

# NEW EDINBURGH NEWS

April 2006

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## RIDEAU RIVER CLEAN UP DAY

Sponsored by NECA

**SUNDAY, MAY 14, 2006**  
(RAIN OR SHINE)

**WANTED:** VOLUNTEERS TO CLEAN UP THE SHORE LINE  
AND CANOEISTS TO WORK ON THE RIVER!

**TIME:** 10:00 am -1:00 pm

**PLACE:** Meet at the Field House, 193 Stanley Avenue

**AREA:** Minto Bridges to beyond Cummings Bridge

**EQUIPMENT:** Dress for the occasion: wear rubber boots or sturdy, indestructible shoes; work gloves and old clothes.

**TASK:** To remove garbage/debris/junk from the river banks and the river

**STUDENTS:** Don't miss the chance to log those Community Service Hours *AND* enjoy the outdoors, camaraderie and prizes. (Please **CALL AHEAD** to sign up and get instructions!)

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**CONTACTS:** Catherine Canning 263-1969  
Jane Heintzman 741-0276

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Watercolour by Ana Irondo de Bryson.

## Crichton Cultural Community Centre Update Come What May, We're Here to Stay

One part of the Crichton Cultural Community Centre (CCCC) looks after our community and arts programming, building on our year-over-year successes. The other side tackles our difficulties with The School of Dance (TSOD) management, struggling with our year-upon-year frustrations. While success on the programming side speaks for itself, in recent months not much has been said about our ongoing difficulties.

As most readers are aware, in the fall of 2004, a Management Agreement was imposed that gave TSOD the exclusive use of the first floor and basement of 200 Crichton, while use of the second floor was allocated to the CCCC. The agreement laid out in some detail who was entitled to use what, and how common interests were to be administered. Unfortunately, as things now stand, we are approaching almost two years later in the spring of 2006, and TSOD has not complied with all the terms of the agreement.

So if you're wondering why we still have to use the rear laneway entrance instead of the Dufferin stairwell, it is

because TSOD continues to preclude our access. Or if perhaps you're wondering why we still have no parking spaces, it is because TSOD has failed to recognize its obligation under the Management Agreement.

The Management Agreement stipulates that if we have difficulties, we have to go through a dispute resolution process, the first step being mediation. In October last year, we began a mediation process which has been unsuccessful. Today our difficulties remain unresolved. The prognosis is that it seems unlikely any real progress can be achieved until these difficulties eventually wind their way to court, and that could take years.

Speaking of court, as many readers may be aware, TSOD management has initiated court action to have the Crichton School building sold, and to have the community removed from the building as an encumbrance on the sale value. This is essentially a second attempt to evict the community from 200 Crichton, the first having failed when in April 2004, the court affirmed our rights to a presence in the building.

In response, we are proposing a judicial sale of the property based on the status quo, in other words, with the CCCC occupying 200 Crichton. As we have made clear throughout the short, if intense, history of our organization, the CCCC is in this for the long haul, and we have no intention of relinquishing the community presence in Crichton.

We are working to develop and enhance our community and arts programming. We are working to start some much needed renovations to our facilities. We are also gearing up our preparations for the next Lumière Festival in August. And we will keep working to resolve our difficulties with TSOD management.

We look forward to welcoming the community to our **Annual General Meeting on Sunday, April 30 at 4:00 pm**, and invite your views and suggestions on how best to tackle the challenges ahead. Your support and generosity have been invaluable in the past, and continues to be much needed today. See you there. And please stay afterwards for tea and cookies!

## In this issue...

Bulletin Board .....	Page 43
Breezy Bits .....	Page 42
Burgh Business Briefs .....	Page 14
Crichton Cultural Community Centre programs .....	Page 22
Easter and Lenten Services .....	Page 40
For the Birds. ....	Page 34
<i>New!</i> Babies of the Burgh 2005/2006 .....	Page 41
<i>Nouveau!</i> Vive La Francophonie! .....	Page 6
<i>Not the New Edinburgh News</i> .....	Page 44

**Saturday, May 13th**  
**at the fieldhouse, Stanley Park**

**Annual Plant Sale** 8 a.m. to 4 p.m.



**Annual Friends of the Park CLEAN-UP !**  
meet at the fieldhouse at 10am...

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





## NECA President Gemma Kerr Reports

March has been a long chilly month, but spring finally seems to be in the air. This means it is not long until the City-sponsored park clean-up on Saturday May 13. As there is a large area to cover, we encourage everyone who values and enjoys our park to come out and help. The time and place to meet are given on the front page of this edition.

The day after, May 14, will be Rideau River Day. We are hoping for a good turnout to assist in cleaning the riverbank and river shallows. As in past years, Catherine Canning will be in charge. This River Day may be special, as we are applying for a City environmental grant that would help us capture Catherine's expertise and set up a network with other riverside communities to extend the clean-up upstream. More information can be found on page 13 of this edition.

In addition to small developments in New Edinburgh that are of concern, there are now two large developments looming in nearby communities. One, at 100 Landry Street in Vanier (behind Loeb's supermarket), literally does loom, as the proposal includes a 30-storey tower. This lot has remained undeveloped for fifty years because the soil is contaminated. My impression (though I admit to not having all the facts) is that the City is so relieved to see any proposal that they will give the developer the requested height variance.

The other major development

is the Canadian Forces base at Rockcliffe, near the Aviation Museum. This is potentially much larger, and will have a significant impact on nearby communities. In hopes of influencing the development, about a dozen community associations, including NECA, are forming an umbrella committee which will be incorporated for status purposes, and will request official involvement in the planning and consultation processes. This committee is looking for expert advisors, people with experience in land use, urban planning etc. If you can help, please send me an email.

Both of these developments will affect traffic on Beechwood significantly (though the 100 Landry project impact will be mitigated to some extent by construction of an access road directly to the Vanier Parkway). For this reason, the Beechwood Design Plan completion has been delayed so that long-term traffic impacts can be considered in more detail.

I think all of us were shocked and saddened by the recent murder of K'Leigh Cundall in the heart of our community. Her friends and neighbours have found an appropriate way to remember her. A tree will be planted in the area of the Minto Bridges and there will be a memorial plaque. If you would like to join NECA in contributing to the installation cost, please contact Miriam Farbiasz at 241-6542 or 741-0232.

## Your NECA Representatives 2005-2006

Barbara Benoit, 566-4414  
Pauline Bogue, 742-6966  
Rick Findlay, 747-8081  
John Jarecsni, 741-9905  
Gemma Kerr, 745-7928  
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Friends of NE Park Chair  
Neighbourhood Watch  
CCCC Program Co-ord.  
Past President  
Community Council Chair  
Webmaster  
City Councillor  
New Edinburgh News  
CCCC President

## 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 **7:30 pm**:

**April 17, 2006**

**May 15, 2006**

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Joan Bulger, Ottawa

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# What's Up (and Down) on Porter's Island: Island Lodge is No More

By Jane Heintzman

In the course of the past two years, many readers will undoubtedly have noticed changes afoot on Porter's Island, most recently the demolition of Allan House, one of

seven storey, red brick facility, the **Garry J. Armstrong Long-Term Care Home**, was then built on the footprint of Bradford House and opened for business on June 28, 2005. The home is a non-profit

Island development.

According to **Marilyn Ferguson**, Administrator of the Garry J. Armstrong Home, **volunteers** are always needed to help with feeding, activities, portering or just friendly visiting and companionship. If you have some spare time, give **Dianne Duffy** a call at 789-5100 Ext. 22950.



Photo: Peter Glasgow

Down went Allen House (left) and up went the new Garry J. Armstrong Long-Term Care Home (right).

the two long-term care facilities in the former Island Lodge complex. These changes are part of a Public-Private Partnership (P-3) development project which the City approved in March 2003 and which is currently just over half way to completion.

The first phase of the project involved the demolition of Bradford House, the smaller Island Lodge facility, following the relocation of its residents to the new Peter D. Clark Long-Term Care Centre in Centrepoinette. A spanking new

facility run by the City of Ottawa, and houses 180 residents in a mixture of private and double rooms. All but 15 of these residents were relocated from the Allan House once the new building was completed. Funding for this phase of the project (which entailed a \$22.34 million price tag for the building) was provided by the City, with assistance from the Ontario Ministry of Health and Long-Term Care, which is contributing capital funding of \$661,000 annually for 20 years to support the overall Porter's

Phase Two of the project began with the demolition of Allan House, which wrapped up shortly before we went to press in late March. In its place, Central Park Lodges Limited (CPL) was awarded a contract to build and operate a **new private retirement residence** similar in scale and height to its predecessor on the site. The new ten storey facility will contain 128 independent living units for seniors (including one- and two-bedroom units and studio suites), as well as all the amenities such as dining room, lounges, library, theatre, chapel and exercise area. (The greatest amenity is of course the island setting and wonderful view of the river!)

The City is to receive \$2 million for a 50 year ground lease on the Allan House site, and ownership of new residence will revert back to the City at no cost when the lease expires. Construction is scheduled to begin later this spring, and if all goes according to plan, the building will be ready for occupancy by the spring of 2007.

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**Canadian Tire** 1170 Heron Rd, Bank & Heron 733-6776

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**Shopper's Drug Mart**, 3310  
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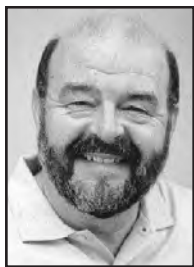
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## Ottawa City Councillor Jacques Legendre Reports

### Princess Road Works

This project is the continuation of the works started last year involving Lisgar to the Dufferin/Rideau Terrace intersection, and Maple from Springfield to Lisgar. Those works will be finalized this coming season with a final layer of asphalt as well as edge landscaping. The new works on Princess will not start until a second round of consultations with the affected communities has occurred - the first was on February 28, 2005. Following further discussions between the City and the NCC (representing the interests of the Rideau Hall/Government House federal property) the proposal has evolved somewhat from that presented last year for the Princess component, although the differences are minor in my opinion. Initially, the officer in charge will consult directly with the respective community associations, and then by means of a general public meeting in

April, which I will chair. Details of the meeting will be posted in community centres and on your Rideau-Rockcliffe website.

### CFB Rockcliffe – Community Stirrings

The Canada Lands Corporation (CLC), the crown agency that will be charged with proposing new uses for Canadian Forces Base Rockcliffe, expects to have legal title to the 336-acre site by May of this year. This follows over ten years of uncertainty concerning this large piece of territory in the capital's urban core. The size of the site as well as its location in the Nation's capital mean that a carefully conducted planning exercise will be necessary to ensure that the very best ideas will come forward.

Anticipating the work ahead, a meeting of surrounding community groups was held at the Gloucester North Public Library on Ogilvie Road on

Monday, February 13. The convenor, Jane Brammer, President of the Rothwell Heights Property Owners Association, presented a summary of the status of CFB Rockcliffe. Those present were first asked to express their concerns or their hopes for the site. There was much support for the creation of an umbrella community organization, embracing all of the surrounding communities, charged with engaging CLC in the public dialogue to occur over the next years. There was a strong feeling that such a gathering would be in everyone's best interests. I am strongly supportive of that view and would encourage anyone interested to signal his or her interest. You can do so either through my office or by contacting Gemma Kerr, President of NECA, at [necapres@magma.ca](mailto:necapres@magma.ca).

Jacques Legendre  
Councillor, Rideau-Rockcliffe

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

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Web Site: [www.rideau-rockcliffe.com](http://www.rideau-rockcliffe.com).

## Memorial to K'Leigh Cundall

The NCC have given permission for our neighbourhood to plant a tree and place a plaque in Stanley Park in memory of K'Leigh Cundall, the 21-year-old University of Ottawa student who was murdered in her New Edinburgh home on 8 December, 2005.

The memorial will cost about \$800. It would be fitting for us to raise this sum together as a community. Please consider making a small donation to help pay for K'Leigh's memorial. Donations can be given to Dilshad Macklem at 35-B Charles Street or to Miriam Farbiasz at 89 Queen Victoria Street.

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# Neighbourhood Watch Update

By Michael Histed

The neighbourhood has certainly been much quieter since the rash of break-and-enters last fall. In fact we have not sent out a neighbourhood watch notice in over two months. Congratulations to everyone.

Does this mean however that we can sit back and relax? Quite the contrary! These are the moments when criminals take advantage of residents cutting back on their vigilance. We will also soon be taking down the storm windows, opening up our garages, dusting off those bikes and airing out the house. Yes, spring is almost here. For most of us this time heralds a relief from the long winter, but for crimi-



nals it is also a time for opportunity.

Cleaning out the garage is a spring ritual, but take care not to leave valuables unattended, in particular bikes, skateboards, tools, furniture. It is very easy to convince yourself that you will only be a few seconds to get something from the house. Before you know it, your treasured bike is gone. Take care and do not leave any valuables unattended.

Remember not to leave the house with windows or doors

left open. I realize it is very tempting after hiding from the elements behind closed doors for the last six months, but criminals want their lives made easy. If they can pick

between an open window or door, and a locked or alarmed home, they will choose the former. Three of the break-and-enters last year were through open/unlocked doors.

Spring also turns our attentions away from the home towards opening up cottages or planning summer holidays. Make sure you inform your neighbours when going away for the weekend. Cancel the papers, and have a neighbour pick up the mail.

Lastly, our thanks should go to our most trusted partner in fighting crime, the Ottawa Police. They continue to provide this neighbourhood with endless support in our efforts to create a safer environment for ourselves and our children. Here again are those important phone numbers:

Life-threatening emergency, crime in progress or suspicious activity: **911**

Other emergencies: **230-6211**

Community Police Centres: **236-1222**

Web: [www.ottawapolice.ca](http://www.ottawapolice.ca)

For more information about neighbourhood watch, contact your Block Captain or Michael Histed at 741-1660.

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## Spring Cleaning

By Constable Tom Mosco

Spring is a great time to review our crime prevention practices and sharpen our skills.

Most crimes are crimes of opportunity. An open garage door is an invitation to a thief. The most common item stolen from the garage is the bicycle. Locking bicycles in the garage is as important as locking in a public place. I strongly recommend using a cable lock. Lock the bicycle to other bicycles, to a fixed object or a beam in the garage. Further, it is important that you can identify your bicycle. Bicycles are required to have a vehicle identification number or VIN. The VIN is stamped on the frame of the bicycle usually on the bottom bracket. If you cannot find a VIN you can engrave your drivers licence number on the frame. Make, model, frame size and accessories are also important. Write down your

bicycle information and store it in a secure area.

The second most common crime is theft from cars. Leaving exposed items in an unoccupied automobile is an open invitation for theft. Store required items in the trunk of the car and in most cases remove the items entirely. Removing these items can also prevent damage done to the car by the thief.

If you are working in the back yard or are in the house having lunch, close and lock the garage door.

**Crime prevention tip:** Use motion activated lighting in the area where you park your car. This type of lighting will indicate movement in that area and will increase personal safety.

For more information on theft prevention call the Ottawa Police at 236-1222 extension 5915 or visit the Rockcliffe Community Police Centre at 360 Springfield Road.

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**Thank you for all your business and referrals. Hoping your 2006 is filled with health and happiness, best wishes to you and yours.**

**Merci d'avoir fait affaire avec moi et de m'avoir référé des parents et amis. Espérant que l'année 2006 vous apportera santé et bonheur, meilleurs vœux à vous et aux vôtres.**

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# Vive La Francophonie!

*Note du rédacteur : J'espère que nos lecteurs apprécieront l'ajout de cette page francophone. Je veux prendre cette occasion d'encourager tous ceux qui ont des idées pour d'autres soumissions en français de me faire signe !*

## Bernard Chevrier

### « Le Destin d'Antoine Brûlé »

#### Par l'équipe NEN

Dans le cadre du 27e Salon du livre de l'Ontario qui a eu lieu du 9 au 12 mars, Les Éditions du Vermillon ont procédé au lancement du tout dernier ouvrage de **Bernard Chevrier**, intitulé « **Le Destin d'Antoine Brûlé** ». Lors de cette occasion, Monsieur Chevrier a dédié ses livres à un public passant des adeptes de la littérature au lecteur occasionnel.

Cet ouvrage peut être défini comme un récit, à la fois autobiographique et historique, racontant la vie d'un personnage étroitement lié à la lutte pour la reconnaissance du français en Ontario. Monsieur Chevrier, en tant que romancier et historien nous entraîne dans les aventures, les combats et la vie romanesque de son personnage, Antoine Brûlé.

Aussi, il décrit la relation entre Antoine Brûlé et Jeanne de Repentigny, femme joyeuse et élégante, qui guida et aida



celui-ci à réaliser son plus grand destin.

De plus, pour ce récit, l'auteur s'est inspiré de la vie de

son grand-père paternel qui quitta Vaudreuil à la fin du 19ème siècle pour aller s'établir dans le sud-est ontarien. Parti de faits conformes à la vérité, le récit et l'interprétation de certains événements ne correspondent pas nécessairement à la réalité, comme l'explique bien l'auteur.

C'est la troisième œuvre de Bernard Chevrier. En 1997, paraissait une biographie de son père intitulée « Lionel Chevrier : un homme de combat », puis en 2002, « Tales of Courage : Stories from Eastern Ontario's Remarkable Past », publié par l'Éditeur Penumbra Press.

(Aux Éditions Le Vermillon, commande postale : 613-241-4032)

## Au Bord d'une Clairière...

#### Une histoire par Pierrette Tousignant

Ils étaient là, seuls tous les deux, au bord d'une clairière, en pleine forêt. A travers les feuilles d'énormes chênes, les rayons du soleil les inondaient. A leur tenue d'amateurs de randonnées pédestres, on aurait cru qu'ils s'étaient arrêtés là pour faire une pause avant de continuer leur excursion.

Elle, debout, de taille moyenne, regardait vers le ciel, le dos arqué, comme pour s'abreuver de soleil. Puis elle se retourna et se dirigea vers un carré de fleurs sauvages.

Lui, très grand, filiforme, ressemblait à une statue de sel quoique son regard était posé sur elle.

Elle revint vers lui. Un bouquet à la main. Joyeuse. Rêveuse. Elle déposa le bouquet au pied de l'homme. Il ne bougea pas. Lentement elle leva la tête, embrassant du regard, depuis les pieds, cet homme de lumière. Elle considéra ses chaussures solides de bon marcheur en forêt ; ses jambes fines mais robustes, son pantalon court aux milles poches. Le devant de ce pan-

tal, remémorant ses secrets. Un sourire tendre se dessina sur les lèvres de la femme. Puis son regard alla vers la chemise doublée, puis aux longues

Aimer  
Pouvoir enfin  
D'un geste, d'un sourire  
Accepter l'étreinte  
D'un amour sincère  
Se lancer à corps perdus  
L'âme la première  
Le cœur sur la main  
À bras ouverts!

mains délicates de l'homme.

Enfin, elle posa les yeux sur son visage noble, ses lèvres minces et bien tracées. Ses yeux... leurs regards semblèrent se rencontrer. Elle si loin, près de la terre. Lui, si près du soleil. Il la regardait comme s'il avait voulu graver dans sa mémoire la présence

de cette femme qu'il trouvait belle.

Un halo de lumière enveloppait l'homme. Il ouvrit la bouche comme s'il allait parler, mais aucun son n'en sortit. Heureuse elle se leva et posa sa main sur le cœur de l'homme. Des larmes de joie coulaient sur ses joues de femme. Dans sa tête, une musique douce, des violons... Bach, se faisaient entendre. Quand la musique s'arrêta, elle retira sa main. Fit un pas en arrière et fixa l'homme. Le regarda disparaître, comme à chaque fois, dans son enveloppe de lumière.

Cette fois cependant, elle s'attarda dans la clairière. Elle s'agenouilla à l'endroit où les pieds de l'homme avaient reposé, il y avait à peine quelques secondes. Elle se coucha sur le sol. Le soleil descendait. Elle ne rentrerait pas. Pas tout de suite.

A la nuit tombante une lumière blanche l'enveloppa comme pour la protéger du froid nocturne. Sereine, elle semblait dormir. Puis la main de l'homme se posa sur le visage de la femme et dans son sursaut de lumière, elle le suivit.

*Pierrette Tousignant*



# The Rites of Spring on the Rideau River: What Those Guys in Orange Are Actually Doing Out There

By Jane Heintzman

The annual New Edinburgh ritual of cutting the keys and blasting the ice on the Rideau River, starting at the Falls at Sussex and Stanley, has a magnetic fascination which brings area residents and visitors of all ages and backgrounds to the river banks each spring to take in the amazing spectacle. In response to this intense public curiosity, this year the City of Ottawa's Surface Operations Branch has issued a backgrounder explaining the major steps in the process of ice management and flood control.

