

NEW EDINBURGH NEWS

June 2006

www.newedinburgh.ca

New Edinburgh Community Alliance ANNUAL GENERAL MEETING

Tuesday, June 13, 7:00 pm
Stanley Park Fieldhouse

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

All Burghers welcome.
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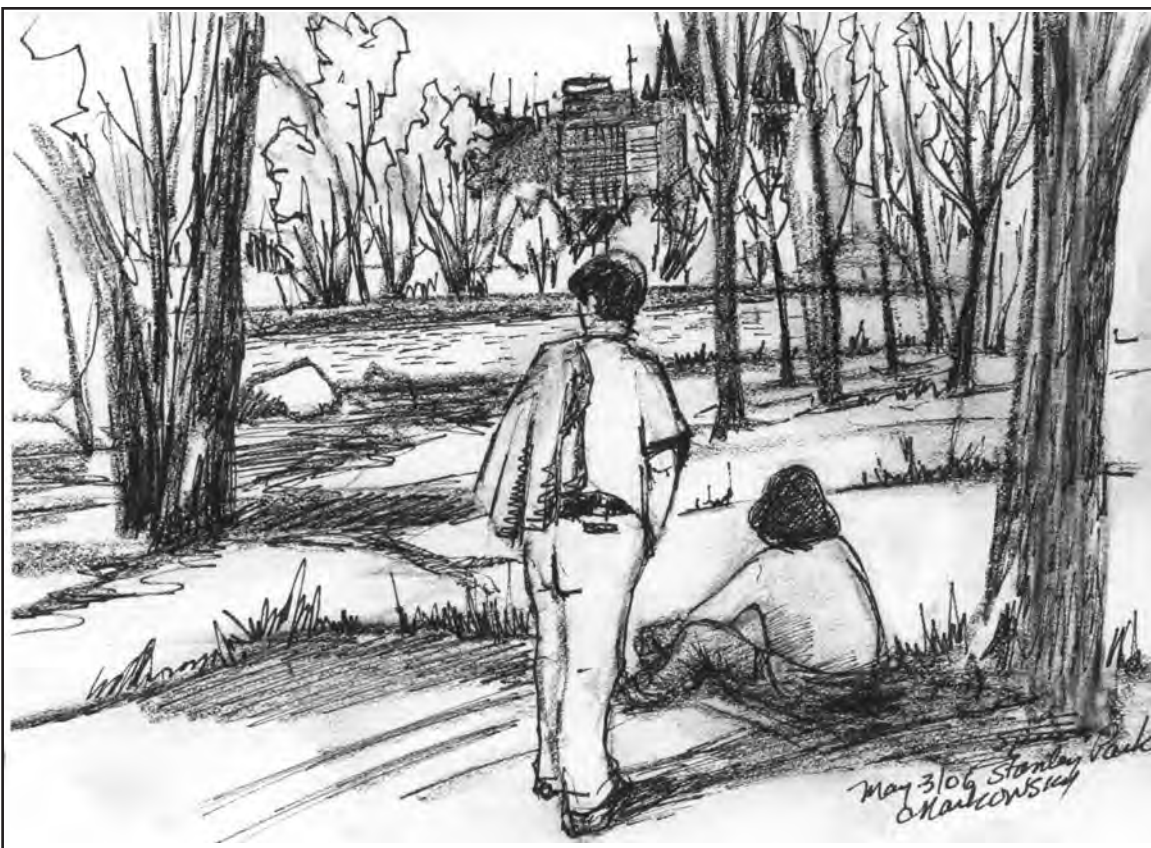
SUNDAY JUNE 11TH 2006
AT STANLEY PARK
(near Fieldhouse and playground)
11AM- 2 PM

There will be music, games and fun!
Everyone welcome!

CRICHTON COMMUNITY COUNCIL Annual General Meeting

Monday, June 11, 7 pm
Stanley Park Fieldhouse

*Come and join our team. Its a fun
way to meet your neighbours!*



Stanley Park. Sketch by Martha Markowsky

Initial "Rockcliffe Landing" Public Consultation Set for June 27

On Tuesday, June 27, local residents and community organizations will have the opportunity to meet the team of consultants assembled by Canada Lands Company (CLC) to develop a vision and plan for the new, sustainable community to replace the Rockcliffe air base, dubbed "Rockcliffe Landing".

The design team is expected to lead master planning and design of the new community, carry out public consultations, prepare urban design and architectural guidelines, incorporate sustainable development practices and obtain City of Ottawa approvals.

In May, CLC hired Kuwabara Payne McKenna Blumberg Architects (KPMB), Greenberg Consultants, Phillips Farevaag Smallenberg Landscape Architects, and Barry Padolsky Architects as primary consultants for the planning and urban design phase of the project. Bruce Kuwabara, who will be leading this team, was recently selected as the recipient of the 2006 Royal Architectural Institute of Canada (RAIC) Gold Medal in recognition of his

significant contribution to Canadian architecture.

"We want Rockcliffe Landing to be a showcase community for 21st century urban life and are thrilled to have been able to attract a team with such talent and experience to help us deliver" said Jim Lynes, Acting CLC President and CEO. "What exact

most prominent landscape architects and did CLC's landscape plan for its Glenlyon Business Park in Burnaby, B.C., along with several federal projects in Ottawa.

In addition, CLC is hoping to have engaged the services of consultants in the areas of transportation, municipal engineer-

"We want Rockcliffe Landing to be a showcase community for 21st century urban life..."

form the redeveloped community takes will depend on a variety of factors, including the results of extensive consultations with local residents and community stakeholders, and the imagination of the involved urban planners, architects, developers and homebuilders."

Ken Greenberg is one of Canada's leading experts in urban design and has worked on the Regent Park master plan in Toronto, the East River Lower Manhattan Plan, and the "Big Dig" in Boston, among many other major urban plans. Greg Smallenberg is one of Canada's

ing, sustainable design and ecology before the June 27 meeting.

The June event will also be the launch of the public consultation process, which according to Barry Padolsky, will be "the most exemplary public consultation process this region has seen."

There will be an open house from 5 to 7 pm, with presentations by the team beginning at 7 pm. There will also be a forum for community groups and individuals to provide input. For more information, refer to the Canada Lands Company website: www.clc.ca.

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NECA President Gemma Kerr Reports

Thanks to all of you who turned out to help with the Park Clean-up and our first River Day the weekend of May 13-14. I would also like to take this opportunity to voice appreciation for the many people who use the park regularly throughout the year and try to keep it clean as they go.

The Sculpture Trail along the river bank envisioned by Colin Goodfellow, Heather Matthews and their team is starting to become a reality. A location in our park, near the tennis courts, has been selected for the first installation. The sculpture, which is owned by the Art Bank, will be put in place this summer.

The Beechwood Design Plan is now almost completed. The Plan is intended to assist preservation of the village character of Beechwood between St. Patrick

Bridge and the cemetery and, with this in mind, to provide design guidelines for future development. While many of the comments submitted by the community at the two Open Houses have been addressed in the document, height restrictions on new buildings are more limited than I would have liked.

This year's NECA AGM will be held on Tuesday June 13 in the Field House at the corner of Stanley Avenue and Dufferin (see notice on page 1). Note that the location is different from last year. This is your chance to meet some of your community's volunteers, find out more about what we have been doing this year, and join us for refreshments afterwards. I hope to see you there.

Best wishes to everyone for an enjoyable summer.

Your NECA Representatives 2005-2006

Barbara Benoit, 749-5904
Pauline Bogue, 742-6966
Rick Findlay, 747-8081
John Jarecsni, 741-9905
Gemma Kerr, 745-7928
Gail McEachern, 749-8420
Catherine Mirsky, 741-8967
David Paget, 746-8341
David Sacks, 740-0650

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Neighbourhood Watch
CCCC Program Co-ord.
Past President
Community Council Chair
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CCCC President

Fee Change Proposed to NECA By-law

The New Edinburgh Community Alliance (NECA) has charged an annual membership fee of \$10 per family for a number of years. However, this year the Board of Directors are considering a proposal that the fee be eliminated, partly because the revenue contributes very little to NECA's operating budget, but also to place NECA on the same footing as our other local associations. Neither Crichton Community Council nor Crichton Cultural Community Centre charge their members an

annual fee.

Section 2.2 of NECA's By-law states that any proposed change in the membership fee can only become effective after confirmation by a vote of the members. Accordingly, the proposal to reduce the membership fee to zero will be voted on at NECA's AGM on June 13. Unfortunately, the change will not work retroactively. This means that we will have to charge the \$10 fee to attendees at this AGM in order that the votes be legally binding.

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:

June 19, 2006

**No meeting July & August
September 18, 2006**



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Letter to the Editor: Kudos to the New Edinburgh Players

Dear Editor,
I recently attended The New Edinburgh Player's production of Oscar Wilde's play *The Importance of Being Earnest*. What a bonus to have this fine group in your area! My two friends and I certainly were treated to a fine evening of community theatre. We, and the rest of the audience of the MacKay United Church hall thoroughly enjoyed the Player's production of Wilde's satiric take on the British upper crust.

Not only did we have a good

time but this particular evening was a fundraiser for ALSO. ALSO is a small, community-based, not-for-profit literacy program that has operated in downtown Ottawa for the past twenty-four years. The money raised from events such as this helps with the adult and family literacy programs. The adult program provides sustained one-on-one teaching in an informal environment. People are helped with the basic reading, writing and math skills that they need for work and daily life. The fam-

ily literacy program builds parent's confidence so that they can better help their children with reading and homework.

Thank you to director Ingrid McCarthy and the New Edinburgh Players for a great night of entertainment and your generosity. Three other evenings of the run were also dedicated fundraisers for other local non-profits, MacKay United Church, St. Bartholomew's for Harmony House and the Bale, Amethyst Women's Addiction Centre.

Anne Martin

Notes from the Editor's Desk

By Cindy Parkanyi

As the publishing year draws to a close, and summer is upon us, I feel it is a good time to relate to you my experiences as editor of our community paper.

Although daunting at first, I have enjoyed every minute of the experience. Each time the paper is "put to bed" I feel a terrific sense of accomplishment. And I thank my lucky stars for the "team" who make this community paper tick.

As you may know, this year we added a designated Advertising Manager, none other than **Pierrette Tousignant**. Some of you know her from the New Edinburgh Newsstand, others from her work bringing seniors into the information age. It is because of her efforts that I was able to produce record-sized issues without losing my sanity.

I would be remiss in not mentioning the tireless effort and support provided by **Jane Heintzman**. As a long-standing member of the NEN team, she

provided much needed continuity during the changeover, not to mention writing a good part of each issue. Thank you Jane, you are a godsend!

Many of you may have noticed as well, that there has been a definite re-energizing of the Breezy Bits. This is due to the perseverance of **John Jarecsni**. Who knew he would turn out to be such a gadfly?

Charles Wesley-James and his hard-working delivery team ensured that each issue was "on the street" and in the mailboxes without delay.

Of course, the most important

aspect of a community paper is the *community* itself. New Edinburgh is a vibrant, dynamic and engaged community, and the quantity and quality of the submissions to the NEN reflect that fact. I always had plenty of interesting, pertinent and timely articles for each issue.

Looking towards next year, I encourage everyone to keep up the good work. The NEN is *your* paper, and I, for my part, will continue to endeavour to create a lively forum for community issues, discussions, events and relevant information.

See you in the Fall!

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Sponsored in part by Manulife Financial

DATE	June 19, 2006
TIME	7:00 p.m.
LOCATION	Rockcliffe Park Community Centre
GUEST SPEAKER	Mr. Cam McIntyre
HOSTED BY	Steve McIlroy Investment Representative
PHONE	613 742-6811
R.S.V.P.	Please call Sandy at 742-6811

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Ottawa City Councillor Jacques Legendre Reports

Property Assessments and the Ombudsman's Report

Everyone in New Edinburgh will be aware of the very critical report "Getting It Right", issued by Ontario's Ombudsman, Mr. André Marin, on the Provincial government's Municipal Property Assessment Corporation (MPAC). The ombudsman said that MPAC "is suffering from a credibility crisis" - that taxpayers were "not happy", and "with reason". The good news was that the Ombudsman considered that "many of the problems that have caused this discontent can be

fixed". One can hope that the Provincial government will take action.

The really bad news is that whatever the Province does with respect to fixing the way MPAC functions will not really fix the biggest problem with property taxes in Ottawa. Ontario is the only province in the country to have loaded so many services (such as general welfare assistance, public housing, public health, ambulance services) on the property tax. A graphical representation using 2001 data from Statistics Canada, illustrating the extent of the problem, is

attached. This affects disproportionately Ontario's largest cities. Moreover, the tax itself is one that is recognized to be 'regressive', that is; it does not reflect ability on the part of the taxpayer to contribute. It is part of my job as your representative to try to keep the taxes that you pay as low as possible while maintaining the quality of life that residents of Ottawa expect and want to protect. I understand that. It is a task that has become increasingly difficult as this Province has solved its fiscal difficulties in an inappropriate manner and continues to avoid that fundamental problem.

I encourage you to contact our provincial representatives regarding both of these matters.

Crime Prevention Forum

On April 8, I was happy, as Board Chair, to preside as Crime Prevention Ottawa (CPO) held its first event - a Community Crime Prevention Forum, at St. Paul's University. The purpose of this forum was to receive input, from community partner organizations, as CPO develops a comprehensive City-wide strategic action plan to address crime and victimization issues in Ottawa. Over 150 participants heard from Mayor Bob Chiarelli, who underlined the importance of adopting a prevention approach in Ottawa; from Christiane Sadeler, Executive Director of the Waterloo Community Safety and Crime Prevention Council who shared the lessons learned over the last decade in that municipality; and, from Police Chief Vince Bevan, who reported on the results of a recent survey of citizen concerns in Ottawa on the issues of crime and community safety.

For more information about Crime Prevention Ottawa, you are invited to visit the website at

http://www.ottawa.ca/city_hall/crime_prevention/index_en.html.

CFB Rockcliffe - Consultations Start-up

The Canada Lands Corporation (CLC) will launch its community consultation activities on June 27. Residents are invited to the Aviation Museum to begin what must surely be a very important dialogue.

I will establish a special 'corner' of the Rideau-Rockcliffe web site as an information centre for CFB Rockcliffe issues. Look for the excellent article by Jeffrey Thiessen, "Rockcliffe Base: Principles for Sound Development" from the front page of the May 2006 issue of the Manor Park Chronicle. Check too for regular updates on upcoming meetings.

A new Comprehensive Zoning Bylaw for the City

Work on this project has been underway since the amalgamated City adopted its new Official Plan (OP) in 2003. There was a requirement to bring zoning into conformity with the new OP. As well, the current zoning regime is a collage of the zoning parameters of the previous 11 local municipalities. The overview briefing that I have received indicates that the new zoning Bylaw will do little more than 'harmonize' in common language what had previously been described in zoning jargon. Of course, "the devil is in the details" and it remains to be seen if my initial impression is borne out. The draft Bylaw will be made public this month (May). City staff has scheduled information meetings (presentations followed by Q&A) in June. Those closest to the New Edinburgh are:

June 7 - City Hall
June 12 - Jim Durrell Com'y Centre
June 13 - St Laurent Complex

It is my intent to hold a consultation session specific to Rideau-Rockcliffe in the Fall. In any case, this Bylaw will not come before the current Council for a vote. Formal public hearings (at standing committees) and Council decision are expected in February or March 2007.

More information is available on the City's web site or by calling my office.

Parking Hours Changed on Stanley

Visitors to the Governor's Walk Retirement Residence on Stanley had requested that the on-street parking regulations be changed to allow for a more reasonable visit with a family member. The 1-hour signed parking had been put in place to discourage all-day parking by workers at DFAIT (Dept. of Foreign Affairs & Int'l Trade) from the complex on Green Island and from the Pearson building. It was felt that relaxing the parking limitations to 2-hours, along Stanley between Keefer and Queen Victoria, would not give rise to previous problems as this stretch of road is likely too far from DFAIT to be attractive to those employees. I thought that it was important to contribute to the quality of life of our senior citizens by accommodating this reasonable request.

Jacques Legendre
Councillor, Rideau-Rockcliffe

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

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110 Laurier Avenue West
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E-mail: jacques.legendre@ottawa.ca
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Neighbourhood Watch Update

By Louise Palmer

Over the past four years, New Edinburgh has developed a vibrant Neighbourhood Watch program during which we have seen some excellent movement downwards in terms of crime statistics. This however, does not mean that we can now sit back. On the contrary, we still require considerable effort to maintain the momentum we have generated.

Our Community Officer, Constable Tom Mosco reports our area has had a very good response to the Home Security Inspection Program offered by Ottawa Police Services. You can find out more by visiting their website at: <http://www.ottawapolicice.ca> under CRIME PREVENTION or by calling Ottawa Police Services at 236-1222 ext. 5915 to make arrangements for this free service. If you are interested in crime stats for the area, they are also listed on the above website under Neighbourhood Watch "Central East" district. There are recent reports of vehicle thefts in our area as well as theft of property from homeowners' garages in particular. This most often occurs where garage doors have been left open. Remember, criminals are



mostly opportunists looking for an easy target.

Constable Mosco announced the District Neighbourhood Watch Meeting is taking place on June 7th at 7:30 p.m. at 380 Springfield Road (next to the library). All Neighbourhood Watch members are invited to attend. The guest speaker for this evening is Constable Kevin Birmingham, Business Owner, Home Security Evaluation Program. This will be an informative meeting. Bring a friend along.

Now is also a good time to remind you of a few good, but easily forgotten, summer tips. Here is what you can do to keep you, your family and community safe:

- Keep your cars locked, even in the driveway
- Keep your garage door closed. It takes less than a minute to steal a bike from an open garage
- Have a trusted neighbour watch your property, pick up the mail, mow the lawn while

you are on vacation

- Remember to stop newspapers so they do not build up on your door step (a clear sign you are not home)
- Be aware of your surroundings while biking or hiking along bike paths. Avoid dark, or heavily overgrown areas if possible. If it doesn't feel right, don't do it!

Following these simple tips will help, however, if you see a crime in progress or wish to report a stolen bike:

- Call 911 if a life-threatening emergency or crime is in progress
- For all other emergencies (e.g. stolen bike) call 230-6211
- For the Rockcliffe Community Police Centre call 236-1222 ext. 5915

Keep all these numbers handy. Your Neighbourhood Watch member guide includes a sticker for your fridge. If you don't have one yet, contact your Block Captain. If you recently moved to New Edinburgh or do not know who your block captain is, please call Neighbourhood Watch Director, Mike Histed at 741-1660 and he will assist you.

So what can you do to help? There are many ways in which you can help keep our commu-

nity safe:

Join the New Edinburgh Neighbourhood Watch as a Block Captain

Help us distribute flyers or get the word out about meetings

Attend meetings on issues important to the safety of our community.

Make suggestions to your Block Captain on topics you would like for future meetings

Finally, we would like to thank

all those currently associated with New Edinburgh's Neighbourhood Watch, in particular all of you Block Captains for your efforts in spreading the word. A special thank you also goes to Constable Tom Mosco for his continued dedication to the safety of our neighbourhood.

Have a safe and relaxing summer!

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And She's Off!

Elizabeth May Seeks Leadership of the Green Party

By Jane Heintzman

As most readers are by now aware, Elizabeth May, the Burgh's most celebrated civic and environmental activist and recent recipient of the Order of Canada, threw her hat into the political ring in early May when she officially launched her campaign for the Leadership of the Green Party of Canada. Just over a month earlier, she had stepped down as Executive Director of the Sierra Club of Canada, and speculation about her future plans had been rife in the media.

Current Green Party Leader

Jim Harris will not seek re-election at the party's national convention here in Ottawa from August 24th-27th. To date, the only other declared candidate for leader is David Chernushenko, Deputy Leader of the party who made a strong showing for the Greens (over 10% of the popular vote) in the last two elections in Ottawa Centre.

Elizabeth took the plunge into politics primarily out of a sense of intense frustration with the agendas of the mainstream political parties in Canada, agendas which are largely focused on the

short term "issue of the hour" and offer no long term vision for the country or the environment in the decades to come.

Not surprisingly, because of her long career as a vigorous environmental crusader, she is particularly concerned at the Harper government's abandonment of Canada's Kyoto commitments and its recent budget cuts to federal environmental programmes. (With characteristic irony, she has referred to the Prime Minister as a "carbon copy-pun intended" of President George W. Bush!)

Even more distressing from Elizabeth's perspective is the lack of effective critical response from the opposition parties, whose preoccupation with avoiding an early election has in her view muted their attacks on the new government's policies on the environment, social policy and foreign policy. Her aim is "to blow the roof off" this passive acceptance of the directions of the Conservative government, and to re-engage an active debate on issues of long-term importance to the country.

Elizabeth cast her lot with the Green Party because she believes it "is Canada's best hope to inspire Canadians now disillusioned with politics," and in particular, to engage young people in a party and a cause that they can support with enthusiasm. She is convinced that the Greens are poised for a major breakthrough on the national scene, where they fielded a full slate of 308 candidates in the last election and captured close to 5% of the popular vote.

Elizabeth's initial aim is to greatly increase membership and involvement in the party, and her campaign will be pitched "to youth, to disillusioned voters, to women, to environmental and civil rights activists, to progressive business people and progressive union members, to First Nations and to members of Canada's vibrant

multi-cultural communities." She has already enlisted an impressive line up of supporters from all regions of the country and of all political stripes, including independent Manitoba Senator Mira Spivak; Jim MacNeill, Secretary General of the World Commission for Environment and Development; former NDP Member of Parliament Ian Waddell; and New Edinburgh's own Stephen Woolcombe, a former Progressive Conservative candidate in the federal election of 2000. The celebrated wildlife artist Robert Bateman has signed on as Honorary Chair of her campaign, and her foray into politics has received the blessing of Canada's leading environmental guru, David Suzuki.

If elected party leader, Elizabeth is determined to make the Greens a serious force to be reckoned with on the Canadian political stage, as they are already in many countries in the European Community, and to "rock this country's politics in a way that nothing else ever has." If her past performance is any guide, we're in for lively and interesting times, and we can predict as a matter of certainty that if she succeeds in her campaign, the environment won't be "Missing in Action" in the next federal election as it has been in recent campaigns! When the time comes, she plans to seek a seat in the House of Commons on her home turf in Cape Breton.

