne Feaver-Easdaile. Princess Margriet was born in Ottawa in 1943, the only one of the royal princesses to be born abroad, although her room at the Civic was declared Dutch territory for her birth. Margriet returned with her three sisters to the Netherlands in August 1945, but Village and Ottawa residents maintain a special bond with Margriet and her sisters Queen Beatrix and



Princess Margriet's Godmother, Mrs. Martine Feaver (left) and her daughter, Marianne Feaver-Easdaile were among the invited guests.

Princess Irene

"The Peace Garden," a cooperative initiative, supported by village residents, RPPS students and families with seed funding from the Ottawa-Carleton District School Board provides "an important historical and global link between current and future generations of children at RPPS and the sacrifices made by many of their grandparents who fought to bring peace and security to the world during the Second

World War," Sandy Pollack, Home and School Association President, at a recent meeting. Village residents who would like to know more about "The Peace Garden" or would like to make a donation to support the initiative can call RPPS: 749-5387

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Venez découvrir cette pédagogie riche pour votre enfant

Les inscriptions sont en cours en tout temps, mais les places sont limitées : 613-744-8523

Remembering Sarah Green



White helium balloons, symbolizing white doves, were released by students at RPPS at the celebration of Life Tribute in memory of fellow student Sarah Green

By Julie Vanderschot

Students and staff of Rockcliffe Park Public School were shocked and deeply saddened by the tragic deaths of a fellow student, Sarah Green, and her mother, Marguerite Cleinge-Green. While Sarah had been at RPPS for only one year, the positive impact she made while in Grade Six was impressive and noteworthy. Sarah was a fine student, valued teammate in a number of sports, and accomplished musician. Above all, she was acknowledged by the multitude of students, teachers, parents and neighbours as a kind, considerate, and amiable person. She will be greatly missed.

On Friday morning, April 22nd, a memorial ceremony was held in the gym at the school for students to mourn her terrible loss, but also to celebrate Sarah's very fulfilling life. The half hour event was a beautiful, moving tribute to an exemplary student and dear friend. Denis Delormes, RPPS principal, described how her

positive influence had made a strong impression on teachers and students. He praised Sarah for being a true role model for others and commended her for her consistent cheerful disposition, generous spirit, and youthful enthusiasm.

Two teachers led the student body in an opening song called "The River". Many classmates read touching poems that they had written during the course of the difficult and emotional week. A few students played the violin and piano, including a Grade One student who was tutored by Sarah and chose to play the first few bars of "Fur Elise" that Sarah had taught her.

At the closing, one student from each class (chosen because of various connections they had to Sarah) came up to hold a white helium balloon, while all the students sang "Une Colombe" - a song about a white dove that embarks on a world voyage to spread the message of peace, love, and friendship. As everyone

solemnly proceeded outside, these fourteen students formed a circle, then released their white "doves" one by one into a brilliant blue sky. It was a wonderful, meaningful and heartbreaking gesture, and one that all who were present will remember for the rest of their lives.

RPPS Basketball team scores historic win!

Members of RPPS' girls' basketball team recently scored an historic victory in a series of hard-fought games against older, bigger, but not better Grade 7 & 8 students at Glashan Public School. The intrepid members of the 12-person team, sported green arm bands in memory of their former team mate, Sarah Green, who died tragically and suddenly last month. The Burgh had several representative on the team including: Maggie McCann, Emma Thompson-Murphy, Valarie Hope and Kay Leigh Salazar; Village residents included Katherine Elvidge, Audrey McRobie and Selma El Saheed; Margot Lederman and Julia Cork Manor Park; from and from Sandy Hill, Nana DaKik and Marie Noel. These grade six students and village residents were pillars of strength in the spirited team that beat dozens of area schools in the regional tournament to win the silver medal. RPPS' coaches, Sean Morin and Leslie McKay, worked hard for months giving up their early mornings and lunch hours to ensure their team's win.



Young thespians at RPPS relax in the corridors after their stunning performances in vignettes from Romeo and Juliet, Hamlet, a Midsummer's Night Dream and As You Like It. This is the first production of Shakespeare put on by Rockcliffe students, who not only put on a seamless performance, but who also appeared to enjoy memorizing an awe-inspiring number of lengthy soliloquys by England's Renaissance bard - *Bea Hampson*

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“Open Doors” at New Edinburgh Square

On June 18, from 1- 4 p.m. in celebration of Seniors' Month, New Edinburgh Square is taking part in "Open Doors", a province-wide initiative intended to educate seniors' and families about retirement residences and long-term care homes.

New Edinburgh Square, part of Chartwell Seniors Housing REIT, joins hundreds of other retirement residences and long-term care homes across the province, in opening their doors to the community. Chartwell's mission is to provide seniors with a safe and rewarding lifestyle and a residence they will be proud to call their home.

Visitors will see firsthand what living at New Edinburgh Square is really like. They will be able to talk to residents and meet the committed staff members who make it their mission to provide the very best of lifestyle and care services.

Open Doors is a province wide program designed to educate the public about senior's care and demystify retirement residences and long-term care homes. Open Doors is sponsored by industry associations, seniors' related organizations and private corporations interested in championing seniors' issues and concerns.

**Come Open Our Doors
New Edinburgh Square
420 MacKay St.
June 18 from 1- 4 p.m.**

Event activities will include:

- Residence tours including model suites and amenities
- Refreshments and entertainment
- Information about seniors' housing and care alternatives

For more information contact Jacqueline Brown at 744-0901

Friends of the Park

By Ed Browell

Since its inception in 1999 as a committee of NECA, The Friends of New Edinburgh Park have overseen a number of park improvement projects in conjunction with the City of Ottawa, in accordance with its vision statement: To create a world-class park.

Major park improvement projects to date include: extension of the stone dust path along the Rideau River, planting of 65 trees, planting and maintenance of three Explorer rose beds, paving and re-location of the NCC recreational pathway, building of a basketball court, planting tulips, conducting regular park and Rideau River cleanup days, and negotiation by Catherine Mirsky of dog by-laws and regulations with the City of Ottawa and the NCC to create an off-leash dog exercise area in the NCC northern portion of the park.

Unfortunately, the Tree Sculpture project had to be cancelled last year due to excessive tree rot. However, this initiative has led to the creation of an "Art-in-the-Park" group, headed by Heather Matthews, which is exploring the possibility of a Sculpture Trail through parks along the Rideau River from New



Some of the stalwart regular volunteers at this year's Park Clean-Up event, sponsored by the City of Ottawa

Edinburgh to the Hog's Back. (see story on page 7)

We have a lovely, showplace park which is heavily used by people from all over Gatineau and Ottawa. And the various amenities of our park continue to improve through the diligent efforts of the over 500 registered members of the Friends of New Edinburgh Park Committee of NECA.

Fourteen Friends of the Park are park wardens who clean an assigned portion of the park daily and monitor park activities to report any requirements for park maintenance work.

Barbara Benoit and Janet Uren will be assessing the state of the Monarch Meadow and organizing maintenance activities. Those wishing to help

may contact Barbara (749-5904) or Janet (842-4913).

The City of Ottawa has planted fifteen trees in New Edinburgh Park during the past twelve months as part of an ongoing tree replacement program, along with memorial trees and privately-donated trees. The NCC has a tree replacement program for the northern part of the park. Those wishing to donate trees or benches may contact Ed Browell at 457-9941 or amyedbrowell@sympatico.ca

Any suggestions for park improvement projects or maintenance requirements can be conveyed to Ed Browell or Peter Cock, Park Improvement Project Coordinator, (745-4078).



New Edinburgh Square

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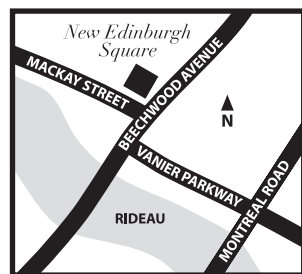
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CCCC Office - Joanne Hughes
Community Facilitator
#307-200 Crichton Street
Ottawa, Ontario K1M 1W2
Phone: (613) 745-CRIC (2742)
Fax: (613) 745-4153
Email: cccc@bellnet.ca
www.crichtonccc.ca

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 centre. 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.

CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

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vistas@travel-net.com

CCCC Board meetings take place on the 1st Sunday of the month at 4:00pm. These

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

CCCC To Host Summer Camps and Programs

This summer the Crichton Cultural Community centre (CCCC) will be alive with music, theatre, visual arts and fitness programs.

Kundalini Yoga, Restorative Yoga and the popular Stretch & Strength class, are being offered for July and August. Cheryl Green is also instruct-

ing another fabulous garden course focusing on **Garden Improvement**. In this unique course, students actually visit participant's gardens in turn, with an eye to solving garden issues.

We are also excited to be hosting **2 Summer Camp Programs** for youth; a

Soundstorm Canada music camp, Young Idol Boot Camp, and a **Salamander Theatre Summer Play Days** camp. As well, Mainworks Artist Cooperative artists and harpist **Caroline Léonardelli** will continue to work from their second floor studios during the summer.

Fall programming is already being scheduled with the possibilities of kick boxing and creative writing courses being offered. The CCCC continues to expand our children's courses with the **FITMOM™** program and **Rhythmic Gymnastics** (see page 23). The CCCC is always interested in

featuring new courses and workshops. If you would like to teach a class or hold meetings at the centre please contact the CCCC Office at 745-2742 or email cccc@bellnet.ca

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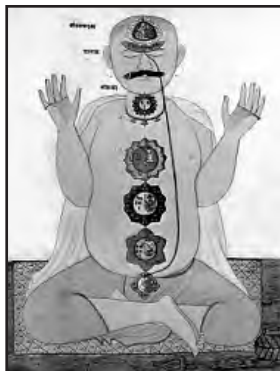
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Crichton Cultural Community Centre Programs

Fitness & Wellness



KUNDALINI YOGA

John Yazbeck, 747-8111

Mondays 7:30 - 9 pm,
on-going, \$100 for 12 sessions
or \$10 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.

STRETCH & STRENGTH.

Alex MacDonald, 562-4858

Tuesdays 6 - 7 pm
Thursday 6 - 7 pm
Saturdays 10-11 am
On-going, \$9 per class
This year marks the 15th anniversary of this unique class that combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination.

RELAX AND RENEW (RESTORATIVE) YOGA

Sima Samguissi, 739-9847
ssamguissi@yahoo.com.

Sundays 10 -11:15 a.m.
On-going, \$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.

THE FELDENKRAIS© METHOD

Jill Ogilvie, 742-8262

Mondays 11 - 12pm, ends
June 27
Wednesdays 6-7 pm, ends
June 27
\$72 for 8 weeks, or \$10 drop-in
The Feldenkrais © Method will help you to reconnect with your ability to move with ease, through a natural, exploratory learning process and learn how to make any activity easier, more effective, and more enjoyable.



Music



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.

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.

General Interest

GARDEN IMPROVEMENT

*** New
Cheryl Green, 744 - 8293

Saturdays 11:15 am to 12:45 pm, June 11-25
\$70 for 3 classes

Visit your garden with an experienced designer - A chance to assess or re-assess, visiting participants gardens in turn.

This course will focus on garden issues and solutions. Specifically, it will address:

- Different garden levels and how to make the most of them.
- Rocks and stones - using them effectively.
- Plants that enjoy or tolerate shade.
- Strategies for creating privacy in your garden.
- Making a water feature that doesn't encourage mosquitoes.
- Adding pizzazz to a plain garden.
- Plants with scent and colour.



Summer 2005

Special Events



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

This 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
Safe and healthy lifestyles

Babes in arms are welcome to attend the course.

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Crichton Cultural Community Centre Programs

Summer 2005



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

Summer Camps



**SUMMER
PLAY
DAYS with**

SALAMANDER THEATRE

Each day, using a variety of simple items, we will explore the physical art of storytelling through song, movement, arts and crafts, masks and puppetry!

Dates: July 18-22;
July 25-29, 2005
Length: 1 week each
Age Range: 5-8 years
Fee: \$165 + GST (Before and aftercare available for \$15/week)
Location: Crichton Cultural Community Centre, 200 Crichton St., New Edinburgh, Ottawa

YOUNG IDOL Boot Camp!