Step One, which takes place in late fall or early winter, involves the installation of an **Ice Control Boom** just upstream from Strathcona Park. The boom is a device made of steel cylinders supported by cables which are stretched across the water and fastened tightly to the river banks. Its purpose is to slow down the surface water flow in order to promote the formation of an **ice cover**. This helps to insulate the water from extreme cold air temperatures, and in so doing cuts down the volumes of frazil ice (slush), anchor ice and "hanging

dams" in the river, all of which complicate the break up process when spring approaches.

Step Two is the surgical part of the process referred to as **cutting the keys**, an operation

orange human clusters that catch the eye of even the fastest drivers along Sussex and Stanley) uses circular saws and extraction equipment to cut and extract large chunks of ice. These chunks are then

can take up to three weeks to complete, and started this year in late February, about two weeks behind schedule.

Step Three is the noisy part, but by far the most thrilling. **"Ice Breaking" or blasting**

nant booms and towering jets of pulverized ice and snow (occasionally but not invariably preceded by a warning whistle) become a familiar part of the pattern of life for those living close to the river, and in particular for those ambling in the park with their pooches where the action can sometimes be a bit too close for comfort. The blasting operations are repeated daily until the river flow is stabilized, a process which can take anywhere from 5 days to a month.

The object of the whole exercise is of course to prevent ice jams, allow the water to flow freely and thus relieve flooding pressures along the Rideau River flood plain when the water flow is at its powerful peak. Within the City of Ottawa, it's been over two decades since the river has in fact overflowed its banks and caused flooding in the surrounding area, so it seems this annual rite of spring has served its purpose remarkably well. Thanks to all the members of the Special Operations (Orange) Team for keeping our basements dry and providing us with daily entertainment at the tail end of winter.



Sketch by Martha Markowsky

which starts just above the Rideau Falls, usually in mid to late February. After a preliminary ploughing operation, a 15 man Surface Operations specialty team (those bright

pushed beneath the surface of the water or set aside in tidy rows where they appear at first glance like glistening towers on the skyline of a miniature city. The key cutting process

begins shortly after the keys are cut, when the specialty team uses explosives and amphibious excavating equipment to break up the ice and create open water. The reso-

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## Wine and Food Matching Acid and Sweetness

**A**cid has a negative connotation in daily life, as does 'sour'. This is too bad. While there's nothing wrong with sweet, sour is really under-rated. It heightens flavours, and 'lengthens' their effect on the palate (this isn't just a perception – the ions that the acid unleashes on the palate open up the taste buds and zap the flavour intensity). Apple pie needs a bit of lemon juice, and fish and chicken are even more delicious when made or served with zesty lemon.

Acid in wine helps a couple of things. It can either highlight or cut through sweetness, and it can help cleanse the palate of strongly flavoured dishes, readying you for another sip. It also helps the wine stand up to acidic flavours. A really flinty-dry Sauvignon Blanc will taste wonderful with a seafood dish laced with fresh limejuice, where a soft off-dry Riesling would taste flabby, and weak.

This also works backwards. If you are serving a fresh juicy peach with a flinty-dry Sauvignon Blanc, the wine will probably taste about the same as licking a battery terminal (*though this is not recommended!*). On the other hand, the soft off-dry Riesling (like a Piesporter style) will highlight the sweetness of the fruit, and seem perfectly balanced.

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# Ten Years of Traffic Calming in New Edinburgh. Are we there yet?

By Rick Findlay

What is "traffic calming" and do we still want it in New Edinburgh?

The idea of traffic calming has been around for many years, having emerged as a concept in Europe and other parts of the globe where there was a growing interest in "reclaiming" neighbourhood streets from the escalating domination of the automobile.

Streets are by nature multi-functional public open spaces. They serve many different users including pedestrians, cyclists, public transit and motorists. Traditionally, and still in many parts of New Edinburgh, our streets and lanes have been places where neighbours could interact and children could play.

But today, most modern streets have become designed to function primarily as unimpeded conduits for motor vehicular traffic, often to the exclusion of other groups and activities. Walking (or playing!) on streets, except to cross at intersections, is an offence. So to many motorists, the idea of "calming traffic" means getting as many cars through an area as quickly and easily as

possible! There are some competing visions out there and some choices that we can make.

In this article we will explore what traffic calming has come to mean, and what it could do to make our neighbourhood safer and more liveable.

The history of traffic calming in New Edinburgh is now a decade old! In 1995, residents of the Burgh were expressing strong concern over traffic-related issues in their community, like excessive travel speeds of vehicles and increasing volumes of non-resident cut-through traffic using neighbourhood streets. NECA representatives met with city staff and then Councillor Cannings to discuss options. What emerged was the strong encouragement of the City for the residents of New Edinburgh themselves to undertake a traffic calming pilot project, and to carry out their own study, undertake their own community consultation and develop a traffic calming plan for the neighbourhood.

City Hall loved the idea, approved a NECA proposal for moving ahead with a study, and dedicated staff resources for the project. NECA executive approved the initiative at their June 2006 1996 annual general meeting and the work began, with NECA's Daphne Hope leading a steering committee in the work of developing a community-developed traffic calming plan. With the


assistance of City staff, NECA's Traffic Calming Committee undertook traffic counts and speed surveys. Questionnaires were issued to residents and evaluated, public meetings and discussions with the business community were held. We listened.

After a lot of work by many New Edinburgh volunteers, a NECA Traffic Calming Study was completed and presented in September 1997, setting out 25 traffic calming measures for implementation in the streets of our neighbourhood. The plan also highlighted the need to respect and enhance the heritage characteristics of the neighbourhood and seek aesthetically-sensitive traffic calming solutions, while reinforcing a "Green Hierarchy" set of principles that place pedestrians first, cyclists second, transit third and all other motor vehicles would be moved to a lower priority through initiatives which include promoting the increased use of non-auto options for neighbourhood trips. The plan should be to get people out of their cars more – for the benefit of our community, the environment and the people themselves! The plan did not propose increased use of "Stop" signs, because our study indicated that there was a general preference for measures that would slow traffic, while avoiding the noise and pollution associated with decelerating and accelerating traffic.

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Curb extensions like this one are one of the traffic calming measures that are being implemented in New Edniburgh.

So have we made any progress since 1997? Well yes we have – not as much as we believed we would see based on the strong interest the City of Ottawa was placing in our work at that time. Our traffic calming pilot study was soon forgotten as City Hall turned its attention to the wrenching changes associated with municipal amalgamation. Budgets were slashed – priorities were changed and traffic calming was put so far back on the stove it wasn't even on a burner.

The deal was that, henceforth, whenever road construction was going to be undertaken in New Edinburgh, for whatever reasons, the City would consider the possibility of including a traffic calming measure in the construction plan. On that basis we have made some good progress. At least eight measures involving construction have been installed and that's good. But our focus seems to have been lost and we have not made as much progress as we expected. Contrary to the study's recommendations to maintain a balanced approach which calms all our streets, City staff now refer to Crichton Street as a "corridor", and Councillor Legendre has made it clear that, because Crichton Street is a bus route, the temporary stop

sign at the busy Union and Crichton intersections would not be made permanent, even though the temporary sign was generally considered highly desirable.

Many in the community continue to express their strong concerns about speeding and excessive cut-through traffic especially on key streets including Crichton, Springfield, Dufferin and Beechwood. On the other hand, the introduction of stop signs and other traffic calming measures on Stanley and Mackay streets in recent years, and humps on Ivy Crescent, have reduced traffic issues on those streets.

Is it time to re-examine our neighbourhood and the priorities we place on traffic calming? Do we really agree on what traffic calming can be? Should traffic calming apply to all New Edinburgh streets in a balanced way or is traffic diversion desirable? Should traffic calming put people first or cars first? Do we want traffic to be "calmed" and our streets safer and more pleasant through physical measures that reduce the negative effects of motor vehicle use? Is that enough or should we really be thinking about more of a community design process? Should we be working to redesign our streets to suit the

particular non-motorized functions we want? Should we abolish the idea of "traffic calming" as a reactive kind of old fashioned approach and turn our attention to what should be simply "good design practice"?

After about a decade of being involved with traffic and traffic calming issues in New Edinburgh, my own changing priorities demand that I step back and throw the challenge back to others in New Edinburgh to lead the discussion, moving forward. What do you want your street and your community to be? Who out there wants to play?

*Rick Findlay is Chair of the NECA Traffic Calming Committee.*



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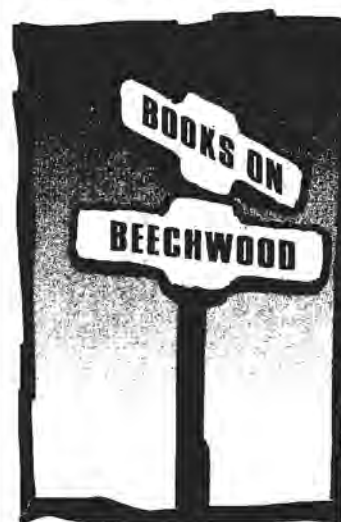
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## From Alexander Street to Afghanistan: Former Burgh Resident named Kofi Annan's Political Point Man in Kabul

By Jane Heintzman

Among the special charms of New Edinburgh are the many interesting people from all walks of life who inhabit the neighbourhood, some of them "lifers" who remain for decades or even generations, and others whose stay in the Burgh is a brief interlude en route to other countries or communities. **Christopher Alexander**, a young, high flying foreign service officer who was recently appointed to a key United Nations role in Afghanistan, falls into the latter category.

For a short period in the late 90's, Chris lived in the wonderful yellow Italianate Second Empire style house at **34 Alexander Street** (appropriately enough!) while he worked at Foreign Affairs headquarters as deputy director responsible for Canada's bilateral relations with Russia and later as Assistant to the Deputy Minister of Foreign Affairs. In 2000, Chris traded that quiet corner of New Edinburgh for the challenges of life in Moscow where, at the age of barely 30, he became

second in command at the Canadian Embassy. He had served as second secretary at that same mission in the mid-90's, not long after joining the foreign service.



**Chris Alexander (centre) outside the half-finished Canadian Embassy in Kabul where he was Ambassador until last October.**

As some readers may be aware given the prominence of this troubled hot spot on the international stage, Chris was appointed Canada's **first Ambassador to Afghanistan**

in 2003, when he set about establishing a Canadian embassy in Kabul and for three years immersed himself in the challenge of learning at first hand about the complex politi-

cal and tribal system in that volatile country.

Not long after his term as Ambassador ended in October 2005, he was appointed by UN Secretary General Kofi Annan

as one of two **Deputy Special Representatives of the Secretary General for Afghanistan**. Apparently to his delight, he is now back in Kabul where his daunting responsibilities cover the gamut of political issues from electoral and parliamentary questions to matters related to peace and stability, security sector reform and human rights.

In a recent *Ottawa Citizen* interview with Matthew Fisher ("Saving the country will require 'great effort': first Ambassador to Afghanistan says he's back where he belongs," Saturday, February 11th, 2006). Chris acknowledged that surmounting the challenges of lawlessness, grinding poverty and ongoing terrorist violence, and getting the fragile institutions of government to take root, will require a strengthened and concerted international effort. With Canadian Brigadier-General David Fraser now in command of coalition forces in Afghanistan as of late February, Canada will be front and centre in that effort.

In his new UN role, Chris was among the authors of the **Afghanistan Compact**, a UN blueprint for continuing action in Afghanistan which was approved by 27 countries at the London Conference on Afghanistan in late January/early February, 2006. In his interview with Matthew Fisher, Chris emphasized that countries supporting the Compact "all recognized that the transition here is not assured...We are still at ground zero in terms of human development...Poverty remains the dominant reality...We need security, and not only security provided by the military. We need the rule of law, not only with regard to who governs, but human rights where...there has not been enough progress in the past four years."

We wish Chris well in his extraordinarily difficult and dangerous mission, and hope that from time to time, his memories of New Edinburgh afford a tranquil oasis in the turmoil of his new life in Afghanistan.



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# The Gardening Season is Open: Time to Enrich Your Soil and Your Soul

**By Douglas Cornish**

Each year I hesitate in contributing to one of the largest industries in this country, the gardening industry. It's only in early spring that I have these thoughts. After a long winter, the winter debris, the sorry states of the vegetation, I usually think what's the point in beautifying my surroundings. In another five months or so the cold will return, so why bother spending time and money for something which is only temporary.

Gardens in this part of the world are only good for five-months, at best. Cold is the prime season. The garden season is just a "visiting" season, with property rights. In the diplomatic world people would say that the gardening season has a "visa" to remain for 4 or 5 months, but not long enough to obtain a full "passport". Winter, on the other hand, is a full citizen in this country, with all the rights.

But, as I've been getting into the gardening frame of mind, being caught up in the sudden momentum I once again become hooked on gardening. There's not a store this time of year not selling flowers. If they're not the type of store to sell flowers or gardening tools, there's usually a small garden outside. Even gas stations get into the act with a few flowers near the pumps. I think Canadians, and particularly people in this region appreciate gardens and gardening, for they know how fleeting it is. So much time, expense, and effort is put into "sprucing up" one's little piece of land, yet everyone knows it's really all for naught, because it won't last.

But it isn't really all for naught. Gardening is really all about improving one's lot in life. No matter which neighbourhood you wander into in Ottawa, no matter how poor or rough looking, you'll always see someone who's hung out a pot, or put out a few pansies, or

planted some petunias next to the sidewalk. In some neighbourhoods, it's just about "one-up-man-ship", trying to have your property look better



Photo: Canadian Gardening Magazine

than your neighbours or, perhaps, trying to keep up with the peer pressure of the neighbourhood standard. But for most people, I think it's really all about simply taking the time to improve the look of one's surroundings. Whether planting a single flower, or an elaborate landscaped garden, it can be done without hurting the environment. Most flower gardens at the street level don't really require heavy duty pesticides. A green lawn is usually only green with some chemical help, yet the result is really just one colour, green, but a flower garden is colourful, pleasing to the senses, and good for the soul.

Particularly in cities, gardens are not only a pleasantry, they're a necessity. Gardens are the feminine part of the world. Without the softness, kindness, and prettiness of women, the rough and tumble world of men might be too much to tolerate (even for some men). Gardens fulfil this crucial "feminine" element. City gardens are the soft side of the dusty, grey, impersonal asphalt. They make a fence stand out, or take one's eye away from an otherwise unattractive surrounding.

Like earrings, a hanging

flower basket compliments, adds to, the architecture of a house, or a building. A little garden in front of a shop tells the visitor that the owner took

they're better people; they're not satisfied with the norm, they want to naturally enrich their surroundings, in turn, make others feel good.

As the summer continues, it might be harder to maintain a garden, for Ottawa weather is not always predictable. Keeping things beautiful throughout the season is more difficult, more time consuming, but initially most people eagerly pursue the gardening "thing". It's tradition to spend money on gardens. They might not be good for the pocketbook, but they're good for the soul, and as the summer continues, if one flower dies of heat stroke, it's so tempting to go back for a replacement.

Isn't that why most people succumb to bringing home a hanging basket, or a flat of marigolds along with their eggs and milk after a hard day's work? Flowers aren't on most grocery lists, they're the "afterthoughts" and you can't live on flowers alone, but they are good for the soul.

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As much as we regret leaving New Edinburgh, it's not good-bye but au revoir..

Judith, Tim, Mika, and the terrific Team Delish: Candice, Chloe, Micheal, Lois, Annick, Pierluc, Becca, Rebecca, Margret, and Kathleen.

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### Community & Family Events

Now is the time of year were I actually begin to believe spring has really arrived. Our rink season was an enormous success despite a rather strange winter. Our **ANNUAL SKATING PARTY** was one of the best yet with our turnout of more than 300 people enjoying the mild day, hot dogs and lots of neighbours. Very special thank you's go to Pauline Bogue and Catherine Bell of our local Royal LePage, the New Edinburgh Pub and our amazing team of helpers. You are so fabulous!

Next month we will officially shout that spring has arrived with the **SPRING PLANT SALE**, which will be held on Saturday, May 13, 2006 from 8 am to 4 pm at the fieldhouse. So plan to come and get your petunias and pansies while having fun with our "expert team" of plant smartypants as we discuss with you the finer points of community horticulture. That really means that Roger Hardy can tell the difference between a geranium and maple tree!

I have mentioned over the last few issues of the New Edinburgh News the **need for new volunteers** to join in on what the Crichton Community Council does for this neighbourhood, and since I will be standing down as President in June, I am going to say it again! My family and I moved out of the Burgh last August into a wonderful new home. We love it but have discovered that there is NO sense of community at all where we now live. This has made me realize more than before how amazing those of you who live in New Edinburgh have truly got it. I know it is a beautiful area with nice homes, cool shops and all that stuff. But quite honestly,

you can get that in many places. What you do have is an **OUTSTANDING COMMUNITY** that is nurtured by those who want to live in a neighbourhood with a heartbeat. And that will only happen when folks decide what they have is worth working for. Right now Council has ten members, yes ten!! Three of whom do not even live in New Edinburgh any longer but still remain on Council to help keep it alive. For over 30 years we have provided this community with family and social events and all that could change in a matter of months. I truly mean it when I say we might not have a **June picnic** or **garage sale** or **skating party** any longer because of a lack of volunteers. In the December issue I wrote what I thought was a really tough article explaining all this and thought for sure I would have some kind of response. Not one person said a thing. So hopefully this might work. If you want to keep community events and projects alive in New Edinburgh, if you give the slightest horse's patoot what makes this neighbourhood special, then I highly suggest getting off your community backsides and help make it happen. I'm normally not one to try to stir the hornets' nest but in this case I am hoping for many stings.

You can get in touch with Council a number of ways. Come to one of our meetings and join us for plenty of laughs and dessert at the fieldhouse on the second Monday of each month at 7 pm, or call **Jill Hardy** at 746-1323 or myself at 742-7410.

*Kim Illman, President of Crichton Community Council*

**Editor's Note:** Although I am not quite sure what a patoot is, I think the general idea here is **GET INVOLVED!**



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Photo: Peter Glasgow

## Rideau River Day

By Jane Heintzman

The Rideau River and its shoreline are among the most precious natural assets in our city and community. The changing aspects of the river as it evolves from a pristine frozen landscape through the winter, to a thundering, boiling torrent in spring and then a shallow, greenish trickle at the height of the summer, are a familiar and much valued part of the rhythm of life for residents of the Burgh. The river and its banks are also the natural habitat of myriad species of wildlife from water fowl such as ducks and herons to industrious beavers and muskrats, and of course, fish which continue to attract hopeful anglers to the shoreline each summer.

As most readers are all too well aware, the health and beauty of the mighty Rideau are chronically threatened by the accumulation of garbage and debris from our throw away society. New Edinburgh's unique situation

as the farthest point downstream before the Rideau Falls gives us the dubious distinction of being the repository for a good deal of this junk, and most park users have become accustomed to the ugly spectacle of plastic bags, cans, bottles and assorted detritus clinging to the shoreline or floating in mid-stream.

For four years between 2000 and 2004, Catherine Canning, a well-known local dog walker and resident of the nearby Kingsview Park area, took the lead in organizing regular Rideau River Clean Up Days twice a year in the spring and fall. As an energetic environmentalist, Catherine was unable to walk idly by and watch the garbage pile up along the shoreline, polluting the water and destroying wildlife habitat. With the assistance of clean up supplies from the City and donations from Mountain Equipment Co-op and a number of local businesses, Catherine and her

group of hardy volunteers did an amazing job of removing the piles of debris in and along the river from the Minto Bridges to the Cummings Bridge.

This spring, a NECA-based group (which thankfully includes veteran Catherine Canning!) has come together to re-launch the Rideau River Clean Up tradition within the community, and ultimately to broaden its scope to engage riverside communities throughout the Ottawa area in an annual Rideau River Day and an ongoing river stewardship and monitoring effort.

**The Short Term: Rideau River Clean Up, Sunday, May 14, 10:00 am -1:00 pm**

As readers are aware from the notice in this edition of the News, our first short-term step is a Rideau River Clean Up day next month, on Sunday May 14, when we hope friends and neighbours will join us to tackle the shoreline and restore the river and environs to its true beauty in time for the arrival of summer. Details are

posted in the accompanying notice, but please note in particular that **canoeists are badly needed** to collect the junk that is out of the safe reach of those working along the river banks. Happily, Catherine Canning will again play a lead role in the event, and the format will largely follow the pattern of previous years.

One small variation in the protocol this spring involves an added recycling effort. Rather than send the heaps of collected debris indiscriminately to the landfill, the plan is to have each clean-up group carry separate bags for landfill garbage on the one hand, and recyclable cans and plastic or glass bottles on the other.