But nor is she content with the perception of the Greens as a "one issue" party, critically important though that issue may be. Elizabeth plans to draw inspiration from "the social justice vision of Tommy Douglas (and) the community empowerment economic ethic of Monsignor Moses Coady" (founder of the Antigonish Movement in the 1920's) to tackle the whole gamut of social, economic and interna-

tional issues facing the country, from the plight of family farmers to the growing population of poor and homeless, the tenuous livelihood of many remote, one-industry communities and the Harper government's "increasingly Bush-like stance" in the realm of foreign policy.

In her spare time (!?), Elizabeth has recently launched her latest publication, *How to Save the World in Your Spare*



Elizabeth May - Saving the world in her spare time...

Time," (Key Porter), which is essentially a citizen's guide to effective activism, replete with entertaining stories of her own career as an activist ranging from her adventures in the Amazon with Sting and Gordon Lightfoot to her encounters with such political veterans as the late Dalton Camp and former Prime Minister Paul Martin.

Best of luck, Elizabeth! Many of us in the community are delighted to have a breath of fresh air on the political scene, and in the words of your campaign announcement, "a passionate voice for planetary survival, for social justice and for peace."

Readers who would like to support Elizabeth's campaign or to get directly involved, can check her website at www.elizabethmay.ca or call 1-888-EZ-GREEN (39-47336).

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Annual Spring Park Cleanup Hearty Crew Gets the Job Done



(l to r) Carol and Peter Gusen, David Horley, Ed Browell, Cecile Latour, Ernie Smith, and Councillor Legendre participated in this year's annual park cleanup. Cecile Latour and David Horley have volunteered to organize next year's spring cleanup.



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By Constable Thomas Mosco

Make the Right Call

Make the Right Call is an Ottawa Police communications program that focuses on call priority recognition by the general public. The most obvious recognition is the emergency or the 9-1-1 call. For other police assistance calls 230-6211 and police reports 236-1222, ext. 7300.

This communications program works well to a degree. The community recognition of events that should be brought to the attention of the police is required. Incidents of vandalism, graffiti, suspicious activity

etc. often go unreported.

Calls concerning individuals gathering in parks, consuming drugs or alcohol are rarely reported.

The City of Ottawa has guidelines for the type of activities that can take place in parks during legal hours of operation. Individuals contravening the guidelines can be charged and/or removed from the park. Ottawa parks officially close at 11:00 PM. Individuals found in these park areas after that time can be charged and/or removed from the park.

Individuals gathering on

school property are subject to school board regulations. In these cases the Ottawa Police Service has been delegated agent status for the property. The same trespass guidelines apply to school board properties.

If disturbances are detected in your parks or school properties please call Ottawa Police and *Make the Right Call*.

Report on 100 Landry Public Meeting

By Rick Findlay

On April 4 a public meeting organized by the South of Beechwood group (SOBE) took place regarding the proposed development at 100 Landry. Attendees included Alex Munter, Mauril Belanger and Paul Benoit as well as about 75 local residents. No City councillors attended.

The meeting was a good airing of citizen concerns, mainly focusing on the environmental cleanup plans; the absence of information about possible environmental and health impacts; the extreme height of the proposed towers; the absence of design information; and, of course, traffic implications.

There is a 22-week review period underway (a second one, after an initial 22-week review) under the Environmental Assessment Act concerning site cleanup. The Ministry of Environment would also require a public hearing process for the cleanup plans, if the proposal goes ahead. Some in the audience said they would really like to see the site cleaned up once and for all and so the "just say no" strategy to the proposed development was perhaps not the way to go. Others said there was too little information pro-

vided to be able to make any kind of judgement. Still others were just disgusted by the scale of the proposed towers.

Mauril Belanger urged SOBE to be part of a "super-group" or alliance of associations (including NECA and the Rockcliffe air base groups) for strategic reasons and to build a regional plan that includes transportation, recreation and infrastructure considerations as well as community design. He called for a public meeting with city planners and city public officials.

Alex Munter talked about the expected consolidated zoning bylaw and urban design guidelines (as relevant as density guidelines). He said we need to see the site plan because it is the basis for the zoning discussion.

The condo owners at 40 Landry have engaged a lawyer to help them, who urged people to take time to get more facts and information and to be strategic and not to "vote" on what they want to see happen at the site without having all the facts.

Because the meeting ran out of time and the organizers did not get the "vote" they had hoped to have, the plea for more time to get facts and to be strategic won the evening.

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Vive La Francophonie!

SORRY, I DON'T SPEAK FRENCH !

Par Paul Brûlé

Le dernier livre du journaliste Graham Fraser, *Sorry I Don't Speak French*, récemment paru chez McClelland & Stewart est un livre à la fois révélateur et dérangeant.

Révélateur, parce que la question linguistique demeure toujours au cœur de l'expérience canadienne. Fraser est d'avis que, tant et aussi longtemps qu'elle n'est pas réglée, les liens fragiles qui nous unissent se désagrégeront et le pays que nous connaissons, éventuellement, s'effondrera.

Dérangeant, parce l'auteur nous informe qu'après plus de 40 ans d'efforts pour essayer de résoudre cette question, le Canada anglais refuse de reconnaître qu'il y a un problème.

Graham Fraser amorce son livre en rappelant les efforts déployés pendant plus de 40 ans de bilinguisme officiel, en allant de la Commission Laurendeau-

Dunton (1963) à la Loi sur les langues officielles (1969) à la Loi 101 au Québec (1978) aux stratégies du gouvernement Chrétien au lendemain du référendum de 1995.

Le bilan de la stratégie linguistique est peu reluisant : de moins en moins d'institutions francophones et anglophones travaillent étroitement ensemble ; au niveau universitaire le français est toujours considéré comme langue étrangère ; des millions de dollars sont encore dépensés annuellement pour aider les fonctionnaires fédéraux à réussir leurs tests linguistiques. Qui plus est, dans les entreprises culturelles et les ONG, les efforts pour améliorer la situation ne sont guère plus brillants.

Mais tout n'est pas négatif : grâce à l'évolution de nos politiques linguistiques, le Québec a quand même réussi à se transformer en une société

dynamique, à l'intérieur du fédéralisme canadien.

Par contre, avant que nous puissions affirmer que le défi de la langue a été relevé, beaucoup reste à accomplir, notamment dans le domaine scolaire : les écoles pourraient être jumelées via Internet ; plus de programmes d'échanges universitaires seraient bien accueillis ; le français devrait être considéré comme une langue comparable à l'anglais. Partout dans les endroits publics, les citoyens unilingues devraient pouvoir accéder aux nouvelles technologies.

Bref, l'auteur nous invite à retourner au réalisme de Lester B. Pearson qui a su reconnaître la valeur essentielle d'une société francophone pleinement intégrée au Canada. Ne pas savoir mesurer toute la portée de cet enjeu risque de compromettre l'avenir du pays.

"Je ne suis pas d'accord avec ce que vous dites, mais je suis prêt à me battre jusqu'à la mort pour votre droit à le dire."

- Voltaire

Note du rédacteur : Le Journal NEN offre aux résidents de la communauté un forum pour présenter des idées diverses sur des sujets courants. Les opinions présentées ici ne reflètent pas nécessairement la position de l'équipe NEN.

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Le Chapeau de Noce

Par Pierrette Tousignant

Ma mère avait choisi pour son mariage, un costume bleu pâle accentué de souliers noirs et d'un chapeau noir lui aussi. Au mur du corridor allant vers les chambres, la photo commémorative de cet événement pendait discrètement pendant plusieurs années.

J'aimais cette photo dont, des quatre personnages, on ne pouvait distinguer clairement que les nouveaux époux. La jeune épousée en tailleur pâle, la photo étant en noir et blanc, coiffée de ce chapeau si élégant, au bras de cet homme plus grand, mais pas très grand. Tous deux souriants.

Lors de mes nombreuses escapades au grenier, j'avais un jour ouvert une très belle boîte ronde à rayures rouge et or et j'en avais sorti le mystérieux chapeau...Ce qu'il était beau ! Une toute petite calotte avec des pinces en velours pour le faire tenir sur la tête, et ce très large bord, droit, raide et diaphane en voile noir cerclé de velours. Il m'allait presque. J'avais quatre ans. Hélas, ma carrière de mannequin s'est vue écourtée le jour où la propriétaire du chapeau m'a fait comprendre par une fessée bien d'aplomb, qu'on ne se pavanait pas avec les chapeaux des autres !

Je n'avais plus revu ce chapeau jusqu'au jour où faisant le tri des effets de ma mère, je l'ai trouvé emballé avec beaucoup de soins, dans un compartiment de son coffre de cèdre, soixante ans s'étaient écoulés depuis le jour de la photo.

Et quelles soixante années ! C'était 1946. La guerre venait de finir. Les soldats étaient de retour au pays, enfin ceux qui avaient survécus. Beaucoup d'éclopés, de dérangés aussi. Les

autres étaient pressés de reprendre une vie normale. Ce qui à cette époque se traduisait par fonder une famille.

Le jour du chapeau avait été suivi de douze jours de baptême, d'une messe des anges, de neuf mariages, d'un service funèbre et plus. Autant de célébrations heureuses et de services émouvants par leur peine silencieuse. L'acceptation de l'inadmissible, la résignation devant l'incompréhensible.

Entre les visites officielles à l'église, il y avait eu le quotidien...qui s'allongeait de travail,



de tâches domestiques, de soins aux nourrissons qui naissaient chaque année ; de lessive et de repassage, de repas trois fois par jour et pour une tablée qui se remplissait...puis les devoirs scolaires des plus grands et finalement des plus petits...heureusement, il y avait les petits concerts du dimanche quand elle s'assoit au piano et nous donnait un moment d'éternité très douce...quand, par la complicité de Chopin, Schubert et Schuman, elle nous chuchotait que la vie pouvait être plus belle....Qu'il y avait un ailleurs plus élevé...Que la culture, c'était beau...

J'ai rangé le chapeau et en silence je suis repartie...j'avais compris.

The Wedding Hat

By Pierrette Tousignant

For her wedding, my mother had chosen a pale blue tailored suit accented with black shoes and a large brim tulle hat. The commemorative photo of the event was, for many years, hanging discretely in the upstairs corridor leading to our bedrooms.

I have always liked that photo especially since only the newlyweds were perceptible despite the presence of a person on either side of them. The bride in her pale tailored suit, the photo being in black and white, wearing this amazing hat and holding

day I was sorting my mother's personal effects. I found it meticulously wrapped in a drawer of her cedar chest. Sixty years had gone by since the day of the photograph.

And what sixty years! The photo was taken in 1946. The war was over. The men were back home. Many injured or crippled for life. Some deranged as well. The others were eager to resume a normal life. In those days, that meant start a family.

The day of the hat was followed in church by twelve christenings, one mass of the angels, and one funeral service. Many happy celebrations and emotional services...lived in acceptance of the unacceptable, in resignation of the incomprehensible.

Between the official visits to the church, daily life took over her time. The days stretched by work, domestic chores, laundry and ironing till late on Monday nights, care to the infants of which a new one came each year, three meals a day for a table for two, then three, and progressively filled at all corners by hungry growing children. After dinner, see to the homework of the older ones to, over years, the youngest.

Fortunately, there were the small concerts on Sunday afternoons when she would give us moments of serene eternity by becoming musician again. She would sit at the piano and with the complicity of Schubert, Schumann and Chopin would whisper in music that life could be better...that there is an elsewhere which is higher up...that Culture is Beautiful!

In silence I put the hat back in its place. I left. The message understood.

I had not seen this hat until the




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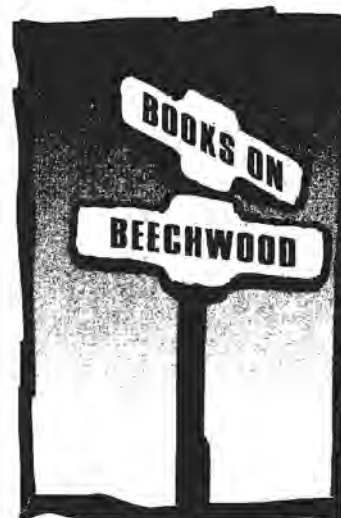
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Helping Lesotho

By Jane Heintzman

From late January to early April of this year, Stanley Avenue resident Penney Place worked as a volunteer at five schools in Lesotho, Southern Africa, offering much needed assistance, guidance, supplies and general moral support to the teachers, students and families in those communities.

Penney worked under the auspices of Help Lesotho, an organization founded by another well known New Edinburgh resident, Dr. Peg Herbert, an Ottawa educator who was inspired in part by her friendship with Sister Alice Mputsoe, a member of the Sisters of Charity and principal of St. Charles High School in Seboche, Lesotho, to take action to assist this destitute corner of the world. Help Lesotho(HL) is now a rapidly growing Canadian registered charity which draws on public, private and volunteer resources to address the devastating impact of HIV/AIDS, poverty and gender inequality in Lesotho. To date, more than 6000 children, many of them AIDS orphans, have been assisted by HL projects.

Shortly after the death of her beloved husband Tom last February, Penney happened to hear Peg interviewed by CBC's

Shelagh Rogers, and was immediately captured by the idea of throwing her hat into the ring as a volunteer. Her initial contact with Help Lesotho swiftly established the fact that Peg was in fact a close neighbour just around the corner on Keefer Street, and thus began a deepening involvement with the group which culminated in Penney's Lesotho adventure this winter.

Because of her background as a teacher, Penney's talents were channeled into the country's threadbare school system, where she was assigned to assist four primary schools and one high school, a formidable challenge in any circumstances, but one greatly compounded by cruelly limited resources, deteriorating school buildings, lack of adequate toilet facilities, a primitive (and often harrowing!) transportation system and communication difficulties resulting from the language barrier. While the majority of the Basotho people have some English, it is often quite limited.

Penney recorded her experiences in Lesotho in a series of lengthy e-mails to her family and close friends. Her accounts, which she kindly agreed to share with the NEN, are detailed, colourful and replete with the characteristic wry humour

which she managed to retain despite the rigours, trials and tragedies with which she was confronted during her three and a half month mission. As is evident in these letters, Penney lost her heart to the people of Lesotho, particularly the children, and she has committed to returning to the country next January to continue her work with Help Lesotho and catch up with her beloved Basotho friends.

Because of the inevitable space constraints in the NEN, we are able to publish only a few of Penney's wonderful letters in this issue. To give readers a taste of her experience and to tempt you to read on, we have chosen to publish extracts from her journals which describe two of the most memorable projects undertaken during her stay in Lesotho: the renovation of a classroom at the elementary school in Mahlekefane, a desperately poor, remote community high in the mountains, and Penney's efforts to relieve the misery of the impoverished Lehmane family. The remaining letters will be posted on the community website (www.newedinburgh.ca), and we hope that interested readers will follow her story and get a true sense of the enormous challenges facing this small country, but at the same time, the extraordinary warmth and resilience of its inhabitants.

Letters from Lesotho

By Penney Place

**The School at Mahlekefane
January 29 – February 3**

I left Pitseng at 7:30 am with an immensely heavy pack – stuff for the week plus sleeping bag and therma-rest. Fortunately, it was a bright sunny day. I had to wait in London for ½ hour but finally landed a taxi heading for Ha Lejone. It was a decent enough van with one woman, three men and me. Then the woman got off and I was left with the men – and one of them was drunk. ... the driver assured

me that he (the driver) was fine. Good thing as the ride up and through the pass was at 3090 metres with rock slides, water careening over the road, steep hills and hairpin turns.

We arrived in one piece at Ha Lejone at 9:30 am and I discovered that I would have to wait until 4:30 pm for the 4x4 to continue up the mountain to Mahlekefane. What a long, hot, very weird day – and to top it all off, I had forgotten my book!

.....
Transport in the 4x4 up the mountain left at 4 pm and my

FACTS ABOUT LESOTHO

Population: 2 million

Human Development Index

Ranking: 145 out of 177 countries ranked

Life Expectancy at Birth (2003): 35

Unemployment Rate: 45%

Incidence of HIV/AIDS: 3rd highest in the world, with estimates ranging up from 25% to 55% in the mountainous regions. Over 30% of the children in these regions are orphaned.

Ethnic Majority: Basotho (Bantu)

Language: Sesotho

Religion: 80% Christian

Major Challenges: Poverty; HIV/AIDS; Lack of Natural Resources; Hunger; Drought; Declining Population; Lack of Resources to Support/Improve the Education System

Help Lesotho

www.helplesotho.ca

Mission: To mitigate against the effects of HIV/AIDS by promoting education and youth leadership development

Project Objectives:

- Raise public awareness of the crisis situation in Lesotho
- To twin schools and build one-on-one relationships between Canadians and the people of Lesotho
- Develop simple, low cost, accountable, locally based and championed projects in Lesotho
- Promote gender equity; HIV/AIDS awareness, testing and prevention among youth in Lesotho
- Foster hope and motivation in the children
- Support Lesotho teachers and schools with programs, resources and volunteers
- Develop leadership, good governance and a sense of civic responsibility among young people in Lesotho

How to Help

- Sponsor an orphan (\$450 Cdn./year)



- Involve your School (Contact: twinning@helplesotho.ca)
 - Sell or buy Calendars (Contact: calendars@helplesotho.ca)
 - Support a Project, individually or in a group (Contact: donations@helplesotho.ca)
 - Volunteer (Contact: volunteers@helplesotho.ca)
 - Drop off or Mail a Donation to HelpLesotho, 11 Keefer Street, Ottawa, Ontario, K1M 2J9 (Tax Receipts available for donations of \$15 plus)
- Check the website (www.helplesotho.ca): All contributions are welcome, ranging from the modest (\$20 will purchase a sweater to protect a child from winter cold) to the substantial (\$5000 will feed an entire school of 75-120 children for a year).

Portraits of the Children of Lesotho

Check the Home Page at www.helplesotho.ca for a link to the striking portraits of artist Marie O'Neill. To purchase a painting or commission a similar portrait as a fundraiser, contact donations@helplesotho.ca. Funds raised through portrait sales go to the school or project of your choice.

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- Elmwood School and St. Charles High School, Seboche, Lesotho



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Penney heading off to school...in the Kingdom of the Sky.

pack got put in the pickup bed along with about four men. We forded streams, avoided people and animals and did something to the two front wheels before every steep ascent - and there were many! My pictures will never be able to capture the feeling of Lesotho - this country really is the Kingdom in the Sky. Mahlekefane is about 3200 metres high with mountains all around but lots of space - no feeling of claustrophobia like in Austria.

The school is desperately poor. The children get porridge at breakfast and "papa" for lunch from the World Food Program (UNICEF I think). The school buildings are a complete disaster with one building with a dirt floor which houses about 140 kids in three grades - three teachers all talking at once! Grades 1-3 are in the tent - just crammed in but at least they have desks and/or benches. The kids in Grades 4 and 5 sit on the dirt floor or fight for a few broken chairs or cans to sit on. Grade 7 is in a building of its own with desks (supplied by Help Lesotho) and they have standardized exams to pass so get special treatment!

Bruce and I are working on a short-term plan (long-term, the government needs to build two new buildings at Mahlekefane) which is to have Ray (another volunteer) make masonite boards for the children to write

on as they are jammed in and write on their laps... Also, I am going to buy (with my donated money), plastic mats for the kids who have to sit on the floor. The Gr. 6's have pathetic benches that hopefully we can repair.

This building needs a cement floor, a paint job and new benches (no room for desks until a new building is constructed). Actually, two, as the tent is hopeless and is either stifling hot or freezing in the winter. I really don't know how they all manage - it's filthy! The kids' books, notebooks and supplies all get lost and dirty (only a few have backpacks) so I am going to see if the Home Ec School in Hlotse could make bags or maybe get them made in Canada - dark colours and sturdy material. Most kids are using flimsy plastic bags....

I stayed in a rondavel belonging to a friend of the principal and while basic, it was very clean and had thin lino on the floor. Many have dirt floors still and it continues to amaze me how they keep the kids so clean!

My ride back to Pitseng was as usual - eventful! The 4x4 never came so by 10:15 am I was fed up and when a pickup came by (a contractor), Lipaleso hailed it and I jumped into the open truck bed with my stuff.. It is too bad that I was totally unable to take pictures as I was holding on for dear life - this is not a figure of speech - it is true. It's lucky I

am strong or I would have been thrown out several times! What a ride - but it really was a great view even if it wrecked my hair!!.....

'M'e/ Mathato/Penney

Later in February, Penney and her fellow HL volunteers Ray and Bruce returned to Mahlekefane in a rainstorm, laden with supplies for their renovation project. In the course of the next few days, they built benches, made lap boards, gave the classroom a fresh coat of white paint and even touched up the doors and window frames with a coat of bright blue. Penney also commissioned the creation of school bags for the children which proved to be a great success. The project at Mahlekefane is ongoing, as the community is planning to build another room to be used as both classroom and community room. With Penney's help in filling out the forms, they have applied to Help Lesotho for funds to do the roofing.

Reitumetse Lehemane February 14

....My upsetting event today (and by the way, after I finished my last missive, two more teenagers turned up at my door needing school fees! - it is never ending) was meeting a six or seven year old girl in rags who has just started at Raphoka School. She has big, brown, very sad eyes and hands and feet with big cracks. She is filthy and is a very unhappy little girl. Reitumetse Lehemane is an orphan who lives with her grandmother. This woman is an alcoholic - as the teachers say, a drunkard who can't look after herself, let alone this little girl.

Tomorrow, I will go to London at noon with another teacher from the school to order this child a school uniform (a dress and a sweater), buy socks and shoes and some special cream to try to heal her hands and feet. The school will arrange to have her wash when she arrives in the morning and get Grade 7 girls to

help her. She is a lovely little girl and just broke my heart. I will try to get her another nice little outfit just for fun.

I really like this school - it is another very poor one but I like the staff. They are upbeat and caring and enthusiastic. The school is not overcrowded but is in pathetic condition and needs a lot. Am waiting on this as this school could fold due to low numbers (160 in all) and a new government school built nearby.

