

NEW EDINBURGH NEWS

June 2007

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The New Edinburgh ANNUAL PICNIC



Stanley Park (Fieldhouse)
Sunday June 10th
11:00-2:00p.m.

Activities, games and **FUN!**
Everyone welcome!
Please no dogs.

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New Edinburgh Community Alliance

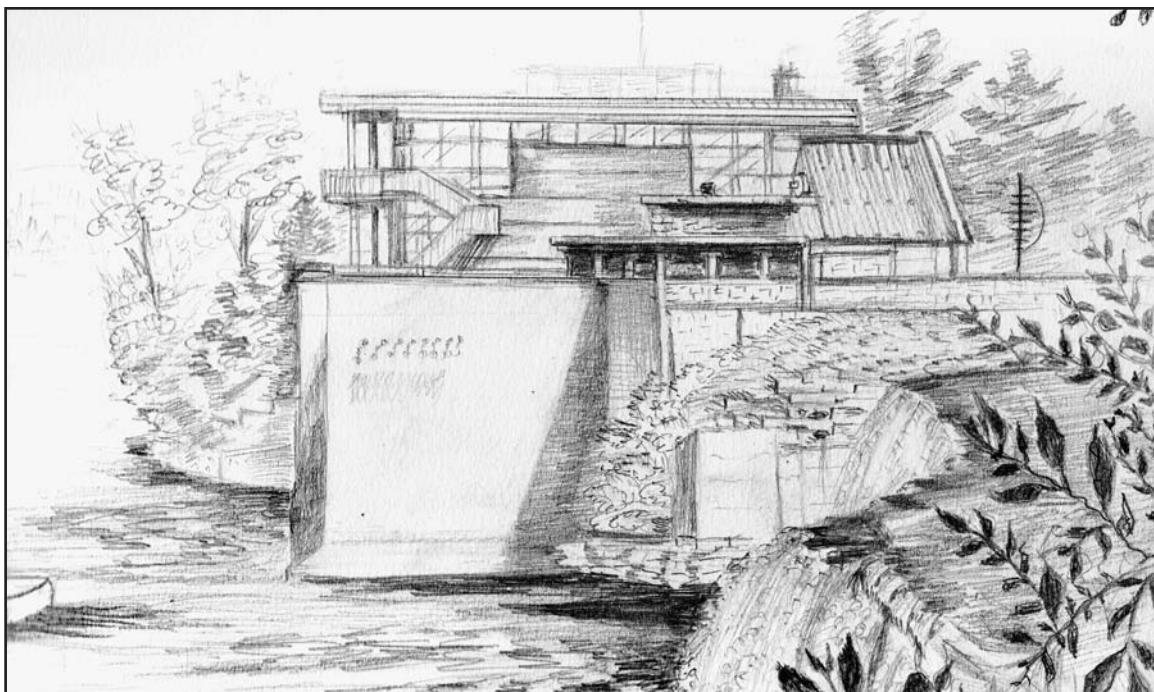
ANNUAL GENERAL MEETING

Monday, June 18, 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.
Become a NECA member.

**Come and vote on
the new Art in the Park
sculpture!**



Sketch of the Rideau Falls and Pavilion by Ana Irondo de Bryson.

Canada and the World Pavilion: A Vice-Regal Future?

By Jane Heintzman

Thanks in part to the enterprising reporting of *Ottawa Citizen* writer **Patrick Dare**, the vice-regal cat is now out of the bag. Rideau Hall has confirmed that the Department of Public Works and Government Services is actively considering the Pavilion as one of the possible options to serve as headquarters for the Governor General's **Chancellery of Honours**, an organization which is reportedly being squeezed out of its existing shared quarters in the La Salle Academy on Sussex Drive by a burgeoning Canada School of Public Service (CSPS). Negotiations towards the possible relocation of the Chancellery of Honours appear to be well advanced, and we understand that Rideau Hall may be aiming to complete the move in time for a grand reopening on July 1.

Initial reaction to the proposal, based on the assumption that the Pavilion would be devoted exclusively to office space, was understandably not enthusiastic. An *Ottawa Citizen* editorial argued that "if bureaucrats are put into offices on this site, that view will be seen by precious few individuals," and **Federal Environment Minister John Baird**, senior political Cabinet minister for the Ottawa region, was characteristically forthright, declaring that "putting the Governor General's staff there is ridiculous...It shouldn't be used for that purpose."

According to this month's report from our **Member of Parliament Mauril Bélanger**, however, this early reaction was based on a fundamental misconception about Rideau

Hall's intended use of the facility. M. Bélanger has apparently been assured by the Secretary to the **Governor General, Ms. Sheila-Marie Cook**, that should the Chancellery of Honours be relocated to the Pavilion, all staff offices would be relegated to the basement level, leaving the entrance level, the second floor, the access area and the surrounding environs (including the viewing area for Rideau Falls) as space open to the public. The exhibit space within the building would be devoted to a publicly accessible Exhibition of Canadian Heraldry, including the Order of Canada and other Orders honouring the Canadian military, acts of bravery and volunteerism.

Readers of the *Globe and Mail* (Monday, May 21, p. A13) may have noticed the Governor General's personal expression of her vision of "a bright, modern, welcoming space in Canada's capital where Canadians would be invited to understand more about the Canadian Honours system and the exceptional Canadians it recognizes." Her objective is to create such a space in this 40th anniversary year of the founding of the Order of Canada and of the Canadian Honours system "to raise the profile of the Order of Canada and its members..."

Though the Pavilion is not specifically referred to in her article, it seems safe to assume that it is ideally equipped to provide the "bright, modern, welcoming space" she has in mind.

At the time of writing, NECA had not yet had an opportunity to meet with Rideau Hall officials to discuss the details of the planned relocation of the Chancellery of Honours and creation of the new exhibit. At this point, however, it seems clear that the Rideau Hall proposal would meet NECA's central criteria of maintaining open public access to the site and to the Pavilion facility. It is not yet clear whether the proposal would involve expansion of the building or of the parking facilities.

While the retention of public access is a welcome feature of the Rideau Hall project, it remains to be seen whether the proposed exhibition of Canadian Heraldry would be of sufficient general interest to do justice to this prime location and to warrant the ongoing public expense of maintaining it there. Once bitten, twice shy, as the old adage goes, and we are all very much aware that the original Canada and the World Exhibit floundered at least in part because of the

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NECA President Gemma Kerr Reports

May is a busy month in the Burgh, with both Park and River Clean-ups on the calendar. We were a small group for the park cleaning on May 12, likely due to a combination of communication issues and back-to-back coincidence with Community Council's Plant Sale and the river clean-up. Next year we may want to consider scheduling the park clean-up earlier, perhaps around the end of April when the City is doing its own spring clean.

Rideau River Day

Our River Day on May 13, supported by a City grant, was an outstanding success, with more than a hundred volunteers cleaning the river banks between Rideau Falls and Hogs Back, and several canoes removing garbage from the water. More details can be found in the article on page 3. Next year, with the aid of a handbook funded by the grant, we hope to persuade communities further up the Rideau to get involved. Many thanks to Catherine Canning whose expertise has been key, and who has put in an enormous amount of work to realize this event

NECA AGM

Our next event is NECA's Annual General Meeting

which will be held on Monday June 18 in the Fieldhouse. Details are given in the notice on page 1. This is your chance to meet 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.

Ottawa Sculpture Trail

The Ottawa Sculpture Trail group have been reviewing possible replacements for the sculpture that was vandalized late last year, and are ready to present their ideas to the community and get some feedback. We hope that an Open House can be organized around the same time as the AGM.

Canada and the World Pavilion

As summer takes over our lives, community activities often take a back seat. However, NECA does have issues that need our attention in the near term. One of these is the fate of the Canada and the World Pavilion. We have it on good authority that the Governor General is interested in taking over the building for display, ceremonial and office purposes. The article on page 1 gives a very good overview of the situation and of NECA's concerns.

Having been a community

Take the Pledge! Keep the Crichton Cultural Community Centre for the Community!

In the last issue of the NEN we learned that our beloved 4Cs—the Crichton Cultural Community Centre at 200 Crichton—is headed for court, where the question of the building's ownership and how it may be sold will finally be resolved (see "Deal or No Deal" at http://www.crichtoncc.ca/c3/ccctsod/ntc_20070404_e.html). We believe the courts will side with the community and the City in affirming the right of the 4Cs to permanent residence in the building. After all, it was the 4Cs and its dedicated group of volunteers who came up with the plan to preserve the old school for community and cultural purposes, and then convinced the City to get on board!

A growing number of supporters are rallying to demonstrate our appreciation for the

efforts of these valiant volunteers and our faith in a vibrant future for the 4Cs. We are proposing that each household pledge \$200 for 200 Crichton, to show what we have long assumed to be the case: ***This community needs and wants 200 Crichton to remain a community asset and a focus for community and cultural activities.*** This is the time to pull together and pool our resources to make this dream a reality! So don't be surprised, and indeed *do* be welcoming when, in the coming weeks, you receive electronic messages, flyers, or even flesh and blood canvassers asking you to sign our pledge form. We thank those who have already done so.

Pie-in-the-sky to think we can save the building for the community, once and for all?

No way! This is New Edinburgh after all: we are talking about the very community that defeated the Vanier Parkway extension, raising tens of thousands of dollars in the process—an undertaking of far greater complexity. So please, do your bit to support an all-out community effort! Help us once again to rise to this present challenge so that, young and old alike, we may all enjoy the benefits of this wonderful historic building in the heart of our community for many more generations to come.

To make your pledge today, or for further information, contact the **Friends of Crichton** at friendsofcrichton@sympatico.ca or c/o Joanne Hughes at Crichton Cultural Community Centre: **613-745-2742**.

Letter to the Community

Goodbye from Ethel Sivyer-Proulx



Hello everyone,
This is my final piece in the New Edinburgh News. I have just celebrated my 78th birthday and have decided it's time for me to retire.

I do so with sadness, as it has been a joyful time for me remembering the past and sharing it with all of you.

The Burgh is a wonderful place to live. Through the years and its many changes, it has continued to thrive as an ideal location to set down roots and raise a family.

Thank you to my loyal fans who have read my stories throughout the years. I have enjoyed hearing from many of you.

In October, my grandson, Daniel Kingsley, who was born in the Burgh, will be writing my biography. I hope you enjoy it. In the meantime, I retire my pen and "Memories of the Burgh" will close its pages.

Ethel Sivyer-Proulx

Editor's note: Although Ethel Proulx is retiring her pen, her stories will continue to be read and enjoyed by many. She has kindly given the New Edinburgh community the right to e-publish her two books about the Burgh. Look for these sometime in the fall on the community web site.

Your NECA Representatives 2006-2007

Barbara Benoit, 749-5904	barbara.benoit@canadacouncil.ca	Secretary
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John Jarecsni, 741-9905	jarecsni@hotmail.com	Treasurer
Carrolyn Johnston, 237-5609	carrolynj@magma.ca	Membership
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Daphne Hope	daphne_hope@yahoo.com	Past President
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Councillor Legendre came out to support the Park Clean-up volunteers.

Friends of New Edinburgh Park

By Madelien Lang

The first warm Sunday I walked from the Market back to the Burgh and viewed New Edinburgh Park from the opposite side of the river. What a sight! People were playing tennis and basketball, riding bikes, running, walking and their dogs were having a field day in the off-leash area. It is good to see so many enjoying our park.

Warm weather and increased use of the park brings extra work to keep it clean, well-maintained and beautiful. And then there is always that desire to improve; to make it even more beautiful!

We've had our annual **Park**

Clean-Up on May 12 and by noon that day the park was pristine! Thank you **Councillor Jacques Legendre** for your support and coming out on a Saturday morning! Thank you to all who came out to give us a helping hand, and last, but not least, thank you very much **Cecile Latour** and **David Horley** for organizing this event.

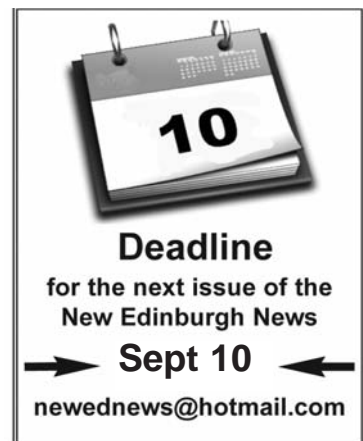
Catherine Canning and her group of volunteers cleaned up the riverbanks of the Rideau River on May 13. Thank you!

The tennis courts were resurfaced and the graffiti was removed from the backboard.

The Anniversary Red Oak tree, which died last year, has been replaced by the City and has been planted. Anyone willing to keep it watered for the first two years?

Plans are underway to turn the **Monarch Meadow** into a wildflower meadow which will attract butterflies, although not specifically the Monarch butterfly. Other suggestions for improvements have already been brought to my attention.

The Friends of the Park would welcome more volunteers, so if you'd like to lend a helping hand with The New Edinburgh Park, please contact me at or phone me at **613-741-8370**. Many hands make light work!



Deadline

for the next issue of the
New Edinburgh News

Sept 10

newednews@hotmail.com

Rideau River Cleanup 2007:

Rollin' Up the River

By Jane Heintzman

This year's Rideau River Cleanup marked a watershed (pardon the pun) in the evolution of this annual event, attracting a record number of volunteers, and expanding the clean up effort well beyond the previous boundary at the Cummings Bridge to as far up river as Hog's Back. The weather on clean up day was idyllic, with bright sun, a clear sky and a light breeze to entice volunteers to the river banks for a morning of painstaking and often mucky work collecting the accumulated garbage and debris of another long winter.

Aside from the glorious weather, which falls into the category of good luck rather than good management, the success of this year's event was largely the result of many months of preparatory work



Photo: Stephen Robinson
Catherine Canning.

and planning by Project Coordinator **Catherine Canning**. Catherine worked tirelessly to broaden the base of volunteers to include other communities and interest groups; to prepare both publicity materials and to secure a wonderful assortment of **Urban Rideau Conservationists'** paraphernalia such as URC T-shirts, cloth shopping bags and mugs.

Catherine has also established a web blog for the Urban Rideau Conservationists, by posting articles on the health of the river and other environmental issues: check it out at <http://urbanrideauconservationists.blogspot.com>. Thank you Catherine; your boundless energy and passion for the Rideau River are truly a winning formula, and we're fortunate indeed to have you leading our team.

This year, for the first time there were *three* Clean Up Day stations along the river. The first, as always, was the Stanley Park Field House where **Andrew Kerr** served as Team Leader, signing in volunteers, dispensing clean up materials, offering tips on the special problem areas on the river banks, providing refreshments to hungry workers and at the end of the morning, handing out URC T-shirts as a reward for our labours and an incentive to return next time. The other Cleanup stations were located beyond the Burgh at the **Rideau Tennis Club** at Donald Street and River Road where Catherine Canning presided as our veteran Team Leader. The **Ottawa Tennis and Lawn Bowling Club** next to Brewer Park in Old Ottawa South, where **Anne Marie Mulligan** was in charge of the cleanup effort, was the third cleanup station.

Thanks to *all* who contributed to the success of this wonderful Cleanup event, whether as organizers, supporters or simply foot soldiers collecting the slimy mélange of Styrofoam, plastic bags and containers, rusty tin and aluminum cans, bottles, broken glass, waterlogged clothing and assorted debris that clogs the shoreline each spring. The list is long, but special thanks go to:

- **Stephen Robinson**, who happens to be Catherine Canning's husband, and was co-opted (we hope willingly!) to play a key role in the organization of Cleanup Day, and who served as one of the photographers at the event among his many other duties;



Photo: Martin Lipman
The 'Green' Team at work.

- **Jay Fitzsimmons** and his recruits from the Green Party of Canada, including the **Green's Deputy Leader David Chernushenko**; **Grant Nichol** and his flotilla of canoeists from the **Rideau Valley Conservation Authority**;
- **Donna Silver**, a longtime

environmental activist and volunteer from Clive Doucet's office who was extremely helpful in recruiting volunteers from Ottawa South;

- **Paul McCann** and **Onno Gaanderse** from the City of Ottawa, who were an invaluable supporter of this year's event, providing both financial



Photo: Grant Nicol
Canoeists from the Rideau Valley Conservationists.

support through their community environmental project grant, and supplies and equipment for the cleanup effort;

- **The Rideau Tennis Club** and the **Ottawa Tennis and Lawn Bowling Club**, who allowed us to use their premises as a venue for two of the Cleanup stations;

- **The Monterey Inn**, which provided drinks and box lunches for 60 volunteers;

- **NECA**, which generously provided the funds to supply refreshments for the event;

- **Catherine Nicholson** from the **Beechwood Chiropractic Clinic**, who assisted in the recruitment of volunteers and took away all the aluminum cans for Habitat for Humanity;
- **Anne Marie Mulligan**, who served as Team Leader in our farthest flung station in the Brewer Park area; and finally

- **Our core group of volunteers** from here in the Burgh who have been faithful supporters of Catherine's efforts to maintain and expand the annual Rideau River Cleanup, including: **Andrew Kerr**, **Gemma Kerr**, **Rick Findlay**, **John Jaresni**, **Cindy Parkanyi** and **Jane Heintzman**.

What a wonderful way to have celebrated Mother's Day: the setting was glorious, the park was green and lush, the river banks were alive with birds (and more than a few dogs), the turtles were basking in the sun, families were enjoying a leisurely stroll and, slimy garbage notwithstanding, it was a blissful morning. Try it next year. You'll feel rejuvenated and so will the river!

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.

Meetings are held on **Mondays** at the Fieldhouse, 193 Stanley. Changes will be posted on bulletin boards at the Fieldhouse and 200 Crichton.

Annual General Meeting
June 18, 2007
7:00 pm

The normal meeting date is the third Monday of every month at **7:30 pm**:

No meeting July & August
September 17, 2007



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From the Desk of...



Mauril Bélanger
Member of Parliament for
Ottawa-Vanier



I thank the New Edinburgh News for the continued opportunity to share federal news and views with constituents of New Edinburgh. Il me fait toujours plaisir de vous écrire par le biais du New Edinburgh News pour vous tenir au courant des récents développements touchant notre communauté.

On the redevelopment plans of the **Rockcliffe Airbase**, the 3rd Public Open House which was scheduled to take place on June 19th is now cancelled. I have been advised that Canada Lands Company will be slowing down its redevelopment plans pending the transfer of the title from the Department of National Defence. It seems that the transfer remains pending in light of outstanding Aboriginal land claims, as reported by a number of media outlets in the past few weeks. I have written to Ministers Vic Toews and Lawrence Cannon asking for a thorough briefing on this matter by their respective departmental officials and I will communicate the findings that are made available to me with all constituents of Ottawa-Vanier.

On a separate matter, a number of rumours have been circulating around the future use of the former **Canada and the World Pavilion** located on Sussex Drive. Neighbouring communities and the New Edinburgh Community Association have raised a number of legitimate points regarding this matter, all of which I have taken note of.

I do agree that this site ought to remain in the public domain

and also agree with the importance of securing public access on a long term basis.

For a number of years, the Chancellery of Honours has been co-located with the Canada School of Public Service (CSPS) on Sussex Drive. For over two years now, CSPS has indicated its growing operational requirement for space – currently occupied by the Chancellery of Honours – and as such, the Office of the Secretary to the Governor General (OSGG) had approached Public Works and Government Services Canada with its accommodation requirements. I have been told that Public Works is exploring a number of proposals to relocate the Chancellery, one such proposal being to move to the former Canada and the World Pavilion.

On the first Saturday of May, I read a story on the front page of the Ottawa Citizen entitled "Rideau Hall says it wants Sussex Pavilion for offices". Hogwash! I am advised of the following by the Secretary of the Governor General, Ms. Sheila-Marie Cook:

Should the Chancellery of Honours be relocated to the Sussex Pavilion, staff offices would be located on the basement level. The first entrance level and the level above it would remain open space, as would the access to the facility itself and the surrounding amenities, including access to the viewing area for the Falls. What would go inside the publicly accessible exhibit space is an exhibition of Canadian Heraldry, including the Order

of Canada as well as the Orders honouring our military, bravery and volunteerism. Also included would be information and displays concerning the armories of Canada, of our municipalities, universities and numerous organisations. On the basis of this information, I believe many will agree that having Canada's Chancellery of Honours on Confederation Boulevard in the Sussex Pavilion is indeed fitting.

Je demeure préoccupé des rumeurs qui circulent autour de l'usage futur du Pavillon Canada-Monde. Malgré les spéculations qui abondent dans le Ottawa Citizen, le bureau de son Excellence la Gouverneure Générale m'a assuré, par le biais d'une copie d'une lettre ouverte au Citizen (que le quotidien n'a pas publié) que la demande d'espace provenant du bureau de la Gouverneure Générale serait en rapport avec une salle/musée pour permettre l'exposition des équipements héraldiques, et non pour besoin de bureaux, tel que le Citizen le suggère. Les bureaux iraient eux, au sous-sol.

Les enjeux soulevés par la communauté de New Edinburgh sont bels et bien légitimes et je partage votre avis que l'usage d'un terrain si précieux devrait demeurer dans le domaine public et que l'accès au public, notamment à long terme, soit assuré. Dans les semaines à venir, j'ai l'intention de suivre cet enjeu de très près tout en vous invitant de partager vos idées et suggestions en communiquant avec mon bureau. Je vous tiendrai au courant de tout développement prochainement.

Sur ce, je vous souhaite un bel été.

On this final note, please accept my warmest wishes for a great summer!

*Mauril Bélanger, P.C.,
MP/C.P., député
Ottawa-Vanier*

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Spring Cleaning

Many people are busy raking, sweeping and gardening and the majority of the tools and supplies for lawn and garden are kept in the garage. Most people leave the garage door open and work in the yard beyond plain view of the garage.

Usually the garage is brimming with all kinds of valuables: bicycles, barbeque, lawn mower, snow blower, garden tools, etc. In some cases the garage is so full of stuff that there is no room for the car.

Police often stop and interview suspects in your community - sometimes right at your driveway. It is very difficult to detain a suspect if there are insufficient grounds to do so. Suspects may very well be released with your property if you haven't taken time to secure it properly and to make it readily identifiable.

Please close and secure your garage door and make your property identifiable by engraving personal identification onto equipment.

On another note, suspects will

often walk by your automobile to get to your garage. If you leave your wallet, purse, camera, ipod, money, leather jacket, Chanel or Oakley sunglasses in plain view in the car, there's a good chance they will stop and check out your car first. A purse in an unoccupied automobile trumps a bicycle in the garage. However, the suspect may choose a good bike to ride away with the booty.

I have witnessed homeowners moving bedding plants from the trunk of the car and leaving the keys in the trunk lock. Would-be thieves usually check the car doors to see if they are unlocked. Bonanza if there are keys right there.

Ottawa Police Service will lend you an engraver to mark your equipment free of charge. The Police Service also offers information on home security; call 613-236-1222 extension 5915 to reserve an engraver, or arrange a Home Security Audit. For more information on Home Security visit us online at www.ottawapolice.ca.