**So please join us for a morning blitz to celebrate spring and save the river.** If you have anthropological leanings, you'll be amazed by the goldmine of "cultural artefacts" that may emerge in the process, if past history is any guide! The action starts at the **Field House (193 Stanley) at 10:00 am sharp**, so please try to be on time to get your clean up supplies and marching orders about the particular trouble spots on which to focus your efforts.

**The Longer Term: An Annual City Wide Rideau River Day**

As a means to achieving the longer-term objective of expanding the project to riverside communities throughout Ottawa and establishing Rideau River Day as a popular and well-publicized annual event, NECA has applied for a City of Ottawa grant under the Community Environmental Project Grant Program (CEPGP) to help cover the costs of such items as publicity, reusable banners, logo design, Rideau River Day T-shirts and the production of a Clean Up Day Logistics Handbook as a guide for other participating communities. If all goes as planned, a second and hopefully somewhat larger-scale Clean Up Day will be held in the Burgh this Fall to serve as pilot project in the progress towards a city-wide event and the creation of a river stewardship network among communities bordering the Rideau.

Anyone interested in taking part in this community environmental project, whether by wielding the garbage bags on clean up day, assisting with publicity, helping to build a network with other communities or contributing new ideas to the planning process, is welcome to contact NECA or project volunteers Catherine Canning (263-1969) or Jane Heintzman (741-0276).


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# BURGH BUSINESS BRIEFS

- By Jane Heintzman -

## Oops

Our sincere apologies to loyal advertisers **Beauty Mark Esthetics, Caldwell and Associates, Pretoria Pet Hospital, Mauril Bélanger, Books on Beechwood, the New Edinburgh Pub, Pretoria Pet Hospital, Ménage Interiors and Rent-A-Wife**, whose ads failed to appear in our February issue when two pages of the paper were lost in an electronic Bermuda triangle in the course of the production process. We thank them all for their understanding and their ongoing support.

## Rassi Hairstyle Beauty

One chilly afternoon in early February, **Marwan el Rassi** closed his salon at 2 Beechwood Avenue to welcome a group of six women from a local women's shelter. In the hours that followed, Marwan and his stylists **Ray, Sherry** and **Feri** devoted themselves to pampering their appreciative guests, offering them the hairstyling "works" including colour, highlights and whatever touches they wished to help them look and feel their best.

The women also enjoyed a tempting array of complimentary chocolates and drinks, and at the end of the afternoon visit, each was presented with a bag of hair care products and



Photo: Peter Glasgow

## Marwan el Rassi (seated), and his team at Rassi Hairstyle Beauty.

a small bouquet of flowers. A number of Beechwood businesses, including **Epicuria, Bread and Roses** and **Mood Moss Flowers**, made contributions to this memorable occasion which reportedly moved the women to tears of gratitude for the unaccustomed care and attention. According to

Marwan, one of the women had never before been given flowers and so took special joy in this small gesture of kindness.

This is the second year that Marwan and his stylists have donated their time and expertise to a special afternoon for

residents of the women's shelter and earlier this year, he offered the same hospitality to a younger group from a shelter for pregnant teenagers.

Marwan explains that because of his good fortune in having "a great Mom", he has always looked for ways to improve the lot of women in society, and to boost their morale and self-esteem by helping them to look great and to feel cared for. He plans to extend the invitation again next year, and is hopeful that other Beechwood businesses will be interested in coming on board with this worthwhile project.

Thank you Marwan, Ray, Sherry, Feri and all the others who contributed to these restorative afternoons at the salon! Your "random acts of kindness" undoubtedly made a difference to all of those involved.

## One on One Computer Training for Seniors

It seems safe to surmise that since **Pierrette Tousignant** launched her computer training business several years ago, the average level of computer literacy among seniors in our area has escalated significantly as a growing number of older cyber adventurers have availed themselves of her services, many of them on a regular basis. While the majority of her students are within the neighbourhood where word of mouth referrals have helped to make her expertise (and patience!) a much sought after commodity, Pierrette's clientele now extends to Manor Park and Billings Bridge. And,

but for insurmountable transportation and time constraints, it could have expanded still further.

Not long ago, after placing an advertisement in the seniors' magazine *Forever Young*, Pierrette received a deluge of responses from prospective clients, the vast majority of whom were in the far west end from Nepean to Kanata Lakes and Stittsville. Needless to say, these distances proved less than economic for Pierrette who relies on walking and public transportation to reach her clients. Ironically, however, the wife of the Advertising Representative for the magazine picked up on the idea, and called Pierrette to ask for tips on how to launch a one-on-one computer training business. Generous to a fault (though a little astonished at her potential competitor's chutzpah!), Pierrette referred all her west end callers to this aspiring new teacher in the hopes that these elderly folks could benefit to the same degree as her own local clients from learning a new and important skill.

With the growth of her client base, scheduling has become more of a challenge for Pierrette who does her best to meet the needs of her older students whose routines are not as flexible as perhaps they once were. At the moment, she sees clients in the immediate neighbourhood on Mondays, Tuesdays, Thursdays and Fridays, and reserves Wednesdays for engagements in Manor Park and/or elsewhere outside of the Burgh.

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Photo: Peter Glasgow

**Pierrette Toussignant with one of her clients at the Jazz'oo.**

The bulk of her students have become proficient in the use of e-mail and the fine art of "googling" on the internet which many of them find an exciting new window on the world. The games players among them are now able to enjoy bridge and interactive

scrabble on their computers, and digital camera enthusiasts are taught the ropes of downloading, saving, sending and printing their photographic efforts.

A number of clients can now navigate in Word and Excel and several have learned to

produce their own greeting cards and mailing labels. Pierrette takes great pleasure in their satisfaction at these tangible accomplishments and in their enthusiasm to make still further strides in their next lessons, focusing their energies on the present and future rather than hovering in a world of reminiscences. As most of us know by now, you can indeed teach an older dog new tricks!

In keeping with the steady rise in the cost of living, Pierrette was obliged to introduce a slight increase in her rates from \$25 to \$30 per lesson, and from \$100 to \$125 for a group of five lessons. For minor repairs and computer maintenance (including software installation, anti-virus updates, installation of printers etc.), she now charges \$40 per hour which still compares very favourably with the going rate in that business. Since the start of her business, she has gone out of her way to make the service affordable for seniors with modest means, and in one case provided a client with two free lessons in exchange for an anti-static mat which the woman was unable to make use of.

Her future aspirations? A good used vehicle to emblazon with her business logo, and drive in comfort to far flung appointments!

#### **Educarium/Glenviro Circle: Announcing Grand Winner of the Logo Competition**

The winning entry in the competition among Educarium students to design a logo for the local environmental group **Cercle Glenviro Circle** was created by **Alex Joubert**. His eye-catching work is pictured with column, and as readers will note, the circular logo includes a handsome cardinal

signifying both the environmental protection concerns of the group, and the Cardinal Glen neighbourhood which is their home base. Congratulations Alex and to **Hee Won Kim** and **Jared Kukko** who respectively won the poster contest and an Environmental Award.



**La Boulangerie du Village: Happy First Anniversary**  
On **Saturday, April 8**, **Mai Nguyen** and her team at **La Boulangerie du Village** will celebrate their first anniversary on Beechwood with an **Open House** featuring music, free

coffee and an enormous anniversary cake to share with the neighbourhood as a gesture of thanks for their support throughout the year. The party will run from about 10:00 am until mid-afternoon, and weather permitting, Mai hopes to have some outdoor tables in operation to mark the arrival of spring.

The top sellers at the store in its first year are the popular *viennoiseries* such as croissants and danishes which are the signature of French baking, and combine irresistibly with a really good cup of coffee. Many of Mai's clients are "regulars" who take advantage not only of her delectable baked fare, but also of the **full take out meals** that are available each day at La Boulangerie, including ragout, couscous, home made soups, quiche lorraine and spinach quiche, and a

**Continued on page 16**



Photo: Peter Glasgow

**Mai Nguyen of La Boulangerie du Village displays her wares.**



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## Continued from page 15

variety of prepared salads from taboulé to carrot salad, hearts of palm, corn and lentil, green salad with pine nuts and mixed fruit salad. Mai advises calling ahead to reserve your selection to be picked up on your way home.

Congratulations to Mai and our best wishes for another fine year in Beechwood Village.

**Pet Valu Charity Fundraising Day for Friends of Abandoned Pets:**  
**Saturday, April 8, 9:00 am-6:00 pm**

Not far up the street from the celebrations at La Boulangerie, our local **Pet Valu** at 170 Beechwood will be holding a special benefit day in support of **Friends of Abandoned Pets (FOAP)**. FOAP is an independent, non-profit organization run entirely by animal loving volunteers dedicated to the plight of homeless cats and dogs. It evolved from a group originally called the Pet Care Committee (established in 1980) and came into being as a registered charitable organization in 1992.

While FOAP has no permanent shelter for abandoned animals, it has a network of foster families to care for these animals until permanent homes can be found, and covers all the veterinary costs while the pets are in foster care. Among



Left to right: Julie Grant and Allison Duhamel of Pet Valu, with Julie's cat Squatchie, adopted from Friends of Abandoned Pets (FOAP).

its most pressing needs are new additions to its foster home network and **volunteer drivers** to pick up strays, transport animals to veterinary appointments and collect donated food and cat litter.

Visitors to the Pet Valu Open House in support of FOAP are welcome to bring their dogs (on leash please!) and each will receive a complimentary doggy treat bag. Owners can also enter a draw to win a \$50 cat or dog basket supplied by Natural Balance, and there will be free samples of Natural Balance and Performatrin

## NEW EDINBURGH NEWS

Holistic pet foods, (presumably to "top up" the contents of the treat bags!) FOAP representatives will be available at the store throughout the day to receive donations of cash and/or of lightly used pet supplies.

**Catdaddy: Products for the Enlightened Feline**

We welcome new advertiser **Brian James Holland**, owner of **Catdaddy**, a recently launched Ottawa area enterprise which specializes in the production and sale of "holistic" cat furniture (or furNature, as Brian prefers to dub his unique product line!) While our household has always stuck to the canine rather than feline end of the pet spectrum, Brian assures me that people who are owned by cats invariably have all manner of cat scratching devices, the majority of which are bulky, difficult to transport and constructed with screws, nails, staples and other claw-snagging hazards. In Brian's experience with his own discerning feline companions, Ms. Buckwheat and Kiwi, cats also tend to lose interest in standard cat furniture, and presumably look to other, less household friendly options for satisfying their scratching requirements.

Drawing on observations and experience from his own cat-centred household, Brian set out to revolutionize the world

of cat furniture. In the course of a move in the late 1990's, he noted that his cats were entranced by a half-rolled carpet where they played, lounged and slept the time away. With this model in mind, and work-

feline with a penchant for perching on the back of your chair as you work at your computer or settle down to read. For the cat family that has everything or at least aspires to, Brian's product line also



**One of Catdaddy's happy clients lounges on the Diva Divan.**

ing with carpet, sisal rope, plastic and non-toxic glue, Brian went on to create three distinct cat furniture items: the **toboggan lounge**, the **diva divan** and the **speed bump cat scratcher** which is specially designed for horizontal rather than vertical scratching.

All three are based on a circular rather than a square or rectangular model, and they contain no claw-catching screws, nails or bolts. The furniture is also readily transportable, and the ends of the carpet rolls are fitted with caps which make them ideal for storage of other cat paraphernalia. Depending on the age and weight of your cat, the toboggan lounge and the diva divan are available in two sizes (regular and "supreme"), while the speed bump cat scratchers come in adult and kitten sizes.

In addition to addressing your cats' requirements for playing, lounging and scratching, Brian takes custom orders for **chair caps** suitable for the

includes special **Gift Bast-kits** (so named in honour of the Egyptian Cat god Bast) and "purrrsonal" tote bags.

Since launching the business in 2004, Brian has built up his clientele largely through word of mouth referrals, although an interview on the Rogers Cable 22 Daytime Show (replayed this past summer) gave a helpful boost to his profile in the community. Readers interested in his products can give him a call at **257-7762** or **262-4299** to find out more about these top-of-the-(fe)line items for the demanding cat. Brian's usual practice is to e-mail pictures of the various items to prospective buyers, or in some cases when time and distance permit, to take samples to their homes.

Best of luck with your unique business Brian. No doubt the many feline residents of New Edinburgh (and their humans) will be grateful for your services!

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**Beyond Patchwork Politics!**



**Jacobson's**

A warm welcome to **Susan Jacobson** who has recently opened Jacobson's, a new gourmet food retail business at **139 Beechwood Avenue at Acacia** (between Griffin Kennedy Interiors and the Dale Smith Gallery). Susan has a long history in the gourmet food business, and is the owner/operator of **DoveTale Collections**, a highly successful national distribution company which caters to up-market food and lifestyle stores including Holt Renfrew, Bowrings, Thyme and Again Catering, our own **Epicuria** and now, of course, the new kid on the block, Jacobson's.

Jacobson's shelves are replete with high quality imported products in all food categories from sweet and

ones in each food category.

Many of the Jacobson's product lines will be familiar to discerning food lovers, including Duchy Originals from the Prince of Wales' line of organic products; Mackay's of Scotland preserves; Marina Colonna olive oil; Domori chocolates and Buchanan's traditional Scottish fudge. In the beverage category, Jacobson's offering includes tea from Taylor's of Harrowgate, a venerable British provisioner which purchased the last lot on the London Tea Exchange when it closed after 300 years of operation.

According to Susan who travels extensively to make these selections, every one of these brands has a fascinating story behind it, and all are produced by small-scale artisanal

wrecked cargo of oranges, boiled them up with sugar, and the rest is history!). The factory is located close to the Scottish berry fields and, with the exception of the Seville oranges used for their legendary marmalade, the strawberries, raspberries and blackberries used in their preserves are locally grown. The ingredients are boiled in traditional open copper pans in a thoroughly home-style operation, and no preservatives are added.

In keeping with Jacobson's gourmet food focus, shoppers will find cookbooks and recent food articles arrayed on the tables, and to whet your appetite and train your palate, Susan is planning to hold special "tasting" evenings to give clients a chance to sample different varieties of chocolates and olive oils. She is also planning to contact the Ambassadors from the countries from which her products are imported - including the UK, Belgium, Germany, France, Israel, Italy, Spain, Colombia and the US - to offer samples of her wares and invite their chefs to devise recipes which incorporate their respective national food items.

While the store's primary focus is fine food, Jacobson's also carries a selection of gift items such as napkins, candles, serving dishes and gift boxes of fudge. For pet lovers, there is even a dedicated Dog and Cat Corner where you can purchase an upscale dog bowl or find the perfect Thank You For Caring for My Dog/Cat gift.

Though Jacobson's has been open for business since the end of March, Susan is planning to hold **official opening celebrations** over the weekend of **April 21 -23**, with a portion of the proceeds from sales going to **Cocktails for Cancer**, a highly successful benefit for the Ottawa Regional Cancer Centre organized by her daughter **Dominique Jacobson**.

Best of luck to Susan and Jacobson's store manager, **Irene Thornton**. We wish you great success on Beechwood and look forward in particular to that evening of chocolate tasting!

**A Guy, A Girl, Two Dogs and A Cat**

And while we're on the subject of gourmet food emporia, let it never be said that pets are neglected in this domain. About a year ago, **Greg Madden** and his partner **Jodi Armitage** launched their specialty pet food, pet supplies and grooming establishment at **207 Dalhousie Street** (between Guigues and St. Andrew) and since then, many of our readers have become regular clients. Greg and Jodi, who are natives of Glengarry County and Orleans respectively, got their start in the pet food distribution business, and spent five years in the west before moving back to Ottawa to set up shop on Dalhousie, accompanied, as their company name implies, by their two dogs,

**Draaco** the Bernese and **Chekody** the Rottweiler, and **Jack** the cat.

Working with contacts in the pet food industry and doing their own research into the health impacts of some commercial foods, Greg and Jodi developed considerable expertise in canine and feline dietary requirements, an expertise which is reflected in the selection of foods available at the store. They are firm believers that many of the chronic health problems that afflict our pets and keep us the captives of expensive veterinary clinics are the result of poor diet and cheap commercial foods containing such ingredients as corn, wheat, soy and "mystery meat" bi-products. The list of such problems is long and

**Continued on page 18**




Photo: Peter Glasgow

**Left to right: Irene Thornton and Susan Jacobson of Jacobson's Gourmet Foods.**

savoury biscuits to spices, honey, sea salts, oils and vinegar, condiments, preserves, sauces, confectionery items, specialty chocolates and fudges. Like a culinary version of Vintages, the store's aim is to offer, not a plethora of different brands, but the very best

manufacturers with a true passion for their products. Take Mackay's multi-award winning preserves which are produced in the Dundee region of Scotland (the birth place of marmalade which was first created by an enterprising farm family who collected a ship-



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**Continued from page 17**

ranges from shedding to rooting (chewing of sides, feet and tail), dental decay, digestive and intestinal upsets, diabetes and hyperthyroid, to mention only a few.

**Going Raw**

At least part of the solution in Jodi and Greg's view is the introduction of a **raw diet** prepared from human grade foods. Their experience feeding a partially raw diet to their own pets is nothing short of remarkable. Chekody in particular began a rapid recovery from a serious diabetic condition within a week of the introduction of raw food, and Draaco and Jack are evidently thriving. The raw diet available at the store is supplied by **Posh Nosh**, a local manufacturer on Canotek Road, and comes flash frozen in one pound containers, divided into thirds for easy dispensing. While there is ground bone in some of their gourmet diets, Posh Nosh also supplies edible raw bones which supply the animal's crucial requirement for a dietary source of calcium and other nutrients. Jodi and Greg supplement these with recreational raw bones to keep teeth clean and offer hours of canine entertainment. Bags of raw chicken, turkey and beef necks are also available at the store, and are apparently a special favourite of the cat clientele.

For those not yet inclined to go for the raw option, Greg and Jodi supply several brands of slow-baked kibble, including Fromm 4 Star and Tripette from B.C. Both brands are free of the preservatives and "fill" that are the irritants in some commercial foods, and the slow baking apparently ensures that the nutrients are preserved in the cooking process. The store's own line of fresh home made dog biscuits, available for the discerning pet in garlic and cheese, peanut butter and jam, and apple and cinnamon flavours, are slow baked for an astonishing 8 to 12 hours.

Greg and Jodi also supply doggie/cat birthday cakes prepared with all natural ingredients and topped with cream cheese frosting. (Wonder if they supply the wipes to get the stuff off dogs' ears and necks after they dive in head first!) And in case you're looking for the perfect dog or cat birthday gift, Greg and Jodi make their own line of durable chew toys and plush toys for dogs and cats, or perhaps you could treat them to an afternoon at the spa for a full grooming and pad-icure!

Another invaluable service offered by A Guy, A Girl, Two Dogs and A Cat is **home delivery**. For seniors and others among us who struggle with weighty bags of kibble, this

has become an extremely popular option to the extent that Greg is now planning to add a designated home delivery driver to their team by the summer.

Coming soon to the store is **canine massage**, provided by long time NEN advertiser, Canine Touch and Tell. Greg and Jodi plan to hold an introductory seminar on the scope and benefits of pet massage, and thereafter to offer the service one day each week. For more details on the seminar, give them a call at **241-9455**, or drop in to 207 Dalhousie to check out their services or get some advice about the best options for improving your companion's daily diet.

**Rockcliffe Landscaping**

**Mark Arnold** and the team at **Rockcliffe Landscaping** are gearing up for another busy spring and summer season. Weather permitting, they hope to have their **Garden Centre** at **5495 Canotek Road** open for business by early May, and plans are afoot for some new additions to the displays and products available at the Centre, including more detailed background and pricing information on the landscaping options and plant materials. Readers who were not able to visit the Garden Centre last season may be interested to check out the various design ideas (including a



**Rockcliffe Landscaping Garden Centre opens in early May.**

model pond) on display at the Canotek site.

Another of Mark's priorities has been a major updating of the company's website at [www.rockcliffelandscaping.com](http://www.rockcliffelandscaping.com). If all goes as planned, the new website should be up and running by mid-April, and will include a comprehensive overview of Rockcliffe Landscaping's products and services, as well as advice and information for aspiring gardeners. Although the early part of the season is already heavily booked, readers needing assistance with landscaping jobs should give Mark and David a call at **749-9585** to reserve a spot later in the summer. Mark reports (with just a hint of wistful regret for the old ways!) that the company has just moved into the world of computer assisted design for

their landscaping projects.