Well, today is the 15th and I have survived - it was an extremely busy day - I left my hut at 7:30 and returned at 5:30. One of the things I did that was good (for me and for her) was take Reitumetse to London and outfit her with her uniform and all the aforementioned items. Her outfit is a jean jumper with pink trim, a pink shirt with long sleeves and pink socks. She is the cutest thing and in the way things work around here, the dressmaker who will make her uniform (ready by tomorrow) lives next door and will take it to her. As well, she will take all the clothes over to Reitumetse's house and tell the grandmother what's up.

The toiletries will stay at school and they will teach her how to take care of herself. We got this special stuff for her hands and feet but as well, the people here cream their bodies every day with Vaseline or the

like. I have lost my heart to this little girl - and you will too when you see her smile. I have some pictures that I'll try to send as my camera has been adjusted to take smaller ones. I should also mention that Reitumetse, who is in Grade One now, did not attend school before as she was looking after her baby brother. She was an eight year old looking after a three month old when her mother died. At some point she was taken in by the grandmother and I am not too sure how many others are living together in that family but there doesn't seem to be a father in the picture....

Reitumetse came in her new denim dress, shoes and sweater and really looked great. She is really thrilled. I'll bet tomorrow she'll wear her new uniform. I have become quite friendly with the staff at Raphoka and many of them would like to write to someone in Canada. ...

Lots of love,

Penney/Mum/Mathato (which most of the kids call me, by the way)

March 12

...Today, Tuesday, I walked a million miles - literally and figuratively. I went to Raphoka, then to Reitumetse's house (at 7:30 am), then to Pitseng HS, to the Mission, back to high school and then home. I have never seen poverty and despair like I

Continued on page 12

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Continued from page 11

saw today at this child's home and I am not at all yet recovered. A teacher from Raphoka and I went to see the living conditions of Reitumetse and her family and it was just awful.

There are 11 people living in one small, filthy rondavel. They have no mattresses or furniture, no food and just some scrappy blankets. Reitumetse's little baby brother is one year old and looks about three months – the teacher thinks he is dying. He is given only some porridge to eat.

for the three little girls who are in Class 1 and their food will be organized at school. It doesn't seem right for just Reitumetse to have a uniform and shoes while her cousins do not. The other child at home will have to be cared for by her mother. Now, the baby! One of the teachers at the school has offered to take this child and when I went to the mission to talk to Sister Vitalina and the grandmother (who looks after animals there), Sister V. made the point that if the baby died there would be big trouble

I am going to hire a Class 7 girl who lives nearby to help the three girls in the morning with their washing and smearing (Vaseline) and teach them how to wash their uniforms, undies and socks. I don't think anyone washes anything in that house. There is a stream at the bottom of the hill in her village where people can wash clothes. I think I'll buy blankets for everyone (or the older guys will just take them) and winter clothes will be next.

... Back to the high school to see if the Sisters had any ideas about the Lehemane family and was told that they have tried to help the grandmother for many years and nothing has worked. If they give her food she just trades it for beer, her other daughters (nearby I guess) take any clothing they give her and she is kind of a lost cause – very sad but there is not much I can do there. I took the two cousins to the shop in the afternoon for shoes and socks and they will get school uniforms later this week or next.

The grandmother has been sent a note from the school to bring the baby there at 8am tomorrow and we will go to the doctors office or clinic or whatever it is... The school is being incredibly co-operative and it is because they are a very caring staff and happy that some help is available. ...

Well, Grandmother was at



Reitumetse and her baby brother Retselisitsoe.

school before we were and she had the baby fairly decently attired. His undershirt was filthy and torn so we took that off and the teachers wanted to put the new sleeper on him so he did look really cute. He looks like Reitumetse with big, wide-set eyes. Grandmother says she cannot cope with him – it is too much, she has no money etc. She straps him to her back each morning and there he stays till she gets home late at night – usually drunk I gather. She is very thin and a sad, defeated person.

Our trip to the hospital was somewhat of a nightmare... We had to wait quite a bit but then I spotted the Canadian doctor (had dinner there and once used her internet) and just jumped the queue. This was not really fair, but the baby was screaming as he was starving until we found some bananas and went out for milk for him. The baby, who is one year old weighs 5.2 kilos (11.44 lbs) and is HIV+ in the doctor's opinion. He cannot be tested until 18 months as the test checks an antibody count and until 18 months some of the mother's antibodies are still in the child.

However, a file has been opened, he has some medication for a cough, another appointment for shots and will start ARV medication soon. We visited social welfare and the way it works here is that the family signs a paper to say they cannot care for the child, the chief of the village is part of this agreement and then social welfare agrees that someone responsible can look after the orphan. So that is the plan and the teacher, who happens to be Tsekeli Nkokana's mother, will take the baby....

I have been to see Maseisu (Help Lesotho employee) who handles the money at this end and I can give her what is needed on a quarterly basis – starting April 1 conveniently- and she will distribute it to the teacher at Raphoka...

The money will be divided up into breakfast and dinner for the

girls, baby needs, babysitter (while teacher is at work) and the Gr. 7 kid for helping the little girls wash in the morning. I have ordered uniforms, bought tracksuits and toiletries and organized a couple of high school girls to help me buy and carry in the blankets. I will buy winter jackets before I leave...

Lots of love
Penney/Mum

(almost everyone loves to call me Penney now!!)

March 23

Hi All,

..... The last installment on the Lehemane family left with the teacher waiting to get permission from the family and the chief of the village to take the baby. The letter was written and stamped by the chief and lo and behold, Reitumetse turned up at school this morning with the baby in her arms and said that Grandmother said to bring him and give him to the teacher. Pointe finale! So that was that.

Fortunately, I was going up to Raphoka in the afternoon and was able to get them set up financially. Help Lesotho will distribute the grocery money quarterly in voucher form and I divided up the rest into envelopes and just doled it out today!! I am sure this is for the best and am really happy that the baby will get the care he needs. He is the cutest thing you ever saw and I am going to give the teacher Tom's old 35mm camera to take pics of him to send me....

Saturday - Lipalesa and I went to London this morning and bought 10 blankets for the Lehemanes and I managed to get 10% off – I am not usually good at bargaining so was pleased with something. We delivered them to the kids' home.. and gave them to one of the aunts. On Friday, I had delivered 24 hand-knitted hats (from some women in Canada) to the Class 1 kids at Raphoka which meant that Reitumetse, Polo and Malefa each had one....

Read On at
www.newedinburgh.ca/

The others are the grandmother's children (3) and grandchildren (6 +baby) and are living like animals. They appear to have given up. The grandmother drinks and does little to care for the kids. A daughter works and two young boys (12 and 14?) look after cattle – the other adult sons do nothing. Reitumetse and her brother are orphans so there is a pretty good chance that the baby is HIV+.

There are many things to consider and the plan for now is that I will provide clothes and food

– good point. The grandmother didn't come to work by the way so no input from her.

I was sent to Sister Juliet who will speak to Sister Superior (who hired Reitumetse's grandmother) and they will all put their heads together to come up with a plan. Grandmother cannot be trusted with money or even a voucher at the store but maybe something can be worked out through the mission. (Sisters of Charity). Or, another avenue is to talk to the chief about the baby.

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Don't Touch That Dial - Without Counting to Ten:

10 Digit Dialing Comes to Area Codes 613 and 819

By Jane Heintzman

Beginning on **June 17**, residents of Ottawa/Gatineau who forget to add the three digit area code (613 or 819) to their local calls will be greeted by a recorded message (in both official languages) politely reminding them that 10-digit dialing will soon be required throughout the region. As of **October 21, 2006**, the system will be mandatory and a seven digit slip will get you a recorded reminder to hang up and try again. The transition to 10 digits, which occurred several years ago in the Toronto area,

result of the rapidly diminishing supply of telephone numbers in this part of the world and the requirement to delay "area code exhaust" until about 2010 in the 613 zone and considerably longer on the Gatineau side. Under the current seven digit system, numbers that are assigned in the 613 zone can't be used across the river in the 819 region. Moving to 10 digits will thus free up a supply of new numbers on both sides, and forestall the requirement to introduce new area codes in our region.

the extra 3 digits adds a maximum 1.4 seconds to local calls (considerably less than having to sit through the recorded message!) He has a number of important reminders to those of us making the transition this summer:

Ensure that stationery, business cards and promotional materials (including NEN advertisements!) include a complete 10 digit number;

Check to make sure that alarm monitoring devices are programmed to accommodate 10 digit dialing;

Update fax machine group calling lists to include 10 digit numbers;

Programme speed dialers and auto dialers for local 10 digit calls; and

Ensure that local numbers and lists on personal computers are updated to include the full 10 digits.

With luck, the transition will be as seamless as it reportedly was in the Toronto area, and the good news is that the 10 digit system will have no impact on the cost of a local call. Readers with questions or concerns about the process are welcome to call Canadian Numbering Administrator Glenn Pilley at 613-563-7242, Extension 317. (For readers who, like me, had no idea that a "Canadian Numbering Administrator" (CNA) existed in Canada, the CNA is an authority regulated by the CRTC which serves as a neutral third party dispensing numbers to the now numerous telephone service providers in the country.)



will also take place in the 450 and 514 zones in the Montreal area, and in the 519 region in south western Ontario.

The move to 10 digits in the National Capital Region is a

Glenn Pilley, the Canadian Numbering Administrator at Science Applications International Corporation (SAIC), a local engineering firm, unofficially estimates that



Kids and caregivers alike enjoy the fun at the New Edinburgh Playgroup at MacKay United Church.

New Edinburgh Playgroup: We'll be back in September

The New Edinburgh MacKay Playgroup meets in the MacKay United Church hall every Monday and Friday, September through June. It provides a great opportunity for moms, dads, and caregivers to meet and socialize, and for children to learn and play in a safe, supervised atmosphere. As a cooperative playgroup, all members are expected to take part in the running of playgroup: setting out and putting away toys, cleaning up after snack time, following the church's rules for opening and locking up the space, etc. Each member also has the responsibility of providing snacks for snack time two or three times during the year.

Playtime is largely unstructured – the toys are set out and the children head for their favourites. Toys have been donated over the years and others purchased with registration funds, resulting in a good-sized, diverse collection. The play kitchen is a big hit, as is the slide. The costumes and ride-on toys are also popular. Snack is typically served mid-morning, then the last 20 minutes or so are spent as circle time, where, after the toys are put away, everyone joins in singing songs. Very popular among the toddlers is Sleeping Bunnies (and Sleeping Cheetas, and Sleeping

Horses...).

An activity is often planned at Halloween - outings in the past have included a visit to Saunder's Farm. This past fall was a trip to the Experimental Farm, where the children enjoyed seeing the animals. At Christmastime, we had a visit from Santa, who handed out a new book to each child. Members also participated in a food drive to help those in need in the community. In June we will have a year-end picnic in Stanley Park.

This year was an especially busy one for playgroup – either we advertised ourselves too well, or else the neighbourhood is just bursting with new babies. Even after increasing our registration limit, we still had to create a waiting list. It is with great regret that we have to turn interested parents away, as we know how playgroup can be a real life-saver – especially during the long, dark winter months!

The New Edinburgh MacKay Playgroup has met in the Church hall for several years now. It is a wonderful resource in the community for new moms, dads and caregivers to meet others and share in the experience of raising little ones. Playgroup members are very grateful to MacKay United for its continued support.



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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Lester's Barber Shop: And On the Seventh Day, He.. Cut Hair!

In recent months, there has been no Sunday rest for **Lester Clark** whose shop is now open seven days a week, including **Sundays from 10:00 am to 4:00 pm**. According to Lester, the Sunday opening has been extraordinarily popular, with business occasionally so brisk that a single barber may have trouble keeping up with the parade of shaggy clients. With the arrival of the hot weather when the younger crowd will be getting their buzz cuts in preparation for camp and summer jobs, **Lester, Eli and Julius** are expecting even more action at the shop at 13 Beechwood.

Watch for some interesting news from Lester's bench in our October issue!

Beechwood Cemetery

Many readers may have noted, perhaps with alarm, the miniature clear cut operation on the border of the Beechwood Cemetery on Hemlock Avenue

(close to Birch). After horrifying me with a wonderfully deadpan report on the mini-subdivision that was slated for the site (it wasn't April 1st, but close enough to it!), **Roger Boulton** explained that the cemetery has launched a multi-year project to clean up the scrub along Hemlock, drain the area and reseed it with a row of pines. The cemetery fence line will also be extended along the full length of the property.

Sadly, a major impetus for the project was the rampant dumping of garbage, clippings, discarded Christmas trees and miscellaneous detritus into this bushy area, a problem which cemetery employees have been unable to control through friendly persuasion. A sad commentary indeed on our civic mores, and the more so in a city like Ottawa which has a regular and comprehensive waste collection régime.

George The Personal Trainer: From Pumping Iron to Publishing

This Fall, **George Sabbagh** will add a whole new dimension to the Personal Training business he has operated since 1998. On October 2, he plans to release the first edition of his new publication, *George The Personal Trainer Lifestyle Magazine*, a magazine pitched to both men and women who aspire to a healthier lifestyle in all its dimensions: physical, psychological, spiritual and financial. Articles will range across a broad spectrum of topics from George's current domain of personal training, muscle building weight loss, meditation and healing, to finances, travel, entertainment, law, politics, yoga, pilates, sports and interviews with high profile personalities.

In addition to his own contributions in the realms of his expertise, George has assembled a group of writers for the new publication, most of whom are current or former clients of his personal training business. At the time of our interview, he was still on the hunt for more assis-



Christina Lubbock of Voice Matters.

Photo: Peter Glasgow

tance in a number of areas, including **travel writing**, so if there are any keen travel diarists out there who would like to share their experiences, give George a call at **613-748-6925**.

The magazine, of which George will serve as both Editor and Publisher, will appear twice annually in the Fall and Spring. George has a roster of interested advertisers lined up for the first edition, and is receiving assistance on the technical side of the publication trade from one of his supportive clients. While this is George's first foray into the production of a broad-ranging general interest magazine, he has in fact two previous publications under his belt: *George The Personal Trainer's 12 Tips on Burning Fat* (2002) and *George The Personal Trainer's 5 Tips on Building Lean Muscle Mass* (2003).

As of the release date in October, copies of *George The Personal Trainer Lifestyle Magazine* will be available at the New Edinburgh Newsstand on Beechwood Avenue, at the Maximum Convenience Store

on Springfield Road and at MacEwen Gas Stations throughout the city. Good luck, George! We wish you every success with your new publication.

Voice Matters

While the vast majority of us have, at some point in our lives, made a conscious effort to improve our minds, bodies and (perhaps less frequently) souls by seeking instruction in the mastery of an athletic or body building activity, a musical instrument or a game of mental dexterity such as bridge or chess, my guess would be that few of us have given much thought or attention to what may well be our most vital God-given instrument: our voice.

Crichton Street resident **Christina Lubbock** is a notable exception to that rule. For Christina, a fine voice is a great gift and a powerful instrument. In her view, the cultivation of the quality of one's voice and the effectiveness and authority with which one uses it, is of enormous importance in all aspects of life, be it in the Board Room or the Show Room, on the

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hustings, in the class room, at the lectern or the pulpit, or simply in one's daily dealings with friends, family and acquaintances. And indeed, if you give it a moment's thought, it is most often the well modulated, sonorous voice, not the shrill nasal twang or the dull monotone, that will catch our attention, move us to act or convince us of an argument.

Inspired by a growing conviction that the whole realm of voice quality and articulation of speech is seriously undervalued (and indeed at risk) in our fast-paced society, Christina is in the process of launching **Voice Matters**, a new consultancy business which offers training in the techniques and tricks of improving both the quality of one's voice and the way in which it can be used to best advantage, whatever one's age, aspirations, interests or profession.

Perhaps you're preparing to deliver an important speech, take part in a public debate, perfect your sales pitch, hold your own in a meeting or attend an all-important job interview. In all cases, it is Christina's firm conviction that how you communicate your message- the timbre and tone of your voice, the clarity of your enunciation, the phrasing and emphasis with which you convey your ideas and opinions- is a critical ingredient of success, and one which

confers a significant competitive edge in almost any field of endeavour. While there are many established public speaking courses out there, Voice Matters will be somewhat unique in the emphasis which it gives to voice quality (Daffy Duck vs. Paul Scofield) in combination with the other aspects of public presentations.

Christina herself has a magnificent voice which is entirely up to the challenge she intends to put to her students, whom she hopes will learn how to use their voices to "*Captivate, Persuade and Command Attention*." Coincidentally, she is the mother of the CBC's incomparable **Shelagh Rogers** whose mellifluous voice is known and loved in countless households throughout the country, so perhaps genetics is of more than passing importance in shaping the vocal equipment with which we start out.

Christina comes to her new vocation with a considerable wealth of experience in public speaking, most recently through her work as Chair and subsequently Executive Director of **WaterCan**, a charity founded by her late husband **Michael Lubbock**, and familiar to many Burgh residents through the work of its Honorary President, **Margaret Trudeau**. The instruction of a rigorous choir director early in her career also equipped her with a solid

NEW EDINBURGH NEWS

grounding in the basic techniques of breath control, dynamics and projection which are at the root of both the singing and the speaking art.

While Voice Matters' lessons will be tailored to the specific needs and interests of individual or group clients, broad areas of concentration will include breath support, resonance, pitch ("pitch it low" is her credo!), articulation, projection (can you be heard at the back of the classroom or meeting hall?), voice modulation, pauses and emphasis, grammar, and even posture and general deportment. Because most of us carry the baggage of a lifetime of accumulated speech habits, good, bad and ugly, Christina is prepared to tackle these in her coaching sessions, both to reinforce and refine our strengths, and to help us to overcome our idiosyncrasies. (In the latter category, she includes a range of misdemeanors from "Nose Talker" to Shrieker, Lazy Lips, Speech Tic, Foghorn and Speedometer- know them all!)

Watch for further news about Voice Matters, but in the meantime, interested readers can drop Christina a line at christina.lubbock@sympatico.ca to get more details about her voice training services. Best of luck Christina!

Bryson Farms

With the arrival of summer comes the welcome return of **Bryson Farms** to our corps of advertisers and, as the season



Katie and Bryson Collins of Bryson Farms.

progresses, the return of its extraordinary variety of fresh, certified organic produce to local markets in our region. As always, Bryson's colourful booth will be a fixture at the **Parkdale Market** on **Saturdays and Sundays from August through to October**. Throughout **July and August**, Bryson's will also have a spot in the new **Lansdowne Park Farmer's Market** for which Ottawa Council gave its approval in April.

The Lansdowne market is a two year pilot project instigated by the Ottawa Farmer's Market Association, a group representing local growers who have

found themselves progressively squeezed out of the existing Byward and Parkdale Markets by vendors selling produce trucked in from large grocery companies and sold at discount prices. At Lansdowne, all produce will be locally grown within a radius of about 100 kilometers of Ottawa, and if the prices are a little higher, the fresh, earthy taste will be well worth it. The Lansdowne market, which will feature locally made crafts as well as fresh produce, opens up on July 2 and will run once a week **each Sunday until the end of October**.

Continued on page 16

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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Continued from page 15

Organic Buyers Beware:

Bryson Farms' **Stuart Collins** offers a word of caution to shoppers at these summer markets: while many growers have jumped on to the "organic" bandwagon, in Stuart's experience, many of these have a less than rigorous understanding of the requirements involved in a genuine organic label. If you're seriously committed to buying organic (and justifying the premium price that may go with it), his advice is to ensure that the produce has the *certified organic* imprimatur, which of course, is Bryson's hallmark.

The big news from the Farm this year is heirloom tomatoes, *loads* of heirloom tomatoes, in fact close to 200 different varieties. Last year's amazing crop inspired Stuart and Terry to try yet more new tomato varieties, and they have also ventured into a new Asian specialty, edible gourds. Another first at Bryson's in 2006 is **organic hydroponics** which is reportedly all the rage in California, the flagship U.S. state for large scale organic production. Stuart is also enthusiastic about a new biodegradable mulch which is being introduced this year as a partial replacement for plastic mulch. The product, which is composed of a predominantly cornstarch base, is widely used in certified organic growing operations in Europe.

It would not be an exaggeration to say that Bryson's reputation as a producer of superb organic produce is now world wide. In addition to supplying the majority of Ottawa's finest caterers and restaurants (both *Wilfrid's* and the *Rideau Club* have "Bryson's Greens" salads right on the menu), Bryson's produce is a staple in the kitchens of Rideau Hall, 24 Sussex Drive and Stornaway, where countless luminaries and heads of state have sampled its legendary flavours.

On one memorable occasion, Prince Charles (himself a seriously committed organic grower) reportedly requested an organic spinach salad when visiting Rideau Hall- in February, in the depths of winter. Undaunted, Stuart and company handpicked the most tender spinach leaves from their greenhouse production and the result was apparently fit for a prince. Laura Bush in her turn expressed wild enthusiasm about Bryson's organic beets, so the Farm's reputation seems to have spread all the way to White House.

While Bryson's **home delivery list** is very nearly full to bursting, Stuart confirms that there is always room for a few more in our area, which is among its well established beats. So don't miss out on the riches of the Ottawa Valley summer: give Bryson's a call at **819-647-3456** or sign up on their website at <http://www.brysonfarms.com>.

Macoun Marsh Project a Second Place Winner in International Competition!

Congratulations to the team of Grade 6 and 7 students from Educarium and Jean Vanier Catholic School who are collaborating on an ambitious project to document and preserve the biodiversity of the Macoun Marsh in the southeast corner of the Beechwood Cemetery. Their project, which has been written up in recent editions of the NEN, was selected from among 300 submissions from 43 countries as one of the ten finalists in the **Volvo Adventure Competition**, an international environmental programme organized by Volvo Car Corporation in partnership with the United Nations Environmental Programme (UNEP).

In mid-May, team members **Jessica Walsh Moreau**, **Alex Zylka**, New Edinburgh's **Katie**

Beauchamp (a resident of Crichton Street), **Christopher Weller** and **Donald Clysdale** travelled to Göteborg, Sweden (all expenses paid!) to attend the conference and to present their project and action plan to a jury of international environmental experts. Their proud science teachers, **Michael Leveillé** of Educarium (who was the original inspiration behind the project) and **Clint Monaghan** of JVCS, accompanied the group on its Swedish adventure. Just as we went to press, the exciting

fecund wetland. An important aspect of the project is to impress upon the community the richness and value of urban wetlands of this kind, and a marsh website has been established as one of the instruments for achieving this objective. For a snapshot of the extraordinary variety of natural life at the marsh, and an update on the activities of this admirable group of young environmentalists, check out: <http://www.macounmarsh.bravehost.com>.