For Future singer-song-writer-performers
Junior (7-12) & Senior (13-18) levels

Top-notch instruction led by industry professionals who have worked with Juno and Grammy award-winning artists.

An intensive program designed to encourage and develop the singer-song-writer-performer in your child. A fun way to gain the tools, confidence, and experience necessary to produce powerful and sincere performances

- Vocal technique
- Harmony
- Song-writing
- Mic technique
- Audition technique
- Expression
- Rhythm & Movement
- Performance Olympics



Beginning July 4 from 9-4pm M-F. Free supervision available from 8:30am and after camp until 5pm. All sessions are 2 weeks.
No audition necessary. Limited class sizes. First come first served basis.
Contact: info@soundstormcanada.com

New Courses for Fall 2005



RHYTHMIC GYMNASTICS is one of the most beautiful and precise Olympic Sports. It is a combination of the dynamics and flexibility of gymnastics, the technical knowledge of ballet, and the self-expression and rhythm of modern dance.

This program is a beautiful, fun and fit introduction for girls aged 4 and up to the sport of Rhythmic Gymnastics. Unmatched for its elegant, expressive, precise and graceful movements, Rhythmic Gymnastics is choreographed to music and accompanied by colourful hoops, balls, ropes, ribbons, clubs and scarves. The children will benefit immensely by displaying perfect co-ordination, flexibility, strength, endurance, rhythm and self-confidence.

Sing Xinhong Jin, 741-8808

Email: xjin@goldenbridge.ca

Website: www.rhythmicgymnastics.ca

FITMOM™ is coming to the CCCC this fall!

We will be offering fitness classes for both pregnant and new moms on Wednesdays starting in September.

The FITMOM™ benefit:

Be healthy. Be motivated and empowered. Bond with your baby (or baby-to-be) while enjoying the benefits of exercise together

Cassandra at cmaetavish@fitmomcanada.com or www.fitmomcanada.com

FITMOM™ *motherhood inspiring greatness*



RIDEAU TENNIS Fun Camp

The Rideau Tennis Fun Camp is a stimulating, fun oriented, and action packed week for juniors (ages 6 to 13 years) looking to improve their tennis skills!!

Under the Guidance of Dale Power, Tennis Program Director and Tahir Syed, Tennis Camp Director; instructors will spend 4 hours per day on court teaching and developing tennis skills using drills and tournament match play in a positive environment. Campers will also enjoy soccer, basketball, ultimate Frisbee, capture the flag, and a cool-off in the outdoor pool for at least 1 hour a day.

For further information; contact the Member Services staff at 749-6126 or visit the club's website at www.rideautennisclub.com

www.rideautennisclub.com

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749-5959





The Crichton Cultural Community Centre is delighted to present the

Ottawa Lumière Festival



Join the lantern parade, wear a fairy costume, watch amazing performances, & experience MAGIC

Lumière 2004 Testimonials

I can't believe my eyes Mom, I think that's a REAL Fairy. (Ella 4.5yrs)



On behalf of our family - thank you for organizing such a wonderful evening. The workshops were also memorable.



Beautiful, beautiful, magical! Excellent combination of high caliber performers & grassroots participation.



The lantern festival was truly amazing! It was "magic". There were so many people just roaming around smiling.

The Lantern festival was magical! The staff was friendly, the performers were astonishing, & the event was warming. I was overwhelmed with how many people were made so happy.



It was the highlight of the summer for every little child. You have started something really special in Ottawa.



WOW! Magic, amazing, incredibly touching. I had shivers up my spine all night.

The lantern festival warmed all from small toddlers to taller seniors and those in between.



Lantern Making Workshops



We welcome your participation; every lantern made will help Ottawa shine!
www.lumiereottawa.com

The Lumière Festival is pleased to offer facilitated lantern making workshops and lantern making supplies. We offer a variety of lantern types, making this activity accessible for all ages and artistic abilities.

Workshops can be held at your location or at the Crichton Cultural Community Centre



Lantern workshops are great for: *Preparing for the Lumière Festival!* & for camps, schools, day cares senior's residences, BBQs cultural gatherings, group homes wedding showers, team building community centres, birthday parties

Facilitated Lantern Workshop Fees



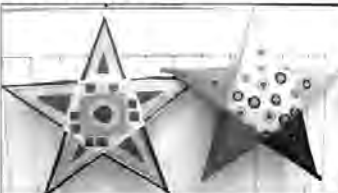
\$7 each
time: 1 hour

Balloon Lantern



\$7 each
\$9 pre made
time: 1 hour

Star Lantern



\$10 each
\$15 pre made
time: 2-3 hrs

Costs include all supplies and Lumière staff facilitation.

To purchase lantern supplies without facilitation contact the office for costs.

You can also make a lantern at a Lumière workshop at the Crichton Cultural Community Centre
Please pre-register for workshops

Fairies & Wizards Workshop

For children. \$7-\$20
July 21 or August 4, 10:00-4:00 pm

General Lantern Making Workshops

All ages. \$10- \$40
July 16, 17, 23, 24, 30, 31 August 6, 7, 13-20, 10:30-4:00 pm

Geometric Shape Lanterns

10 years +. \$7-15
July 28, August 2, 16, 4:30-8:00 pm

Large Lantern Installation

12 years +. \$5
July 26, August 2, 16, 4:30-8:00 pm

Pagoda Lantern Making Workshops

All ages. \$7-10
July 13 or August 3, 4:30-8:00 pm

To order a workshop or lantern making supplies OR to register for a lantern workshop.

Joanne Hughes at **613-745-2742**
Crichton Cultural Community Centre
2nd Floor- 200 Crichton Street
Ottawa, K1M 1W2
cccc@bellnet.ca, www.crichtonccc.ca

Lumière Update

VOLUNTEERS: Lumière Festival volunteers are already busy creating beautiful star lanterns. This magical festival is always accepting new volunteers to help create lanterns and to help the day of the festival. Please come and support this amazing event and have fun at the same time!

WORKSHOPS: Lumière workshops will be starting in July and continuing until the day of the Festival on Saturday August 20. Pre register for these workshops as space will fill up quickly. Workshop participants will be able to create jar, pagoda, balloon or star lanterns - Lumière has a lantern for every age and ability. (See previous page for more details)

SPONSORSHIP: We are looking forward to visiting all our community businesses at the beginning of this month to explore the possibilities of collaboration as well as sponsorship assistance for Festival resources. Lumière is an event that we know will continue to draw crowds from the region into our community and we will work to include local businesses in our planning. Interested businesses can get more information on collaboration & sponsorship from the CCCC Office. We would like to thank the following companies and organizations for already offering sponsorship: Crichton Community Council, Mood Moss Flowers, Music for Young People, Ambleside Cottage and Bridgehead Coffee.

SUPPLIES NEEDED: The Lumière Festival uses a lot of every day supplies. We would appreciate donations of any of the following items:

- Jars
- bamboo blinds
- wicker
- Styrofoam trays,
- stickers
- glitter
- ribbon
- beads
- plastic baggies
- paint brushes
- scissors
- glue guns
- glue
- chicken wire
- metal frames
- wire

To volunteer, donate supplies or sponsor please call the CCCC office at 745-2742.



Soundstorm Voices Sing Out!



Sonia Ndongmo is a funk/soul singer of 14 years and has worked with a wide range of Grammy and Juno winning artists such as Nelly Furtado, Ziggy Marley, Ivana Santilli, Jacksoul, and many more:

"My work as a singer has taken me throughout the United States, Europe, and Japan. Though singing is my first love I've also involved myself in acting in order to be as well-rounded as possible. I've held principal roles in film/T.V. alongside Ving Rhames and Colm Feore and have also dabbled in voice over work for the Discovery Channel."

Sonia recently moved back to Ottawa from Toronto to utilize her knowledge and experience to develop performance opportunities to youth who are interested in popular music. Sonia has been able to do this through a wonderful non-profit artist development organization known as Soundstorm

Canada: Artist Development Inc.

The primary mandate of Soundstorm Canada Inc. is to provide talented youth in the Ottawa area with increased and enhanced performance and professional development opportunities in popular music. Sonia launched Soundstorm in Ottawa with a pilot project, The Voices. This initiative has been applauded by Ottawa's music community and by parents who are excited to have finally found an outlet for their musically talented children.

The Voices is a 16 member contemporary music youth choir. The Voices formed in September 2004, and gave their first performance at the at the Crichton Cultural Community Centre's (CCCC) annual fundraiser. Sonia speaks highly of the CCCC:

"I chose the CCCC and the New Edinburgh community as a great starting place for music programs for youth because of

how active and forward thinking the community is. We had the opportunity to perform at the CCCC's annual fundraiser and I'll never forget how supportive the community was."

Since their launch the Voices have also performed at the Capital Parent & Kid Show in Nepean, the half-time show for the Harlem Globetrotters at the Corel Centre, the Tulip Festival, The Blacksheep Inn, and The Bluesfest. Their next opportunity is go to Toronto to perform on the CBC's new youth show *Nerve*. The May fundraiser will go to helping The Voices get to Toronto and to subsidize recording costs for the choir.

Soundstorm Canada Inc. has many high caliber programs scheduled for the next few years. The official unveiling took place at their successful launch and fundraiser on May 28 at the Crichton Cultural Community Centre.

Upcoming Soundstorm Canada summer/fall program events:

July 4-15 Young Idol Boot camp for seniors (13-18yrs)
August 1-12 Young Idol Boot camp for juniors (7-11yrs)
October 29 First annual Young Artist Festival

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Going Organic: The Dietary Version of "Butting Out"?

By Jane Heintzman

Not long ago, organic food was a rarity, largely confined to health food stores and purchased by a comparatively small, intensely committed group of health-conscious environmentalists. In recent years, however, in the wake of a succession of "food scares" combined with the mounting incidence of environmental cancers, the organic option has come to the fore in countries throughout the world. This article takes a look at the organic phenomenon from a local community perspective.

What is Organically Produced Food?

In a nutshell, the label "organic" applies to crop and livestock production and processing which is carried out without the use of the lethal cocktail of chemical fertilizers; herbicides; synthetically compounded pesticides; growth regulators; hormones; antibiotics; ionizing radiation; genetically engineered organisms; colouring or other artificial additives that are routinely

employed in conventional production and processing. Livestock must be fed 100% organic feed (grain or pasture) and raised in humane conditions. Certified organic farms must be "clean" (free of these products or practices) for a minimum of 3 years prior to certification, although it may take as much as 5-10 years to complete the transition process.

At a broader philosophical level, organic agriculture is a "holistic" system of crop and livestock production based on sustainable and environmentally benign agricultural practices. Its central pillars are to maintain and enhance soil fertility through the systematic use of cover crops, crop rotation and other soil management practices, and to ensure that water sources are clean and free of the environmental contaminants which result from both the effluent from "factory farms" and the application of the toxic chemicals in the "prohibited list" above.



Certification: the Rules of the Game

In the world of organic agriculture, it isn't good enough just to follow the rules about prohibited substances, healthy soil and clean water: you have to *prove* that you've done so by going through a process known as "certification." And in the immortal words of the Muppet character Kermit the Frog (slightly adapted): "It's not easy being certified organic." There is an intimidating battery of rules and regulations which producers and processors must follow to obtain their status as "Certified Organic," and an annual burden of paperwork, record keeping and inspections by the "organic police" (as they are ruefully dubbed by some

farmers) which makes our annual Income Tax filing look like child's play.

The current rules of the game or the "code of practice" for organic farmers start with the federal government's National Standard of Canada for Organic Agriculture which was first approved by the Standards Council of Canada in 1999, and has since been revised a number of times. The standard applies to all stages of the process from seeding to sales (or "from pasture to plate", as they say in the organic meat sector), including production, processing, packaging, labelling, storage and distribution.



While the national standard for organic trade in Canada remains voluntary, the certification bodies which administer

the rules and grant the coveted "certified" status use it as a basis for setting their own guidelines, along with the standards applying in the international markets to which organic products may be exported.