In the short run, avid gardeners should be sure to visit the Rockcliffe Landscaping display and celebrate the arrival of spring with a visit to the **Kanata Lawn and Garden Show** at the **Bell Sensplex Plaza, 1565 Maplegrove Road, Kanata** from **April 21 to 23**.

**Evropa Holistic Beauty and Massage Studio**

We welcome new advertiser **Elena Egorova** and her recently launched business, **Evropa Holistic Beauty and Massage Studio** at **336 Cumberland Street** (corner of York and Cumberland) in the Byward market. Although Elena has a rather different academic background, having earned a PhD in Finance in St. Petersburg, Russia before coming to



# Rockcliffe

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[www.rockcliffelandscaping.com](http://www.rockcliffelandscaping.com)




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**336 Cumberland Street  
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Free Parking  
**Gift Certificates**



Canada, in recent years she has worked as a certified massage-orthotherapist, most recently at the York Street Spa.

Last December, she took the plunge and started her own business where she now offers a broad range of therapeutic, beautifying and rejuvenating treatments. Her new 900 foot facility is equipped with five treatment rooms, a shower and an infrared sauna, and her team includes a Homeopathic consultant, two Registered Massage Therapists (RMTs), **Vitaliy** and **Sherill**, and **Petra**, an esthetician who specializes in facials and a new painless hair removal technology using high intensity, pulsating infrared light. (Coincidentally, Petra also happens to be the daughter of the owner of **Peter's Barber Shop** on Beechwood, so it seems there

frozen shoulder, posture imbalances and stress. She has built up a regular clientele in the New Edinburgh and Rockcliffe areas, many of whom have followed her to the new location.

Elena and her two RMTs at Evropa also offer a variety of other therapeutic massage treatments including pregnancy massage and lymphatic drainage to assist in detoxifying the body. In addition to massage, Evropa offers a range of body treatments designed to rejuvenate, detoxify and help to peel off those extra cellulite layers that cling to us all. The latter include chocolate, vanilla or Dead Sea mud wrap treatments; hot and cold slimming therapies; "Lumicell" anti-cellulite treatment and infrared dry saunas which help to sweat away the accumulated toxins

pean skin care products and facial treatments, which include an anti-aging "tea time" treatment using concentrated green tea extract, a powerful anti-oxidant. Perhaps most notable on her esthetics menu is the new painless hair removal technique using pulsating infrared light (referred to as "thermo-photo epilation"), a technology originally developed, tested and approved in Israel and now available in some North American cities, including Toronto, Montreal and at Evropa in Ottawa. For more details about the process and costs of this "Active Crystal" technology, give the studio a call at **562-3882** or drop in and pick up a brochure.

Best of luck, Elena and crew. We hope that your corner of the market proves to be a great location for your ambitious new enterprise.

#### Oakwood Builders

A warm welcome to owner **John Liptak Jr.**, **Debbie Liptak**, Vice-President (and coincidentally John Jr.'s wife!); Senior Project Consultant **Jim Levie**, Senior Lead Carpenter **Trent Doherty** and the rest of the team at **Oakwood Builders**, who are new to the NEN though not to the neighbourhood where they have worked periodically for some years.

Oakwood is among the largest and best known design build firms in Ottawa. The company is a family owned and operated business with roots going back three generations to the first John Liptak, a German furniture builder known in his village as "the singing carpenter". His son John, now known as John Sr., emigrated to Canada in 1954 where he followed in his



**Oakwood Builders is among the largest and best known design build firms in Ottawa.**

father's footsteps as a furniture builder before moving into the home renovation business in 1956 when demand for skilled labour was at a peak. The third John in this generational succession, known as John Jr., is the current owner/operator of Oakwood, having learned the trade from the ground up and absorbed the powerful work ethic of his father and grandfather.

John Jr. started his career in the business cleaning up job sites at age 11, moved on to hanging doors and building stairs at 14, and finally to building complete additions at 17. In 1978, he graduated with honours and the highest marks award with both the Ontario and Inter-Provincial Carpenters' License. At the instigation of his father who believed it essential to have a thorough knowledge of the construction sub-trades, he went on to further studies in electrical, plumbing, structural engineering, design and business.

Oakwood's core services range from home renovations and remodelling to the construction of complete additions; home offices and new custom built estate homes. According to Senior Project Manager **Jim Levie**, the vast majority of Oakwood's work involves older houses of the vintage which predominates in our neighbourhood.

One of the keys to Oakwood's success is its use of the "Lead Carpenter" system as the foundation of its building projects. The system was devised in Rhode Island by **Timothy Faller**, author of *The Lead Carpenter Handbook: The Complete Hands On Guide to Successful Job Site Management*, who recently conducted a two day seminar with Oakwood's team of carpenters. Each Oakwood project is assigned a Lead

Carpenter who becomes the client's central contact person and takes charge of every aspect of project to ensure that the work goes according to plan and is completed on schedule.

Since precise and dependable scheduling is as vital to Oakwood as it is to their clients, the design phase of each project entails that all selections are made in advance (right down to the light switches, paint colours, floor coverings, door knobs etc.), and all materials ordered before the start of the project. At the same time, comprehensive estimates are provided up front so there are no unwelcome surprises as work unfolds.

For a detailed look at Oakwood's services, business practices, guarantees and the "Dream Team" that makes them tick, check out their excellent website at [www.oak.ca](http://www.oak.ca). Interested readers will also find photos of their work and testimonials from happy customers recounting their experience working with the Oakwood crew.

#### Business Bits

Our congratulations to **Colin Chalk** and **Suzanne Nicholls**, owners of **The Purple Crayon** children's consignment shop which just celebrated its first anniversary in the Manor Park Plaza at St. Laurent and Hemlock.

**Second Cup** regulars were temporarily displaced persons for several weeks in March as the store received an extensive face-lift. This popular haunt is expected to reopen by publication time in late March.

**Delish** has a new phone number at it's Laval Street location across the river: give them a call at **771-3456** and find out what's for lunch!



**Elena Egorova of Evropa Holistic Beauty and Massage Studio.**

are links to the Burgh wherever you go!)

Elena's personal specialty is orthotherapy, an adaptation of traditional Swedish massage which uses gentle stretching and joint mobilizations within the range of comfort to address a wide variety of muscular/skeletal problems ranging from sciatica to muscle and/or joint stiffness,

of modern urban living, and are reputed to be especially beneficial to those with respiratory ailments. Regular clients are offered a free sauna prior to their therapeutic massage, and clients' first cellulite treatments and slimming therapies are also "on the house" as opening specials.

In the domain of esthetics, Evropa offers a line of euro-

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## Art of the Garden Month at the CCCC



We are happy to announce a new spring initiative at the CCCC. *Art of the Garden*, happening in April, is a chance to celebrate the coming of spring through courses, workshops and an exhibit centered on a garden theme.

Our initial year will start small but we envision this program growing over the years to include an entire month of courses, workshops and art activity.

### Art of the Garden

*Art of the Garden Exhibit* Mainworks Artist Cooperative has pulled together a glorious garden of plant and flower themed art work.

This lovely hallway gallery will be open to the public (free admission) for two weeks. (April 3-7 and April 10-14. 9:00 am - 12:00 am. For evening viewing times please contact the office at 745-2742)

### The Art of Botanical Illustration

**A Four Day Workshop**  
Saturday and Sunday,  
April 22 - 23, 10 am to 4 pm  
Saturday and Sunday,  
April 29 - 30, 10 am to 4 pm  
Fee: \$200

To register or for further info: email Kerri Weller at [k.weller@magma.ca](mailto:k.weller@magma.ca) or phone 759-4913.

### Course Description

Have you admired botanical art but wondered just how to do it? This hands-on workshop introduces materials and traditional watercolour techniques used to create detailed, realistic portraits of botanical subjects.

Exercises on shape, value

and colour will be combined with demonstrations and painting practice of leaves, fruit and flowers.

Participants will work on accurately portraying a botanical subject of their choice in watercolour. Individual instruction and helpful critiques will be given.

A materials list will be provided on registration.

*A graduate of the Ontario College of Art and of Medical Illustration at the University of Toronto, Kerri Weller has worked extensively as a Graphic Designer and Illustrator primarily in the museum world including the Ontario Science Centre and the Royal Ontario Museum. Kerri is a member of the Association of Medical Illustrators and the American Society of Botanical Artists.*

*A strong belief that creative talent should be balanced with technical skill provides the foundation to her teaching and her art.*



### The Art of Garden Design

#### Design Course:

Saturday April 1, 8, 15, 22, 29,  
May 6, 11:00 am - 12:30 pm  
Design course fee \$110

#### Build Course:

May 20, 27, June 3, 10, 17, 24,  
11:00 am - 12:30 pm  
Building course fee \$110

To register or for further info: email Cheryl Green at [blaze2mrs@gmail.com](mailto:blaze2mrs@gmail.com) or call 744 - 8293.

These two courses can be taken alone or as a series. The first course is the planning stage of designing your garden; the second course is a hands on course where you will actually have support to build your garden.

### Design Course

This course is designed to enhance the enjoyment of your outdoor space so that you can make the most of what you have and deal with some of your landscape problems.

We start by exploring shapes for the overall design, and then progress to the elements that you would like to include and how these can be incorporated into your garden. We also look at who would be using the garden and make the design relevant to them. Do you need to cater for children, animals, seniors, some-one who is disabled etc? How much time do you want to spend working on it once the design is completed?

You will need to do some homework to make your plan as accurate as possible, but you will be well rewarded with the pleasure and fun of your own, personal, outdoor space.

### Building your Design Course

A unique 'hands on' building course where class participants assist with the building of each other's gardens. Think of it as equivalent to a quilting bee! There will be many benefits to having expertise and help at your finger tips as you work on your garden. You will also learn about a variety of gardening methods and about a diverse range of plants, grasses and flowers. This promises to be a lot of fun as you never know what kind of expertise can be found within a group.

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*Fine Dining  
Relaxed  
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745-3319

319 ST LAURENT BLVD

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Limit 1 certificate per couple with 2 dinners and salads.  
Not valid with any other promotions, dining in only.  
Valid Monday to Thursday. Expires April 30th 2006.

[www.rockcliffebistro.com](http://www.rockcliffebistro.com)

*A family tradition in the heart of New Edinburgh*

# DANNY'S Bar & Grill

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The *other* great breakfast place in the burgh...

Open most holidays

Breakfast special from \$4.50+ tax

Monday to Friday 7 to 11, weekends till 2 PM

Lunch special from \$6.95+ tax Monday to Friday 11 to 4

Groups are welcome with special discounts (10 or more)

Free parking at the rear





## Did you know the CCCC has two beautiful community spaces available for activities and events?

The CRICHTON CULTURAL COMMUNITY CENTRE is ideal for:

- social functions (birthdays, retirement, wedding shower)
- weekly courses (health and wellness, art & culture, music, children's programs, general interest)
- rehearsals & auditions (musical, theatre, dance)
- workshops (yoga, financial, visual art)
- photography (shoots, classes, workshops)
- exhibitions (art, sculpture)
- non-profits (meetings, fundraisers)
- business (meetings, AGMs, interviews)
- community events (garage sale, fundraiser, parties)

The Crichton Cultural Community Centre promotes community culture by offering the Centre to individuals and organizations for a nominal fee.

Additionally, the Centre assists room users by promoting their activities in *The New Edinburgh News*, *The Manor Park Chronicle* and seasonal activity guides.

The Centre is available seven days a week from 7:00 am to midnight. The rental fee is comparable to other local community centres and all day rates are available for registered non profit organizations. Additionally we offer a lower rate to arts and cultural groups looking for rehearsal space.

We offer two very distinct spaces: **Room 307** - this lovely renovated classroom has a bright and open atmosphere, graced with six tall windows that allow natural light to fill the room.

Gleaming hardwood floors, new paint and 12 ft ceilings highlight its historical ambiance. The room measures 34 ft in length and 26 ft in width.

The **Dufferin Room** is a unique basic loft-style multipurpose room that measures an impressive 28 x 64 ft (7 x 20 meters) with high ceilings. Tall windows cover one entire wall and these look out onto the lovely Stanley Park and let in stunning natural light. Dufferin also has a wall of exposed brick, one of the building's many heritage features.

Dufferin has a sprung floor finished with vinyl tiles making this room ideal for most activities. The room has been painted an elegant white and also contains custom roll down blinds which let in light but block the sun.

To check the availability of the community rooms please check our online calendar at [www.crichtonccc.ca](http://www.crichtonccc.ca) or contact the Community Facilitator at 745-CRIC (2742).

## CCCC Programming Update

### Programs

The long winter months have been busy at the Centre. Alongside our regular weekly programming we have hosted a Weekend to End Breast Cancer orientation session, our second Sherif Baba conference and our third major exhibit put on by BLINK Gallery ([www.blinkgallery.ca](http://www.blinkgallery.ca)). At the end of March, SoundStorm Youth Choir held their auditions at the Centre. Congratulations to those youth who were chosen to participate in this exciting choir. We are happy to welcome back the SoundStorm Youth Choir who will be holding their rehearsals at the CCCC.

As we head into spring the Centre is calling for some fresh programs and we are actively seeking instructors to teach Pilates, photography, ballroom dance, art and children's activity classes. If you are a qualified instructor who is looking for a new venue close to home please contact our office at 745-2742.

Our collaboration with Mainworks Cooperative Artists is developing and we hope you enjoy seeing the addition of a Mainworks News column in this paper and on our website.

### Lumière 2006

In March, Joanne Hughes, the Community Facilitator was sponsored by our three community organizations - NECA, CCC and CCCC (much thanks for the support!) - to visit the lantern festival coordinators in Victoria and Vancouver. This was an incredible opportunity and Joanne returned brimming with many new ideas for developing our lantern festival. Both of the BC coordinators stressed the importance of having illuminated installations at the festival. It is these large lanterns that enhance the natural environment of Stanley Park and create the magical atmosphere of Lumière.

Another useful bit of advice was that the festival will develop with the participation of this community! Whether you volunteer, attend a workshop, donate much needed supplies or money, sponsor the event, come to the festival - your participation will ensure the success of the festival and it will retain a New Edinburgh feel! **Currently, we are looking to form a Lumière committee of talented and enthusiastic people who are ready to help shape Lumière 2006.**

Finally, a lot of the supplies



NEN staff photo

needed are those found in your basement, garage and garden.

### We are looking for donations of the following:

- concrete reinforcing bars (rebar)
- gaffer tape
- plastic zap straps
- bamboo - this can be from your garden, blinds, plant posts
- thick and pliable wood from your garden - willow, etc

- glass jars (any size)
- thin wire
- glue guns and glue, craft paint brushes
- Styrofoam meat trays
- wooden skewers
- decorating items - stickers, tissue paper, buttons, ribbon,
- tea lights

To participate in the festival please contact the CCCC office at 745-2742.

*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.*

### CCCC Office

Joanne Hughes  
Community Facilitator  
#307-200 Crichton Street  
Ottawa, Ontario K1M 1W2  
Ph: (613) 745-CRIC (2742)  
Fax: (613) 745-4153  
Email: [cccc@bellnet.ca](mailto:cccc@bellnet.ca)  
[www.crichtonccc.ca](http://www.crichtonccc.ca)

**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 welcome, but please call ahead to confirm.**



## SoundStorm Canada Returns to CCCC

SoundStorm Canada Artist Development Inc. is very pleased to be back at the CCCC to begin a second season of its pre-professional youth vocal performance group, *The Voices!*

*The Voices!* had a very successful first season in 2005, the highlight being performing the half time show for the Harlem Globetrotters at the Corel Centre before a crowd of fifteen thousand! They also showcased at top events throughout the city such as The Capital Parent & Kid Show, The Tulip Festival, Rasputins, the CCCC Winter Fundraiser and more!

They blew people's expectations out of the water with their natural talent and original compositions, and attracted interest from the CBC, the NAC, and Canada's Council for the Arts.

The momentum continues this year with a fresh roster of young and promising talent, more performances booked, and a new and multi-talented instructor/composer/arranger, Lee Hayes.

Lee Hayes is best known as one quarter of Canada's top female 'a cappella' group Malaika, she is an award-winning songwriter and a gifted solo performer. Her stage experience is extensive; in the past ten years Hayes has toured across Canada, the US, and the UK, and has been featured on ABC's Good Morning America, CBC, CJOH, BBC, and The Women's Television Network.

SoundStorm Canada Inc. was founded by Sonia Ndongmo in

2002 in Toronto, Ontario. Ms. Ndongmo is originally from Ottawa but has been based in different cities as work in the music industry dictated. She has worked with Grammy and Juno winning artists, Nelly Furtado, Ziggy Marley, Tracy Chapman, Ivana Santilli, and Jacksoul, to name a few, and feels blessed to have been able to travel the world doing so. She has also dabbled in the acting world having held principal roles in film and TV alongside greats such as Colm Feore and Ving Rhames, as well as doing some voice over work for the Discovery Channel. Ms. Ndongmo has been kept very busy of late juggling her own performance schedule along with her music initiatives for youth and independent artists.

Ms. Ndongmo is pleased to announce the expansion of SoundStorm Canada Inc. into the beautiful city of Calgary, Alberta, with courses set to begin in the Fall of 2006.

SoundStorm Canada Inc. would like to once again thank the CCCC for the use of their wonderful studio space and their undying support. The Voices! look forward to "coming back home" here at the CCCC and getting ready to build this year's book of memories and experiences.

For information on participation, live performance dates, or booking *The Voices!* for your live event, please visit us at [www.soundstormcanada.com](http://www.soundstormcanada.com)

# Crichton Cultural Community Centre Programs

## Spring Programs 2006

### Fitness & Wellness

**CARDIO KICKBOXING**  
Carolle Laliberté  
(613) 263-0539  
Mondays & Wednesdays  
6:00-7:00 pm  
\$8/class

A mid to high intensity kick-boxing inspired cardio workout for Ages 15 to a fit 60+, this total body workout will strengthen and tone muscles while burning fat.



**FITMOM 2 BE**  
Cassandra Mactavish  
(613) 884-7800  
[www.fitmomcanada.com](http://www.fitmomcanada.com)  
\$168+GST for 12 sessions (rolling admission)  
Thursdays, 7:15-8:15 pm

FITMOM 2 BE class is designed for women wanting to stay healthy during pregnancy.



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](mailto:cccc@bellnet.ca)  
[www.crichtoncccc.ca](http://www.crichtoncccc.ca)

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

**FITMOM POST NATAL FITNESS**  
Cassandra Mactavish  
(613) 884-7800  
[www.fitmomcanada.com](http://www.fitmomcanada.com)  
\$168+GST for 12 sessions (rolling admission)  
Thursdays, 11:00 am-12:00 pm

One of the most popular all time FITMOM™ classes. This beginner to athlete program is modified to meet your fitness level. Whether in a baby carrier or lying next to you, your baby will participate in the class and provide progressive resistance to help you get lean and strong.

**FITNESS: EARLY BIRD WORK-OUT**  
Louise Lettstrom-Hannant,  
(613) 747-1514  
Mondays, Tuesdays,  
Thursdays 7:30-8:30 am,  
\$110 for 13 sessions

Louise will share her favorite music and choreography and take you through a dynamic warm up followed by 20 minutes of cardiovascular work and 20 min of strength exercises. Learn to use fitness balls, weights and toning bands to enhance muscular core strength, balance and postural improvements.



**FITNESS FUSION: REJUVENATION OF BODY AND SPIRIT**  
Louise Lettstrom-Hannant,  
(613) 747-1514  
Mondays 9:00-10:00 am,  
Wednesdays 7:30-8:30 am,  
\$110 for 13 sessions, or \$10 drop-in

The focus here is functional fitness beginning with a 15 min extended cardiovascular warm-up, moving into a fusion of Pilates, yoga postures and strength exercises. Use exercise balls, weights, and toning bands using a variety of breathing techniques and balance exercises.

**STRETCH & STRENGTH**  
Alex MacDonald  
(613) 562-4858  
Tuesdays 6:00-7:00 pm,

Thursdays 6:00-7:00 pm,  
Saturdays 10:00-11:00 am  
\$126 for 14 weeks  
No drops ins.

This year marks the 16th anniversary of this unique class that combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination.



**YANG STYLE TAI CHI**  
Larisa Gerol  
(613) 722-4416  
Wednesdays, 7:00-8:00 pm  
8 week session, \$95

The system known as the Tai Chi Exercise was developed hundreds of years ago. It was proved to be the most advanced system of body exercise and mind conditioning ever to be created.

Tai Chi encourages the fulfillment of the individual person and helps to tone and strengthen body, improve concentration, coordination and balance.

The practice of Tai Chi helps to discipline individuals to be healthy, kind and intelligent, to be responsible for assisting others to reach the same levels of achievement.