Educarium's Macoun Marsh Team jumped at the chance to compete in the Volvo Adventure Competition in Sweden.

news arrived that the team was awarded second prize in the competition and returned with a handsome award of \$6000 (US) to advance their work on the marsh project. Congratulations to all on a truly impressive showing on the international stage and a well-deserved distinction!

In its investigations to date, the Macoun Marsh team has identified no fewer than **879 species** in the marsh area, an impressive tally but a drop in the bucket of the estimated 5500 species that are believed to be present in this

haps as early as this Fall. Many thanks to Routeburn owner **Robin Fyfe** for supplying the sketch of the renovation which accompanies this column.

Canine Touch and Tell

Most of us may think of canine massage as a relieving therapy for our beloved companions when they get old and stiff, or perhaps when they are recovering from a painful surgery. While these are indeed among the conditions for which massage can be a lifesaver, vastly improving the animal's comfort and mobility, and often forestalling or reducing the need for medication, there are many other conditions occurring at all ends of the age spectrum for which massage may be a helpful option.

If your pooch is aggressive, inattentive to commands, nervous or skittish, **Sandy Benoit** and **Sylvia King** of **Canine Touch and Tell** can often make a positive difference through a course of regular massage which helps to relax and focus the animal, and to improve its confidence. Over the years, they have also worked with numerous show dogs and agility companion dogs, warming them up for trials and working out the kinks and tension after the event.

This spring, the Canine Touch and Tell Team (which includes not only Sandy and Sylvia, but Sandy's splendid Guide Dog **Jet**) have been busy at events throughout the region, appearing at the Bytown Dog Obedience Show in Manotick and the Arnprior Canine Association Show in mid-May, and conducting a workshop/canine massage demonstration at NutriChem Pharmacy in Westboro on May 27.

At the end of the month, they took part in the Canadian Guide Dogs for the Blind Walkathon in Andrew Haydon Park where Jet no doubt found himself among many other distinguished alumni of the School. This month the team will participate in the



"Girl" looked forward to her sessions and was always happy to be there and meet her therapists. The first benefit I noticed was increased mental alertness and muscle suppleness when the session was completed. The massage, combined with a series of exercises tailored to my dog's condition to be done at home, in my opinion significantly improved "Girl's" general well-being, flexibility, muscle strength, activity and enjoyment of life during the year in which she was receiving treatment I wish I had had access to this sort of treatment earlier in my dog's life.

Joan Bulger, Ottawa

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Jet looks on as Sandy Benoit works with a canine client.

Kinsmen Craft Market in Manotick on Saturday, June 3, and the following week on June 8th, (6:00-8:00 pm), they will be part of a spa evening (for dogs of course!) at Barks and Bubbles Pet Grooming Salon at 246 Britannia Street.

To Sandy's great delight, Jet was officially certified as a Therapy Dog after a somewhat grueling testing procedure in late April. Certified therapy dogs and their handlers pay visits to acute care hospitals, chronic care and rehab facilities, long-term-care facilities, and retirement residences, where clients or residents can benefit immeasurably from their benign and gentle presence, both physically in terms of lowered blood pressure and reduced breathing and heart rates, and psychologically through the reassuring boost that a loving canine grin or lick can afford. (While Jet ultimately passed the test with flying colours, Sandy had a tense moment wondering whether he would obligingly surrender Webster, his favourite toy, to the evaluator: he did!)

If your canine companion is suffering from an ache or pain, an irregular gait, less than perfect posture or a chronic behaviour problem, give Sandy and Sylvia a call at 762-8869.

New Edinburgh Pub: Charity Golf Tournament, Sunday, July 23

It's time to be tuning up your golf game for annual Burgh summer classic, the **New Edinburgh Pub Charity Golf Tournament**. This year's event will take place on **Sunday, July 23** at the **Pineview Golf Course**, and as in past years, all proceeds will go to the Juvenile Diabetes Foundation.

Paul Williams reports that last summer's winner was Pub regular **Gilles Souigny**, who may perhaps have profited from the absence of previously reigning champ **Frank Tonin**. Frank was obliged to miss the match because of a 25th wedding anniversary (wise move Frank!), but generously contributed prizes for the occasion. Frank is hoping to be back in the running this year, however, so the competition is heating up.

Make sure to register for the tournament as soon as possible, as Paul anticipates the roster will be full by the end June.

In the meantime, lobster lovers can prepare to don their white bibs for the Pub's **Lobster Fest** from **June 12 to 18**. Fight fans should watch the Pub marquis for notices of its increasingly popular pay per view showings of ultimate fighting and boxing matches.

The Scone Witch Arrives at 42 Crichton

To the great delight and relief of the many scone lovers in the community, not to mention the hungry hordes in the Lester B. Pearson Building, **Heather Matthews** is planning to open the doors of the new Crichton Street **Scone Witch** by the end of May. Store hours will be **10:00 am to 4:00 pm, Tuesday to Saturday**, and all of the traditional Scone Witch fare on the Albert Street menu will be available, with the exception of the full brunch (eggs, fruit, greens, scones, special jams- a treat well worth the short trip downtown).

For readers who may not have had a chance to visit the original Albert Street location, the Scone Witch repertoire includes (of course) scones in an astonishing number of different and delicious varieties, "scone witches" (sandwiches prepared with scones), "meal witches" (scones served with various hot mixtures and salad), homemade soups,

drinks, coffee and tea. And oh yes, desserts, which include bumbleberry shortcake and a very rich brownie for the hard core sweets/chocolate lover.

While the shop has retained essentially the same layout as **Delish**, Heather has somehow found time from her labours on Albert Street to carry out a complete makeover, including the installation of a brand new tile floor and a fresh paint job. Best of luck Heather. We look forward to seeing more of you around the neighbourhood, and wish you well in your new challenge as the captain of two ships!

Piccolo Grande: It's Gelato Weather At Last!

For most of us, the return of summer heat is closely associated with indulging in a luscious ice cream cone, spinning the cone to catch the drips before

they make it our shirts, and savouring each cooling mouthful in a "slow race" with our companions to see who can finish last. Happily for true ice cream aficionados, Mackay Street's **Piccolo Grande**, the gelato capital of the neighbourhood, is within easy walking distance, and offers an array of close to 20 different flavours for all ages, tastes and moods.

Maria reports that mango and raspberry is a particular favourite of the younger crowd, while chocolate and bacio (hazelnut) and bourbon vanilla are popular picks among their adult companions. You can also quench your thirst (?) with a delicious milkshake made with the gelato of your choice. For the fat conscious in the crowd who prefer the chill without the

Continued on page 18



Maria and Juzer of Piccolo Grande.

Photo: Peter Glasgow

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Continued from page 17

cream, Piccolo Grande has a tasty variety of sorbets.

If you're in the market for a slightly more balanced meal, Piccolo Grande serves home-made soups (reportedly a favourite with regular clients) and freshly made sandwiches on nine grain bread, as well as fresh coffee, lattes, espressos, hot chocolate, iced tea and iced cappuccino glacé.

Despite the store's comparatively modest size, Maria reports that Piccolo Grande can comfortably accommodate larger groups (30 to 40) using the four outdoor tables along with the bench and tables inside. Last summer they played host to a number of birthday party gatherings (easy to see the parent logic behind that one!), and teachers at nearby Ashbury College who periodically bring large groups of hungry boarders for an ice cream and/or chocolate treat. Residents of neighbouring New Edinburgh Square are also regular clients.

Regular hours at Piccolo Grande are **Monday to Friday, 10:00 am - 7:00 pm, Saturday, 10:00 am - 8:00 pm and Sunday, 11:00 am - 7:00 pm.** As the summer unfolds, however, Juser and Maria may extend these hours to accommodate those in need of an evening gelato fix, and indeed, Maria notes that even now, if hungry clients are still on the doorstep, she will continue to serve them after the official closing time. We wish them both a long and successful gelato season!

Vitality Naturopathic: Introducing Cellulite Acupuncture

It's bathing suit weather folks and for most of us over the age of about 30, the prospect of revealing the winter's ravages is at least a little daunting. But help for some may be close at hand, as local Naturopathic Doctor **Chad Sheehy** (whose

office is in 200 Rideau Terrace) has begun the practice of **cellulite acupuncture**, a painless, non-surgical procedure to reduce the cellulite deposits which tend to cling so tenaciously to the hips and thighs of many women. Like Facial Rejuvenation Acupuncture, which was described in a previous issue of the NEN, cellulite acupuncture is based on the principles of traditional Chinese medicine, and involves the insertion of tiny, disposable needles into a series of acupuncture points.

For a variety of reasons, even the most rigorous régime of diet and exercise may fail to eliminate these fatty deposits which produce a characteristic dimpling effect on the skin. Frequently these deposits are found in areas of decreased circulation such as the back of the thighs on which many of us sit for much of the day. Decreased lymphatic circulation is apparently also a contributing cause of the build of fat in the cells. Cellulite acupuncture works to overcome both of these factors by enhancing blood circulation and increasing metabolic activity in the areas where fatty deposits have accumulated. Once the acupuncture process has done its work, the results can be maintained through stretching, massage and exercise.

According to Chad, the results of the procedure include not merely a marked improvement in the appearance of the skin, but also significant health benefits such as the detoxification of tissues, stress relief, the gradual elimination of fat and cellulite, and improved metabolic and circulatory function. Needless to say, it's a good deal cheaper, safer and less invasive than cosmetic surgery, and reportedly more effective than the wraps, scrubs and creams on the market which work exclusively on the

surface layers of the skin.

A full course of treatment is 10-12 sessions of 45 to 60 minutes each, and while there are variations among individuals depending upon factors such as age and lifestyle, results are generally visible by the 4th or 5th session- so there's time to go for it before the July 1st long weekend! Interested readers should give Chad a call at **613-850-4775** or check out his website for more details: <http://www.vitalitynaturopathic.com/cellulite.html>.

Burton's Dive Service

Looking for an adventure this summer? You may want to check out the introductory scuba diving courses offered by **Burton's Dive Service** here on Beechwood Avenue. Store Manager and Diving Instructor **Bill McLean** reports that Burton's has recently revamped many of its programmes, including the beginner's programme to which many of the lessons learned at the more highly skilled, technical level are now being applied.

Besides enthusiasm and a sense of adventure, there are few prerequisites for the Introductory level diving course. The only absolutes are:

- A medical form filled out by a physician prior to class
- A reasonable degree comfort and competency in the water, including an ability to tread water for at least 10 minutes
- A minimum age of 12 years (though 12-14 year olds can investigate the possibility of Junior Certification).

Each course begins with an in class Orientation Session to review and complete paperwork, go over class schedules and fees, receive text books and hand outs and ask questions. These sessions generally take place about two weeks prior to the start of the course work.

The next stage is where the fun starts. It consists of a series of 6



Photo: Peter Glasgow

Burton's Dive Service offers diving courses for those seeking more adventure in their lives.

evenings of combined classroom and pool training session, totaling 9 hours in class (in Burton's store at **196 Beechwood**) and 9 in the water at the nearby Lowertown Pool. Classes are small (a maximum of 6-8 divers) and the ratio of students to instructors is at most 3:1. Scuba equipment (air tank, buoyancy compensator, regulator) is provided by Burton's for the duration of the course, but students must provide their own snorkeling equipment, including mask, snorkel, fins, boots, weight belt and lead weights.

Once novice divers are thoroughly comfortable with their newly acquired diving skills, the certification process concludes with a series of 5 Open Water dives in the St. Lawrence River. The first of these, which takes place in a protected area in the Brockville/Prescott region, consists primarily of a skills review

and an introduction to wetsuits, as well as to a number of new skills such as underwater navigation. The second day of Open Water diving is normally conducted at the wreck of the Conestoga near Cardinal (just East of Prescott). Each dive is a minimum of 20 minutes and in this case, the ratio of students to instructors is strictly 2 (buddy pairs are used):1.

Once you've run (or dived) the gauntlet and received a Certification Card (which Burton's regards as only a "license to learn"), there are many more challenging Burton's programmes through which to hone your skills and perhaps become expert in cave diving or exploring wrecks. To get all the details and find out the summer schedules and fees, check out Burton's website at www.burtonsdive.com. Let the summer adventure begin!

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Danny's Bar and Grill

Visitors to Danny's Bar and Grill at Springfield Road and Beechwood will find that the restaurant has received a full blown facelift this spring, including the installation of brand new wall coverings and a dividing wall creating two dining areas. At the beginning of May, Danny's also introduced a popular **Lebanese Luncheon Buffet** from **11:00 am to 3:00 pm, Monday to Friday**.

For a modest \$9.95 plus tax, you can fill your plate with such Lebanese favourites as tabbouleh, hummus, fattoush, and lentils; pile on the salads, including potato, pasta and bean salad, and top it off with the hot meal of the day, be it lasagna or perhaps baked kibee, served as a layered dish with top and bottom layers of kibee (crushed bulgur wheat) and a tasty ground beef and onion filling in the middle. As the mother of two large young adult males, it took very little time to discover that a heaping buffet is the only affordable option for a family outing to a restaurant, so Danny's new luncheon spread is looking good.

Danny's co-owners **Tony and Fadi Debz** continue to be strong

supporters of neighbourhood activities, and generously stepped in to offer a gift certificate to the organizers of the recent Rideau River Clean Up which took place on Mother's Day, May 14. Many thanks for your support, Tony and Fadi, and our best wishes for a busy and successful season in your newly renovated quarters.

Business Bits

A warm welcome to two of our new advertisers whom we look forward to profiling in our October issue. **Life Organic** is a new local business which delivers organic produce, coffee and dairy products right to your door. **Tasha Kern**, who co-owns the business with her husband, makes a point of buying from local organic suppliers (even her fair trade coffee beans are roasted in nearby Almonte!), and you can tailor make your own list or set up a standing order on line at www.lifeorganic.ca or by phone at **613-745-6868**.

If you're like me and have sundry bits of scratched up and or disabled furniture needing attention, Burgh resident **Louis Hutchison** offers a Furniture Repair, Restoration and Refinishing service and can be reached at **613-850-6707**.



Photo: Peter Glasgow

Danny's now offers a **Lebanese Luncheon Buffet** on weekdays, and you can top it off with a refreshing brew from 'on tap'.

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In the Works at MainWorks

By Liza Mox

Karen Bailey, a MainWorks artist since 2001, paints people. For the last two and a half years she has focused on people at work - waitresses, hairstylists, and.... military personnel. Recently, Karen was selected to be a military artist by the Dept. of National Defense.

"This summer I'll be sent on a

ten-day mission to document 'behind-the-scenes' army personnel - medical or catering staff - those workers often overlooked when it comes to military art." The paintings she produces will be included in a traveling exhibition of military art in 2007. Adds Bailey, "To have been selected is a great honour."

Since returning to Canada

from art college in England in 1981, Karen has worked full-time as a professional artist. The rigorous discipline of calligraphy, heraldic art and illumination prepared her for many art forms. Karen has designed the portrait side of the Governor General's Academic Medal for Her Excellency Adrienne Clarkson, worked as a courtroom artist for Global Television, and illustrated seven books for Appletree Press, UK. Twice she has received the prestigious Elizabeth Greenshields Grant for drawing and painting. From 2003-2005 she was appointed Artist-in-Residence for Elmwood School.

Presently, it is the challenge of painting large acrylic canvases of workers in the service industry (servers, hairstylists and chambermaids) that interests Bailey most:

"While transporting the viewer to a familiar interior setting (we have all experienced being served in a restaurant or having our hair cut at a salon), attention is drawn to the importance and the complexity of the commonplace. Through my paintings I celebrate the patience and perseverance of these workers."

Intimist, colourist and draughtswoman, through her art, Karen Bailey seeks to represent beauty, honesty and most importantly, humanity.

During the summer months you'll find Karen's smaller works at Blink Gallery in Majors Hill Park (across from the National Gallery, at the foot of the Alexandra Bridge). October 20-22, visit the MainWorks Open House.

View her work at www.karen-bailey.ca.



"Petula I" by Karen Bailey, Acrylic, 30 x 30, 2005

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Bill Murray to Exhibit 'Obliquity' at CCCC July 8 and 9

Join Bill Murray in the wonderful CCCC Dufferin Exhibition Hall for an exhibit of his unique pieces. Bill's latest series explores the abstract world through spatial relationships. Employing the relief printing method of linoleum-cut block printing, compositions are created where no two areas of ink ever touch, yet a sense of depth is created through the careful arrangement of the elements, implying overlapping solids with the use of white space. This particular series is the largest Bill has yet produced. Each print measures 22 inches by 30 inches, and is typically produced in small editions of no more than sixteen prints.

Other art which will be on display at Bill's exhibition will include a series of 11 by 15 inch, three-colour prints based on the themes of women's fashions from the 1940s and '50s. Also on display will be a series of smaller, 6 x 6 inch prints (Flora & Fauna) which are a combination of black lino-print and hand applied watercolour.

Besides limited-edition prints, greeting cards and note

cards, depicting the original art, will be available individually, and in specially priced sets.

After sixteen years in the Ottawa advertising and design industry, Bill finally made the transition to full-time artist in January, 2005. By pursuing a B.F.A. in graphic design from Iowa State University, he received an additional year of



study, which complemented an already robust program with an extra year of art history, photography, and studies in relief printing.

"I have been greatly influenced by artists and designers from the late nineteenth-century to the present. Poster makers like the Beggerstaff Brothers, Lucian Bernhard, and Henri Matisse produced incredibly evocative pieces using the fewest intrinsic elements necessary. More contemporary artists such as Michael Schwab and David Lance Goines have evolved this art form in a way that cross-pollinates advertising with art."

Bill currently works in his New Edinburgh studio with the help of his girlfriend Manon Alexander, at 142 Avon Lane.



INVITATION

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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
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.

CCCC June Update

Many thanks to all who attended the Centre's Annual General Meeting on Sunday, April 30, and special thanks to our Member of Parliament **Mauril Bélanger** and his wife **Katherine**, who sacrificed the pleasures of a glorious spring afternoon to take part in this yearly ritual.

It is perhaps a measure of their commitment to the work of the CCCC (and engagement in the endlessly interesting adventure of its evolution!) that all of the incumbent Board Members are returning to duty in 2006. We are also delighted to welcome two new members to the fold, both of whom are residents of New Edinburgh. **Marion Haunton**, a lawyer for the federal government and longstanding supporter of the Centre, joins us as a full Board member, and **Jennifer Barbarie**, a foreign service officer, will begin her term as an Ad Hoc member. We look forward to working with them both, and are most grateful to them for volunteering their services in the interests of building a vibrant community and arts centre at 200 Crichton.

As you will see in this issue, preparations for Lumière 2006 are proceeding apace, and our indefatigable Community Facilitator **Joanne Hughes** is drawing on the lessons of her recent consultations with lantern festival organizers in Victoria and Vancouver to make this an even more exciting and memorable event than its predecessors

in 2004 and 2005. For the first time this year, Lumière will have the professional guidance of an Artistic Director, and we are delighted that the creative energies of **Maureen Shea**, founder of the Grasshoppa Dance Exchange, (profiled in this issue), will play a central role in Lumière 2006.

As Chair **Johan Rudnick** reported at the Annual General Meeting, the continuing uncertainties of our legal situation have added impetus to our efforts to re-examine and redefine our community/ arts model for the Centre, and to flesh this model out with sufficient clarity and detail to form the basis for a viable operational plan for the next stages of our development. In the coming weeks, the Board will have intensive discussions, guided by professional facilitators, to stake out this vision for the future.

Thanks in large part to the energetic efforts of our Operations Sub-Committee Chair **John Jarrett**, combined with the ongoing professional guidance and assistance of community volunteers **Toby Greenbaum**, **Alexandra Reid** and John's son **Chris Jarrett**, the renovation projects made possible by our \$76,000 grant from the Ontario Trillium Foundation will soon be underway. Stay tuned for news of our exciting facelift when we return in the Fall (or better still, drop in and see the work in progress!)

Speaking of the Fall (though

thankfully it seems a long way off!), plans are underway for a Fall Fundraising Auction, **Cocktails for Crichton**, to be held at the Centre on the evening of Saturday, October 14. Tickets for the Auction, which we hope to make an annual event, will be all inclusive (no food or drink tokens this year folks!), and we are aiming to have a substantial and exciting collection of items for auction to appeal to all tastes and interests. Watch for details about the Auction in the October edition of the News, but in the meantime, mark your calendars for October 14. Anyone interested in helping us to solicit goods and services from area businesses (or to offer contributions) is welcome contact our Auction Committee Chair **Alex MacDonald** through the Centre at 745-2742.

On the legal front, at the time of writing we were awaiting a court decision on how to proceed with the motion to sell the building and whether or not The School of Dance should provide documents related to their receipt of public funds that were used for capital improvements to the building. Once the decision is rendered, we expect to be moving into the discovery phase of the proceedings. Notwithstanding the frustratingly slow progress through the courts, the commitment of our legal team at **McCarthy Tétrault** remains outstanding, and we are deeply grateful for all their efforts on behalf of the Centre and the community at large.



Mark your calendars! The Lumière Festival is a magical event that you will not want to miss. Perfect for people of all ages (please leave your pets at home). Starting at 6 pm, there will be amazing lantern installations to see and fabulous performers to watch. This year performers will be acoustic so keep an eye open for some interesting performer collaborations. With the help of artistic director, **Maureen Shea**, **Lumière 2006** will have new and exciting

lantern installations and fanciful themes to be explored.

Please participate in the festival by **carrying your own lantern**. In July and August we will open our Lumière studio where you can come and attend a lantern making workshop. At our workshops you will have the choice of building and decorating your own lantern (choose from a variety of lantern types) or working on some of the community lanterns that will be featured at the festival. We are also able to offer Lumière lantern workshops (at our location or yours) or lantern supplies for organizations. Additionally, lantern making parties are available at the CCCC. Call 745-2742 or in June check our new website at www.lumiereottawa.com for workshop details.