Vice Regal ...

From page 1

lackluster quality of the exhibition. Though Her Excellency's plan to provide a dedicated space for teaching Canadians "more about the marvelous contributions and accomplishments of their fellow citizens" is undoubtedly a very worthy objective, it is not altogether clear that an exhibit of this kind would have the strong public appeal required to be successful on this unique site. NECA hopes to meet with Rideau Hall officials in the coming weeks to find out more about the project and the specific format of the proposed exhibition.

While we are not aware of any other options currently on the table for the Pavilion site - if there are indeed other possibilities under discussion - it would seem that the **Ottawa Art Gallery (OAG)** proposal to use the Pavilion as a permanent home for the Firestone Collection of Canadian Art is not among them. Although supporters of the OAG proposal have continued to press their case with politicians, the NCC, and most recently, with Rideau Hall, and despite the eloquent and forceful representations of such distinguished members of the federal arts

community as **Shirley Thompson**, former Director of the National Gallery and later Chair of the Canada Council for the Arts, the OAG has made little headway, largely due to the insistence of the NCC that the interests of the "federal family" must first be served.

The arrival of newly-minted **NCC Chair Russell Mills** may afford some basis for optimism that the public mood on the issue may actually be taken into account before a final decision is made on the fate of the Pavilion. Mr. Mills has been both a strong supporter of the arts, and a critic of the culture of secrecy which has dogged the NCC in its dealings with the community in recent years, so perhaps there are grounds for hope that an imaginative solution can be found for this incomparable site. NECA is in the process of writing to Mr. Mills to reaffirm the community's position as set out in its previous letter to **Acting Chair Heather Chiasson**, and to underscore our strong and direct interest in ensuring that the Pavilion and its magnificent surrounding site are used to the best possible advantage for the benefit of both residents and visitors on Canada's "Mile of History."

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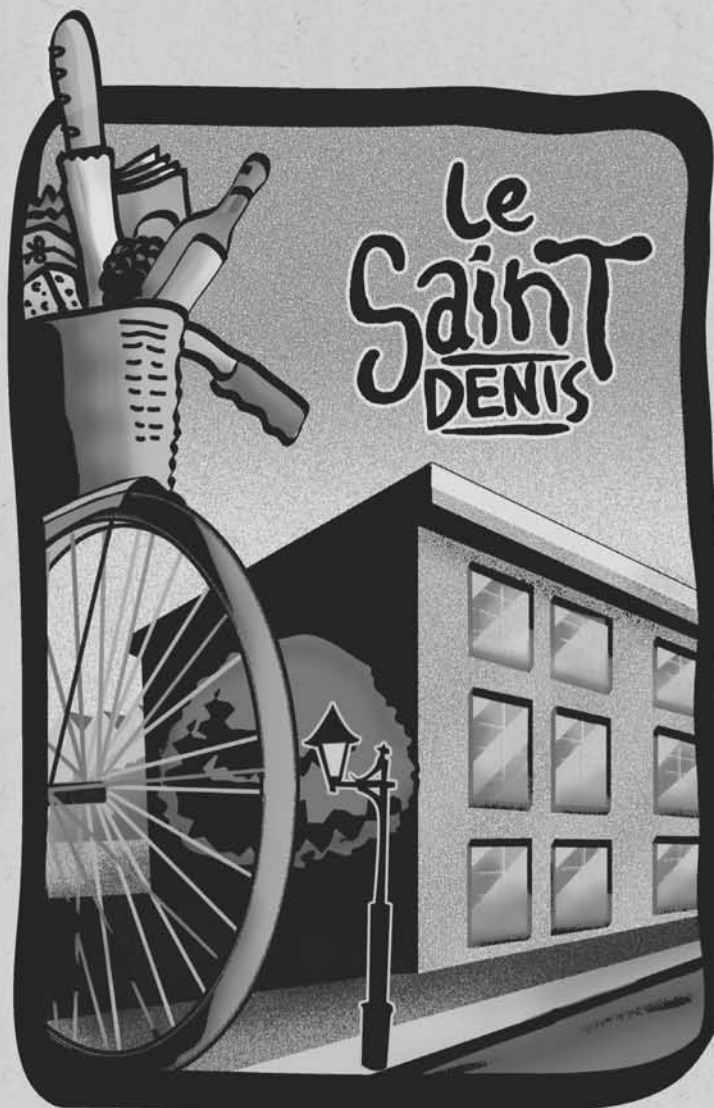
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- STRATFORD FESTIVAL WITH ROBERT GOULD: JULY 10TH-12TH:
- MONTREAL "WEEKEND WITH THE GRANDKIDS" AUGUST 18TH-19TH
- BRIDGE WITH LIZ SCHWARTZ -PANAMA CANAL CRUISE: JANUARY 2008

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A Breath of Fresh Air:

City Council Passes Anti-Idling By-Law

By Jane Heintzman

It will soon be a costly business to sit with your engine running while you wait to collect your kids from school, or to meet a friend or family member. Thanks largely to the persistence of Capital Ward's consistently "green" Councillor, **Clive Doucet** - who brought the motion back to full Council after its initial defeat at the Committee level - the City recently approved a by-law imposing a \$100 fine on vehicles idling for more than three minutes in civilized weather (temperatures between 5 and 27 degrees Celsius, after taking into account wind chill and humidex).

While it's a good first step in the battle to curb vehicle emis-

sions, the restrictions are far from draconian. The by-law doesn't apply if you're at a traffic light, stuck in a traffic jam or (sadly) waiting at a drive-thru or if you happen to



drive an emergency vehicle.

Vehicle emissions are a leading source of smog, air pollution and greenhouse gases, and according to the Ontario

Medical Association, account for several hundred deaths each year here in Ottawa. Many Canadian cities, including Toronto, Montreal, Vancouver, Halifax, Guelph and Markham, already have anti-idling restrictions in place, and here in the humid Ottawa Valley they are long overdue. The by-law will be phased in, beginning in September with a "public education" phase (i.e. warnings), with fines to be imposed starting in 2008. Quite apart from the environmental benefits of the new measures, the recent surge in gas prices has given us all an added incentive to comply. (Let's hope tour buses, OC Transpo buses and chauffeur driven vehicles get the message too!)

Traffic Calming Report

By Julie Sunday

It has been a busy month for traffic calming issues in New Edinburgh. On April 16, some residents of New Edinburgh were present at a rally sponsored by the Lowertown Community Association (LCA). The LCA has recently discovered that the city will no longer include a crosswalk at Cathcart and King Edward in its development plan for King Edward (although this crosswalk was originally promised). Slogans at the rally included "Our community is not an off-ramp" and "Pedestrians not 18 Wheelers" - all of which seemed to aptly describe the current state of King Edward. After waiting out a light on the median at St. Patrick and KE during the rally, I can only emphasize the significant barrier that King Edward and its truck traffic pose for pedestrians and bicycles.

A public meeting was held on April 19 in Rockcliffe to discuss the **traffic circle at Princess Street** and the Rockcliffe Parkway. Construction of the traffic circle will begin in June and be completed by the fall. The city was not yet ready to outline plans for the overall redevelopment of Princess Avenue. Two outstanding considerations, according to the city, are: 1. Should there be lighting or not on this section of road?; and 2. Is a path necessary here? Since this is a popular walking/running route for residents of New Edinburgh, I would encourage residents to contact Councillor Legendre with any suggestions for this redevelopment project.

The Traffic Calming Committee has also been working to prioritize traffic calming measures in our neighbourhood. Currently we are drafting a letter that, once endorsed by NECA, would be put on file with the city to identify the most pressing issues and serve as an update of the

1997 Traffic Calming Study. While many of the measures suggested in the 1997 Traffic Calming Study remain valid, there are also a number of new pressures on the neighborhood that require a response. Namely, there is currently a much higher concentration of traffic - a situation that will only become more pronounced with the proposed and ongoing developments such as at 100 Landry (773 units) and the Rockcliffe Park Base (4500 units). We can anticipate a total of over 5000 new residences in the area with over 800 either in or within a kilometer of New Edinburgh. Additionally, the ongoing construction at King Edward has created a situation where Quebec-bound traffic has increased its use of the neighborhood (in particular, Crichton Street, Stanley Ave. and MacKay) as a corridor during rush hour.

Given these new pressures, the Traffic Calming Committee has identified four priority actions for the neighbourhood and would encourage feedback from the community. These priorities are in line with the principles endorsed by NECA to prioritize pedestrians and bicycles over cars in New Edinburgh.

- Neighborhood-wide 40 km/hour speed limits
- A stop sign at Keefer St on Crichton St.
- A speed hump and cross walk in front of the park at Stanley Ave
- A 'no-straight through' sign between 3:00PM and 6:30PM, where Vanier Parkway turns into Crichton at Beechwood.

It is hoped that these priorities will alleviate and perhaps deter some of the through traffic so that the neighbourhood can remain safe and enjoyable for pedestrians and cyclists.



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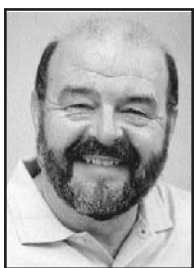
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Ottawa City Councillor Jacques Legendre Reports

The City of Ottawa's TREE Program

The budget passed by Council this year contained resources to start on this initiative. The City of Ottawa's Environmental Strategy goal to be a *Green and Environmentally Sensitive City* is supported by the Tree, Reforestation and **Environmental Enhancement (TREE) Program**. The TREE program aims to enhance the City of Ottawa's urban and rural forests through the planting of 100,000 trees over four years and to ensure that the City of Ottawa's tree planting initiatives are among the top rated urban forestry programs in North America.

The City of Ottawa's TREE Program responds to the United Nations Environment Programme (UNEP) 'Plant for the Planet - Plant a Billion Trees'. This program is a global call for individuals, businesses, corporations, not-for-profit organizations, and governments from around the world to join together and plant trees for the environment. Every tree planted through the TREE program will form Ottawa's contribution to the 'Plant for the Planet - Plant a Billion Trees' campaign and demonstrate local action toward global change. This commitment has been the catalyst for the development of strong partnerships with the community to build awareness about the value and role of trees, build community action to plant trees, and create healthier living spaces.

Implementation of the TREE Program

The TREE Program supports a green and environmentally sensitive City through a multi-level approach to tree planting. Individual residents, community groups and the City itself will be engaged in the common goal to grow a greener tomorrow.

TREES for Tomorrow - Individuals making a difference!

The City of Ottawa will assist residents to green their corner of the city by distributing a tree to individuals for planting on their own property. The first residential tree distribution will take place in the fall of 2007 through a central distribution site.

Residents will be asked to pick up their potted tree at the site on a predetermined date. Due to restrictions in tree availability this distribution will be smaller in scope than later distributions.

TREE Program Community Grants-Communities working together!

This initiative strengthens the connection between the community and their environment by assisting and encouraging community groups to participate in tree planting activities in schoolyards, parks and other green spaces.

TREE Enhancements (Parks and Streetscapes)-Doing our part!

The City of Ottawa in partnership with local community groups will contribute to the planting of trees through the identification of appropriate planting locations within local parks and along City streets.

TREE Outreach-Guidance and leadership!

The City of Ottawa will target rural landowners and assist them in protecting and managing their forested properties as well as identify tree-planting opportunities throughout rural areas.

Council has passed an 'Idling Bylaw'

The purpose of the Idling Control By-law is to protect the environment and public health by reducing greenhouse gas emissions, smog and certain air contaminants. This by-law would contribute to achieving the City's 20 per cent reduction target of greenhouse gas emissions within the community by 2012. This target was previously approved by Council in the Air Quality and Climate Change Management Plan.

The by-law aims at reducing unnecessary idling and provides that no person shall cause or permit a vehicle to idle for more than three consecutive minutes. The by-law would not apply to occupied vehicles however, when the temperature outside the vehicle is greater than twenty-seven degrees Celsius (27°C) including the humidex calculation or less than five degrees Celsius (5°C) including the wind-chill value as determined

by the Environment Canada temperature readings. The proposed by-law will allow for exemptions for specific vehicles and under certain situations.

The Ottawa Public Health Department, the City's Fleet Services Branch and the Environmental Advisory Committee were all consulted and all supported the proposed Idling By-law.

The Environmental Sustainability Division of the Planning, Transit and the Environment Department has had an ongoing outreach program on Idling since 2003. It has reached over 15 schools, distributed over 30,000 brochures to the community and mounted over 600 no-idling signs at community centres, arenas, libraries, and Client Service Centres.

A motion was required at Council since Planning Committee had deadlocked on the issue. I was pleased to second the motion brought forward by Clive Doucet. I felt that it was time that we took some stronger measures to encourage people to change habits; habits formed when energy was cheap and the effects of our aggressive use of fossil fuels on the atmosphere we all breathe were not appreciated. Quite apart from the effects on our health (which

ought to be sufficient to take some exemplary action), I believed that the waste of a precious non-renewable resource should be curbed. All it takes is a little thought and to actually 'switch off' the ignition. It does not seem like a very difficult thing to do. The motion passed 12 to 8 (4 Councillors were absent when the vote was called).

At last - A new residential composting program to start in 2008

Finally, the voluntary pilot program that has operated in Manor Park and New Edinburgh for some time will now be implemented Citywide. City Council approved the next step towards implementing a residential curbside organics collection program to begin by fall 2008. Under this new program, residents will be able to compost over 100,000 tonnes annually of kitchen scraps and other organic materials that are currently disposed of in local landfills. This will be a significant step toward Ottawa meeting the 60% waste diversion target established by the Ontario government.

This program lets residents put fruit and vegetable peelings, food scraps, meat, bones, egg shells, vegetable oil, paper towels and napkins, waxed and/or soiled corrugated con-

tainers, wood shavings and yard waste into a different container than the normal garbage can or recycling boxes.

City staff will review proposals from potential private-sector partners to bring forward a report by fall 2007 for Council's consideration on the preferred partner, with full details about the new program.

A new city-wide Give-Away Day

Council approved a citywide Give-Away Day to be held on a Saturday in mid to late June, with a rain date on the Sunday. This new one-day program lets residents place their unwanted household goods at the curb for their neighbours to pick-up for free. The intent of the program is to help residents reuse household items that otherwise might end up in local landfills.

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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Dans le parc Stanley... des humains et des chiens

L'artiste **Hélène Lefebvre** poursuit son projet du printemps et de l'été.

«L'attachement des humains pour les chiens me semble de plus en plus manifeste par les

temps qui courent» elle a dit. «Dans les rues et les parcs, je constate que des gens de tous les milieux, de toutes générations et origines culturelles ont adopté le chien comme compagnon dans leur quotidien. Qu'est-ce qui motive cet attachement?»

Pour éclairer son questionnement, elle compte s'infiltrer dans des parcs et suivre de plus près le cérémonial des promenades maîtres et chiens. Accompagnée de grands personnages rembourrés, Hélène prévoit attirer l'attention pour susciter des rencontres, des témoignages, des paroles, des jappements, des actions qui viendront étoffer le scénario de son vidéo.

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Young People Today Have Most at Stake, Says Suzuki at Ashbury College Lecture

By Jennifer Lee

World renowned geneticist and broadcaster David Suzuki shared his concerns about the state of the environment and its impact on children and youth during the Ashbury College Lecture Series on April 18, 2007.

Speaking to a room full of students, parents, teachers and community members at the international baccalaureate school in Rockcliffe, Suzuki addressed concerns about current hyper-consumption patterns. "We have an enormous ecological footprint," said Suzuki. "We received the planet from our ancestors and we should pass it along in the same condition it was in when we received it. We have not been doing that."

Suzuki said his parents were his heroes while growing up. He recalls catching Sturgeon or Halibut along the Fraser River with his father. Before his father passed away at 85, "he thought about family, what we did together. He never said 'remember when I bought this car... or remember when I bought that...' he never recalled what he consumed." After his father passed away, Suzuki remembers cleaning his father's house and coming across a closet that he thought contained a broom or tools. But when he opened the door, a pillar of plastic bags showered over him. "My father wouldn't throw anything away."

With our growing economy,



Photo: Jennifer Lee
Guest lecturer Dr. Suzuki signs his autobiography at Ashbury College. Suzuki has published over 30 books to date.

"we all love to shop," said Suzuki. Yet, we forget that everything we do has repercussions. "When we buy a shirt, we don't ask where this cotton came from. We should ask if the cotton is organic. We farm salmon but do we ever ask where our salmon comes from?"

While he was host of the children's show *The Nature Connection*, Suzuki led a group of children to discover

different aspects of the environment and how they are connected to nature. "Some children had no idea where electricity comes from."

With toxins in our water and soil, Suzuki said that this future generation will not know what it is like to fish in the Fraser River. He was lucky to have had the chance to take Severn, his daughter, fishing in the river ten or even fifteen years ago, a chance he would

not take today.

"Young people today have the most at stake," said Suzuki. "They bring forth idealism, energy and ideas." The environment was at the top of the list in 1988. "If we reduced carbon dioxide emissions by 20 percent below 1988 levels in 15 years, we would have been beyond the Kyoto target," said Suzuki. "Yet we failed to look ahead. As parents this may not affect you, but it will affect your children."

The Ashbury College Lecture Series was held in conjunction with the school's International Day. "Ashbury College is one of the most diverse schools in Canada," said Director of Communications Jana Rand. "We have over 30 countries represented." As part of International Day festivities, students dressed in their traditional attire and shared dishes from their homeland during a "multi-cultural food fair". Daytime guest Elizabeth May, leader of the Green Party of Canada, spoke to students in the morning. Both Suzuki and May joined in the day's activities to meet the students and taste the many samples at the food fair.

Now in its second year, the lecture series is an annual spring event open to the public. "The school wanted to initiate an event that is both inspiring to students and educational to the community-at-large," said Rand. Ashbury College will be hosting its annual live "Let's Debate It" this fall.

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

June 2007

Victoria Salon and Spa

We wish a warm welcome to **Victoria Stoica** and her new business **Victoria Salon and Spa** which opened its doors at **82 Beechwood Avenue** (the former home of La Boulangerie du Village) in early March. Victoria has been in the esthetics business for ten years, and worked most recently in a salon on St. Laurent Boulevard at Montreal Road, from which she has brought many of her former clients. Having heard glowing reports about the New Edinburgh area, she moved swiftly to take over the premises at 82 Beechwood when the patisserie closed down late last year, and has transformed the space into an attractive hair salon on the main floor, with two esthetics treatment rooms downstairs on the basement level.

Victoria's offers the full salon menu of hair styling, manicure, pedicure, facial and waxing services, and as gesture of welcome to new clients in the community, is offering a 10% discount on esthetics services throughout the month of June. Victoria is herself both a hair stylist and an esthetician, and works at the spa with fellow hair dresser **Terry**



Photo: Peter Glasgow
Victoria Stoica of Victoria Salon and Spa.

Dageon. The salon is open five days a week from 9:00 am, Tuesday through Saturday, so drop in and enjoy a restful, beautifying session before you tackle your chores on Beechwood. For pet owners, the location couldn't be better: You can coordinate your own "grooming" session with that of your pooch at our neighbourhood grooming establishment, **Your Pet Palace**, just two doors away!

Ambiente

We are delighted to welcome **Michael Guy** and his popular neighbourhood restaurant **Ambiente** to our roster of advertisers this month. Since opening its doors a year and half ago, Ambiente has established a reputation for excellence throughout the City, and according to Michael, has built up a solid base of regular customers from our community. In the interim since its early days, Ambiente has added

lunch service to its regular agenda (Tuesday to Saturday from 11:30 am to 2:00 pm), and is open for the dining crowd from 5:30 pm to 10:00 pm, Tuesday through Saturday. If you're planning a special event for over 20 people, give Michael a call at 613-744-6509 to enquire about reserving the restaurant for the occasion.

With the arrival of our long-awaited summer, the cuisine at Ambiente will increasingly reflect the riches of the Ottawa valley's local produce, and no doubt by the time this publication reaches readers in June, the outdoor patio business will be in full swing. In response to popular demand, Michael has introduced two new features at the restaurant: a **Bar Menu** for those who enjoy a leisurely glass of wine and a light snack at the end of a busy day, and an **Fixed Price Menu** for diners getting an early start on the evening between 5:30 and 6:00 pm. Needless to say, the Bar Menu is anything but your



Photo: Peter Glasgow
Michael Guy, chef and owner of Ambiente.

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standard pub fare, but rather includes such Ambiente delicacies as seared scallop and braised pork belly; artichoke fritters; chickpea panisse with spiced ketchup; Yukon gold potato gnocchi; and bresaola (air dried beef) with Bryson's organic arugula, all within a reasonable price range of \$3 to \$8. We wish Michael and his team at Ambiente a wonderful summer season.

Bryson Farms

Ambiente is just one of the fine restaurants and dining establishments in Ottawa that feature the incomparable produce of **Bryson Farms**, a thriving family-based operation just north of Shawville which has been in the business of supplying high quality, fresh, certified organic produce to residential clients and commercial customers throughout the region for many years.

As most of readers are aware from our previous reports about Bryson's, which has been a regular seasonal advertiser in the News for several years, the Bryson's harvest is a far cry from the standard fare at the supermarket of woody carrots, tasteless tomatoes and insipid lettuce.. The harvest box, received each week by it's home delivery clients, is picked at the farm the day before delivery, and includes an endless variety of organic veggies, most of which are grown from heirloom/heritage and organic seed. Bryson's now produces over 2000 varieties of heirloom vegetables, including 200 kinds of tomatoes, over a hundred varieties of baby-leaf salad greens, and carrots in all colours of the rainbow from orange to yellow, white, red and purple.

With the recent rapid growth in demand for certified organic and locally-grown products, Bryson's has truly come into its own, as new requests for home delivery pile up on a daily basis. **Delivery day is Tuesday for our area, including New Edinburgh,**



Bryson Collins at the Parkdale Market.

Rockcliffe Park, Manor Park and Vanier, while the Friday run covers a broad swath from Centretown and most of the west of Ottawa to Aylmer and Gatineau on the Quebec side of the river.

Stuart Collins reports that Bryson's is on the point of launching a third delivery day in the Kanata area which, in summertime at least, can be readily accessed from the farm via the Quyon ferry. Such is the enthusiasm of their regular clients, that when Stuart and company mentioned the possible expansion to Kanata, the grapevine swung in action and requests from close to 150 prospective Kanata clients materialized without a word of advertising!

Bryson's is particularly proud of the "all green" régime of containers for its produce this year. All the packaging materials used in the preparation of home and commercial deliveries are recyclable or biodegradable, and the farm is producing its own line of terry cloth bags for produce which can be washed and returned each week.

While the familiar, colourful Bryson's booth will be back at the **Parkdale Market** each weekend from August 4 through October, they will not

be returning to the Lansdowne Park market launched last year, largely because they found the restrictive web of rules and regulations governing sellers at the market to be unnecessarily burdensome, especially given the other pressures on their time and energies through the summer months.

