

NEW EDINBURGH NEWS

April 2008

www.newedinburgh.ca

RIDEAU RIVER CLEANUP DAY

Sponsored by the Urban Rideau Conservationists, NECA,
and the City of Ottawa

MOTHER'S DAY
SUNDAY, MAY 11, 2008
(RAIN OR SHINE)

VOLUNTEERS NEEDED!

TIME: 10 am -1 pm

PLACE: Stanley Park
Fieldhouse or
at the Rideau
Tennis Club at 1
Donald Street.

DRESS: It's a mucky job,
so dress for the
occasion! Wear
rubber boots or
sturdy, indestructible shoes; work gloves and
old clothes. We'll supply the garbage bags and
cleanup equipment.

CONTACTS: Martin Canning canning.martin@gmail.com
Andrew Kerr webmaster@newedinburgh.ca
or 613-749-5260
Gemma Kerr newedgem@magman.ca or
613-745-7928

REFRESHMENTS AND T-SHIRTS FOR PARTICIPANTS!



Annual Friends of the Park Cleanup Day Saturday, May 3, 2008



Meet at the Stanley Park Fieldhouse
at 9:30 am

Please dress appropriately, i.e. rubber
boots, gloves, etc. Bring garbage bags
if you can. See you there!

Annual Plant Sale Saturday, May 10th at the Stanley Park Fieldhouse

8 am to 4 pm



Photo: Louise Imbeault

March 8, 2008: The day a record amount of snow fell on the Burgh. Alyssia the husky was right at home in the mountains of snow on Ivy Crescent.

New Edinburgh Wins Round One

By Inge Vander Horst and
Paul McConnell

An impressive crowd of New Edinburgh residents filled the gallery at City Hall on February 28 to watch the City's Local Architectural Conservation Advisory Committee (LACAC) review the request by Laro Homes to demolish the bungalow at 132 Stanley Avenue (corner of Queen Victoria Street) and replace it with six 3-storey townhouses.

The Lead Up

At an information meeting convened by NECA in January, residents expressed overwhelming opposition to this large infill proposal. Its height, scale, density, and loss of green space were seen as completely out of character with the neighbourhood, especially inside the Heritage Conservation District which has special rules governing demolition and new construction.

The developer made some design changes after the January public meeting, but none that significantly reduced the scale and density of the project. Despite its failings, the proposal was sent to LACAC for approval with the full support of the City's planning and heritage staff. It is a strange and frustrating state of affairs when the people of New Edinburgh have to take on City Hall in order to protect the municipally-approved Heritage Conservation District. Still, after lots of preparatory work by NECA, adjacent neighbours, and supporters far and wide, the community was ready to make its case in front of LACAC, an independent group of technical experts who review applications

and then make their recommendations to City Councillors.

NECA, assisted by its Heritage & Development Committee, wrote to LACAC in advance and declared its strong opposition. The NECA submission included a detailed analysis demonstrating how the project failed to comply with heritage guidelines, the City's infill guidelines, and the zoning by-laws. The submission explained how the development would have a negative impact on the immediate neighbours and on the character of

the street, and that it would also set a dangerous precedent for all future infill projects within the heritage district. (You can read the full NECA submission on the community's website.) Several residents of New Edinburgh also sent in their own letters to LACAC, describing their objections to the proposal.

The Show Down

City staff and the developer made their presentations in support of demolition and redevelopment, claiming it was consistent with

Continued on Page 36

Canada and the World Pavilion:

The White Elephant Leaks!

By Jane Heintzman

Once again *Ottawa Citizen* writer **Patrick Dare** has done a masterful job of unearthing the most recent machinations in the ongoing saga of the Canada and the World Pavilion, the vacant structure at 50 Sussex Drive whose fate has been the subject of much speculation and debate. At the time of our last report, the most likely prospect on the horizon (notwithstanding the energetic efforts of the Ottawa Art Gallery to acquire the facility as a permanent home for its magnificent Firestone Collection) was the Governor General's Chancellery of Honours which was in search of new quarters to mark the 40th Anniversary of the creation of the Order of Canada. And indeed, documents obtained by the *Citizen* under Access to Information legislation revealed that a rush was on to prepare the building for the Governor General's offices in time for July 1st celebrations.

The move was never made, but not because of objections from a variety of quarters that the proposed office use could involve unwelcome restrictions on public access to the facility, as well as foreclose opportunities for more visitor-friendly options. Rather it was discovered in an engineering investigation carried out by Public Works and Government Services Canada (PWGSC) that the building is a breeding ground for toxigenic mould with a serious potential for creating health and allergy problems for users of the facility. The source of the mould problem is reportedly a leaking water intake at the adjacent Rideau Falls power plant owned by Fortis Power.

While repairs were undertaken last summer and fall, it remains to be seen whether the problem crops up again when the spring runoff begins. Nor is this likely to be the end of the story. The

Continued on Page 35



NECA President David Sacks Reports

By far NECA's most urgent and visible business this past winter has been to help coordinate and publicize residents' concerns over the ambitious 132 Stanley Avenue development proposal. NECA's Heritage & Development Committee, co-chaired by **Paul McConnell** and **Inge Vander Horst**, has worked nonstop on this issue since it first became public in December. Our early efforts saw success in February, when the city Local Architectural Conservation Advisory Committee—after listening to Paul's persuasive short speech and to heartfelt presentations by unhappy neighbours of the site—voted unanimously against the proposal. At this writing (mid March), we are gearing up for the more critical "Round 2": a hearing before the City Planning and Environment Committee on March 25.

NECA honoured

On Feb. 19, NECA was a guest of honour at City Hall as one of about two dozen recipients of City Heritage Event awards, which recognize efforts to preserve architectural legacy in Ottawa. NECA was awarded for its recent creation of special plaques to mark the boundaries of New Edinburgh's Heritage Conservation District. This plaques project is the fruit of good work by our Heritage & Development Committee, both recently and in prior years under former chair **Gail McEachern**.

Receiving the award on NECA's behalf were Gail, Paul McConnell, and myself. The award itself is a handsome gilt-framed letter, signed by the mayor, with elegant matting and a photo of Heritage houses along Crichton Street. A permanent hanging-place for the letter is to be discussed.

Spring cleaning

With warmer weather on the way (though not fast enough for some of us!), NECA is sponsoring two back-to-back clean-up projects, to help renew the burgh's green spaces after an exhausting winter. Saturday, May 3, will see our annual park cleanup, organized by NECA's Friends of New Edinburgh Park committee under chair **Madelen Lang**. Traditionally the clean up has targetted litter; this year we hope to do some weeding as well. We are asking for volun-

teers for this worthwhile project, so please mark your calendar and plan to be at the Stanley Park Fieldhouse at 9:30 am. Recommended to bring are rubber gloves, rubber boots, and a weeding fork. As ever, NECA will provide refreshments: The coffee is excellent! For further information, please see article on page 7.

NECA's other outdoor project is the Rideau River Cleanup, on Mother's Day, Sunday, May 11. This major effort is being organized by **Martin Canning** and by action group Urban Rideau Conservationists, under NECA board member **Gemma Kerr**. It will involve mainly a clearing of litter along our beautiful riverfront, from the Rideau Falls to possibly as far south as Hog's Back—depending on how many other Ottawa community groups we can get to join. In any case, this is an important annual rite of renewal for New Edinburgh, and we are appealing for volunteers. Please see Gemma's article on page 5.

Looking ahead

Following the recent finalization of its important "Progress Report" memorandum, NECA continues to explore long-term goals and strategies that could increase its ability to help the New Edinburgh community. For example, we have currently begun discussion on a NECA spending policy, which might map out priorities for how NECA disburses funds to community causes. Similarly, talks continue between the NECA board and representatives of the New Edinburgh News, to create an apparatus to give the News a needed degree of autonomy as a working concern within NECA. For more information on the written Progress Report, see Paul McConnell's article on this same page.

Looking ahead can mean saying goodbye, and NECA is sorry to be losing board member **Bob Burchill**, who recently resigned due to the time demands of other obligations. Our sincere thanks to Bob for agreeing to join the board last October; we will miss him. This change brings the NECA board to 11 members. The 12th seat will remain vacant at least until NECA's annual general meeting in June, when elections are set to take place.

Your NECA Representatives 2007-2008

Andrew Kerr, 749-5260
Gemma Kerr, 745-7928
Madelen Lang, 741-8370
Philip MacAdam, 741-9235
Dilshad Macklem, 746-3951
Paul McConnell, 746-4901
David Sacks, 740-0650
Ernie Smith
Karen Squires, 741-2341
Julie Sunday, 744-8224
Jim Watson, 745-7928

Ex officio:

Michael Histed, 741-1660
Joanne Hughes, 745-2742
Jacques Legendre, 580-2483
Cathy McConkey, 746-0303
Cindy Parkanyi, 745-8734
Johan Rudnik, 749-2811
Brian Torrie, 747-7951

webmaster@newedinburgh.ca
newedgem@magma.ca

pmb@bellnet.ca
ndmacklem@gmail.com
paulmcc@magma.ca
dsacks1776@aol.com
ernie4smith@yahoo.ca
k.squires@sympatico.ca
julie.Sunday@gmail.com
watamarack@aol.com

mhisted@uottawa.ca
cccc@bellnet.ca
jacques.legendre@ottawa.ca
cjmconkey@sympatico.ca
newednews@hotmail.com
rudnick.johan@ic.gc.ca
brian.torrie@rogers.com

Webmaster
Secretary
Friends of NE Park

Heritage & Development
President

Traffic Calming
Treasurer

Neighbourhood Watch
CCCC Program Co-ord.
City Councillor
Community Council Co-Chair
New Edinburgh News
CCCC President
Community Council Co-Chair

NECA LOOKS AHEAD

By Paul McConnell

Next year will mark the 20th anniversary of the creation of NECA, the New Edinburgh Community Alliance. Many things have changed in the neighbourhood since then. We are no longer threatened by the Vanier Arterial slicing its way through the village. Instead, we have seen the impressive regeneration of the parks that were almost paved over. We suffered the closure of Crichton Street School, but this became a fine location for the Crichton Cultural Community Centre (CCCC).

Still, some of the pressures that were felt 20 years ago are still here, and some new challenges are upon us. There is the ever-present threat of demolition and oversized infill, even within the Heritage Conservation District that was created to prevent this. Speeding commuter traffic has increased to dangerous new levels. How will traffic through New Edinburgh be affected by

the proposed new bridge across the Ottawa River? What will be the impact of the new housing project at Landry, just across Beechwood?

With New Edinburgh's evolving needs in mind, NECA thought it was time to take stock of how it could best serve the community. Where can NECA be most effective? Are there issues that NECA has been neglecting? Should it be working more closely with other community associations in Ottawa? How can NECA improve its operations and make the best use of volunteers' time, skills, and experience?

A NECA Working Group set out to answer these and other questions. It looked at NECA's founding objectives, including building a sense of community and speaking out on matters affecting residents. It weighed up NECA's track record and where it could do more. It checked the

activities of other community associations for shared interests and new ideas.

All of this was captured in a "Progress Report" that made lots of recommendations about where NECA should focus its attention and how it might do things differently in future. There are recommendations on issues that NECA could tackle, including how to get more information out to the community, coordination with CCC and CCCC, use of the community website, new partnerships for NECA, environment-related topics, and a lot more besides.

In the months ahead, certain ideas will be explored in more detail through the New Edinburgh News and the website. Meanwhile, NECA invites you to check out the full report at www.newedinburgh.ca. Feedback is always welcomed. And, of course, please let us know if you wish to get more involved in a community issue of particular concern to you.

NECA MEETINGS: All Welcome

NECA meets nine times a year, normally on the **third Monday of each month** (except for July, August, and December) at **7:30 pm** in the **Stanley Park Fieldhouse**, 193 Stanley Avenue. Our June meeting is our annual general meeting.

Any changes to this schedule would be posted in advance on the New Edinburgh website, www.newedinburgh.ca, and on outdoor bulletin boards at the Fieldhouse and 200 Crichton Street.

All community residents are welcome to attend any NECA board meeting and to suggest topics for discussion. We want to hear from you! Our next meetings are:

April 21, 2008

May 26, 2008

June (to be announced)



Deadline

for the next issue of the
New Edinburgh News

→ **May 10** ←
newednews@hotmail.com

Celebrating Heritage and Development in New Edinburgh



From the left, Councillor Legendre, Gail McEachern, David Sacks.

In recent months, NECA and several residents have been working hard to protect the New Edinburgh Heritage Conservation District from unsympathetic, over-sized infill. (See separate article on 132 Stanley Avenue on page 1.) So the recognition given to New Edinburgh during an awards ceremony at City Hall in February was timely and very welcome. No, this wasn't quite the Oscars, but worth celebrating all the same.

The annual Ottawa "Architectural Conservation Awards & Heritage Recognition Ceremony" recognizes excellence in the preservation of the City's heritage. Winning a Certificate of Merit for its fine addition was 137 Stanley Avenue, which was cited as an example of how a sensitive addition can be made to older buildings within a heritage conservation district in conformity with guidelines and the zoning by-law. That's what we want to see! We know it can be done, and it puts the proposed massive redevelopment of 132 Stanley to shame.

The broader New Edinburgh community also had its moment in the spotlight. As announced in the last issue of NEN, City Council has agreed to install two freestanding plaques that

will interpret and commemorate the New Edinburgh Heritage Conservation District. A framed letter from the Mayor announcing the decision was presented to New Edinburgh by Councillor Jacques Legendre. Receiving this on behalf of the community were David Sacks, NECA President, and Gail McEachern, who headed up the Heritage & Development committee when the designation was first announced in 2001.

Despite the relentless pressure of development, there is still a lot of heritage to enjoy in New Edinburgh. Community efforts have played a key role but we

also want to acknowledge the care and determination of individual property owners who restore and preserve the historic homes that we so admire. To help more Burghers to enjoy this special character of our neighbourhood, NECA plans to produce a "Heritage Walking Trail" for the next issue of NEN. Meanwhile, for a fascinating look at our historic community, we encourage you to check out the "Heritage" page at www.newedinburgh.ca. If you have Windows Media Player, you'll be able to enjoy a wonderful "Photographic Tour of New Edinburgh's Heritage Buildings" compiled by local photographer, Louise Imbeault. Louise's family moved into Ivy Crescent 40 years ago, where she has lived ever since. Her fine eye for the treasures of New Edinburgh is obvious. You'll be able to enjoy more of Louise's photographs in the "Heritage Walking Trail" this summer.

Paul McConnell
paulmcc@magma.ca
(613) 746 4901

Inge Vander Horst
inge@ajk-solutions.com
(613) 749 5260

Co-Chairs of the NE Heritage
& Development Committee



From the left, Peter Cancura (Europro Construction), Jane Thompson (Architect), Cathy McConkey, Bruce McLaurin, Councillor Jacques Legendre.

Now open at 42 Crichton with delicious scones... sweet and savoury, one at a time or by the dozen... "SconeWitches" with fab fillings, "MealWitches" for a warm treat, soups, coffee, teas, Devon cream, amazing Moss Berry Farm jams, homemade fruit compote & lemon curd... ALL TO GO!
open Tues. through Sat. 8am to 3pm

42 Crichton St. 613-744-2585

or visit our shop at 388 Albert St. just west of Lyon where we have seating and are open 7 days... 613-232-2173



NEW EDINBURGH NEWS

P.O. Box 74038, Ottawa, K1M 2H9

Publication dates: Oct. 1, Dec. 1, Feb. 1, April 1, June 1

Deadlines: Sept. 10, Nov. 10, Jan. 10, March 10, May 10

The *New Edinburgh News* (NEN) was established as a non-profit community newspaper in 1976 and is published five times a year by the New Edinburgh Community Alliance (NECA) and supported by its advertisers. The *New Edinburgh News* is distributed free of charge by volunteers to residents of New Edinburgh as well as to area schools, libraries and local businesses. Views expressed in the NEN are those of contributors and do not necessarily reflect the views of the editorial staff, the publisher or the advertisers.

Editor: Cindy Parkanyi, 13 Avon Lane
Tel: 613-745-8734, Fax: 613-745-4766
newednews@hotmail.com

Advertising: Brian Holland
Tel: 613-257-7762 / 262-4299
nen-ads@hotmail.com

Senior Writer: Jane Heintzman, 613-741-0276
janeheintzman@hotmail.com

Breezy Bits: breezybits@hotmail.com

Distribution: David Horley, 613-745-6156

Submission Guidelines: Articles, photos and letters to the editor may be submitted to the Editor. The Editor reserves the right to edit for length, content and legal considerations. Submissions selected for publication will be published in both a hardcopy and an electronic version. Letters to the editor must include the writer's name, address and phone number to be considered for publication.