We encourage you ALL to come in costume – fancy masks, International costumes, circus, butterfly and fairy wings, king and queens - let your imagination soar!

Remember, the flat route in Stanley Park makes it an accessible event for seniors and strollers. In 2005, many community members invited friends and family for Lumière parties and picnics. We will remain open until 11 pm this year so that more people will be able to enjoy the event. Look for our free lantern making table at the Crichton Community Council Family Picnic on June 11!

Just a reminder - a lot of the supplies needed are those found in your basement, garage and garden. We are looking for donations of:

- 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 (clean, any size, no labels or lids)
- 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.



CCCC’s Lumière Festival Gets an Artistic Director

The CCCC is thrilled to be collaborating with **Maureen Shea** who will be joining us as the Artistic Director for the 2006 Lumière Festival. The CCCC is mandated to provide community members with meaningful experience in the development of a cultural project, from which community members can garner experiences through community based collaborative art projects.



Maureen was introduced to dance through the *Margaret Morris Method* a spirited 20th century modern dance form including technique and improvisation. She attended Canterbury High School, graduating from the Dance Department in 1989. In 2001, she graduated as a scholarship student from the Professional Modern Dance Performance Training Program at The School of Dance. Maureen has subsequently travelled and trained with numerous inspiring movers in contemporary dance technique, improvisation, contact dance and experiential anatomy methods. These include: Peter Boneham (Le Groupe Dance Lab), Sylvie Desrosiers, Andrew Harwood and Nancy Stark Smith. Bread and Puppet Theater are a major influence,

and since her first contact with the company in 1999, they continue to influence her work.

As a performer, Maureen presently dances for choreographers Sylvie Desrosiers (catch the World Première of *Flots* at the Canada Dance Festival June 3 at 7:30 pm in the NAC Studio) and Marc Boivin (in collaboration with Andrew Harwood’s *AHHA productions*). She creates and tours her own work, most notably, ‘City project’ which has been performed in theatres, school auditoriums and on the streets. ‘City project’ is interested in the relationship between movement research and social action and includes audience participation.

Maureen instigated the Grasshoppa Dance Exchange in 2002 and has led and participated in countless Hops and Dance Farms in Ottawa as well as in Toronto, Montreal, Massachusetts and Italy. Please see www.artengine.ca/grasshoppadance. Five Hoppenings will take place during the Canada Dance Festival from June 5-9; for info on times and locations: www.canadadance.ca.

As an arts educator, Maureen toured her performance project, ‘Social movements’ in rural schools throughout Ontario as well as ‘Les Arbres’, a performance project that explores cultural roots with the Grade 6 students at Gabrielle Roy School. She is on the MASC roster and has had contracts with Learning Through the Arts.

Maureen teaches Pilates through the Pilates Space.

Crichton Cultural Community Centre Programs Summer Programs 2006

Fitness & Wellness

CARDIO KICKBOXING
Carolle Laliberté
(613) 263-0539
Mondays & Wednesdays
(ends June 14/resumes Sep 7)
6:00-7:00 pm
\$9/class

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



FITNESS: EARLY BIRD WORK-OUT
Louise Lettstrom-Hannant,
(613) 747-1514
Mondays, Tuesdays,
Thursdays (ends week of June 5, resumes week of Sept 11)
7:30-8:30 am
\$110 for 13 sessions

Louise will share her favorite



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
www.crichtonccc.ca

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

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
(ends week of June 5/resumes week of Sept 11)
\$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.



PILATES MAT CLASSES *NEW*****
Gaby Lefebvre
(613) 830-6495
gaby_lefebvre@yahoo.ca
Thursdays 11:30-12:30 am,
Fridays 9:30-10:30 am
(starting September 14)
\$90 for 8 week session

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 U.S, 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.

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
(ends June 29)
Summer session Tues/Thurs only July 4 - Aug 17.
Fall session starts Sept 5.
\$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
(new session July 5 - Aug 23)
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.

Crichton Cultural Community Centre Programs Summer Programs 2006



THE FELDENKRAIS® METHOD
Jill Ogilvie
(613) 742-8262
Mondays 11:00 -12:00 pm,
Wednesdays 6:00-7:00 pm
(ends June 28/returns Sep 18)
\$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.

Dance

BALLROOM DANCE
Please call the office (745-2742) 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
www.tayloririshdance.com
Thursdays, 7:15 - 8:15 pm
(ends June 15/returns Sep 14)
14 week session/ \$168.00

Lumière Festival Volunteer Positions

We welcome your participation; Every lantern made will help Ottawa shine!

Postering - We have beautiful posters waiting to be put up all over Ottawa & Hull. Put them up at your work place, school, community centre, grocery store or church.

Lantern Maker - Attend a volunteer lantern making workshop and then make star lanterns - these can be made at the centre or at home.

Sponsorship - the Festival needs to raise funds to cover festival supplies and performer fees. Approach potential sponsors to secure festival funds.

Festival Promoters –Help promote the festival by disseminating brochures at other large events like Canada day.

Lantern making table assistant – Help children and adults make their own lanterns at the festival.

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
Fridays, 8:00-9:30 pm
(resumes Sep 2006)
\$4 a night

Face painters – Paint magical and enchanting images on children and adults. Some experience preferred.

Site Decorator – Assist on event day by helping to decorate the Lumière site. This entails hanging lanterns, arranging installations, preparing performance areas and putting up signage.

Fire Safety – Be responsible for setting up the fire safety equipment and signage along the Lumière route.

Translator - Translate Lumière promotions and media releases from English to other languages.

Media Assistant - Contact media to get Lumière listed on PSAs, community calendars and to get print/radio/TV publicity

To volunteer, contact Sally Deline at 745-2742 or email cccc@bellnet.ca.

CCCC Yoga Circle

Yoga at the Community Centre, on the second floor of 200 Crichton Street, is in a bright character room with large windows, natural light, hardwood floors and endless height.

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”.

SING, DANCE & PLAY
Caroline Elson
(613) 282-7905
Wednesdays 10:00 -11:00 am
\$100 for 10 weeks
(ends June 7/returns Sep 13)

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
Wednesdays 9:30 am - 12:30 pm (ends June 14/ resumes Sep 13)
\$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.

Those who practice it say they can feel changes in the body and psyche within one class and

CCCC Yoga Circle

Yoga at the Community Centre, on the second floor of 200 Crichton Street, is in a bright character room with large windows, natural light, hardwood floors and endless height.

deeper changes through regular practice.
Mondays 7:30-9:00 pm
(ends June 26/resumes Sep 11)

HATHA
This yoga has been known as the classic style of postures. The emphasis is initially establishing the fundamental aspects of yoga by focusing on breath, alignment and gentle movement. This allows students the opportunity to establish a firm foundation with their own level of flexibility and ability. The use of a set of postures, each performed individually, means that participants can maximize the benefits. Each posture is performed in three stages : preparation, elongation and retraction. Students are strongly encouraged to find their own level of ability and work from that point to increase their strength. The overriding principle is that there is only movement with breathe.
Tuesdays 6:00 - 7:30 pm
Levels 1 & 2
Tuesdays 7:30 - 9 pm
Levels 2 & 3 (returns Sep 12)
Thursdays 9:00 - 10:30 am
Gentle (returns Sep 14)

KUNDALINI
This yoga was designed for the householder, those who live in the world, who have families and jobs and who want to balance the inner and outer world. It is a yoga that fits the busy lives most of us lead. A typical Kundalini yoga class includes movement and breathing focused on the central nervous system, deep relaxation and meditation. Participants can feel the effects of releasing the prana or inner energy during the class. It is effective, efficient and easy. Those who practice it say they can feel changes in the body and psyche within one class and

Tuesdays 9:30-10:45 am
(ends June 13/resumes Sep 12)

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. Leave your contact information and the instructor will respond to your request with program details. You can also contact individual instructors:

Barbara Young b-young@rogers.com	Iyengar Yoga	728-8647
John Yasbeck john.yazbeck@sympatico.ca	Kundalini Yoga	747-8111
BJ Porter bjporter@rogers.ca	Knitter’s Yoga	728-4638
Prabhat acasa12@hotmail.com	Hatha Yoga	744-4809

Join us to discover the wonderful joy and long lasting benefits of practicing yoga whether you are new or experienced.

Homeopathic First Aid for Summer

Safe and Natural Ways to Treat and Heal your Family

It is time for summer and there is nothing quite like the endless warm hours of a beautiful summer day spent playing at the park, swimming at the beach, boating at the cottage, or adventuring at the campsite. Although the great outdoors brings much joy and excitement into our lives, it does not come without its risks and potential dangers, especially for children and the elderly. Time for sunshine also means time for sunburns, bug

bites, bees stings, poison ivy, bumps, cuts and bruises, allergies, campfire dangers, etc.

Homeopathy is a system of medicine that functions according to the Law of Similar Resonance. That is: Any substance capable of creating symptoms in someone that is healthy, can cure those same symptoms in someone that is sick. Homeopathy acts to gently and effectively remove the shock and then stimulates the internal

healing ability of the person so that his/her organism may be fully restored back to health.

Through this workshop, the student will learn which remedies/potencies are most effective for the given seasonal affectation and/or situation. In addition, we will include tips, advice, and preventative measures for using other natural therapies in different situational/seasonal occurrences.

June 17, 1:00 – 3:00 pm

\$15/person

Instructor: Heather McKenzie, Doctor of Homeopathic Medicine and Medical Heilkunst

Location: Room 307, Crichton Cultural Community Centre.

For further information,
Email: homeocures@gmail.com.

Be a Good Doggy at the CCCC

We know that New Eddies adore their canine friends and so we welcome Chantal Mills and her obedience classes to the community centre. Chantal will be teaching during this summer and in the fall.

Chantal's professional training at the Canadian Canine Training Academy, her lifetime experience with animals, and her volunteer position at the Ottawa Humane Society have prepared her to work with dogs as a trainer and as a canine behaviour consultant. Chantal has 10 years of experience in teaching and in Guidance and this has also prepared her to work with those two legged animals on the other end of the leash.

In Chantal's classes, both you and your dog will be her students!

Why take Basic Obedience?

- Build a bond with your dog

that is based on respect

- Learn to speak "Doglish"
- Learn how to prevent common problems and eliminate existing ones
- Learn about pack leadership
- Learn how to have a reliable dog that comes when called
- Build your dog's confidence
- Gain reliable on-leash control of your dog
- Meet new friends
- Have fun!

In fact, there are many great reasons to take this course!

Chantal's says "my goal during the Basic Obedience course is to help you establish yourself as the leader AND develop the willingness in your dog to follow you. You want your dog to be obedient with an enthusiastic attitude!"

These are the exercises covered during the Basic Obedience course (dog must be at least 6 months old):


- Heeling on a loose leash
- Sit from heel
- Long sit stay
- Long down stay
- Sit from the down
- Stand Stay
- Sit from the stand
- Recall (Come command)
- Finish (Return to heel)
- Watch (Focus command)
- Free (Release command)

Handouts are given after each class, and of course, you are expected to do your homework. Classes are limited to 6 dogs. Each dog must be approved for the group classes.

Chantal also offers Puppy Kindergarten classes, (for dogs under 6 months of age), advanced obedience and agility training.

For more information about summer and fall dates and registration, **contact Chantal** at good_dog@rogers.com.

Chantal Mills
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Ottawa and the region
296-dog-e (3643)



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Summer Reading suggestions from Books on Beechwood

Here are some new and noteworthy books for those who are looking for a challenge:

Non-Fiction

Our own Elizabeth May's new book, *How to Save the World in your Spare Time* will make activists of us all, and none too soon.

The Weather Makers by Tim Flannery is a timely look at climate change and its implications and will give everyone a reason to become an activist.

Graham Fraser, another of our illustrious local authors has recently released *Sorry, I don't Speak French*, a thoughtful examination of the state of bilingualism in the country and a convincing assertion of its importance as a unifying force in Canada.

Another new release of great interest and appeal but in a very different vein, is *Stumbling on Happiness* by Daniel Gilbert. This renowned Harvard psychologist explores the human ability to imagine the future and our capacity to predict how much we will like it.

A different kind of book, *Silver* a translation from Spanish by local author Pablo Urbanyi (a Canadian/Argentinian/Hungarian) is a Kafkaesque satire about an ape called Silver, who is taught to be "human".

Fiction

I won't think of mystery reading as a guilty pleasure. It beats television especially in the summer. Here are some of our picks:

Vena Cork is a wonderful new discovery. *Thorn* is described as a compelling, dark-hued psychological thriller, and is followed by *The Art of Dying*, both very satisfying reads.

The Various Haunts of Men by Susan Hill, another wonderful new mystery discovery, introduces Chief Inspector Simon Serrailier. *Pure in Heart* continues the series and does not disappoint.

Old Filth by Jane Gardam is a superb book by this wonderful author: Filth is an acronym for Failed in London, try Hong Kong. It is the story of a barrister who was a Raj orphan and is a truly special book - very moving and memorable.

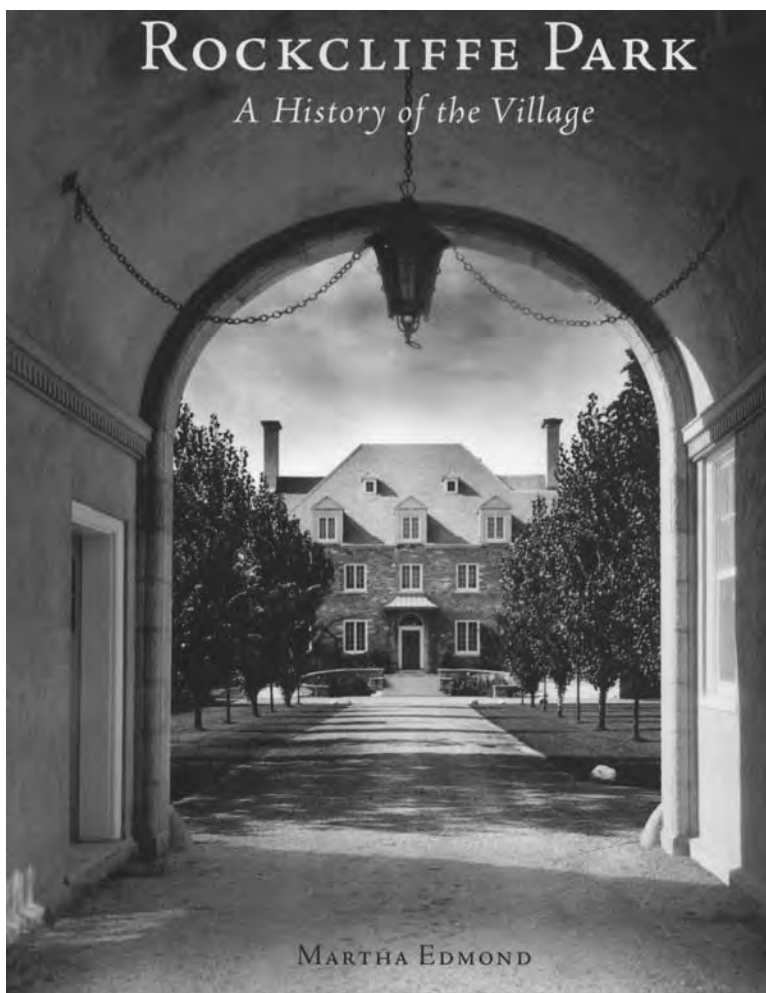
For young adults

A standout is *Cyrano* by Geraldine McCaughrean which is a charming retelling of this classic story.

Peter and the Starcatchers is a fantasy just out in paperback which is a delightful, swash-buckling adventure for the middle reader.

The terrific author Kate Dicamillo's *Tale of Despereaux*, winner of the Newbery medal is also available in paper back and is certain to become a classic. Also, by Dicamillo, is *The Miraculous Journey of Edward Tulane* about a china rabbit who is vain, shallow and does not know how to love. We journey with him through hobo camps, garbage heaps and a fisherman's net to discover the true miracle of learning to love again and again.

Along with new books we have also made some changes to our website; you can now use our 'Book Orders' section to search items that we have in stock or can bring in. Found what you want? Order it online! Start at www.booksonbeechwood.on.ca or call us at 742-5030.



Looking for some local history? Take a stroll down memory lane with this recently published gem by local historian Martha Edmond. Available at Books on Beechwood.



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380 Springfield Road
745-2562

Children's Programs

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 in person or by phone.

Magician Magic

Tuesday, July 25, 7 pm
(45 min.)

Join Chris Pilsworth for an evening of magic. Bilingual. Ages 4 and up.

Calling all Super Heros

Join the TD Summer Reading Club "Quest for Heroes."

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 chats are held in the branch at 7 pm.

June 15, *The Lost Garden* by Helen Humphreys



EVENTS ~ WEDDINGS ~ EVERYDAY

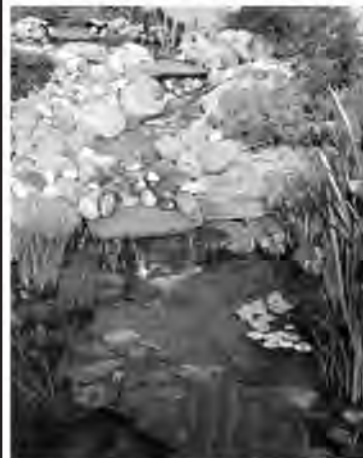
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By Kim Illman

Finally the bliss of summer has truly arrived and the Burgh is a mass of floral profusion! I'm pleased to say that some of that colourful display is due to the success of our Annual Plant Sale. **Mary Grainger** did a great job organizing this event despite recovering from knee surgery (bad fall on the canal this past winter!). Mother Nature wasn't that kind but that didn't stop you from coming over to the park and picking up your baskets and petunias. For all the volunteers, and those of you who supported the plant sale, a huge thank you! The money raised goes right back into the community starting on June 11 when we will be hosting the June Family Picnic. This year we have a new patch of folks who are mixing things up and adding some new events, as well as the location, to bring us a great family day out. This is

one day you DO NOT want to miss!! Every year the Picnic seems to be the unofficial call to summer with lots of games, fellowship and catching up on who is doing what over the lazy hazy days. So pack your favourite nibbles and please join us at Stanley Park (the playground and fieldhouse) from 11 am to 2 pm, new time too as we hope to accommodate those of us needing our Sunday afternoon snooze. I meant the toddlers of course!

As with many, summer is the time to put business aside and enjoy our long days as we relax with the warmer weather. For Council it is also a time for some change. Council will be losing **Penny Thompson**, who has been a long standing member and will be leaving due to her move last year to Manor Park. Penny is now chairperson of Manor Park Council, add work and family and her hands

are full. Penny has been an incredible member of the community not only in her volunteering for anything going but her constant support of New Edinburgh and its residents. I refuse to say an 'official' goodbye, but would prefer to think of it more as we are letting Manor Park borrow her for the time being! Penny, thank you so much.

After four years (I think!) as president I will be standing down and letting a new face take over Council. At press time, we had not yet voted in a new leader but I know that whoever takes over will do a great job for New Edinburgh. I want to personally thank **Jill Hardy** who has been the best support to me over the past few years. She keeps me in line, tells me the truth (regardless of whether I want to hear it or not!) and has become one of the dearest friends I know I will ever have. Jill, I can never say thank you enough, maybe we should get some butterfly tattoos? Without question the best part of being on Council is the friendships I have made. I know I have received so much more than I gave. Thank you also to each member of Council who have given so much to New Edinburgh and continue to do so with their generous hearts. This is a lucky place to live.

And finally, a BIG THANK YOU to all of you who have



Kim Illman, seen here at the recent Plant Sale, is stepping down from Crichton Community Council after many years of dedication and a long list of successful events. Thank you, Kim!

come forward to get involved in the various groups in the Burgh. The response from the last New Edinburgh News was so encouraging and I think we can look

forward to fresh faces as well as wonderful ideas on how to continue to make our community the envy of Ottawa!

*Have a lazy and safe summer,
Kim Illman*

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We invite you to visit our website at

www.metroottawarealty.com



Reprinted from an earlier issue of the New Edinburgh News.

By Bruce Grant

The story of the Bytown & Prescott Railway is an interesting part of our local history, and its most influential promoter was Thomas MacKay, the "Laird of New Edinburgh". MacKay, who owned extensive mills at Rideau Falls, found his business hampered by the limitations of river transportation. His lumber mills were forced to close in winter because no logs could be shipped in nor lumber shipped out. In summer, shipping by barge was slow and expensive. The nearest railway was fifty-five miles away in Prescott where a connection could be made to the Ogdensburg Railroad for shipping to Montreal and American cities.

In 1848 groups of businessmen in Prescott and Bytown proposed to build a line between them, although they clearly did not possess the resources to do it. By 1850, however, they had a charter from the government of Canada and financial support from the two towns in the form of share purchases to be paid out of property tax revenues, by special permission of the government. The influence of MacKay must be presumed in these favourable arrangements, as he was a member of the Legislative Council of Canada.

Bytown's boosters in 1850 had a new reason to support the project. A year earlier, a rioting mob in Montreal had burned down the parliament building, and now the capital would alternate

Thomas MacKay, Promoter

Bytown & Prescott Railway

between Toronto and Quebec, clearly an unsatisfactory solution for the long term. The rail connection which had been proposed before the riot would now help to support Bytown's chance to become the permanent capital.

In 1851, construction started while the Bytown shareholders

his mills.

The laying of track began on May 20, 1854 at Prescott, advanced to Kemptville by August 9, Billings Bridge on December 7, and Bytown on Christmas day, 1854. There have been some popular stories about the railway which probably are not true. One story,



Bytown & Prescott locomotive.

argued over the location of the terminal. John Asquith in his Recollections of New Edinburgh said of MacKay – "He was a ruddy faced, forceful man, who, when he had an objective, generally managed to reach it." MacKay, in his forceful way, with the help of his son-in-law John McKinnon, president of the company, saw to it that the line ran through New Edinburgh and terminated near

Photo: Ottawa Archives repeated in some local histories says that the line was completed by laying three miles of wooden track, due to a shortage of funds. This is disputed in a history published by the Bytown Railway Society and written by S.R. Elliot who went back to contemporary sources for his research.

Elliot finds that the iron rail was available, although it was not paid for, and considers that the wooden rail story comes

from a great swamp near Prescott which was crossed by three and a half miles of rail laid on wooden trestles.