Larisa Gerol is an experienced instructor who studied for 5 years with Master Don Yee.

**THE FELDENKRAIS® METHOD**  
Jill Ogilvie  
(613) 742-8262  
Mondays 10:00 -11:00 am,  
Wednesdays 6:00-7:00 pm  
On-going  
\$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.

# Crichton Cultural Community Centre Programs

## Spring Programs 2006

### Dance

**BALLROOM DANCE**  
Please call Joanne Hughes at the CCCC if you are interested in attending a ballroom dance class at the CCCC.



**IRISH DANCE LESSONS**  
with the Taylor School of Irish Dance  
Suzanne Taylor T.C.R.G  
(613)761-6260  
[suzanne@tayloririshdance.com](mailto:suzanne@tayloririshdance.com)  
[www.tayloririshdance.com](http://www.tayloririshdance.com)  
Thursdays, 7:15 - 8:15 pm  
14 week session/ \$168.00

Irish dance lessons are available to girls and boys of all ages. 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.



**KATHARINE ROBINSON SCHOOL OF HIGHLAND DANCING**  
Katharine Robinson, Director,  
(613) 733-2206  
Saturdays 8:30 - 10:00 am  
Wednesdays 7:00-8:30 pm  
Saturdays 12:30-1:30 pm  
Special Workshops

The Katharine Robinson School of Highland Dancing offers classes in highland dancing, a traditional Scottish dance form. The school has several professionally qualified teachers, who train both recreational and competitive dancers of all ages. Depending on their interests and goals, dancers are prepared for annual examinations of the B.A.T.D., competition, choreography and performance.

### Music

**DRUM CIRCLE**  
Nancy Porteous and  
Corinne Davison  
[porteous\\_nancy@hotmail.com](mailto:porteous_nancy@hotmail.com)  
Fridays, 8:00-9:30 pm  
Apr 21, May 12  
\$4 a night

Bring your own hand drum and percussion instruments.

**SING, DANCE & PLAY**  
Caroline Elson  
(613) 282-7905  
Wednesdays 10:00 -11:00 am  
\$100 for 10 weeks

This program is for toddlers (1 to 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  
(613) 594-0182  
[johnjarrett812@hotmail.com](mailto:johnjarrett812@hotmail.com)  
Wednesdays 9:30 am - 12:30 pm  
\$40 for six classes

In this workshop the model will sustain 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.

# CCCC Yoga Circle

### Upcoming Workshops

**INTRODUCTION TO SUCCESSFUL EBAY SELLING** (as seen on the A-Channel, March 17)  
Saturday April 8, 2006 1:00 - 4:00 pm)  
\$100 includes instruction handout

Course topics include:

- eBay Registration
  - General auctions
  - Payment methods
  - Description and title writing
  - Digital photographs
  - Shipping and handling
  - Feedback ratings
- Call Joanne Hughes to register, 747-1587.

**INFANT & CHILD CPR** (Level 'D')  
Erin Shaheen, 260-7309  
Sunday April 30, May 28 1:00-4:00 pm  
\$30 per person

This Heart and Stroke Foundation course covers common types of infant and 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.

**IYENGAR**  
This practice is a precise form of Hatha Yoga that brings physical awareness and mental focus. The postures are taught step-by step with students correcting and adjusting their movements as they learn. Props, such as belts, blocks, and blankets help to support participants, provide safety and maximize benefits. The yoga practice develops strength, flexibility, balance and alignment leading to stillness and well-being. Practices are non-competitive and adapted for each individual. The founder is Sri B.K.S Iyengar, now 87 years old and still teaching at the institute he founded over 30 years ago in Pune, India. Iyengar Yoga has been called "meditation in action".

**Mondays 7:30-9:00 pm**

**Tuesdays 6:00 - 7:30 pm**  
Levels 1 & 2  
**Tuesdays 7:30 - 9 pm**  
Levels 2 & 3  
**Thursdays 9:00 - 10:30 am**  
Gentle

**CCCC YOGA CIRCLE Pre-registration**

Once you have seen the schedule and programs that best suit your schedule e-mail your preference to [ccccyoga@canada.com](mailto:ccccyoga@canada.com). Leave your contact information and the instructor will respond to your request with program details. You can also contact individual instructors:

Barbara Young <a href="mailto:b-young@rogers.com">b-young@rogers.com</a> John Yasbeck <a href="mailto:john.yazbeck@sympatico.ca">john.yazbeck@sympatico.ca</a>	<b>Iyengar Yoga</b> <b>Kundalini Yoga</b>	728-8647 747-8111
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**Wednesday, May 10, 2006 from 4:30 pm to 8 pm**  
**L'ÉCOLE RIDEAU HIGH SCHOOL, 815, boulevard St-Laurent, Cafétéria**  
**Le mercredi 10 mai 2006 de 16 h 30 à 20 h**

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for more information or to book an appointment.  
[bloodservices.ca](http://bloodservices.ca)

**Téléphonez au 1 866 JE DONNE**  
pour obtenir plus d'informations ou prendre rendez-vous.



# In the Works at MainWorks

MainWorks Artists' Studios is an artist co-operative, providing working studio space for visual artists. It has been in existence for about twenty years, and was originally located on Main Street in Old Ottawa East, hence the name Mainworks.

We joined the CCCC in the year 2000, and have enjoyed a wonderful relationship with the New Edinburgh community for the past six years.

Presently we consist of 15 artist members who work in a variety of media. We are located in four large classrooms, converted into artists' studios, at the Crichton Cultural Community Centre. As a way of increasing our presence in the community we will be keeping you informed of our activities in a bi-monthly column. This column will let you know where our artists are exhibiting, what they are working on and will feature our members. Mainworks is also collaborating with the CCCC



Susan Parisien is a member of the MainWorks Artists Cooperative located at the CCCC. Susan is shown here in front of her painting to be displayed in the Art of the Garden exhibit at the CCCC during the month of April.



in *Art of the Garden*, and will be exhibiting our garden, flower and plant themed work at the CCCC in April.

This month we are pleased to have the opportunity to introduce you to artist **Susan Parisien**.

Susan Parisien joined as a member of MainWorks Studio in 2003 and had been an active participant of the "Life Drawing Workshop" held every Wednesday morning at the Crichton Cultural Community Centre for the past several years.

She works in acrylic as well as mixed media, and enjoys exploring colour, form and composition. She is currently painting florals, figures and landscapes in a multi-layer freeform style. She continues to evolve by taking courses at the Ottawa School of Art.

You can see some of her delightful florals as displayed at Soup'Herbe Restaurant in Chelsea until will end May 29.

She can be reached at her website [www.sparisien.com](http://www.sparisien.com).

## Conference on German New Medicine®

### Introduction to the Five Biological Laws for the New Medicine

#### A New Understanding of "Disease"

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Based on our knowledge of the evolution of man, Dr. Hamer is the first to provide scientific proof that diseases are not caused by a malfunctioning organism but are rather the result of an innate meaningful survival program that has been successfully practiced for millions of years.

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#### Conference

#### Introduction to the Five Biological Laws of the New Medicine

This conference will allow you to understand:

- why we get sick
- how illnesses develop
- why we get specific diseases
- the role of microbes in the healing process
- the biological meaning of diseases

**April 23, 2 to 4 pm**

Cost: \$ 20

#### Introduction to the Five Biological Laws

**May 14, 1:30 to 4:30 pm**

Cost: \$ 30

#### Short Introduction & Special Topic on breast cancer

**Location:** Dufferin Room  
2nd Floor, 200 Crichton St

#### Presenter:

**François Leduc**,  
naturotherapist

*François Leduc, M. Eng. is a phytotherapist, herbalist and naturotherapist, German New Medicine® (GNM) practitioner. He has been familiar with GNM for more than five years and is continually receiving official training from Dr. Caroline Markolin, Ph.D., German New Medicine® Teacher trained and approved by Dr. Hamer. Mrs. Markolin is presently one of two recognized GNM teachers in North America.*

Web site:

<http://germannewmedicine.ca>

e-mail:

[larouemedicinale@sympatico.ca](mailto:larouemedicinale@sympatico.ca)

**An Invitation to the  
Community  
and All CCCC Supporters:**

**Please Join Us For the**

**CRICHTON CULTURAL COMMUNITY  
CENTRE ANNUAL GENERAL MEETING**

**Sunday, April 30, 2006**

**4:00 p.m.**

**Dufferin Room**

**200 Crichton Street, 2nd Floor  
(Please use Avon Lane Entrance)**

**All are welcome, and please plan to stay  
afterwards for Tea!**



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## New at the CCCC Starting in April

### Pilates Mat Classes – starting Thursday, April 27

Gaby Lefebvre, 830-6495 – email:

[gaby\\_lefebvre@yahoo.com](mailto:gaby_lefebvre@yahoo.com)

Thursdays, 11:30-12:30 am and Fridays, 9:30 – 10:30 am  
9 week session, \$100

Pilates consists of a series of precise, rhythmic, fluid movements achieved through a harmony of breath, concentration and control.

Gaby teaches the Ron Fletcher Pilates Mat exercises where you're being lead through a flowing, continuous workout with the Fletcher precision and percussive breathwork. You will gain an understanding of the proper form and technique of the Pilates Method, which will help you to achieve a stronger more flexible body and gain a richer

sense of body awareness.

Gaby has studied Pilates in Canada, the US and Antigua since 2000.

"Gaby is an extremely positive person who imparts the essence of Pilates in a straightforward and instructive manner. Her sense of humour creates a warm and inviting atmosphere where one feels at ease and predisposed to learning. Her classes leave you with a renewed level of energy and positive outlook for the day!" Joy vanderZwan.

### Eurythmy – starting Tuesday, May 2

Information and registration session Tuesday, April 25  
Sylvia Nordoff, 562-2416  
Tuesdays, 7:30-8:30 pm  
\$10 per class

Eurythmy is a new form of

exercise for all ages and body types. It reveals through movement the laws of speech and music, it allows what is inner to express itself through movement.

Eurythmy is an art that integrates the individual's capacities of Thinking, Feeling and Willing. It leads to greater concentration of thought, to a sense of well being and to a heightened sense of spatial orientation and lightness in your physical awareness.

Sylvia Nordoff was born in New York. She studied modern dance at the Martha Graham Dance School. She carried out her formal studies in Eurythmy with Marjorie Spock and with Sabina Nordoff. Sylvia's goal is to bring the beneficial effects of meaningful movement into today's challenging daily life.

## CCCC Sponsors Swing:

SAF in Ottawa - Featuring: Byron & Natacha

Ottawa  
April 8 & 9, 2006



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Ottawa Swing Dance  
Society

#### BYRON ALLEY

When Byron joined the Swinging Air Force in 2001, he was embarrassed to be the only guy who sucked at Charleston. He worked so hard to catch up that a year later the SAF guys were calling him the "Charleston expert," which he thought was really, really funny, even though it wasn't. Since then Byron's been asked to teach a lot of Charleston in Montreal and a bunch of other cities, which has been fun. As most of the girls know, Byron is probably the guy in Montreal who leads Charleston and breakaway the most socially. Combining vintage Charleston with stuff he made up, he's choreographed a number of routines featuring partner Charleston, including a very popular fast routine with Annie Trudeau, "Joe Turner".

#### NATACHA BEAUSOLEIL

While Natacha has stepped out of the spotlight over the last year or so, she's known by many dancers as one of the top follows in Canada. Her distinctive styling has led many girls to say, "I want to look like that!" and many guys to stop dancing to pick their jaw up off the floor. Natacha's dancing is as amazingly connected as it is beautiful to watch. Natacha has a very solid reputation for exemplary teaching. She has a rare quality for a dancer: she can actually teach you to dance as well as she does. In addition to years of competition successes, Natacha produced the SAF's first complete show, 100 Years of Swing, featuring a number of routines she choreographed herself, including the unforgettable all-girl Charleston routine, Les belles de nuit.

#### Saturday

10:30 - 11:00 - Registration  
11:00 - 12:15 - Crazy Charleston, Solo & Partner I: In the 20's!  
12:30 - 1:45 - Crazy Charleston, Solo & Partner II: Breakaway!  
1:45 - 3:00 - LUNCH  
3:00 - 4:15 - Balboa Crash Course: Nimble Feet  
4:30 - 5:45 - Partnership and Musicality I: Slow Dancing

#### Sunday

10:30 - 11:00 - Registration  
11:00 - 12:15 - Lindy/Charleston I: Fundamentals of Fast Dancing  
12:30 - 1:45 - Lindy/Charleston II: In and Out  
1:45 - 3:00 - LUNCH  
3:00 - 4:15 - Lindy/Charleston III: Rhythm variations  
4:30 - 5:45 - Partnership & Musicality II: Challenge Class

#### Requirements

Saturday: you are comfortable with basic Lindy Hop figures (Swing-out, Lindy circle, basic Charleston steps)  
Sunday: Intermediate level dancers and up (six months Lindy minimum)

#### Dances

Both dances will be held at DanceStudio 151 Chapel St at Rideau St. Saturday night dance is included in the weekend package.

**Friday:** East Coast and Lindy lesson at 8:30 p.m. followed by dancing till 1:00 a.m. (\$5)

**Saturday:** Dancing from 9:30 p.m. – 1:00 a.m. (\$5 without the weekend package) Guest DJ Byron "Turbo" Alley

For more information visit us at [www.swingottawa.ca](http://www.swingottawa.ca)

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## Beechwood Cemetery Special Events 2006

The Beechwood Cemetery Foundation  
invites you to attend these special events:

**Historical Tour (English)**  
Theme: The Ottawa Sharpshooters and  
Ottawa's Military Heritage  
Sunday, June 11th  
2:00 P.M.

**Visite historique annuelle (Français)**  
Thème: Les chevaliers de Beechwood  
dimanche le 25 juin  
14 h

**Memorial Service**  
Sunday, September 17th,  
3:00 P.M.

**Remembrance Day**  
Saturday, November 11th,  
11:00 A.M.

**Candlelight Service**  
Sunday, December 10th,  
6:00 P.M.

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## Local Author Ingrid McCarthy Gives First Reading of a New Work

By Janet Uren

New Edinburgh has given the world another work of children's literature this spring. *The Curse of Lake Osis* – second book in a fantasy trilogy by Ingrid McCarthy – is now on the bookshelves.

The book had its first public reading on March 4 in the house of a Rockcliffe Park fan. The audience included a healthy sprinkling of young readers, who listened intently to the new adventures of Jonathan and Magenta. Following the reading, the author happily signed books for the audience.

The first volume of the projected trilogy, *The Black Pearl of Osis*, was published in 2004. Since then, the author has read that work to over a thousand school children in the Ottawa area. Ingrid is delighted by the warm response of her readers. She is especially pleased at the way children identify with the characters she has created. "I look exactly like Jonathan," one boy wrote to the author, "even the shoes and...the skin and the eye colour, and the hair. Weird, eh?"

Following the March 4 reading, Ingrid told stories of how she created the story and of first-hand encounters with readers. One school group, she remembers, studied the book and then staged it in the classroom. "They started off with the dialogue I had written. Soon they started to improvise and imagine for themselves and away they went!"

Ingrid McCarthy is relatively new to the world of books, but she is already well known in

the context of the arts in New Edinburgh. She is a water-colour painter and, indeed, the eye-catching cover designs of both books are her own work.

Ingrid is also the director and producer of New Edinburgh Players. Every year, for 27 years now, she has gathered local talent together and hammered it into the form of lively community theatre. This year's offering is *The Importance of Being Earnest* (April 20-22, 17-29) at MacKay United Church.

Ingrid is presently working

on the third and final book in the Osis series. "I have put it aside for a little while now," she explained, "while I brood on the ending. I have a general idea of where I am going, but I need to let my ideas settle a little." When Book Three is finished, she can hardly wait to start a second work, the outline of which has already started to form in her mind.

*The Curse of Lake Osis* and its forerunner, *The Black Pearl of Osis*, are for sale locally at Books on Beechwood.



Ingrid McCarthy took time to discuss her newest work with local fan, Nicholas Parkanyi, at a recent reading in Rockcliffe Park.



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# It's Spring Cleaning Time: What to do with Hazardous Waste

By Jane Heintzman

In many households, the arrival of spring heralds a serious round of spring cleaning as the accumulated junk in basements, garages and out of the way cupboards is hauled out for disposal. Much of that junk

**Transportation Tips**

The City offers the following tips for transporting hazardous materials to these disposal sites:

- Make sure the waste is tightly contained
- Label each container or bag

blue box - but be sure to leave the lid off so it's clear to the crew that the pail is empty.

**Compact Fluorescent Light Bulbs**

Energy efficient though these are, the bulbs contain mercury and the issue of their dis-

Under the City's Take It Back programme, garage debris such as residual motor oil, anti-freeze, car batteries and tires can be returned to a variety of dealers including our own **Beechwood Canada Service Centre** at 188 Beechwood. Check out the City website for more details on the programme which covers a vast range of household items from flower pots to used appliances:  
[www.ottawa.ca/gc/takeitback](http://www.ottawa.ca/gc/takeitback)

**Batteries**

Small quantities of batteries can be thrown out with your regular garbage and in the case of alkaline batteries (AA, AAA), a number of retailers will take back batteries purchased in their stores for recycling. (The only two actually mentioned on the City's Take It Back website are IKEA and Mountain Equipment Co-op).

**Cedar Branches and Clippings**

If you happen to have a cedar hedge or bush in your life, you may be interested to know that you can prune to your heart's content, haul the stuff on to your front lawn and have it picked up in short order simply

by calling **Cedar Recycled** at 771-3446. No need to struggle with stuffing it into bags or wait for the next City collection date while your neighbours muse about the makeshift fort that's appeared on the street!

**April-June Hazardous Waste Disposal Calendar**

Date	Time	Location	Address
Saturday, April 1	9:00 am - 4:00 pm	Trail Road Waste Facility	4475 Trail Road
Saturday, April 22	9:00 am - 4:00 pm	DrainAll Environmental Services Ltd.	2705 Stevenage Drive
Saturday, May 6	9:00 am - 4:00 pm	Natural Resources Canada Parking Lot	Between 405 Rochester and 550 Booth Street
Sunday, June 4	9:00 am - 4:00 pm	Waste Services Inc.	3354 Navan Road

**Examples of Hazardous Materials Accepted**

Left over oil-based paints; turpentine; pesticides; aerosol containers; fire extinguishers; pool chemicals; insecticides; herbicides; fungicides; stains; wood preservatives; furniture stripper; barbecue starter; oven cleaner; window cleaner; disinfectants; used needles and syringes

may be "detritus non gratus" (sorry, Latin scholars!) in our regular garbage collection, and has to be separately disposed of as "Hazardous Waste".

While the City does not include hazardous waste in its regular collection régime, it does offer a schedule of disposal days when area residents can deposit their accumulated toxic debris at a variety of different sites throughout Ottawa. In anticipation of a seasonal Burgh clean up binge, the schedule for the next two months and a list of the kinds of noxious materials accepted at these sites is set out above.

- with the contents
- Carry the load in a box in the trunk of your car to avoid spills or fumes
  - Never mix different hazardous materials together

**Latex Paint**

In contrast to the oil-based variety, latex paint is apparently **not** in the hazardous category but can be dried out and discarded with the regular garbage. The City website recommends drying it out by dumping cat litter into the pail in a ratio of 2:1 litter to paint. Once the latex/litter mess has been removed from the pail, the latter can be recycled in the

posol recently came to the fore when Councillor Alex Cullen proposed that they be classified as hazardous waste as recommended by Toronto Hydro and the Ontario Ministry of Energy. While there are currently no restrictions on their disposal here in Ottawa, given the risks of mercury leaching into the water table if they are thrown into the landfill, it would seem a sensible precaution to include them with your collection of "nasties" destined for a hazardous waste disposal site.

**Garage Debris: "Take It Back"**

## Family Resource Services

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# Atlantic crossed; Circumnavigation complete

By Heather Bacon

ARGONAUTA I arrived in Port St Charles, Barbados Tuesday Jan 17, just before sundown. We picked up a mooring, had showers and opened the Moët-Chandon. It was a relief to come to the end of the Last Passage. We officially CIRCUMNAVIGATED when we crossed our outbound track in the Grenadines, 90 miles further. The celebrations continue as we meet fellow cruisers along the way.

What can I say? For a sailor it was a very good passage. We covered 2,024 nautical miles in 14 days...13 days in elapsed time. We motored only 35 hours, mostly to charge batteries and desalinate water. For myself, a Sailor by Marriage, Agood passage A is an oxy-moron. This time I felt lousy for four days then put on a patch. Took it off, used Graval each night when, descending to the cabin, I felt the familiar nausea. I wrote in my diary *On the 11th day I felt "normal"*.