In Ontario, major certifying bodies include OCPP/Pro-Cert Canada Inc. (OCPRO), an organization based in Lindsay, Ontario; Saskatoon, Saskatchewan and Sofia, Bulgaria, which provides organic certification services for 1400 producers, processors and traders throughout Canada, the US and Eastern Europe; Garantie Bio-Ecocert; Organic Crop Improvement Association International (OCIA) and Demeter Canada. Each of these bodies (like all certifying agencies throughout the world) has

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Larry Lenhardt, the President of OCPRO, concedes that the standards for certification are exacting and the paper burden substantial, but argues that the system provides the absolute assurance to consumers that certified organic food products are indeed "clean," a secure link in the chain from healthy soil and water, to healthy food and healthy people. (He cautions against settling indiscriminately for "Natural" products, an ill-defined realm governed by no specific criteria or standards). He finds it more than a little ironic that as things now stand, the burden of proof falls heavily on the suppliers of foods which are not produced using environmental contaminants, soil depleting practices and inhumane factory methods of animal "husbandry," while those engaged in conventional

farming operations have no such obligation.

Larry observes that in recent years, the organic agricultural community has become more mainstream, at least superficially ("the ponytails are gone"! At the same time, he reports striking differences between the organic and conventional farming communities in evidence at farm shows, with the organic sector containing a noticeably larger proportion of younger members (18-25 age group), as well as more families and a generally more upbeat mood among the participants, paper burden notwithstanding!



Going Organic in and around the Burgh

Bryson Farms:

As in all things, our community is extraordinarily well served in the realm of organic foods, from fresh produce to baked goods, meat, dairy products, coffee and tea. Most readers will already have sampled the wares of our regular advertiser and local supplier Bryson

Farms, a certified organic vegetable growing operation just north of Shawville, Quebec, operated by Stuart Collins and Terry Stewart and their families. Here in the Burgh, their "signature" greens and their organic carrots, potatoes and beets are regular fare at Epicuria, and many in the community are part of their growing home delivery beat.

Stuart makes no bones about the challenges of keeping up with the certified organic régime, both in terms of its exacting soil management and pest and weed control practices, and its crushing burden of paperwork. Bryson has a double dose of bureaucracy to contend with as it must be licensed by the Government of Quebec as well as by OCPRO. At the time of our conversation in March, Stuart was struggling with the annual application for re-certification, a laborious chore which entails churning out endless pages of information supplemented by charts, maps, rotation schedules, cleaning protocols and other minutiae. He admits that many frustrated small growers drop out of the certification process altogether, and while continuing with organic practices, content themselves with strictly local sales where the "certified organic" seal of approval is not essential as it is



in terms of its organic matter content, thanks not only to the strict rotation practices required by the organic régime but also to the fact that for close to a century, its 160 acres of tillable land was kept as pasture land held by the Stewart family. Although the majority of the farms in the surrounding area are not organic operations, Bryson is well protected from "pesticide drift" by the dense buffer zones of bush land which encircle its vegetable growing fields. (Alas, these are less hermetic barriers when it comes to deer and groundhogs which periodically take their toll on the juicy harvest).

Wildlife aside, there are major weed and insect control challenges involved in the commitment to a pesticide and herbicide free horticulture. Stuart reports that each summer the farm takes on batteries of helpers who laboriously ply the long rows of vegetables to pull out weeds. For pest control, Bryson uses a variety of measures including the planting of companion plants to ward off unwanted insect intruders, and protective row covers of "agro", a light weight nylon.

Stuart and Terry know all too well that "it's not easy being certified organic," but happily the rewards of producing the rich and colourful array

in commercial markets.

A newly released Statistics Canada study of organic fruit and vegetable production in Canada suggests that the rigours of organic farming may, in fact, be taking a toll in this sector. During the three year study period (2000-2003), between 60 and 70% of organic produce growers packed it in and returned to conventional farming. The loss was offset, however, by hardy new entrants to the organic business, with the total number of organic fruit and vegetable producers in Canada showing a modest increase over the same period from 640 to 660.

The regular soil testing rituals hold no fear for Stuart and Terry, as Bryson's soil has consistently been "off the charts"



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Jodi Turner of Bread and Roses Bakery (Photos: Peter Glasgow)

of produce which is enjoyed year round by their full roster of home delivery clients, and by their patrons at the Parkdale Market from July through October, seem to have made it all worthwhile.

Bread and Roses

Bread and Roses Bakery is the longest established organic supplier in our area. The bakery has used certified organic ingredients since it began operations close to two decades ago, and the majority of their breads, with the exception of the white and whole grain loafs, are made entirely from organic flour. There are some organic grains in virtually all their bread products, and while these are routinely more expensive than conventionally produced grains, the bakery attempts to keep a lid on their prices. Master bread baker Norbert Wheeler, who is a connoisseur of flour quality, is himself an organic farmer raising goats, chickens and vegetables just outside Ottawa.

Bread and Roses owner/operator Jodi Turner reports that the other ingredients in their baking such as butter and eggs are not certified

organic, for the simple reason that prices for these items remain prohibitive. Jodi does, however, purchase free range eggs from a local supplier, and has just introduced a new shortening substitute called Earth Balance Natural Buttery Spread, a 100% vegan, non-GMO, non-dairy, non-hydrogenated, lactose-, transfat- and gluten-free product which I can personally testify produces absolutely delicious cookies, cakes and (best of all) icing.

For any readers who are keen enough to pay the premium for all-organic baking, Jodi will happily prepare special orders, and indeed, has undertaken to provide the cake for an all-organic wedding this summer (where no doubt the organic wine will be flowing!)

In addition to its organic breads and muffins, Bread and Roses also stocks a wide range of other certified organic products including Meadowlands dairy products; Pinehedge Farms' Yogurt and Kefir; Crofters' Jams and Fruit Spreads; Black River Apple Sauce; Cocoa Camino Cocoa; Choice Organic Tea and Bridgehead Coffee.

Nature's Buzz

For readers who are moving towards an all-organic shopping list, Nature's Buzz is replete with certified organic merchandise ranging from fresh produce and meats to dairy products; fish; bread; bulk grains and nuts; breakfast cereals; jams; jellies; tea; and coffee. The Patrys use more than two dozen different organic suppliers to stock their shelves, including Pro-organics, the leading Canadian distributor of fresh organic produce, representing 500 certified organic farms throughout Canada, the US, Central America, Mexico, Europe, Australia and New Zealand. With 40,000 square foot state-of-the-art refrigerated warehouses in Toronto, Montreal and Vancouver, Pro-organics is proof positive that organics is fast becoming big business in this country.

Among the other distributors supplying the wares at Nature's Buzz are Moulin Abénakis of Quebec City, which specializes in organic flours and bulk grains; the Western Creamery near Toronto which stocks the (certified organic) dairy shelves; Hallelujah Organics in Newmarket which provides the fresh fish and OCanada Organic Food Products of Ottawa, a beef supplier which is introduced later in this article.

Mountain Path Organic Products

In the true spirit of organic trade which is based on modest-sized producers supplying primarily local markets, both Bread and Roses and Nature's Buzz purchase their certified organic flour from a local valley business, Mountain Path



Genevieve and Dr. Mark Patry of Nature's Buzz

Organic Products, a combined family farming and milling operation in South Mountain, Ontario (about 35 miles south of Ottawa), owned and run by Bob Hogg.

Beyond the demanding world of organic farm production, Bob is also a published poet and has been a professor of English at Carleton for several decades. In the early '70's, he went "back to the land" and began the cultivation of organic grains. Frustrated by the lack of markets for premium priced organic wheat, he started an organic milling operation in 1981 and two years later, installed his own mill on the family farm in South Mountain.

In addition to its double certification as an organic farming operation and an organic milling business, Mountain Path is a distributor of a range of other products (most, though not all of which are certified organic), including dried fruits, nuts, peas, beans, rice, lentils and cooking oils. The company serves markets in Eastern Ontario, Western

Quebec and northern New York State, and here in the Burgh they are regular suppliers for Delish, as well as for Bread Roses and Nature's Buzz.

Bob reports that the bulk of their current suppliers of certified organic wheat, rye, oats and spelt are local Ontario growers, and he takes some pride in having influenced the growth of an organic farming community in the area. However, like Stuart Collins, he finds the massive paper burden of certification overwhelming. Last summer, the unlucky employee charged with handling the flood of certification applications for the farm and mill literally threw the stack of completed documents at Bob and stormed away. Nor does he expect the situation to improve in the near term, as the hallmark and selling point of the certified organic product is the assurance that high standards have been maintained.

Even the shipping process is governed by strict regulations, and handlers are required to

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Bob Hogg's farm and milling operation in South Mountain

sign a Statement of Handling confirming that the certified organic product has not been contaminated by proximity to conventionally produced cargo. The system seems to work, as in a recent incident, a shipper wisely refused to load an organic cargo on to a truck carrying hazardous products: sleep-deprived trucker, perhaps?

While Mountain Path's business is steadily growing, Bob remains concerned about the recent growth of supermarket sales of organic products which he fears may undermine the spirit of organic agriculture by putting low prices ahead of quality local production. Let's hope the small businesses in communities like our own, who are actively committed to supporting local suppliers, remain safe havens for the smaller family-based organic enterprises here in the Valley.

OCanada Organic Food Products

While the majority of consumers have at the very least tried an organic apple or banana, the same can't be said for organic beef or pork. Biff Herringer, owner/operator of OCanada Organic Food Products, a certified organic meat distribution and processing facility in the west end of Ottawa, is out to change all that. OCanada Organic Food Products supplies our own Nature's Buzz as well as a variety of restaurants and stores in the Ottawa area, including

Herb and Spice on Bank Street, an historically vegetarian establishment that abruptly changed its stripe thanks to Biff's absolute conviction about the superior nutritional quality and exceptional taste of his organic meats. He also supplies three Sobeys stores in the Toronto area and is delighted by the recent strong growth in sales of his products.

As the participants in the Nature's Buzz Organic Food and Wine Tasting event discovered last March when he addressed the crowd on the virtues of organic beef production, Biff is a passionate believer in the benefits of organic farming methods to the environment, to soil and water quality, to human health and to animal welfare.

In contrast to the massive feedlot operations where up to 50,000 head of cattle may live out their brief lives in close quarters on a regular régime of growth hormones, steroids, antibiotics and a fatty diet of high starch feeds, Biff's beef is supplied by The Producers of the Diamond Willow Range, a co-operative operated by a group of seven ranching families in the foothills of the Rockies near Pincher Creek, with close to 40,000 acres of certified organic pasture land on which their cattle are free to roam, graze and grow at a more measured pace, uninterrupted by chemical enhancers.

The co-op was formed in reaction against the inhumane and environmentally degrading

factory farming operations which have come to dominate livestock production on both side of the border. The Diamond Willow ranchers are committed to a regime of environmental stewardship and traditional methods of animal husbandry, raising their livestock without growth regulators, hormones or antibiotics, as well as to following the strict tracking protocol required for organic certification. In 2003, one of the ranchers, Keith Everts and his family were named "Farm Family of the Year" at the Calgary Stampede, the first organic farmers ever to receive such an honour. More recently in 2004, the Diamond Willow group

dry aging process used in organic facilities, a process which results in the gradual loss of water content and a resulting concentration of real beef flavour.

Inevitably, prices for certified organic meats are higher than those for the conventionally produced meats on supermarket shelves. This "organic premium" reflects the increased costs of a less highly mechanized, more labour-intensive system of beef production, combined with the longer growth cycles of organically raised cattle and the generally stringent requirements of the certification system. But on the question of price for his certified organic meats, Biff has a simple message which seems to hold true for the organic food industry as a whole: "Pay now or pay later."



Biff Herringer

received an Agricultural Environmental Stewardship Award from the province of Alberta. The awards have reportedly sparked considerable interest in the livestock industry, and Biff is hopeful that this agricultural sector is poised for a major shift towards organic production.