The other story has it that the bridge at New Edinburgh was not completed on time and passengers had to make their own way across to Bytown. Elliot finds that the bridge was completed on time in December, but the flood in the next April shifted it off its piers. While it was being repaired, the local press made the least of this setback by describing the bridge as not yet finished. The bridge was back in service when the official opening ceremonies took place on May 10, 1855.

That celebration was probably the finest hour in the railway's history, for its years of operation were marked by losses, bickering, foreclosures, and finally, take-over. One annual meeting, in 1863, had to be quelled by the militia after the police found themselves unable to keep the peace. The official opening was a fine hour of triumph for MacKay as well, and his last great accomplishment, as he died six months later on October 9, 1855 at Rideau Hall.

The trains continued to run through New Edinburgh until about twenty years ago. Now a row of stone piers in the river, daubed with rudely lettered graffiti are the last remains of Ottawa's first railway.

Bruce Grant was one of the founders of the New Edinburgh News in 1976 and an active member of the community for many years. He now lives near Peterborough, Ontario.

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The Kings of the Kilburn High Road

A Play by Jimmy Murphy
Produced by SevenThirty Productions

Review by William Beddoe

The Ottawa theatre scene is growing. The Great Canadian Theatre Company is building a new, bigger home for itself, Third Wall Theatre is establishing itself as a professional alternative, and new companies are springing up all the time. One of the main problems facing these smaller companies has always been finding suitable performance venues for their work. One of the newest of these small companies, SevenThirty Productions, has adopted a creative approach to solving this problem – by performing their plays in bars. SevenThirty's Artistic Director, John P. Kelly, staged his first production, *Eden*, at the Mercury Lounge, and has followed that up with his latest show, Irish playwright Jimmy Murphy's *The Kings of the Kilburn High Road*, at another Byward Market watering hole, The Pour House.

The setting is entirely appropriate, as the action all takes place in a private room over a pub in a predominantly Irish area of London. Five friends, who all came over to England as young men some twenty-five years earlier – intending to make their fortune and then return to Ireland as “kings” – gather for the wake of their friend Jackie, the sixth member of their circle. Jap, played compellingly by Pierre Brault, is a seething mass of anger. He tries to maintain a façade of success and self-confidence (he scrimped and saved to buy a really nice suit to fool everyone when he goes home for a visit), and viciously attacks

anyone who questions the lie that is his life. He is particularly savage towards Maurteen (David L. McCallum), a big, shambling mess of a man whose self-loathing is palpable, at times almost painful to watch. Maurteen is attempting to go on the wagon to curb his tendency towards domestic violence when drunk. He will fail. Shay (Don Laflamme) is pragmatic – he has accepted his lot in life and has

always lurks just below the surface.

The action of the play develops slowly, the tension in the room almost unbearable as the four wait, talking of nothing or lapsing into uncomfortable silences punctuated by Jap's flashes of rage. With Joe's arrival and the sudden infusion of large quantities of alcohol the situation degenerates quickly. Between Git's attempts to get them all singing Irish rebel ballads, the recriminations and accusations pile up quickly, culminating in Git's harrowing narration of the truth of Jackie's death, and the ultimate dispersal of these sad, bitter men.

If this all sounds unrelentingly bleak, it is, and yet at times quite savagely funny as well. The cast is excellent (despite a couple of fluctuating accents), anchored by Brault's ferociously intense performance, and the way they play off each other's rhythms makes it quite believable that they have all known each other for a very long time. Director John P. Kelly, himself a recent immigrant from Ireland, clearly understands these characters very well, and the end result is a very powerful evening of theatre.

The staging in the bar, in spite of the uncomfortable seats, less-than-perfect sight lines, and spill noise from the street worked well for this show – and being able to sip a pint of Guinness throughout was certainly a bonus! However, it is to be hoped that one day Ottawa will actually have theatre spaces where talented artists like Kelly and SevenThirty Productions can practice their craft.



long abandoned the dream of returning to Ireland, while Git (Jerome Bourgault) is a bit of a lost soul – he is decent and unassuming, but he lets himself be bullied by Jap and blots out any misgivings he may have with alcohol. These four wait anxiously for the arrival of the final member of their old gang, the “big man”, Joe. Joe (Brian Stewart) is the exception to the rule – he is a successful businessman. Joe plays his role well – buying round after round of drinks and reminiscing about the old days – but it's clear he is only slumming for the day and his contempt for his old friends



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Discover a Classic: The Third Wall Theatre Company

By Sarah Anson-Cartwright

What does Ottawa have in common with places in the South of France, Italy and Greece? We have our own amphitheatre right downtown, outside the front doors of the National Gallery. Better still, the amphitheatre will be the outdoor home to the most intense of Greek dramas, *Medea*, for two weeks in July.

A story of jealousy, revenge and murder, *Medea* is the upcoming production of the city's newly professional theatre company, Third Wall Theatre. The company is led by the young and ambitious James Richardson. When James arrived in Ottawa after studying drama in Newfoundland, he found a dearth of classics in production. Over the past five years, he has filled that gap with verve and élan.

"It's the best theatre in Ottawa," says Barbara Benoit, of Noel Street, "We never miss a Third Wall production. It's classic theatre, but not just the hoary old chestnuts. The plays are chosen with a lot of intelligence, and produced with great imagination and style. We also like the intimate scale. Theatre in a small space is very involving. *The Chairs* this spring was outstanding."

At a time when the NAC English Theatre is launching an all-new, all-Canadian season and the GCTC has a Canadian mandate, Third Wall is presenting world classics - from Oscar Wilde's *The Importance of Being Earnest* to Chekhov's *The Seagull*, from Christopher Hampton's *Dangerous Liaisons* to Strindberg's *Miss Julie*.

And Third Wall does not always present in a traditional

theatre space (although its usual home is the Arts Court Theatre at Daly and Nicholas Streets). Three years ago, Christ Church Cathedral was the venue for sold-out audiences for T.S. Eliot's *Murder in the Cathedral*. Beckett was played by William Beddoe, of Avon Lane.

Brecht's *Mother Courage and Her Children* was produced at St Paul's Eastern United Church in Sandy Hill. The arch, witty and perfectly costumed *The Misanthrope* by Molière was presented in the intimate Studio Leonarde-Beaulne at the University of Ottawa.

The Capital Critics Award was given to Third Wall last November for best professional production, for *Greek*. It was the first time that a non-GCTC/NAC show has claimed the prize.

"The Third Wall Theatre certainly does not suffer from any sense of inferiority," wrote CBC Radio's Alvina Ruprecht, in 2003. "It undertakes the most difficult plays of the English language repertoire one can imagine... Third Wall Theatre is doing some very daring things, and we need that spirit in Ottawa."

What James Richardson promises, and always delivers, is "a good night out" - and at very reasonable ticket prices (\$15-\$20 a show, or a three-show subscription for \$45 this current season). Discover for yourselves. Watch for details on Third Wall's next season, to be announced in early June.

For tickets for *Medea*, **July 13-29 at the National Gallery's Amphitheatre**, call the Third Wall box office at 236-1425 or order tickets online at www.thirdwall.com.

"If you want to help the theatre, don't be an actor, be an audience." - Tallulah Bankhead

Sarah Anson-Cartwright is a member of the Board of Third Wall Theatre Company, and fell in love with theatre thirty years ago...and Third Wall keeps that spark alive.



Photo: Ryszard Mrugalski, Zoom Exposure
(left to right) Ryan Hardy, Sarah Robertson, Linda Machand, Larry Swain, Janet Uren.

Importance of Being Earnest

New Edinburgh Players Impress Wilde Fans

By Barbara Benoit

For the New Edinburgh Players' spring play this year, director Ingrid McCarthy chose Oscar Wilde's *The Importance of Being Earnest*. The play (first performed in 1895) is a gem of English comedy - and Ingrid gave us a gem of a production that played to enthusiastic and sold-out audiences in the auditorium of MacKay United Church.

Ingrid has been the backbone of the company throughout its 27 year history, as both director and, almost invariably, production manager. In the company's first decade, when it was still based in Crichton School, she produced two plays a year: a murder mystery in the fall and a comedy in the spring. She was often a cast member as well. This was her second production of *Earnest* for Burgh audiences.

As Wilde saw it, "Lying, the telling of beautiful untrue things, is the proper aim of art," but *Earnest* is more than beautifully untrue: it is beautifully nonsensical. From the opening lines ("Did you hear what I was playing, Lane? 'I didn't think it polite to listen, sir.'") the play builds from one absurdity to the next, and the actors rose amply to the occasion. The spirit of fun with which they infused the action was deeply infectious.

The two young men (Algernon, played by Tom Blazejewicz, and Jack, played by Ryan Hardy) were a convincing pair of young boulevardiers devoted to the art of living ("My dear fellow, the truth isn't quite the sort of thing one tells to a nice, sweet, refined girl. What extraordinary ideas you have about the way to behave to a woman!")

The two young women (Gwendolyn, played by Sarah Robertson, and Cecily, played by Marah Shields) effectively combined cutthroat determination with social elegance and romantic winsomeness. ("Well, I am really only eighteen, but I always admit to twenty when I go to evening parties.")

Janet Uren as Lady Bracknell caught the spirit of the play perfectly, as a social dictatrix immensely enjoying the exercise of her privileged status ("What between the duties expected of one during one's lifetime and

the duties exacted from one after one's death, land has ceased to be either a profit or a pleasure. It gives one position and prevents one from keeping it up. That is all that can be said about land.")

The smaller roles were also aptly portrayed. Linda Marchand as the middle-aged governess, Miss Prism, and Larry Swain as the elderly vicar, Dr. Chasuble delivered a portrait of a charmingly absurd, deeply inhibited, latent romance.

York Davis as Lane and Barbara Merriam as Merriham portrayed the serving classes in their full dignity, and, as he has in the last several productions, York introduced each act with a musical interlude of appropriately light songs of the period.

If you still haven't seen a New Edinburgh Players production, mark next April on your calendar right now, and check the *New Edinburgh News* for details.

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The Bard in the Burgh: Shakespeare comes to New Edinburgh Park

By Jane Heintzman

Over the years, New Edinburgh Park has been the venue for countless picnics, parties, plant sales, community gatherings, rollicking games of soccer, Frisbee, baseball, fly ball and tennis, and more recently, the haunting spectacle of the Lumière Festival in late August. This year, if all goes according to plan, **The Company of Fools** hopes to bring its Torchlight Shakespeare Series production of *The Two Gentlemen of Verona* to our park on the Civic Holiday weekend, **Friday, August 4 and Saturday, August 5**. The arrangements remain to be confirmed pending City of Ottawa

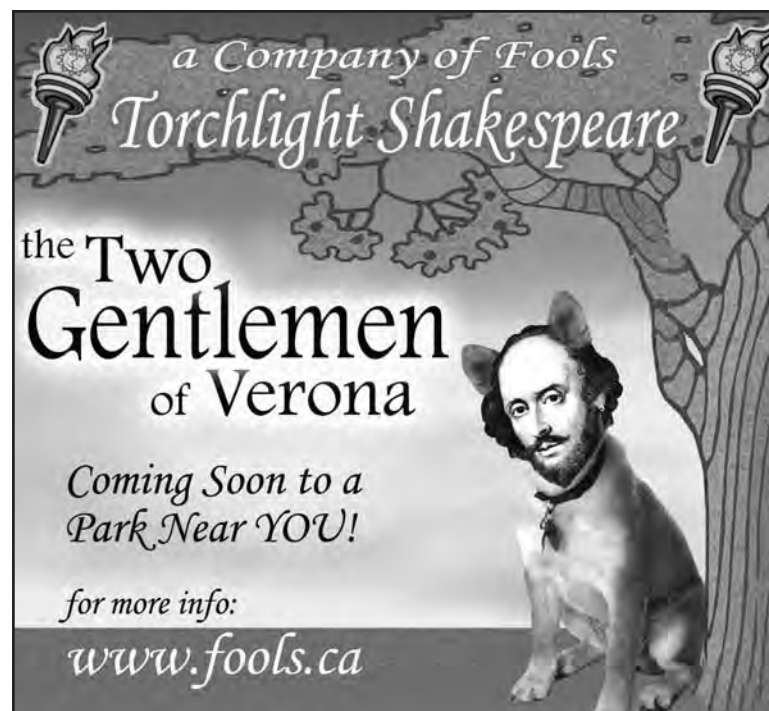
approval, but watch for posters, newspaper ads or check out the Fools' website at www.fools.ca.

The Company of Fools is a well known local theatre company originally established in 1990 by two University of Ottawa graduates, Margo MacDonald and Heather Jopling. Inspired by the Elizabethan players who entertained outdoors at the Globe Theatre, Margo and Heather recruited a group of young performers and took to the streets with their own brand of antic Shakespeare, operating on the general theory that "Shakespeare should be seen and not read".

The Company has since

evolved into an established professional troupe, performing an average of two full productions each year in addition to three annual events: a 12th Night Celebration at the fourth stage of the NAC; Valentine's Day Sonnet deliveries throughout the Ottawa region, and The Ottawa Theatre Challenge, a madcap event in which the competitors are given 48 hours to write, rehearse and produce a new play. This year's play was to be based, however loosely, on an eclectic trio of inspirations: a newspaper headline, a toy and the title of a Serbian play. The Fools were up to the challenge and emerged as the distinguished winners of The 2006 Rubber Chicken Award, beating out 12 other local theatre companies for this coveted prize.

The Fools have performed in cities throughout the country from Halifax to Victoria, and are regular participants at local Festivals, charity functions and private events. They have also developed an active programme of workshops in local elementary and high schools, an outreach activity which they have dubbed, appropriately enough, "Fools in Schools"! Happily, two of their members will take part in the 2006 Lumière Festival on August 12th as they did in 2005, and readers with young children can look forward to encountering them at the Ottawa Children's Festival, May 31st to June 4th. The troupe has a small core group of six members, including Artistic Director Scott Florence, with additional players recruited for particular performances.



In the summer of 2002, the company launched its **Torchlight Shakespeare Series**, bringing its distinctive brand of light-hearted, interactive and highly physical Shakespearean theatre to parks throughout the region from Manotick to Stittsville, including nearby Strathcona Park in Sandy Hill. This year the company has a special impetus to add New Edinburgh Park to its performance roster, as troupe member **Louise Hayden**, officially the Fools' Costume Coordinator and unofficially its faithful Jack/Jill of all trades, is a resident of the Burgh.

Louise's involvement with the Fools began in the summer of 2003, not long after she emigrated from Britain. Her offer to volunteer with the company was greeted with a request to produce costumes - 10 costumes within a space of three weeks! She came through the ordeal with flying colours (probably literally!) and has since been an active member and supporter of the troupe, bringing her back-

ground as a primary school teacher to bear in the preparation of workshops for local elementary schools.

According to Louise, the popular performances in the park are suitable for all ages, and indeed children are among the most enthusiastic audience members, often returning night after night to enjoy the action. And action there is, as the Fools' are far from cerebral theatre, using puppets, clowns, slapstick and highly interactive techniques to engage and entertain their audiences. Needless to say, in the park setting there are no intermissions; performances begin at 8:00 p.m. and unfold seamlessly for about an hour and a half. Admission is absolutely free, though contributions to support the Fools, a not-for-profit registered charity, can be made on a pass-the-hat basis and are, of course, very welcome.

This year's production of Shakespeare's comedy *Two Gentlemen of Verona*, directed by Richard Gelinas, is described on the Fools' website as "a delightful comic romp filled with all of Shakespeare's favourite elements: mysterious woods, love triangles, damsels in distress, damsels not in dresses, dukes, outlaws and of course, a dog." (*Of course* a dog, if it's here in the park, though in this case, the role is to be played by a puppet.) When we went to press, the company had not yet obtained City permission for the use of New Edinburgh Park, but Louise is optimistic that the plan will go ahead, so watch for the posters and don't miss the chance to take in the Bard by torchlight and revel in a warm summer evening right here in the Burgh.

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Amazing Literacy Happening in New Edinburgh on June 17

By Anne Martin

On June 17, **The Amazing Literacy Race** will be in your neighbourhood. Come to your local independent bookstore and cheer on the teams as they complete a fun literacy activity and race on to the next bookstore on their map. The participants are supporting ALSO a downtown non-profit literacy agency that offers adult and family literacy programs. "This is our major fundraiser," says Isobel Bisby, manager of the ALSO program.

"Last year was such fun for

everyone and we really put the money we raise to good use. We help our adult learners acquire the literacy skills that are so vital for everyday life and the workplace. With the family literacy programs, we believe that parents are the first teachers. By offering a variety of family activities based on popular children's books, we build parental confidence. That way, the parents feel more able to help their children with reading and homework."

To get involved, people can either sign up for the race or go

to their local bookstore to give support.

The race starts at 10:00 am June 17 at 153 Chapel Street (Chapel and Rideau) and ends at approximately 1:00 pm at Stanley Park fieldhouse. For more information call ALSO (Alternative Learning Styles and Outlooks) 233-8660.



Last year's Amazing Book Race participants kept up the pace. Proceeds go to literacy programs in the region.



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- Teams perform various literacy activities before heading to the next checkpoint
- The first team back wins the race.
- The event ends with a barbecue/buffet, awards celebration and an inspirational talk by a celebrated children's author
- Registration for each team is \$100, if your team raises \$400 the registration will be waived.

So join the race. We're waiting to hear from you...

Isobel Bisby, Anne Martin and Jean Fleming

For more information call 233-8660 or email also@bellnet.ca

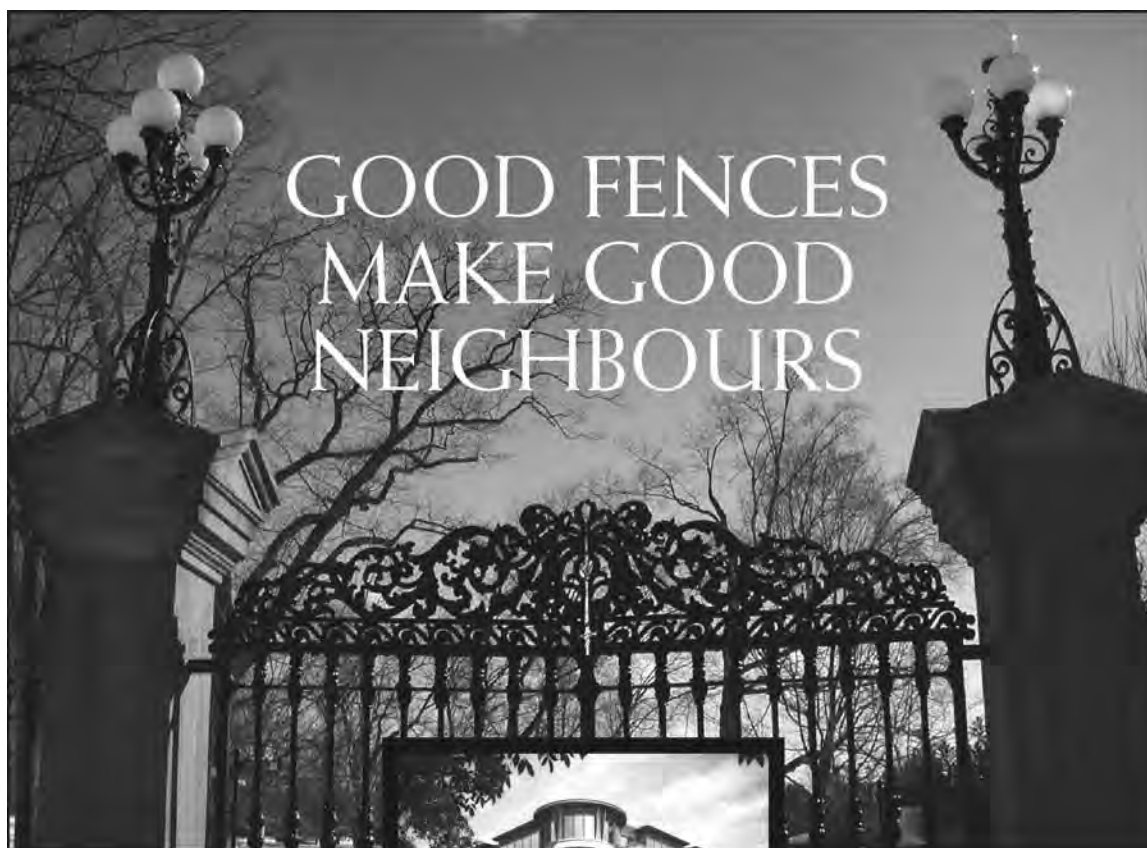
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The Little Residence That Could-And Did!

By Mary Albota, R.N.

Let me phrase this delicately. I am a "seasoned" health professional, and as such, am certainly aware that there is a notion popular in some quarters, that life for older adults in a retirement residence is at best boring, and at worst, the end of a downhill slide. Not so, we at The Edinburgh would hasten to assure you, not by a long shot!

Residents at The Edinburgh labour under the peculiar conviction that they are interesting, discerning, socially active and yes....relevant, in spite of not being able to gad about as easily as in years past. Residents have demonstrated these qualities time and again in the unique and important projects they have accomplished, the most recent of which bears recounting.

Our community is composed of people who traditionally have enjoyed and supported the arts. Entertainments are often provided from within at resident request, using our Home talent pool. We are fortunate to have on staff a chef who sings, who indeed has a "jobette" as a pub entertainer, a nurse manager who plays piano, a director who sings, and a server who possess-

es an excellent tenor voice. The project in question revolves around the tenor.

Tenors are a rare breed. As a soprano, I am one of a nameless horde, whereas when our singing server opens his mouth, the reaction is one of delight tinged with awe. We sing together in the University of Ottawa Choir, and with the Choir have been privileged to perform on more than one occasion at the N.A.C. Our tenor's name is Alain Paquette, and he began to sing as a choirboy at St. Brigid's Church. As his voice developed, he assumed the role of cantor, and later joined the University group under the direction of Professor Laurence Ewashko. In short order he was recruited by Opera Lyra. Oh, to be a tenor!