*Total circumnavigation distance in nautical miles: 30,228. Statute Miles: 34,808 ; Kilometres: 55,876*

We came through unscathed, all did not.

Cruisers communicate via the SSB radio enroute. The grave drama of the past voyage involved FIRST LIGHT an American vessel which lost its rudder in the middle of nowhere: 1,800 miles from The Canaries, 1,000 miles to the Caribbean. Everyone communicated with sympathy and advice. We were the closest yacht. We changed course and rendezvoused the following day. FIRST LIGHT was wallowing in huge swells. We had

discussed our options. It was impossible for us to tow them

offer was accepted. The tow did not go well. The sailboat



View from the cockpit of the Argonauta I.

1000 miles. If they had been prepared to abandon ship we could have taken them aboard. That would have been precarious, but feasible. I had already planned practicalities: three in cabins, three on deck. Then we could sleep in shifts. The food

ricocheted from side to side and the tow rope broke three times. After many hours of agony the crew decided to abandon ship. At this point communication ended as the rescue vessel did not have SSB radio. For seven days we all worried about their fate.. And then, while we were anchored in Carlisle Bay, Barbados we heard that they were coming ! The rescue boat ROS AILITHER was a decommissioned Irish fishing brigantine. The young couple aboard were both retired ferry operators from Exeter. They had much expertise and ability coupled with a healthy dollop of humility. We had an opportunity to discuss the experience with them and learned by accident that they had been in Thailand during the tsunami and assisted in the rescue of a mother and child. They are true heroes.

Ironically, one month after she was abandoned FIRST

LIGHT fetched up on Morgan Lewis Beach on the east side of Barbados near the town of St Andrews. Evidently she drifted with the current and wind some 900 NM over a period of 33 days. Clearly, she was intact throughout and progressed to Barbados unseen, only to break up on the reef. The surf on this coast is horrendous, equalling the most dramatic I have ever seen, Hawaii included. We received photos of a broken wreckage, the hull split in half, gear scattered about the beach. For the owners who had come so close to their circumnavigation, this was indescribably poignant.

We feel fortunate to have completed our circumnavigation with no serious mishaps. I go through the adventures of others vicariously and this

this trip and, like the meat in the freezer, there were leftovers. I am proud of tackling classics: finally read *Anna Karenina*, although a more frivolous choice might have been called for. A close friend sent me *Mrs Proust and the Kosher Kitchen*. I supplemented it at night with an audio book rendition of *Swann's Way*. I freely admit I would probably never have read/listened to Proust in other circumstances. Audio books are my mainstay during the long night watch. (We do four hour shifts.) My beloved BOOKS ON BEECHWOOD found me audio books at remainder prices on the Internet. I listened to *As the Crow Flies* by Anne Marie McDonald: 27 hours!! I almost looked forward to my night watches.



Circumnavigation completed, Hugh and Heather Bacon take it easy among the many yachts in Barbados.

contributes to the Angst which I experience between the hours of 3 and 5 AM. I must applaud my Skipper who has kept me safe. Although I rail against his unrelenting concentration on radio weather, no nonsense application to all the Important Things of Life...which do NOT include ME, and the non stop conversation about BOAT THINGS I do acknowledge that it is his diligence that has kept me safe.

Once upon a time I wrote over 1,000 words on the topic: WHAT DO YOU DO ALL DAY? There are always domestic tasks. Our nephew, David, who took over the majority of deck work, was a great boon to me in the kitchen. When I could not function he cooked up his specialties, mainly pasta, while I railed at him to conserve essentials for the long voyage. When I roared into action with my gourmet fantasies he valiantly washed the vast stockpile of dishes. Books are my salvation on a passage. I had stockpiled 22 treasures for

So, it is, almost, over. We left the Caribbean over 8 years ago.

Total circumnavigation distance in nautical miles: 30,228 Statute Miles: 34,808 ; Kilometres: 55,876

David sailed with us cumulatively for 9,736 NM.

Unfortunately, no statistics are available for the amount of wine consumed or the number of tears shed!

We have touched base with Canada annually, and traveled in many other countries while off the boat. We will cruise the Caribbean until the snow melts in Ottawa, then discuss the future.

Crichton alumnae will be interested to know that JILL BERRY, beloved Grade One teacher and a dear friend of ours will be joining us in the Grenadines during March Break. We will snorkel in Tobago Cays and enjoy the special atmosphere of BEQUIA, my favourite island.

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Have you ever walked along Sussex Drive and wondered what it was like years ago? Did it always have all that green space and those beautiful homes? The answer is 'Not really'. To begin with, it was a very busy street with government buildings, lots of homes and very little green space. In those days, what is now the Prime Minister's house belonged to the Florence Paper Co. It was then sold to Senator Edwards, owner of the



Fairies who lived in those houses?

At the corner of Stanley and Sussex was the Department of Agriculture where they did experiments. Did you know

Rockcliffe, morning and afternoon. In the winter she would go by sleigh, driven by Harvey Hyde. The Neate's had a very good business there as they had people from the Food and

Drug and from the Film Board as customers. Upstairs there was an apartment where Mr. Jenkins lived. Lois Neate never left the Burgh. She married Howard MacKay and they live on Crichton Street. Behind Neate's store there were barns that stored old street cars and horse drawn cars. They had an open car that went from Rockcliffe to Britannia. At the bridge near Green Island (where the former City Hall is now), there was a small hut where a man named Charlie worked making sure that the street cars would not meet on the bridge.

...The Film Board. Did you know that two movies were filmed in the Burgh? People came from Hollywood to do a portion of the film "The Man from Glengarry" at the Falls. Another portion of that movie was filmed in Rockcliffe. One

of the Burgh boys, Frank Gromall from MacKay Street, was one of the crowd in one scene. The other movie was "Captain of the Clouds", with James Gagney. A girl from MacKay Street was in that film (but I couldn't find out who it was). That portion was filmed on Sussex and Redpath.

We also had the Bureau of Statistics, across from the Wartime Price and Trade Board, where the former City Hall is now. We also had a Census Board on Sussex. Who remembers the big house on the corner of Sussex and Lady Grey Drive that belonged to the Order of Franciscans? Inside was a chapel where they served Mass. The order later moved to Stanley Avenue at St. Vincent de Paul Church. And how many remember when the NCC (National Capital Commission) was known as the OIG (Ottawa Improvement Commission)?

I hope I have stirred up a few memories and brought a bit of our history to some of you.

*This article was originally published the New Edinburgh News sometime in 1987.*



The corner of Sussex Drive and Stanley Avenue then (1911) ...

Edwards Mills. He lived there with his daughter, Edna Boyne – she remained a resident of the Burgh until her death some years ago.

On the corner of John Street and Sussex Drive was the Mansfield Hotel, and at the foot of John Street was the big wharf that the kids of the Burgh used to swim from. A ferry operating from the wharf brought hay and straw from Gatineau to the market. Near the wharf there was a yacht that belonged to Gordon Edwards.

Where the French Embassy is today, there was Mr. Blackburn's house, facing the river. He owned the mica factory at the corner of Dufferin and Crichton streets. Living next door to the Blackburn's was the Lamay family who operated a store for lumbermen. The store was at Sussex and Murray. Mr. Lamay left (or sold) his house to his son, the doctor. The Boyd family lived on the corner of MacKay.

Who remembers the Sparrow family who ran an ice cream parlour between John and Alexander? Next door to the parlour was Eleanor Ward's Convenience Store. Between Alexander and MacKay there were four stone houses owned by Mrs. Neate. All the houses had huge furnaces in the corner of their kitchens. Does anybody remember the James, Smiths, Wittengergs and

that our No. 6 Fire Station this is one MacKay Street used to be on Sussex? During wartime, there was an Army mess upstairs at the Station. (Some of the soldiers spent a lot of time at Ward's store.)


At the back of the Fire Station there were barns where the snow boxes were stored. They used to get rid of the snow by hitching two horses to pull each snow box, followed by six men filling each box with snow. It wasn't easy work, and these men really earned their money. If you were walking up Crichton Street early in the morning, you could hear these 20 to 30 men working away, taking the snow from the sides of the road. Jake Westfall was their foreman and he certainly was one of the best. Work was scarce in those days, but as foreman, he made sure that each man who wanted to work would get two or three days a week. He divided the work equally so that each man would have money and wouldn't have to go on "Relief", as it was called then.

Next door to No. 6 Fire Station was Bill Neate's Grocery store and sub-post office. It was first owned by Bill's father, Charles. Bill's wife, Ruby, worked with him in the store, and after school his two daughters, Olive and Lois, helped out. Lois would deliver the mail and parcels to



... and now (1987).

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# Little Tennis Camp at the Lindenlea Tennis Club July - August

**By Margaret Gibson**

Little Tennis provides a team atmosphere and healthy activity for young players. Often when parents think of sports for their children, they choose baseball, softball, basketball, soccer or football – the standard team sports. While these sports instill the value of teamwork, communication, sportsmanship and friendship, parents tend to dismiss other sports that they may view as “individual sports”, like tennis. Tennis, in fact, often leads to rewarding team experiences at the high school and college level, as well as in the junior leagues.

When children play a tennis match against an opponent, whether they win or lose, they learn the value of sportsmanship. In the process they often build friendships with their opponents, which helps raise their self-esteem. Children can easily learn the value of communication and teamwork with others through their coaches and doubles partners. Most of all, children learn the joy of the game -- and the best way to get involved is through programs such as the USPTA's Little Tennis program.

Little Tennis is an engaging

tool for teaching children ages 4 to 12 who are eager to play the game, using a structured set of lessons and play designed to help them move quickly through the transitional stages of graduated equip-

some refreshments at the upcoming Little Tennis Carnival. The Carnival takes place on Saturday, May 27 (rain date May 28) from 1 to 3 pm at the Lindenlea tennis courts. Everyone welcome.



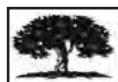
Left to right: Margaretha Hattingh, Hannah Johnson (instructor), Elizabeth Hardy and Owen Kewell participated in last year's tennis camp at Lindenlea Tennis Club.

ment to full court tennis. Items like small, lightweight rackets, small nets, clones, foam balls and other teaching aids help make it fun and easier for children to learn.

Parents and children can meet and have fun with the camp instructors, and enjoy

For more information, contact us by telephone at 742-5011 or by email at [lindenleatennis@hotmail.com](mailto:lindenleatennis@hotmail.com).

*Margaret Gibson is a former Australian International tennis player and a member of the USPTA.*



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Stella Burnet's Grade 4 class at Fern Hill School with letters from their pen pals in Mississippi.

## Fern Hill Students Make Friends with Pen Pals from Mississippi

By Rosemary Crane

"I'm 9 fetching on 10 years old" was the opening line of one of the letters received by a Grade 4 student at Fern Hill from a pen pal in Laurel, Mississippi.

Since January, students in Stella Burnet's Grade 4 class have gotten to know the children from West Jones Elementary School a little better as they have received letters from the 49 students in that school's Grade 4 class. This was a bit overwhelming for the Fern Hill class as they are only 12 students – but with a lot of determination they quickly

began to reply to all of the letters.

It has been an eye-opening experience for the Canadian students, learning about how their American counterparts have been coping since the hurricanes devastated several surrounding areas near Laurel. Many children are still without permanent homes. "I think that the severity and reality of the hurricane hit closer to home because they were reading about it directly from children their age," says Ms. Burnet. "It has become more real hearing it from the children rather than watching it on TV or reading

about it in the newspaper." One child wrote "We ran out of water and had no electricity – we had to use the swimming pool to wash our clothes...our food was cold and nasty."

West Jones has been the first beneficiary of the Fern Hill School GiveBack Program. A portion of the funds that were raised at the Mardi Gras Auction in February have been sent to West Jones to assist with the rebuilding efforts. The fundraising auction, sponsored by Nancy O'Dea Royal Lepage Performance Realty, raised over \$ 40,000 for Fern Hill School.

## Rockcliffe Park Lindenlea House League Soccer

By Julie Vanderschot

Although outdoor soccer seems a world away if you look outside, the Rockcliffe Park Lindenlea House League Soccer season will start up again on April 29. Registration forms will be mailed to all of last year's participants in mid March. (If your child did not register last year and you want to have the 2006 registration forms mailed or emailed to you, please con-

tact Caryn Kewell at caryn@appian.ca.) The registration deadline is April 11 after which a late fee will apply. There will also be a limit on team sizes, so please sign up by the deadline to avoid disappointment. This year, the PeeWee division (ages 4-7) plays Saturday mornings, Juniors (age 7-9) play Wednesday evenings, Intermediates (age 9-11) play Tuesday evenings and Seniors

(age 12-15) play on Thursdays.

Right now we are looking for coaches and other volunteers to help organize the league, particularly for the Intermediate (ages 9-11) and Senior (ages 12-14) Divisions. Please contact Julie Vanderschot at 744-5550 or jvanderschot@rogers.com if you can devote some time to help run this great program for our kids.

## Ottawa Public Library Bibliothèque publique d'Ottawa

**Rockcliffe Park Branch**  
Ottawa Public Library  
380 Springfield Road  
745-2562

chats are held in the branch at 7 pm.

**April 13, *Village of the Small Houses*** by Ian Ferguson

**May 18, *The Speed of Dark*** by Elizabeth Moon

**June 15, *The Lost Garden*** by Helen Humphreys

**"They answered as they took their fees, there is no cure for this disease"**

**Thursday, April 20, 7 - 8 pm**  
Registration is required.

**Jane Dobell**, long time collector of illustrated children's books, and supporter of the Osborne Collection of Early Children's Books will illustrate her talk with slides about her experiences as a collector and a donor.

**Landscape Alternatives to the lawn – Perennials and more.**

**Thursday, May 25**  
**6:30-8 pm**  
No registration is required.

### Children's Programs

#### Babytime

Mondays, April 24, May 1-8  
10:30 am (20 min.)

Learn bouncing and tickling rhymes, songs, and stories to share with your child. For newborns to 18 months. Registration is required.

#### Toddler time

Mondays, June 12-26  
10:30 am (20 min.)

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

For ages 18-35 months.  
Registration is required.

### Adult Programs

Join the Rockcliffe Park Book Chats. Drop in and share the enjoyment of great books in an informal relaxed atmosphere. Everyone is welcome! Book

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# Onward and Upward for Vincent Massey Gifted Program

By Susan Tulusso

Trustees at the Ottawa-Carleton District School Board have defeated a motion to close the specialized Congregated Gifted Program at Vincent Massey Public School. This support for the program is a significant victory for local parents who have worked hard for two years to preserve the VM program.

Parents want to spread the word about what they call one of the OCDSB's best-kept secrets. This award-winning school offers gifted children a high quality, broadly-enriched program within a supportive, culturally diverse environment. They credit the program and its talented teachers with reviving their child's interest in learning, saying the gifted class-

room provides a challenge, generates excitement and creates a peer group where "it's okay to be smart." Children bus from as far away as Greely to join the four-year program at the only location between the Glebe and Orleans.

### Does my child qualify for a specialized Gifted class?

Is your child Gifted? Does he or she learn quickly, seek greater depth of knowledge, or want information on a wide variety of topics? Does he or she seem bored, disrupt classes, or "tune out"? Is he or she underachieving? These (and other characteristics) might indicate your child would benefit from a more challenging learning environment.

Although the public board

screens all children for giftedness in Grade 3, these tests do not always identify gifted learners. If the school tests your child, ask for the results and review them carefully. Private testing is available from qualified professionals and the costs may be covered by insurance.

### How do I get more information, make a class visit or apply for this program?

Gifted programming is available to all students who meet the board's criteria (via the board or private assessment). If you are interested in exploring this option for your child, contact the learning support teacher or principal in your school and have them apply on your child's behalf. You can also contact Vincent Massey Public School at **733-5955** (ask for the Principal or Vice-Principal) or call the Special Education staff at the OCDSB.

Vincent Massey also holds Open Houses so parents and students can meet teachers and kids in the program. Contact the school for more information on these.



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# What's New in Lindenlea

## LINDENLEA AFTER SCHOOL PROGRAM 2006 – 2007

Although the current school year is still a few months from completion, now is the time to make plans for next year's after school care. RPPS students are picked up at the school, and then they walk under the watchful eye of our After School Director, **Suzanne Seguin**, to the Lindenlea Community Centre. Here they are provided with a healthy snack before doing some of their assigned homework, and then completing their time with crafts and games. Included in your After School fees is art instruction with **Pamela Lasserre**, every Thursday afternoon. Space is limited, so please don't delay in registering your child.

## LINDENLEA TENNIS SEASON OPENING SOON

Please join us on **Saturday, April 22**, for the opening of the Lindenlea Tennis Club season. This is a great opportunity for you and your family to try out the courts, and learn more about the club and the programs we offer. You may sign up for membership that day, or if you would like to get a jump on things, **tennis registration will begin Tuesday, April 18**, at the Lindenlea Community Centre, 15 Rockcliffe Way, from 6 to 8:30 pm.

## BEADING WORKSHOP

Just in time for Mother's Day! Please join us at the Lindenlea Community Centre on **Sunday May 7** at 1:00 pm, for a Mother-Daughter beading workshop. Learn how to design original beaded jewelry, and craft two personalized pieces each. This activity is suitable for ages 5 and up. The cost for both mother and daughter is \$50.00 (this includes materials). Please add \$15.00 for additional children.

## LINDENLEA SUMMER CAMPS

### Tennis Camp

This camp is designed for children between the ages of 4 to 12 years of age. The hours are from 8:30 am to 12:30 pm, Monday to Friday, every week of July and August. The cost of the camp is \$110.00; this includes prizes and a pizza lunch on Friday, as well as a personalized evaluation from Ontario Tennis Association certified instructors.

### Science Camp

New this year, a camp for 6 – 11 year olds. Join the people from Brainwaves, as they explore the science behind ancient Egyptian life, or as they investigate the science of a secret agent. This is a half-day camp, running from 1 to 5 pm. Egyptology will run the week of July 10 – 14, and Secret Agent Science will run August 14 – 19. Cost for either of these camps is \$125.00. Space will be limited, so don't be disappointed.

### Crafts & Laughs Summer Camp

Designed for children aged 2 – 5 years. Both indoor and outdoor activities, imaginative crafts, circle time and many other activities will keep your little ones busy. Camp runs from 8:30 until noon, and costs \$100.00. 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 pm, the week of July 17 – 22, and July 31 – August 4. 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-dyeing, stylish sculptures, and much more. Cost is \$60.00 per week.

**Registration for camps and programs is held every Tuesday evening from 6 - 8:30 pm at the Lindenlea Community Centre, 15 Rockcliffe Way. If you have any questions, please contact us at 742-5011.**

## Did you Know?

New Edinburgh has a community website. Check it out at:

**[www.newedinburgh.ca](http://www.newedinburgh.ca)**

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**Manor Park Fieldhouse, 100 Thornwood Road**

The Park Playschool is welcoming children ages 2½ to 5 years to its Preschool and Kindergarten Companion programs.



In September 2005, the Kindergarten Companion Program will be available mornings and afternoons. The Preschool Program will continue on weekday mornings.

For more information please call 741-4776 or e-mail us at [mpcc@manorpark.ca](mailto:mpcc@manorpark.ca)



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**Releasing your Creativity from within** – Diana Bates  
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**Art and French for the young** – Diana Bates  
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**Painting colour and light** – Diana Bates  
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**Creative with Clay** – Helena Schonning  
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**Fun with Clay for children** – Helena Schonning  
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# For the Birds



By Jane Heintzman

For birders in and around our community, the winter has been far from a dull monochrome of sparrows, pigeons and house finches, punctuated by the odd splash of colour in the form of a passing cardinal or blue jay. Not long after the publication of last edition in early February, **Jill and Roger Hardy** of Mackay Street reported that a hungry **sharp-shinned hawk** paid an unexpected visit to their backyard feeders, presumably in search of a tasty McSparrow for its mid-day meal.

Unlike the menacing **Cooper's hawk** which had appeared in our garden several weeks earlier, this imposing critter was successful in his mission, and snagged a sparrow which it proceeded to devour while the Hardys looked on in fascination. Before digging in, however, the hawk methodically tore out the feathers of its prey, hurling them in all directions like a greedy reveller at a medieval banquet. The Hardys also reported the visit of a group of ground-feeding **mourning doves** whose unhurried enjoyment of the scattered seed in their garden could have made them easy pickings for the resident cats.