Apart from the nutritional benefits of organically raised grass-fed beef which is lower in saturated fats than the conventionally produced grain-fed variety (as well as free from the residues of the chemical cocktail doled out to the hapless inhabitants of feedlots), Biff is firmly convinced that the meat is better tasting because of the

The Chains: Loeb and Loblaws:

By now, many readers may have looked over the organic produce section at Loeb Beechwood, an offering which remains modest in scale and variable, though improving noticeably, in quality. Loeb's Head Office indicates that the chain is taking a cautious approach to the expansion of its organic merchandise, with bananas and apples leading way in terms of volume of sales. Loblaws has been con-

siderably more aggressive in its move into organic foods, and the McArthur Road store reportedly boasts organic products in virtually all of its food aisles, including items from the President's Choice organic line which ranges from coffee and cereals to baby food.

Shifting the Burden of Proof

There is much about the recent steady growth of the organic movement which seems to parallel North American society's belated awakening to the dangers of smoking, and eventual move to the legislative enforcement of a smoke-free environment in public places. While we appear to be far from a legislative ban on the use of noxious chemicals in conventional agriculture (heck, we can't even rise to a City-wide ban on the cosmetic use of pesticides), public awareness of the potentially lethal effects of these chemicals is unquestionably growing, and the demand for organically produced alternatives is on the upswing. Let's hope it doesn't take another half century to turn the current twisted logic of the industry on its head and make organic practices the norm, with the burden of proof shifted to growers and processors who choose to use the potentially toxic substances and practices which threaten human and environmental health.



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Glaze Over: It's Garbage/Recycling Again!

By Jane Heintzman

It's exactly one year since the City cancelled both Leaf and Waste Collection and the collection of Plastics 3 to 7, film and polystyrene from our Blue Boxes. In response to the clamour of an outraged public, Leaf and Yard Waste Collection has thankfully been reinstated, but the offending plastics (which include plastic bags and the tubs and lids of margarine/yogurt/ice cream containers) continue to be banished from Blue Boxes and headed for the nearly glutted Trail Road landfill.

City staff estimates that the annual cost of collecting and separating the 415 tonnes of plastic tubs that pile up on our curb sides would be roughly \$1.26 million. They remain unconvinced that a stable market can be found to offset these costs, although in the current environment of high petroleum prices, the demand for these plastics for use as cheap filler in manufacturing is high.

All is not lost on the plastics front, however: Councillor Alex Cullen recently tabled a motion in the Planning and Environment Committee to reinstate the budget for tubs and lids in 2006, at which point a decision will be taken on whether to allow these ubiquitous containers back into the Blue Box fold. The Committee agreed that a firm commitment from Haycore Canada and other potential purchasers of the material is essential if the reinstatement is to go ahead. City staff will be closely monitoring the markets for these plastics between now and 2007 when the processing contract for Blue Box materials comes up for renewal, and if market conditions look sustainable, there's a good chance plastic tubs and lids will be back on the list of collectables.

Another encouraging development is a recent move by National Grocers to supply over 16 million wet-strength

paper bags to its A&P and Sobeys' chains in the Ottawa area. These bags would be suitable for recycling via the *Compost Plus* Organics Collection programme which City staff is recommending be expanded throughout the area beginning in 2007 (see below for details).



When we went to press last June, the provincial Ministry of the Environment had just released a Discussion Paper setting out an ambitious target of **60% Waste Diversion** (i.e. diversion of garbage from the landfill through recycling and composting), to be achieved by the end of 2008. If, as expected, the province follows up shortly with regulations and legislation to achieve that target, the City will be under considerable pressure come up with a plan to nearly double our current diversion rate of 31% over the course of the next three years. That pressure is intensified by the fact that the Trail Road landfill will be at capacity by 2008, although approval of an Environmental Assessment for an expansion of the site is expected shortly, potentially adding about 10 more years to the life of the landfill at our current 31% diversion rate, and as much as 40 years with rates of up to 70%.

Later this month, the City's Planning and Environment Committee will vote on a set of proposals from City staff about how to boost our waste diversion rates to meet the provin-

cial target, and forestall the enormously costly and environmentally repugnant option of a new landfill. Three of the key recommendations from our perspective as householders are:

- Achievement of a 40% Diversion Rate by the end of 2006, maintaining the existing garbage collection and recycling regime, and using public education and communications to encourage increased participation in recycling programmes, as well as a more scrupulous adherence to the limit for garbage.

- Endorsement of the province's 60% diversion target by the end of 2008, accompanied by a request to the province for funding support to offset the costs of reaching this target.

- Full implementation of an Organics Collection programme beginning in 2007.

Recycling Report Card

Achieving the 40% diversion target by the end of next year will be a challenge in the absence of any changes to the current regime. While those of us in the pilot area for *Compost Plus* Collection could certainly improve our current scorecard on organics diversion (New Edinburgh fared poorly with an organics capture rate of only about 17% in comparison to Manor Park's 40%), participation in City-wide recycling programmes is already reasonably high, with notable exceptions in a few categories.

In a "Recycling Report Card" prepared for the City in 2003, the ratings were as follows:

- Newspapers: 94% (A+)
 - Cardboard: 93% (A+)
 - Plastic Bottles #1: 87%(A)
 - Aluminum Cans: 81%(A)
 - Soup and Food Steel and Tin Cans: 81% (A)
 - Plastic Bottles #2: 76% (B)
- (Every tonne of this material in the landfill is a loss of over \$400 in revenue)
- Boxboard (Cereal, Laundry, Kleenex Boxes etc.): 67% (C)
- (2620 tonnes of this stuff go to landfill each year, adding up to lost revenue of \$155,000)
- Computer paper, envelopes, household paper: 55% (D)
 - Milk and Drink Cartons: 50% (D)
- (the 900 tonnes/year headed for landfill are worth about \$59,000 in lost revenue)
- Juice Boxes: 21% (F)
 - Aluminum Foil and Trays: 16% (F)
- (this material is worth \$1500 per tonne when recycled)

As the Report Card mantra goes, there is certainly "room for improvement" in our recycling habits in the last six categories, and with a serious City-wide effort, perhaps real gains could be made towards the 40% diversion target by next

year. If, however, persuasion falls short of the objective, the option of imposing and enforcing lower garbage bag limits could well become a reality, as it already has in many other communities throughout the province. Brockville, for example, has a one bag per week limit with no organics collection, so "Reduce, Reuse and Recycle" is of necessity much more than a slogan for residents of that community.



City-wide *Compost Plus* Collection

Making the further leap from 40% to 60% waste diversion by the end of 2008 simply can't be done under the current garbage/recycling regime. As a result, on June 28th, Council will be voting on a proposal to fill that gap by expanding *Compost Plus* ("Green Box") Collection throughout the city. This year more than 950, 000 Ontario households are participating in *Compost Plus* pro-



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grammes (known in the trade as Source Separated Organics).

A city-wide Organics Collection regime is now in effect in Toronto, and similar programmes are scheduled to be fully implemented next year in Hamilton, Peel Region and Durham Region. Here in Ottawa, the *Compost Plus* Pilot Project includes 5300 households, some of them here in the Burgh where the green carts have been part of the landscape on several streets since October 2001.

The results of the pilot project have been reasonably encouraging, as an average diversion rate of 48.5% was achieved with voluntary participation and an ongoing generous allowance for landfill garbage of 4 bags per week which has not been rigidly enforced. City staff estimate that with a move to lower bag limits, broader public education in the 3R's (Reduce, Reuse and Recycle- in that order of importance) and other incentives, major gains could be achieved towards the 60% target.

There is of course a significant up front cost factor involved in the expansion of Organics Collection throughout the City, including the costs of collecting and processing the organic materials, and the purchase and delivery of 233,000 green carts. If the Organics proposal is approved, City staff will be actively lobbying the province for funding support, and making application to the Federation of Canadian Municipalities Green Municipal Enabling Fund which covers 50% of accepted recycling project costs up to \$250,000.

At this stage, cost estimates are extremely tenuous because of the large number of variables involved in the calculation, not least the type of processing facility which is ultimately selected, and potential offsets to organics collection costs through a possible corresponding move to biweekly garbage collection. City staff estimates that the additional ongoing cost of the programme, which would divert

about half of what is currently sent to landfill into the composting process, will be approximately 50 cents per household per week.

However you slice it, the expanded *Compost Plus* plan does entail an added cost to the taxpayer, particularly at the outset before collection efficiencies and revenues from composted materials kick in. So why do it? What it boils down to is a choice between continuing on our present path towards the inevitable requirement for a new landfill in the next ten years, or moving to a more sustainable, environmentally benign system in which the short-term costs are balanced out by the longer-run social and environmental benefits.

What's wrong with creating a new landfill when we need one and saving ourselves all the hassle and expense of a new organics collection programme? Here are a few things to consider before you make up your mind that taxes are already too high, and to heck with yet another colour-coded addition to our recycling regime:

Apart from being a scar on the landscape, landfills can have a serious environmental impact as they generate large quantities of ozone depleting methane gas which is difficult to capture effectively.

Creating a new landfill is far from cheap (estimates suggest it would be well over \$120 million), and their ongoing management involves significant financial costs, including the costs of removing leachate and burying vast quantities of waste.

In contrast to an Organics processing facility which generates ongoing employment and produces a marketable product of potential benefit to the environment, a landfill is a depreciating investment with a finite lifespan and no useable end product to offset garbage collection costs.

When landfill sites run out (as they will, witness the example of Toronto) do we really want to incur the costs and complications of shipping our

garbage to another location outside the region?

In a recent letter to *Ottawa Citizen* ("Our Cost, Earth's Benefit", April 21st, 2005), Hugh Robertson (whom some readers may remember from his days on the faculty at Ashbury College) responded eloquently to an article by columnist Randall Denley, who was plainly sceptical about the benefits of an expanded Organics Collection programme in relation to its costs. Mr. Robertson argued that "the question is about whose costs and benefits -taxpayers' or nature's- and whether those costs will be paid in the short term or the long term," and in closing urged Randall Denley "to consider one of the guiding principles of early Iroquois societies, that all decisions should be based on their impact seven generations hence." Let's hope Council bears those wise words in mind when it considers the Organics Collection proposal a few weeks from now.

Compost for Sale

Just to end on an upbeat note, the City is inviting Ottawa residents to come and lay claim (at a nominal cost) to the compost produced from the contents of the millions of Leaf and Yard Waste bags collected over the past season. Throughout the spring and summer, the compost will be available on a strictly U-LOAD-IT basis at the Trail Road landfill site at 4475 Trail Road (off Moodie Drive just south of Fallowfield Road). The facility is open Monday to Friday from 7:00 a.m. to 6:00 p.m., and on Saturday from 8:00 a.m. to 4:00 p.m. Prospective buyers are reminded to bring their own shovels and containers, and to "wear appropriate footwear"! Before July 1st, prices are rock bottom: about \$5 to fill all the containers in your car and only \$15.45 to fill a pick up truck or utility trailer. As of July 1st, these are bumped up to \$7 for a car load and \$20 for a full pick up truck or trailer.

Run/Walk for Clean Air

Sunday, June 5th, 10:00 a.m., Arboretum, Central Experimental Farm

Kick off Canada's Environment Week by taking part in the annual Run/Walk for Clean Air on Sunday, June 5th, starting at 10:00 a.m. at the Arboretum, Central Experimental Farm. The event is organised by Friends of the Farm, Greenspace Alliance for

Canada's Capital and the Sierra Club of Ottawa, with proceeds going to support the environmental initiatives of these groups, as well as their efforts to raise broader awareness of environmental issues.

For more information or to register, volunteer or make a donation, contact: Friends of the Farm, Tel. 230-3276 or visit www.friendsofthefarm.ca

National Commuter Challenge June 5 - 11

By Amie Alton

Now that summer is approaching, it's a good time to start thinking about getting outside and enjoying the weather. The National Commuter Challenge is coming up so it is a good excuse to organize yourself for the challenge. Since so many of us have long commutes to work, this is a great place to start. Instead of trudging to work alone in your car, leave it at home and use an alternative means of transportation. Take the bus, ride your bike or carpool. It's a great opportunity to get together with people in your community to ride together.


Carpooling is a great way to reduce the number of cars on the roads. Get together with a few people from work and take turns driving to the office. You can meet somewhere central where parking isn't an issue and that way you'll save on the cost of gas and parking. It's a good idea now that the price of gas is skyrocketing.