Also on the horizon this year is a major expansion of Bryson's greenhouse facilities which are the mainstay of its year round operation, and a modest increase in the acreage planted this summer, which will increase from 55 to 70 acres. Not surprisingly, given the labour-intensive nature of organic agriculture, Bryson's summer crew will balloon to close to 60 employees, including 14 summer students, notably **Stuart's** offspring **Katie** and **Bryson** who are now seasoned veterans of the family operation.

Readers who are interested in joining the Bryson's home delivery "family" can check out their website at www.brysonfarms.com or give them a call at **819-647-3456**.

New Edinburgh Pub: Calling All Golfers!

Owner **Paul Williams** reports that this year's **Charity Golf Tournament** in support of the Juvenile Diabetes Foundation will be held at the Pineview Golf Club, 1471 Blair Road in Gloucester, on **Sunday, July**



Photo: Peter Glasgow

Puzzle Planet: Is there a puzzle in your future? Remember, lazy cottage days are coming up fast!

22, beginning at **9:00 am**. You can register at the Pub starting in June, so sign up now for a chance to challenge defending champion **Frank Tonin** who wields a mean driver when he isn't behind the counter at the **New Edinburgh Guardian Pharmacy**.

Also on the Pub's agenda this summer is the annual **Lobster Fest** which will run from June 11 to Father's Day on June 17. If all goes as planned, the Pub's new street level outdoor patio on the Crichton Street side may be in operation by then, though Paul reports that the process of receiving all the necessary approvals from the City has been glacially slow. Happy summer to all at the Pub!

Puzzle Planet/Gourmet Canada

In a recent issue of the News, we introduced readers to premier dessert-maker **Bill Ross** and his new dessert and prepared foods emporium **Da Bombe** at 176 Beechwood, where Bill's kitchen and tempting counters now occupy a portion of the former **Gourmet Canada** premises. While **Gourmet Canada** has remained in operation in the other half of the store, in the interval since Bill's arrival, it has morphed into **Puzzle Planet** as owner **Sylvie Lauzon** gradually converted her shop into a haven of puzzles, games and brain teasers of all descriptions, winnowing

Continued on page 12

NEW EDINBURGH

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Continued from page 11

down the gourmet products to a much smaller selection.

If you haven't already dropped in to Puzzle Planet, it is well worth a visit, particularly if you happen to have a taste for a challenging jig saw puzzle, and/or in readiness for some younger members of your household who may need to be entertained on rainy days at the cottage. For the jig saw aficionado, there are puzzles for all ages, interests and abilities, ranging from simple puzzles with large, easily manageable pieces for very young children, to massive 18,000

piece puzzles for those with the energy, patience and sheer willpower to take on a longer-term challenge. Sylvie has also introduced a selection of puzzles for those with visual impairment or physical disabilities, so there is quite literally something for everyone at Puzzle Planet.

Art lovers will find a wealth of possibilities to create in their own living rooms, including classic works by da Vinci, Van Gogh, Monet and several Canadian artists. For the military historians in the crowd (my youngest son among them), there is also a War

NEW EDINBURGH NEWS

Series, including an ambitious depiction of the American Civil War. For those who crave an especially mind-bending challenge, there are impossibly difficult puzzle images of a densely scribbled page of sheet music, a pile of coloured toothpicks and a densely packed collection of shells.

If you're confronted with a stretch of rainy days as the summer unfolds, you might be wise to pick up a **3-D puzzle** and set your children or cottage guests the task of building the CN Tower, Big Ben or Elvis' inimitable Graceland. And for those inevitable moments when your household needs a break from the jig saw, Puzzle Planet also has an interesting selection of Brain Teaser puzzles and games such as checkers, Chinese checkers, cribbage and yahtzee to complete your rainy day emergency repertoire.

The store is open from 11:00 am to 6:00 pm from Tuesday to Friday, from 11:00 am. to 5:00 pm on Saturday, and from 12:00 pm to 4:00 pm on Sunday, so drop in and ask sales rep **Amy Desjardins** for some advice on making the best puzzle selections for your household.

Nature's Care

Since 1991, **Nature's Care** natural health products has served the community from its New Edinburgh location at 64



Photo: Peter Glasgow

Nature's Care: A hidden gem near the Seven Eleven.

Beechwood, nestled in the corner of what most of us refer to as the **Seven Eleven Mall** next to **Berry's Pet Foods**. For much of that time, its new owner **Muna-Alzaydi** has worked in the store, assisting clients with the sometimes daunting process of making a judicious choice from the vast array of products available to relieve our aches and pains, and enhance our general health. Several months ago, Muna and her husband took over the store, and she is currently working hard to make further improvements in the range of products available, thereby enhancing the profile of Nature's Care in our community, where, astonishingly enough, Muna continues to encounter long-time residents of the area who were previously unaware of its existence

here in our midst.

Muna is well-equipped for her chosen profession. She has a Masters Degree in Clinical Biology from the University of Baghdad, a Diploma in Natural Health Consulting and specialized training in Digestive Care. Even prior to her formal training, Muna had an extensive background in herbal and natural health products through her father's business in their native Iraq, where he and Muna's brother operated a store comparable to Nature's Care, but specialized in the sale of bulk medicinal herbs.

Muna applies her background in these areas to the assessment of potential products for the store, carefully analyzing where the substances in question come from, how they are extracted and what evidence exists to support

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- ★ This offer cannot be combined with any other offers in the store. ★

64 Beechwood Avenue
Tel: 613-741-1572

New Management

their claims to be effective. She is a regular reader of the New England Journal of Medicine and other medical journals, and several times each year, she attends trade shows to review the latest crop of natural health products coming on to the market.

Many of the products on the shelves at Nature's Care have been introduced at the specific request of clients, but once again, only after their quality and effectiveness have been established to Muna's satisfaction. Her leading sellers at the moment include the multi-purpose Vitamins C and E, and supplements to deal with arthritis, digestive problems, anemia, prostate health, weight loss. Body builders in the community will also be pleased to discover that Nature's Care also offers a complete line of sports supplements to support their training régimes.

As a regular client of Nature's Care for many years and a seasoned comparative shopper in the realm of natural health products (readers who are or have been clients of Dr. Eddie Beltran at Blair Animal Hospital will share this expertise!), I have found that the prices at the store are among the lowest in town, and Muna is aiming to keep it that way. Any new product at Nature's Care is put on Special for at least an introductory period, if

not indefinitely, and all the products in the store are periodically marked down in price on a rotating basis.

So if by any chance Nature Care's discreet store front in the Seven Eleven Mall has escaped your notice to date, be sure to bear it in mind when you are next in the market for natural health products, and drop in for some helpful advice and assistance from Muna. Best of luck as the new owner, Muna, and our thanks for your help over the years.

Evropa Holistic Beauty and Massage Studio-Spa: A New Detoxification Régime

With the growing recognition of the heavy toxic load to which we are continuously exposed as result of the chemicals, heavy metals, pesticide residues and other toxins in our food, water, air, clothing and surroundings, a wide range of detoxification therapies have been introduced to lighten that load, and reduce the related strain on our kidneys and liver. **Elena Egorova**, owner operator of **Evropa Holistic Beauty and Massage Studio** nearby in the market at **336 Cumberland Street** now offers a full complement of **Detox therapies**, notably the Ion Detoxification Foot Bath; Infrared Sauna and Lymphatic Drainage.

The Ion cleansing foot bath is a hydrotherapy device which



Elena Egorova of Evropa Holistic Beauty and Massage Studio.

produces a bio-electric charge that vibrates throughout the water in the foot bath, creating negative ions like those occurring in naturally-charged water sources such as the legendary healing hot springs. The intended effect of the procedure is to purge the body of its accumulated toxins and heavy metals, and indeed, many of these residues are identifiable by "colour-coding" in the water after the bath. Check out Elena's website for more details on how the procedure works, and its potential benefits: www.evropaholistic.com.

The most widely used detoxification therapy currently on the market is the infrared sauna. Unlike the traditional Finnish sauna which produces steam heat, the infrared sauna emits infrared radiant heat which reportedly helps to dis-

lodge toxic residue in body cells and eliminate the toxins through the skin via sweating. It has the added benefit of promoting circulation and frequently relieving certain types of chronic pain. Lymphatic drainage is a third technique for lightening the toxic load by helping to remove blockages in the lymphatic system using a combination of special equipment and manual therapy. For more information, give Elena a call at **613-562-3882**, or drop in to the studio when you're next in the market area. If detox isn't on your agenda, Evropa offers a wide range of alternatives from massage therapy to acupuncture, cranio-sacral therapy, homeopathy, skin care services and products, and slimming and anti-aging treatments.

Rideau Tennis Club

With the long-awaited arrival of the warm weather, the tennis enthusiasts among our readers will no doubt have been active on the courts in recent weeks, many of them at the nearby **Rideau Tennis Club** at **1 Donald Street**, where both Junior and Adult programmes have been in full swing since early May. Non-members who are interested in visiting the club and looking over the facilities may want to drop by on the evening of Thursday, June 14 when the RTC will host the **Ontario Tennis Association**

Tennis Fair. The Fair is open to the public and for a modest entry fee, you can participate in some tennis drills, try out the latest rackets and come away with a free T-shirt. While you're there, if you catch the tennis bug, you can investigate the costs of Summer, Full Year and Social memberships for non-playing family members.

Summer Fun Camp at the RTC

An important fixture at the RTC for many years has been the **Summer Fun Day Camps** for kids from 6 to 13 years old, which offer an attractive and healthy alternative to the unending hours of computer and video games, television, and DVD's which might otherwise consume their leisure time. The camps run throughout July and August from 9:00 am to 4:00 pm from Monday through Friday, with free pre- and post-camp supervision from 8:30-9:00 am and from 4:00-5:00 pm. The cost of a five day session is \$195 per child.

Four hours of each day are spent on the courts developing tennis skills through drills and match play, and for a change of pace, there is a range of other activities including soccer, baseball, ultimate Frisbee and capture the flag. Needless to say, at least an hour of each

Continued on page 14

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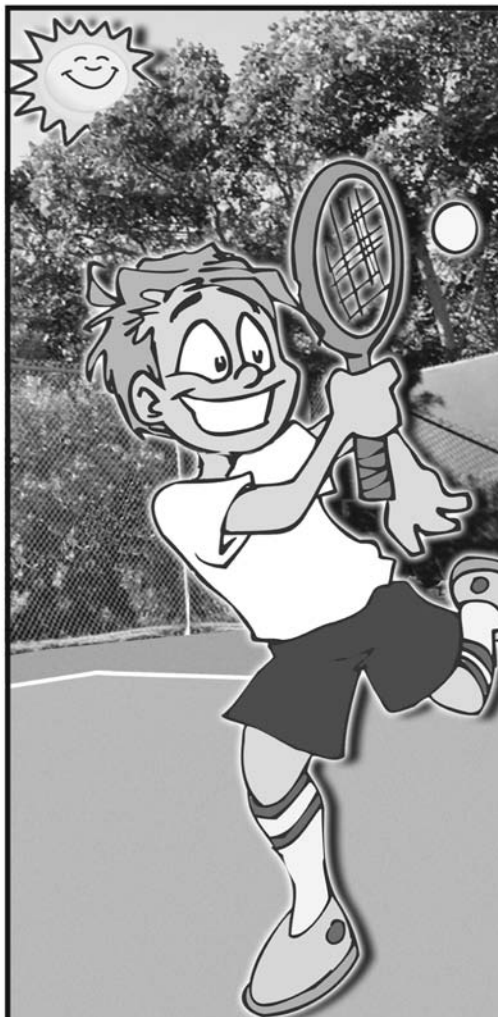
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The Rideau Tennis Fun Camp is a stimulating, fun oriented, and action packed week for juniors (ages 6 to 13 years) looking to improve their tennis skills!!

Instructors will spend 4 hours per day on court teaching and developing tennis skills using drills and tournament match play in a positive environment. Campers will also enjoy soccer, basketball, ultimate Frisbee, capture the flag, and a cool-off in the outdoor pool for at least 1 hour a day.

For further information; contact the Member Services staff at 613-749-6126 or visit the club's website at www.rideautennisclub.com

www.rideautennisclub.com

One Donald Street, Ottawa, ON K1K 4E6 613-749-6126

Continued from page 13

day is devoted to cooling off in the **Rideau Club pool**. So if you'd like to keep your little sprites physically active and pleasantly occupied for a week or two this summer while you soldier on at work, give the Rideau Club a call at **613-749-6126** and get all the details.

Rockcliffe Landscaping

Welcome back to our seasonal advertisers at **Rockcliffe Landscaping**, a long-established local property maintenance and landscape design & installation business operated by the **Arnold brothers, Mark and David**. As many readers are aware, the Arnolds added a **Garden Design Centre and Nursery** to their repertoire in 2003, and the Centre is now in full swing as summer approaches. If you haven't yet paid them a visit, the Centre is at **5495 Canotek Road** and in addition to its excellent supply of plant materials, it features show gardens with arbours, vines and trellises; garden ornaments; ponds and assorted other garden design ideas to give you inspiration for the coming season. (The most direct route to the Centre is Montreal Road east to Shefford; left at Shefford; first right on to Canotek and follow the road to 5495.)

The Arnolds have recently updated their website at www.rockcliffelandscaping.com to include more details about the services and products they offer, as well as useful information for the aspiring gardener. You can sign up on line for their monthly newsletter which addresses gardening issues under three subject headings:

Plant of the month, which offers detailed background on specific plants suitable for our growing area, including plant-

ing time, exposure, soil type and watering requirements (the narcissus and the primula were the picks for March and April);

Growing your mind, a section which covers a broad range of garden design ideas, from tips on how to create a "Garden Room" or outdoor living space, to planting a child's garden with a "fortress of sunflowers", or a "tunnel of sweet peas and scarlet runner beans for hide and seek";

Maintaining your sanity, a category which, as the title implies, is devoted to assisting you with the routine maintenance chores that are the price to be paid for having a garden, chores such as looking after your lawn (March), and Pruning 101 (April).

Later in the summer, Rockcliffe Landscaping will offer a series of seminars on gardening topics, including *Xeriscaping*, *water preserving gardening* on August 4; *Organic Gardening* on August 25 and *Designing with Oriental Grasses* on September 8. Interested readers can check the website for details or call **Adèle** at the Centre at **613-749-9585**.

If you happen to be in the market for landscaping work this summer, Rockcliffe Landscaping is still available to take on new jobs, though you might be well-advised to get your bid in early to avoid any delay in your project as their schedule fills up. And if you are also engaged in a full scale home renovation, Mark urges that you plan the landscaping job in tandem with the work on your house rather than in sequence, as there are frequently issues relating to grading or access points such as doors and windows that need to be coordinated to avoid headaches and additional

expense.

ADA Dog Training/PhotoAnne: Sit! Stay! And Say "Cheese"!

Many of our pet-loving readers may have noticed the arresting ad in the April edition of the News from new advertiser, **Anne Girard**, owner/operator of both **ADA Dog Training** and **PhotoAnne**. Anne launched her private dog training service 13 years ago in 1994, when she elected to move on from her previous career in the federal public service, to pursue her life-long interest in animals in general, and dogs in particular.

In the interim since then, she has built up a healthy client base throughout the region, including many in our area with whom she works regularly on off-leash training in Stanley Park.

Anne's choice of a private, one-on-one approach to training, based in the client's own home environment, springs from her conviction that both the owner and the dog have distinctive and often complex characteristics, temperaments and attitudes which need to be taken into account when developing an effective training programme, and in establishing the kind of healthy, loving and sustainable relationship that dog and owner alike deserve. In Anne's view, group classes, whatever their merits, simply don't afford sufficient time for an instructor to adequately assess the requirements of a specific dog/owner duo, and design a training régime accordingly. As any long time dog owner knows all too well, one size just does not fit all when it comes to training your canine companion!

Anne's training "package", which is a minimum of eight



Anne Girard and friends.

weeks and may extend to as many as twelve weeks for dogs who take longer to learn the ropes of reliable recall (can't think of any myself...!), begins with an introductory session in which she familiarizes herself with the specific dog and owner, as well as the family environment including the client's expectations of the training programme. For the first 4 to 5 weeks, she focuses on on-leash instruction, including the basic commands of sit, down/stay, and come, and yes, there's Homework for the client and dog in the form of regular practice of these routines.

The final weeks of the course are devoted to off-leash work in the local park, with special emphasis on reliable recall, an essential and all-too-rare attribute in the canine population, no doubt because most of us (myself included) have neither the skill nor the patience to achieve this degree of control. If the dog in question has particularly powerful prey drive or herding instinct, reliable recall may take considerably longer to achieve, but as Anne charges a flat fee for the package (\$250), there's no extra charge for a slow learner.

Contrary to the old adage, it is Anne's view that you can in fact teach an old dog new tricks, and, while she recommends starting early whenever possible, she has successfully dealt with canine seniors as old as 10 or 11. Nor is she a fan of the treat- and clicker-oriented training régimes that have gained currency in recent years. Whatever the merits of this approach, Anne's experience suggests that it is largely ineffective with more dominant or aggressive dogs where the basic requirement is to firmly and consistently establish the owner as leader of the pack.

Anne's classes are offered on Tuesday, Wednesday, Thursday and Saturday each

week, beginning as early as 6:30 a.m. to accommodate work schedules, with the last client of the day at 5:00 p.m. She also offers dog walking and dog sitting services, and has looked after some canine clients in her home for more than a month at a stretch. And, as her advertisement indicates, she is also a professional photographer specializing in pet portraits, and will capture your pooch in his or her full glory and charm. Interestingly enough, Anne was motivated to develop this side of her business by her observations in the homes of many of her dog training clients, where the majority of the pet portraits fell far short of the standards of photos of the human family. Interested readers can check her website at www.photoanne.com to view samples of her work, and if you're in the market for her training services as well, visit www.adadogtraining.com for a detailed description of her approach and her services. Welcome to the News, Anne, and best of luck with our community's large and much-loved canine population!

Burgh Business Bits

Epicuria Co-owner Heather MacLachlan reports that **Epicuria's** catering business continues to grow by leaps and bounds, and in the Mackay Street store, clients can look forward to a significant expansion of Epicuria's own product line of sweet and spicy condiments such as jams, jellies, chutneys, sauces and relishes. The store has recently done some restructuring at the management level, and has created the position of Brand Manager, who will take charge of developing the growing range of Epicuria-brand products, as well as ensure that sales staff are thoroughly knowledgeable about the wealth of prepared foods available for take out.

Pet Valu

Hats off to **Julie Grant** and her team at **Pet Valu** at 170 Beechwood, who recently hosted their second annual spring fundraiser for **Friends of Abandoned Pets (FOAP)**, a non-profit, all volunteer organization dedicated to caring for abandoned cats and dogs in the area. Many of the participants who dropped by with their four-legged companions to make a donation or contribute second hand pet supply items to FOAP received gift bags and free pet food samples, a bonus which has undoubtedly added to the store's allure as a mecca for the canine community.

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- Full Property Maintenance



5495 Canotek Rd, Ottawa **613-749-9585**
www.rockcliffelandscaping.com



By Michael Histed

Summer is a time to relax and enjoy the weather?

Looking outside during a blustery cold day in May, it does not seem like summer is just around the corner. But those hot, hazy days are coming and we can finally break out of those winter blues, open those closed windows, get the bikes out of the garage, and mow the lawn. We can also start planning for those long summer vacations and weekends at the cottage.

Open doors, unlocked garages and long periods away from home also leave us vulnerable to the criminal mind waiting for that moment of opportunity. Crime statistics for break and enter and property thefts tend to increase during the summer months. In particular we see an increase in stolen bicycles, stolen items from garages, and break-ins through unsecured doors and windows, especially after 11:00 pm.

What is so special about 11:00 pm? New Edinburgh is an easy walk from downtown, so once the pubs close, criminals are searching for an easy way to make some money for drugs or alcohol. Typically we are not looking at hardened burglars, but rather young people under the age of 30 who need quick extra cash. They will be in and out of your house in minutes with goods that can be easily sold.

What are they looking for? An easy opportunity, like an unlocked door, open window or open garage. They want items that are easy to exchange

for cash (bikes, silver, cash itself). To date, these break-ins have typically not been destructive or abusive, however it is still a traumatic event to feel that your own home and privacy have been violated.

Knowing our vulnerabilities allows us to take steps to minimize the risk. You can take advantage of the free home security assessment by the Ottawa Police. It is a phone call away.

Rockcliffe Park Police Centre, 360 Springfield Road
Tel: 613-236-1222, ext. 5915



In the meantime we can take a few simple steps ourselves to help protect our families and property:

- Keep garage doors locked at all times.
- Keep your downstairs windows locked when you are away from the house or when you go to bed at night.
- Tell a trusted neighbour when you go on vacation. Alternatively hire a security service to look after your home.
- Place lights on timers when you are away.
- Make sure you cancel your newspapers when on vacation. Most newspapers offer an easy vacation stop option.
- Do not leave your bike unattended.
- Be vigilant in the park. It

may be nice and warm, but you should not walk alone after dark in the park.

- If you are walking at night, tell someone where you are going and when you expect to be back.

Lastly, remember those numbers to call in case of an emergency:

For a crime in progress call

911

To report an incident call
613-236-1222

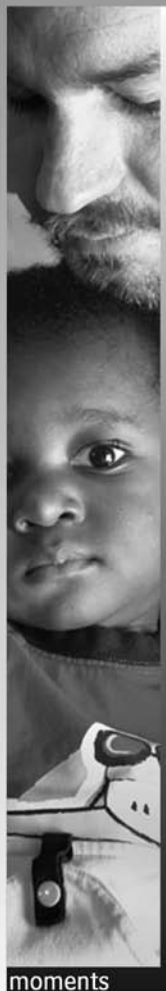
Neighbourhood Watch Notice

If you wish to report graffiti on the grey or red post boxes, contact the City directly at phone number 311. Do not call the Police. The City will advise the Post Office to correct the situation

Have a great summer New Edinburgh.

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personal photographic services



moments



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Dog Trainer
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Pesticide Capital

By Victoria Cate May

The buds are beginning to open, the soil is returning to its full glory, and perfumes of damp earth waft occasionally by our nostrils. It may be a frigid five degrees celsius outside, but spring has clearly arrived. It's the season to pull out the rain jacket and last year's Capri pants. Unfortunately, it is also the time when little yellow flags pop up on the neighbours' lawns, warning us that a poisonous substance has been intentionally applied to the

pristine yard. Sometimes spring can also be the bearer of protests and petitions. It's spring, and that means the lobbying may begin again to approve an anti-pesticide by-law for the city of Ottawa.

While there is still some debate on the levels of danger in the various forms of pesticide, it is generally accepted that pesticides pose a health risk to animals, children and the environment. In a recent report of the Ontario College of Family Physicians (OCFP), this not-for-profit group of family doctors stated that "Pesticides are known to be endocrine disrupters, neurotoxins, and carcinogens." In other words, they recognize that the nature of pesticides is to interfere with hormones and nerves, and are able to cause cancer. The OCFP advocated in the same report that City councils endeavor to develop strong pesticide by-laws to end this health risk.