Electronic publication: The New Edinburgh News is also made available online at the New Edinburgh community website: www.newedinburgh.ca.

Printed in Renfrew, Ontario by Ottawa Region Media Group,
a division of Metroland Media Group Ltd.

WITH ZERO COUPON BONDS, IT'S EASY TO DO THE MATH.

Bank of Montreal Zero Coupon Bonds

TURN \$30,505.00 INTO \$50,000.00

Any day you can turn \$30,505.00 into \$50,000.00 in 9 1/2 years in an RRSP, with 5.251% yield to maturity, is a good day. After all, that's the kind of math you'll really enjoy.

Compounded return based on a 5.251% yield to maturity effective March 11, 2008. Other maturities and yields are available. The effects of market risk on zero coupon bonds may be greater than on those that make periodic interest payments. Accrued interest is paid at maturity. Bonds taxed annually as ordinary income even though no income will be received until maturity. Please consult your tax adviser concerning your specific taxation reporting requirements or questions. The amount received from the sale of a zero coupon bond at current market value may be more than, less than or equal to the amount originally invested. Bond values may decline in a rising interest rate environment. Subject to availability and price change.

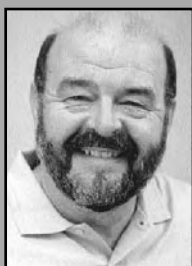
Call or visit your local Edward Jones advisor today.



Steve McIlroy
Financial Advisor
266 Beechwood Avenue
Ottawa, ON K1L 8A7
613-742-6811

www.edwardjones.com Member GIPF

Edward Jones
MAKING SENSE OF INVESTING



Ottawa City Councillor Jacques Legendre Reports

Transparent Assessment of Interprovincial Crossings

During the recent round of consultations a question of the weighting system arose. The question was reasonable. The answer was very surprising. It appears that assigning weights will be done only after all of the data has been collected. Only then is the spread amongst all of the corridors, for a given criterion, known. The experts believe that a small spread ought to be given a small weighting because that criterion could contribute little to distinguishing amongst the various corridor options.

If nothing changes, that is what will happen. This may be the technically correct way of assigning weighting factors. The major problem is that the 'winning candidate corridor' will be the result of a rating system not known in advance. The eventual recommendation will be exposed to the suggestion that it was the result of manipulation through the weighting factors applied to obtain a desired choice.

There is another facet of the rating system which should be examined by the public. This is our 'modern' habit of reducing criteria which are inherently descriptive in nature (e.g. impact on communities, or the environment) to a number. Once all criteria can be rendered numerical, 'weighting factors' can be applied across the board and a mathematical crank turned. This appears to make the evaluation process objective. Certain criteria are 'measurable' in the sense that a number results - capital costs or time (distance, fuel) saved for instance. I do not believe that the other impacts mentioned above are adequately dealt with by estimating the number of fish or salamanders or even the number of residential units affected.

The consultations have so far not focussed on the corridor rating system. The study should yield a recommendation that is as objective as it is humanly possible. More important is that the process be transparent. It is already known that the eventual recommendation will not please everyone. The choice cannot be determined by warring petitions. Only through a choice-making process that is fully transparent, within a thorough Environmental Assessment study, will the large-

est public acceptance be garnered.

Princess Avenue Reconstruction

This long-awaited project will finally proceed this year. On March 19, the Transportation Committee dealt with the last elements of the reconstruction for which agreement between staff and the community could not be reached. Resolution proved difficult because of the narrowness of the corridor, the desire to provide protection for the heritage fencing surrounding the grounds of Government House and the wish to preserve the essential character of the Heritage Conservation District. The NCC and NECA both wanted to provide a pedestrian facility which would complete the circuit of the Governor General's residence and offer greater security to the walkers in the area.

It has been decided to provide a stone-dust path along Princess Avenue, curbing on both sides of the road will be of the mountable (or inclined) variety, one of the legs of the Princess-Lisgar 'triangle' will be closed to vehicles allowing for more green space and the lighting standards will be those appropriate to the Heritage Conservation District. I believe that these dispositions mean that Princess will retain the look and feel of 'a country road' that it has historically presented.

132 Stanley

On Tuesday March 25, the Planning and Environment Committee (PEC) of City Council considered an application to demolish the building currently on the site and approve the construction of two groups of three townhouses. The site lies within the part of New Edinburgh that is a Heritage Conservation District (HDC). HDCs have special constraints put in place precisely in an attempt to preserve the aspects of the district which are worthy of protection.

In this case, the existing building had no heritage merit and I did not recommend that demolition be opposed. In these circumstances, if a building is to be demolished, there are nonetheless guidelines constraining the nature of replacement buildings within the HDC. I decided to recommend to my colleagues on the PEC to disallow the proposed plans for the new struc-

ture and I did so for the following reasons:

I referred to the Guidelines (in italics below) for new construction within the Heritage Conservation District in New Edinburgh,

1. Replacement buildings constructed in the part of New Edinburgh to which the Heritage Overlay (Sections 14-19, General Provisions) of the City of Ottawa Zoning Bylaw, 1998 applies, must be rebuilt "to the same height, bulk, size, floor area, spacing and in the same location as existed prior to its removal or destruction."

Comment: This guideline is not met - not nearly so! The Cultural Heritage Impact Statement (Padolsky et al) provided by the applicant indicates that "the heights are within the permitted height of the underlying zoning." With respect, the underlying zoning is not the controlling factor within a Heritage Conservation District, the Guidelines are. The examples that are given in the report of multi-unit housing elsewhere in New Edinburgh Heritage Conservation District are all two stories (dormer windows in attics aside). Rebuilding "to the same ... size, floor area, spacing and in the same location as existed prior to its removal or destruction" is clearly not possible since the previous building is a single family bungalow. The height and bulk of the proposed structure are another matter. It is possible to respect the Guidelines in those respects. This has not been done in this case and is a major point of contention in finding acceptance within the community. The incorporation of two garages for each unit contributes to the massing. It is but one contributing (and unnecessary) factor.

2. According to the provisions

of the City of Ottawa Zoning Bylaw, the Heritage Overlay does not apply to lots vacant before 1978.

Comment: This guideline is not relevant.

3. As the heritage character of adjacent properties throughout the District varies, the character of adjacent properties should be acknowledged so that new construction respects and reinforces the character of the streetscape.

Comment: Respect and reinforcing the character of the streetscape is important. The proposal fails principally because of its height and bulk. Some of the other properties cited as examples in the report (Lansdowne Terrace, 157-167 MacKay Street, for instance):

a) have dormer windows in the upper story which reduces the overall height of the structure (this application proposes 3 stories plus the pitched roofs), and,

b) have greater front (and rear-yard) setbacks.

Moreover, the example cited above faces the grounds of Government House. These factors considerably reduce the actual and perceived massing of the houses presented as examples in Document 6.

4. The existing small lot development pattern should be maintained. Development over a number of lots is discouraged. If development of this type occurs, the building should be articulated so that it reads as a series of smaller elements.

Comment: Articulation is achieved quite successfully.

5. New buildings with garage doors that dominate the street will not be approved. Other less unsightly provisions for parking should be developed such as recessed garages.

Comment: This guideline is met. However, note the strong language in this condition - "New

buildings with garage doors that dominate the street will not be approved." The statement is clear and staff rightly requested that the applicant redesign the project and they have done so. The language in guideline no. 1 is equally clear - "Replacement buildings ... must be rebuilt to the same height, bulk, size ... etc". I fail to understand why staff recommended that a minor variance will fix this aspect of the proposal when they were so correct about asking for a redesign which offended guideline no. 5.

The introduction to the Guidelines states, in part, that the general goal of the plan regarding new development is to:

They [the Guidelines] will promote the enhancement of New Edinburgh's streetscape ... in a way that celebrates the area's "village character" and contributes to its sense of space.

The current proposal will completely overwhelm Queen Victoria Street. This circumstance is exacerbated by the potential for a similar proposal across the street and elsewhere within the Heritage Conservation District should this application be granted, as a clear precedent will have been established. It would make a mockery of the guidelines and, in particular, guidelines 1 and 3.

The decision of the PEC was not known at the time of writing.

Jacques Legendre

Councillor, Rideau-Rockcliffe

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

City of Ottawa

110 Laurier Avenue West

Ottawa ON K1P 1J1

Tel: 580-2483, Fax: 580-2523

E-mail:

jacques.legendre@ottawa.ca

Web Site:

www.rideaurockcliffe.com

PHOTOGRAPHY & MULTIMEDIA

ZOOM exposure

Wedding Photography & Video
Group & Individual Portraits
Commercial Photography
Old Photographs Restoration
Photo Finishing
Passport Photos

29 Beechwood Ave Suite 100
at MacKay St.

Tel: (613) 745-4000
www.zoomexposure.com

Ottawa Spring Street Sweeping

Annual spring street sweeping is now underway and will continue citywide until mid-May. Crews will be working continuously to keep our City clean, green, litter-free and safe.

Concentrated street-sweeping operations in New Edinburgh are set for the week of April 14, **weather permitting**, and will last about a week. During concentrated street sweeping motorists are asked to watch for temporary "no parking" signs that will be posted prominently. Vehicles parked where "no parking" signs are placed during concentrated street sweeping may be ticketed and towed to a nearby street. This restriction applies to all vehicles, including those with on-street parking permits.

During street-sweeping operations, there may be some noise and dust. Your patience and co-operation is appreciated.

ottawa.ca

City services **3-1-1**
TTY 613-580-2401
2008023034

It's Mother's Day: Clean Up Your River!

By Jane Heintzman and Gemma Kerr

The **Rideau River Cleanup** will take place on **Mother's Day, Sunday, May 11 from 10:00 am to 1:00 pm**. Cleanup efforts will cover the riverbank as far as Hogs Back, with three meeting points. The most convenient location for New Edinburgh people to meet is at the **Fieldhouse at 193 Stanley Avenue** where NECA member **Andrew Kerr** will take the lead, and volunteers will tackle the shoreline on both sides of the river from the Minto Bridges to the Cummings Bridge.

The **Rideau Tennis Club** meeting point in the Overbrook area at **1 Donald Street** is only a mile or so up river. **Anne Marie Mulligan**, who is also from the New Edinburgh community, will be in charge of the Overbrook cleanup operation from the Cummings Bridge to the Queensway overpass.

Catherine Canning, the moving spirit behind our local river cleanup events for close to a decade, and the person responsible for starting up **Urban Rideau Conservationists**, is living abroad in England. Her brother **Martin Canning** is taking the lead role in planning the cleanup, aided by NECA's **Gemma Kerr** and **Jim Watson**.

The Cleanup Day routine will be much the same as last year. Before setting off to tackle the shoreline debris, **all participants will be asked to sign a waiver** and at the same time, **invited to join the Urban Rideau Conservationists' group**.

While a number of participants in earlier years operated out of canoes, concentrating their efforts on the plastic and bot-

tle-clogged reedy waters close to the shore, because of City regulations, **we are not able to extend our official invitation to canoeists this year**. Rest assured, however, that there will be plenty to do as landlubbers, working along the shorelines to clean up the winter's accumulation of plastic bags, cans, bottles, styrofoam and assorted detritus that scar the landscape and destroy natural habitat. It is anticipated that we may have some waterborne assistance from canoeists from the Rideau Valley Conservation Authority (RVCA), since the City makes an exception for this group because of its extensive insurance coverage.

We plan to offer **Urban Rideau Conservationists' T-shirts** again this year - a must for every fashion conscious environmentalist! Supplies will be limited and distribution will take place when the event wraps up at about 1:00 pm, so you have an added incentive to work hard and stay the course! And of course, another important incentive is the array of **tasty refreshments** that organizers plan to provide to reward your efforts and give your energy level a boost after the morning's valuable labours. Our thanks to NECA and our corporate sponsors for this vitally important feature of the event!

Once again this year we plan to do our best to **separate the recyclable materials from the landfill garbage** as we scour the river banks. Clear plastic bags will be provided for blue box items such as cans, bottles and drink cartons. All supplies and equipment will be provided by cleanup organizers, so your



ING Marathon - May 25 - Stanley Park

By Joyce Dubuc

Last year, New Edinburgh was voted as having the "Best Community Spirit" for its ING Marathon cheering squad. We are going to outdo ourselves this year.

The Marathon takes place Sunday, May 25. Runners start

passing by the Stanley Park Fieldhouse around 7:30 am and continue for several hours. Of course, the longer they have been running, the more they need our encouragement !!

We supply coffee, juice, muffins for your enjoyment. The "Alta Vista Social Club" band

will also be returning to add to the party atmosphere. We also hear that some of the volunteers will be dressed in pink tulle.

So please take some time out on Sunday and show Ottawa the kind of spirit we have here in New Edinburgh. See you all there!

only task is to make sure that you *don't* turn up in your Sunday best, but **come suitably attired in old clothes, rubber boots or sturdy shoes, rain gear if needed, and a pair of comfortable work gloves** to tackle what can be a mucky chore.

In case you needed even more incentive than the prospect of a spring morning in the glorious fresh air, the companionship of friends, neighbours and fellow volunteers, and a snazzy new Urban Rideau Conservationists' T-shirt, here are a couple of important things to bear in mind: 1) as our neighbourhood's

boundary and most striking natural feature, **the Rideau is "our" river** and an increasingly precious resource in this alarming era of cascading climate change, and 2) at this point, the **Rideau River Cleanup is New Edinburgh's Number 1 Environmental Project for 2008**. So please do your bit for the Rideau and for the community by helping us out on Mother's Day morning: bring a friend or two (or better still, more!), and join us for a morning of environmental Spring Cleaning on the river banks.

All the details are included in

the notice on the front page of this edition of the *News*, but if you'd like to sign on for cleanup day or to get more information about the event, please contact one of our organizers:

Martin Canning,
Event Coordinator
canning.martin@gmail.com

Andrew Kerr, New Edinburgh
Fieldhouse Team Leader
webmaster@newedinburgh.ca
or 613-749-5260

Gemma Kerr
newedgem@magma.ca or
613-745-7928.

Delicious fresh organic foods



613 745 6868
www.lifeorganic.ca



For all of your Insurance needs, call us for a quick quote today!

613-747-9737

266 Beechwood Ave
Ottawa, ON

Serving Ontario & Quebec
since 1955

www.fhrowat.com

Your Neighbourhood Specialist in Residential Real Estate



ROYAL LEPAGE
Performance Realty
Brokerage, Independently Owned and Operated

Office: (613) 744-2000
Direct: (613) 745-5950

e-mail: dalehwh@magma.ca web: www.hughdaleharris.com

201-5300 Canotek Road, Ottawa, ON, K1J 1A4

Rent-A-Wife Household Organizers

"Every working woman needs a wife!"

- Regular & Occasional cleaning
- Pre & Post move cleaning and packing
- Pre & Post renovation cleaning
- Blitz & Spring cleaning
- Organizing cupboards, basements...
- Perhaps a waitress ???

rent-a-wife-ottawa.com

Laurel 749-2249

David Beauvais

(formerly Alexandre's)

Serving your community for the past 10 years.

We do it all!



- Renovations & Restorations
- Exteriors & Interiors

One resource for all your home repair needs.

Free Estimates Owner/Operator 613-276-4530



Rental
Management
for the
Foreign Service
Community

Use the benefits under the FSD's to have your home managed professionally.

We can't make owning a home worry free...but we can help.

How can professional management help?

Finding a tenant

- advertising
- tips on showing your home
- advising on rent
- credit checks
- leasing after departure

Closing the deal

- lease preparation
- recording your home's condition

Maintaining your property

- paying expenses
- collecting rent
- reporting
- repairs and maintenance
- regular inspections
- handling emergencies
- problems with tenants

Coming home

- diplomatic clause
- notice to tenants
- repairs

We've been there... we care!

5 Beechwood Avenue, P.O. Box 74074
Ottawa, ON K1M 2H9

Telephone: (613) 746-2367

Fax: (613) 746-3050

Email: greentreeco@sympatico.ca



From the Desk of...