The City of Ottawa is making public transportation an important priority and there are busses that reach deeply into the furthest corners of the city. Leave the stress of driving to the experts and drink your coffee as you enjoy the ride into the office. Think of the health benefits of avoiding the hectic

traffic and the money saved on parking. Bring along something to listen to or get some work done on the bus. Even better, leave the work at the office and read a newspaper or magazine.

If you're more ambitious and want to avoid the traffic altogether, consider riding your bike, rollerblading or walking to work. Instead of trying to fit exercise into your daily routine by dragging yourself to the gym at the end of the day, you can cut it out completely by using the time you normally use sitting in traffic to enjoy the bike paths and forget the stress of the day. I find that no matter how difficult my day has been it is all forgotten halfway up my first hill. If your office is in Ottawa and the ride is a bit lengthier than you prefer, consider using OC Transpo's Rack 'n Roll program to take you the rest of the way in. They have great bike racks on most bus lines so that you can avoid the downtown traffic and take a break.

Check out the Commuter Challenge website for more options and register for this year's challenge at <http://www.commuterchallenge.ca>



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Canada's Low Carbon Diet

By Elizabeth May

We all need to go on a diet. In fact, we each need to lose a tonne. No, I'm not talking about the so-called "obesity crisis." Our hog-like habits relate to the way we use (and waste) energy.

When we burn fossil fuels (coal, oil and gas), carbon dioxide is released. The carbon emitted is changing the planet's atmosphere leading to climate change. Climate change is already wreaking havoc in Canada - from melting permafrost in the Arctic, to drought in our Prairies, increasing forest fire damage, more floods, and increasing risks of severe storms of all kinds - from Nova Scotia's Hurricane Juan to the Ice Storm we all lived through of 1998.

Background:

In 1992, virtually every nation on Earth committed to the U.N. Framework Convention on Climate Change (FCCC). That treaty recognized that the threat of climate change was real, was caused primarily by burning fossil fuels, and that, despite some uncertainties, we knew enough to act. More than a dozen years ago, world leaders (including the father of the current US President) committed to avoid a "dangerous" level of the build up of carbon dioxide. While the term "dangerous" is subjective, most scientists have no difficulty agreeing that allowing atmospheric concentrations of CO₂ to double from the pre-Industrial Revolution level of 275 PPM (parts per million) to 550 PPM is "dangerous."

Current CO₂ levels have climbed to 379 PPM -- a level the planet has not experienced in the last 20 million years. In other words, we have already caused an unprecedented change in the chemistry of our atmosphere. This change is irreversible. To avoid a doubling, the IPCC has determined we need global reductions of 60% below 1990 levels. The Kyoto Protocol, negotiated

within the FCCC, committing Canada to a 6% reduction below 1990 levels, must be understood as a modest first step. Of course, if we do not address our global addiction to fossil fuels, we will shoot right past a doubling. "Dangerous" no longer begins to describe what the future our children will face.

Since we failed abysmally to meet the reduction targets set by former Prime Minister Mulroney, as well as the more ambitious targets promised by Jean Chretien in the 1993 Red Book, our emissions are now at least 14% higher than they were in 1990. So the total reduction required is closer to 20% from today's levels. Enter the One Tonne Challenge.



One Tonne Challenge:

If the total of Canada's greenhouse gases were divided by our population, that simple calculation would give us a total of 23 tonnes of carbon per person per year. However, about 18 tonnes of this per capita total relates to industrial and commercial activity. In fact, the largest single increase in Canada's greenhouse gas emissions has been due to the development of the highly polluting Athabasca Tar Sands, producing crude for export to the U.S. So the Government of Canada deducted those industrial activities to come up with what our personal activities (driving, running our households, etc) add to the total of Canada's ghg emissions. On that basis,

Canadians produce five tonnes of carbon per person, per year. Only our neighbours to the south come close to these rates of pollution from our day to day activities. For example, the Nordic nations are real energy misers. Like Canada, Sweden, Finland and Norway are cold much of the year. Like Canada, their economies rely on exports and have large forest industries. Yet emissions are a fraction of Canada's: Norway at 1.6 personal tonnes per capita, Finland at 3.2 tonnes, Sweden at 2.1 tonnes per capita.

To meet the overall goal of a 20% reduction, each Canadian must reduce emissions by one tonne. This 20% reduction, if achieved by all Canadians, will make a real impact on our progress toward national climate change goals. It can also give you and your family a fitter more fun summer! The biggest single contributor to your personal pollution index is your car. Fully half of the 5 tonnes per person is personal transportation. It's summer! Get out and walk! Bicycle! Roller-blade!

Reduce your reliance on air conditioning. Pull curtains closed when you leave for work to reduce that other "greenhouse effect" - allowing the sun to heat up your house. Open curtains and windows in the cool of evening. Please, don't leave the air conditioner keeping your house the comfortable temperature of your vegetable cooler when no one is home! Keeping your house cool is forcing the province's coal plants into over-drive, adding once again to smog and climate change.

YOU CAN DO IT Take the One Tonne Challenge!

Transportation Hints:

Walk and bicycle to the store! Leave the car in the drive as often as possible. In summer temperatures, your car is adding to local smog and asthma problems.

• Take the bus!

• Tune your car to keep it using fuel efficiently.

• Do not idle!! If you are stopped for more than 15 seconds, it takes less gas to turn the car off and re-start than to sit there idling! (I may commit Hari-Kari the next time I see someone sitting along MacKay on a sweltering day, running their car, windows up, air conditioner blasting, adding to local smog and global climate change....)

• Buy a more fuel-efficient car!

• For your summer vacation, consider taking VIA Rail -- a much more energy efficient option than air travel or driving. (I highly recommend the journey to Nova Scotia by rail...one overnight and you're there. Every Canadian should take the cross-country trek to British Columbia at least once in a lifetime, but the BC trip is priced for tourists. The "Ocean" to the East Coast is still affordable with kids. Ask about their discounts, and, by the way, in summer VIA has on board staff to act as rolling "camp counselors"... crafts, movies and activities are included.)



Putting your House on a Diet:

Replace the old fridge with a high efficiency model and do not put your old fridge in the basement as a beer cooler! (Your fridge is the biggest energy hog of all your appliances! Be sure to get the Freon removed safely from your old fridge.)

• Look for the EnerGuide labels whenever you buy an appliance. It may cost more today to buy the energy miser model, but it will pay you back over the years.

• Check out the programmes for energy audits and tax rebates. Your home could be wasting the energy you pay for! Get a home energy audit. (Call Envirocentre or another local energy auditor) Insulate! Get a more fuel-efficient furnace!

• Don't waste hot water! You are wasting water and the energy to heat it!

• Turn off lights when you aren't in the room. Get timers for lighting, heating and cooling.

• Keep your thermostat at slightly warmer summer temperatures, saving on air conditioning!

To learn more about climate change go to www.sierraclub.ca (and please join!). To learn more about the One Tonne Challenge, go to www.climatechange.gc.ca

Elizabeth May is the Executive Director of the Sierra Club of Canada and lives (happily without a car) in New Edinburgh.

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Beechwood Cemetery Poet's Pathway Project

By Barbara Benoit

The Ottawa Literary Heritage Society and the Greenspace Alliance of Canada's Capital are partnering with The Beechwood Cemetery Foundation (a Canadian charitable organization) to establish a Poet's Hill site at Beechwood Cemetery, where visitors can learn more about Canada's literary history and about the literary figures buried in the grounds.

Beechwood Cemetery was recognized as a national historic site in 2001.

The most widely-known of the many literary figures buried at Beechwood is poet Archibald Lampman (1861-1899). Lampman purchased Section 25, Lot 17 after the death of his infant son in 1894, and he wrote several poems that summer featuring the cemetery. William Wilfred Campbell (1860-1947), another well-known poet buried



Photos: Peter Glasgow

here, was at one time a resident of New Edinburgh.

Among the other literary figures buried at Beechwood are Frederick Augustus Dixon, who, as tutor to the children of Governor General Lord Dufferin, wrote plays for performance at Rideau Hall, and Sir John George and Arthur

Stanley Bourinot. Sir John (1837-1902) was Clerk of the Senate, a writer on constitutional issues and an influential figure in Ottawa's literary community. His son, Arthur, won a Governor General's Literary Award in 1939 for his collection of poems, *Under the Sun*. William Dawson LeSeuer

(1840-1917) was the most respected Canadian essayist on cultural issues in the 19th century. Both he and Archibald Lampman worked at the Post Office Department.

The Beechwood Cemetery Foundation is currently undertaking a site survey to determine a suitable location for the Poet's Hill site, probably on a high point of land near the entrance to the cemetery, with a view of Parliament Hill.

Beechwood welcomes visitors, and, in addition to its numerous historic grave markers, its hosta pathways are a wonderful destination for a summer ramble, within easy walking distance of the Burgh. (Dogs are welcome, on leash.)

For more information about the Poet's Hill project, please contact Vera Yuzyk at vyuzyk@beechwoodcemetery.com, or Steven Artelle at ottawaliterary@yahoo.ca

We Too Shall Sleep

by Archibald Lampman (1894)

Not, not for thee,
Beloved child, the burning grasp of life
Shall bruise the tender soul. The noise, and strife,
And clamour of midday thou shalt not see;
But wrapped for ever in thy quiet grave,
Too little to have known the earthly lot,
Time's clashing hosts above thine innovent head,
Wave upon wave,
Shall break, or pass as with an army's tread,
And harm thee not.

A few short years
We of the living flesh and restless brain
Shall plumb the deeps of life and know the strain,
The fleeting gleams of joy, the fruitless tears;
And then at last when all is touched and tried,
Our own immutable night shall fall, and deep
In the same silent plot, O little friend,
Side by thy side,
In peace that changeth not, nor knoweth end,
We too shall sleep.



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Sharks, Sharks, Cyclones, Fire and Flood or Travels with the Four Horsemen in Hot Pursuit

By Heather Bacon,
sv ARGONAUTA I
(Hugh and Heather took a break from sailing and returned to Australia by air, with a few detours along the way.)

When the tsunami struck, we received several e-mails from concerned friends. We had left Thailand and were in Sydney, Australia, watching the tragic events unfold along with millions all over the world. We were able to relate intimately to the disaster. Our voyage through Asia in 2002/03 had taken us to Phuket, Phi Phi Don, Sri Lanka and the Maldives. Galle, Sri Lanka, devastated by the tsunami, was a port where we docked for several weeks. Our nephew was a favourite of the local tuk tuk drivers who took him to their homes and to their parties. We received an e-mail from Mike, who ran a grocery store frequented by yachties. He arranged land tours and was a font of practical information. His family survived; his house and grocery store are gone. It was an honour to be able to send a donation to an individual we knew personally.



Cape of Good Hope, so beautiful, so treacherous; seen from the relative safety of the air

Sometimes we receive e-mails from friends inquiring about our future plans. My brother mumbles darkly about the "Four Horsemen". It seems that some people wish to make their travel plans based upon our itinerary. They choose the opposite hemisphere, perceiving that we seem to travel in close proximity to disaster. I occasionally reflect upon this (between the hours of 3 and 5 A.M.) It is true that many grave

incidents have happened along the way. Three weeks after we left Bali the night club terrorist attack occurred. Piracy attacks in the Gulf of Aden overshadowed our own passage which was, fortunately, benign. This year two 'yachties' travelling in convoy were aggressively attacked by two boats with guns blazing. This gives pause to our philosophy of "No Guns".

On the day we arrived in South Africa last November, a 77 year old woman was killed by a Great White. She had been swimming daily at a site

described in a popular travel guide as a "safe family beach". We actually saw the shark the following day when we took a flight over Cape of Good Hope. Throughout Australia we have been on similar beaches where laid back Aussies say "No worries"... until a fatal attack occurs. . . .