Alain commenced voice studies less than two years ago with Sylvia Larass, who until recently worked from her studio in St. Bart's Church hall. Voice training as we know requires practice, and it is not uncommon on entering the dining room at The Edinburgh, to be treated to Verdi or Rossini emanating from the dish station in the kitchen where Alain is busy at work. Residents in the apartments near stairwell

A particularly enjoy when Alain and I practice in the stairwell because of the good acoustics. Heads, in the persons of Mrs. Lucille Barrow, Miss Beryl

Ambery, who called a general meeting.

The question was put as to whether the residents might wish to raise the funds for an



Tenor Alain Paquette of The Edinburgh. Photo: Peter Glasgow

Ince, or Miss Babs McLaren are wont to pop out the doors to offer advice, to applaud, or request an encore.

Through Prof. Ewashko, the Choir was offered the opportunity to do a singing tour to Moscow, St. Petersburg, and Kiev in The Ukraine in June of this year, and Alain was invited to take part. Enter here the residents of The Edinburgh.

A server's take home pay is not excessive, especially when the server is contributing at home. As Director, I was aware that the residents had made plans last year to set aside certain funds to help our young man with the fees for his proposed entry into the music programme at Ottawa University - the goal for which he is saving. However events transpired rendering this plan in all likelihood redundant. When I was made aware of this, I took the information to the Resident Council, in the person of Council president Mr. Peter

arts bursary so that our developing tenor might take advantage of an important opportunity to broaden his artistic horizons. True to form, they loved the idea, and lively discussion took place as to ways and means. Mr. Ambery, Mrs. Margaret Rowan-Legg, Mr. Fred and Mrs. Mary Sherwood, Mrs. Joyce Bryant, firmly advised that the funds set aside for educational purposes last year be preserved as such. Their sage reasoning was that the funds for University be available as priority one for the future, if and as needed.

The decision was taken to fund an arts bursary through private subscription to allow for the Russian tour, and the residents with great enthusiasm, set about the task of raising the approximately \$4,500. needed to cover the trip. Not to be outdone in the efforts to accomplish this worthy objective, I felt that our owners, The Retirement Residences Group in Toronto, could do no

less than help in the campaign to benefit a talented employee, and I proposed to take the challenge on to Corporate. I was not disappointed. Indeed, I was delighted with the speed at which our Vice President of Operations, Mr. Pierre Lefebvre, implemented the financial steps. We were well on the way to success.

In the meantime, our aspiring singer was heard by a representative of the Canadian Opera Company who was attending a church service at which he was singing, and an invitation to come to Toronto in July to attend classes ensued. No mean accomplishment for a developing talent!

As is often the case at The Edinburgh, this evolved into a resident and staff effort. While the bulk of the donations were from the residents, nursing staff and their families played a part as well. We had one month to accomplish our objectives. A letter from the Council was circulated and the donations began to arrive in Mr. Ambery's apartment, often simply pushed under his door. Resident families were eager to participate being familiar with the staff and their musical efforts, and they were generous.

The project culminated with the presentation of cheques from the Resident Council, from The Retirement Residences Group Corporate, and from the staff, which when added to the amount saved by our tenor, was sufficient to cover his expenses on the Russia tour. The award was made at a gathering in The Edinburgh penthouse on April 5th and our singing server sang his gratitude with a little Mozart. As Miss Edna West was overheard to say at the presentation, "The Edinburgh, in more ways than one, looks after its own!"



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News from Rockcliffe Park Public School

By Julie Vanderschot

Lots of exciting things are happening at RPPS.

On May 2, the Netherlands' Ambassador Mr. Karel de Beer presented RPPS Principal Denis Delorme with the solid sterling silver trowel that Queen Juliana used to lay the cornerstone of Queen Juliana Hall in 1952. The ceremony took place at the ambassador's residence on Manor Road and was attended by six current RPPS students who have Dutch heritage and by several former students who

dedication and commitment.

The RPPS Wind Warriors participated in the City of Ottawa Earth Day Wind Turbines competition on April 22 at the R.A. Centre. The challenge consisted of building a wind powered turbine that could produce enough electricity to turn on a light bulb. Our enthusiastic group which competed against 22 other projects captured three awards: first place for maximum voltage; second place for school spirit; and third place for light wind start. Congratulations!

Two upcoming events are noteworthy for the community. On June 13, RPPS will be holding its second annual "Jump Rope for Needy Schools" fundraiser. Students will be seeking pledges from friends and neighbours to sponsor their rope skipping activities. All monies collected will be given to students in needy or beacon schools. (Applications for these grants can be submitted to the school principal.)

On May 26 there was a slide presentation on Guardian Angel Primary School, our twin school in Lesotho, Africa. Parents and students were invited to come and learn about the lives of our students' pen pals from two volunteers who have recently returned from Lesotho: Peg Herbert of Help Lesotho and Penney Place, a resident of New Edinburgh who spent many weeks working with staff and students at Guardian Angel. RPPS students presented a cheque for the Guardian Angel Primary school that will be used to purchase two cows. The cows will graze behind the school and provide milk for the children twice a week.



RPPS Junior Boys Basketball team took the gold...

were present in 1952 when the Queen visited the school.

Rockcliffe Park hosted the OCDSB North East Regional Basketball Championships for both the girls and boys divisions on April 4 and 5. The RPPS Junior Boys and the Junior Girls teams both won the gold medal at their respective tournaments, marking the first time in years that RPPS has been awarded both banners! Players and parents wish to extend their thanks to Coach Sean Moran for his



... as did the RPPS Junior Girls Basketball team.

Soccer Update

By Julie Vanderschot

The Rockcliffe Park Public School soccer field and the Rockeries/Hillsdale field are getting plenty of use these days! Rockcliffe Park Lindenlea House League Soccer is well underway with a record 257 children between the ages of 4-15 participating! This year we have 19 teams playing in four divisions on Saturdays and weeknights. A special thanks goes to the 33 coaches and nine referees who

are committing their time and energy as well as to the following volunteers who helped get the program up and running: Valarie Egan, Caryn Kewell, Sarah Oliver, Joy Chow, Jacqueline Guarisco and Alexandra Wood.

Please note that at this point, all PeeWee, Junior and Intermediate teams are full. All those who registered by the deadline were put on a team and we were also able to accommodate many late registrants.

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Those Mighty Moms are at it again!

It's time once again for those fearless females of the Burgh and beyond to hit the soccer pitch (sometimes more literally than we would like). So come on out and join in the fun! We meet every Monday evening throughout the summer and early fall, rain or shine, from 6:45 pm to 8:00 pm at the Rockeries (on Hillsdale Ave in Rockcliffe). Drop-ins are very welcome.

You don't need experience, you don't even need to be a mom. What you do need are soccer cleats and some steam to blow off. Bring the kids to cheer you on for a change...

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Down in the Caribbean; a return to Paradise?

By Heather Bacon

Bob Marley rotis

Jimmy Buffet rum punch

steel bands golden sands...

They say that you can't step twice in the same stream. "You can't go Home again." I've tried to disprove that axiom, returning often to familiar haunts, sometimes by intent, sometimes by necessity. Often I have found a well-loved place still magic. There have been disappointments along the way, but, as Heraclitus said, it's not just the stream that changed. You aren't the same young maiden who first took Spain by storm, nor the intrepid traveller who climbed mountains and forded rivers!

We are back in the Caribbean after almost nine years. In fact, it seems not to have changed too much and many changes are for the better.

We have seen the top end of opulence and "in your face" poverty. In Barbados we were beside mega yachts. By chance, we met long term residents of luxury condos (Canadian, yet!) and saw the inside of ex-pats' residences. As we cruised to Grenada and then north up the chain, we visited islands with sand streets, simple homes and locals surviving on fish, fruit or the few Caribbean dollars they gleaned from selling souvenirs to tourists. We notice that when a huge cruise ship comes into their bay there is little profit to the locals. Passengers take all meals onboard. They may buy postcards, a few beers but seldom anything of significant value such as clothing and artwork. Some buy bottled water because the cost on many cruises is inflated. But the local shopkeeper won't get rich on Evian.

After Barbados we did an overnight to Grenada. Known as the Spice Island, once lush and verdant, Grenada is valiantly battling back after Hurricane Ivan. Many cruisers, lulled into a sense of security after many years of luck had left their boats there over the Hurricane season. In 2004 luck ran out. Ivan struck with brutal force and a great many boats were destroyed. Fortunately only 35 islanders lost their lives but 90% of houses were damaged. Even now the devastation is evident as one travels across the island; many homes still without roofs, the main cathedral a hollow shell. Ironically the tsunami "stole their thunder". In the aftermath

of Asia's horrendous disaster, charitable aid to little Grenada was diminished. Individuals and charitable organizations still struggle to rebuild and repair. I visited Woburn School, badly damaged in the hurricane. The dining room and kitchen were destroyed as well as several classrooms. Teachers are valiantly coping in crowded

yachts. He learned of a course in St Martin which would lead to deckhand jobs so we supported him in this venture. He liked the course, he loved the night life and he will be crewing on a large sailing vessel from St Martin to France in May.

In March we had a special guest! JILL BERRY remembered by Crichton students who



Gregory, of St Lucia, flies a collection of flags from all over the world.

spaces. Classes begin early and dismiss at 1 pm so children can eat at home. In comparison to Crichton it is a traditional school where children as young as three sit at tables in their crisp uniforms, working on very directed activities. But there is a warm loving atmosphere and the little ones are endearingly polite and respectful.

Up the chain: Carriacou, Union Island, the Tobago Cays and on to Bequia, a special island, part of St Vincent and the Grenadines. At this point our nephew, David who joined us in Spain and crossed the Atlantic with us, left the boat. In Barbados he had met several young people crewing on mega

were in her Grade One class joined us on Argonauta I. We spent a few days in the Tobago Cays, a halcyon collection of uninhabited sandy islets with spectacular colours ranging from turquoise to azure. Every day local entrepreneurs would come by in wooden boats selling not only bread, fruit, vegetables and t-shirts, but also large live lobster. Jill bought dinner and Hugh performed the necessary Baptism: delicious!

In Bequia we visited with friends who live there, travelled by car throughout the small, attractive island and did justice to a few of its many excellent restaurants. Jill experienced a range of cruising experiences:

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snorkelling, swimming, hiking, wining, dining and even some of the not so enjoyable activities. She saw me lose my cool when we had to re-anchor four times (Why didn't we take a mooring?) She had a turbulent trip across the channel on Day One and there were some rocky nights. But she left smiling and has told us it was a great holiday. She was certainly a great guest. I offered sincere condolences that she had to return to work!! Do I miss it? No, not much!

After dropping Jill at the airport in St Vincent we did a two night passage to Antigua. (Never my preferred form of hedonism but expedient.) This island group has a distinctive atmosphere. Antigua is a little more British, host to a great many mega yachts and with some excellent dining opportunities. We met up with Canadian friends who have just bought

worthwhile! It was worth it!

I returned to Martinique where Hugh awaited me and stocked up on French wine, cheeses, escargots, paté and other necessities of life for the rest of our trip.

On to St Lucia where we are awaiting a boat part and relaxing.

Welcome to Paradise!

This refrain often greets arriving visitors, especially those arriving to charter a yacht or spend their vacation in an all-inclusive resort. For those who reside full-time in the Caribbean or even long time cruisers like ourselves there can be frustrations and political innuendos.

In the past, cruisers tended to avoid some islands where they would be met by a pack of boat boys, locals in wooden motorboats fighting to pass you a mooring, show you where to anchor, sell you bananas or take

fronds, laden with fresh fruit. Now Gregory flies a collection of flags from all over the world and has cornered the fruit and vegetable market in Rodney Bay.

I met another creative entrepreneur in Bequia. I was visiting my friend whose house is a bit of a climb. Suddenly from high up the road behind her home appeared a colourful apparition: a woman bedecked in flashy clothing and sparkly jewellery, calling out a singsong invitation. On her head, resting on a large straw tray, was an enormous Dutch Oven.

"You've heard of Meals on Wheels" she cried. "This is Meals on the Head!"

Theresa, well known for her vivacious personality, placed the pot on the table. It contained a steaming conch chowder which proved to be delicious. Crowds were gathering along the beach as it was Easter Regatta. I'm sure Theresa's soup pot was soon empty!

I must explain that we are now revisiting islands which we explored quite intensively in the past. We do not have the same urgency to do island tours and visit the landmarks such as the scene of the tragic volcanic eruption in St Pierre on Martinique which we have seen. Now we are neither explorer nor vacationer. Mandates are to keep up boat maintenance, provision and socialize. Of course it is pleasant to swim, snorkel, dive and try out new restaurants. There is still the necessity of accurate navigation and meteorological analysis. But in many ways the journey is over. We have circumnavigated. We will leave the boat in Venezuela for the hurricane season and return to Canada for summer and autumn, the seasons I enjoy best. And then...

I could buy a dog, teach in Botswana, study Italian in Umbria, study Existentialism in Paris, volunteer in the Soup Kitchen, FIND A PIED-A-TERRER IN NEW EDINBURGH...This is the first day of the rest of my life.

My Skipper has begun to talk of Hawaii, Alaska, the West Coast...Duelling dreams!! See you in the Burgh!



Meet Teresa with the Beguia equivalent of "meals on wheels".

their own sailboat and plan to cruise the Caribbean seasonally.

Next we headed for the French islands of Guadeloupe, Les Saintes and Martinique. In Les Saintes, I shopped for clothing in aqua and turquoise of the sea designed by Yves, an artist whose boutique, MAOGANY, I had patronized in 1997. This equipped me for a flying trip back to Bequia where I was guest on FRIENDSHIP ROSE a lovely sailing vessel for an Easter Brunch hosted by the editor of COMPASS, the Caribbean newspaper for which I also write.

I had flown from Martinique to attend the annual Brunch, a longtime goal on my part. My flight was delayed three hours, I went through four airports with the resultant paperwork and would have missed the last ferry to Bequia but a young man I met at the airport in Barbados, where a further delay of one hour occurred, called his auntie and she told the ferry to wait for us. His cousin picked us up at the airport and sped us to the ferry dock. The weekend made it all

you on a tour. It is always a bit stressful to get the boat anchored, moored, or docked. The extra complication of finding a tactful way to say "not yet," "later" or "NO" would add to the stress. But to our relief there seems to have been much effort to regulate the boat boys. Now most are polite, helpful and accept a refusal gracefully. As well, many have developed a creative way to attract your attention. It may be choice of name: PHAT SHAG, AFRICA or WHAT'S MY NAME? In St Lucia we met Gregory who attracted our attention eight years ago in his vessel festooned with banana leaves and palm

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For the Birds



By Jane Heintzman

For many of us, the highlight of Ottawa's glorious early spring was the return of the migratory bird and water fowl population, and the ceaseless trill of bird song in the hedges, trees and shrubs throughout the community as the mating season got underway. It's not often that one welcomes the sound of lusty singing at 5:00 a.m. each morning, but in the case of our resident **cardinal** family, I was forced to make an exception. In fact, I learned to plausibly imitate the song of the male, and have enjoyed many entertaining (for me at least!) conversations in cardinal-ese since the daily serenades began in early April.

In the first three weeks of April, the stretch of the Rideau River winding through the park to the Falls was alive with returning water fowl. In addition to raucous **ring-billed sea gulls** which were among the first to arrive, my neighbour **Sue Abbott** and I spotted several species of ducks cruising the river, including numerous **mallards**, **common mergansers**, **hooded mergansers**, **common**

golden eyes and a pair of **black ducks**. Another knowledgeable birding friend reported a bufflehead close to the Minto Bridges.

In mid-April, I came within ten feet of a magnificent **Great Blue heron** which appeared to be wandering into the park away from the river, and apparently unaware of the perils of bicycles, humans and unleashed dogs. Fortunately it changed direction and returned to its habitual perch on the shoreline, directly opposite our front door. A mating **mallard pair** proved even bolder, sidling nonchalantly in the green space at the corner of Alexander and Thomas Streets, not far from the bus stop (perhaps they were heading downtown?).

Sue Abbott had the sharp eyes and good luck to spot a pair of mating **Cooper's Hawks** in the dog park where she observed their courtship behaviour on a number of occasions and then witnessed what she assumes was the actual the actual mating process. Assuming all went well, the pair may have as many as 6 hungry offspring after a 32 to 36 day incubation period, so the local mourning dove, jay and starling population (the Cooper's hawk's favourite diet) should be on their guard.

After a long winter awash in the hordes of **house sparrows** which besieged our feeding stations, keeping less aggressive (but far more attractive) species

at bay, we shut down all but one of our feeders. The one remaining is a long, cylindrical **nyjer seed** feeder with colourful fluorescent perches. Despite my best efforts, this feeder had failed to attract more than a few reluctant chickadees throughout the winter, but with the disappearance of the grumpy house sparrows (which are unable to make use of it), it is now a glorious hive of activity, filled with **gold finches**, **pine siskins**, **red headed house finches**, **chickadees**, **juncos** and the occasional **red-winged blackbird**.

Since I cautiously introduced safflower seed (which sparrows and squirrels appear to dislike) into our Droll Yankee feeder, my resident **cardinals** have been frequent visitors along with the finches and chickadees, and a flock of at least half a dozen **mourning doves** has been grazing contentedly on the ground below.

These are handsome birds, just over a foot long with buff coloured breasts heavily speckled with black dots, a wide black necklace, a small red spot on the back of their head and bright yellow underwings and undertail. Almost half of their diet consists of ants so they can often be found rooting around on the ground, as well as pecking in decaying trees.

Counting Crows

I have had two reports of **crow's nests** in the community this spring, one in a tall pine on Green Island and the second in a spruce tree on the Vanier Parkway, directly outside the door of **Birder's Corner**. Birder's owner **Lynn Smyth** (who speculates that the apparently anomalous choice of location may have something to do with the abundance of road kill on the parkway!) kindly loaned me her binoculars to get a good look at the nest which is truly

crows often act as "nest associates", helping the male to keep the female fed while she sits on the nest during the incubation period.

News from The Marsh

Spring reports from the Educarium field naturalists at the **Macoun Marsh** have included a wide range of bird species (not to mention other emerging wildlife), including numerous **red winged black birds**, **robins**, **grackles**, a **killdeer**, a **wood thrush**, a **pileated woodpecker**, a **belted kingfisher**, a **sandpiper**, a **fox sparrow**, several **tree sparrows**, **chickadees**, **juncos**, **cardinals**, **gold finches**, **mourning doves**, **northern flickers**, **mallards**, **ring-billed sea gulls** and of course, the ubiquitous **crow**. In mid-May, the group sighted a pair of **brown-headed cowbirds**, a parasitic species that lays its eggs in the nests of other birds. The team also spotted a tiny **ruby crowned kinglet**, one of the smallest birds in North America and only slightly larger than a hummingbird, weighing in at a hefty 6 to 8 grams and roughly 4 inches long. The feisty little male kinglet flashes his scarlet crown to compete with other males during mating season, or when singing to attract a female consort.

Readers who are interested in keeping up with these reports on life at the marsh can check out www.macounmarsh.bravehost.com/latest_marsh_visit.html.

Innis Point Bird Observatory:

My intrepid bird watching friend **Vicki Metcalfe** volunteered to assist in this year's **Spring Migration Monitoring Program** conducted by the Innis Point Bird Observatory. The program runs daily from April 24 to June 7, and involves banding birds, a daily one hour census, general observations and bird counts. 4 to 5 volunteers are required each day, and after an initial orientation session, Vicki sallied forth to Innis Point (on the far side of Shirley's Bay)



Gold finch.

Another welcome visitor to our garden this spring is the highly patriotic white-throated sparrow whose lusty "O Canada, Canada, Canada" song has been ringing through the lanes since the start of mating season. The white throat has a characteristic white stripe down the middle of his black cap, and two small yellow spots over the eyes like bushy blonde eyebrows.

In my Rockcliffe ramblings, I have encountered several **Northern** or **Yellow-shafted Flickers** which *Citizen* columnist Elizabeth Le Geyt describes as "summer wood peckers."

impressive in scale and astonishingly deep. Crows build these fortresses with twigs, sticks (often large ones) and coarse stems, and line them with shredded bark, feathers, grass, bits of cloth, string and anything else they can scavenge.

The average crow clutch is 4-6 eggs, and they hatch in just under three weeks, with the young fledging about a month later. Sue Abbott observed *three* crows tending the Green Island nest, a phenomenon which is apparently fairly common in the crow community where yearling

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Northern Flicker.

before dawn on May 5 to do her banding duty, beginning at 5:00 am! Alas there was a Red Flag up and as the area is military property, Vicki and her companion wisely decided to call it a morning and try again next year. Interested readers who might like to try their hand at banding and to work with an experienced crew of birders can check the website above or contact **Cecilia Bodnar** at bodnarm@magma.ca.

Summer Birding

As we move into the early weeks of June, Birder's Corner owner Lynn Smyth cautions cat owners to keep their pets indoors while fledglings emerge from the nest and attempt to get their bearings. Not infrequently, these little ones are stranded for considerable periods on the ground where they are ready prey for an opportunistic feline. If you do happen to come across an injured or abandoned bird, please give the **Wild Bird Care Centre** a call at **828-2849**.

While birds have more readily available food sources in the summer months, there are many good reasons to continue attracting them to your garden with both water and seed. Lynn points out that bird baths are *not* a West Nile mosquito breeding hazard provided they are regularly refilled with fresh water,

and she notes that in any event, mosquito larvae take 4 days to hatch, by which time they will almost inevitably have been consumed by the bird bathers.

Seed eating birds also eat insects and will help to keep the bug population under control. While the insect eaters such as **swallows** are not always interested in seed, they will be attracted by bird baths and nesting houses, and can do a remarkable job depleting the mosquito hordes which often bedevil outdoor living. Even the wretched **starling** has its place through the summer months when it serves as a strictly chemical free solution to the problem of grubs and earwigs (one only wishes they weren't so hideous!)

Please Send Us Your Summer Birding News!

Wherever you happen to be traveling this summer, be it Baffin Island, Cape Breton, Lake of the Woods, Banff National Park, the Queen Charlotte Islands, or just around and about here in the Valley, please send us reports (and photos!) of your bird sightings throughout the summer to share with the community in our first Fall issue: e-mail janeheintzman@hotmail.com or newednews@hotmail.com.