Mauril Bélanger

Member of Parliament for
Ottawa-Vanier



Our Public Broadcaster

I thank the *New Edinburgh News* for the continued opportunity to share federal news and views with constituents of this community.

On February 28, 2007, in my capacity as the Heritage Critic for the Official Opposition, I was delighted to take part in the tabling of the Heritage Committee's latest report entitled: *CBC/Radio-Canada: Defining Distinctiveness in the Changing Media Landscape*.

The Report reinforces CBC/Radio-Canada's role as Canada's public broadcaster, an institution at the centre of cultural, political, social, and economic life in Canada, and a key component of Canada's broadcasting system.

Of the challenges the Corporation has faced over the years, regional and minority representation remain a key area of improvement. Outreach and diversity in programming content, which includes the linguistic and ethnic minority communities was also highlighted by a number of witnesses who had testified before the Committee and by the Corporation itself as a challenge in and of itself. Not to mention the development and **integration** of new communications technologies. In parallel to a demanding mandate, CBC/SRC's funding mechanism was equally highlighted as a matter that required re-examination, in light of a changing broadcasting environment.

Given the testimonies before the Heritage Committee and the research and analysis conducted by members of the Heritage community, with the support of expert witnesses and analysts, a number of recommendations were put forward. Though a few recommendations were not endorsed by all Parties present (as evidenced by the dissenting opinion included in the Report) what I want to underscore is the collaborative effort, across all political parties, in supporting the CBC/SRC by underlining its relevance to Canadians and planning for the expansion of our public broadcaster and, in that very vein the Report was passed, unanimously, the result of a year long effort.

Roughly, our recommendations centered around four main areas and I have included excerpts of the report for ease of reference:

On being reflective of all Canadians

Recommendation 1.6

"The Committee recommends an increase in the variety, drama, news, public affairs and documentary programming produced by the regional CBC/Radio-Canada stations and independent producers."

Recommendation 1.7

"The Committee recommends that CBC/Radio-Canada devote a greater share of its programming to the arts (music, books, film, dance and theatre performances) and that these programs reflect the cultural diversity of

the regions."

On securing CBC/Radio-Canada's autonomy

Recommendation 1.13

"The Committee recommends the ratification of a seven-year Memorandum of Understanding between the Government of Canada and CBC/Radio-Canada, setting out the respective responsibilities of the signatories. The Standing Committee on Canadian Heritage would be responsible for reviewing the memorandum of understanding and will conduct public consultations as required."

On the new media imperative

Recommendation 2.3

"The Committee recommends that the Government of Canada should amend the Broadcasting Act to include digital media and emerging technologies as an integral aspect of achieving CBC/Radio-Canada mandate and reaching out to Canadians."

This was the only modification suggested to CBC/Radio-Canada's legal mandate.

On funding

Recommendation 4.1

"The Standing Committee on Canadian Heritage recommends that the Government of Canada commit to stable, multi-year funding for CBC/Radio-Canada, indexed to the cost of living. Funding should be for a period of not less than seven years and be established by means of the proposed memorandum of understanding."

We also recommended that CBC/Radio-Canada's base funding be increased from approximately 33\$ per Canadian to 40\$ per Canadian which would still only put Canada at 50% of the average per capita expenditure of countries with a similar national broadcaster.

The Report is available on Parliament's website at <http://cmte.parl.gc.ca/CMTE/> and I strongly encourage you to give it a quick read for more details.

I am proud of being a member of a political Party that has had a long standing tradition in supporting public broadcasting, which was once again reiterated in this Report. Some Members in the Conservative Party ranks have come a long way to joining a long standing Liberal lead position in support of public broadcasting. Will the Harper Government follow suit? We will be watching very closely as the Government is expected to table its own response to the Report before the summer.

Mauril Bélanger, P.C., MP
Ottawa-Vanier

Official Opposition Critic
for Canadian Heritage,
Francophonie and Official
Languages

Dr. John Martins
Dr. Patricia Prud'homme

Dentistry



200 Beechwood Ave.
Ottawa, Ontario K1L 8A9

T (613) 742-8016 F (613) 742-6818
E mpdentistry@bellnet.ca

March is Fraud Awareness Month

By Michael Histed

Fraud is becoming an increasingly important issue for residents of all ages, although the elderly are often the most vulnerable. To increase awareness of this international issue, policing agencies around the world have declared March 2008, fraud awareness month.

There are numerous types of fraud active in New Edinburgh. The trouble is that the types of scams are evolving and changing so fast — particularly using new technologies — that it is sometimes hard to keep up. To help you cope, let's take a look at some of the most common scams and what you can do to avoid them.

Ottawa
Neighbourhood
Watch



Surveillance
de quartier
d'Ottawa

Door to Door Scams

These scams are used by individuals trying to get quick cash for alcohol or drugs. One method tries to convince you that they are representing a charity that does not exist. Check the ID badge carefully, and ask for a charity number. Better still, only give to friends or neighbours that you know.

Some individuals have resorted to telling a sad story, usually about having run out of gas, with a baby in the car. They will often ask for \$10-20 to buy gas. Do not give these individuals any money and contact the Police.

Phone & Email (Phishing) Scams

These types of scams usually target the elderly. An individual will call and indicate that you have won a holiday or another prize, however they can only send you the prize if you provide them with your bank account details, or send them money in the mail. These are scams — hang up immediately! The longer you remain on the line, the more chances they have of persuading you.

The same holds true for email. The addresses will often suggest that the e-mail is coming

from a bank. The message will indicate they are verifying your account details and for you to send them your bank account numbers. Banks do not verify bank account numbers by email. Do not hit reply, or send them any information.

Identity Fraud

It is critical that you protect your identity, including your bank account numbers, SIN number, credit card numbers, passport details, etc. This information is a valuable commodity on the black market. If you believe you are the victim of identity theft, the Ottawa Police recommend you contact them, as well as Equifax (800-465-7166) and Trans Union Canada (800-663-9980) to advise them that you are a victim of Identity Theft.

Credit and Bank Cards

Protect these numbers, and make sure you are protected if you lose money through fraud. Many banks will cover losses on credit cards, but not bank cards. If you pay for services or goods online, make sure your payment is protected. Visa for example uses Verisign to ensure the security of online payments. It costs nothing.

Lose your Wallet or Purse?

To help you prevent identity fraud or loss of funds from your bank account following the loss of a wallet or purse, make sure you photocopy all your important documents and cards. This will speed up the cancellation of the numbers, and limit your losses. Think about how long it would take you to recreate what you had in your wallet!

The Ottawa Police have an excellent website about fraud with more tips and links to other web sites.

Get yourself informed. http://ottawapolice.ca/en/serving_ottawa/support_units/fraud_main.cfm.

Friends of New Edinburgh Park

By Madelien Lang

We've just weathered yet another winter storm, so it feels strange to be announcing the **Spring Cleanup of New Edinburgh Park on May 3 at 9:30 am**. Nevertheless, planning has begun.

David Horley and **Cecile Latour** have again graciously offered to coordinate the spring

cleanup. As the planning is in the initial stages, please check for further details. Pamphlets will appear on hydro poles and in your mailboxes closer to the date.

While on the topic of cleaning the park, I would like to mention that the City will increase the garbage pick-up in our park to twice weekly. This should

end the problem of overflowing garbage bins.

Mark May 3, 9:30 am on your calendars and tell your friends and neighbours about it. We're looking forward to seeing many of you in the park that day!

For more information, please contact Cecile Latour or David Horley at 745-6156 or email horlat@magma.ca.

COMING SOON

H A B I T A T
U R B A I N

in Quartier Vanier
The New Urban Village
CONDOS and TOWNHOMES
from \$189,000
PRIORITY REGISTRATION
613-747-1221
OR
www.lesaintdenis.com
ANOTHER PROJECT BY
ReDevelopment Group

PLACE FOR PAWS

Boarding Camp for Dogs & Cats

THE place to stay while your family is away!

Visit the spa-like atmosphere and see for yourself.

Dogs enjoy 6 daily supervised outings
in our fenced acre & country trail walks.

Separate sunny CAT condos

Transportation Available

446-2280
Margo Edwards Ledoux

BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Ladell Landscaping And Gardens

Now that April has arrived, we are at last beginning to emerge from that seemingly interminable season of snow upon snow, when our gardens were at best a creature of our imaginations, deeply buried under a thick white crust. Faced with the reality of straggly flower beds, thinning hedges and snow-battered shrubs, many of us will have occasion to seek out some professional help to beautify our backyard spaces this year, and *NEN* advertiser **Jay Ladell** of Ladell Landscaping and Gardens is ready and able to provide precisely such assistance.

Jay grew up in Ottawa and after completing his studies at Sheridan College in Toronto, returned here with his wife and daughter to launch his residential landscaping business. He has been an avid gardener for most of his life, and happily managed to convert his passion into a career, with a current record of

seven years' experience in the landscaping business and five years as a project planner. Jay is also a Committee Member at the Fletcher Wildlife Garden at the Experimental Farm, and has special expertise in plants native to this area which he brings to bear running the Fletcher Backyard Garden project. His company is a member of Landscape Ontario, and recently received an *Award of Excellence* from Landscape Ontario for one of its 2007 garden design projects in Centretown. Congratulations Jay!

Ladell Landscaping handles projects of all sizes from a full scale garden redesign to more modest assignments such as replenishing a scanty flower bed, using plant materials appropriate to the spot in question. Their services include:

Consultation. This entails an initial meeting to explore your ideas for improvements and examine your garden. The designer can make rough sketches of a plan

and provide "idea books" to further inspire you, as well as offer professional guidance on everything from the selection of plants that will flourish in your garden to the construction of walls and patios.

Design. Following the first consultation, you decide whether to proceed with the development of a full scale, detailed plan including all the specifics of building materials, plant species, special notes and a project estimate. (Clients who decide to go ahead with the project receive a 75% rebate on the design fee when the work is completed.) This step in the process is strongly recommended since, as Jay points out, it's a whole lot easier to change a plan on paper than to unravel a landscaping project in progress!

Building Your Landscape. Jay's crew goes to work on your landscaping/garden design project, taking on assignments one at a time so that once work has started in your garden, you can

rest assured that it will be carried straight through to completion, with special attention given to details like soil quality, quality of plant materials and workmanship.

Maintenance. While Jay specializes in the kind of low maintenance landscaping jobs that are crucial to most of us, his company offers ongoing maintenance services for all of their projects.

If this is the year for you to take the plunge with a long-delayed garden beautification scheme, give Jay a call at **613-526-5251**, and check out his website for samples of his work and more detail on his services: www.landscapeottawa.ca.

The Rockcliffe Retirement Residence

With the blooms of May comes the opening of The Rockcliffe Retirement Residence on Porter's Island at St. Patrick and Cobourg Streets. The Rockcliffe's Executive Director **Mary Albota** reports that the spanking new 130 unit facility, which was profiled in our October 2007 issue, is expected to welcome its first residents early next month, just in time to take full advantage of the beauties of the summer season in this riverside location with its panoramic view of the City, the park and the Rideau River. When I spoke with Mary in February, the residence was



Ladell Landscaping handles projects of all sizes from a full scale garden redesign to more modest gardening projects.

WONDERFULLY DIFFERENT!

The ROCKCLIFFE RETIREMENT RESIDENCE

OPENING MAY 2008

From the stunning location on Porter's Island to the panoramic vistas throughout the building, The Rockcliffe offers generously sized apartments in a variety of configurations. Choose between one bedroom, one bedroom plus den, and two bedroom suites, all with kitchenettes. There is as well a full continuum of care in a dedicated area. The Signature Service package is first rate and the amenities are unsurpassed.

Reservations are now being accepted. You are invited to call the Executive Director, Mary Albota RN., at **613-562-3555** for details, or visit her on site at 100 Island Lodge Road. She would be delighted to see you.

Resumes are welcome for the following positions. D.O.C., sous chef, concierge, activity director, maintenance, driver. Please email to: maryalbota@sympatico.ca or fax: 613-562-7891.



OPENING MAY 2008 • www.TheRockcliffe.com



Photo: Louise Imbeault

Rockcliffe Retirement Resident's newly-hired Chef, Philip Munk and CEO Mary Albota.

already approaching half full, with the number of interested subscribers continuing to mount steadily, and at that point she was hoping to begin showing prospective residents through the facilities by late March.

In recent weeks, Mary's formidable energies have been directed to the tricky business of building her staff, a crucial step in the process of creating the kind of well run, caring community she is determined to establish at The Rockcliffe. Needless to say, an absolutely first class Executive Chef was high on her list. Attractive as the new dining room may be with its beautiful views of the river, direct access to the garden and handsome grand piano, its appeal would be limited if the food were merely mediocre. But that is not to be!

Somewhat to Mary's surprise, she received a remarkable response to her advertisement for a chef, posted over the Christmas period, and was able to narrow the field down to three excellent candidates, an Italian trained in Rome, a Frenchman trained in France and a young Viennese chef who cut his teeth in the kitchens of the renowned

Hotel Sacher in Vienna. After a "cook off" in which each of the candidates prepared his distinctive version of a soup Mary fancied, the Viennese chef carried the day, and it seems assured that residents of the Rockcliffe can look forward to very fine dining indeed - no doubt with sacher torte on the menu from time to time!

Pick Custom Driving

A warm welcome to new advertiser **Alan Pickersgill** and his newly launched business, Pick Custom Driving. Alan recently retired after a career in the federal public service, and not content to fall into the predictable post-retirement mold of private consulting, chose to combine his enjoyment of meeting new people, his knowledge of the Ottawa area and its history, his impeccable driving record and his life-long love of cars to create a new personalized driving service tailored to the needs and interests of each individual client.

While Pick Custom Driving meets all the insurance and limousine licensing requirements of the City of Ottawa, Alan's vehicle is far from the classic black (or these days white) stretch

limo that appears at the curbside at glittering social events. Rather it is a considerably less ostentatious but extremely comfortable and functional Toyota Sienna XLE Van which accommodates up to six passengers, and is fully equipped with air conditioning; reading lights and electrical outlets for laptops, printers and telephones; a separate rear stereo system; recliner seats and ample luggage space.

Alan's door-to-door driving service covers a broad range of excursions and occasions, notably:

- Inter-City Airport limousine service to Montreal (Dorval/Trudeau); Toronto (Pearson); Syracuse, New York; Plattsburg, New York; and Burlington Vermont. Pick Custom Driving offers one- or two-way service, and if you're heading south, they'll even keep your boots and overcoat and bring them to you on your return!

- Inter-city one way transfers or Inter-City round trips to a variety of destinations for travelers interested in a day's excursion to visit friends or family, shop, sightsee, enjoy a relaxing dinner, and cap off the day with a restful trip home with Alan at

the wheel.

- Weddings and special occasions of all kinds, leaving you free to celebrate with no concerns about parking, road conditions or the invidious choice of a designated driver.

- Excursions to restaurants where you can relax and enjoy that second, or third-glass of wine.

- Travel to performances and sports events - let Alan grapple with the traffic jams at Scotiabank Place while you sit back and analyze the game!

- Custom sightseeing tours for visitors to the area. Alan is Ottawa born and is able to offer guided tours in English or French for interested clients.

- Seniors' outings to places of interest (walkers and wheel chairs are readily accommodated).

- Meetings and conventions

- Trips to medical, dental or business appointments.

In fact, as the name implies, Pick Custom Driving offers a highly flexible service to suit all manner of interests, activities, occupations and ages. Give Alan a call at 613-232-4900 or check out his website at www.pickcustomdriving.ca.

For aficionados of Canadian history who by now may be intensely curious, Alan is indeed the son of the legendary Jack Pickersgill, a leading figure in Canadian public life for five decades, and an advisor, cabinet minister and confidant to three Liberal Prime Ministers. Welcome to the *NEN* Alan, and very best of luck with your new business.

Musical Ways

Among its many other attributes, our community is brimming with musical talent of all descriptions, ranging from the cluster of current members of the National Arts Centre



Alan Pickersgill and limo.



Frank J. Wallace, M.Mus.

Voice • Piano • Theory

613.255.2077 • fjwallace@carefultouch.ca

Ladell
LANDSCAPING & GARDENS

(613)526-5251

www.landscapeottawa.com

Beat the spring rush!
Call now for a consultation and be ready for 2008

Natural Stone • Interlock • Walls
Water Features • Outdoor Rooms
Low-Maintenance Landscaping & Gardens

visit our website to see what our clients say about us

✓ FULLY INSURED
✓ WORK GUARANTEED

Member of
Landscape Ontario
Horticultural Trades Association

Is everyday life getting you down?