It has been suggested by several research groups that links exist between the common household pesticide, 2,4-D, and non-Hodgkin's lymphoma, a disease which may lead to cancer in several cases. Twenty-seven years after the banning of 2,4-D in Sweden, researchers analyzed the

effects on the rate of non-Hodgkin's lymphoma. Their study suggested that roughly 5% of the cases of this cancer in humans were attributable to pesticide exposure.

In some cases, pesticides are still regarded as the best method used to control insect infestations and parasites. "Conventional agriculture" now represents those farms which use commercial pesticides to counter-act weeds, insects and disease. In forestry, pesticides can be viewed as essential in the fight against pests such as spruce budworm which can destroy entire forests. Pesticide by-laws have not been proposed to limit these practices. The municipal by-laws aim to prevent the application of non-essential pesticides in residential areas. Past by-laws have seen successes of up to 90% reduction in cosmetic pesticide use.

There are also health standards which must be met before a permit is granted for any commercial pesticide. While these measures were put

in place in order to evaluate risks and protect the health of people, questions have been raised as to the effectiveness of the processes. In 2003, the Auditor General's Office reported that Health Canada's efforts to regulate pesticides were weak in several areas. The report stated that pesticides were not always completely evaluated, that pesticides in use were not often re-evaluated, and that there was insufficient information on the subject.

So what is to be done? It may be surprising for a citizen of the capital to learn that we are the largest city in Eastern Canada without a by-law banning pesticides. According to the City of Ottawa website, more than sixty municipalities have introduced pesticide by-laws, including Toronto, Montreal, Vancouver and Halifax. In 2002, Ottawa initiated a pesticide-reduction strategy. The target was predominantly residential properties, aiming to reduce the use of pesticides by 70%. The reduction strategy included funding for commu-

nity-based projects aimed at promoting a pesticide-free environment. It was agreed that if, by 2005, the target had not been achieved, a by-law would be prepared. It is now 2007, Ottawa has yet to meet its reduction targets, and there is still no promise of a by-law. Residents of Ottawa may be confused as to why we remain in the dark ages on this front. A recent poll showed that support for a by-law has increased since 2005. Oracle Poll Research showed in March 2007 that four out of five Ottawans believe pesticides to be "a threat to health and environment".

Current trends being what they are, an Ottawa pesticide by-law must surely be on the way. Activist groups have a full range of protest activities on a regular basis and the average homeowner recognizes the need to outlaw residential pesticide use. Hopefully, the actions of our politicians will reflect this. In the meantime, each of us has an obligation to take into consideration public health concerns when deciding how to manicure our new flower beds. Spring is here.

Editor's Note: Victoria Cate is a Grade 10 student at Canterbury High School. She and her mother Elizabeth May, leader of the Green Party of Canada, are longtime residents of New Edinburgh.

RPRA TRASH BASH

A community garage sale in Rockcliffe Park

SATURDAY 9 JUNE
9am-11am

Rockcliffe Park Community Centre
Parking lot, 380 Springfield Rd.

Tables \$15

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wendyhadwen@hotmail.com tel: (613) 842-9776

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Community & Family Events

By Penney Place

First of all, a very big thank you to **Brian Torrie** who chaired the Council meetings while I was away during the winter. Brian has given a great deal of his time to Council affairs, and researching and gathering information to improve our playground has been a priority. With the help of **Andrew Kerr**, Brian presented alternatives for a new play structure (aimed at the 5-12 year olds) on the webpage and in the New Edinburgh News and asked people to comment and choose. There was some discussion on the web page, and Council, taking everything into consideration, decided to buy the Infinity Web. NECA, CCC and the City will all contribute towards this new and exciting addition to the playground and it is hoped that the installation will take place in August.

Our annual plant sale was the most successful ever. We had a lovely, sunny day and neighbours came out to see one another and buy their annuals and hanging baskets. As in other years, the event was organized by **Mary Grainger**, with Council members helping out ahead of time and selling on the day. Mary uses a grower from Navan and we are told that the quality of his plants is one of the reasons people return each spring.

The Fieldhouse in Stanley Park, superbly managed by **Jill Hardy**, has seen a record number of bookings this year. While it is used primarily as a skating shack during the winter, there are many other activities taking place there throughout the year. Rents are very reasonable and the Fieldhouse is a great place to

hold birthday parties and other events. Call **746-1323** to book.

A great many of you came out to cheer the runners participating in the **ING Marathon**. It was exciting to have the course come through New Edinburgh and as our cheering station was located at the 19km mark the runners were starting to tire and needed our encouragement. Our location near the Fieldhouse in the park is picture perfect and the runners could see us with signs and noisemakers as they rounded the corner onto Stanley Ave. This was the first time Council had organized this event – with free coffee (thank you **Bridgehead**), muffins and juice and live music (thank you **Alta Vista Social Club**). We hope to make it an annual event.

The Annual Picnic will take place on **Sunday, June 10 from 11:00 am to 2 pm** in Stanley Park. This popular family event, with fun and games for everyone, is being organized this year by **Melanie Chedore** and her committee. There are new ideas and old favourites, so bring a picnic lunch and a lawn chair and be prepared for a great afternoon.

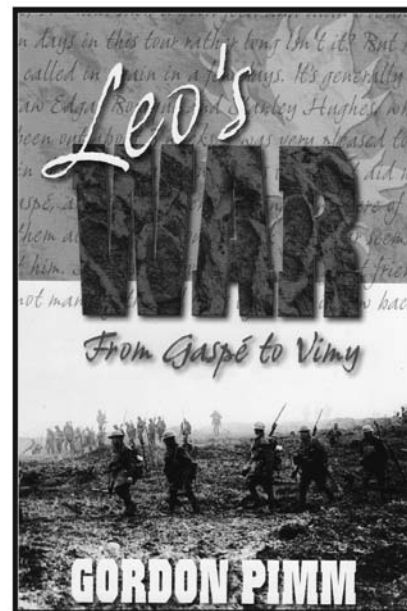
The Crichton Community Council Annual General Meeting will take place on Thursday, June 21 at 7:30 pm at the Fieldhouse on Stanley Ave. Our regular meeting will precede it at 7:00 pm. We will elect our slate of officers for 2007-2008 and present the financial statement for this past year. If you would like to join the Council or are just interested in finding out more about us, please drop by the Fieldhouse.

Happy Summer!



Photo: Peter Glasgow

The Crichton Community Council's Annual Plant Sale was a big hit this year with so many beautiful flowers it was hard to choose!



Local author **Gordon Pimm** shares his Uncle Leo's letters from the Front in WWI

"This book is a rare collection of letters from a decorated soldier to his family...Leo's War provides a unique insight into a Canadian soldier's life in the trenches during WWI. It is an excellent read."

- Blake Seward, creator of *Lest We Forget*
Project for Canadian High Schools

"A fine addition to Canadian Literature of the First World War."

- Norm Christie, Author and Host of the acclaimed WWI documentary "For King & Empire" as seen on The History Channel.

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Andrew Sherwood Ph.D.

613-695-5600

Psychotherapy in the manner of C. G. Jung

Ottawa Rhythmic Gymnastics Club Hosts Provincial Championships

On June 2 and 3, the **Ottawa Rhythmic Gymnastics Club (ORGC)** hosted the 2007 Ontario Provincial Championships at Ashbury College, 362 Mariposa Avenue. High caliber athletes from all over Ontario competed in this meet, which was open to the public. While results were not known as of the time of writing, twenty-eight local athletes from ORGC qualified to compete at this important competition - very impressive!

For the uninitiated, Rhythmic Gymnastics is an Olympic sport in which individuals or groups manipulate five types of apparatus: ball, rope, hoop, ribbon and clubs. It is a combination of the dynamics and flexibility of gymnastics, the technical knowledge of ballet, the self-expression of modern dance, and the coordination and precision needed for apparatus manipulation. Rhythmic gymnastics is choreographed to music and competitors are judged for leaps, balances, pivots, flexibility, apparatus handling, and artistic effect. Rhythmic gymnastics became an Olympic sport at the 1984 Summer Olympics, where Canadian Lori Fung earned the first Olympic gold medal in the

sport. More recently, Canada's Alexandra Orlando won a record six gold medals at the Commonwealth Games in March 2006.

ORGC gymnast **Holly LaRoche** (age 12 and a Provincial Champion from 2006) explains how she became involved: "I started dancing when I was three years old. Rhythmic gymnastics made sense because I wanted to be a stronger dancer. Not only did I become a better dancer, I found a sport that I really love. Competitions are sometimes crazy - but I made lots of great friends and we all support each other."

The Ottawa Rhythmic Gymnastics Club was founded in 1996, beginning with recreational classes and quickly expanding to competitive and performance groups. **The club is located at 50 Maple Lane, with occasional training at Rockcliffe Park Public School.** ORGC gymnasts have competed at the national level, and a couple of members on the ORGC Special Olympics team have competed internationally. In 2006, ORGC's Director, **Xinhong Jin**, of Ivy Crescent, was awarded the National Wild Rose Domestic Development Coaching

Award, given annually to one coach in Canada, recognizing exceptional work with gymnasts and the community to promote the sport at the grass-roots level.

Athletes in regular season programs train at different levels, in accordance with their abilities and interests. Recreational programs are available to girls, ages 4 and up, training 1-2 hours per week. Also offered to those with the aptitude and commitment for competition: Pre-Competitive Program (girls ages 5 and up, training 4 hours per week), Inter-Club Competitive & Performance Program (ages 6 and up, training 5-7 hours/week, focussing on individual or performance routines), and the Competitive Program (ages 7 and up, training 12-16 hours/week, with competitions at the provincial and national levels).

ORGC also offers a Special Olympics program for girls ages 7 and up, all ability levels. Gymnasts refine skills and attend weekly practices and competitions throughout the season. New this year: ORGC has created the Ottawa Spirals team, a group of Special Olympics athletes that trains at ORGC facilities every Friday night, working with volunteer coaches to develop and refine skills, and to foster pride and enjoyment of the sport.

Still looking for a summer



The Ottawa Rhythmic Gymnastics Club, located on Maple Lane, offers numerous programs for girls.

camp for that girl who loves to jump, run, dance and twirl? Consider **ORGC's summer camp, located at 50 Maple Lane.** In addition to rhythmic

gymnastics, children participate in dance, tumbling, games, crafts, performance and more. Come enjoy this most beautiful and elegant Olympic sport! For more information about ORGC, please call: 613-741-8808, or visit our website at www.rhythmicgymnastics.ca.

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New Edinburgh Players

The Confusions of Amor

By NEN Staff

A sure sign that spring has sprung is the opening of the New Edinburgh Players' annual production on the season's sempiternal theme. And in this year's delightful comedy, *The Noble Spaniard*, adapted by **Somerset Maugham** and directed by **Ingrid McCarthy** with the assistance of **Pamela Harrod**, love doesn't just make the world go round: it spins it on its ear.

The irresistible lover is the Duke of Hermanos, played by **Lawrence Aronovitch**. Although the Duke spends most of the play lurking in the off-stage bushes, his powerful stature and elegant mannerisms convincingly conveyed on each appearance a Spaniard so noble that he has the right to wear his hat in the presence of the King. Unfortunately, the only lady who can resist his pressing protestations of amor is the one damsel whose heart he is determined to capture, the happily widowed Marion, played by **Chantale Plante** with dignity and quiet aplomb.

At the other end of the dignity spectrum is the stout, silly and middle-aged Lady Proudfoot, played with comic flair by **Janet Uren**, a regular for good reason on the New Edinburgh stage. Lady Proudfoot must seek love somewhere: certainly her long-suffering husband, Lord Proudfoot, portrayed with dismayed ironic distance by veteran Ottawa actor **George Stonyk**, is bewildered that

anyone might offer to take her off his long-suffering hands.

In pursuit of her amorous liaison, Lady Proudfoot is encouraged by the elegantly cynical Countess de Moret who may have a discreet eye on the Spaniard for herself. The Countess was played by the elegantly cynical **Linda Marchand**, another regular on the New Edinburgh stage. In both elegance and cynicism, she was amply supported by her Count, played with inscrutable *Frenchness* by **Alain Jegen** in his first, but surely not last, stage appearance.

But what of youth? Although this is primarily a play about the self-deceptions of the middle-aged, youth is given its due by **Jodi Morden** as Lucy and **Ryan Hardy** as Captain Chalfort. Here - one feels instinctively - is a couple who, once they outgrow the simple naivety of youth, will rise inexorably to the levels of inane self-deception so amply displayed by their elders. One can only hope that they will have a maid as unflappably phlegmatic as **Barbara Merriam's** Mary Jane to maintain social appearances whatever the turns of the plot.

A final word of praise for the nimble fingers of **James Richardson**, Artistic Director of Ottawa's fine **Third Wall Theatre**, whose lively piano playing set the mood for an evening of light-hearted comedy.



Photo: Zoom Photography

The New Edinburgh Players' adaptation of *The Noble Spaniard*, with its comedic twists and turns on the confusions of love, was this year's delightful community theatre production.

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From Start to New and Improved!

Johan Rudnick, Chair, Crichton Cultural Community Centre

In preparing for our recent Annual General Meeting, I was reminded of how far we have come since 2000 when we started with nothing more than a single classroom and a few program ideas. Now in 2007, with an ever-growing roster of activities, we are looking forward to building on our tremendous success to date and to the possibility of launching a 'new and improved' CCCC and 200 Crichton!

PROGRAMMING

Here we are now in 2007 with a full time Community Facilitator, Joanne Hughes, and other staff who host and manage a wide range of programs and events. We have played host to a rich and diverse range of arts and community programs attracting thousands of participants, and have been able to undertake some unique programs for dance, choir, theatre groups and children with special needs. One of our most exciting new initiatives has been our "Get Together for Girls and Guys" program that offers recreational opportunities for pre-teens and teens who are blind or have low vision. The level and diversity of our programs and the number of participants in these programs and special events has increased steadily each year. It is a trend that we see continuing for the foreseeable future. If you want to join one of our programs or are interested in helping out or even starting up or looking for a new program, check out our web site [www.crichtonccc.ca] or call us at (613) 745-2742.

MAINWORKS

Our partnership with MainWorks, the artists co-operative, has grown stronger with each passing year. MainWorks artists are flourishing in our 'old classroom' studio spaces and their activities enrich our lives. It is a wonderful example of the potential for partnership between the community and the arts. The growing waiting list of artists to join MainWorks at Crichton is a real testament to our combined success.

LUMIÈRE FESTIVAL

In 2000, no one envisioned that the CCCC would ever entertain hosting even a small festival, let alone a major regional event attracting thousands of participants. In 2004, the CCCC staged the first Lumière

Festival and transformed Stanley Park into a magical ocean of candle light, coupled with high caliber and professional musical, theatrical and dance performances. This year the Festival is set for Saturday, August 11 and we expect over 10,000 participants. If you have any ideas for the festival, or would like to donate, sponsor, join our corps of volunteers, or just create your own lantern, check out the festival web site at www.lumiereottawa.com or contact Joanne.

OPERATIONS

Operationally, under the watchful eye of John Jarrett who chairs our Operations Committee, we are improving our 2nd floor home and putting provincial Trillium funding to good use. We have new gallery lighting in our halls. We have new chairs and tables. Our electrical service has been upgraded. We are making further improvements to the Dufferin room, and are creating an improved CCCC office facility. Our only hold-up to finishing some of the work right now is that TSOD has yet to allow the City of Ottawa to issue us a building permit; with luck and/or possibly some help from the courts, we hope to be able to finish all the work this year.

FINANCES

On the financial front, in 2006 we were, once again, operationally self-sufficient. Over the years we have been fortunate enough to be awarded special project funding from the City of Ottawa, the province and the federal government. These funds have helped us hire contract staff, buy equipment, and invest in upgrading our space. Meanwhile, it is our programming, community fund-raising, and revenue from MainWorks studio spaces, that we rely upon to pay our day-to-day bills. Since 2000, our financial affairs have grown from a few thousand dollars to a point where we are now looking to a budget well in excess of \$200,000. During 2006 and into early 2007, Vicki Metcalfe (our former Treasurer until her retirement at this year's AGM)) has been working with our auditors (Watson Folkins Corey) to update our accounting regime so that it is both current and relevant to our continuing growth. Building on this work, we will be electing a new Treasurer in 2007 as Vicki has joined the Ottawa Public

Library Board; we will miss her drive and determination to get the numbers right!

LEGAL

On the legal front, even back in 2000, we had concerns about difficulties with the School of Dance (TSOD) management. Back then no one envisioned the necessity of having to appear before the Ontario Superior Court to resolve those difficulties. That we have survived in the face of continuing difficulties, including an attempted eviction by TSOD management and their unilateral demolition of the former Physical Therapy Institute space (now the Dufferin room), is in no small measure, attributable to the tremendous efforts over the years by our legal counsel at McCarthy Tétrault. More recently, we have also been grateful for the added support from the good offices of Brazeau Seller as we wind our way through mediation. Regrettably, TSOD has obtained a postponement of the planned May 28th start of court proceedings. Once the hearing has begun, however, we hope it set the stage for resolving our difficulties in the building once and for all. For the latest information on the court proceedings, check our website.

NEW AND IMPROVED

Rarely in life do we have a chance to start anew. For the CCCC, the upcoming court hearing may well be such a chance to make a fresh start, and to relaunch the whole notion of the CCCC in our historic home at 200 Crichton. If the court continues to support the notion that we do indeed have an interest in Crichton, then with the continuing encouragement and help of all our volunteers and supporters, we hope to be able to launch 'a new and improved' Crichton for New Edinburgh, our neighboring communities and the region as a whole. If you would like to know more about our plans or are interested in helping us pursue this ambitious project, please check our website.

All the progress we have made since 2000 has been built upon the tireless efforts of the many volunteers and supporters who believe that the former Crichton School is important to our community and our region. Thank you everyone for your support and encouragement over the years. We look forward to building Crichton together well into the future.

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.



4th Annual Ottawa Lumière Festival

The 4th Annual Ottawa Lumière Festival is a chance to celebrate the magic and beauty of light. The Festival is a by donation evening event of dazzling performers, magical lanterns, wonderful costumes and beautiful music!

At Lumière, friends and neighbours dress in funky costumes and carry glowing lanterns. Over 100 live performers, including professional fire spinners, dancers and acrobats, add to the enchanted feel.

The 2007 poster has been designed by award winning animator, Lillian Chan. Lillian was an animation workshop coordinator at the NFB Mediatheque in Toronto before moving to Montreal to make Jaime Lo, small and shy for the NFB.

New for 2007 – Lumière procession, led by performers and musicians, will travel down Crichton Street leading to the Lumière entrance at the St Patrick’s St Bridge. Face painters and lantern making will be available outside the Crichton Cultural Community Centre at 200 Crichton Street at 7:00 pm.

Returning in 2007 – Back by popular demand; The Transformation Tent, let our transformation fairies turn you into an enchanted being, and be sure to explore the terrific Illumination Tunnel.

New performer for 2007 – Me and My Shadow – a Toronto shadow puppet troupe.

Our Lumière studio will open on July 3rd so come and create your own lantern and costume or work on the community lanterns that will be featured at the festival.

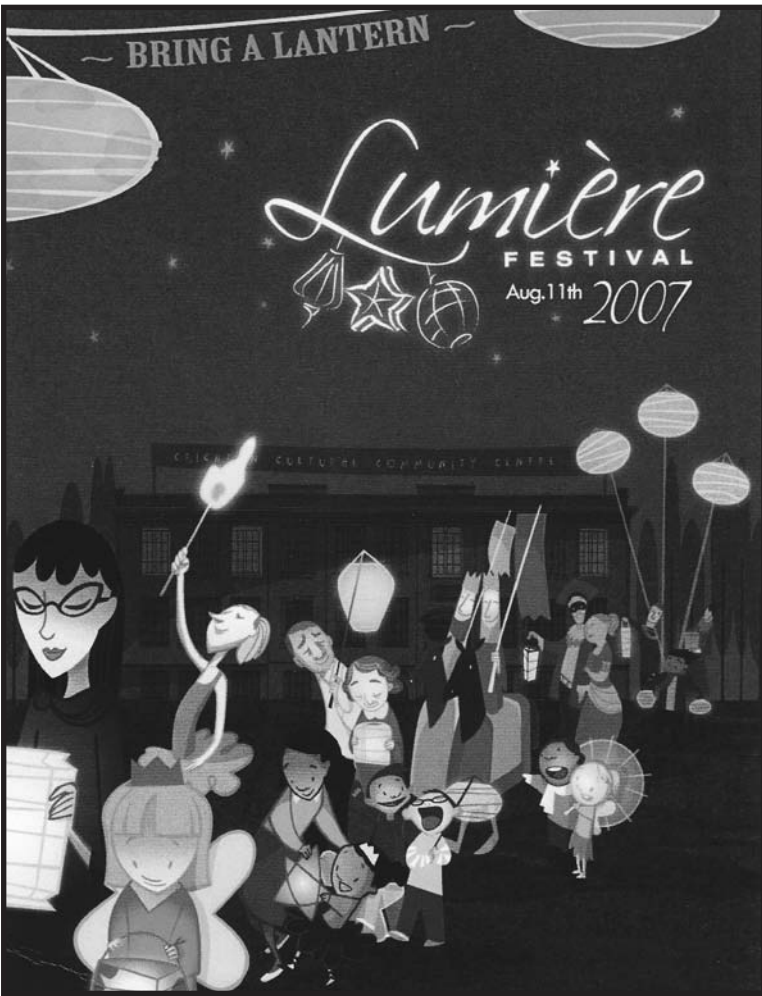
Proudly hosted by the Crichton Cultural Community Centre www.crichtonccc.ca. Visit the Lumière Festival online: www.lumiereottawa.com

Where: New Edinburgh Park (off Stanley Ave.)

Start: 200 Crichton Street (New Edinburgh)

When: Saturday, August 11th, 2007 – 7:00 PM to 11:00 PM

Who: Everyone is welcome (wheelchair/stroller accessible) - Attendance by donation!



Lantern Workshops

The best way to participate in the Lumière Festival is to make your own lantern. We offer a variety of ways for you to be creative:

- Attend a lantern making workshop at the Crichton Cultural Community Centre.
- Call us to arrange a facilitated lantern making workshop for your camp, organization, bridal shower, birthday party or any other social gathering.
- We have lantern making kits available at the CCCC. These kits come with all the supplies you require and instructions.