One local mecca for birds and other wildlife is the area around the feeding stations close to the **Macoun Marsh** in the Beechwood Cemetery,

where Educarium science teacher **Michael Leveillé** and his team of aspiring field naturalists keep a regular journal of the flora and fauna ranging from mammals right down to single-celled organisms. Mr. Leveillé has generously agreed to share these records with the NEN, and I'm happy to report that the list of winter birds at the marsh has been impressive.

Sightings in late January and February included a **Cooper's hawk**, **hairy, pileated and downy woodpeckers**, **goldfinches**, **redpolls** (in significant numbers), **mourning doves**, **cardinals**, **juncos**, **chickadees**, **white breasted nuthatches**, **house finches**, a single **fox sparrow** and a **Bohemian waxwing**. The **fox sparrow** is a larger, heavier



Photo: Michael Leveillé  
Bohemian Waxwing.

sparrow than the more common varieties, and noticeably reddish in colour. The **Bohemian waxwing**, a slightly larger, plumper version of its cousin, the **cedar waxwing**, with a distinguishing white bar on its wings, is commonly found in the west, but comes east in winter and has been spotted at the marsh for the past three winters.

Another less benign visitor to

the marsh this winter was a **Northern Shrike**. The latter is a predator which feeds on small birds and mammals, and has an engaging habit of impaling its prey on thorny branches before consuming it. Last year, the Educarium team was able to observe this at first hand when they caught a visiting shrike in the act of devouring a shrew. In early March, a **raven** was sighted in the Marsh area, a relatively rare occurrence in the middle of the city. Ravens are members of the *corvidae* or crow family, but are considerably larger than an ordinary crow (about 27" long as opposed to 17"), and their eery call is a deep throated croak rather than the crow's nasal "kaw" with which we are all too familiar.

**Vicki Metcalfe** had a number of interesting bird encounters during her winter wanderings with Wheaten Terrier Ceilidh. In mid-February, she sighted a **bald eagle** in flight over the Rockcliffe Parkway close to the Ottawa River (ironically enough, not far from the residence of the American Ambassador, but as far as we know, not a household pet like the Queen's Royal Ravens). Her observations of its majestic flight were unfortunately cut short by the arrival of a noisy small plane, but not before she had made a positive identification. While bald eagles are still comparatively rare in our part of the world, sightings have reportedly been increasing in the Ottawa/Gatineau region.

Earlier in the winter, Vicki and Ceilidh encountered "**a murder of crows**" around Pine Hill in Rockcliffe Park, swarming and screeching in inimitable crow-like fashion. The object of their raucous consternation was a **great-horned owl**, a regular victim of harassment by crows of whom it is the most important predator. Crows are known to congregate from long distances to mob a roosting owl and keep up their screaming

serenade for extended periods. Far from being a helpless victim of all this abuse, the great-horned owl is an accomplished predator, taking prey two to three times its size (including skunks) and ripping off fur,

recent sightings have been two separate gatherings of **cedar waxwings**, *hordes* of cedar waxwings. In the first instance, a flock of at least forty was careening from side to side across Princess Avenue close



Robins in the snow.

Photo: Colin Freebury

feathers and legs before devouring the feast.

In the last days of February, Vicki sighted another owl at Pine Hill, this one boldly surveying the surrounding territory from a lofty tree top, clearly visible and in broad daylight. In this case, Vicki is fairly certain that the character in question was a **great gray owl**, distinguishable by its beady yellow eyes, flat face marked by concentric rings and distinctive white "bow tie" beneath its



Great Gray Owl.

beak. (If Vicki keeps this up, she may be able to report a "**parliament of owls**" in our next issue, and where more appropriately than here in Ottawa?)

Prominent among my own

to the rear entrance of Rideau Hall, presumably in search of berries which are the staple food of this *frugivorous* (great word!) species. About ten days later, we came upon an equally large gathering of cedar waxwings along the Ottawa River close to the Rockcliffe lookout, but this time there was no frenetic flight. Instead, the birds were lined up like spectators at a football game, sitting in closely packed rows along the branches of tall pines where they are apparently known to pass berries down the line from one beak to another (popcorn anyone?).

## Signs of Spring

By late February, local birders were reporting unmistakable harbingers of spring. The Educarium group at Macoun Marsh observed a male **red winged blackbird** scouting out his territory around the marsh, and **robins** were sighted in some parts of the city, including the lovely pair pictured in a snowy landscape in the accompanying photograph by noted Ottawa nature photographer **Colin Freebury**. Thanks to all who reported their sightings: now on to spring!

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## The New Edinburgh Players present The Importance of Being Earnest

The New Edinburgh Players present their 27th Season, bringing back the all-time popular comedy *The Importance of Being Earnest* by Oscar Wilde, to raise funds for various good causes in our community.

**When:** April 20-22; 27-29, 2006, at 8 pm.

**Where:** MacKay United Church Memorial Hall (corner Dufferin/Avon Lane)

**Admission:** \$15.00.

The deliriously nonsensical plot, a comedy of errors—concerning the mythical brother “Ernest” invented by Jack Worthing (Ryan Hardy) as a cover-up for his frequent trips to town; the two charming young ladies, Gwendolen (Sarah Robertson) and Cecily (Marah Shields), whose devotion to the name Ernest is such that they will only marry

someone thus christened; the wooing of Jack’s ward by his friend Algernon (Tom Blazejewicz) under the guise of “Ernest”; the terrifying Lady Bracknell (Janet Uren) and her horror at Jack’s being a foundling discovered in a “handbag” at Victoria Station (the Brighton line); the wooing by Canon Chasuble (Larry Swain) of the governess Miss Prism (Linda Marchand)—is shot through and set aglitter by the famous Wilde epigrams. In addition to those mentioned above, the cast includes a manservant (York Davis) and a housekeeper (Barbara Merriam).

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

As always, the hall will be set up cabaret style with tables for four, six and eight; refreshments will be served and a pianist will set the mood before the curtain rises. In addition, tenor York Davis will entertain the audiences with music hall songs before each act and when the final curtain falls at the end of act three.

Director Ingrid McCarthy, together with her capable backstage team, Assistant Director Jo Molloy; Costume Designer Jane Caskey; Props Mistress Isobel Bisby and Garden Set Designer Madelien Lang, promise charming sets, delightful costumes, witty dialogue in situations of glorious absurdity—who, in search of an evening’s entertainment, could ask for more?

See you at the show!



Photo: Ryszard Mrugalski, Zoom Exposure

From left to right: Barbara Merriam, Ingrid McCarthy, Janet Uren (sitting), York Davis, Linda Marchand (sitting), Larry Swain, Tom Blazejewicz, Marah Shields, Sara Robertson. In the handbag: Ryan Hardy.

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# The Dancing Shiva: *Nataraja* A Multi-media Dance Event at the Arts Court

By Anne-Marie Gaston

## Cultural Horizons

Cultural Horizons, a registered non-profit charity based in New Edinburgh, will be presenting dances in the East Indian style by Anjali and Company at the Arts Court Theatre on **April 28 - 29**. This will also be the occasion for the release of a booklet entitled: "The Dancing Shiva", which will be accompanied by a DVD. The booklet is designed as an introduction to the culture of India, through analysis of the philosophy, art, dance and myths surrounding the dancing Shiva. This image, also known as *Nataraja*, is familiar to many people. It has become synonymous with India, appearing on works of art, ritual objects, book covers and magazines; even on menus, t-shirts and advertising. We hope that this written and visual material will encourage Canadians to be curious and go beyond the superficialities of other cultures. The project was made possible with funds from the Ontario Trillium Foundation. It has been developed in collaboration with the InterCulture Laboratory at the University of Ottawa.

## The Dancing Shiva: *Nataraja*

"*Anghikham bhuvanam, yasya, vachikam sarvangmayum, aharya, chandra, taradi tvum sativikam Shivam.*" - *Lalitopakhyana* - Sanskrit shloka (verse)

"Shiva, whose body is the whole world, whose speech is all language and whose ornaments are the moon and the stars; Shiva, the pure"

Shiva is one of the main Hindu deities, ruling the ongoing creation and destruction of the universe. He is seen in many forms. One of these, illustrated here, is known as *Nataraja*: Shiva, the king of dancers (*nata* = dance, *raja* = king).

The image of *Nataraja* is universally recognized as one of great beauty, its attraction deriving from balance and harmony. On a deeper level, many aspects of the image allude to ideas with profound meanings specific to Hindu philosophy. These ideas are revealed when aspects of this image are presented in the form of myths, both in dance and the visual

arts. The treatment of myths in live dance offers greater flexibility than is available to the painter or sculptor whose work is finished. In Indian dance, myths may be presented literally, following the words of the song, but in the improvised portions of the dance, subsidiary stories can be introduced by a fleeting pose or hand gesture. The dancers' knowledge of the intricacies of mythological stories and their command of expressions, gestures and body positions, bring poetry and freshness to a performance. A dancer can reveal the hidden symbols in the *Nataraja* is the image and the myriad of stories and legends that surround his dance. *Nataraja* is the inspiration for Anjali's new mixed media event to be held the end of April in Ottawa at the Arts Court Theatre.

## The cosmic cycle (*samsara*)

*Nataraja* leads us deeper into the philosophy of Hinduism. In particular, how was the world created and how is it maintained? The image of *Nataraja* embodies the cyclical nature of the universe. In Hindu thought creation is balanced by destruction. Life is seen as a cycle of repeated births and

deaths (*samsara*); each individual is reborn many times. It is this cosmic birth and death that is symbolized in the *Nataraja* image. The *Nataraja*



## The Dancing Shiva

figure is inscribed in a circle because the universe itself is characterized by cyclical transformation.

## The drum and the fire

The *Nataraja* image has four arms: two of them carry objects, the hour glass shaped drum, the *damaru*, on the right and flames of fire on the left. The other two arms make specific gestures (*mudras/hastas*). The one with the palm facing outwards is in *abhaya mudra* signifying "have no fear". The other hand in *dhola/gajahasta* points to the upraised foot, emphasizing the power of the dance. This dance is known as *anandatandava*, the blissful vigorous dance (*ananda* [blissful] *tandava* [vigorous]). Out of the primeval void, the beating of the *damaru* produced the first sound (*nada*); its pulse setting up a rhythm to which Shiva began his dance of creation. From his dance, the world came into being. Through this rhythm existence is maintained. The balancing of the drum and the fire indicates the cyclical nature of the universe.

## Shiva's Three Eyes and Yogic Power

Shiva's eyes represent the sun and moon, both essential for maintaining the universe. This aspect of Shiva is known as *sthiti* (preservation). Almost invariably, Shiva is shown with a third eye, placed vertically in the centre of his forehead. The opening of this eye, known as "the eye of knowledge", symbolizes the attainment of enlightenment and true understanding of the nature of reality.

## Shiva's Ornaments: Symbols of impermanence & fertility

Cobras entwine around Shiva's body and arms. Because snakes slough off their old skin they are symbols of continuity. Because they are also feared, Shiva reveals his power by wearing them as ornaments. A skull in Shiva's hair symbolizes the impermanence of existence. The moon in his hair also alludes to the cycles of life. Shiva dances on a small dwarf (*apasmara/muyalagan*), symbolic of ignorance. The dwarf plays with a snake, symbolic of evil, and lies on an upturned lotus - a symbol of creation. Shiva's unkempt hair also symbolizes his freedom as an ascetic without attachments.

## Shiva and Ganga

An important symbol of fertility, the river Goddess, Ganga, emerges from Shiva's matted locks, her hands held folded together (*anjali hasta*). At the request of a sage, Ganga descended to earth from heaven. To cushion the impact, which otherwise might have split the world in two, Shiva allowed Ganga to fall on his head. His matted locks which fly outwards represent the tributaries of the river, which bring life to the sub-continent.

## Dance Art and Myth

Through knowledge of the *Nataraja* image we come to appreciate that its elements are not arbitrary choices of the artists, but important and ancient symbols referring to fundamental philosophical concepts which find expression in myths, dance, sculpture and painting. The expression of Shiva's dance and the many myths and legends surrounding it, form the inspiration for Anjali's new mixed media event to premiere at Arts Court Theatre. The dances will be performed in front of exquisite images taken throughout India, in temples, remote villages and the Himalayas. The event is suitable for anyone age 10 and up. Anyone interested in cross-cultural education will find both the recital and the booklet with DVD a unique tool to enter into the rich artistic traditions of India as well as for understanding and teaching some cultural aspects of India. Anjali has just returned to Ottawa after performing in India and Greece. She presents her new Mixed Media event on

**April 28-29, 7.30 pm**  
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## Roesti (Root Vegetable Fritters): A 'Five O'clock Solution'

**By Heather Maclachlan**

I recently taught a class at **Urban Element**, a great new venue that you should consider taking a look at [www.theurbanelement.ca](http://www.theurbanelement.ca). We used to teach classes at Epicuria when it was known as Ryley Maclachlan, but it simply became too complicated as the business grew. Urban Element has done a superb job of creating a kitchen space where teaching classes is a priority and students love the experience. I hope to appear there once per month to keep my teaching skills alive!

My first class was on 'Five O'clock Solutions'. Answering that old question "What can I make for my family last minute?". I have made and remade this recipe, and it is both easy and successful. If you have a food processor so much the easier! This recipe uses the wonderful root vegetables that are easy to find in the late winter months. As far as I can tell, those picky eaters who refuse parsnips have no idea that they lurk within!

Believe the recipe when it says you need a **nonstick pan** for cooking. They cooperate fully when they don't stick and make a devil of a mess when

they do!

**Roesti (or Root Vegetable Fritters)**

3 eggs  
½ cup flour  
2 cups Yukon gold potato, grated  
2 cups Sweet potato, grated  
½ cup carrot, grated  
½ cup parsnip, grated  
1 white onion, finely diced  
½ cup parmesan cheese  
3 tbsp chopped parsley  
salt, fresh pepper



Beat the eggs lightly and add the flour, whisk until smooth. Add the grated vegetables and mix until smooth. Add the parmesan, parsley, salt and pepper, mix to combine. Consider some freshly chopped garlic if you are passionate about it.

Heat a large nonstick frying pan over medium heat. Add a little oil and swirl in the pan. Drop the grated mixture by ½ cup's full in the pan and flatten

the mixture. Cook for about 10 minutes on the first side. Turn carefully over and cook on the second side for another 10 minutes. Repeat with the remaining mixture.

Serve plain, straight from the pan (1 per person is adequate, 2 is almost too much). For a special treat garnish with a spoon of chili sauce and a dollop of sour cream. Serve with simply grilled meat or fish. This is the classic accompaniment to **Duck Confit**.

For entertaining and making ahead: Cool the fritters and store in the fridge using waxed paper between the layered fritters. Place on a cookie sheet and sandwich two fritters together with goat's cheese or fresh ricotta cheese. Re-warm for 20-30 minutes at 325 degrees.

## Annual NECA Spring Clean-Up of New Edinburgh Park

**By Ed Browell**

The annual NECA spring clean-up of New Edinburgh Park will take place on **Saturday, May 13**. We meet at the Field House at Dufferin and Stanley at 10 am and do our thing until noon when we retire to the Field House for coffee and cookies. Flowering plants may be purchased from the Crichton Community Council annual fundraising event at the Field House.

The annual clean-up is sponsored by Councillor Jacques Legendre and the New Edinburgh Community Alliance as part of the City's 'Spring Cleaning the Capital' program.

Please bring gloves, some small plastic grocery bags and one green garbage bag.

Please pass this reminder to your neighbours. All residents

of New Edinburgh and all people from other communities who use the park are invited to attend this event.

Rain or shine, I hope to see you in our beautiful park on Saturday, May 13 at 10 am at the Field House, Dufferin and Stanley.

Remember, the 1999 founding vision statement of the Friends of New Edinburgh Park Committee was:

*To create a world-class park*

*Ed Browell is Chair of the Friends of New Edinburgh Park Committee of NECA.*



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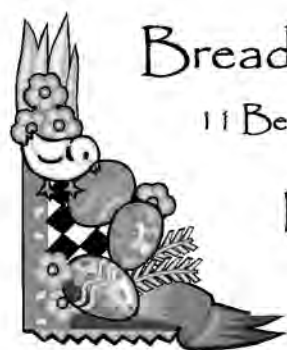
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# The Doctor is In: A Q&A for Pet Owners of the Burgh and Beyond

By Dr. Lynn Morgan, D.V.M.

*Dr. Lynn Morgan, a well known veterinarian in our community and co-owner of the Pretoria Pet Hospital, as well as a popular veterinary consultant on local CBC Radio, has graciously agreed to provide responses to questions from a number of local pet owners for publication in this edition of the News. Unfortunately, the sheer volume of questions we initially solicited from local dog and cat lovers proved overwhelming, and responding adequately to them all might well have necessitated an impromptu sabbatical on Dr. Morgan's part. In the event, she has made a manageable selection from our voluminous list, leaving open the possibility that others might be addressed in future issues. The following are Dr. Morgan's answers to some of our queries about the health and habits of our beloved companions.*

**What are the most common canine geriatric problems? What are their symptoms and treatments?**

### Osteoarthritis

As a veterinarian, I will often look at geriatric problems with respect to quality of life. In this regard, probably the most common geriatric problem is painful joints as a result of osteoarthritis. The major contributing factor is being overweight or obese. One of the first treatments we have for arthritis is **weight loss** down to a normal weight. It is remarkable how much better a dog will feel with the loss of a few pounds.

Dogs are very good at hiding their discomfort which is a sensible strategy if you are a vulnerable animal out in the wild. As a result of this canine strategy we are not always good at evaluating our pets for

pain. If I am suspicious of pain I will recommend a course of 2 weeks of a pain relief medication such as one of the **non-steroidals** to see how uncomfortable the dog is. Many dogs feel like puppies again. Most dogs tolerate these medications well. If there are no contraindications such as kidney disease I highly recommend their use.

Aspirin and acetaminophen are very minor pain relievers and do not give dogs nearly the relief the non-steroidals can. Some of the nutraceuticals such as **chondroitin glucosamine** combinations can be helpful as well. It is important to purchase a reputable brand, as there is no legislation regarding the efficacy of these medications. I will typically recommend people purchase the veterinary brand first and if it works well they could then try an alternate brand and see if they obtain the same effect. It appears that glucosamine on its own is not very effective.

We have had some success with the **joint diets** currently on the market. Once again start with a brand from a company that does the research on their diets and don't just formulate it from a recipe. There are other treatment options such as physiotherapy, chiropractic therapy, acupuncture that can give some relief.

**Regular exercise** is important to maintain muscle strength and joint mobility. I typically recommend continuing with exercise and allowing your dog to let you know when she has had enough. If she is very stiff and sore then limit the amount she gets. I believe exercise helps maintain quality of life physically and mentally. Avoid twisting and turning type exercise. Rough play with younger dogs becomes less advisable.

Remember if your pet is

overweight the loss of pounds is extremely effective and free!

### Kidney Disease

Kidney disease is common as pet ages. More than 70% of your kidney function is lost before you start feeling the effects of kidney disease-this is why people can donate a kidney, effectively losing 50% of their kidney function, and live a normal life span. The most common early signs are **increasing drinking and urinating**. If your pet is beginning to drink and urinate more, it is most likely a sign of kidney disease.

As kidney disease progresses, pets start eating poorly, lose weight and may start to vomit. Diet and sometimes medication will help your dog feel better and possibly live longer with kidney disease. Yearly, and as a pet becomes more geriatric, **every 6 months urine and blood screening** can predict a little earlier the loss of kidney function. Implementing preventive measures at an earlier stage of kidney disease will help prolong quality of life and longevity.

### Liver Disease

Liver disease is much less common. Problems with **diarrhea, vomiting, increased drinking and urination, decreased appetite** are common clinical signs. Once again regular bloodwork and urine testing as your pet ages can help predict the many causes of liver disease, and early intervention can correct or help slow the problem.

### Diabetes

Diabetes is surprisingly *not* a common geriatric disease. Diabetic animals typically are voracious drinkers, urinate profusely and often experience weight loss. We more often see it in middle age and even then infrequently. It is sadly com-

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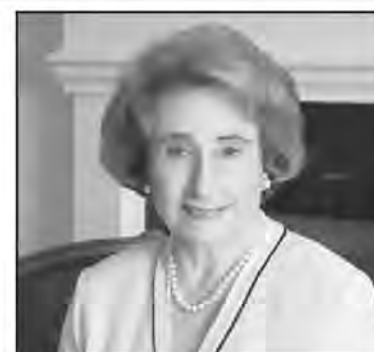
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mon in all you overweight cats out there.