Walk it out ...

while you talk it out.

I provide counselling sessions that combine *Walking with Talk Therapy*.

Walks originate from your home, workplace or my office.

Counselling focuses on positive change in the areas of:

- self esteem and assertiveness
- parenting skills
- home/career balance
- mid-life transitions

Lise Rowell MA CCA CCC

613-298-1733

lrowell@sympatico.ca or visit my website at:
www.walkitout.ca

Pick
CUSTOM DRIVING

Door to Door Driving Services

Businesses, Small Groups, Individuals, Families

Local & Long Distance
By the hour or by the day

Call **PICK CUSTOM DRIVING** for:

LOCAL

Personal or Business Appointments
Family Outings
Weddings
To & From: Restaurants, Parties, Performances, Sports Events

INTERCITY

Airports - Montreal, Toronto
USA - Syracuse, Plattsburg

DAY TRIPS

Shopping, Business, Sports, Performances, Schools, Universities, Camps, Institutions

CUSTOM SIGHTSEEING

Ottawa - Gatineau & Region
Mt. Tremblant, St. Lawrence, 1000 Islands

Our luxury Toyota Sienna, with 6 reclining leather passenger seats, meets your needs in safety & comfort.
Licensed limousine - City of Ottawa

Information, rates & booking:

www.pickcustomdriving.ca
alan@pickcustomdriving.ca
613.232.4900

Discover a Refuge in Your Own Backyard



Backyard Birdfeeding
Visit Wild Birds Unlimited for all your birdfeeding needs. Home of the greatest variety and best quality birdfood in town.



1500 Bank Street, Ottawa, ON
(613) 521-7333

Continued from page 9

under the direction of **Matthew Larkin**.

In his private teaching practice, Frank takes on students (over the age of seven) of all levels of experience and ability. While he is able and willing to prepare students for Royal Conservatory examinations and/or public performances if this their chosen path, his primary focus is to help them get real enjoyment out of making music, and to develop their musical interpretation skills. While Frank has his own personal preferences in the realm of musical genre (like many fine singers, he is an aficionado of the art song), he is open to teaching virtually any type of music from classical to rock, depending upon the interests and inclinations of his students. In the case of voice, his

focus is on how a student sings, rather than what they sing, and his training addresses the physiological requirements of producing sound as efficiently as possible and with the minimum strain.

We hope that some of the aspiring musicians among our readers will take advantage of your proximity to hone their skills in 2008. If you are among them, give Frank a call at 613-255-2077.

Wild Birds Unlimited

We're delighted to report that another excellent birding supply store has joined the ranks of our advertisers, taking the place of Lynn Smyth's Birder's Corner which closed its doors last spring. We welcome **Eric Garrison** and Wild Birds Unlimited Nature Shop which we briefly introduced in our *For the Birds* column in February. In case you missed the last issue, Wild Birds Unlimited (WBU) is located at **1500 Bank Street** in the **Blue Heron Mall** (on the west side of Bank between Billings Bridge and Heron Road). The store is one of over 300 franchises across North America, and has been in operation since August 1992—ironically, the same month and year that Birder's Corner opened up on Beechwood!

Since writing the brief introductory note in our last issue, I



Nicole Wassink makes music meaningful to kids and adults alike.

have visited WBU and loaded up with two new easy-to-clean feeders (plus a feeder cover to keep off the rain and snow), and a cupboard full of premium black oil sunflower and nyjer seed. As our feeder is replenished on a year round basis, it was well worth my while to purchase a "club membership". For a \$22 annual fee, I'm able to purchase seed, suet and seed-related products for a 15% discount, with a further 5% off the discounted price if the product is already on sale. There are a number of other benefits that go

along with the discounted seed prices, including an attractive canvas bag to add to our burgeoning "enviro" collection, \$10 worth of coupons for every \$150 spent on any store merchandise, and a variety of periodic club member specials. If your backyard birds are as hungry as ours, check it out!

The birders among our readers may also want to sign up to receive the WBU Monthly Newsletter which not only reviews the latest sale items and birding products appropriate to each season but also reports on the

MUSIC & MOVEMENT

Now also in New Edinburgh!

Carefully designed to
introduce you and your baby,
toddler or pre-schooler to
the joy of making music
without pressing PLAY.

MAKING MUSIC
MEANINGFUL

613-806-SING (7464)
makingmusicmeaningful.com

1 Beechwood Avenue, Ottawa

Phone: 613-748-9657

NEW EDINBURGH

20th Anniversary!

NEW DAILY SPECIAL > BIG SCREEN > SENS GAMES > NTN > SCOTCH BAR
> LARGE SELECTION OF DRAUGHT > NEWLY DESIGNED ROOF TOP BAR

MONDAYS:	1/2 PRICE PIZZA + TALLBOYS FOR \$3.99 FROM 4 PM – 1 AM
TUESDAYS:	WING NITE – .40 EACH
WEDNESDAYS:	PERSONAL PITCHERS OF DOMESTIC DRAUGHT \$5.95 KIDS EAT FREE FROM 4 PM – 8 PM (12 & UNDER)
THURSDAYS:	WING NITE # 2 – .40 EACH
FRIDAYS:	CHEF'S SPECIAL
SATURDAYS:	2.4.1.FAJITAS
SUNDAYS:	BRUNCH FROM 10:30 AM – 1:30 PM
	BUY A PITCHER AND PAY HALF PRICE FOR YOUR NACHOS. ALL DAY.
	OPEN MIC WITH MATT LEESON FROM 8 PM – 11 PM

\$1.00 FROM EVERY NEW EDINBURGHER WILL BE DONATED TO JUVENILE DIABETES FOUNDATION TO HELP FIND A CURE

"Nature Happenings" occurring each month. Did you know that February marks the start of the breeding season for Barred, Great Horned, Screech and Saw Whet owls, and for coyotes? Check the store website for more details at www.wbu.com/ottawa.

Making Music Meaningful

Sharp-eyed readers may recently have noticed a weekly procession of Mums, babies, toddlers and strollers heading into the main entrance of **New Edinburgh Square** at 418 Mackay Street. Every Tuesday morning since November, this cheerful contingent has gathered in the spacious Banquet Hall of the residence to engage in a lively and melodious session of *Music and Movement* under the direction of **Nicole Wassink**, a local musician, mother of two and operator of Making Music Meaningful, a program to introduce babies, toddlers and pre-schoolers (and their parents) to the pleasures of making music "without pressing play."

Nicole trained as an early childhood music educator at the Royal Conservatory of Music in Toronto, and has a Bachelor of Education (Elementary) and an M.B.A. from the University of Victoria. Her own musical background includes study and performance in guitar and voice, and in recent years she has added the flute to her repertoire. She bases her curriculum on the Royal Conservatory's principles of early childhood musical education, focusing on small groups, age-appropriate activities, a relaxed and welcoming environment, and a strong emphasis on fun and active participation.

The program is heavily singing-based and all of the music is live (hence "no pressing play" as her website makes clear!), with songs ranging from many of the old, much loved standards to some lesser known tunes to

keep the repertoire varied and interesting to kids and parents alike. There is plenty of movement accompanying the songs to engage the younger set, and Nicole has been gratified at the success of her approach in imparting the sheer joy of singing not only to the little ones, but to their parents and caregivers who go on to use their new musical repertoire at home.

Making Music Meaningful operates out of five locations around Ottawa, with bases in the Glebe, Westboro, Bells' Corners and Merivale, as well as in New Edinburgh Square. Interested families may want to take note that the next New Edinburgh session begins on **Tuesday, April 22** and extends to June 20. The cost is \$90 (plus GST) for nine weeks, but you can join at any point in the session with the fees prorated accordingly. If an older sibling is registered in the program, infants under 6 months are free of charge and babies/toddlers from 6 to 48 months can join the fun at 50% the regular fee. Check out the details at www.makingmusic-meaningful.com or give Nicole a call at 613-806-7464.

New Edinburgh Square

In addition to the regular gathering of tiny music makers from Nicole Wassink's classes that inhabit the Banquet Hall each week, the residents of New Edinburgh Square have a busy social calendar in the coming weeks. Marketing Manager **Amy McConnell** reports that a special **Hawaiian themed cocktail and dinner party** will take place in the Dining Room on Wednesday, April 2 from 5:30-7:30 pm, so if spring hasn't arrived by that time, the festivities are certain to give it a push.

The following week on Tuesday, April 8 at 2:00 pm, New Edinburgh Square will host a speaker from **Home Watch**

Caregivers who will address the topic of *Independence Skills*. Members of the public are welcome so if you're interested, head for the Main Entrance at 418 Mackay Street and you'll be directed to meeting room on the 2nd floor.

For the musically inclined, there are two performances coming up in the Piano Lounge, the first on Tuesday, April 15 at 6:30 pm, featuring pianist **Noel Dimaranan**, and the second on Tuesday, May 13 at 6:30 pm, with **Jean Guy Bernard** at the ivories.

Denys Builds Designs: Another Award!

Congratulations to longtime *NEN* advertiser **Paul Denys** of Denys Builds Designs who recently received a City of Ottawa Architectural Conservation Award for his masterful restoration of the porches and balconies of a century old triplex in the Byward Market area at 208-212 Bolton Street. Paul is no stranger to this particular streetscape as in the late 1990's, he received a Heritage Award of Merit from the City for his exceptional work in restoring the porches of a double house just down the street at 156-158 Bolton.

The City citation commended his meticulous work in rebuilding the columns of the porches which had largely rotted away and been replaced by a square base. Using as a template the original half column which had survived the ravages of time and weather, Paul carefully fashioned new wooden columns and bases, and replaced all the railings with custom crafted components. The porches had also separated from the building and had to be jacked up and stabilized with new structural footings.

The Bolton Street porch restorations caught the eye of *Ottawa*



The award-winning porches at 208-212 Bolton were returned to their previous glory by the masterful restoration by Denys Builds Designs.

Citizen writer **Maria Cook** who wrote a wonderful article extolling both the quality of Paul's work and the distinctive character and charms of porches of that era, which she pointed out were the focus of enormous creativity and often elaborate ornamentation. Far from the cookie cutter fronts of contemporary housing developments, each porch was a distinctive product of the carpenter's art, with the Bolton Street trio boasting a host of detail such as columns, rosettes, flower petals, arches, coves and crowns. Paul's restoration brought out each of these details with its contrasting colour scheme of shades of green, cream and gold.


All of this craftsmanship and visual interest was in part a reflection of the important social function of the front porch in days gone by, when it was a focus of street life where families chatted with their neighbours, kept an eye on their children and in the heat of the summer, caught the cooling breezes. Happily, in this age of heightened environmental awareness and urban intensification, the porch appears to be back in vogue as planners and builders


attempt to create the conditions for vibrant community life. If a recent *Ottawa Citizen* editorial highlighting the virtues of the old fashioned "front stoop" is any guide, Paul's award has succeeded in drawing attention to the potential social and aesthetic attributes of this time-honoured architectural feature.

Whiskers and Paws

A warm welcome to new advertiser **Nicole Verdon** and her multi-faceted pet care service, Whiskers and Paws. Nicole launched her business in early 2006, opting for a radical change of pace from her former career as owner/operator of a clothing store in the Glebe. While her canine and feline charges keep her fully occupied with a vigorous daily régime of exercise (whatever the weather, and from time to time, it's been brutal!), as well as individualized care, feeding and periodic instruction in good manners, she has found it a welcome change from the weekly grind of retail sales. In the process, she has also encountered such interesting local personalities as CBC Radio host **Kathleen Petty** and journalists


Continued on page 12







I am an Ottawa based renovator that specializes in everything from modern renovations to historic restorations. As a creative designer who also builds, I have a passion for combining historical elements with new technology.

Please feel free to take a moment and explore some of our exceptional spaces at Denys.ca.





EXPERIENCE THE DENYS DIFFERENCE




WHISKERS AND PAWS
Pets & House Sitting
PATTES ET MOUSTACHES
Garderie d'Animaux et de Maisons




BILINGUAL PET SITTING SERVICES IN THE OTTAWA REGION
PET ASSOCIATION MEMBER, BONDED AND INSURED

Professional dogwalking, puppy, cat and critter visits,
Daycare, never more than 3-4 pets at one time,
Bed and biscuit includes many outdoor activities, parks and hiking trips,
Home visits, all kinds of other help personal or pet related,
Taxi for grooming, veterinarian appointments,
Senior dog and cat care who need medication incl. Insulin injections.
Our services can be customized to your own needs

Nicole Verdon | Home: 613-736-7387 | Cell: 613-668-7387
www.whiskers-and-paws.com




RESTRICTIONS APPLIES

Susan Delacourt of the *Globe and Mail* and **Sue Bailey** of *Canadian Press* whose pooches are regularly entrusted to her care.

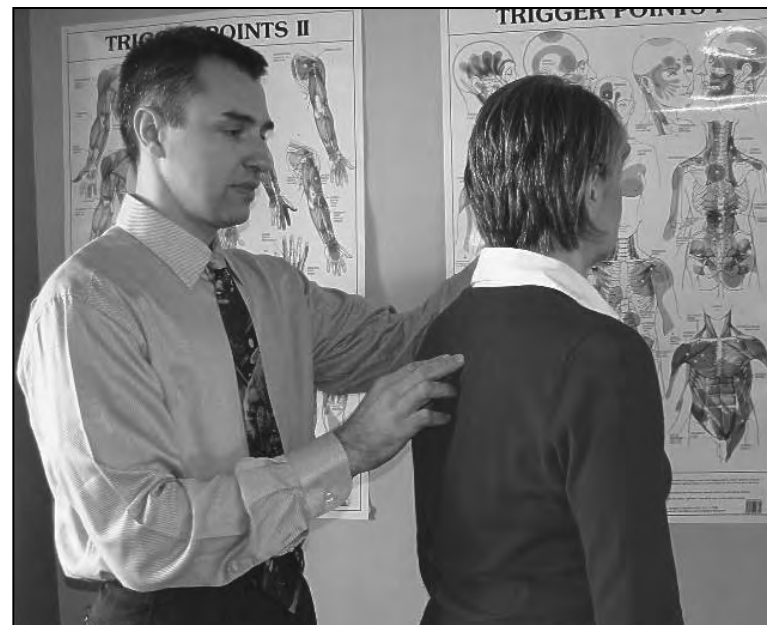
Nicole is fully insured and bonded, and holds a membership in the All Canadian Pet Services Network, an association of pet care professionals with strict guidelines governing their pet service operations. As her web-

lusty bark! Her primary focus, however, is the canine and feline community for which Whiskers and Paws provides a range of services.

In the case of each new client, she begins the process by meeting with the owner and their pet(s) to learn about the temperament, needs and habits of the dog or cat in question, as well as the details of their medical history, and to design a routine that

of the owners. At the moment, she begins her three daily group walking sessions at 10:00 am, with the last session winding up at about 3:00 pm, and her excursions take her to parks in three different locations throughout the city, including one here in New Edinburgh. Groups are limited to a maximum of four or five dogs, and there are few basic rules of the game for participating pooches: no aggression; no incessant barking (or as little as possible!); some mastery of the rudiments of "Sit" and "Come" and an ability to walk on leash to the park or green space where the play begins. Nicole works actively with some of her charges to improve the reliability of their responses to commands, and is herself in the process of pursuing a course to qualify as an accredited dog trainer. Interestingly enough, she is working on her training skills with **ADA Dog Trainers' Anne Girard**, another *NEN* advertiser who was profiled in a 2007 issue of the paper.

Pet Sitting for Dogs and Cats: Nicole takes small groups of dogs (a maximum of three at a time) into her home for thoroughly individualized care while their owners are away. She deals with special diets; administers medication (including insulin for both cats and dogs); takes boarders into her own room where they can snooze comfortably on their bedding and blan-



New at the Physical Therapy Institute: Oleg Volochay brings an extensive arsenal of massage and body work techniques.

kets; and in the case of canine boarders, provides two daily excursions for play and exercise. Some readers may be interested to learn that Nicole's pet sitting services extend to geriatric canine clients who are treated to short walks, soothing massages, easily digestible treats, and special care to manage mobility and incontinence problems. Whiskers and Paws offers special rates for longer boarding periods of a week or more, but prospective clients should take care to provide as much notice as possible, as Nicole has a busy agenda and her policy is to offer first pick to existing clients.