Tin lanterns – Using nails, create stunning designs in tin (\$10)

Lanterns & Play - Join Caroline Elson, well known for her popular toddler Play series, at these lantern & play workshops. (\$15/adult &

child; \$20 adult & 2 children)

Lumiere/Spins & Needles Lanterns in the Park – Come and make lanterns in Stanley park (\$TBD)

Wire Flowers – These beautiful wire and tissue paper flowers were a hit last year. (\$15)

General – For all ages & abilities. Come to the studio and make a jar or bamboo/tissue paper lantern. (\$5-20)

Bamboo Boxes – These lovely wooden boxes will be perfect for the festival and for using in your home after the event. (\$15)

Silk Screens – Our newest lantern type and we are very excited to offer fabric lanterns. (\$45)

Rain Drops – Fit into one of the festival themes by making your very own rain drop lantern. (\$15)

Large castles & Floating installations – A free workshop for community members

Sun	Mon	Tue	Wed	Thu	Fri	Sat
July 1	2	3 6:30-9:30 pm Tin lanterns	4 9:30-12:00 Lanterns & Play	5 6:30-9:30 pm Tin lanterns	6	7
8 1-4 Lumière /Spins & Needles Lanterns in Stanley Park	9	10 1:00-4:00 pm Wire Flowers	11 9:30-2:30 pm General	12 6:30-9:30 pm Bamboo boxes	13	14 9:00 – 1:00 pm General
15 11:00-3:00 pm Silk screens	16	17 1:00-4:00 pm Bamboo boxes	18 4:00-9:00 pm Rain Drops	19 1-4:00 pm Wire Flowers	20 12:00-9:00 pm Large castles (volunteer)	21 9:00 – 1:00 pm General
22	23 9:00-1:00 pm Floating installations (volunteer)	24 1:00-9:00 pm Floating installations (volunteer)	25 9:30-12:00 Lanterns & Play 1:00-9:00 pm Wicker balls	26 1:00-9:00 pm Wicker Balls	27 10:00-9:00 pm Boat attachments	28 9:00 – 2:00 pm General
29 9:00 – 2:00 pm General	30 9:00 – 2:00 pm Costumes	31 10:00-9:00 pm Costumes	August 1 10:00-9:00 pm General	2 10:00-9:00 pm General	3	4
5	6	7 10:00-9:00 pm General	8 10:00-9:00 pm General	9 10:00-9:00 pm General	10 10:00-9:00 pm General	11 LUMIÈRE FESTIVAL

Please call our office (613-745-2742) to register for lantern making workshops.

who want to come and make some of the lanterns that will be used to decorate the site this year.

Boat attachments – a free workshop for people with small water craft who want to participate in the festival. We will help create an installation for your boat.

Costume workshops – Come and design your own special costume, we’ll have fabric, decorations and people to sew. (\$20).

Wicker balls – These lanterns are very sweet and versatile. (\$15)

Health & Wellness

CARDIO KICKBOXING

Carolle Laliberté
(613) 263-0539
musgrove.laliberte@videotron.ca
Monday & Wednesday
6:00-7:00 pm
24 classes (twice/week) \$170;
12 classes (once/week) \$100;
Drop-ins \$9/class
This kickboxing inspired cardio workout will strengthen and tone muscles while burning fat. You will also benefit from improved flexibility, higher energy levels, greater aerobic capacity and reduced stress. Suitable for beginner to intermediate, ages 15 to a fit 60+.

FITNESS SERIES

Core Training: Physical Strength Comes from Our Centre

Sharon Collins
(613) 816-4307
Thursday, 8:30 - 9:30 am
1 class/week \$95
2 classes/week \$180
3 classes/week \$260
4 classes/week \$335
In class we will work on gaining strength in our core muscles including abdominal and oblique using basic pilates technique and practicing balance. Sharon leads a multi-level class that all fitness levels can enjoy and benefit. The class will start with a gentle yet thorough warm-up using dynamic movement followed by balancing exercises and abdominal/back work, sometimes using exercise balls or yoga balls. The class will end with a complete stretch, leaving you relaxed and rejuvenated!

Early Bird Work-Out

Louise Lettstrom-Hannant
(613) 747-1514 and Sharon Collins
(613) 816-4307
Monday, Tuesday, Thursday, Friday 7:30 - 8:30am
1 class/week \$95
2 classes/week \$180
3 classes/week \$260
4 classes/week \$335
A dynamic warm up followed by 20 minutes of cardiovascular work. 20 min of strength exercises. Learn to use fitness balls, weights and toning bands to enhance muscular core strength, balance and postural improvements. Finish with a stretch and cool down to leave you fit and focused to face the day.

Fitness Fusion: A Rejuvenation of Body and Spirit
Louise Lettstrom Hannant,
(613)747-1514
Monday, 9:00 - 10:00 am,
Wednesday, 7:30 - 8:30 am
1 class/week \$95

2 classes/week \$180
3 classes/week \$260
4 classes/week \$335
The focus here is functional fitness beginning with a 15min extended cardiovascular warm up, moving into a fusion of pilates, yoga postures and strength exercises. We will use exercise balls, weights, and toning bands using a variety of breathing techniques and balance exercises. The class will finish with an extended stretch and deep relaxation for the tranquility of the soul.



HATHA YOGA - NEW
Avril Patrick / Sebastian Citro
(613) 742-8513
avril-sebastian@sympatico.ca
Tuesday, 6:15 - 7:15 am
\$72 - 6 weeks. Drop in - \$14

An early morning gentle Hata yoga class with an emphasis on core strengthening. Begin your day with a few rounds of sun salutations to warm up the body and senses. Perform asanas (postures) that will build strength, stamina, balance and flexibility. All levels are welcome to join us.

Instructors Avril Patrick & Sebastian Citro of Sculpt are certified in Sivananda Hatha Yoga, Personal & Boot Camp Training and Mad Dog Spinning.

IYENGAR YOGA

Barbara Young
(613) 728-8647
b-young@rogers.com
Tuesday, 6:00 - 7:30 pm
Level 1
Tuesday, 7:30 - 9:00 pm
Levels 2 & 3
Thursday, 9:00 - 10:30 am
Gentle
Iyengar yoga teaches postures, or asanas, that bring flexibility, strength and endurance. Awareness deepens as students learn to practice with precision and subtlety, but even beginners can taste the well-being and stillness that yoga brings. Classes build over time, and so no two are the same.

KUNDALINI YOGA

John Yazbeck
(613)747-8111
john.yazbeck@sympatico.ca
Monday, 7:30 - 9:00 pm
Flex, stretch, connect, focus

and relax. The benefits of Yoga are well documented and well known. Dynamic exercises combined with relaxation and meditation techniques help you:

- create a calm mind and stay centered in the midst of chaos
- increase concentration and focus
- develop a more powerful and resilient body, less susceptible to strain, weight gain and injury
- build confidence and a positive self-image
- reduce stress and fatigue
- have fun!

PILATES MAT CLASSES

Gaby Lefebvre
(613) 830-6495
gaby_lefebvre@yahoo.com
Thursday 11:00 am - noon,
\$90 for 8 week session

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

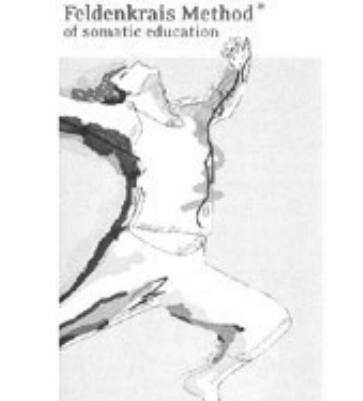
STRETCH & STRENGTH

Alex MacDonald
(613) 562-4858
Tuesday, Thursday
6:00-7:00 pm (continuing in July & August)
Saturday 10:00-11:00 am
\$126 for 14 weeks

A neighbourhood favourite for 17 years, this unique class that combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination. Alex is a certified Can-Fit Pro Fitness Instructor Specialist with current CPR certification.

THE FELDENKRAIS® METHOD

Jill Ogilvie
(613) 742-8262
Monday 11:00 -12:00 pm,
Wednesday 6:00-7:00 pm
\$80 for 8 weeks, or
\$12 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

SCHOOL OF AFRO CARIBBEAN DANCE

Suzane Lavertu
Artistic Director
(613) 863-3493
afrocaribdance@videotron.ca

Saturday
SOULRYTHMS:Adult dance
10:00 - 11:00 am

Dance Racine:
11:00 -noon
children ages 4-6

Mouvement Kwèyol
12:00 -1:00 pm
Children ages 7-12

Kubuli Dance Company Program
1:00 - 2:00 pm
Ages 12-18

Our programs are designed not only to teach dance but also to promote the development of well-rounded, culturally aware and strong principled young persons. We believe that the process of learning and sharing our unique culture fosters an appreciation and respect for all traditions and diversity.



BALLET

Kirill Chour
(819) 986-7775
Friday 5:30 - 6:30 pm
Ballet for Children
Friday 6:30 - 7:30 pm
Ballet for Adults

Kirill Chour, a graduate of the world renowned Vaganova Ballet Academy in St. Petersburg (where Bayshnikov and Nureyev trained) heads up an all new ballet dance program.

Kirill teaches a course for adults who want to learn ballet technique or revisit their childhood training. He will teach classes in ballet at all skill levels. This is an opportunity for children and adults to study with a master!

BALLROOM DANCE

Stefania Baraniak
(613) 741-5569 Or e-mail
Shalini at smateng99@hotmail.com
Tuesday, 7:30 pm - 8:30 pm
\$60 / person

Stefania is excited to extend her expertise to the New Edinburgh community. If you have always wanted to learn how to ballroom dance or if you know the basics and want to improve your technique, Stefania is offering a 6-week ballroom dance session at the beginner level.

You will be introduced to some of the dances popular in social settings, including the Waltz, Foxtrot, and Tango, along with the Cha Cha, Jive and Merengue. No partner necessary.

BELLY DANCING

Maya Naïm
(613) 744-6119
maya_naimdance@yahoo.ca or www.mayanaim.com
Monday, 6:00-7:00 pm
Wednesday, 7:00-8:00 pm
\$85/7 weeks

Learn the basics and develop the foundation of bellydance. Bellydance strengthens and tones all your muscles while you' have fun! In particular, the core muscles; the abdomen, hips and lower back are strengthened, which means your body has more support. Consequently, your posture improves, your clothes fit better and you're less susceptible to injury.

BOLIVIAN DANCE

Carole Ouellette
(613) 837-0058
co@magex.com
Sunday, 2:00-4:00 pm

Come and experience the wonderful culture of Bolivia through dance and music. Join the newly formed Canadian Bolivian Association and help promote Bolivian culture to the Ottawa region.

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
Thursday, 7:15 - 8:15 pm
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
Wednesday 7:00 - 9:00 pm
Thursday 7:00 - 8:30 pm
Saturday 8:30 - 10:00 am
Saturday 11:00 - 2:00 pm

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 & Voice

DRUM CIRCLE

Nancy Porteous and Corinne Davison
porteous_nancy@hotmail.com
Friday, 8:00-9:30 pm
\$4 a night
Bring your own hand drum and percussion instruments.



Visual Arts

FIGURE PAINTING AND DRAWING

John Jarrett
613-594-0182
johnjarrett812@hotmail.com
Wednesdays 9:30 am-12:30 pm
\$40 for six classes
In this workshop the model will sustain a pose over two sessions for a total of six hours. This will permit participants to complete a painting or to do a number of sketches or drawings.

Children

FRENCH SONGTIME -

Michelle Morra
613-744-0275
kenmich@rogers.com
Friday 10:00 - 11:00 am

Expose your child to the rich world of French music, rhymes, stories and song! Join us for an immersive, fun-filled French-only hour. For under 4 years of age. \$100 for 10 classes
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SERIES - Sign up now for Spring session
Amanda DeGrace
(613)746-1415
degrace.energetics@sympatico.ca
12 week sessions/\$90

Ages 4 & 5 years
Thursday 2:00-3:00 pm (April 5 - June 21)
Ages 2 & 3 years
Thursday 3:00-4:00 pm
Ages 6 to 9 years
Thursday 4:00-5:00 pm

Join in on this fun and inspirational class that encourages children to gain social, sensory and motor skills while using their imaginations and increasing flexibility and daily movement skills.

Little Lotus Yoga practices fun and healthy development movement classes based on yoga poses and breathing exercises. Your child will experience a sense of well being and respect for others, inner strength and awareness, improved concentration and

attention, relaxation and self control.

Allow your child the experience to learn to love their mind, body and spirit as they soar into whole body health. This is a drop off program. Please register at least one week before the course date.

PLAY SERIES

Caroline Elson
613-282-7905
Buy a punch card for 10 classes at \$100.00 and attend any classes you wish.

Song, Dance and Play
Wednesday 10:00 -11:00 am
This class is for anyone under 5 who wants to sing and dance. The class begins with songs in a circle, then dancing with music and sitting to end the class.

Gym and Play

Thursday 10:00-11:00 am
This class is for anyone under 5 that is walking. We will be tumbling, running, jumping, moving and playing games in this hour.

Safety

INFANT & CHILD CPR (Level F')

Erin Shaheen, 613-260-7309
email: werehip@magma.ca
\$35 per person
This Heart & Stroke Foundation course covers CPR for infants, children and adults.

Topics include:
• Recognition of heart attack and respiratory arrest
• Home safety and injury prevention for babies and children
• Definition of CPR
• Performing CPR on infants and children (one-rescuer)
• Clearing airway obstructions in children and infants (choking)
• Barrier Devices
• CPR and the Heimlich on adults
• Safe and healthy lifestyles
Babes in arms are welcome to attend the course.

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.

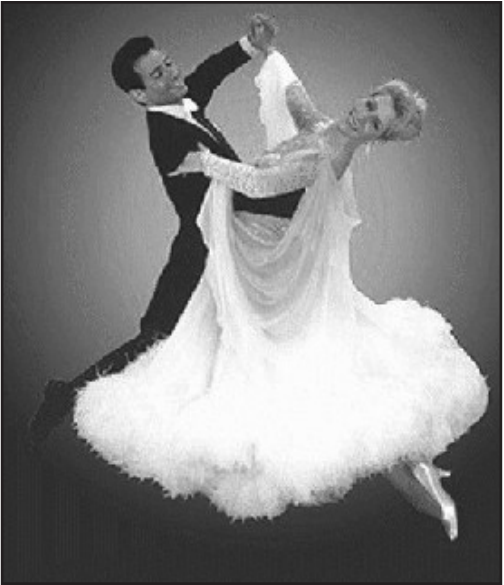
Ballroom Dancing at the CCCC

Stefania Baraniak has been teaching ballroom dancing for 25 years and has taught at Algonquin College for 20 years. In addition to teaching private and group lessons for The Dance Class, a ballroom dance school she was instrumental in establishing, Stefania has been an instructor with the Ottawa Board of Education and the City of Kanata.

Many of Stefania's students have been studying with her for as long as 10 years - a testimony to her dedication and to her celebration of ballroom dancing.

Stefania is excited to extend her expertise to the New Edinburgh community. If you have always wanted to learn how to ballroom dance or if you know the basics and want to improve your technique, Stefania is offering a 6-week ballroom dance session at the beginner level.

You will be introduced to



some of the dances popular in social settings, including the Waltz, Foxtrot, and Tango, along with the Cha Cha, Jive and Merengue. No partner necessary.

Tuesdays (May 23 – June 26), 7:30 pm – 8:30 pm
\$60 / person (payable by cash or cheque).

For further information please contact Stefania at 741–5569 Or e-mail Shalini at smateng99@hotmail.com to register.

side world is not a scary place.

Agility Training
Sunday 3:00 - 4:00 pm, 6:00 - 7:00 pm

Gymnastics for your dog!
Agility training is fun, both for the human and the canine participant. Obstacles include the tunnel, teeter, chute, tire jump and the A frame.



Canine

CANINE OBEDIENCE CLASSES

Chantal Mills
613-296-dog-e (3643),
dog_trainer@rogers.com,
www.ottawak9school.com

Basic Canine Obedience
Sunday 4:00 - 5:00 pm, 5:00 - 6:00 pm
Chantal 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!”
Private classes available
Puppy Kindergarten
Monday 7:30 - 8:30 pm
The first 6 months are crucial! Your puppy must build confidence and learn that the out-



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.

Ballet for Adults and Children

Kirill Chour, a graduate of the world renowned Vaganova Ballet Academy in St. Petersburg (where Bayshnikov and Nureyev trained) heads up an all new ballet dance program.

Kirill has had extensive experience in choreography and dance nationally and internationally. Presently, he is the Artistic Director for the Academy Art of Dance where he does the choreography for modern and classical dance for all ages. He performed an exclusive solo presentation in contemporary dance at the Montreal-France International Project. With his strong artistic vision and a career that spans 25 years, Kirill Chour is dedi-

cated to helping his students improve their body shape, posture and muscle control.

Kirill will be offering two classes at the Crichton Cultural Community Centre. He will teach a course for adults who want to learn ballet technique or revisit their childhood training. There will also be a children's course offered for all skill levels. This is an opportunity for children and adults to study with a master! Private and semi-private sessions are also available.

Kirill Chour, 819-986-7775
Friday, 5:30 pm-6:30 pm
Ballet for Children
Friday, 6:30 pm-7:30 pm
Ballet for Adults

Hatha Yoga – Start your day right at CCCC


Sebastian Citro and **Avril Patrick** are running an early morning gentle Hatha yoga class with an emphasis on core strengthening.

Begin your day with a few rounds of sun salutations to warm up the body and senses. Perform asanas (postures) that will build strength, stamina, balance and flexibility. All levels are welcome to join the class. The class is Tuesday, 6:15 – 7:15 am (cost: \$72 – 6 weeks. Drop in/\$14)

Sebastian Citro and Avril Patrick are certified Personal Trainers, Boot Camp and Mad Dog Spinning instructors who have worked with clients of all

ages and levels of ability at the YMCA-YWCA and on a private basis in their business "Sculpt". Both have received their Hatha Yoga instructor certification from Sivananada and have enjoyed teaching Hatha and Power Yoga classes. With a passion for health and wellness, both Patrick and Avril enjoy participating and competing in marathons and duathlons, mountain bike riding, speed skating, vegetarian cooking and black & white and environmental photography.

For more information please contact Avril Patrick & Sebastian Citro, 613-742-8513
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Oriental Dance at the CCCC

If I can pour out my soul to the audience and leave them with a part of me Then. . . I have danced. - Maya Naim

In 1990, **Maya Naim** discovered her passion for oriental dance. Since then, she has danced professionally in Ottawa, Montreal and Toronto for haflas (parties), in theatres and for weddings, including processions for Arabic weddings (zaffas), and has enjoyed performing with live musicians in the Arabic and Greek communities.

Maya studied intensively with Egyptian-born, internationally-renowned master instructor Denise Enan for six years. She has also explored other dance forms such as ballroom, and in particular, salsa. After many years of persuasion, she is also teaching. Maya Naim continues along the joyful path of evolving her oriental dance. Maya is constantly adapting her style to create shows with original flavours that still remain true to oriental roots. Her most recent innovation, dancing with double 'Wings of Isis' has resulted in her being likened to 'the most beautiful butterfly.'

In her classes, Maya uses oriental music ranging from the classical ballads of Egypt's famed Oum Kalsoum to the more modern pop music. Given her penchant for Latin culture, she sometimes uses fusions with Latin music or even, a more modern lounge in her own performances, howev-

er, it always has an Arabic base.

Maya has her own true Egyptian style with a tendency towards drama and fire and sometimes mystery. She is commended for her beautiful musical interpretation and what she gives to her audience.

Maya Naim's natural ease for instruction is supplemented by

Bellydance is a good opportunity for women to take time for themselves. Maya states that "when you take a class, you actually strengthen and tone all your muscles while you're having fun! In particular, the core muscles; the abdomen, hips and lower back are strengthened, which means your body has more support.



PHOTO: HOWARD SANDLER

Maya Naim dancing with 'Wings of Isis'.

six years of combined experience teaching junior and senior kindergarten part-time and two years of teaching at university. It was only natural then that Maya began to teach bellydance.

Consequently, your posture improves, your clothes fit better and you're less susceptible to injury.

"As you increase your skills, the cardiovascular work increases, but you're so busy focussing on improving your movement that you don't even realize it. I much prefer this to aerobics!

"Oriental dance also has emotional benefits. Since movements are focussed on the centre of the body in the lower abdomen, it increases energy and an overall sense of well-being. It's the same kind of effect that people experience in yoga and martial arts.

"It is also said that we hold our emotions in our abdomen. Don't we often say, 'We felt it in our gut.'? So, some say that all the exercise in that area helps us to release emotions we're holding onto. Whatever the other benefits may be, a toned abdomen is a very good thing to have!"


Join Maya Naim at the Crichton Cultural Community Centre.

Monday 6:00-7:00 pm;
Wednesday 7:00-8:00 pm
Cost: \$85

Contact 613-744-6119,
maya_naimdance@yahoo.ca or
visit: www.mayanaim.com.

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Sketch courtesy of Marianne Feaver Esdaille

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In the Works at Mainworks



Painting by Anne Alcorn.

Mainworks Artist's Studios presents *Transitions* May 2007. View our monthly exhibitions in the "Hallway Gallery" of the Crichton Cultural Community Centre.

For twenty years, Mainworks Artists' Studios Co-operative has provided working studio space for visual artists. Originally located on Main Street in the Old Ottawa East (hence the name Mainworks), the co-op joined the Crichton Cultural Community Centre at 200 Crichton Street in 2000. Both the artists and the New Edinburgh community have benefited from this partnership.

Fifteen artists work from studios on the 2nd floor of the former Crichton Street School. The light filled classrooms

have been converted into studio spaces where artists produce work in a variety of



Painting by John Jarrett.

media. Each autumn the public is invited to view the art at an Open House. The next Mainworks Open House is scheduled for November 2-4, 2007.

Throughout the year, the artists exhibit their work in galleries throughout Ottawa, Toronto, Montreal and Internationally.

For further information on Mainworks and individual artists, please visit, www.crichtonccc.ca and read the Mainworks bi-monthly column in the New Edinburgh News where upcoming shows and events are listed.

The Mainworks Artists include:



Painting by Pierre Lagalisie.

• Anne Alcorn • Karen Bailey • Diana Bates • Gail Burgeois • Frances Caswell-Routhier • Alberta Dickson • Pat Fyfe • John Jarrett • Sharon Kelly • Pierre Lagalisie • Liz Minnes • Corinne Nieuwburg • Susan Parisien • Karen Rasmussen • Beth Ross.

Karen Bailey will be displaying acrylic paintings in "Fever", a group exhibition at

Dale Smith Gallery, 137 Beechwood Avenue, July 13 - August 10, 2007.

Gail Burgeois and Corinne Nieuwburg will be showing at **Centre D'exposition L'Imagier**, 9 Rue Font, Gatineau, in the Summer Solstice Group Exhibition "Cochonnailles", June 21 - August 12, 2007.

Ottawa Lumière About the Region

The Lumière team is keeping very busy collaborating with many other organizations throughout the region!

United Way Youth Day of Caring – On May 5, hundreds of young people from the region spent their Saturday helping others and contributing to their community during United Way/Centraide Ottawa and Volunteer Ottawa's 6th annual Youth Day of Caring. Approximately 500 young people from local high schools and community groups helped at 40 community agencies and organizations.