We have now circumnavigated. . . by plane!! It was a fine way to go and I recommend it to everyone. While ARGONAUTA I waits out the winter in the Med we planned a trip to Australia via Africa. In my last article I described our travels in South Africa and Botswana. Following this exotic sojourn we visited friends in Thailand and went on to Australia. My New Edinburgh friends will remember Wendy Featherston who changed places with me in 1997 to teach at Crichton. My exchange gave me the opportunity to meet her extended family throughout Australia. We know relatives who don't know each other! We visited most of them and had a wonderful time. The wine is fine, the atmosphere so laid back and invitational. We also touched base with many people we met when there in ARGONAUTA I. As we were driving through South Australia, bush fires raged across our

path. Later we visited cruiser friends in Queensland and left by car a day before the road was closed due to serious flooding.

Famine, you ask? It was the only curse spared us. After heavy duty socializing a little famine would not be amiss right now!

We had purchased a 'round-the-world ticket' and decided to stop in the Cook Islands at Rarotonga to relax. Unfortunately three cyclones had struck. Could there be four in one year? (Consider the odds!) We flew out early as Cyclone Percy, the fourth of the season threatened!!

Although trivial in comparison to natural disasters, the little irritations of everyday life can be stressful. Travel would be much more pleasant if one could simply push a button and be there. But throughout the world there are formalities, customs, baggage retrieval. Australia and New Zealand are understandably picky. They must protect their agricultural society against contamination. "Anything to declare?" I checked NO against "food-stuffs".

My luggage went through the x-ray machine. I was taken aside. The agent asked sternly; "Do you have a Christmas pudding in your bag?"

"Uh....yes"

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Top: Wendy Featherston and her daughter Amy now entering "Uni" to study law. Wendy taught in 1997 at Crichton Street School, as part of a teacher exchange with Heather Bacon

Above: Anything to declare?

"You said there was no food." My heart sank. I had forgotten the little gift I picked up at Fortnum and Mason on our way through London. Boxed and wrapped it had not come to mind as food. Not threatening

food in any case. Aussies are very very strict about infractions. Would I end up in a detention camp in the Outback? Fortunately Christmas spirit prevailed. I was let off the hook with a

warning to declare all comestibles next time.

New Zealand brought another embarrassing experience. I had omitted to check one square on the form. Suddenly I was standing in a very long line, along with a multicultural collection of non-residents. The only other English-speaking person was a British woman holding an apple at arm's length and wearing an expression similar to the one which must have been on Eve's face as she contemplated exile from Eden. I was allowed to complete the form under supervision and continue into the country. I did not see "Eve" again.

In spite of it all we arrived back in Ottawa this spring, relatively unscathed, although carrying several extra kilos of avoir du pois. True, our luggage did not quite make it at the same time as we did, but, rather fortuitously, it was delivered to the door later that evening. Back "home" I prepared to relax in Canada's comfortable security. But newspapers quickly upset my temporary tranquillity. It seems that my soap, shampoo and wrinkle creams are a threat to my health. Even red wine may not be as therapeutic as we had hoped.

My husband is now poring over cruising guides, making regular calls to the marina where the boat abides and refreshing me on the pleasures which await us as we cross the Atlantic next season. I am catching up on culture, lunches and bubble baths. I shall NOT be packing a video of "The Titanic"!

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Music or Pop Art? Both!



You can see more of Burgh artist Weldon Poapst's silk screens at his upcoming show "Dead Roots" at Artguise on Bank Street, July 8 - August 3. (Photo: Kim Illman)

By Kim Illman

Over the years in New Edinburgh I have met many people. Some have been lawyers, teachers, parents, fashion designers, real estate agents and even former Prime Ministers. I really try not to 'box' folk at all, but like it or not, I do it. One such person is good friend **Weldon Poapst** of Mackay Street. His 'box' is Janna's husband, Hunter's dad, the guy with the white cowboy hat and the musical dude who likes to wander the neighbourhood with his cool guitars. He is all those things, and very happy with it. What I didn't know was what an artist he is.

Weldon has been working in the graphic design world for over 20 years and has some pretty impressive work on his resume. This past year he decided to learn something new and incorporate two great loves-music and art. He taught himself how to make serigraphs (silk screens) and found a new outlet for his creative side. Weldon's passion for music seems to touch almost every area of his life, so this was just the next natural step.

He has produced over 20 pop art silk screens which he has entitled 'Dead Roots', basing all his work on musicians of influence in his life that have now passed away. Each silk screen is poster size, bold in colour, incredibly powerful and run the musical gamut from jazz to blues and touching on country and punk.

Many can be recognized easily, Johnny Cash and Sammy Davis Jr. were the ones I figured out first. Weldon purposely choose "strong music personalities that did something special, many who people will know but wouldn't give the time of day too." LaVerne Baker, Joey Ramone and Louis Jordan (he was famous for his Trident gum song...you know, "choo-choo-choo bogey") to name a few.

I don't know much about art, but like many of you I know what I like and don't like. And I know even less really about the pop art culture. What I did learn from Weldon's work was simple, here is a clear example of how when you are passionate about something you can find a way to share it with others.

And I do like pop art. Weldon described himself as a "guy who loves music and art and art about music." When I asked him what he would like people to take away from his work, he told me "if nothing else, the urge to sit and listen to some of their music, and give them the time of day." I went home and did just that.

You can go and see Weldon's 'Dead Roots' show at ARTGUISE, 590 Bank Street, (tel# 238-3803) on Friday July 8th 2005 from 7pm-10pm, though the show will be on until August 3. If you would like to take a peek at Weldon's variety of work you can visit his website at: www.ca.geocities.com/weldonpoapst@rogers.com

Burgh Artist Publishes First Book



Eleanor Rowan signs a copy of her book for a friend at the recent launch at her home of her first book, "Journey of the Soul" (Photo: Carolyn Brereton)

Eleanor Rowan of Bertrand Street is an artist as well as a poet. She is a Reiki practitioner and an interpreter of dreams. her reading of the Tarot is based on a growth process rather than fortune telling. She also lived and studied for many years at Yasodhara Ashram in British Columbia. In her art, she has created a unique style of painting which uses bold colour and symbolism to convey her interest in Eastern philosophy. "To me", she says,

"the study of symbolism is a key to discovering the hidden truths of life. It plays a vital part in my painting and in my everyday world."

Encouraged by her children, Eleanor has now written her first book. ***Journey of the Soul*** is the life experience of the author. it is her search for meaning and the expression of Spirit in her life. The book is available at Books on Beechwood.

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New Edinburgh Players Score Another Smashing Hit with Noel Coward's *Hayfever*

By Barbara Benoit

For the past 26 years, a welcome harbinger of spring in the Burgh has been the annual production of the New Edinburgh Players, performed over two weekends at the end of April.

Dramatic talent blossomed spectacularly under Ingrid's able direction in this year's comedy, *Hay Fever* by Noel Coward, and MacKay Church Hall was sold out for all of the six performances.

The play, first performed in 1925 and essentially a long exercise in witty bickering, is a challenging one for the cast, but very funny when supported by a fast-paced delivery and a wicked sense of timing. Under Ingrid's painstaking direction, the New Edinburgh Players cast was well up to the challenge and delivered a thoroughly entertaining evening of theatre.

The plot is simple. Each member of the eccentric Bliss family has, unknown to the others, invited a guest for the weekend. Judith, a retired leading lady (played by Janet Uren), has invited a handsome young boxer (Sylvain Morin) in whose adulation she looks forward to wallowing. Her writer husband David (Larry Swain) has invited a young flapper (Karen Shepherd) as a model for a character in his next book. Simon, their son (Tom Blazejewicz), has invited a sophisticated society woman (Jennifer Drummond); and Sorel, their daughter (Olivia Dumas), has invited a distinguished middle-aged diplomatist (Derrick McGarry). No one has thought to inform the maid (Barbara Merriam), and everyone expects his/her guest to sleep in the Japanese Room (the alternative being "Little Hell" beside the boiler).

In Act One, the family members gradually discover who has been invited, and frankly



Photo by: Ryszard Mrugalski - ZoomExposure.com

At home with the Bliss family (l. to r.): Sorel (Olivia Dumas), David (Larry Swain), Judith (Janet Uren) and Simon (Tom Blazejewicz). (Photo: Ryszard Mrugalski Zoom Exposure)

and fully criticize each other's choice of guest. The maid is outspokenly resentful. The guests, as they drift in, are either ignored completely or pounced on to feed the various family egos.

Act Two takes place after dinner, and finds the assembled company playing a word game that the family members revel in but the guests can't grasp. Tempers fray as the game unravels and, in a series of tête-à-têtes, each family member transfers his or her attentions to someone else's guest.

Act Three finds the four guests, in a state of advanced nerves, individually slinking down to breakfast. After exchanging lurid accounts of their experiences of the previous evening, they decide to

sneak away together and retire upstairs to pack. The Blisses drift in one by one and, as they settle in around the breakfast table, David begins reading from his newly completed manuscript. Within minutes, the whole family is engaged in a heated argument about whether David has got his geography right, and which way Paris streets run. They fail even to notice as their guests steal out.

Judith Bliss is the lead role in *Hay Fever*, and her taste for high coloured self-dramatization sets the tone of the play. Janet Uren, in her first appearance with the New Edinburgh Players, gave a magnificent

performance, clearly reveling in the mayhem that Judith's taste for melodrama unleashes. Larry Swain, as her husband, was the perfect foil for her dramatics, his sharp and understated delivery steeped in dry irony. They made a convincing couple. Olivia Dumas and Tom Blazejewicz, as Sorel and Simon also established a great dynamic, draping themselves ubiquitously about the furniture as bickering brother and sister and aiming penetrating criticism at the parental foibles, even as they played their time-honoured roles in the family's dramatic routines. Barbara Merriam, as the maid (and Judith's former dresser),

amply conveyed the querulous note of the familiar and put-upon servant.

The guests, though roles that call for less high colour, were played by an equally talented lot. Derrick McGarry, in a welcome return to the New Edinburgh stage after an absence of several years, mined the role of the careful diplomatist for excellent comic effect with his impeccable timing. Sylvain Morin conveyed youthful earnestness and confusion with great charm in the character of the somewhat simple-minded boxer, and Karen Shepherd, as the flapper, combined modishness and mental vacuity in an equally convincing presentation. Jennifer Drummond, as the sharp-tongued sophisticate, was particularly well-matched with Larry Swain as David in her acid delivery and quick retort.

Noel Coward songs performed between the acts (by York Davis and pianist/soloist Gabrielle Alexis Aarons as well as cast members Jennifer Drummond and Tom Blazejewicz) added substantially to the period flavour, although they worked better when they were performed informally around the piano than when competing with the play for visual attention on the stage.

In addition to enjoying an outstanding evening of theatre, audience members had the satisfaction of knowing that they were contributing to a good cause, since Ingrid makes over the profits from each performance to a different local church or charity.

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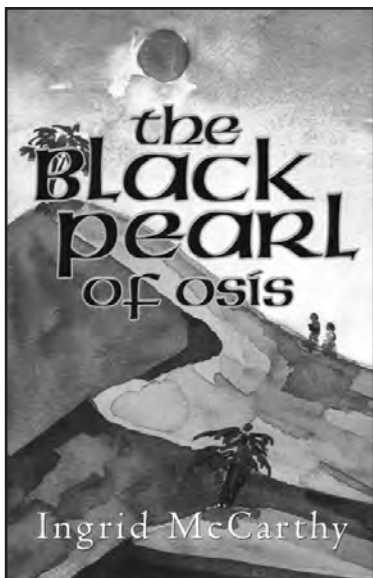
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ALSOcares' 1st Annual Amazing Book Race.

Book Signing by Local Authors Alan Cumyn and Ingrid McCarthy

By Isobel Bisby

Come on down to **Books on Beechwood** on the morning of **Saturday June 18** as it will be a hive of activity. That's when the **First Annual ALSOcares Amazing Book Race** will be happening. Our neighborhood bookstore is enthusiastically participating in this fun event along with; eight other independent bookstores, over seventy-five young runners from Ottawa businesses, six children's authors, and volunteers all out to raise money for family literacy.