#### Heart Disease

Heart disease is not uncommon. Typical signs are **coughing, a decrease in your dog's ability to exercise and weight loss**. Your veterinarian may have detected a heart murmur at a younger age that was not causing a problem. At the time it was discovered, your veterinarian might have recommended an ultrasound to determine the cause. This is useful information through the years as your veterinarian will be able to evaluate your dog for evidence of subtle signs of heart disease. Once heart disease is affecting your dog's health, an evaluation of his heart through **ultrasound, radiographs, blood pressure monitoring and blood work** would be recommended. There are some excellent treatments for heart disease that can both prolong and improve the quality of your dog's life.

#### What are the causes and cures of Coprophagia or Stool Eating?

Eating feces is a common canine behaviour. Some dogs prefer frozen feces, or "poopsicles," and won't eat any other kind. Some eat only their own stools while others prefer those of other dogs. **Dogs that eat feces do not have a nutritional deficiency or lack anything in their diet.**

From a dog's perspective, feces are a yummy treat their humans are constantly trying to steal from them. The following is a typical scenario. The dog spots the feces, his own or someone else's. The human spots it just after the dog and rushes to intervene. The dog thinks "oh no!, not this time, you're not getting my tasty

treat" and gobbles it up as a quickly as possible. Or the dog momentarily stops eating to listen to the human, and the latter is able to wrest the feces from the dog with admonishments of "bad dog!" Result: the dog simply decides, OK, next time I'll eat my tasty treat even faster.

Coprophagia is more common in young dogs. Fortunately, as they move out of the exploration phase of their lives, many dogs will outgrow it. More food-motivated dogs, such as Labradors, may indulge in it for a lifetime. The longer a dog has engaged in the habit, the harder it is to break it.

Dogs are smart. If your dog is still eating poop in spite of all your "training," it's time to look at your method and not assume that your dog is "dumb." As with most canine behavior, the most effective ways to stop the habit are avoidance and **positive motivation**. Cleaning up after your dog and being with them whenever they have a bowel movement will help prevent the habit forming in the first place. If you have ever had a feces eating dog, you will be positively motivated to do this with any subsequent dog!

Dogs already engaging in the behaviour can be helped by lots of positive motivation. Decide what motivates you dog in a powerful way. Typically a delicious food treat or games of chase the stick. A voice reward is not sufficient. Use that reward only while you are training your dog not to eat feces and at no other time. Let the dog know you have the reward, food, or a willingness to play his favorite game.

The dog should have no access to feces without you

present. As you see your dog beginning to think about engaging in the behaviour, interrupt him with a curt voice. You must interrupt him just as the thought is forming. Most people know when their dogs are entering in to feces eating mode. (If he is already eating the feces, it is too late! He has his reward so try again next time). As soon as he stops or looks at you, put on a happy face, show him the reward and waggle it enticingly. If he runs to you and doesn't eat the poop, heap on the praise and excitement. Run from the poop to avoid access and increase the overall joy of the moment.

**Never punish your dog for eating feces.** Punishment will only train him to eat faster or become a stealth eater, learning to eat only when you are not in the immediate vicinity. Most dogs are overwhelmingly motivated by a food treat more delicious than feces, coupled with a happy human. It will likely take lots of failed training attempts. Once the dog gets the idea you aren't after the poop and that there is actually something in it for him to abstain, the habit will fade away. Some dogs may require life long vigilance or an occasional remedial lesson to maintain the absence of the habit.

There are additives such as "Forbid" or "Accent" and diets that are designed to make your dog's own feces taste foul (?). I have had limited success with this approach and it obviously has no effect on dogs that consume other dog's feces.

**Remember that many annoying habits are indulged in because dogs are often under stimulated.** Lots of exercise and play can help prevent irritating canine behaviours.



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**Christmas Eve Service:** 7:30 PM

**Christmas Service:** 10:30 AM

**New Year's Eve Service:** 7:30 PM

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# Easter and Lenten Services

## ST. BARTHOLOMEW'S

125 Mackay St.

### Palm Sunday, April 9

Holy Eucharist (BCP) 8:15 am  
Choral Eucharist (BAS)  
10:30 am

### Maudy Thursday, April 13

Parish Seder Supper, 5:30 pm  
Choral Eucharist and Stipping  
of the Altar, 7 pm

### Good Friday, April 14

Good Friday Liturgy, 10 am

### Holy Saturday, April 15

The Great Vigil of Easter -  
Service of Light, Celebration  
of Holy Baptism and Renewal  
of Baptismal Vows 7 pm

### Easter Sunday, April 16

Choral Eucharist (BCP)  
8:15 am  
Choral Eucharist (BAS)  
10:30 am

the younger  
children), 8:30 am  
Resurrection of Our Lord  
Communion Service,  
10:00 am  
Everyone Welcome!



## ST. LUKE LUTHERAN CHURCH

326 Mackay St. 749-1731

**Maundy Thursday, April 13**  
Worship at 7:30 pm

**Good Friday, April 14**  
Worship at 10:30 am

**Easter Sunday, April 16**  
Worship at 7:30 am  
Easter Breakfast at 8:45 am  
Worship at 10:30 am

## MACKAY UNITED CHURCH

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## Sunday, April 9, 10:30 am

Palm Sunday Services.

**Monday, April 10 thru  
Friday, April 14, 7:00 am to  
7:30 am**

Continental breakfast served  
following the service - join us  
before heading to work.

## Sunday, April 16, 6:00 am

Sunrise service at Beechwood  
Cemetery Gazebo

## Sunday, April 16, 10:30 am

Easter Service with  
Communion.

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**Sunday, April 9, 9:30 am and  
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Palm Sunday Services

**Friday, April 14, 11:00 am**

Good Friday Service

## Sunday, April 16

Easter Sunday Breakfast at  
9:00 am

Service at 11:00 am.

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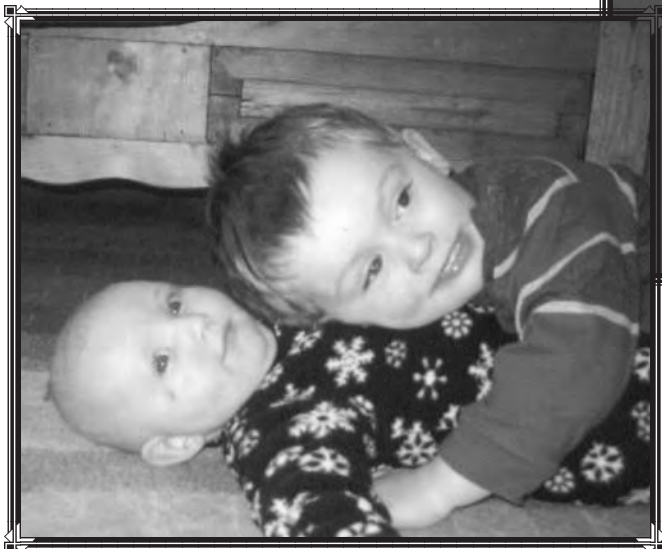
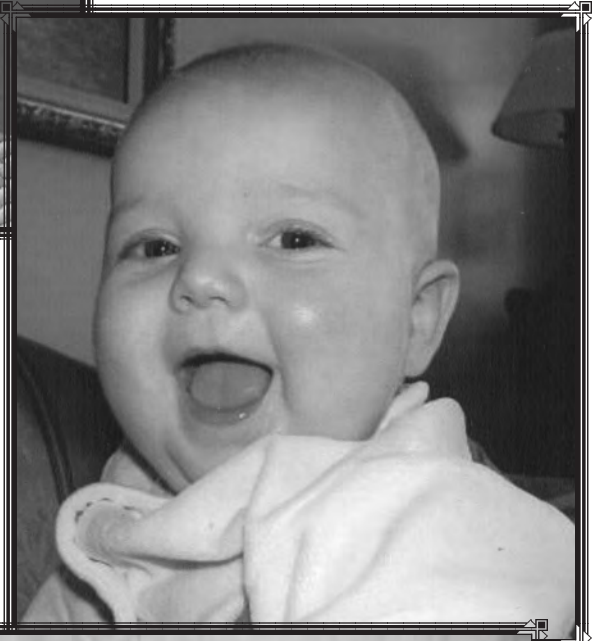
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# Babies of the Burgh 2005/2006



**Clockwise from top left:** Scott Hamlin; Eric Arthur Moen with big sister Beatrice; Samson Anderssen Crouse; Raeph; Lachlan Kerr; Sarah and Amelia; Oliver; Sasha with big brother Jacob. **Center:** Kieran Alejandro Opazo Baer.



# Burgh Breezy Bits

## New arrivals

Congratulations to **Barb** and **Peter Boole** and big sister **Anika** of Crichton Street on the birth of **Caspaar**. Reports are that all are doing well.

Welcome to the newest member of the **Histed-Jorgensen** household. **Gracie** is a 9-week-old, very active (and early-rising) pup. Don't forget to hide the slippers!

The **Poapst family** on Mackay St. are now proud owners of a Nova Scotia Duck Tolling Retriever puppy named **Sam**. Many mucky spring walks are

planned for this little guy who will be 10 weeks old on April 7th. Tollers are very friendly, so if you see Sam out for a walk in the neighbourhood, feel free to stop and say hi!

## Celebrations

**Mary Grainger** of Vaughan Street is well on the road to recovery after a nasty fall on the Rideau Canal that shattered her kneecap. Friends and neighbours are wishing Mary and complete and speedy recovery. On the up side Mary's family are picking up all sorts of news skills in food preparation and laundry!

## Warm Welcome

Friends and neighbours are eagerly awaiting the return of **Penney Place** of Stanley Ave in early April. Penney has been volunteering in Lesotho Africa for the past few months helping to develop community school programs. We have all been mesmerized by the incredible diary of her experiences that Penney has been sharing via email and can hardly wait to have a chance to visit with Penney and learn more about her incredible journey. Welcome home Penney although we all suspect that part of your heart now belongs to Africa.

Welcome to **Sally, Ken and their two children** to Avon Lane, all the way from Scotland (via Hunt Club).

News from 1975 to 1981. In addition, his career was distinguished as bureau chief of Southern News in London, and Moscow. Chris is remembered for his integrity and courage especially as he faced the onset of Alzheimer Disease.

## Kudos

Congratulations to **George Parkanyi** on being awarded a Certificate for Meritorious Conduct from the Chief Scout of Canada, Her Excellency the Right Honourable Michaëlle Jean. Good job Scouter George!

*Please send your Breezy Bits to John Jarecni before the issue deadline. Email: jarecsni@hotmail.com.*

## Condolences to ...

Condolences to **Joyce Dubuc** and her family of Vaughan Street on the passing of Joyce's mother in BC. Joyce's mother (97 years old) passed away on February 13. Joyce had flown out to B.C. to be with her and her family and was with her mom when she passed away. Condolences to the family and friends on the passing of long time Stanley Avenue resident **Christopher Young** on March 21, 2006. As well as being very well known in the Burgh, Chris led a distinguished career in journalism. He was the editor of the Ottawa Citizen from 1962 to 1975, General Manager of Southern

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New Edinburgh News  
is  
May 10, 2006  
newednews@hotmail.com**

## The Burgh is On Line!

Have you seen the New Edinburgh Web site? The site is aiming to be the most up-to-date source of information for the New Edinburgh community and features:

- Upcoming Events
- Community News
- Garbage & Recycling Schedules
- Free Local Business Listings
- Minutes from NECA Executive Meetings
- Community Group Information
- Links to Local Political Representatives



Log on to the Life of Our Community: Pay us a visit and send us your questions, comments and suggestions about possible new features and information you'd like to see.

Remember, this is *your* community site. If you have a news item or event that you'd like listed, or you have a local business that you'd like listed in our directory, please send an email to [webmaster@newedinburgh.ca](mailto:webmaster@newedinburgh.ca).

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## Burgh Bulletin Board

**Saturday, April 1 to Sunday, April 30, 11:00 am to 4 pm**  
**EXHIBITION OF PAINTINGS** by Kristina Maria Cote. Come meet the artist at a special Vernissage on Saturday, April 8, 1:00 - 4:00 pm. Exhibit and vernissage take place at Tea Tyme, 81 Beechwood Ave.

**Saturday, April 8, UMPIRE CLINIC.** Ever consider umpiring? Softball Ontario is hosting a Level-I clinic at the RA Centre in Ottawa. New recruits always welcome. Please call George Findley at 613-722-2620 to pre-register.

**Saturday, April 8, 10:00 am to 6 pm and Sunday, April 9, 12 noon to 5 pm**  
**BOOK SALE**, presented by the Library Committee of the Rockcliffe Park Residents Association. Rockcliffe Park Community Hall, 380 Springfield Road. Donated books, "Collector's Table", Magazines, CD's. Videos, DVDs. Proceeds will support the Rockcliffe Park Branch, Ottawa Public Library. Cash or cheque only, please.

**Wednesday, Apr 12, 7:00 pm**  
**PARADISE FOUND LECTURE SERIES: V***The Lost Gardens of Heligan*  
Paradise Found is pleased to announce an annual lecture series on Gardens of the World, premiering in Ottawa in 2006 with British garden themes. This innovative new series will expand the traditional approach to horticulture lectures by cross-referencing art, biography, literature, history, and culture. Centrepont Theatre \$50/lecture or \$100/series of 3 [contact@paradisefoundlectures.ca](mailto:contact@paradisefoundlectures.ca) (613) 261-3333

**Friday, April 28, 7:30-9:00 am** at the Ottawa Congress Centre, THE SALVATION ARMY'S ANNUAL RED SHIELD BREAKFAST, "A Salute to the Canadian Forces". Tickets \$50 each or

\$500 for a table of 10. Guest speaker, door prize and musical entertainment with all proceeds going to local programs and services. For information contact The Public Relations Office at 233-8428.

**Friday, April 28 - Saturday, April 29, 7:30 pm**  
ANJALI and Company, The Dancing Shiva, Mixed Media, Temple Dances and Images from India. Arts Court Theatre (2 Daley Ave). Tickets and info 564-7240 (\$25 \$22) [www.culturalhorizons.ca](http://www.culturalhorizons.ca)

**Ongoing VOLUNTEERS NEEDED!**  
The annual **Alcatel Ottawa International Children's Festival** is recruiting volunteers to celebrate the performing arts for thousands of young people at the Canada Science & Technology Museum. We are looking for dynamic volunteers over the age of 18 from May 3 to June 2 from 8 am to 3:30 pm onsite for the following areas: Box Office and Information, Greeters for School Audiences, Site Maintenance,

Creativity Tent, Ushers, and Traffic Controllers. For more information on how you can apply and help make the Festival a success, please visit our website at

[www.ottawachildrensfestival.ca](http://www.ottawachildrensfestival.ca), call (613) 241-0999 or email [volunteers@ottawachildrensfestival.ca](mailto:volunteers@ottawachildrensfestival.ca).

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# NEW EDINBURGH NEWS

April 1, 2006



Canada and the World Pavilion- its days are numbered.

## “Heritage” Distillery Proposed for Canada and the World Pavilion Site

By NTNEN Staff

After months of breathless anticipation, the National Capital Liquor Commission (NCLC) has announced that the now defunct Canada and the World Pavilion will be retrofitted for use as a commercial distillery in keeping with the original purpose of that site in the nineteenth century. If all goes as planned, the new Rideau Falls Distillery, which will be operated by local whisky producer MacTaggart & Sons, will be up and running by Robbie Burns Day, 2007.

NCLC Chair Marcel Beaujolais told reporters that a portion of the proceeds from liquor sales will be devoted to much needed amenities in the community such as public washrooms and take-out canapé establishments. He went on to explain that what remains of Rideau Falls Park will be paved to create a vast

pick up and delivery zone around the distillery, pointing out that “an ample facility for getting loaded” will be vital to the efficiency of the new enterprise.

Beaujolais dismissed the concerns of representatives of the New Edinburgh Community Dalliance (NECD) as “pure sour grapes from a bunch of wine-ers,” noting that the NCLC had plans on the drawing board to build on this exciting heritage restoration theme by converting the green space along Sussex back to its historic charm as an industrial waste site.

Canada has a long history when it comes to whisky production. The first Canadian distillery was opened in Quebec City in 1769. By the 1840s, there were over 200 distilleries in Canada, including the one atop Rideau Falls.

Excise taxes imposed in the 1840’s caused most of the smaller operations to close. Of the original 200 distilleries, only nine remain today.

“The original distillery was built by Thomas McKay, and served the growing New Edinburgh population. After a hard day’s work building the canal, the Scottish stone masons needed a good stiff drink to ease their aches and pains,” explains Angus T. Toataller, master blender at MacTaggart & Sons. “Like the original distillery, the heritage site will be producing small-batch, single malt scotch distilled using traditional copper pots,” he adds. The whisky would be aged in barrels housed in the underground storage areas located below the falls.

To enhance the new distillery’s appeal as a tourist attraction, the Commission is planning to reuse the plant’s whisky-aging barrels as vehicles for those wishing to try their hand at going over the Rideau Falls. “I see the birth of an exciting new Extreme Sport right here in the capital,” commented ebullient Beaujolais.

In a recent interview with NTNEN, Ian Soused, President and CEO of MacTaggart & Sons, explained that “establishment of the distillery at Rideau Falls is a win-win situation for all involved.”

Visitors to the site would have the opportunity to sample the various whiskies in the proposed ‘Tasting Room’ while enjoying the fabulous views at the falls. “Sometimes looking back to the past can be a guiding light to the future. This is just such a case. By regaining a part of our local heritage, we can also look forward to a nice view with a delicious brew,” adds Soused.

### NECA Update

## More Traffic Calming for Crichton Street

By Lou D. Cruss

After long deliberations, a joint task-force between NECA and the City of Ottawa have come up with a mutually acceptable solution for further slowing down traffic on Crichton street. In the summer of 2007, a railway crossing will be installed at the Union street intersection, with operating signal lights and gates. The contract for 15 metres of standard-gauge railway line is expected to be let in late 2006.

City buses, school buses, and commercial vehicles must stop at all railway crossings, and this will have an indirect calming effect by stopping passenger vehicles behind them. The nuisance factor of speeding bicycles will also be mitigated by the inherent “bumpiness”.

The two main alternative solutions were determined to be “interesting”, but ultimately impractical. The first was to every other month use big orange “Detour” signs to route traffic down McKay street one week, then Stanley street the next, to give Crichton residents a “break”. The other was a motion by several committee members just returning from the Clocktower Pub to put a single, large 18” speed bump mid-block between Queen Victoria and Keefer – the thinking being that it might be “fun” to at least once see the #3 bus get airborne.

OC-Transpo did not find this funny, and also resisted the idea of the constant disruption to bus traffic at the crossing. Finally a compromise was reached where it was agreed

the tracks would re-oriented ninety degrees to cross Union street instead. The railway crossing team was initially outraged and threatened to walk out, but came around when it was pointed out that the rubber-necking caused by the shock and surprise of a flashing railway crossing in the middle of an otherwise quiet residential area would surely still have significant traffic-calming punch.

The lights will flash and the gates drop every hour on the hour. The project is approved in principle, although there are some issues to be worked out with the Crichton street noise-abatement joint task-force.

## Gold Rush Fever Hits New Edinburgh

By Gus Gravitas

In an unanticipated turn of events, tent camps of prospectors are forming along both sides of the Ottawa river downstream from the Royal Canadian Mint (RCM). It seems that for years small flecks of gold left over from the manufacture of Maple Leaf gold coins at the RCM are being inadvertently washed down the drain and the into the river. Gathering along the riverbanks day by day is a motley assortment of odd people clad in anywhere from Tilly adventure-wear to scuba-gear, with equipment ranging from tin pans and shovels to converted sewage-sucking trucks.

The NCC is obviously none too happy, and it’s admonishments to “clear off” are falling

on deaf ears. This has precipitated a flurry of memos and meetings at all levels of government, and is sure to lead to several non-binding inquiries.

Unintended consequences are developing as quickly as the tailings piling up on the river banks. Hardware and building supply stores in the area are scrambling to stock up on all forms of mining equipment (we understand that the Canadian Tire couple have been hurriedly screen-tested in hard-hat, overalls, and blackface). Chip wagons and hot-dog carts have been re-deployed en-masse to the Ottawa river, leaving severe in-land chip and sausage shortages. Particularly hard-hit is South Ottawa.

On the political front, the PMO has no comment on the

Citizen photos of Prime Minister Stephen Harper squatting along the shore at 24 Sussex with sifting through a pan-full of river mud. And Newfoundland premiere Danny Williams was quick to declare that any revenues from gold washed down as far as the mouth of the Saint Lawrence river will not be shared with the federal government.

Four Tim Horton’s are rumoured to be opening along Sussex Drive between NRC and the New Edinburgh sailing clubhouse alone. (This has piqued the interest of the RCMP). The president of the company said he had no comment other than being “relieved that we managed to squeeze in our public share offering in time”.