The CCCC was extremely fortunate to meet and work with 50 students from three high schools. The Crichton Community Council opened up the field house for the initiative. Students spent the morning doing important work getting supplies ready for Lumière workshops, and then in the afternoon the students had the opportunity to create large installations and star lanterns.

Thank you to local businesses, **Loeb, Piccolo Grande, Scone Witch** and **Pizza Hut** (Montreal Road) for donating food and beverages.

Launch of the Festival Season – On May 10, **Ottawa Festivals**, provided a unique opportunity to celebrate Ottawa's multi-million dollar festival industry and the decade-long involvement of Ottawa Festivals d'Ottawa in showcasing and promoting art, culture and entertainment in

Canada's National Capital Region. Look for two Lumière pictures on the cover of the 2007/08 Ottawa festivals brochure which will be available at regional tourism locations.

Ottawa Flotilla – On May 19 and 20 the Lumière team decorated a boat to take part in the Flotilla.

Spins & Needles - Lumière was once again excited to team up with Spins and Needles to offer lantern making. S & N is Canada's first established, independent monthly cultural event that mixes hip, do-it-yourself projects with funky music spun by DJs in various galleries, bars and esoteric spaces across the country.

Upcoming

Franco-Ontarian Festival – We are pleased to be participating in this festival for the first time. This year the festival showcase will be the Franco-Ontarian parade which will take place on June 16, more than 500 participants are expected to attend. The parade will start at 3 pm at the University of Ottawa (Cumberland Street) and will end at City Hall. Members of the Lumière team will be walking in the parade with our lovely lanterns.

Keep your eyes open for Lumière at other regional locations this summer – to be confirmed. Collaborations include Westfest, National Art Gallery and the Ottawa Art Gallery.

The Kids Just Want To Do YOGA! Creating Positive Energy in a Busy World

Integration of yoga into a child's life allows for a sense of calmness and relaxation, coupled with environmental awareness and tools for personal stress management. Children's yoga classes foster a sharing and caring environment and bring honour and thankfulness for their self, family and surroundings.

Through the use of movement and animated poses and postures and animal-like imitations, children will begin to develop a sound yoga practice in a safe and nurturing environment. Breathing techniques and visualization will allow your child to relax and develop self-control, along with inner motivation and an increase in self-esteem.

Through the use of yoga based games and activities children gain an appreciation for yoga. School aged children will be introduced to various positions first through movement and visualization, and

then developed into sequences. Each class is designed to foster each child's learning style, developmental stage and personality.



Children's yoga has been gaining interest throughout North America, however keep in mind that yoga is a discipline that has been practiced for many thousands of years. Yoga is not just about moving the body into various asanas

and challenging oneself to master a difficult one. Yoga is about being yourself and allowing your own star to shine. It allows for self-discovery, inner strength, and compassion.

Looking for a children's yoga program? Little Lotus Yoga for Children is held at the Crichton Cultural Community Centre. Registration will open for Fall program June 1st, 2007. Session length is 8 weeks and pre-registration is required.

Amanda DeGrace is a national fitness professional and presenter for CALA, YMCA & CanFit Pro, as well as an Instructor Trainer with the Lifesaving Society of Canada and Red Cross. Amanda has also completed Yoga4Kids training and attended various yoga workshops and events. For more information please visit www.amandadegrace.ca You may contact Amanda in degrace.energetics@sympatico.ca

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All in the (Musical) Family

By Lois Siegel

It's not everyday you can say you are going to perform at the National Arts Centre, especially if you are only a child. But it's becoming part of the norm for cellist **Stanley Leong**, 12, and his violin playing brother **Kerson**, 10. These two Rockcliffe residents have already played there in smaller, more intimate settings, like the 4th Stage, but this time it was at Southam Hall as part of the TD Canada Trust **Young People's Concert Series** on Saturday, May 26. The focus of the "Song of the Wild" program was animals. Accordingly, Stanley played "The Swan" (Saint-Saens) and Kerson played "The Bee" (Schubert), along with the string section of the NAC, conducted by Boris Brott.

Do they get nervous before a show? "I am usually nervous before I begin to play, but once I get into the music, I don't feel nervous anymore," Stanley explains.

His most memorable moment so far: "I think winning the Mathieu Froment-Savoie Trophy for Intermediate Strings at the Kiwanis Music Festival two years ago," Stanley says.

Kerson's most memorable moment: "I think winning



Photo: Lois Siegel

(Left to right) Kerson Leong, Chief Justice Beverley McLachlin, and Stanley Leong at a recent fundraising event at the Supreme Court of Canada.

First Prize at the Canadian Music Competition in 2005 and achieving the highest score (98%) of the entire competition across all age groups and instruments."

Stanley has been studying cello with Anne Contant since he was 4½ at the Conservatoire de musique de Gatineau. He also takes lessons at Tutti Muzik: trumpet and string ensemble.

Music is a family affair. **Tu Mach**, their mother, is a professional pianist. She is also founder and director of Tutti Musik Inc. music school. She received the Ottawa Business Journal Forty-Under 40 awards in 2004 and is also an award-winning fashion designer. Tu, Stanley and Kerson often play as a trio. **Kin-Wai Leong**, Stanley and Kerson's father, is President of SolDtech Inc., a company offering consulting services in photonics.

Both Stanley and Kerson attend **Ashbury College**. Stanley is in grade 7. "I like physics and maths, and I like the cello, so I hope I can do something in the future which combines some of these interests." In his leisure time, Stanley composes music on the computer, swims, and plays badminton and table tennis.

Kerson started taking violin lessons when he was four with Calvin Sieb, former concertmaster of the Montreal Symphony Orchestra. He's now studying with Serhii Vyhovskyi at Tutti Musik. Kerson also plays the Erhu (Chinese violin) for fun, and he's learning the clarinet. He also likes to draw and write.

So with a very busy schedule, when do they have time to practice? Tu Mach explains, "Kerson practices on average an hour a day; it's even more difficult to find time for Stanley to practice as his school workload and band activities are quite heavy. It helps a lot that they get things fast - both are very quick in learning and memorizing a new piece."

The National Arts Centre concert also included some pre-concert fun. Prior to each performance, the lobby of the NAC was alive with hands-on delight with an "instrument petting zoo" and other activities.

Lois Siegel is a freelance photographer for The Ottawa Citizen. When she isn't teaching Video Production at the University of Ottawa, she plays Celtic and classical music with local groups.



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Wildlife Corner: A Fox Family in our Midst

By Jane Heintzman

Many readers may have taken note of the enchanting photographs of two young red fox kits in the Saturday edition of the Ottawa Citizen in late April. The fox kits were apparently spotted playing outside their den in a wooded area near Carleton Place. As I have been lucky enough to observe at extremely close hand, New Edinburgh has its own active red fox den very close by on the edge of the Pine Hill Woods off Princess Avenue, not far from the intersection at Sussex. As I write in late April,

mother and two of her kits, pausing in the middle of Princess to size me up. After a moment of hesitation, the mother continued on her course through the fence into the Rideau Hall grounds, with one of her offspring following closely on her bushy tail. (It took the little thing several frantic tries before it actually succeeded in diving head first between the iron fence rails.) The second kit turned back towards the woods, and then appeared to change its mind half way to the den, venturing cautiously back towards the

and ducks to fruit, vegetables, fish, frogs, worms and even garbage if it happens to be available. They mate in winter and have their litters between March and May, with both parents continuing to supervise their offspring until Fall when the kits are on their own. So a word of caution to anyone whose regular driving route includes Princess Avenue: **Fox Crossing: Please Slow Down!**

If you have an encounter with wildlife here in the Burgh, whether it's a beaver, a muskrat, a racoon, a porcupine, a white-tailed deer or a red fox, drop us a line at newednews@hotmail.com and share your experience with our readers.



the kits appear to be between 6 and 8 weeks old, still sporting the dark gray "socks" that are the remnant of the grayish coat with which they are born.

Alarming, the vixen has developed a pattern of crossing Princess Avenue to enter the Rideau Hall grounds, possibly in search of food or shelter from the incursions of the many noisy, off leash dogs that regularly ply the Pine Hill woods. On one occasion, I came within 20 paces of the

crossing point at Princess. I disappeared as quickly as I could, and can only hope the little guy made it safely across the road and into the grounds to meet his mother and sibling.

Thanks to their legendary resourcefulness, or "cunning" in the language of children's fables, red foxes adapt well to human environments, and are almost infinitely flexible in their eating habits, living on an eclectic diet which ranges from rodents, rabbits, birds,



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For the Birds



By Jane Heintzman

Despite a slow and somewhat grudging start to the Spring, both song birds and water fowl have been around the Burgh in abundance since late March, and our cedar-filled back yard has been a birder's paradise. In addition to our tuneful resident **cardinal** pair, we have played host to countless **goldfinches** (sometimes in groups of 12 at a time on our nyjer feeder), **tree sparrows**, **song sparrows**, **house sparrows**, **white throated sparrows**, **chipping sparrows**, **chickadees**, **slate coloured juncos**, **downy woodpeckers**, **mourning doves**, **house finches**, **purple finches**, **starlings**, and numerous feisty **red-winged black-birds** which persisted in their fruitless assaults on our sunflower seed feeder, despite their unwieldy proportions.

Among my favourite feath-

ered visitors this spring were two mating pairs of **American robins** who have spent their days mining the matted grass in our back yard for worms and insects, following the robin's distinctive pattern of running and abruptly stopping to listen for the movement of prey. The American robin (as distinct from its European "cousin") is



American robin.

in fact a member of the **thrush** family, of which it is the largest species in North America. While its diet extends beyond invertebrates to include insects and numerous types of berries, its legendary dependence on foraging lawns has made it especially vulnerable to chemical pesticide pollution. The robin's rich and beautifully modulated song, referred to in the birding

books as the "**cheerily carol**", is among the first bird songs audible at dawn (4:45 am to be precise), and the last to fade away in the evening, and in our back yard, it blends happily with the lusty call of the cardinal.

While the robin has always been considered one of the first harbingers of spring, (and indeed, I spotted my first one in late February when spring was still a very distant prospect), many robins actually over-winter in the northern parts of their vast winter range, including Quebec, Ontario and the Prairies, as long as they are able to find berries for sustenance. Though they may be not far off, we don't often see them in urban areas, as they congregate to roost in enormous groups of up to 250,000 birds, frequently joining forces with other species such as grackles and European starlings. When they do migrate north, they follow an isotherm of 3 degrees centigrade, arriving at their destination just before or with the rainy weather which brings the earthworms up out of the ground.

Sadly, there is a very high turnover in the American robin population. While they can produce as many as three successful broods a year (two is the average), only 40% of the nests actually produce young, and only 25% of the fledglings from these nests survive until November. Nonetheless, the overall population is reported to be stable or increasing slightly, a conclusion which appears to be borne out by this year's welcome abundance of robins in our community.

A less familiar species which I spotted on a recent dog walk along the parkway was an **Eastern phoebe**, a North American flycatcher with

rather undistinguished field markings but with an unmistakable habit of flicking or "wagging" its tail. The Eastern phoebe has the distinction of being the first banded bird in North America, having been 'banded' by John James Audubon himself in 1804. This diminutive bird is reportedly a loner, rarely seen in groups or pairs. Even a mated pair spends very little time together, with the fiercely independent female frequently driving off her partner during egg laying.

While the phoebe's natural habitat is in woodlands and along forest edges (where I spotted my solitary tail-wagging specimen), it tends to nest close to human habitation on buildings or bridges. For several years at our cottage, we had an active phoebe nest in the gables of our front porch, and would often awaken to a hungry chorus of nestlings impatiently awaiting their breakfast of flying insects.

Other species spotted in the course of my dog-walking rambles included three **wild turkeys** rooting contentedly in a field near Clarence Creek, a magnificent **blue-jay** in Rockcliffe Park, and a mélange of **juncos**, **chipping sparrows** and **ruby-crowned kinglets** in the greenspace off Sussex Drive, the space which narrowly escaped being developed by the NCC.

Our talented NEN photographer and naturalist **Peter Glasgow** spotted a pair of **Northern flickers** darting between the cottonwoods in New Edinburgh Park, possibly in search of a nesting site. Peter also reported seeing a number of unidentified hawks in the Mackay Street and Rockcliffe Park areas, as well as a clutch of **white-breasted**

nuthatches.

Vicki Metcalfe logged an astonishing 74 species of birds sighted in the course of her two month stay on Jekyll Island in Georgia this winter. She hopes to do even better when she and her husband **Dennis Orchard** head back to Georgia next year, and we look forward to her reports of yet more exotic and fascinating species.

Bird Life on the River

After a comparatively brief absence beginning in late January, the ducks returned to our stretch of the river by the third week of March, breaking the eerie winter silence with the companionable quacking which is the welcome daily "background music" for those of us living close to the water. In late March and April, we observed a diverse parade of **common mergansers**, **hooded mergansers**, **mallards**, **Canada geese**, **common golden eyes**, **black ducks**, **double crested cormorants**, **ring-billed gulls** and most recently, **ring-necked ducks**, a handsome species which I had not previously encountered at this end of the river, and which are more typically found on small ponds during migration.

The ring-neck is a diving duck, somewhat similar in appearance to the **greater** and **lesser scaup**, but readily distinguishable by the bold white



Mating Northern flickers.

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ring near the black tip of its bluish-gray bill. As is customary in the world of birds, the plumage of the ring-necked male is considerably more striking than that of the female. He has a shiny black head, chest, back and rear end, very pale gray sides (which look pure white from a distance), and a broad white stripe at the shoulder. The female is brown and grayish, with a prominent white eye-ring as well as a white ring near the tip of her bill. The pale chestnut-coloured collar from which the ring-neck gets its name is actually one of its least conspicuous markings, and really only visible when the duck is close enough to hold in your hands. Needless to say, this is unlikely to occur while the creature is still alive!



Wood duck.

To my intense envy, Peter Glasgow reported seeing a pair of **bufflehead ducks** farther up river in the Cummings Bridge area, and a handsome pair of **wood ducks** on the river closer to Beechwood. While these magnificent parti-coloured creatures are notoriously shy, they are reportedly appearing more frequently these days, and I can't wait to see one!

In Spring a Young Duck's Fancy Turns to...

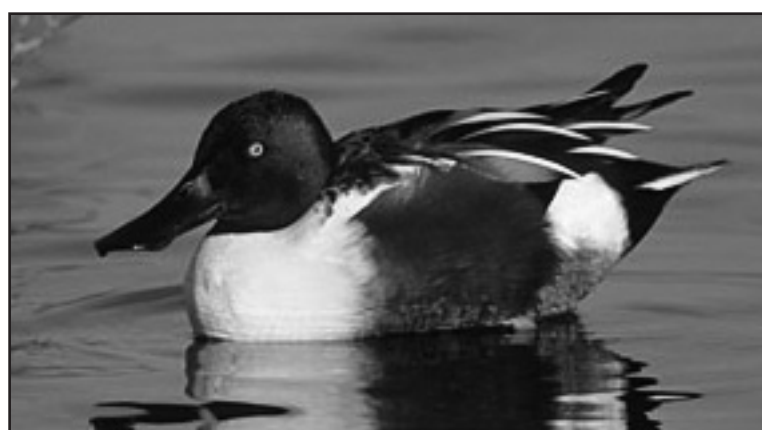
In the course of our visit to Halifax over the Easter weekend, we wandered around the periphery of the Halifax Public Gardens where the returning waterfowl had begun to congregate on the ponds and carry on their courtship rituals. We observed what appeared to be a

pitched battle between two male **mallards**, one of which eventually prevailed and began an aggressive pursuit of a hapless female, grasping her by the scruff of her neck and hanging on tight despite her decidedly unenthusiastic response. (My husband had to restrain me from interfering with the natural order of events by hurling a missile at the bullying male.)

In addition to the mallard population, we spotted several groups of **Northern shovelers**, a handsome dabbling duck with a slight superficial resemblance to the mallard, but with a distinctive and extremely prominent "schnozz": a very long, black, spoon-shaped bill (often as long as 2.5 inches), wider at the tip than at the base and with comb-like projections along the sides to filter out food from the water. The male has an iridescent green head, a white chest and rusty coloured flanks. As always, the female is a more subdued mixture of gray, brown and black, very similar to the female mallard but for her extra large bill.

Birding News from the Macoun Marsh

Educarium Science teacher **Michael Leveillé** and his tribe of young naturalists from the school have reported an active spring season at the Marsh, with a long list of feathered visitors ranging from **red-winged blackbirds** in significant numbers to **black-capped chickadees**, **cardinals**, **juncos**, **robins**, a **flicker**, **tree sparrows**, **downy and hairy woodpeckers**, **mourning doves**, **goldfinches**, **house finches**, **ring-billed gulls**, **crows**, **grackles**, **starlings**, **numerous white-throated sparrows**, a **cooper's hawk**, **killdeer**, **ruby-crowned kinglets**, a **brown-headed cowbird** (a notorious nest parasite), **several mallards**, and three **turkey vultures** descending on a muskrat carcass.



Northern shoveler.

Required Summer Reading for Birders

Readers with a genuine interest in the world of birds should make a point of reading a much acclaimed new publication, *The Silence of the Songbird*, by **Bridget Stutchbury**, a Professor of Biology at York University. Stutchbury analyses the alarmingly rapid decline in the populations of many species of migratory songbirds in North America, including the wood thrush, the Eastern kingbird, the cerulean warbler, the snow bunting, the American redstart and the Henslow's sparrow. In fact, some estimates suggest that nearly half the songbird species that were around only forty years ago have now disappeared altogether, and if, as she suggests, songbirds are "the canary in the coal mine" for the planet, the outlook may be bleak indeed.

Stutchbury's book examines a number of the factors which have brought about the decline in songbird populations, notably pesticides; the destruction of habitat from the boreal forests of Canada to the tropical jungles of Brazil and the grasslands of Argentina; the growth of coffee plantations which displace wintering birds from their secure forest habitats; brightly lit skyscrapers which result in the deaths of thousands of migrating birds each year; and the impact of climate change.

In her discussion of the ways in which interested birders can

help to turn the situation around, Stutchbury emphasizes the importance of simply paying closer attention to the world of birds, and taking note of the species around us and the changes in their numbers and behaviour from year to year.

Here in Ottawa, we have a perfect chance to do just that with the launch of the **Ottawa Breeding Bird Count (OBBC)** by the Geomatics and Ecology Lab at Carleton

University. The OBBC is a volunteer, scientifically controlled study of birds within the City, and is intended over the longer term to build up a database of bird observations which can be used by planners and researchers to determine, and if necessary mitigate, the impact of urban development on bird habitats.

The project is actively seeking local volunteers, and if you're interested, check out their website at www.glel.carleton.ca/Ottawabirds and/or e-mail project coordinator **Adam Smith** at ottawabirds@sympatico.ca. One aspect of the project which may be of special interest to those of us with very limited birding experience is the **Nest Monitoring Program**, which will attempt to track the location, numbers and success of nests within the city. All the details are on the website, and Adam has kindly contributed a brief article describing how the program will work.

Ottawa Bird Breeding Count Nest Monitoring Program

By Adam Smith, Geomatics and Landscape Ecology Research Lab, Carleton U.

The Ottawa Breeding Bird Count (OBBC) is building a public database of bird nest observations that will be used to measure the health of bird populations in Ottawa. If you know the location of an active bird nest, a few quick observations is all it takes to contribute to the project. This year, the OBBC is particularly interested in Robin's nests, but all species are included. If you find a nest, just download the field sheet from the website, record a few observations during two visits that are about 10 days apart, and then after the birds have left the nest, enter your observations into the online database. It's that simple.

Nest observations are important for monitoring birds

because by itself, the presence of a species in the environment may not actually indicate that the population is healthy. Some species may only be present because they migrate into the area not because their populations are self-sustaining.

As long as you can identify the species, anyone can take part. However, observing bird nests requires great care because birds can be very sensitive to human disturbance during the breeding season. The OBBC's website has information to help you learn how to safely record the observations of any nests that you happen to find. Make sure that you closely follow the Code of Conduct on the website.

For more information, see www.glel.carleton.ca/ottawabirds/nests.

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Lindenlea Summer Camps

Lindenlea Tennis Camp – this camp is designed for children between the ages of 4 to 12 years. The hours are from 8:30 am to 12:30 pm, Monday to Friday, every week from July 9 until August 31. The cost of the camp is \$115.00, and includes prizes and a pizza lunch on Friday, as well as a personalized evaluation from Ontario Tennis Association certified instructors.

Lindenlea Science Camp – a camp for ages 6 to 11. Join the people from Brainwaves as they explore the science of our sun and its energy, or as they investigate the mind of one of our greatest scientists ever, Albert Einstein. This is a half-day camp, running from 1 to 5 pm. *Solar Science* will run the week of July 30 – August 3 and *All About Einstein* will run

August 13 to 17. Cost for either of these camps is \$130.00. Space will be limited, so sign up early.

Lindenlea Crafts & Laughs Summer Camp – designed for children aged 2 to 5 years. Both indoor and outdoor activities, imaginative crafts, circle time and many other activities will keep your little ones busy while under the watchful eye of certified ECE teachers. Camp runs from 9:00 until noon, July 3 until August 17, and costs \$105.00. For further information, call Sue-Ellen Nevala at 724-2755, or contact the centre at 742-5011.

Lindenlea Funky Art Summer Camp – designed for children aged 6 to 10 years, this camp is offered in the afternoon from 1 – 4 pm, the week of July 9-13, July 23-27,

and August 20 to 24. If combined with the morning tennis camp, this is a perfect option for parents seeking a full day of activities for their child. Week 1's theme is mystical creatures from a magical world, week 2 centers around incredible ancient artifacts, and the final week will see the children trying their hands at groovy retro art. Cost is \$85.00 per week.

Please visit our website, www.lindenlea.ca, from which you can download summer camp registration forms. You may also register your child for camp on Tuesday evenings from 6 until 8:30 pm, at the Lindenlea Community Centre. If you have any question, please contact us at (613) 742-5011.



On April 15, the St Laurent Atom "A" Senators hockey team won the 40th annual City of Ottawa tournament, Atom A Division, beating their Bytown League arch rivals, Ottawa Centre, 2-1. The Sens scored the winning goal with just 40 seconds left in the championship game. Members include: (from New Edinburgh) Aidan Opazo, Ben Harper; (from Rockcliffe) Liam Murray, Coach Thady Murray, Julian Grego; (from Manor Park) Coach Ted Ryan, Oliver Ryan, Bill Trudeau, Mathieu Desjardins, Mackenzie Gifford (others: Austin Lagarde, Julian Nappert, Nicolas Rabeau, Coach Alain Rabeau, Connor Murchison).



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News from Rockcliffe Park Public School



RPPS senior girls' basketball took first at the Northeast Regional Tournament.