Pet Visits: If you have a puppy (or for that matter an older dog) in need of particularly frequent trips to the yard, along with some welcome relief from the crate and a little sociability while you are at work, Nicole offers pet visits of a half hour to 45 minutes. The visits are tailored to meet the specific requirements of your four-legged companion, but in addition to the requisite trip out into the yard, may include replenishment of food and water and some basic training and socializing for puppies. A number of her regular clients also periodically call her at the last minute to ask her to drop in to check on their dog(s) if they are delayed at work or decide to enjoy dinner out after a hard day - clearly flexibility is the name of the game in the pet sitting business!

Day Care: While Nicole currently has no day care charges among her clients, Whiskers and Paws has offered a full day service including pick up and delivery, walks, meals and play for pets in need of full time care and surveillance during the work day.

Interested readers can give Nicole a call at 613-736-PETS (7387) and check out her website at www.whiskers-and-paws.com. Best of luck Nicole! We

look forward to seeing you and your local charges in New Edinburgh Park as the spring and summer unfold.

Physical Therapy Institute: Attention Allergy Sufferers!

Our local health and fitness establishment, the Physical Therapy Institute (PTI) at **350 Crichton Street** (above the New Edinburgh Pharmacy) has a broad range of services for the community, running the gamut from physiotherapy and treatment of sports injuries to massage therapy, nutritional counseling, pilates, strength and conditioning training, and sports medicine.

Many readers may also have made use of PTI's fully-equipped gym as a convenient and highly affordable (\$5 a visit!) facility in which to work out without incurring the costs, travel time and fitness-wear fashion demands of joining a health club (not to mention the guilt involved when you pay the big bill and don't show up as often as you'd like to!) If you haven't tried out the gym, drop in and have a look at the facilities: it's open from 7 am - 8 pm Monday and Wednesday; 7 am - 7 pm Tuesday and Thursday; 7 am - 5 pm Friday and on Saturdays from 8 am - 1 pm.

Owner **Pam Siekierski** is delighted to welcome a new addition to her team at PTI. **Charlotte Mee** has recently joined the group, bringing to the clinic her expertise as a Respiratory Physiotherapist. Charlotte received her training in the U.K., and in the course of the past decade has worked in the U.K., Calgary and most recently Ottawa. She has completed a Chronic Obstructive Pulmonary Disease (COPD) Education and Management Course, and now specializes in the assessment and treatment of both acute and chronic respiratory diseases such as COPD, asthma, bronchiectasis, and Cystic Fibrosis.



Nicole Verdon of Whiskers and Paws with some of her canine charges on a crisp winter's morning.

site suggests, she is willing to provide pet care services for critters other than dogs and cats, including the occasional bird or rabbit, and she reports that on one occasion when she boarded a pair of mourning doves, the duo swiftly learned to mimic their four-legged companions in the house, transforming their traditional gentle "coo" into a

accommodates their particular requirements. Depending upon your particular needs, her menu of services includes:

Dog Walking: Nicole offers group walks for your dog, with groups established to accommodate the temperaments, sociability, age and energy levels of their canine members, as well as the schedules and locations



Physical Therapy Institute
SPORTS MEDICINE & FITNESS
optimum **health**

- **Sports Medicine Physician**
- **Physiotherapy**
- **Massage Therapy**
- **Gym/Rehab Strengthening & Conditioning**

350 Crichton Street
(above Guardian Pharmacy)

(613) 740-0380

Email: admin@ptisportsmed.com
Website: www.PTIsportsmed.com

In her work with clients, she assists the sufferer to develop a self-management plan for coping with a respiratory condition, and offers a broad range of specific services including post-surgery rehabilitation; assistance with problems of breathlessness and chest congestion; smoking cessation techniques; a pulmonary exercise program; education in Home Oxygen Therapy; and perhaps of primary importance to allergy sufferers (or parents thereof), instruction in the use of inhalers or "puffers" as they are popularly known. While Charlotte deals with a large number of physician referrals, you can call PTI directly to make an appointment if you are in need of her services, perhaps to finally kick that smoking habit or reduce your dependence on the all too handy puffer when it's allergy season.

Another new addition to the team at PTI is Registered Massage Therapist **Oleg Volochay**. Oleg has training and experience in a wide range of massage and body work techniques, experience acquired in his native Ukraine where he worked in both military and civilian hospitals, as well as in manual and physiotherapy clinics. His extensive arsenal of techniques, which includes neuromuscular and deep connective tissue release; myofascial joint mobilization; hydrotherapy and Swedish massage; manual lymphatic drainage and "trigger point" therapy, are brought to bear in the relief of a host of common complaints such as chronic injury pain; whiplash; strains and sprains; arthritis and bursitis; headaches (including migraines); carpal tunnel syndrome; stress related disorders, and aches and pains of all descriptions. In addition to Oleg, there are two other mas-



Heather MacLachlan of the MacKay Street Epicuria is a finalist for the Ottawa Business Woman of the Year Award for 2007.

sage therapists on the staff at PTI: **Anna Gaidamasciuc**, who specializes in hot stone massage and also happens to be a professional chess player, and **Julia Low**, an energetic Varsity soccer player at U of Ottawa and instructor at Algonquin College.

Burgh Business Bits

Mackay Street Epicuria:

Congratulations to **Heather MacLachlan**, co-owner and director of catering at Mackay Street Epicuria. Heather is one of the finalists for the **Ottawa Business Woman of the Year Award for 2007**, an honour bestowed each year by the Women's Business Network of Ottawa at its Annual Awards Gala. The gala takes place on April 2 at the Congress Centre, so when we went to press the winner had yet to be announced, but our fingers are crossed for you Heather! One way or another, your nomination as a finalist is a well-deserved recognition of your remarkable contribution to the community: well done!

Jolicoeur Home Hardware:

Thanks to a new Green régime established at Jolicoeur Home Hardware, readers can now

recycle their obsolete cell phones and print cartridges by dropping them off at the store (look for the drop off box immediately opposite the front cash.) Not only will this help to spare the landfill, it will also benefit the **Angels With Autism Foundation**, a charitable organization established to help the families of children with autism either financially or through facilitating access to therapeutic programmes and services.

Scone Witch:

Heather Matthews' popular restaurant The Scone Witch on Albert Street was the first pick of one the contributors to the new edition of *Cheap Eats In Ottawa*, a guide to 200 of the best affordable eating establishments throughout the city. **Gerry Oslon**, a former diplomat and second round contributor to the collection, spoke lyrically of The Scone Witch in a recent interview on CBC Radio, describing it as a "magical little restaurant" with "fabulous weekend brunches", "incredible melt-in-your-mouth scones" and "beautiful little salads" - and all priced within the strict limits of the Cheap Eats Guide: \$5 for breakfast, \$10 for lunch and \$15 for dinner.

Doors Open:

Two new businesses have opened up on Beechwood since our last report: **Originis Medical Aesthetics Clinic** is now in operation at **101-2 Beechwood** (former home of Birder's Corner), and **Fratelli's** at **5 Springfield Road** opened its doors to diners on Valentine's Day.

Bread and Roses: Back in business with a changing of the guard

As bread, cake and cookie lovers are well aware, our much loved local bakery Bread and Roses reopened at the beginning of February, largely in response

to the clamor of the many Bread and Roses loyalists in the community when the shop briefly closed its doors after Christmas. Shortly before we went to press in late March, the bakery officially changed hands when **Jodi Turner** sold the business to **Chris Green**, owner/operator of **The Harvest Loaf** bakery on Wellington Street. Stay tuned for an introduction to Chris and his plans for the bakery in our next issue in June. In the meantime, welcome to Beechwood Chris, and a fond farewell and sincere thanks to Jodi who has kept the business alive and thriving, largely as a labour of love for all of our benefit.

Departures:

Two long established Beechwood businesses have recently closed their doors: **Prêt à Reporter**

and **Berry's Pet Food** have both departed in the course of the past few months. In the case of Berry's, we understand that the primary reason for closure was a rent increase, but to date, we have no details about Prêt à Reporter. Farewell and thanks to both businesses for their contributions to Beechwood Village.

Coming Soon:

Brothers **Ross** and **Simon Fraser** are about to bring their culinary skills to the neighbourhood with the opening of **Fraser Café** at the corner of Putman and Beechwood in the former home of **The Works**. Ross and Simon grew up in the area and worked for many years at **Domus Café** in the Market. If all goes as planned, Fraser Café will open its doors in May, so watch for further details in our next issue!

MONSON DELUXE CLEANERS

WE ARE A
CLEANER
DRY CLEANER

- ✓ **We care about the environment** and operate our business in a safe and efficient manner.
- ✓ **We use the best available equipment and technology** to reduce any chemical released into the air, water or ground.
- ✓ **We train our employees** and practice proper procedures and precautions to ensure safety in our operations.
- ✓ **We are members of professional associations** that keep us up-to-date with the latest technical and safety information.
- ✓ **We dispose of our chemical waste legally** through a licensed waste removal service.
- ✓ **We are working with governments** on the federal, provincial and municipal levels and surpass all required environmental regulations.
- ✓ **We are proud to be a part of the community** and respect our customers' and our neighbors' right to a safe and clean environment.
- ✓ **We strive to be good neighbors** and recognize our responsibility to the community we work and live in.

YOUR NEIGHBOURHOOD DRY CLEANER

WE CARE ABOUT YOU
AS WELL AS YOUR CLOTHES
SPECIALISTS IN SUEDE AND
FRENCH CLEANING

ENVIRONMENTAL DRY CLEANER:
CERTIFIED BY JACQUES WHITFORD,
ENVIRONMENTAL SCIENTIST

110 Beechwood (at St. Charles)
613 749-5969

119

DR. GERALD GLANTZ
DENTIST
613-741-1021

New Patients Welcome
Free Parking
Experience and Dedicated Staff

Beechwood Ave.

Visa, MC, Interac, EDI
(Electronic Insurance Claims)

Michael K. Edwards

Chartered Accountant

- ACCOUNTING AND AUDITING
- FINANCIAL STATEMENT PREPARATION
- PERSONAL AND CORPORATE TAX
- SMALL BUSINESS COUNSELLING

68 Stanley Avenue
New EdinburghTel: 749-7013
Fax: 749-6603**QUINCAILLERIE JOLICOEUR LTÉE.**
HOME HARDWARE70 ANS DE SERVICES PERSONNALISÉS BILINGUES
YEARS OF PERSONALIZED BILINGUAL SERVICES

Affûtage • Sharpening

Accessoires de maison • Household Accessories

Coupe de vitre, miroir • Glass, mirror cutting

LIVRAISONS GRATUITES • FREE DELIVERIES

Business Hours

Monday - Thursday	8:30 a.m. - 6:00 p.m.
Friday	8:30 a.m. - 8:00 p.m.
Saturday	8:30 a.m. - 6:00 p.m.
Sunday	10:00 a.m. - 4:00 p.m.

19 Beechwood Ave.
613 749-5959Pick up your aeroplan
card at Jolicoeur
Home Hardware.

Phone: 613-742-9319

200-39 Vaughan St.

Fax: 613-744-7254



LINDENLEA \$1,400,000. Fantastic mixed use building in a superb location. This New Edinburgh bldg is fully leased w/ office and R & D lab prototype manufacturing. Great tenants & a building that shows pride of ownership. Because the zoning is an exception, the long term value is also in the residential zoning that surrounds this bldg.



THE RENAISSANCE. 40 Landry. A Ten+++ This total redesign features a 24' panorama of the river and city skyline. Cherrywood stained floors and a den full of mahogany built-ins incl. a Murphy bed. Ensuite laundry, an awesome kitchen, a high-end bathroom reno and murano glass light fixtures. See the photos on our website. \$299,900.



2951 RIVERSIDE DRIVE. Apartment 1003 has been renovated. The hardwood floors are lovely. The 12 x 20 living room has a fireplace. Three bedrooms, but now the master bedroom has ensuite bathroom and walk-in closet. Priced at \$269,500.



LINDENLEA \$750,000. This property is located on Beechwood Ave and Putman. Fully leased office space with 14 parking spaces.

KNUD V. POULSEN
613-884-7676MICHAEL VALIQUETTE
613-255-7779

www.victoriainland.ca



Photo: Ryszard Mrugalski, Zoom Exposure

From left to right: Loretta Di Eugenio, Larry Swain, Tom Blasejewicz; Steff Clark, Jennifer Drummond, Robin Carter; seated (centre) Nissa Ford, Janet Uren.

*Pardon Me, Prime Minister***New Edinburgh Players present their 29th Season**

For their 29th Season production, the New Edinburgh Players will present *PARDON ME, PRIME MINISTER*, a British political farce by Edward Taylor and John Graham at Mackay United Church Memorial Hall (corner Dufferin and MacKay Streets). The show runs April 17 - 19 and 24 - 26, 2008; Curtain is at 7:30 pm. A special benefit performance for the Crichton Cultural Community Centre will be held on April 23.

PARDON ME, PRIME MINISTER inspired the popular British television series *Yes, Minister* and *Yes, Prime Minister*. In the play, the Prime Minister (**Larry Swain**) and Chancellor (**Robin Carter**) are preparing a severely puritanical budget, taxing amusements such as bingo, gambling and nightclubs out of existence. On

the eventful afternoon before its presentation, however, shocks are in store for both of them by the appearance of pretty Shirley (**Steff Clark**) at Number Ten Downing Street.

The play is peppered with outrageously hilarious lines, and the even more outrageously hilarious situations, created by Shirley's appearance lend to an evening of great fun and entertainment. Also starring are **Janet Uren** (Shirley's mother); **Loretta Di Eugenio** (PM's wife); **Tom Blasejewicz** (PM's Private Secretary); **Jennifer Drummond** (reporter) and **Nissa Ford** (Chancellor's Secretary).

The play is set in the 60's and **Jane Caskey**, the Players' indefatigable costume mistress, has found some real treasures (yep, authentic stuff!) for the female cast at the Sally Ann and

Value Village. **Isobel Bisby** and **Barbara Merriam** are in charge of props, and **Bob McKellar** will operate the lights and sound.

As always, the Hall will be set up with tables for groups of four, six and eight; pianist **Trudy Dannhardt** will set the mood before the curtain rises; refreshments will be served.

Tickets are \$15.00 and may be purchased as of April 1 at **A Better Frame of Mind**, 417 MacKay Street (Tel. 613 746-5329); or by phoning 613 860-2371; or at the door. Tickets sell fast and reservations are highly recommended.

Director **Ingrid McCarthy** and Assistant Director **Pamela Harrod** promise an unforgettable evening filled with laughter and a lot of fun. See you at the show!

DIRECTION

ANDREWSHERWOOD.CA

GUIDANCEANDREW SHERWOOD PH.D
PSYCHOTHERAPIST

613-695-5600

It makes a great deal of difference to the behaviour of the individual whether the psyche is functioning mainly consciously or unconsciously. C. G. Jung

PASSAGES**INDIVIDUATION**

MEMBER OF THE CANADIAN ASSOCIATION OF PSYCHODYNAMIC THERAPY

WARNING!

- ✓ Keep children, dogs and yourself well away from the river!
- ✓ Check eaves and foundations for leaks.
- ✓ Verify that your sump pump is in good working order.



By Brian Torrie

The Stanley Park rink finally closed in mid-March, marking one of longest seasons ever. In fact, we were one of the first rinks in the City to open (late December) and one of the last to close. In total, the rink was open for nearly 60 days. Saturdays and Sundays were the most popular days, averaging 150-250 users on the rink.

As you have surely noticed, there has been a lot of snow this winter and this made ice-making particularly challenging. However, thanks to many volunteers, and a few snow blowers, the year was quite a success. Many thanks go out to our crew of volunteer "hosers" who came out in all kinds of weather (mostly cold) to flood the rink. We also had a great crew of rink attendants: **Aaron and Josh King, Daniel Grainger, Aaron and Adam Wetzstien, Andrew Miller, and Daniel Baggaley.** A special thank you goes to **Michel Giroux**, our "Director of Rink Operations", who spent a lot of time making sure everything was running well. The Council is grateful for the continued support of the **New Edinburgh Pub** who once again this year sup-

plied the Fieldhouse with hot chocolate.

Eventually, all the snow and ice will melt and spring will arrive. This also means the arrival of the Council's **Plant Sale** at the Stanley Park Fieldhouse, so mark **Saturday, May 10** on your calendars. Get there early to get your choice.