The race is loosely styled after the TV show, *The Amazing Race* but instead of racing round the world (!) our teams will be travelling either by OTranspo (free bus passes generously donated for the

day) or on foot. Their task will involve going to nine downtown bookstores, where they'll complete a literacy activity provided by each store. Then they'll receive a children's book as proof of completing the task, and take off for the next store. First team back wins.

Local children's authors will present the prizes. Three of the bookstores are hosting a book signing and readings during the morning. At **Books on Beechwood** look out for our very own **Ingrid McCarthy** with her first novel *The Black Pearl of Osis*, and **Alan Cumyn** with *After Sylvia*, which has recently been nominated for the national Sylvia and Ruth Schwartz Award.

After Ingrid's successful book signing in October 2004 at Books on Beechwood, many a copy left the store without being signed. June 18 is an opportunity for all fans to visit Ingrid at the store, to talk to her about the novel and to have their copies autographed belatedly. At present, Ingrid is on a whirlwind tour through local elementary schools, and *The Black Pearl of Osis* can now be found on many school library shelves. The fantastic adventures of Jonathan and Magenta have inspired entire classes, including their teachers, to dramatize chapters of the book and to write fantasy stories of their own.

Alan's award-winning first

book for children *The Secret Life of Owen Skye* was a smash hit with reviewers, award juries and readers of all ages. After Sylvia follows the life of young Owen after his true love Sylvia moves away. After Sylvia is a charming and surprising novel that captures perfectly the bewilderment and joy of being a kid. It's a funny, poignant, magical book.



Moneys raised by this event will support ALSOcares family literacy programs. So far local supporters include Starbucks, OC Transpo, and the Retired Women Teachers of Ontario. Your personal support will be very much appreciated by dropping in at Books on Beechwood to see the action, meet the writers, and make a small donation. See you there.



"Blast Off!" into a galaxy of summer reading at the **Rockcliffe Park branch**. All ages are welcome to join the summer reading club starting June. 22.

Babytime for newborn to 18 months.

Learn bouncing and tickling rhymes, songs, and stories to share with your child.

Mondays, July, 11, 18, 25, 10:30 a.m. (20 min.)

Registration begins June 22

Toddler time for ages 18-35 months

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

Wednesdays, July 13, 27, 10:30 a.m. (20 min.)

Registration for both programs begins June 22

The **June book chat** at the Rockcliffe Park branch will start at 7 p.m., **Thursday, June 16**. The book to be discussed is *Three Junes* by Julia Glass.

Partnerships - More value to your card!

CentrepoinTE Theatre

The OPL and CentrepoinTE Theatre have partnered to offer 10% off the price of a single ticket to the Family Fare Series shows when you show your library card.

Canadian Museum of Civilization

The Canadian Museum of civilizations and the OPL have partnered to bring you the **Privilege Card**.

People can use their library cards to sign out a *Privilege Card* from any OPL branch.

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Tuesday	1 pm - 8:30 pm
Wednesday	10 am - 5 pm
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Saturday	10 am - 2 pm
Sunday	Closed

The *Privilege Card* allows a family of four to discover - or rediscover - the excitement of the Canadian Museum of Civilization, including the Canadian Postal Museum and the Canadian Children's Museum, or the Canadian War Museum, at no cost.

Canadian Museum of Nature

The Canadian Museum of Nature and the OPL have partnered to bring you the *Nature card*.

So long as you have a library card, you can sign out a Nature card from any of the OPL branches. The museum pass allows two adults and three children or three adults and two children to explore the excitement of the CMN, at no cost.

Active Ottawa

A new pedometer-lending program asks residents to 'step up and be counted' by signing out a pedometer at any branch of the Ottawa Public Library and working towards the goal of 10,000 steps a day, which has been identified by health researchers as the number needed to keep the average adult healthy and fit.

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Summer Reading From Books on Beechwood

Dreaming about those blissful warm days reclining in a lawn chair, ready for a long, quiet afternoon with a good book? Here are a few ideas for your summer reading list from Books on Beechwood.

Fiction:

Seduction, by Catherine Gildiner: This is a fast-paced detective story and intellectual thriller which weaves a tale of scandal, blackmail and murder from the strands of Sigmund Freud's life and work.

Saturday, by Ian McEwan: McEwan's latest novel, following on the heels of his best-seller *Atonement*, tells the story of a single extraordinary and disturbing day in the life of successful neurosurgeon, Henry Perowne.

These Foolish Things, by Deborah Moggach: This is an often comic account of life at Dunroamin, a former guest house in Bangalore which is converted to a home for aging British ex-patriots by protagonist Ravi Kapoor and his cousin.

Small Island, by Andrea Levy: This prize winning novel is set in London in 1948, shortly after the first post-war wave of Caribbean immigration to Britain. It tells the story of two couples from "small islands": Jamaican Gilbert Joseph and his new bride Hortense, and Queenie Bligh, their English landlady, and her husband Bernard, recently returned after a lengthy wartime disappearance.

Holy Fools, by Joanne Harris: Juliet, the story's central character, is betrayed by her lover, circus director Guy LeMerle, and seeks refuge in a nunnery where she bears his child and assumes a new identity as "Soeur Auguste." The malignant LeMerle turns up again in the novel when he arrives at the nunnery disguised as a priest, and in the company of the new 11 year old abbess.

Non-Fiction:

Don't Let's Go to the Dogs Tonight, by Alexandra Fuller: The book is a memoir of Fuller's difficult childhood in Rhodesia, a childhood fraught with hardship, loss, and the constant dangers of a country in turmoil.

Scribbling the Cat, by Alexandra Fuller: This is a later chapter in Fuller's life when, despite her father's warnings, she travels back to Zimbabwe with K., a tough white veteran of the Rhodesian War.

Getting It Done: A Memoir, by Derek H. Burney: The book is Burney's personal account of his career at the top levels of the Canadian public service, a career which included three years as Chief of Staff to Brian Mulroney and a four year stint as the Canadian Ambassador to Washington.

Collapse: How Societies Choose to Fail or Succeed, by Jared Diamond: Diamond, author of the recent best seller *Guns, Germs and Steel*, offers an analysis of the fate of past societies and cultures which collapsed largely as a consequence of environmental crises which they failed to adequately anticipate or address.

Blink, by Malcolm Gladwell: The book explores the science of "rapid cognition"- those snap judgments that seem to emerge from nowhere - and how it works (or fails to work) in our daily lives.

The World is Flat: A Brief History of the 21st Century, by Thomas L. Friedman: Friedman analyses the phenomenon of globalization, its successes and failures, and its implications for countries, corporations, communities and individuals throughout the world.

Children's Books:

The Shakespeare Stealer, by Gary Blackwood: The story is set in 16th Century England

and revolves around the orphan Widge, who is hired by a provincial theatre company to copy down Shakespeare's *Hamlet* as it is being performed. (Ages 9-14)

Utterly Me, Clarice Bean, by Lauren Child: The book is an account of the adventures of precocious British school girl, Clarice Bean, whose immersion in the Ruby Redfort mystery series leads her to take on the mantle of a youthful detective, determined to unravel the mysteries in her own life. (Ages 8-11)

Surf's Up, Geronimo, by Geronimo Stilton: This is a tale of how a restful beach holiday went terribly wrong, the 20th installment in a series of stories about the adventures of fictional mouse, Geronimo Stilton.

The World According to Humphrey, by Betty G. Birney: The story is told from the perspective of Humphrey the Hamster who lives in Room 26 of the Longfellow School, and spends his weekends in the homes of each of the students in turn. (Ages 9-12)

The Book of Dragons, by Michael Hague: The book is a collection of 17 classic dragon fairy tales, selected and illustrated by Michael Hague. It includes the stories of heroic dragon slayers such as Perseus, St. George and Sigurd, as well as writings from C. S. Lewis and J. R. R. Tolkien. (Ages 8 and up)

Mister Magnolia, by Quentin Blake: This is an old favourite, described by the Sunday Times as "a completely wonderful dotty rhyme," written and marvelously illustrated by one of Britain's leading children's authors. (Ages 5-7)

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For Children 3-5 years old:

MUGGLES

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July 11-15
July 18-22
July 25-29
August 2-5 (Tues - Fri, \$55)
August 8-12
August 15-19
\$65

Mon - Fri., 1 - 4 pm

July 4-8
July 25-29
August 15-19
\$65

ART & DRAMA FOR CREATIVE KIDS

Lots of messy, crazy crafts and drama projects to make for an unforgettable week of camp. Please bring a bathing suit and towel as camps include use of the Water Splash Pad.

Mon-Fri., 1 - 4 pm

July 11-15
July 18-22
\$65

MINI CANADA GAMES SPORTS CAMP

Enhancing a sense of fair play, team work, and community as this camp focuses on learning individual and team sports and games. Please bring a bathing suit and towel as camps include use of the Water Splash Pad.

Mon - Fri., 9 am - noon

July 18-22
Mon - Fri, 1:00-4:00 pm
August 8-12
\$65

For Children 6-10 years

CANADA GAMES SPORT CAMP

"No Limits" is the theme for the 2005 Canada Games. This camp will push children's limits to learn new sports and games, meet new friends, and have more fun than they've ever had before! Please bring a bathing suit and towel as camps include use of the Water Splash Pad.

Mon - Fri., 9 am - noon

July 4-8
July 25-29
August 15-19
\$65

ROCK AND FOSSIL DISCOVERY CAMP

Exploring the fascinating world of rocks, minerals, and fossils. A camp for the curious child which will entertain, educate, and excite! Please bring a bathing suit and towel as camps include use of the Water Splash Pad.

Monday to Friday

1:00-4:00 pm
July 25-29
August 15-19
\$65

Monday to Friday

9:00-noon
August 8-12
\$65

GIRLS ONLY SPORTS

Developing athletic skills while making new friends in a program designed just for girls. Build self confidence! Learn new sports and games! Have fun! Please bring a bathing suit and towel as camps include use of the Water Splash Pad.

9:00-noon

August 2-5 (Tuesday to Friday)
\$55

BOYS ONLY SPORTS

Build team-work skills, make new friends, and play hard! Calling all boys to join the coolest sports camp in town! Please bring a bathing suit and towel as camps include use of the Water Splash Pad.

9:00-noon

August 2-5 (Tuesday to Friday)
\$55

MANOR PARK UNITED SOCCER CAMP

Get ready for a fun filled week of soccer? The Manor Park United Soccer Camp is a jam-packed week of soccer skills, drills, and games. Focus on skills and games in a non-competitive environment. Please bring a bathing suit and towel as camps include use of the Water Splash Pad.

9:00 am-noon

July 11-15
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ART & DRAMA FOR CREATIVE KIDS

1:00-4:00 pm
July 11-15
\$65
August 2-5 (Tuesday to Friday, \$55)

Express creativity with a camp designed to be fun and exciting! Please bring a bathing suit and towel as camps include use of the Water Splash Pad.

TENNIS

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July 18-22
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WONDERFUL WEDNESDAYS

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Admission is \$5 per family per night.

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Friday, August 12 - Shrek 2 and The Incredibles
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Summer Camps in Lindenlea

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

TENNIS CAMP - this camp is designed for children between the ages of 4 to 12 years of age. The hours are from 8:30 a.m. to 12:30 p.m., Monday to Friday, every week of July and August. The cost of the camp is \$100.00; this includes prizes and a pizza lunch on Friday, as well as a personalized evaluation from Ontario Tennis Association certified instructors. For more information, please call 742-5011.

CRAFTS & LAUGHS SUMMER CAMP - designed for children aged 2 - 5 years. We offer 3 and 5 days/week, and full and half day options. Full day programs will be offered the first two weeks of

July and August. Both indoor and outdoor activities, imaginative 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 information, call Sue-Ellen Nevala at 724-2755, or contact the centre at 742-5011.

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. If combined with the morning tennis camp, this is a perfect option for parents seeking a full day of activities for their child. Activities include tie-dying, stylish sculptures, and much more. Cost is \$55.00 per week.

Registration for these camps is held every Tuesday evening from 6 - 8:30 p.m. at the

Lindenlea Community Centre, 15 Rockcliffe Way. If you have any questions, please contact us at 742-5011.