By Melanie Harmon

Anyone who happened to watch "Idol Gives back last month", might have wondered where the producers got the idea to split their fundraising efforts between Africa and those in need in the United States. While we lack the celebrity power of people like Bono and Celine Dion, I have a suspicion that someone on the American Idol staff may have heard of RPPS.

Now granted, that may be a stretch, but RPPS has been donating to it's twin school in Lesotho, Africa and beacon schools here in our own city long before Sanjaya's hair became a household topic of discussion.

This year the school donated \$4500 to the Guardian Angel School. With the money the school is able to sponsor children from local orphanages to attend and purchase much needed equipment for its students. Past purchases include

a cow, whose milk is able to ensure that all of the students have milk at least 3-4 times a week. The money is raised through Book Fair, bake sales and the new "Birthday invitation Initiative" that was introduced this year.

Closer to home, the students will be conducting a "Jump Rope for Kids" event on June 12 as part of the "Kids Helping Kids" program. The money raised through pledges will be used to fund programs and projects for other less fortunate students in area schools.

One couldn't update you on the school without mentioning our incredible sports accomplishments this year. The senior girls' basketball team won 5 consecutive games, finishing first at the Northeast Regional Tournament at Terry Fox School in Orleans. For those of you keeping count, this makes three Gold medals this year for the girls in soccer, volleyball and basketball and two Gold

medals for the boys in soccer and volleyball. All of this is made more remarkable by the fact that the school is competing in the toughest division against schools that have huge populations. Well done teams!

On the greener side of things, Mr. Robertson and the Environment Club have been very successful with their "No Idling" campaign, encouraging parents to turn off their car engines while picking up or dropping off children at the school. Also, neighbours around the perimeter of the school will be urged to avoid using pesticides on their lawns.

Get Set for Book Fair!

Maggie Knaus and her dedicated Book Fair Committee have been hard at work planning next year's book fair to take place from November 2-4.

To get everyone in a literary frame of mind, Maggie and students in the Grade 5 English



RPPS student Nicholas Parkanyi puts some finishing touches on the storytime mural.

class have been hard at work creating a mural on the wall between the two gyms. The theme of this one is children's literature and contains characters from such favourite children's classics as "The Cat in the Hat" and "Tintin". Make sure to look for your favourite characters when you visit next fall's Book Fair.

Of course there can be no Book Fair without books, so if you have used books, games, cds, audiotapes, DVDs or videos, you can drop them off at the school between 8 am and 4 pm during the week, or call Jennifer or Chris at 613-748-3446.

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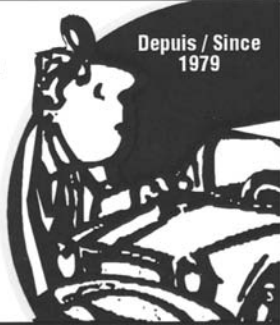
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Fern Hill students enjoy spending time completing scientific experiments, among other educational activities. This would not, however, be a good time to "give something back"!

Swimmy the Fish and Flopsy the Bunny Have Come a Long Way in 25 Years at Fern Hill School

By Gina Watson

Swimmy is the name of a storybook by Leo Lionni whose main character, Swimmy the fish, has overseen the two-year old preschool class at Fern Hill School from inside his fish bowl for 25 years. (Even if he has been replaced a few times!)

Flopsy, the bunny from the Beatrix Potter tales, became the namesake of the three-year old preschool class over the last quarter century.

These two classes have formed the cornerstone of an institution that has grown to include a full preschool (up to senior kindergarten), and the gradual introduction of a grade school from grade one to grade six.

Maureen Brookson founded Fern Hill School in 1981. An early childhood educator from England who was guided by a desire to provide children with an exceptional education, she started her own preschool with eight children in her home. As enrolment grew, she rented a room at Crichton Street Public School and then moved to 52 Maple Lane, using space in the convent. In 1994 the school

moved to its current 50 Vaughan Street.

At all of these locations, the underpinning philosophy of the school has always been to provide academic excellence in a caring and supportive environment.

Today, over 100 families send their children to Fern Hill each year. The school, which built its reputation on its preschool program, offers an equally impressive grade school program. Students attend fast-paced technology classes and an inquiry-based Science and Social studies program. Math and English language excellence is complemented by an Extended French program. Physical Education, Art and Music are all taught by teachers who specialize in these subjects.

"Fern Hill is a small school with a big heart," says Principal Elizabeth Milligan. "Children come to our school as young as two years old, and we help them grow and develop into the confident leaders of the grade five and six classes."

The connection between the younger students and the older ones is encouraged through

programs such as reading buddies, where older students read to younger learners. And school yard games such as skipping, monkey bar swinging and a perpetual game of road hockey include children of all ages.

"The older ones and younger ones make powerful connections" says Jacki Sachrajda the Junior Kindergarten teacher. She has worked at Fern Hill for almost twenty years and has seen those strong connections extend also to teachers, and to other students.

"In a school where everybody knows each other, you are never ignored. Your work is noticed and you are noticed," says Victoria Cate May-Burton. Reflecting on her nine years at Fern Hill, she says, "Fern Hill teachers have the most welcoming attitude towards students that I have ever seen. It wasn't until grade three or four that I even realized that kids weren't supposed to enjoy going to school."

Student Natalie Sachrajda agrees. "For me Fern Hill was a home away from home." Not only did her mother Jacki work

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there, but she also had a wide circle of friends.

Maya Bitar attended the school for eight years and characterizes her time at Fern Hill as "some of the best years of my life."

But it hasn't only been the students who have enjoyed the Fern Hill environment. Staff members sense the positive atmosphere too. Deborah Gutierrez, Preschool Director, said she was originally attracted to her job because, "Everyone seemed so happy. I wanted to work in a happy place, where the children and the staff were content."

Twenty-three years later she has spent almost her entire career at this institution where she feels lucky that she has enjoyed coming to work every day - as a Swimmy's teacher, Preschool Director and after school dance program instructor.

Senior Kindergarten teacher Christie Bitar, a teacher for almost twenty-years at Fern Hill, reflects upon the fact that, "Music was always a strong focus at Fern Hill." She has shared her own gift of music with students by teaching Swimmy's, Flopsy's and Senior Kindergarten and Music.

"Fern Hill School has grown

a lot and has become a very polished operation over the years. And as it has grown, it has become more mindful of its place in the community," says Principal Elizabeth Milligan.

Community events are designed to teach the children they too can give something back. "Fern Hill children are learning that through small actions they can make a difference."

And now the community that has helped build this school is invited to celebrate its quarter century of achievement. On **Saturday, June 9**, Fern Hill's doors at 50 Vaughan Street will be open to welcome past and present students, families and staff, and all who would like to learn more about the school.

The program will include guided tours of the school by current grade five and six students; a ceremony in the gymnasium, with photo display, written testimonials, speeches by past students and staff, and the cutting and sharing of a 25th anniversary cake.

Following the ceremonies the Annual Fern Hill Spring Fair and barbeque will take place in the schoolyard with games, prizes, a bake sale, raffle and lots of smiles.

Womens Soccer at the Rockeries Is Back!

The Mighty Moms are at it again -- soccer, that is.



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Musicians in our Midst: Introducing Christopher Millard, Principal Bassoon, NAC

By Jane Heintzman

Not long ago, we reported on the burgeoning population of visual artists resident and/or working in New Edinburgh. Perhaps not surprisingly, given the legendary charms of our neighbourhood, we are also blessed with a wealth of professional musicians here in our midst, including a healthy complement from the National Arts Centre Orchestra (NACO). Christopher Millard of Vaughan Street falls into this category, and has been the NACO's principal bassoon since the start of the 2004-2005 season. (For readers who, like me, are perhaps not thoroughly familiar with all of the instruments in a symphony orchestra, the bassoon is the large and resonant baritone of the woodwind section.)

Christopher is one of Canada's best known woodwind artists, and before coming to Ottawa, spent close to three decades as principal bassoon for the Vancouver Symphony Orchestra and the CBC Radio Orchestra. He has been a guest artist at chamber music festivals and events throughout the country, and is a regular at the Ottawa Chamber Music Festival each summer (which he describes with a grin as his annual "sweating ritual"! His impressive performance biography includes concert appearances and recordings with the Chamber Music Society of Lincoln Centre, the Marlborough Festival, Les Violons du Roy, The Thirteen Strings and countless other distinguished orchestras, festivals and chamber groups throughout North America.

In addition to his active performing schedule, Christopher is a committed teacher of his art, and for 20 years served as the bassoon professor for the National Youth Orchestra. He is currently on the Music

Bassoon Concerto which won a 2004 Juno award.

And just in case you felt that performing, teaching and recording might amount to a full load, Christopher has added yet more strings to his



Faculty at the University of Ottawa and gives annual master classes at the Domaine Forget Music Academy in Quebec each summer. Beginning next year, Christopher will also be taking up a teaching position at Northwestern University in Chicago, adding a commuting challenge to his already ambitious schedule.

Christopher has made a number of recordings, including a disc in the Orchestra Pro series and two other solo CDs for Summit Records. His most recent recordings were produced for CBC records, and include a Schubert Octet and a performance of the Hétu

bow (to thoroughly mix metaphors and trample the boundary between woodwinds and strings!); he is a skilled woodwind technician and operates a clarinet and bassoon repair business out of a fully equipped workshop in his basement here in the Burgh. Given the demands of his orchestra schedule, he does much of his repair work in the early mornings or at night, and finds the work a relaxing and welcome change of pace.

For the past year, Christopher has also been the host of the NACO Cast series of downloadable audio programs (podcasts) on classical music. The podcasts involve

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interviews with guest artists on a eclectic range of musical topics, many of them addressed to technical issues such as the design and mechanics of specific instruments. The informative and entertaining content of the podcasts has already attracted international attention, earning glowing reviews from *Symphony Magazine* (the North American orchestra magazine) and the venerable *Wall Street Journal*. Interested readers can check out the podcasts on the NACO website at www.nac-can.ca/en/multimedia/podcasts/index.html. Be prepared for some fun, but challenging content as Christopher makes no concessions to "dumbing down" or simplifying the often complex musical topics on the agenda.

Christopher's wife **Camille Churchfield** is also a distinguished professional musician, and was principal flute with the Vancouver Symphony Orchestra for 29 years before moving to Ottawa in 2004. She was a regular concert soloist with the VSO and other Canadian orchestras, and has performed as part of the Scotia Festival and our own Ottawa Chamber Music Festival. Like Christopher, Camille is a committed and accomplished teacher, and was a longtime member of the Music Faculty at the University of British Columbia before her move to Ottawa. She currently has an active teaching practice, serving on the flute faculty at the University of Ottawa and maintaining a private teaching studio as well as coaching chamber and orchestral groups. She also performs frequently with the NACO where one of her former students from Vancouver, **Emily Smethurst**, is now a flautist.

In fact, there is a thriving

Splash! Ottawa Art Gallery Annual Art Auction June 7

Buying art can be so cool. Dive into spring at OAG's annual Art Auction and view and bid on a wide range of contemporary art created by over fifty outstanding regional artists. Twenty of Ottawa's best restaurants and caterers will whet your appetite with delicious cuisine and complementary beverages inspired by the event's theme. This is guaranteed to be an unforgettable evening of excellent art, food and drink, with many of the artists in attendance.

The event will be an opportunity to view and bid on works by established and emerging artists. Works (pre-view at: www.ottawaartgallery.ca/artauktion) include an impressive mix of paintings, photography, ceramic and other media. The art auction will be hosted by Derek Diorio, writer, producer, performer and most recently a director of film and

television.

This year's goal is to raise \$60,000. The annual sell-out event is one of OAG's main fundraising activities and will benefit the Gallery's exhibition and public programs throughout the year.

Splash! takes place on **Thursday, June 7 at the Ottawa Art Gallery, 2 Daly Avenue, from 6 to 9 pm.** Tickets are \$75 before 31 May or \$90 at the door (with a \$45 tax receipt). Corporate packages of 8 may be purchased for \$600 (only until May 31st) and include public recognition as a supporter. All tickets include a bidding number, hors d'oeuvres, and cocktails. Treats such as festival passes, weekend trips, and restaurant gift certificates are part of the surprise gift packages available. For ticket information, or to purchase tickets: **613-233-8699, ext. 221** info@ottawaartgallery.ca.

B.C. diaspora in the orchestra's woodwind section, with four of the eight members of that section coming originally from Vancouver. In addition to Emily and Christopher himself, principal flute **Joanna G'froerer**, and principal clarinet **Kimball Sykes** are both Vancouverites.

Christopher and Camille are greatly enjoying the charms of New Edinburgh, in particular their close proximity to the park where they are regulars with their dog, and to **Mackay Street Epicuria** where they have ready access to gourmet snacks before performances. Christopher points out that here in the Burgh they are among friends in the musical

community, as NACO violinists **Mark Friedman** and **Leah Roseman** live round the corner on Springfield; principal viola **Jane Logan** and principal timpanist **Ian Bernard** are a few blocks down the road on Alexander Street; and **Roland Floyd**, the former first oboe for the NACO, lives on Keefer Street. Now all we need are one or two members of the brass section to round out a New Edinburgh orchestra!

If you haven't had a chance to attend an NACO concert in the last little while, here's an added impetus to get your tickets and enjoy a performance by some of our talented neighbours.



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Notes from South of Beechwood

By Marilyn Hart

ENVIRONMENTALLY INAPPROPRIATE MUSHROOMS? BEWARE.

Help the Planet ?

Sunday, April 22 was Earth Day, dedicated to global initiatives that better protect the earth and raise our awareness about the huge amount of re-education and re-thinking of our lifestyles that still needs to be done.

As I entered my local South of Beechwood supermarket, I was heartened to see a prominently displayed rack selling re-useable shopping bags for 99 cents. "Help the Planet one bag at a time" it said. "Give us your (plastic) bags and we'll give you a cleaner city" reads the large ad in the supermarket flyer.

Supermarket Hypocrisy ?

Imagine my dismay when I sauntered into the fresh produce department and found that I could no longer buy loose fresh mushrooms, popping them into a brown paper bag, as I have done for decades. Now ALL mushrooms, in many of our local supermarkets are packed in sturdy blue heavy plastic trays and covered in plastic wrap. Nary a brown paper bag to be seen.

I approached the fresh produce assistant manager, heavy plastic mushroom tray in hand. "Instructions from Head Office", he shrugged. "It's nothing to do with us." I pointed out the hypocrisy of promising to "Help the Planet" in one aisle, and greatly burdening customers with even more unnecessary plastic in another. Images of elderly persons staggering down their household steps, carrying heavy blue City recycling boxes, filled with unwanted containers, made no impression on him.

Over to Head Office

Whose idea was this? I called the Customer Service Call Centre, where they assured me that by introducing plastic boxes and tightly wrapped plastic coverings they were saving us from dreadful diseases being passed on from the many people picking over the loose mushrooms. "But no such dreadful diseases have come my way during the past forty years" said I. I was assured that a manager would call me to explain. Three weeks later, after no call, I phoned again.

This time I was told that an in-depth research survey had ascertained that it was customers who said they would prefer plastic covered mush-

rooms. A second response, this time from management, said there was less wastage for them if they wrapped the mushrooms in boxes. Of course, this simply passes the wastage problem on to customers. Are we forgetting the lessons of Earth Day ?

And the Solutions ?

We could boycott our local South of Beechwood supermarket, possibly brandishing "Less Plastic Packaging" placards; although that may be a little extreme.

At the suggestion of the store chain's Eastern Ottawa District Manager, Sergio Petrella, we could open any plastic box of our choosing and take out the required number of mushrooms. But we must bring our own paper mushroom bag. Note: this is not saving the planet, it simply places the onus on the local supermarket to deal with the plastic boxes, instead of the customer.

Perhaps the best solution would be to buy mushrooms in the ByWard Market, or at another local supermarket where trays of loose mushrooms are still available for purchase, complete with brown paper bags. No fears of passing on dreadful diseases in their corporate Head Office. So I bought some.

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So where do you find out more about this major new development? Look to the South side of Beechwood, of course, in the newly acquired block of older retail stores, and you will find Claridge's sales

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Photo: Nancy Hooper

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Urban Planning Update

Residents may recall that the re-zoning and site plan application for the 10 acre toxic site, known municipally as 100 Landry, has long been the subject of heated debate. The prime planning issues were the excessive height of the apartment buildings (proposed initially at 30, 24 and 16 storeys), and questions about excessive traffic from the total of 750 units, including 142 townhomes. The enclosed compound-like nature of the development was also criticized.

Many aspects of the development have been modified over the past two years. When the application went before the City Planning and Environment Committee in October 2006, the high-rise structures were reduced to 25 and 24 stories with an additional longer horizontal 9 storey building fronting on Landry slated for an adult

retirement complex. A reasonable attempt was made to minimize the traffic which might otherwise have driven through our South of Beechwood neighbourhood. Most of the traffic from the development is directed to and from the Vanier Parkway, congested though that may be. To respond in urban design terms to the local community, five three storey walk up apartment buildings were designed to face Landry, with architectural features which reflect the residential nature of the north side of Landry.

Despite much verbal opposition, the Planning and

Environment Committee approved the application as submitted by staff, an approval that was subsequently endorsed by City Council in November of the same year.

But things did not end there. An objection was lodged to the Ontario Municipal Board (OMB) by the Condominium Corporation for the existing apartment building at 40 Landry. Traffic issues were the prime concern. After much behind the scenes negotiation, Claridge agreed to reduce the two towers to 20 stories each. The revised zoning was ratified by the OMB on April 24th 2007.

Redevelopment of any area brings mixed blessings, but in this case, the opportunity exists to bring new people, a great many new people, into our neighbourhood - families, couples and singles. All newcomers will undoubtedly frequent our local stores, restaurants and services and bring more life to Beechwood Village.

Many Styles to Choose From

Accommodation styles are mixed, and the prices are reasonable. There are traditional freehold townhomes, stacked apartments (or Urban Towns) as they call them, and small and large units in the apartment towers. Welcome to Edinburgh Common.

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Hillsdale Park Clean-up Report

By Robert Sauvé

A few dogs' best friends got together the other morning and spent a couple of hours cleaning up the Hillsdale Road Park near the Rockeries. With cheerful resolve these best friends accomplished quite a bit. The day was perfect; it was cool, there were no bugs and just the slightest Irish mist floated by as if in suspension. The colours were vivid and the trash obvious and discordant ... sigh.

After a few minutes, and within a few yards of the parking lot, I was getting clues for a story. Among the usual candy wrappers and ubiquitous plastic bottles, I also picked up broken beer bottles with jagged edges exposed (see picture), condoms, bottle caps, golf balls, underwear, and assorted hygienic pads. What happens here? I wondered. There it was, my story in the

rough; passion, booze, temptation, opportunity and 'love' under the cover of dark. And what of those golf balls! A clear sign of fore play?



After a few more condoms and many more broken bottles I thought that the story I had in my garbage bag was a tragedy; it was one of neglect and betrayal. Neglect of the environment and betrayal of one's fellows (this includes our four-legged best friends). Signs of this neglect and betrayal were seen and picked up from all sectors of this beautiful public space. Unfortunately it is the dogs who suffer most. In the

recent past several dogs have suffered cut paws because of humans' thoughtlessness. Owners have had to pay substantial veterinarian bills, with the accompanying heartache of seeing injured animals.

Many of the pathways that criss-cross the park were cleaned up. While we regret that some people display a profound disregard for cleanliness and for the safety of others, we can take heart that there are many who are willing to give of their time to redress this thoughtless behaviour. Social capital is very much alive. Thank you all for your time and your work You have given back to the community a cleaner and healthier Park. The following Best Friends got together and, with the support of the greater congregation of the canine clan, voted to salute you all with wags and throaty growly purrs of satisfaction for your loyalty; and yes you can share any one of their treats (mmm after they get first lick!) ... and so from Malachy, Satchmo, Fly, Jezabel, Jessie, Heather, Portia, Sabra, Highlander (hope your paw is better), Una, Scout, Erawan, Pyper, Portia, Jeff and Molly a very big body shivering wag, a scratch behind the ears and endless licks - Thank You.

The Thirteenth Annual "Dogs' Best Friends" park cleanup this past May 28th 2007 was one small effort to healing our tiny corner of the earth. See you next year.

Editors note: Robert Sauvé organizes of the annual clean-up near the Rockeries in Rockcliffe.

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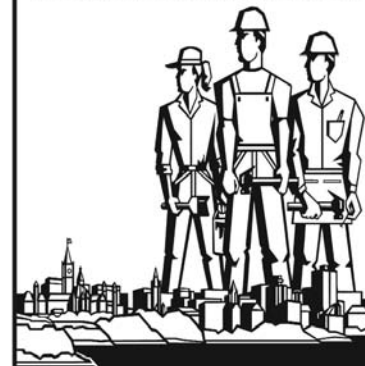
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Leo's War: From Gaspé to Vimy

By Neil Fortier

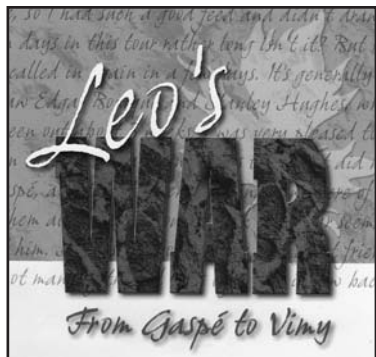
While visiting a relative's house one summer, Gordon Pimm came across a box filled with letters written by his great uncle, Leo. Leo had been a soldier during the First World War, and had sent home several dozen pages describing the two years he spent serving in France. When asked if he would like to keep the letters, Gordon accepted, and then largely forgot about them for almost 45 years.

In 2004, however, Gordon and his wife travelled to Normandy for the 60th anniversary of the D-Day landings, and went on to visit Vimy Ridge. After walking the same ground where his great uncle had fought so many years ago, Gordon was inspired to revisit the letters, and was struck by the skill and vision with which they were written. "Everyone else saw a parade ground full of people marching with bayonets," says Gordon, "but Leo described it as a moving sheet of ice. He saw things in a way that most people don't. I found it interesting, and I decided those letters shouldn't be just left in a box."

Gordon went on to contact several members of his extended family to gather more of Leo's letters home. Three years later, after collecting approximately 100 pages of his great uncle's writing, he published the letters in his first book: *Leo's War, From Gaspé to Vimy*.

The book tells the story of Private Leo LeBoutillier, known as "Boots" among his friends. Leo began the war as a field telephone operator, but

later volunteered for duty as a scout, making many trips deep into "no man's land" under cover of darkness to map out enemy defences. "I think he



joined the scouts because he wanted to be independent," Gordon says, "it seemed better to him than sitting in a trench waiting for a shell to land on him. As a scout, he could use his head to help him survive."

Gordon is quick to point out that this book is Leo's story, told in Leo's own words. "I started out writing a book with a lot of my own opinions in it," he says. "Eventually, though, I threw all that out, and let the letters speak for themselves."