Another important event on the calendar is the **ING Marathon**. Once again, the Council is organizing the **New Edinburgh Cheering Station** by the Fieldhouse. The **Alta Vista Social Club Band** will again be playing and **Bridgehead** will be providing free coffee to the cheering hordes. We are hoping for a repeat of last year when we won the best cheering station in town and \$1,500 for community events. The festivities get underway early (7:30 am) on **Sunday, May 25.**

Check out www.newedinburgh.ca for more information on any of the Council's events.

Burghers should know that the Fieldhouse is available for your event at a very reasonable price. The schedule fills up quickly so contact **Jill Hardy** at 613-746-1323 for more information.

Interior Design Week in Ottawa April 1-7, 2008

By Jane Heintzman

While it may have escaped the notice of many of our readers, Ottawa Mayor Larry O'Brien has officially declared the first week in April **Interior Design Week** in the City of Ottawa. The declaration was inspired at least in part by the fact that the national association of this profession, Interior Designers of Canada (IDC), has chosen the city as the venue for its 36th Annual General Meeting, to be held in conjunction with the AGM of the Eastern Ontario Chapter of the Association of Registered Interior Designers of Ontario (ARIDO), one of its seven provincial associations.

Most of us are aware that our community is richly endowed with talented members of many professions ranging from music and the arts to law, medicine, foreign service and architecture. As it turns out, we are equally well represented in the realm of interior design with ARIDO members such as **Alexandra Reid, Marilyn Donohue, John Grice, Dorothy Stern and Pamela Burns** living in our midst.

Alexandra Reid, known to many in the community as an active member of NECA's Heritage and Development Committee and a pillar of St. Bartholomew's Church, has the added distinction of having been elected as the new President of ARIDO's Eastern Ontario Chapter (EOC), a post in which she will be officially confirmed at the Chapter's AGM on April 3rd. Our congratulations to Alex, and we wish her the best of luck in meeting the challenge of combining her presidential duties with an already demanding day job at PWGSC (not to mention the added responsibility of puppy training when the Reids' new black Labrador Harriot arrives this month!)

Unlike the task of interior decoration with which it is all too frequently confused, Interior Design is a multi-faceted discipline encompassing not simply the aesthetic choices involved



Alexandra Reid is one of the Burgh's many highly-accomplished interior designers.

in décor, but all aspects of a building's interior from lighting to heating, ventilation and the arrangement of space to create a functional, comfortable, attractive and healthy living or working environment. The role requires highly developed organizational skills (and a healthy

dollop of diplomacy) to juggle client tastes, needs and interests, and to coordinate with architects, electricians, plumbers, painters, flooring contractors and material suppliers to have projects completed on time, on budget and in compliance with building and safety codes.

Qualifying as a Registered Interior Designer involves a demanding seven year process. All members of the IDC must also have successfully completed an international examination, the National Council for Interior Design Qualification, and like other professionals, must maintain their skills through Continuing Education programs.

If you are in search of the assistance of a qualified interior designer, check out ARIDO's new "DesignFIND" referral program by visiting their website at www.arido.ca.

LOUIS HUTCHISON

Furniture

Repair, Refinishing, Restoration
On-site Service - Commercial and Residential



Pick-up and Delivery
Kitchen and Bathroom cabinetry and furniture

Call **613-850-6707** for free estimate
Ottawa/Gatineau area



CLOTHES ENCOUNTERS OF A SECOND TIME



Now Accepting
Spring & Summer
Fashions !!

67 Beechwood
613-741-7887

MON-SAT: 9:30 - 5:00
FRI: 9:30 - 6:00
SUN: 12:00 - 5:00



host india

Fine Indian Cuisine

Lunch Buffet Every Day
À la Carte Dining: Every Evening
Sunday Dinner Buffet
10 % Discount on Take-Out

★★★★★
Four & a half Star Rating
Ottawa By Night Journal



622 Montreal Rd., Ottawa
Tel: **613-746-4678**
www.hostindiaca.com

V. Footprints on the Planet

Editor's Note: "Footprints on the Planet" is the fifth in a series of articles on Climate Change by local environmentalist Hugh Robertson. The previous articles in the series, which were published in the June, October and December 2007 and February 2008 editions of the New Edinburgh News, can be found on the community website at www.newedinburgh.ca.

Mr. Robertson points out in this article that Canadians have the dubious distinction of ranking 3rd in the international community both as consumers of the earth's resources and as producers of carbon emissions. In his earlier article, "Kyoto: A New Year's Resolution", he offers a number of the practical ways in which we can, as families and individuals, reduce our consumption and whittle away at the dimensions of our own ecological and carbon footprints, focusing our efforts on such aspects of our daily lives as driving habits; home appliances; home heating and cooling systems; water usage; lighting; cooking; food consumption habits; shopping practices; waste and air travel. We encourage readers to take up the challenge, and begin by calculating their own environmental "footprints" by using one of the websites listed with this article.

A sixth article in the series, "Faceprint: One Family's Efforts to Curb Consumption", will be published in the June 2008 edition of the NEN, and will offer readers a concrete and practical example of the ways in which an individual household (in this case, Mr. Robertson's own family) can make measurable progress in scaling back its ecological and carbon footprints.

By Hugh Robertson

Environmental footprinting is a technique that measures the impact of our lifestyles on the well-being of the planet. The two most common types of environmental footprints are "ecological footprints" and "carbon footprints." There is, however, a considerable overlap between them.

Ecological Footprinting

Ecological footprinting, more commonly called "ecofootprinting," is the broader term. An ecofootprint represents the amount of land and water that a society requires both to provide the resources that it consumes and to eliminate the waste that it creates. Ecofootprints are measured in hectares. One hectare is 10,000 square metres or about 2.5 acres. A hectare is roughly the size of two and a half soccer fields.

The earth's ability – its carrying capacity or biocapacity – to

provide the resources to support our lifestyle and to eliminate our waste is limited. There are approximately 11 billion hectares of biologically productive land and water available to sustain the world's population of 6.5 billion people – an average of about 1.8 hectares per person.

At present, the global average per capita ecofootprint is

approximately 2.2 hectares. We are, therefore, as a planetary society consuming resources and creating waste in excess of the regenerative capacity of the earth – a concept known as "overshoot." Our global ecological footprint has tripled since 1960 and it is growing rapidly.

Canada has the third highest ecofootprint in the world after the United Arab Emirates and the US. We require 7.5 hectares per person of the planet's marine, freshwater and land resources to support our lifestyles. By comparison, Switzerland has a per capita footprint of 5 hectares, China is presently at the global sustainable level of 1.8 hectares and Bangladesh only requires 1 hectare per person.

Canada has, therefore, overshoot nature's biocapacity of 1.8 hectares per person four times. In stark terms, it means that if every person on the planet lived at our level of material consumption, we would need four planets.

Canada has, therefore, overshoot nature's biocapacity of 1.8 hectares per person four times. In stark terms, it means that if every person on the planet lived at our level of material consumption, we would need four planets.

By any yard stick, our lifestyle demands have exceeded the sustainable limits of the biosphere and our ecological debt is surging. We are no longer living off nature's interest; we are rapidly consuming our scarce biological capital.

We are passing global peak productions in oil, fish and food and have reached the physical limits of fertile land, freshwater and clean air. We are also close to a tipping point in atmospheric concentrations of greenhouse gases that could catapult us into irreversible climate change within decades. This deadly combination factors portends critical problems for the planet.

Furthermore, statistical footprints cannot measure some of the less discernible damage we are inflicting on natural ecosystems. We are choking the oceans

with plastic, poisoning our lakes and rivers with chemical toxins, and contaminating the subterranean water table with leachate from our garbage dumps. And the escalating decimation of countless species is unraveling the complex web of life which underpins human survival.

Curbing Consumption: The First Step Towards Sustainable Living

There are simply no magic bullets or technofixes that will reduce our environmental footprint and still preserve our consumer lifestyle. It is delusional to think, for example, that seeding the oceans with iron dust to increase the absorption of carbon dioxide will slow global warming. Tinkering with nature will only exacerbate and expedite environmental degradation.

Behavioural change, largely in the form of curbing our consumption of resources, goods and services, is the only approach that will ensure a sustainable future for the planet. Modifying our behaviour is immeasurably less expensive than investing in technological innovations, just as conservation is far cheaper than consumption.

Most Canadians are aware at some level – intellectually, emotionally or intuitively – that our footprints have outstripped nature's biocapacity. Awareness is widespread, the research is done, the risks are clear: it is time for action.

Although environmental footprints may be imprecise, they do clearly portray the health of the planet. Footprints also remind us of our personal environmental obligations. Listed below are a variety of carbon and ecofootprint calculators you can use to measure your impact on the environment. Consider also undertaking the challenge outlined in our Kyoto New Year's Resolution to reduce your carbon footprint.

The global ecological and carbon targets for a sustainable planet are easy to remember: approximately 2 hectares of productive land and water and 2 tonnes of greenhouse gases per person. These are challenging targets for all of us – individuals, corporations and governments. It will take dedication and sacrifice to reach them, but, as individuals, we can slowly chip away at our personal consumption patterns and modify our lifestyles. Living within the bounds of nature's sustainable footprint should be our overriding goal.

On the 60th anniversary of Mahatma Gandhi's death, his words are worth remembering:

"You first have to be the change that you wish to see in the world."

Calculators: Measure Your Household's Impact on the Planet

www.resurgence.org/carboncalculator/index.htm
www.ecoactionteams.ca/pub/index.php
www.ecofoot.org
www.sustain.ubc.ca/eco-survey
www.ecovoyageurs.ca/en/page.cgi?stage=footprint/footprint
www.royalsaskmuseum.ca
www.conservation.org/act/live_green/carbocalc/Pages/default.aspx
www.epa.gov/climatechange/emissions/ind_calculator.html
www.nature.org/initiatives/climatechange/calculator
www.safeclimate.net/calculator
www.fightglobalwarming.com/carboncalculator.cfm
www.sankey.ws/carbonbudget.html



**BAG TO EARTH'S
10-PACK OF
SMALL FOOD WASTE
BAGS & 5-PACK OF
LARGE FOOD WASTE BAGS**



This amazing bag, which is totally biodegradable and certified by Environment Canada, is all that you require for food scraps. This bag system is made from paper – including the film! The product really does biodegrade and compost. It is designed to assist you in a very clean and practical way to participate in the compost pilot and in your efforts to be environmentally responsible. For more information: 800-366-6812 ext. 108 or 104.



These bags are available at:

Elmvale Acres Home Hardware Elmvale Acres Shopping Centre, 731-4492

Jolicoeur Hardware Ltd. 19 Beechwood Ave., 749-5959

Heron Home Hardware, 1593 Bank St., 733-3492

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

Manor Park Grocery, 179 St. Laurent Blvd. 746-1023

Shopper's Drug Mart, 3310 McCarthy, 523-2835

Village Drug Mart, 425 St. Laurent Blvd. 746-4659

Quickie/ESSO Convenience Store, 3332 McCarthy Rd., 526-1230

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



2008 Ottawa Eco-Stewardship Fair Celebrates Green Living in the Nation's Capital

By Jennifer Morse

On April 19, 2008, Ottawa residents will come together to learn more about the many environmental initiatives happening in our community at the 5th annual Ottawa Eco-Stewardship Fair.

The environment continues to be a concern for a great many residents of our city, with people increasingly searching out sources of local food, trying out natural health and beauty products, opting to invest in energy saving measures for their home, or committing to sustainable means of transportation for the daily commute. However, the wealth of information available can be confusing – what really

are the best choices for the environment and how do we adopt more environmentally friendly practices in our own lives?

The Ottawa Eco-Stewardship Fair hopes to provide the answers to these questions! Visitors to the EcoFair will have the opportunity to see displays from over 90 exhibitors, ranging from local food producers to non-profit organizations dedicated to protecting our natural spaces, from natural health and beauty supplies to small businesses promoting alternative energy. Exhibitors will distribute information, samples, and have products for sale. In addition, there are children's activities and

speakers presenting on a range of issues, as well as a food demonstration and a "100 Mile" Local Food Lunch. Come for lunch and stay for the Fair! Visitors can get the feel of the innovative and fuel efficient Toyota Camry Hybrid, Prius and 2009 Corolla - test drives will be available at the EcoFair if you book ahead at toyota@toyotaottawa.com. The Fair takes place from 10 am to 4 pm at the RA Centre (2451 Riverside Drive). Admission is free and there will be lots of events happening throughout the day, so bring the whole family. For more information or to check the schedule of events, visit www.ottawaecofair.ca.



Greening the Church

By David Crenna

On March 15, MacKay United Church convened a workshop on "Greening" the church to reduce its environmental impact through energy and water conservation, waste reduction, etc. Speakers at the event included **Andrew Cole** of the City of Ottawa EnviroCentre and **John Dörner** of the non-profit organization Faith and the Common Good. The latter is working with faith communities around Ottawa on a "Greening Sacred Spaces" initiative.

The **Rev. Dr. John Montgomery**, Minister at MacKay United, worked with a team of volunteers led by **Jane**

Parker, Kim Copeland, Dorene Hirsch, Bruce Holyoake, Bob Abma, Karen Niven and others to organize the workshop. This event is expected to lead to practical actions on the church roof, its furnaces, and its garbage-handling practices in the months ahead.

Both the Property and the Finance Committee of the Church, as well as its governing Council, will be engaged in following up on workshop recommendations. Once some success has been achieved within the church, the MacKay United group hopes to reach out to others in the congregation and in the community.





VRTUCAR

The only good car is a shared car
La seule bonne auto c'est celle qu'on partage

50 stations 613-798-1900

www.vrtucar.com



Nancy Benson
 Sales Representative
 613.747.4747




KELLER WILLIAMS
 OTTAWA REALTY LTD.

SPECIALIZING IN UNIQUE DWELLINGS





WWW.NANCYBENSON.COM



ANDREW FLECK CHILD CARE SERVICES
 195 GEORGE ST.
 OTTAWA ON.

POSSIBLE NEW SCHOOL AGE PROGRAM TO OPEN IN SEPT 2008

ANDREW FLECK CHILD CARE SERVICES IS IN THE PROCESS OF CONSTRUCTING A NEW BUILDING AT 185 GEORGE ST, WHICH HAS THE POTENTIAL TO HOUSE A 30 SPACE SCHOOL AGE PROGRAM FOR CHILDREN 6-10 YEARS OF AGE

AT THIS TIME WE WOULD LIKE TO DETERMINE WHETHER THERE IS A NEED FOR THIS PROGRAM.

ALL CHILDREN ATTENDING ROCKCLIFFE PARK PUBLIC SCHOOL IN FRENCH IMMERSION ONLY, YORK ST PUBLIC SCHOOL & ST. BRIGIDS CATHOLIC SCHOOL WOULD BE ELIGIBLE FOR BUSSING TO AND FROM THIS CENTRE.

AT THIS TIME THERE ARE NO SUBSIDIZED SPACES FOR THIS PROGRAM.

FOR MORE INFORMATION

PLEASE CONTACT KATE CARRADINE,
 PROGRAM MANAGER,
 613 789-4100
kcarradine@afchildcare.on.ca



ROCKCLIFFE PARK/ LINDENLEA HOUSE LEAGUE SOCCER 2008

It's hard to believe as the snow is falling that it is almost time to sign up for spring soccer, but the season is just around the corner. Again this year there will be four divisions in the Rockcliffe Park Lindenlea House League Soccer Program: **PeeWee** (ages 4-5 and 6-7), **Junior** (ages 7-9), **Intermediate** (ages 9-11) and **Senior** (ages 11-14).

Registration forms will be available to download online (check under RPL Soccer at www.lindenlea.ca or www.rockcliffepark.ca) and will also be mailed to last year's participants.

Completed 2008 forms can be mailed or delivered in person to the Lindenlea Community Centre (15 Rockcliffe Way) or sign up in person at the open registration night on **Tuesday, April 1 from 8:00-9:30 pm. The deadline for registration is April 8.** There will be a limit on team sizes so sign up early to avoid disappointment. **The season starts on April 26.** For more information, or if you would like to be a coach or a referee, call **613-742-5011**.