AFTER SCHOOL PROGRAM 2005-06

It may seem like a long way's off right now, but this is the time to plan for your child's after school care. We offer after school pick-up from Rockcliffe Park P.S., and a program filled with interesting activities for the children. Incorporated into the program are art lessons with Pamela Laserre once a week. Plans are also afoot to include a number of Friday afternoon workshops with a variety of guests to further stimulate the children. Space is limited, so don't be disappointed! For further information, please contact us at 742-5011.

Christmas in August

In the event that you are thinking this is a typo, or someone slipped up on the proofreading, let me assure you that you read it correctly! That is exactly what's happening at St. Luke Lutheran Church at 326 McKay St. from August 15 - 19 during Vacation Bible School, or VBS as it is usually called.

This year's theme is "Unto us a son is born" and our VBS will centre around the Christmas gift of the baby born in Bethlehem. Seasonal items were already gathered during this past Christmas season, and VBS staff are busily planning skits, lessons, crafts and snacks for the week-long sessions this summer.

Children will hear again the age old story of our Saviour's

birth, and participate in seasonal crafts, decorate a Christmas tree with ornaments that have Christian meanings, sing seasonal songs, and quite literally celebrate "Christmas in August".

VBS is held from 9:30 - 11:45 am each day of that week in August and our children would be happy to welcome your children to join them as they fellowship, learn, and grow in a loving Christian environment.

Come celebrate "Christmas in August" - it will be a "cool" way to beat the summer heat!

To register, or for more information, please call the church office at 749-1731 or contact Noweta Schultz at 226-4360.

Come and See!

Hey Kids! Ages 4-12

The children of St. Luke Lutheran Church,
326 MacKay Street
want you to join them for
Vacation Bible School
as we celebrate the birth of our Saviour, Jesus Christ

"To Us a Child is Born"
August 15-19, 2005
9:30-11:30 a.m.

For further information contact the church office
749-1731 or 226-4360

GEORGE THE PERSONAL TRAINER



I 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. I've had great success in helping clients burn fat, tone muscle and build lean muscle mass.

Throughout my journey, I've discovered 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.

Always grateful teaching and learning with clients.

George Sabbagh



It is a pleasure to write this testimonial for "George-The Personal Trainer". During the time I have worked with George, I have benefited both physically and mentally. His enthusiasm, energy, attention to detail, and charm have helped me go beyond all my expectations. As a professional figure skater, 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 George!!

Brian Orser



Optimizing your health requires attention to mind, body and soul. For someone like me with a busy schedule, the motivation of a personal trainer helps ensure I stay fit. George is more than a personal 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.

Dr. Don Kilby



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 fitness, healthy eating and pure enjoyment with one's physical being.

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\$5, each additional 25 words, payable on submission of ad. Public service ads (e.g., lost & found) free. Call Carolyn Brereton, 749-5499

DOG WALKING and sitting. (Cats too!) Emergency and regular walking, Pet behaviour consultations, investigations and pet bereavement counselling. References. Liba Bender, 746-4884

HANDYMAN since 1975: electrical, plumbing, carpentry, painting. Experienced in all types of renos, restoration. Energy conservation specialist. Bondable, reliable, excellent references. Call Jacques at 256-3935

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 following the old traditions. Call 740-0489. Web site: www.AnaIriondodeBryson.CJ.B.net

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

MATURE, EXPERIENCED nannay looking for work in New Edinburgh area. Excellent references. Please call Norma 458-2522

HIGH HORIZONS Physically challenged group requires volunteers to socialize, sing in their choir, help with crafts and feeding, and push wheelchairs when needed. Retired nurses would be especially welcome. meetings begin September 13 on Tuesdays from 9:30 am to 1:30 pm. Call 746-9699

MINI ESTATE SALE Dinnerware; assorted wine and beverage glasses; dessert and special occasion dishes; linens, tablecloths; records, books; artificial Christmas trees, lites, ornaments; table top rotisserie BBQ. Call 741-6606

FOUND Camera in Stanley Park. Call 746 8259.

FOR SALE: Mahogany dining table. Double pedestal, Italian style. \$650 obo. Call 7414615

WATERFRONT PROPERTY FOR SALE Blue Sea Lake area. Winterized Chalet \$500,000. Sleeps 8 plus. Garage, boathouse, 300 ft. waterfront. Private cove. U-dock. Log Cabin \$300,000. Sleeps 6. Bunkhouse. 300 ft. waterfront. Dock. Spring-fed lake. Good swimming, canoeing, sailing, fishing Tel/fax(613) 741-7703

HOME SITTER available in July 2005. Looking to rent a furnished apartment or house in the New Edinburgh or Lindenlea area for the month of July. Would like a 2 or 3 bedroom home. Please contact: Andrée Mongeon: Tel.: 613.276-2044; email: amon-geon@markant.ca

A MUST SEE: 700 SUSSEX New Prestigious unit 7-07; 2 bdrm/2 bath/den Boardroom; River view; SS appl., many upgrades; concierge, valet parking 222-8000. \$3K/mo.



Domaine Lac LaCaille

Waterfront properties on an undeveloped lake

- ✓ Peaceful secluded prime Gatineau properties available for building in 2005 with private road
- ✓ Clear, clean, 85' deep lake – L shaped 1 Km X 2 Km
- ✓ 13 sloping, south-facing, 1-2 acre lots with 150' to 200' frontage
- ✓ Hydro, telephone and road to lot lines
- ✓ Near Lac des Loups, 20 minutes to Wakefield
- ✓ Building restrictions to protect your investment
- ✓ No gas powered boats
- ✓ Various house and cottage packages available: conventional construction, log, or post and beam

**For more information
Contact: Oakmount Properties
613-832-4085 or by e-mail at
'confederationottawa@on.aibn.com'**



Burgh Bulletin Board

Sat., June 5, 10 a.m.
RUN/WALK FOR CLEAN AIR
Arboretum, Central Experimental Farm
More info: www.friendsofthefarm.ca or 230-3276

Tues., June 7, 7:00 pm
NECA ANNUAL GENERAL MEETING
St. Bart's Church Hall
MacKay at Victoria

Wed., June 8, 7:30 pm
THE ABC'S OF FRAUD
Information session sponsored by Rockcliffe Park Neighbourhood Watch
Rockcliffe Community Hall
380 Springfield Road

Sat., June 11, 10:30 - 1:30 pm
FERN HILL SCHOOL SPRING FAIR
50 Vaughan Street

Sat., June 11, 10 am - 4 pm
IODE 44TH ANNUAL HOUSE & GARDEN TOUR
Tickets \$25 Call 842-5304 or available for purchase at Mood Moss Flowers, Thyme & Thymes Past and all Randall's Paint Stores

Sun., June 12, 12 - 3 p.m.
ANNUAL COMMUNITY PICNIC
Stanley Park at Victoria Street
Bring your picnic basket and running shoes

Tues., June 14, 7 - 9 pm
SAFETY FOR SENIORS
Information session sponsored by New Edinburgh Neighbourhood Watch
The Edinburgh Retirement Residence
10 Vaughan Street

Sat., June 18,
ALSOcares THE AMAZING BOOK RACE Teams from local businesses challenged to race to 9 downtown bookstores and complete literary activities. Book signings by local authors. Fundraiser for ALSOcares Family Literacy program

June 29- July 3, 7 - 9 pm
MUSICAL RIDE SUNSET CEREMONY
RCMP Stables
Sandridge Road

Friday, July 1, 9 - 11 am
LINDENLEA CANADA DAY BREAKFAST
15 Rockcliffe Way
Information: 742-5011

Sat., August 20, 10 pm
2ND ANNUAL LUMIERE FESTIVAL
Stanley Park
for information on lantern making workshops etc see page 24 or call 745-7242 for information
www.lumiereottawa.com

Sat., September 17,
GREAT NEW EDINBURGH GARAGE SALE

DEADLINE

**for the next issue of
the
New Edinburgh News
is
September 10, 2005**



Beechwood Village CHIROPRACTIC

*Welcomes you and your family to the wonderful world of Chiropractic!
Learn about your family's wellness potential by reserving your seat at one of our workshops below.*

Weekly Wellness Workshops
Monday Nights 7:30- 8:00pm
A Half Hour May Change Your Life!

June is Father's Month
Ask us how we can help you honour your Father!

July is Outdoors Month
Spend time in nature and enjoying the benefits of physical activity!

Breast Health
Saturday, June 11th
Presented by Yvonne Chaput, R.M.T

Aromatherapy
Saturday, July 16th
Presented by Stuart Bell, R.M.T

Please call to reserve your place!

New at Beechwood Village Chiropractic Centre (BVCC)
You've spoken and we've responded! Due to increased demand, BVCC is proud to welcome **Yvonne Chaput**, Registered Massage Therapist to our team. We look forward to sharing the knowledge and expertise that she will bring to our community

61 Beechwood Avenue. Please call 748-0611 for more information, and to reserve your space.

Burgh Breezy Bits

Edited by Kim Illman

Congratulations to Ethel Proulx on the arrival of her 12th grandchild - a daughter to Barry and Jennifer. Emma weighed 8lb 6 oz. mother and baby are doing fine

Congratulations to Paul Benoit, long-time resident of Noel Street, former NECA board member, and long-suffering husband of the former editor of the NEN, who was acclaimed on May 12th as the Conservative Party candidate for the riding of Ottawa-Vanier in the upcoming federal election.

Only two bits of news have come our way this month. Burgh Breezy Bits was the name of a tabloid that served the Burgh from 1919 to 1923 and it was filled with gossip and trivia. This column tries to revive that spirit, but we need your help to find out about local births, weddings, new neighbours, achievements, etc. Send us tidbits you'd like published or call. We want to hear from you. Kim Illman 742-7410 or email: kimillman@yahoo.com

Bus Driver Honoured for Saving Toddler on Beechwood

Regular riders on the OC Transpo may be familiar with driver Mohammed Ghaderi. Mr. Ghaderi has been named the 2004 TRANSECURE Employee of the Year at a ceremony in April. he received the award for his role in rescuing an autistic three-year-old boy.

About 3:30 p.m. on July 4, 2004, Mohammed Ghaderi was driving his bus west on Beechwood toward Crichton, when he noticed a three-year-old boy standing on the sidewalk at the corner. The young boy, Victor Banoura, did not have any shoes on and was rapidly shaking his head back and forth. When Mr. Ghaderi stopped at the bus stop, the boy darted into the busy four-lane traffic on Beechwood and sat down in the middle of the street. Mr. Ghaderi got out and directed traffic around the child, then approached the child and offered him some water. The child responded by hugging Mr. Ghaderi. He brought the boy back to the safety of the bus, and contacted OC Transpo Control who called police and OC Transpo Security. Mr. Ghaderi stayed with the boy on the bus while police searched the area and eventually located the boy's father. The boy is autistic and had wandered off, becoming lost.



From left to right: Ontario Provincial Police Inspector Bryan Pollard; Victor Banoura; his father, Mr. Jide Akintomide; Richard Hewitt, Acting Deputy City Manager, Public Works & Services, City of Ottawa, Bus Operator Mohammed Ghaderi and Ottawa Police Services Deputy Chief Larry Hill

Mohammed Ghaderi is just one of 13 Transit employees who were honoured for going above and beyond the call of duty to look out for the safety of the community, or using their buses to provide a safe haven to persons in distress. "The City is very proud of Mohammed Ghaderi and all the OC Transpo employees who go above and beyond the call of duty to make our community a safer place to live work and play," said Mayor Bob Chiarelli. "OC Transpo employees are the eyes and ears of our community. They

are often the first to spot fires, accidents, or notice lost children or seniors. Their quick reaction means that emergency services can be on the scene within minutes," he added.

Since the program's inception in October 1989, OC Transpo employees have logged more than 7,000 TRANSECURE calls. Almost 400 calls were recorded in 2004. The TRANSECURE programs' success is due to the employees who go out of their way to make Ottawa a safe and caring community.



Photo: Adrian Lloyd of Dog Day Afternoon



Poster design by Julia Breckenreid www.breckenreid.com

Family Resource Services

Care of the Elderly at Home

Elizabeth Dale-Harris
RN, BScN

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in Residential Real Estate



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