The letters tell the story of a young man developing from an excited new recruit to an experienced, and at times war-weary soldier. His writing shows him to have been a thoughtful, dedicated young

man, always concerned for his family and friends back home. However, lines like "Things were in awful shape and artillery fire fierce, day and night," and "I have seen enough of it. I wish the H--- it was over!" also communicate the horror and adversity Leo confronted each day. "Leo did his duty," says Gordon, "[but] he knew what war was, and he wanted it to end."

In November of 1916, Leo's actions during the battle of the Somme earned him a Distinguished Conduct Medal. In 1917, Leo went on to participate in the battle for Vimy Ridge, widely regarded as one of Canada's greatest military victories. It is a moment Gordon believes helped define Canada as a nation. "[Canadians] trained to take a strong point that no one thought could be taken, but in a day and a half they captured the whole ridge." In the end, the book leaves the reader with a new perspective on an important period in both Canadian, and world history.

Leo's War: From Gaspé to Vimy is available at bookstores across Ottawa, or online at www.indigo.ca. More information on the book is also available at www.leoswar.com.

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Climate Change: Science, Denial and Morality

By Hugh Robertson

The Intergovernmental Panel on Climate Change (IPCC) has been reporting on climate issues since 1990. Formed under the auspices of the United Nations in 1988, the IPCC includes scientists from government agencies, universities and the private sector around the world. These experts rigorously review the range of published literature pertaining to climate.

The first three parts of the Fourth Assessment Report of the IPCC were published recently and they lay out in a meticulous manner the state of climate change. The preparation of the IPCC Report was based on a lengthy process of consultation involving over 2000 scientists from around the world and final-

The increase in atmospheric carbon dioxide levels is escalating alarmingly. The hockey stick analogy, popularized in Al Gore's film "An Inconvenient Truth," is an accurate portrayal of runaway carbon dioxide growth and, unless checked, a portent of ever increasing temperatures. Global warming drives changes in climate, such as hurricanes and droughts.

Not only does the IPCC Report link planetary warming to increased concentrations of greenhouse gases, but it also clearly establishes the connection between human activity since 1750 and increased levels of carbon dioxide and methane. Carbon dioxide is created by the burning of fossil fuels, such as coal, oil and natural gas and by

be losers.

Climate fluctuations have occurred many times in the past but these changes took place gradually over millions of years. The current spike in carbon dioxide levels and the accompanying temperature changes have occurred in the past 250 years – a mere flash in the geologic history of the planet.

Sadly, the climate skeptics have seized on these climate fluctuations and cherry picked their data to promote a theory that global warming is simply part of a natural cycle. Yet, an overwhelming percentage of scientists, and virtually all the published literature, confirm that anthropogenic (man-made) carbon emissions have created the conditions today that fore-

President Bush has only grudgingly accepted that anthropogenic global warming is a reality and our own government found green religion in a recent overnight conversion...

ly approved by 120 governments. The 2007 IPCC Report represents the most authoritative contemporary assessment of climate change.

Parts 1, 2 and 3 of the 2007 Report are cautious in tone, conservative in forecast and conclusive in their findings. The science is solid and the debate is essentially over: our biosphere is warming inexorably, largely due to human activity, with dramatic long term environmental consequences for the planet.

Part 1 of the report states categorically that "the warming of the climate system is unequivocal." Of the 12 warmest years recorded since 1850, 11 have occurred since 1995. Last year, for example, was the hottest on record in the US. Especially dramatic is the warming trend of the past 50 years when compared with the previous 1300 years of temperature records.

The IPCC conclusively links this rapid warming of the planet with higher concentrations of greenhouse gases, such as methane and carbon dioxide, in the atmosphere. The atmospheric concentration of carbon dioxide has increased from a pre-industrial level in 1750 of 280 parts per million to 380 ppm today. This level far exceeds the incidence of carbon dioxide over the past 650,000 years according to ice core samples.

clearing forests. We burn fossil fuels primarily for heat, electricity and transportation.

Part 2 of the IPCC Report describes how climate change will affect the global landscape in the future. Major changes are inevitable but whether they are catastrophic will depend on the speed at which and the degree to which we can curb our carbon emissions. These environmental crises are not doomsday scenarios dreamed up by crackpot scientists – these are the credible predictions of respected scientists, including Nobel laureates.

The report covers a range of potential ecological disasters of staggering magnitude: from the impact of Arctic warming on indigenous people in Canada, to the flooding of tropical islands, to the desertification of farm land in Latin America, to mass starvation in Africa, to heat waves in Europe, to glacial melting in Asia and droughts in Australasia.

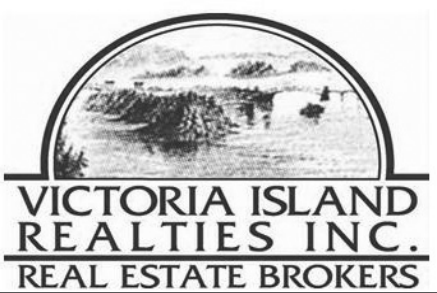
Rapid global warming will inhibit the smooth genetic adaptation of plants and animals and millions of species will disappear, followed by cascading effects throughout the worldwide web of life. We suffer collectively when just one species disappears or one Pacific island is inundated by rising ocean levels. There will be no winners on a degraded planet – we will all

shadow a planetary crisis of catastrophic proportions.


The media have been complicit in shaping a wide-spread public perception that rapid variations in climate are a naturally occurring phenomenon. By assigning equal space and time to the scientists and the skeptics, the media has lent credibility to the natural cycle hypothesis. Furthermore, columnists and editorials frequently promote economic growth at the expense of ecological precaution. Even important scientific studies are often ignored or minimized by the media.

Corporate spin has reinforced public confusion about climate. Organizations such as the Heritage Foundation and the Global Climate Coalition have been bankrolled by energy companies to promote anti-Kyoto scare stories, arguing that fighting global warming will cost jobs and raise prices. ExxonMobil has spent \$15 million since 2000 funding speakers to create doubt in the public mind about the nature of climate change. Manipulating public opinion in the pursuit of increased corporate profits at the expense of the environment is an ethically bankrupt tactic.

Even governments have been involved in the climate cover-up. President Bush has only grudgingly accepted that anthro-



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pogenic global warming is a reality and our own government found green religion in a recent overnight conversion – but not before they had gutted climate websites and energy reduction programs. Government interference was even present in the fine-tuning of the April report of the IPCC. Bureaucrats from the US, China, Saudi Arabia and Russia insisted on watering down some of the recommendations of the scientists.

Does blaming governments, corporations and the media absolve us from responsibility for the present state of the climate? No, we are a central cog in the denial machine. Politicians simply reflect our wishes and their hypocrisy and inaction mirrors the views of a large segment of society. We permit corporations to influence our wants instead of addressing our essential needs, and we allow the media to subvert our values and manipulate our thinking.

The science on climate change is clear and irrefutable and we can no longer remain indifferent, nor can we plead ignorance and confusion. Global warming is largely a function of consumption patterns and consumption always involves individual decisions. Climate issues are,

therefore, a question of personal conscience and principle and choice of lifestyle. We are the custodians of the common wealth and it is our moral responsibility, individually and collectively, to protect the health of our planet and to preserve the birthright of unborn generations.

Editor's Note: This is the first in a three part series by Hugh Robertson addressing the global challenge of climate change. Mr. Robertson is a highly regarded local environmental activist whose own personal efforts to "walk the talk" by taking steps to achieve a major reduction the ecological footprint of his household have been profiled in both the Manor Park Chronicle and the New Edinburgh News.

*Next in the series is **Kyoto: A Call to Arms**, where Mr. Robertson will set out the steps involved in meeting our Kyoto emissions reductions targets, which he believes are attainable, and the economic implications of moving ahead with these measures. The final installment, **Reducing our Personal and Societal Carbon Emissions**, will suggest some concrete and practical ways in which we can all do our part in the national effort to achieve our Kyoto targets.*

Green Bins - They're Here to Stay!

By Jane Heintzman

Those vanishing Green Bins we reported on in our last issue will soon be sprouting at the curbside throughout the City of Ottawa. On April 11, after close to a decade of deliberation and indecision on the issue, Council approved the implementation of a City-wide organics composting programme beginning in the Fall of 2008. The decisive 23 to 1 vote in favour of the Green Bins was largely a result of the current bitter debate over expanding the City's landfills, which are rapidly approaching capacity under our existing waste management régime.

The expanded organics recycling programme will provide Green Bins to 250,000 single family dwellings throughout Ottawa, at an approximate cost of \$10 million for the bins and a further \$15 million for the processing facility. The initiative

will be funded through a combination of reserves earmarked for the project, and low interest loans and grants available from the Federation of Canadian Municipalities.

City staff estimate that once the green bin system has kicked in late next year, as much as 100,000 tonnes of organic waste could be diverted from the landfills each year, allowing the City to approach its elusive target of a 60% overall diversion rate, and at the same time, to forestall the requirement for new and/or expanded landfill facilities. And if all goes as planned, those mountains of egg shells, chicken bones, vegetable scraps, tea bags and kitchen scraps of all descriptions will eventually be transformed into useable compost for our gardens.

As we noted in our last report, Ottawa is far from a pioneer in the organics recycling business,

CFLs: First, the Good News...

By Jane Heintzman

Starting in 2012, the sale of inefficient incandescent bulbs will be banned both in the province and at the national level. In the interim, households throughout the country will have to familiarize themselves with one of the leading energy efficient successors to the incandescent, the **compact fluorescent light bulb (CFL)**.

CFL bulbs consume about 1/4 the energy of a standard incandescent bulb (which wastes up to 90% of its energy producing heat rather than light), and are reputed to last from 6 to 10 times longer.

The downside of CFL technology is that the bulbs contain mercury, an element which builds up in the environment and can be highly toxic to wildlife and humans alike. The amount of mercury in the average CFL is extremely small- about 5 milligrams, or about one fifth of the amount contained in a watch battery.

Though the amount of mercury is small, its presence means that if at all possible, CFLs should not be thrown out with your ordinary garbage, but should be recycled or disposed

of as hazardous waste. As CFL use rises their environmental impact is likely to become an increasing concern. One alternative is to collect and store your defunct CFLs until one of the City's Hazardous Waste Depot collection days rolls around. You can check the dates, times and locations of the Hazardous Waste Collection days on the City website at www.ottawa.ca.

A simpler way to get rid of CFLs is to drop them off at IKEA (Pincrest Shopping Centre) where the store has a recycling bin in the lightbulb section. The catch is that the bulbs must have been purchased at IKEA. A second retailer who will take back CFLs and other fluorescent light bulbs for a fee is Marchand Electrical (near

Cyrville and StarTop Road).

The one absolute taboo associated with CFL disposal is that they and all other products containing mercury **must never be sent to an incinerator**.

Light bulbs do break from time to time, and because of the mercury content in CFLs, extra care has to be taken in cleaning up the breakage. Though the NRCAN indicates that the risks are minimal, they suggest the following clean up protocol:

- Sweep up-don't vacuum;
- Put the broken pieces in a sealed plastic bag and wipe the area with a damp paper towel;
- Open windows to allow the room to ventilate.

You can check out the NRCAN website for more details at oee.nrcan.gc.ca.



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Summer Reading Ideas From Books on Beechwood

These suggestions are a group effort on the part of the team at Books on Beechwood. **Di Bethune** contributed the children's and youth suggestions. Antoinette Fracassi came up with the non-fiction ideas, and **Jean Barton** contributed the adult fiction suggestions.

Adult Fiction

A new book, Locked Up, is a collection of mysteries which take place along the Rideau Canal. The contributors are many and familiar, Barbara Fradkin, Vicki Cameron, Joan Boswell among them.

The Penguin Book of Summer Stories selected and introduced by Alberto Manguel will please almost everyone with contributions from Margaret Atwood, Albert Camus, Wallace Stegner, John Updike and many others.

An absolute favourite for the fiction reader is Divisadero, by Michael Ondaatje. A "Must-read".

The latest adventure of Mma Ramotswe, the founder of the No. 1 Ladies Detective Agency, is recounted by Alexander McCall Smith in The Good Husband of Zebra Drive.

Anthony Hyde's new book, A Private House, is quite a departure from his previous books. It is set in Havana with characters who find themselves together in shared experiences that lead to unexpected outcomes.

On Chesil Beach, a short novel by Ian McEwan that describes the fear and panic of Edward and Florence on their wedding night in Dorset, and the consequences of their reticence. It is short, intense and satisfying.

Cathleen Schine, the author of The Love Letter, To the Birdhouse and others, has a new book this summer. New Yorkers describes the developing friendships of dog owners and walkers in Central Park.

Books for the Young

The new Sandra Boynton, Your Personal Penguin, a board book with a song to download, is already a hit with youngsters.

An amusing new John Burningham book, The Horriblest Boy in the Whole Wide World, with superb illustrations, inspires many giggles and smiles.

A delightful early reading story entitled Houndsley and Catina, by James Howe of Bunnicula fame and illustrated by the talented Marie-Louise Gay will be certain to delight with enough text to create a great plot.

Lemony Snicket, is now available in paperback with great new covers.

Sharon Creech's Replay is up to her high standards of originality and compassion. Good for boys 8-12.

For the girls, there are new works by Ann Brashares, Eva Ibbotson and Joan Bauer to name a few.

Local and internationally known writer, Brian Doyle's new novel, Pure Spring is based in Ottawa in the late 1940s with true events interwoven into the story.

For the Young at heart

ping and fishing industries.

Kitchen Con: Writing on the Restaurant Racket, by Trevor White, an Irish food critic, is a scathing and hilarious exposé of the restaurant business. It is a gastronomic road trip of global proportions.

Floor Sample: A creative Memoir, by Julia Cameron. Julia Cameron is the author of the international bestseller, The Artist's Way in which she defined the creative recovery movement. In this memoir, she reflects on the experiences that have fed her own art as well as her early experiences with alcohol and Hollywood.

Ten Great Board Books @ Kaleidoscope Kids' Books

Board books, with their thick, sturdy pages, are a great gift for a new baby. They're very durable and tell fun and colourful stories in a size that's perfect for little hands. Here are ten great titles:

1. The Gruffalo by Julia Donaldson: a fun rhyming book about a mouse who outsmarts all its predators in the forest, including the Gruffalo.
2. Alligator Pie by Dennis Lee: the timeless poem done in a board book format with cute illustrations.
3. Good Night Gorilla by Peggy Rathmann: a gorilla takes the zoo warden's key and releases his zoo friends for an evening visit to the warden's house.
4. Maisy's Big Flap Book by Lucy Cousins: a large format board book with lots of flaps and fun things to find.
5. Barnyard Dance by Sandra Boynton: stomp your feet, clap your hands, everybody ready for a barnyard dance!
6. Is Your Mama A Llama? by Deb Guarino: one of Karin's favorites, follows a little llama as he asks his animal friends to answer the question "Who's Your Mama?"
7. Baby Beluga by Raffi: the popular song made into a board book - you can sing or read along to this one.
8. First 100 Machines / First 100 words: large format board books featuring 100 words and colourful pictures to build your little one's vocabulary.
9. Goodnight Moon by Margaret Wise Brown: this classic bedtime story is perfect for reading to your sleepy bunny.
10. Snowy Bear and Friends / Fluffy Chick and Friends: these "cuddly books for cuddly babies" cloth books combine different textures with strong graphics to stimulate young minds.

The Brain That Changes Itself, by Dr Norman Doidge, explores the profound implications of the changing brain for understanding the mysteries of love, sexual attraction, taste, culture and education.

Canadians: A Portrait of a Country and its People by Roy MacGregor. A sparkling blend of historical, anecdotal and reflective writing that captures essential truths about who we are and what makes us tick - everything from hockey, our national ID to our exportable sense of humour.

Witch in the Wind: The True Story of the Legendary Bluenose, by Marq de Villiers. A master storyteller, de Villiers explores the history of the Bluenose from a fresh new perspective and against the social and economic backdrop of the east coast Atlantic ship-

Cake or Death: The Excruciating Choices of Everyday Life by Heather Mallick. This Toronto journalist uses candour and humour to reflect on the absurdities and lessons of our everyday lives. True Pleasures: A Memoir of Women in Paris, by Lucinda Holdforth, lives up to its title. It is made up of biographical sketches of women of Paris of the likes of Madame de Pompadour to Nancy Mitford, but written seamlessly so that the characters move in and out of the text as their lives and thoughts dictate. A wonderful, wonderful book.

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Burgh Bulletin Board

Sat, June 2

3RD ANNUAL AMAZING BOOK RACE in support of ALSOcares Family Literacy Program. www.nald.ca/also.

Sat, June 2, 9 am - 2 pm

BETTYE HYDE Cooperative Nursery School's Annual Spring Fayre and Children's Fun Day. High-quality, barely-used children's winter and summer clothing, toys, games and strollers and other lightly used household items. Bake Sale. Fantastic children's activities. BBQ and home-made refreshments. Check website for further details at www.bettyehyde.com or call 236 3108 317 Chapel St. at the corner of Blackburn and Laurier in Sandy Hill.

Sat, June 2, 2:30 - 5 pm

PIPE DREAMS - A SPRING TEA AND SALE at St Bartholomew's Church, 125 MacKay Street, in the Parish Hall to support the Organ Repair Fund. Tickets at \$10 include your donation to the organ repair project, plus a special tea and the pleasure of shopping for beautiful second-hand treasures. Tickets will be available at the Church Office, 125 MacKay, from May 18th tel 613-745-7834, or c/o Marilyn Denton at 745-7857 or Liz Heatherington at 746-5185. Don't forget to wear your spring hat!

Thur, June 7, 10 am - 4 pm

46TH ANNUAL IODE HOUSE AND GARDEN TOUR. Three of the houses this year are in New Edinburgh. Tickets \$25, available as of May 1st at Mood Moss Flowers and Thyme and Times Past. For more info contact Jo Brodie, 613-842-5304.

Sat, June 9, 9 - 11 am

TRASH BASH - The Rockcliffe Park Garage Sale at the Library parking lot off Buena Vista.

Sat, June 9, 11 am - 2:30 pm

FERN HILL SCHOOL'S 25TH ANNIVERSARY. Celebrate with students, families and staff, past and present. Guided tours, photo displays, testimonials, speeches, BBQ with games, prizes, bake sale and raffle. 50 Vaughan Street.

Sun, June 24, 10 am - 3 pm

HANDICRAFTS SALE at Lindenlea Community Centre. Gorgeous women's accessories (silver and semi-precious stone

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Ongoing

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HEART DISEASE PATIENT STUDY If you are over 50, do not smoke, and have suffered a heart attack, you may be eligible to participate in a large international research study to test the effectiveness of an alternative therapy for heart disease. If you

are interested in taking part or would like more information about this study, contact Dr. Richard Nahas of the Seekers Centre for Integrative Medicine at 613-727-7246 or visit www.seekerscentre.com.

DIRECTORY OF RESOURCES FOR SENIOR CITIZENS is now available. This bilingual directory includes the name, address, telephone number and a brief description of all the organizations in the Ottawa region where seniors can get helpful advice geared to their special needs. Available at The Senior Citizens Council of Ottawa, 250 City Centre Ave, Suite 302, Ottawa K1R 6K7, for \$5.00 or it can be mailed to you for an additional \$3.00. Call 613-234-8044 for more information.

THE GLOUCESTER HISTORICAL SOCIETY (GHS) has published its latest book, entitled **Pioneer Families of New Edinburgh** (Gloucester Township), Volume One: 1830-1870. This 55-page book by local author Robert Serré contains a brief history of the early village, as well as biographical and genealogical profiles of 93 pioneer families. \$10.00 (mail orders \$12.00). Contact: Robert Serré, Secretary of the GHS, 1057 Riviera Drive, Ottawa K1K 0N7, e-mail belser@magma.ca, Tel. 613-749-0607.



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Burgh Breezy its

Congratulations

Happy 50th Birthday to **Cathy McConkey**. You still have the cutest little baby face. Here's to 50 more.



Cathy McConkey at age 7.

Congratulations to **Duncan** and **Gloria Marshall** who are

celebrating their 60th wedding anniversary in June.

The King is 50. Happy 50th birthday **Bryan King**.

Happy 60th birthday to **Jill Hardy** who is celebrating by flying off to England for a few weeks.

New Arrivals

Welcome to the world **Sienna** and **Ewan Smith-Windsor**. Born on September 16, 2007, weighing 3 pounds 9oz and 4 pounds at 4:50 and 4:57 in the morning. Proud parents Fiona Stewart and Brooke Smith-Windsor, grandparents Myra, Ron, Art and Adrienne. Niece and nephew to Jenny and Alex, Kyle and Shannon.



The last photo of Bryan King with hair.



Jill Hardy is off to other side of the pond.



Sienna and Ewan Smith-Windsor, born Sept 16, 2007.

The **Smiths** of MacKay Street are delighted to welcome a new member to the family. **Ryan** was born on March 7th and is a healthy and happy baby.

Get well soon

Get well soon - **Jeanine Salisbury** of Vaughan St. is back home after a short hospital visit.

Kudos

Our belated congratulations to **Paula Sweet** of Noel Street on her recent appointment to the Ottawa Public Library Board of which she has been named Vice-Chair. Paula is a highly respected member of the urban planning community in the Ottawa area, and is currently Vice President of FoTenn Consultants Inc. She has served as President of the Canadian Institute of Planners and in recognition of her work, was appointed a Fellow

of the Institute in 2001. We wish Paula the best of luck in taking on this new challenge for the benefit of the community.

Congratulations to **Peg Herbert** who was awarded the Business, Professions and Public Sector Award on May 17 at the 14th Annual YMCA-YWCA Women of Distinction Awards. Peg has helped the people of Lesotho in southern Africa deal with poverty and HIV. Traveling to the small nation in 2004, she saw a devastated people and decided to make a difference. Back in Canada she helped establish Help Lesotho and as executive director has trained and mentored more than 50 volunteers, raised money and spearheaded an AIDS awareness program that has been so successful



Peg Herbert, Woman of Distinction.

engaged to be married on August 18, 2007 in Ottawa to **Paul Canning** of Scotland. Paul and Rachel are both working in London, England, but plan to spend part of their time in Canada especially once their home is built in Mont Tremblant.

Welcome to ...

The **Douglas family** has returned to the Burgh from England and is settling in to their new home on Stanley Ave. Welcome back **Ken, Sally, Lachlan** and **Jock**.

Welcome back to **Marion Haunton**, who has just returned from a trip in east Africa where she was able to visit her sponsored child.

Condolences

Condolences to the **Kerr family** on the passing of Gemma's mother.

Condolences to the **Opazo family** for the passing of Margaret's father.

that it has also been applied in other effected nations.

Announcements

Riemer (Ray) and Mary Ellen Boomgaardt are happy to let everyone know that their second daughter **Rachel** is



Paul Canning and Rachel Boomgaardt are to be wed this August in Ottawa. Congratulations!




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and custom
carpentry services.

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