Backpack Poets and Awesome Authors Abound at RPPS

By **Melanie Harmon**

Roses are red, Violets are blue ... Okay, my poetic creativity stops there, but **JC Sulzenko** believes that the creativity never stops for the students of Rockcliffe Park Public School. For the past term, Sulzenko, Poet-in-Residence at RPPS, has been conducting workshops and one-on-one sessions with the students in grades 4 to 6 to help them see poetry "not as an assignment, but as a way of self expression."

For this purpose, she wears red, hot pink or green satin gloves every day at the school. "I'm counting on students remembering these gloves, which are like poetry: Bright, shining, memorable and that can be worn, like a second skin, your whole life through."

JC Sulzenko is the author of several children's books including "Boot Crazy," published this past fall. She is well known for her writing courses and workshops for Ottawa-area children from senior kindergarten to high school, and her enthusiasm for the literary genre is infectious. She is no stranger to RPPS, having been a frequent contributor to Book Fair. The school was delighted when she proposed the Poet-in-Residence Program for this year.

Seven classes and over 170 children participated, beginning this past January, and the response has been terrific. JC started with one-hour workshops for each class, which tackled the question "what makes a poem a poem?" She is quick to point out that RPPS teachers are exceptional in teaching writing skills. She sees herself as a coach, inspiring the students to look at poetry in new ways and showing them how to bring their own magic to crafting a poem.

JC's initial workshops with Rockcliffe Park students were followed by question and answer sessions and exploring how to shape a poem. One activity involved the students seeing how to move from brainstorming an idea for a poem to writing

it down in prose and paragraph form, then, by using punctuation, line breaks and stanzas, they saw how their thoughts could be put in the form of a poem, where every word would need to count. This resonated very well with the students.



Photo courtesy of Blue Poodle Books
JC Sulzenko, as poet-in-residence at RPPS wants to inspire students to look at poetry in new ways and make their own magic.

In the weeks that followed, students were encouraged to seek out Sulzenko in the school for one-on-one sessions to discuss their own work. While this was an optional component of the program, over 88 percent of the students came to see JC with something they were working on, a true testimony of her infectious passion. JC recounts the story of one student who brought her two list poems, one on likes while the other on dislikes. JC felt a little disheartened to see Poetry in capital letters about halfway down the list of dislikes, but continued to discuss the student's work. That student returned a week later with the first two poems and three new and original pieces, as well. For someone who disliked poetry, "You could have knocked me over with a feather!" JC admits, grinning.

The next stage of the residency will see each student submitting two poems of their choice from which JC, as editor, will

select one to be included in an anthology, to be entitled The Backpack Poets of Rockcliffe Park Public School. The title comes from the backpack JC brought to the workshops for students who needed or wanted a little help in choosing a topic about which to write. If they wished, they selected a topic from the backpack.

In April, a dedicated committee of parents will publish the poetry anthology, on behalf of RPPS. Each contributing student will get a copy. Additional copies will be for sale, with proceeds going to Alternative Learning Styles and Outlooks (ALSO), a literacy organization serving low-income families in Ottawa.

To coincide with National Poetry Month and Education Week, there will be a celebratory launch on April 29 with a representative from ALSO as well as a representative from the National Library to explain how the book will become part of the National Library's permanent collection.

Creative writing is 'big' at RPPS. In February, the Ottawa Public Library hosted an awards ceremony for their "**Awsome Authors**" contest in which it encouraged children aged 9 to 17 to use real-life experiences to write a story or poem. 483 children from across the city participated in the contest. From those, four of the winners came from Rockcliffe Park Public School. In the 9 to 11 year old poetry category, **Ryan Laverty** took 1st place in the Poetry for while **Owen Kewell** ranked 3rd. In the Short Story category, **Bethany McKinley-Young** took 3rd Place with **Vicky Coo** receiving an honorable mention.

All of this ties in very nicely with the **Rockcliffe Book Fair**, which takes place this year from **November 6-8**. The theme is "Poetry is Alive", and nowhere does it seem to be more true than at Rockcliffe Park Public School.

745-3319

Rockcliffe Bistro
Restaurant - Catering

*Fine Dining
Relaxed
Atmosphere*

319 ST LAURENT BLVD

ROCKCLIFFE BISTRO

\$10 ten dollar
GIFT CERTIFICATE

Limit 1 certificate per couple with 2 dinners and salads.
Not valid with any other promotions, dining in only.
Valid Monday to Thursday. Expires April 30, 2008.



www.rockcliffebistro.com



Ismene Wood
Sales Representative

KELLER WILLIAMS
Ottawa Realty Ltd
brokerage
613-236-5959

Direct Line: **613-745-4562**

www.IsmeneWood.com



Accomplishments at Elmwood School

By Ashley Cooke

Elmwood School has had many great accomplishments recently.

Sheila McKeen, a member of the Golf Team, competed in the Mayor's Cup where she placed fourth. She also placed third at the NCSSAA tournament at Meadows Golf Club which allowed her to compete at OFSAA. Congratulations!

Elmwood's **Senior Basketball Team** placed first in their division with nine wins and one loss and third in the Canterbury Tier 1 Tournament. Congratulations to all team members: **Courtney Peters, Emilie Chiasson, Juliet Caragianis, Karin McDowell, Madeline Burnatowski, Meagan Cork, Nicole Bonar, Rachel Hutchinson, Rachel Mines and Vanessa Assaly.**

The **Field Hockey Team** placed second in the league and won the NCSSAA Championship Tier 2. The team members included **Nadine Batchasingh, Ally Brown, Hilary Brown, Julia Canning, Meaghan Clarkin, Jen Fuller, Shilpa Goel, Alyssa Hartvich, Julianne Hughes, Sandy Kechichian, Shayla Kelly, Andrea Lessard, Lore Lima, Emily Mansfield, Sheila McKeen, Charlotte Pattee,**

Anne Pigott, Ruthanne Rath, Lucy Robert, Rachel Selwyn, Aarti Singla, Alex Vincent, Priya Wadhwa and Daphne Wallace.

All of the students in the **Junior School** have been presented with a leadership and community service challenge. As part of our commitment to "think globally, act locally", each class is trying to raise enough money to support a girl in a developing African country through all four years of high school. The Junior School students are responsible for selecting and staging an appropriate fundraiser for their particular class.



The **2008 Elmwood Theatre** production of *Schoolhouse* by Canadian playwright, Leanna Brodie received rave reviews. Cast members included: **Nikki Campbell, Noushig Kadian, Danielle Hodgson, Sarah**

Pullen, Katie Carwile, Emily Waite, Ingrid Bredberg, Mckenzie Gowie, Rachel Witherspoon, Rachel Mines, Hilary Brown, Alison Miller, Emily Kitagawa, Katia Tawagi, Lucy Robert, Michèle McPherson, Stephanie Chapman, Isabel McCarten, Sabreena Hirji, Krina Merchant, Alison Jamieson, Dr. Mohammed Mahin, Emily Soussana, and Lucy Zheng. The Junior School Chime Choir, under the direction of **Cathy Wiley**, included **Zakiya Abdullah, Justine Beaulé, Alana Bobra, Larissa Bobra, Mckenzie Gowie, and Michelle Le.** Music Teacher and Choir Director, **Evelyn Pike**, was vocal coach and accompanist on the production. Producer and director, **Angela Boychuk** and cast continued the tradition of excellence in theatre at Elmwood.

The 2007 Auction is fast approaching!

Mark **April 26, 2008** on your calendar today. Planning for Elmwood's 19th annual auction, "A Night at the Copa" is well underway and the committee is working hard to make this year's Auction an event to remember. Please visit www.elmwood.ca for more information.

CELADON
salon & spa

Pamper Mom on her special day with a spa treatment

Need a SPRING break ...
... Try the CELADON experience

Our Harnn&Thann natural bath and body products will please everyone on your list.

For complete stress-free shopping, consider a gift certificate.

20% off esthetic services on Tuesdays and Wednesdays
Free Infrared Sauna with RMT Massage

HAIR • SKIN • BODY • NAILS

373 St Laurent Blvd 613-746-3500 www.celadonspa.ca

www.MetroOttawaRealty.com

for results call

Christopher BARKER
ASSOCIATE BROKER
613-612-9555

Tony RHODES
SALES REPRESENTATIVE
613-276-6061

Number 1 Team in Ontario
Number 2 Team in Canada

COLDWELL BANKER RHODES & COMPANY BROKERAGE
613-236-9551

For Sale • \$1,850,000

SOLD
For Sale • \$1,299,000

For Sale • \$2,250,000

For Sale • \$399,000

For Sale • \$2,450,000

For Sale • \$749,000

SOLD
For Sale • \$1,300,000

SOLD
For Sale • \$875,000

For Sale • \$1,499,000



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

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

CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

Carol Burchill
Colin Goodfellow
Ellen Goodman
Marion Haunton
Jane Heintzman, Secretary
John Jarrett
Alex MacDonald
Bethann Robin
Johan Rudnick, Chair
Anne Thompson, Treasurer
Carol West
Ex Officio:
Gemma Kerr, NECA
Karen Bailey, Mainworks
Karen Rasmussen, Mainworks

To contact Board members please call 745-2742 or email ccc@bellnet.ca

A Bump in the Road but The Show Goes On at the CCCC

If patience is a virtue, all of those associated with the epic struggle of the CCCC to extricate the community from the current uneasy "partnership" at 200 Crichton, and to start Crichton afresh, are heading rapidly towards sainthood (if exhaustion doesn't claim them first!) As many readers are by now aware, at the conclusion of our long-awaited Court Hearing on Friday, February 29, Judge Hackland deferred a decision on the question of a judicial sale until the fall, when a full blown trial is scheduled to take place to determine the nature of the CCCC's interest in 200 Crichton, and to resolve the many outstanding issues remaining between the two parties. The trial will begin on **September 29, 2008** and is expected to run for at least 10 days.

While the decision was disappointing and costly for both sides in terms of time lost and expenses associated with the court proceedings, the show must and will go on through the spring and summer as we await the September trial. In the interim, we expect to be in arbitration to resolve as many issues as possible before the trial. Thanks to all of those many supporters who braved the bone-chilling cold in February and took the time and trouble to attend the Court Hearing. Our substantive numbers were duly noted by the Judge, and offered a clear sign of the community's determination to stick firmly with our fight to retain the building as a public asset.

Not only does the show go on at the CCCC, activity is rapidly gearing up on a variety of fronts as we head into spring. First on the agenda is the grand opening

of the new **Corridor Gallery** on **Friday, April 4**, with a reception from 4 - 6 pm. A separate article on the gallery, and the five local emerging artists who will be the first exhibitors, is included in this issue, but we would like to salute the efforts of the hard-working Gallery Committee who launched the project, including Board member and CCCC Treasurer **Anne Thompson**, MainWorks' artists **Karen Bailey** and **Liz Minnes** and our new curator, **Alisdair MacRae**. Thanks to all, and a warm welcome to Alisdair! And once again thanks to the provincial government Trillium Foundation which provided the resources to make the whole project possible.

In addition to the gallery opening, plans are well underway for our signature summer event, **Lumière 2008** which will take place on **Saturday, August 9** following an extended series of preparatory lantern workshops. The CCCC Program Committee is also working actively on a redesign of some of our programming for introduction in the fall. And as users of the Centre are well aware (check out the new stereo system in the Dufferin Room!), we continue to proceed with improvements to our facilities with the help of Trillium funding. While our original renovation plan remains on hold a pending dispute resolution process with TSOD, we are moving ahead this spring with the completion of the projects not requiring a City permit.

The work of our trusty fundraisers, **The Friends of Crichton**, continues apace, and a variety of events are on the agenda for this spring. On **Wednesday, April 23 at 7:30 pm, Ingrid**

McCarthy's New Edinburgh Players will stage a special benefit production of a rollicking comedy by Edward Taylor and John Graham, ***Pardon Me Prime Minister***, at Mackay United Memorial Hall (corner of Dufferin Road and Mackay Street). We are deeply grateful to Ingrid for this extraordinarily generous contribution to our fundraising effort, and wish the New Edinburgh Players every success in their spring production. Please mark your calendars for this delightful evening, and call the Centre to reserve your tickets at **613-745-2742**.

A second major fundraising evening is on the agenda for **Saturday, May 24**, when the Friends of Crichton will sponsor A Taste of Spring, a moveable tasting event featuring delectable wine and food pairings at seven houses in the Burgh. Check out the details in the notice included in this issue, and join us on Queen Victoria's Birthday!

We encourage all of our supporters to join us later this month for our **Annual General Meeting on Saturday, April 26, 2008 from 3 - 5 pm** in the Dufferin Room at the CCCC. This remains a critical time for the community as we approach the trial in September, and your continuing interest and support will be a decisive factor in determining the fate of the building. We thank all of those who have participated so generously in this broadly-based community effort by making donations or pledges, and taking part in fundraising events and projects. With your continuing help, the show will go on, and we will head into the fall with strengthened resolve and replenished resources.

CRICHTON CULTURAL COMMUNITY CENTRE Annual General Meeting Saturday, April 26, 2008



Dufferin Room
2nd Floor, 200 Crichton Street
(Avon Lane entrance only)

3 - 4 pm Reception and refreshments
4 - 5 pm Annual General Meeting

Please join us to show your support!

To Build A Vibrant Centre

CCCC Celebrates Grand Opening of New Corridor Art Gallery



By Hattie Klotz

It was a chance meeting with board member **Anne Thompson** that brought **Alisdair MacRae** to the CCCC. MacRae saw the potential of the Centre's hallway exhibition space and is now the first guest curator of the newly minted Corridor Gallery on the second floor of the building.

MacRae, who recently moved to Ottawa from New York and works at the Carleton University Art Gallery part-time while he pursues his own work as an installation artist, has chosen five Ottawa-area artists to launch the new gallery and to open the show, *To Build a Vibrant Centre*. He chose the theme of the exhibition to respond to the gallery space on the second floor, the history of the building, the local area, and similar spaces that provide a meeting place for a variety of community groups. Artists were given the freedom to respond to the concept of community itself.

"Alisdair understood the potential of the hallway exhibition space immediately and provided the board with a clear plan to get us to this grand opening," said Thompson. "We're so pleased to see this happen, as an important part of the mandate of the Crichton Cultural Community Centre is to provide opportunities for local professional emerging artists to advance their practice and to engage with the com-

munity," she added.

MacRae, originally from Vancouver Island, is involved with the arts community around town and has himself exhibited widely across North America. He has curated exhibitions in an informal way before, "and I think that this experience and my experience as an artist have been very helpful," he says. The project began last fall with a meeting between the gallery committee - Anne Thompson, MainWorks studio artists **Karen Bailey** and **Liz Minnes** and MacRae himself, but didn't crystallize until early February. "That was quite a tight deadline for some artists," says MacRae, so he's extremely happy to have found five exceptional local artists who could accommodate the timeline and respond to the space. "They're all hard-workers," he adds, "and they engaged with the project immediately."

Karina Bergmans, Leanne L'Hirondelle, Alex Leblanc, Theo Pelmus and **Tavi Weisz** will present their installations, photographs and mixed media pieces in the Corridor Gallery from **April 4 to May 31**. During the vernissage, some of the artists' projects will involve live performances, and the reception will include music by DJ Memetic, **Kwende Kefentse**.

Please join us at the CCCC on **Friday April 4, from 6-10 pm**, to celebrate the opening of the Corridor Gallery. Funding for this project has been provided by our many supporters, and a Trillium Grant for capital improvements to the Centre.

The exhibition lasts until May 31, providing many opportunities for outreach programs, such as tours of the space, talks by the artists and visits to local classrooms. For more information, please contact Alisdair MacRae at 613-868-4066, or by email, almacrae@yahoo.com.

Groovin' with the Yogis in Ottawa

By Pamela Levac

I wasn't sure what I had signed up for when I walked into Jennifer Anderson's Yoga Meets Dance™ class on a Friday night. Yoga wasn't my thing, and I was shy about dancing in public. But 90 minutes later, I was resting on the floor in a state of deep relaxation and bliss, and I knew I'd been coming back for more.

Yoga Meets Dance™ (YMD) was created in 1999 by Beth Rigby, a former Program Director from the Kripalu Center for Yoga & Health. She offers 11-day teacher training intensives and Jennifer was fortunate to take her training in beautiful Sedona, Arizona. she is the only certified instructor of Yoga Meets Dance in the Ottawa area.

YMD combines gentle yoga movements with free dance, and includes a bit of meditation in the mix. Jennifer was drawn to YMD to combine her passion for free dance with her love of yoga. She describes how it differs from a traditional yoga class: "YMD is very liberating, without set rules.