What's New in Lindenlea

LINDENLEA AFTER SCHOOL PROGRAM 2006 - 2007

Do you have a child attending Rockcliffe Park P.S. who needs 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. For further information, please contact us at 742-5011.

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 a.m. to 12:30 p.m., 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. For more information, please call 742-5011.

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 p.m. Egyptology will run the week of July 10 – 14, and Secret Agent Science will run August 14 – 18. Cost for either of these camps is \$125.00. Space will be limited, so don't be disappointed. For further information, please call 742-5011.

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 9:00 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 p.m., 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 these camps is held every Tuesday evening from 6 - 8:30 p.m. at the Lindenlea Community Centre, 15 Rockcliffe Way. If you have any questions, please contact us at 742-5011, or visit our website, www.lindenlea.ca.

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Elmwood Student Shines at Biotechnology Challenge



Dr. Gabrielle Adams, Director General, Institute for Biological Sciences, NRC presenting the Linda Beynon Prize for best biomedical project in the 2006 Sanofi-Aventis Biotech Challenge in Eastern Ontario to Prashanthi Baskaran of Elmwood School.

By Doug Meldrum

In early May, students from across the country participated in the 2006 Sanofi-Aventis Biotechnology Challenge. Each Biotech Challenge features the outstanding work of high school students who have conducted research projects and experiments of their own design in an area of biotechnology.

Elmwood School's Prashanthi Baskaran placed second overall in Eastern Ontario for her project on the Allergenic Characterization of Two New Penicillium Species and received the Linda Beynon Award for the best project in the area of biomedical research. Penicillium is one of the most prevalent indoor fungi and has been associated with an increased incidence of childhood asthma.

Students who participate in Sanofi-Aventis Biotechnology Challenge gain valuable experience in research, experimental work, data collection and analysis and presenting scientific

findings to an audience. The competition's mentor program also gives students an opportunity to work with leading scientists and professors.

"This competition is a great opportunity for students to learn how to think critically and how to acquire strategies for problem solving. They also discover the importance of patience and per-

severance in dealing with the unpredictable context of research," explained Elmwood School's Head, Helen Hirsh Spence.

Prashanthi, also a member of Elmwood's winning Envirothon Team, won \$1,800 from the National Research Council and a paid summer research studentship. She has the choice of working for the NRC Institute Biological Sciences, University of Ottawa Heart Institute, Ottawa Health Research Institute or the Faculty of Medicine at the University of Ottawa.

Prizes are shared between the winners and their school with the school's portion of the award going towards the purchase of scientific equipment and supplies.

The Sanofi-Aventis Biotechnology Challenge hopes to encourage more students to pursue studies and careers in biotechnology, which will be one of the major knowledge-based industries in the 21st Century.

Women Helping Women

Women helping women is the theme for an afternoon at Au Prêt-à-Reporter and Clothes Encounters of a Second Time, two consignment stores on Beechwood in New Edinburgh. On July 15th, from noon until 3:00 P.M., there will be a silent auction to support Maison d'amitié, a shelter for abused women and their children.

Women will have a chance to bid on goods and services of neighbourhood businesses. Monetary donations will also be accepted at this time. Also

on this day, both owners will give a gift certificate from their stores and donate some of their clothing to the women at the shelter. In addition, models will be on hand to present the lovely clothing that these two shops have to sell.

Drop by, make a bid or donation, and show your support for this important facility. Women helping women is a way to show you care. For any further information call Liba Bender at 746-4884.



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Salad Days of Summer

By Heather MacLachlan

June tends to be a busy month for all of us! At MacKay Street Epicuria, we are busy taking orders and organizing those parties in the neighbourhood that have a very 'last minute' edge to them. The difference between June and December is that there is no Christmas tree at the end of the month to remind us about just why we are so tired! Our children are looking forward to their summer holidays, and we must find some easy solutions for hot weather food.

My favourite meal is a BBQ (keep the heat outside) with salads and some crusty bread. There's always fruit for dessert and some yummy cookies from a great local take-away shop! Don't forget the great frozen desserts at Piccolo Grande! This is worth the walk there, with lots of great socializing in front of their shop.

The Perfect Vinaigrette

Let's talk about salads and more precisely vinaigrettes. The magic formula for vinaigrettes is **3 parts oil to 1 part vinegar**. When you mix in other flavours such as salt, pepper, garlic, Dijon mustard, maple syrup, or fresh herbs, thoroughly mix them with the vinegar to begin.

Then add the oil slowly and mix thoroughly with a fork or whisk or hand held blender (this emulsifies). This ensures smooth vinaigrette that is well balanced.



Store the vinaigrette in a jar in the fridge, and shake well before using. You might also find that the olive oil will slightly solidify and needs to warm to room temperature before using. If in a hurry, I blast it in the microwave for 20 seconds. Always taste your vinaigrettes: for those of you who like a sharper dressing, try adding some freshly squeezed lemon juice instead of more salt or vinegar.

One of the secrets to great **potato salad** is to drain the cooked potatoes well and while they are still hot, pour some vinaigrette over the potatoes so they really absorb the flavour. More and more, we are leaving mayonnaise out of our salads opting instead for a light vinaigrette dressing. When the potatoes are cool (and not cold) taste

them for flavour. They really absorb dressings and often starch salads need more dressing than you think. If you do love the classic potato salad, then **add the mayonnaise but mix it with a light plain yogurt**.

Refrigerate your salad. If you let it sit out for 15 minutes before eating it, the flavour is more pronounced than if it is cold. The same goes for pasta salad!

Vinaigrette:

1/3 cup vinegar (choose a good one, not too harsh)

1 tsp salt

1/2 tsp fresh ground pepper

2 tsp Dijon mustard

2 cloves freshly, finely chopped garlic

1 tbsp maple syrup (optional)

Mix the above ingredients with a fork or whisk in a glass measuring jug. Or shake well in a jar.

Slowly add in 1 cup olive oil (choose a nice one)

Mix well with a fork.



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Kids Helping Kids Benefit Concert

By Flora Liebich

On June 25 at 4 pm, six of Ottawa's most accomplished young musicians will present a classical music concert at MacKay United Church in New Edinburgh, to raise funds for the "Peaceful Children's Homes" in Cambodia.

The fund-raiser started as the idea of 13-year old violinist, Laurent Côté, a part-time resident of the Burgh since 1996, trained in the Suzuki method since the age of four, and currently a student at De La Salle Secondary School. Laurent has enlisted five other exceptional young musicians to donate their time in support of children in need in Cambodia. These young

musicians, all trained in the Suzuki method on violin and cello, include Isabella Gomez (11), Elaina Gauthier-Mamaril (13), Catherine Sirois-Delisle (14), Amelia Suddaby (15), and Gregory Weeks (16). Most of these young musicians are members of youth orchestras and some have performed in the Young People's Concerts at the National Arts Centre with Pinchas Zukerman. The Canadian-born international concert pianist, Janina Fialkowska, has agreed to be the Honorary Patron for the Concert.

Sagal Adam, a 13-year old student from Somalia, has designed the Concert Website while other

young people are helping to distribute flyers and posters, and sell tickets.

A committee of interested adults has joined me to provide back-up support to this youth initiative, including Burgh resident, Isobel Bisby, and Communications Advisor, Ginette Caza (whose daughter, Amelia will play in the concert). Alex MacDonald (Meta4 Creative Communications) has provided support on media relations, Jane Cote has provided editorial advice, and Mr. Rivaux Lay has linked us to the Cambodian community in Ottawa.

For close to a decade (1970 - 79), Cambodia was devastated by war, including four years of horrific atrocities under the Khmer Rouge led by Pol Pot. During this period, close to one quarter of the population of eight million died, while countless others fled to refugee camps in Thailand. Many Cambodian refugees were finally resettled in Canada.

It was not until the Paris Peace Agreement of 1991, followed by elections in 1993, that Cambodia achieved peace and independence. Now a whole society had to be totally rebuilt - as an example, in 1993, there were only six lawyers left in the country.

A particularly pressing problem was the need to help the thousands of orphans, street children and "unaccompanied minors" returning from refugee camps. Although some help was already being provided by UNICEF and French non-governmental organizations (NGOs), two prominent Cambodians, Son Sann and his son Son Soubert, believed that their country also had a duty to come to the aid of its children. In 1994, they provided land and basic facilities to set up the first "Peaceful Children's Home" in Kandal Province, outside the capital, Phnom Penh. A second home, in Battambang Province on the Thai border, was opened the following year.

Unlike other organizations, which operate as orphanages or institutions, the Homes try to promote the spirit of a big family, reflecting the Buddhist/Christian principles of compassion and charity. The children are taught responsibility from a young age, forming

committees to deal with food, housework, security and even discipline. They are assisted by local volunteers, or volunteers from Asian or French NGOs. Food staples were initially provided by the World Food Program and assistance was received from various sources, including the Canada Fund administered by the Canadian Embassy in Phnom Penh. The

aback, I replied in the negative, but explained that Canada provides refuge to people who flee war. I provided the examples of my parents who had come as "Nansen refugees" from Poland via England after World War II, or my very talented Khmer-Cambodian colleague in Cambodia, Bun Leng Men, who had found refuge in Canada as a very young person in the 1980's

and then had gone back to work in Cambodia in an international capacity, later with the Canadian Embassy and CIDA, and now as Field Director of a CIDA-supported project. When I asked the children what they would like to do when they grew up, a 14-year old boy informed me that he wanted to become "an uncorrupt judge", a very telling response in a national environment struggling against corruption.

As I recounted these stories back in Ottawa, they obviously made an impression on Laurent, who announced that he wanted to organize a fund-raiser for the

Children's Homes in Cambodia, through the best way he knows - by making music!

We are most grateful for the support we have already received from individuals and businesses in the New Edinburgh community and beyond, in the form of advertising in the Concert program and through donations to the silent auction. Additional volunteers are always welcome to come forward. All proceeds from the Concert will go directly to the Homes. They will be used in the area of greatest need, most likely toward achieving self-sufficiency in basic food, which in turn will allow the Homes to become self-sustainable over time and less dependent on outside support.

Tickets are \$15 for adults, \$5 for children, and include the Concert, Refreshments and Silent Auction, which will be held at MacKay United Church (and Church Hall), 39 Dufferin Road (at MacKay Street) in New Edinburgh. Tickets can be purchased at "A Better Frame of Mind" (417 MacKay Street - no phone calls please) and will also be available at the church door.

We look forward to your participation in helping to make this worthy project of "Kids Helping Kids" a real community event!

Benefit Concert



Sunday June 25, 2006 at 4 pm
MacKay United Church

Six outstanding young Ottawa musicians
will perform classical music for the benefit of
"The Peaceful Children's Homes" in Cambodia



The concert will be followed by refreshments and a silent auction
Adults: \$15 - Children: \$5 - Donations accepted
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The Weekend to End Breast Cancer benefiting the Ottawa Regional Cancer Foundation is simply this - an awesome life changing adventure. During one amazing weekend, **July 21-23**, thousands of women and men will unite in Ottawa to walk 60 kilometres in a bold display of courage and commitment.

It's a weekend of hope, as lost lives are honoured and survivors celebrated. The money raised will benefit the **Ottawa Regional Cancer Foundation**, a leader in the fight against breast cancer. With one in nine Canadian women diagnosed with breast cancer in her lifetime, participants in The Weekend to End Breast Cancer have the opportunity to personally make a difference in the fight against breast cancer.

This is the first annual Weekend to End Breast Cancer walk in Ottawa, a multi-day event for those who are looking to do something bold in the fight against breast cancer. Thousands of walkers will cover approximately 30 kilometres a day, traveling at their own pace. The walkers will be supported by some 500 volunteers and crew members who will provide meals, water and snack stops, gear transport, portable rest-rooms, safety on the streets,



comprehensive medical services and an overnight campsite complete with tents and hot showers.

For more information on the event visit www.endcancer.ca or call (613) 835-9799.

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CONSTRUCTION 101
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Summer Day Camps in Manor Park

CAMPS	July 4-7*		July 10-14		July 17-21		July 24-28		July 31-August 4		August 8-11*		August 14-18	
	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm
<i>Ages 3-5 yrs:</i>														
Cooking		•						•						
Fossils & Dinosaurs						•					•			
Knights & Princesses				•						•			•	
Muggles	•		•		•		•		•		•			
<i>Ages 6-10 yrs:</i>														
Cooking				•						•				
Construction 101		•						•						•
Fossils & Dinosaurs					•						•			
Knights & Princesses			•									•		
Soccer							•							
Sports Camp	•								•				•	

* 4 day week

FOSSILS & DINOSAURS
Campers will discover a land long ago through the exploration of fossils and dinosaurs. Learning through experiments, art, stories and games will satisfy the curious child. **\$75 (\$65 for week of August 8-11)**

KNIGHTS & PRINCESSES
(in Medieval times)

Fantasy, dress-up, stories, art, outdoor play and the 'Queen's Ball' make this one of the summer's most popular camps. Older campers add an exploration of medieval courts and customs. **\$75 (\$65 for week of August 8-11)**

MANOR PARK UNITED SOCCER CAMP

This is a jam-packed week of soccer skills, drills, and games. Children of all abilities are welcomed into this non-competitive environment. **\$65**

MUGGLES
Full of active and creative play to delight even the youngest children -- the perfect introduction to summer camp activities! Small groups ensure

close supervision. Includes use of the Water Splash Pad. **\$65 (\$55 for weeks July 4-7 and August 8-11)**

SPORTS CAMP
Campers are introduced to a variety of summer sports: soccer, baseball, touch football,

lacrosse, volleyball...and the Water Splash Pad, of course! Children of all abilities are welcomed to this camp where fun and friendship are emphasized. **\$65 (\$55 for week of July 4-7)**

General Information:
Campers receive a free souvenir t-shirt!

Camps take place in and around the Manor Park Fieldhouse, 100 Thornwood Road, Ottawa

All camps include use of the Water Splash Pad. Campers should bring a bathing suit and towel. Water shoes are recommended.

Registration forms are available at: www.manorpark.ca.

Movie Night!
Mark your calendar for the family event of the season!
Saturday, September 9
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Manor Park Community Council

Ottawa

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July 5

Brain Waves...Fantastic Things That Fly

July 12

Teddy Bear Picnic

July 19

Salamander Theatre World of Stories

July 26

Lantern Building Workshop

August 2

Groove to the Music

August 9

Brainwaves...The Science Music

August 16

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Burgh Bulletin Board

Sun, June 4, noon - 4 pm

DOORS OPEN OTTAWA

MacKay United Church will be participating in this annual event, so come and discover a bit of our local history. The **Ottawa New Edinburgh Club Boathouse** will also be open. For more information visit: www.Ottawa.ca.

Wed, June 7, 7:30 pm

SOUNDS OF JAZZ CONCERT by the Jan Jarczyk Group at the Library and Archives Canada Auditorium and organized by the Polish Heritage Foundation of Canada and the Embassy of the Republic of Poland. Tickets (\$25 person) are on sale now. 741-5465 or email tickets@polishheritagefoundation.org. Advance sales only due to limited seating.

Fri, June 9 - Sun, June 11

3RD BIENNIAL PEOPLE AND THE PLANET CONFERENCE: Changing Values for a Sustainable Future, at Saint Paul University, 223 Main Street, Ottawa. For more information visit: www.peopleandtheplanet.ca.

Sun, June 11, 11 am - 2 pm

ANNUAL COMMUNITY PICNIC at Stanley Park (near the Fieldhouse and playground). Bring you picnic basket and running shoes for some fun in the park.

Mon, June 12, 7 pm

CRICHTON COMMUNITY COUNCIL ANNUAL GENERAL MEETING at Stanley Park Fieldhouse.

Tues, June 13, 7 pm

NECA ANNUAL GENERAL MEETING at Stanley Park Fieldhouse. For more information check the New Edinburgh

website:

www.newedinburgh.ca.

Sat, June 17, 10 am - 1 pm

SECOND ANNUAL AMAZING BOOK RACE

The race starts at 153 Chapel Street and ends at Stanley Park Fieldhouse. For more information on this fundraising phenomenon, please call 233-8660 or email also@bellnet.ca.

Sat, June 24, 1 - 4 pm

THIRD WALL THEATRE COMPANY Presents the First Strawberry & Champagne Social. Please join Rita Celli, host of CBC News At Six, for an afternoon Strawberry & Champagne Social with theatrical treats. Laurier House, 335 Laurier Ave. East at Chapel Street. Tickets \$40. To order, call (613) 236-1425 or email info@thirdwall.com.

Sun, June 25, 4 pm

BENEFIT CONCERT FOR KIDS HELPING KIDS at MacKay United Church. Six outstanding young Ottawa musicians will perform classical music for the benefit of "The Peaceful Children's Homes" in Cambodia. Adults \$15, Children \$5, Donations accepted.

Tues, June 27, 7 pm

PUBLIC CONSULTATION regarding redevelopment of the Rockcliffe airbase. At the Aviation Museum. For more information refer to the Canada Lands Company website: www.clc.ca.

Thurs, July 13 - Sat, July 29

MADEA, a Greek drama presented "al fresco" at the National Gallery amphitheatre by the Third Wall Theatre Company. For tickets call 236-

1425 or order online at www.thirdwall.com.

Sat, July 15, noon - 3 pm

WOMEN HELPING WOMEN SILENT AUCTION at Au Prêt-à-Reporter and Clothes Encounters of a Second Time to support Maison d'amitié, a shelter for abused women and their children. For more information call 746-4884.

Fri., July 21 - Sun., July 23

THE WEEKEND TO END BREAST CANCER benefiting the Ottawa Regional Cancer Foundation is simply this - an awesome life changing adventure. During one amazing weekend, thousands of women and men will unite in Ottawa to walk 60 kilometres in a bold display of courage and commitment. For more information on the event please go to www.endcancer.ca or call (613) 835-9799.

Fri, Aug. 4 & Sat, Aug. 5

THE COMPNAY OF FOOLS hopes to bring its **Torchlight Shakespeare Series** production of *The Two Gentlemen of Verona* at Stanley Park (pending City approval). Watch for posters, or check the the Fool's website at www.fools.ca.

Ongoing

SUMMER VOLUNTEERS NEEDED! The Glebe Centre Inc. is recruiting volunteers for summer activities including taking residents outside for walks, gardening, special events, etc. There are also many other permanent positions to be filled. Visit www.myvolunteerpage.com to view and apply for Glebe Centre volunteer positions. Contact Christine at volunteer@glebecentre.ca or 238-2727 ext 353 for more information on how you can make a difference!

THE DIRECTORY OF RESOURCES FOR SENIOR CITIZENS OF OTTAWA is indispensable for family members, health care workers and family physicians - anyone who works and lives with...and cares for seniors. It is available through the Senior Citizens Council of Ottawa offices at 250 City Centre Ave, Ste 302, Ottawa, K1R 6K7, for \$5, or one can be mailed to you for an additional \$3 to cover postage. For more information contact the Council at 234-8044, or visit their website at www.seniorcouncil.org.

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Burgh Breezy Bits

New in the Burgh

Scone Witch Express! **Heather Matthews** will open her latest store on June 1 at Crichton and Union. It will feature all the regular menu items (except eggs) from her main Scone Witch location on Albert west of Lyon, but the Burgh Scone Witch will be take-out only. Heather plans to be open from Tuesday through Saturday (and maybe Sunday). These are scones like your Scottish great-grandmother made. Don't miss trying them.

Mike and Ainsley of Noel Street are the proud owners of two labradoodle pups; Mac and Coco.

Danny's Bar & Grill now offers Lebanese buffet at lunch Monday to Friday

Farewells

Charles Benoit of Noel Street moved to Gurgaon, India in April, where he is working for an American company, GL Group, as part of an international team. First reports home are ecstatic: "Definitely having the time of my life, and meeting dozens of great, interesting people from around the world every day. What more can you ask for?" Another young Burgher, **Brendan Crouch**, is working for the same company in Texas.

After two enjoyable years back in the Burgh, **Bernadette St-Jean** and **David Paget** of MacKay Street are heading off overseas again this summer, for a three year assignment to Warsaw. Once there, David intends to share his

impressions with the readers of the New Edinburgh News.

Congratulations

Harmony Ferreira would like to announce the adoption of her chosen grandparents, **Raymond and Joyce Dubuc** of Vaughan St. Harmony lives on Spruce St. with her Mom (Roxy) and Pascal (son of Raymond & Joyce).

Aidan Opazo of Electric Street was a member of the St Laurent hockey team that won the Bytown League Atom B Championship back in March. As a right winger, he led his team with the most points, including the most assists.

After spending the past nine tough but Rewarding years for the Canadian Institutes of Health Research, **Mark Bisby** is retiring at the end of June. After three months of relaxation, he plans to learn to cook, clean the house, paint landscapes, and build more boats. Isobel is looking forward to having a house husband.

Good luck to **Ryan Hardy** on his summer adventure working at Old Fort Henry.

Deadline
for the next issue of the
New Edinburgh News
is

September 10, 2006

newednews@hotmail.com



Gordon Harrison, a local Burgh artist, held a showing of his work on May 27 and 28. He is seen here with four of his "New Edinburgh Lanes" series of oil paintings.

In case you have not taken out your blue-box, there is a wonderful article about **Doris McCallum**, long time resident of Noel Street, in the City Section of the May 22 Ottawa Citizen.

Condolences to **Raymond and Joyce Dubuc** of Vaughn on the death of Raymond's brother Louis of Calgary in April.

Send your Breezy Bits to **John Jarecsni** at Jarecsni@hotmail.com.

Picture This! NEN Summer Photo Contest

Calling all neighbourhood photographers! Enter our **Summer Photo Contest** and share your favourite photos with other NEN readers. Nature, architecture, landscape, gardens, people, pets — the subject areas are open and entirely of your own choosing. The only requirement is that the photos portray some aspect of the many things — the people, places and events — that make New Edinburgh such a special place. All photos will be judged by NEN photographer Peter Glasgow, and the prize is publication in a special section of our October edition.

Entries should be sent in electronic form to newednews@hotmail.com. Please include your contact information and, if you are 18 years old or younger, your age. You can have non-digital photos scanned into electronic format at The UPS Store (Beechwood & MacKay) at a very small cost. Deadline for submissions is **Sept. 1**, so send in your photos. We'd love to see the New Edinburgh you see!

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