We do some well-known yoga postures, but move into guided dance and free dance, even silliness, and then into meditation and stillness."

In the class, we did a few familiar yoga movements, such as sun salutes, cat pose, down dog, but with a twist. Jennifer talked us through the positions while making reference to the earth, community and connection. According to Beth Rigby, the creator of YMD, the class provides a physical workout and cleanses and energizes the Chakra system.

And an energetic workout it was! Jennifer eased us into movement, and before we knew it, we were grooving to some funky tunes as we danced

around the room. "The music is what drives the class. We play tribal drumming music during Earth, deep, sensual music during Water, vibrant uplifting pop music during Fire, and exquisitely beautiful music during Air and meditation," explains Jennifer. Each class is set to different songs, and she creates individual class flows for themes such as an all women's mix for Women's Day, liberating music for the Amnesty International Yogathon, Valentine's Day and for her Mother-Daughter classes. "It was unlike any other class I had taken," says Ileana, one of Jennifer's students. "I love yoga, and I love dancing so I thoroughly enjoyed it."



YMD is for everyone, no matter your fitness level or body shape. There is no pressure in the class to conform to a particular pace, and Jennifer reminded us frequently of the importance of respecting our own rhythms and bodies. The yoga poses are geared for beginners and are not held for long. "We create an environment in which there is no sense of competition or comparison. We even close our eyes at times to bring awareness to our own experience. This sets us free from the feeling of being watched and watching others." She adapts her classes to suit the energy levels and ability of the participants, while encouraging a deeper response to the music and movements.

I wasn't certain how I would feel after 90 minutes of using muscles that have been dormant for far too long, and maybe even having to resurrect some of those high school dance moves. But I was rewarded with an incredible glow of physical well-being and a sublime feeling of joy. Jennifer says that YMD affects body, mind and soul. "Your body moves in liberating ways that break down old patterns and emotional blocks. Your mind is lifted from its responsibilities of being logical and analytical, and encouraged to imagine, create, feel. But the true gift of Yoga Meets Dance™ is the connection between your movement and your Chakra energies. It will cleanse you from root to crown. But you'll be laughing and smiling, oblivious to these concepts, and rejoicing in the good you are doing for yourself."

With all that YMD has given Jennifer, she has decided to give some back to Ottawa. She offers monthly classes for charity, and has already done so for Amnesty International's Yogathon, the Karmapalooza event in March to benefit Trees for the Future, and for the Ottawa Sexual Assault Centre's staff and clients.

Yoga Meets Dance™ turned out to be an exciting new way to get a great workout, dance away the blahs and connect with myself and people from the community. I know I will be giving it another try, and I hope to see you there!

Classes are ongoing, held on Wednesday nights at the CCCC from 7-8 pm. A 7-class session costs \$75. There is a drop-in fee of \$12.00. Please e-mail Jennifer to register at raindance@hotmail.com and check out Beth Rigby's website for more info at www.yogameetsdance.com.

The 2008 Lumière Festival Saturday August 9, 2008



Lumière 2008 poster

Lumière has engaged Vicki Wong & Michael Murphy of MEOMI (<http://www.meomi.com>) to design the Lumière 2008 poster.

MEOMI is dedicated to the creation of compelling visual experiences and narratives. They create work for numerous

mediums and strongly believe in design that delights, entices, and inspires.

MEOMI is Vicki Wong (Vancouver) and Michael Murphy (LA). MEOMI's artwork has been featured in numerous illustration and design books, while their characters have appeared on clothing, toys, merchandise, and magazines worldwide. MEOMI has created art for such clients as Google, Electronic Arts, Girls Inc., Time Out Magazine,

Cyworld, Nick Jr., Bang-on Clothing, and CBC4Kids. Besides client work, MEOMI also moonlights as the authors and illustrators behind the Octonauts children book series.

MEOMI's most exciting project has been to create Miga, Quatchi & Sumi - the new mascots they designed for the Vancouver 2010 Olympic and Paralympic Winter Games!

Allumez Vanier/Light Up Vanier

For the fifth anniversary of the Lumière Festival, the CCCC has applied for project funding for a project that will strengthen

ties with the French speaking community in Vanier through workshops and French promotional materials.

The CCCC will initiate collaborative partnerships with Vanier community organizations to plan and produce lantern workshops and other community building activities. The product of these activities will enrich the Lumière Festival and strengthen the CCCC relationship with community partners.

Jars and Batteries

Please save your glass jars for us. We will take any size of jars that have been cleaned and that

have the labels removed. Baby food jars are especially useful!

As the festival grows and the lanterns get larger we made a decision last year to stop using candlelight in large lanterns to ensure our event remains safe. Most of the installations are now lit with battery operated LED flashlights. We are eager to collect RECHARGEABLE batteries and battery rechargers. Donations of these items will considerably cut festival production expenses and allow us to strive towards a green event. To donate these items please call Joanne at 613-745-2742.

Health & Wellness

CARDIO KICKBOXING

Carolle Laliberté
(613) 263-0539
cardio.kickboxing@videotron.ca
or visit ckb.ericalaliberte.com
Monday & Wednesday
6:00-7:00 pm
8 week session

Once/week \$65; Twice/week \$115; Drop-ins \$10/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+.

DANCEFIT

Alex MacDonald
(613) 748-0870
Monday, Friday 10-11 am
1 class/week \$80,
2 classes/week \$145 for 8 weeks
A fun way to dance yourself into shape, the class will begin with an extensive warm-up, and use various styles of dance to ensure a good cardio work out, followed by a stretching and relaxation period. No dance ability required just a love of dancing!
Alex MacDonald has trained extensively as a dancer in ballet, modern and jazz and has been teaching the neighbourhood Stretch and Strength class for 18 years. She is a certified Can-Fit Pro fitness instructor with current CPR certification.

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 - 8:30 am
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 15 min 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.

FITWOMAN BOOTCAMP

Cassandra Mactavish
(613) 884-7800
www.fitmomcanada.com
Mondays, 8 - 9 pm
\$168+GST for 12 sessions (rolling admission)
A high intensity workout for moms and non moms who want to workout without their little ones. This program is designed to maximize metabolism. Modifications are provided beginner to advanced.

STOTT PILATES

Stuart Maskell
(613) 796-3476
Stuart@Firmfit.ca
Tuesday, Friday 9 - 10 am
1 Class \$17, 8 Classes \$120, 16 Classes \$215, 24 Classes \$315, 32 Classes \$380
Prices do not include 5% GST

As a certified STOTT Pilates Instructor, Stuart bases his mat classes on the principles of posture. This is effective, especially for toning the mid-section. Pilates Matwork focuses on increasing abdominal and back strength and mobilizing the spine! Variations and modifications are given to accommodate all levels and abilities. For best results, join us twice a week!

Join anytime with one of our flexible drop in packages.

STRETCH & STRENGTH

Alex MacDonald
(613) 748-0870
Tuesday, Thursday 6-7 pm
Saturday 10-11 am
\$126 for 14 weeks

A neighbourhood favourite for 17 years, this unique class that combines dance, yoga and movement

NEW EDINBURGH NEWS

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
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. These gentle, slow exercises are designed to develop your awareness of how you move, or maybe don't move!

Yoga & Meditation

HATHA YOGA - NEW

Avril Patrick / Sebastian Citro
(613) 742-8513
avril-sebastian@sympatico.ca
www.avrilpatrick.typepad.com
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
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!

KUNDALINI YOGA EN FRANÇAIS

Sophie Terrasse
(613) 842-9771
terrasse@rogers.com
Jeudi, 7:00- 8:30 pm
Le Kundalini yoga ou yoga de la conscience est accessible à tous; c'est une science complète qui comprend: une pratique corporelle tonique (asanas:postures statiques et dynamiques), un travail respiratoire (pranayamas), de la relaxation, de la méditation, du chant (mantras).

Un travail spécifique est effectué sur les aspects physiologique et psychologique de l'individu de telle sorte que la chimie du sang, le système nerveux, le système musculaire, le système endocrinien et les fonctions cérébrales s'en trouvent améliorées. A un niveau plus avancé, il permet à chacun de développer sa propre spiritualité, d'élargir sa conscience et de développer sa sagesse intérieure.

Le Kundalini yoga permet d'activer la circulation de l'énergie vitale, de renforcer le système immunitaire, de stimuler les systèmes d'auto guérison, de se régénérer mentalement, d'être plus centré, moins stressé, plus joyeux et optimiste!

VINYASA FLOW YOGA

NEW NEW NEW
Theosophia Savides
613-884-8436
www.theosophia.ca
Monday 5:30 - 6:30 pm, Level I
Vinyasa Flow (sometimes called Power Yoga or Flow yoga) is a vigorous, flowing and dynamic Yoga practice that synchronizes the Ujjayi breath and movement, using Sun Salutations to connect postures. Level I allows participants to become familiarized with this type of sequencing and will focus on alignment, Ujjayi breath, Sun Salutations and basic meditation.

ZEN MEDITATION

Theresa Redmond
613-521-1509
theresa.redmond@rogers.com
Monday 7:00 - 8:00 pm.
\$15/term

Meets for an hour twice a month. While not open to the general public, experienced meditators can contact the instructor to discuss joining the group.

Crichton Cultural Weekly Programs

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.

BALLROOM DANCE

Murray Carter
(819) 295-9168
adam_and_eve@sympatico.ca
Friday, 8:30 pm - 9:30 pm

Welcome to Ballroom Dancing at the CCCC. We cater to couple dancing in both Latin and Standard Dances in the International and Social Standards. Dances covered in this course include Cha Cha, Rumba, Salsa, Merengue, Waltz, Tango, and many others. The instructor (Murray Carter) is a CDTA qualified teacher with 15 years experience in teaching both private and group classes. With the assistance of our monitor(s) we aim to make your dancing experience not only informative but first off - FUN. Depending on the size of the class we can form our curriculum to add dances or focus on dances that most interest our students.

BEGINNER BALLROOM DANCE

Stefania Baraniak
(613) 741-5569
ballroomdnc@gmail.com
Tuesday 8 - 9 pm
\$60 / person

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 ballroom dance session at the beginner level.

You will be introduced to some of the dances popular in social

Community Centre Programs 2008

settings: Waltz, Foxtrot, and Tango, along with the Cha Cha, Jive and Merengue. No partner necessary.

BOLIVIAN DANCE

Carole Ouellette
(613) 837-0058
co@maqex.com
Sunday, 2:00-4:00 pm
\$6/class

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) 231-1215

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

The Katharine Robinson School of Highland Dancing offers classes in highland dancing, a traditional Scottish dance form. Depending on their interests and goals, dancers are prepared for annual examinations of the B.A.T.D., competition, choreography and performance.

SOCO DANCING

Leo, (819) 682-8827
leo@freefrogpercussion.ca
Tuesday 7:30 - 9 pm
\$160/10 weeks

Study the dance and intro drum parts to this athletic, beautiful dance from Guinea. No experience necessary. Wear comfortable clothing, bare feet. Drums provided.

Visual Arts

DRAWING AND PAINTING FOR BEGINNERS

*** NEW NEW NEW ***

Christian S. Aluas
613-271-1877
info@csal.ca
Saturday 2:00 - 3:30 pm
\$125 for 8 classes

This is a project-driven introduction to drawing (using mainly pencils and conte) and painting (using acrylic paint). Different drawing and painting techniques will be covered. Colour theory, mixing, brushes, and cleaning will be taught. Also, we will work and refine our works of art to have solid and complete drawings and paintings.

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.

Music & Voice

SIGHT SINGING AND EAR TRAINING COURSE

Marie-Lynne Sauvé
(819) 827-2657 or
mlsauve@videotron.ca
<http://pages.videotron.com/mlsauve>
Sunday 3:00-4:30 pm (beginner)
2:00-3:00 pm (intermediate)

These small group workshops (8-10 participants) are geared toward choral singers and anyone interested in gaining the ability to sing music they have never seen before directly from sheet music. Participants will become familiar with the basic elements of music including rhythm, melody and intervals from both a theoretical and aural standpoint. Lots of singing is on the program as well as time for individual questions and one-on-one work adapted to each person.

Infants & Children

BABY SENSORY **NEW

Jill Vyse, (613) 830-6690 #1
canada@babysensory.com
Tuesday 10:00-11:00 am
\$120 for 10 weeks
Newborn to 13 months

Baby Sensory comes to Ottawa! These one hour classes are joyful and interactive! Your class opens with music and continues with visual and tactile exploration, ball and bell play, baby signing, massage and we leave time for free play. Each parent and baby joins in at their own pace! Please call or email for registration and questions.

CLUB YOGA

Carol Sly, (613) 228-9235
Thursday 4:00-5:00 pm
8 classes/\$65 a family

"Club Yoga," a creative, uplifting multimedia yoga program for children and parents. We use yoga poses, props, story telling, singing, art, movement to music, games, breath work and meditation to bring children into a fun and uplifting space where they can access their own natural creativity and flow.

During this 8-week series of classes, your child (ages 5 and under) will experience a sense of well-being, increased awareness, improved concentration, increased self-confidence, relaxation and motor coordination. You and your child will be Happy, Healthy and Whole!

CREATIVE KIDS

Cheryl Brooks, (613) 736-9099
Tuesday 4:00-5:00 pm
8 classes/\$100

This class is for 3-5 year olds and their adults, who will have a fun, creative and tactile experience making art with a variety of different tools and materials.

- Brown Bear Brown Bear, What Do You See?
- Rainbow Fish
- Watercolor Butterflies
- Marker and water painting
- Crayon and Finger-paint painting
- Paper Bag Puppets
- Papier Mache Fish
- Bubble Painting
- Egg Carton Critters

FITMOM POST NATAL FITNESS

Cassandra Mactavish
(613) 884-7800
www.fitmomcanada.com
Thursday 11:15 am-12:15 pm
\$168+GST for 12 sessions (rolling admission)

All FITMOM + Baby™ classes include exercises to target all the major muscle groups. Each class concludes with a baby activity that changes weekly. In the course of the session participants will be able to address concerns about postnatal fitness and will

receive handouts on relative topics for their interest.

HIPPIN' & HOPPIN'

Erin Dube, (613) 614-4590
makinmovesinoos@yahoo.com
Tuesday 10:00-10:45 am
8 classes/\$100

Erin Dube is the proud owner of Makin' Moves! Located in Old Ottawa South, Makin' Moves brings dance and other forms of movement and exercise to the community. She finds it so rewarding to see the children and adults alike learning, making friends and having fun.

In Hippin' & Hoppin' Erin will go thru all of the basic moves for 3 - 5 year olds. An excellent way to introduce your little one to their very first dance class. Focus will be on fun!

INFANT & CHILD CPR

(Level 'F')
Erin Shaheen, 613-260-7309
werehip@magma.ca
\$35 per person
Sunday, April 27, May 25 & June 29, 1 - 4 pm

This Heart & Stroke Foundation course covers CPR for infants, children and adults. Participants receive a course completion card and Heart and Stroke booklet.

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.

INFANT MASSAGE

Jill Vyse, (613) 830-6690
www.iaim.ws
Sunday 11:00-12:00
5 lessons/\$110 includes oil & hand outs

Offering parent/caregivers and their babies lessons in our nurturing touch and infant massage program. This is a non profit organization and all the instructors are certified with IAIM®. Classes are fun, interactive and gives suggestions for the growing children.

MESSY FUN

Cheryl Brooks, (613) 736-9099
Thursday 9:30-10:30
8 classes/\$100

This class for 1 to 3 year olds and their adults will focus on the tactile experience of making art instead of on the results. Kids are introduced to a wide variety of tools, simple techniques and materials to stimulate their natural creativity.

- Painting w/ new & unusual tools
- Finger painting and making a print from the result
- Paper plate collage
- Bubble painting
- Sun Catchers
- Valentine's Day Masterpiece
- Butterfly Mask
- Simple Mosaic

SAFE PARENT: INFANT & CHILD

Amanda DeGrace
(613) 746-1415
degrace.energetics@sympatico.ca
Saturday April 19, 1 - 4 pm
\$35/individual, \$50/couple

This course details infant and child CPR, choking (conscious and unconscious), bone injuries and breaks, head injuries, poisonings and MUCH MORE! This course is recommended for all parents, ECE, child care providers, grandparents and anyone else who shares their life with a child. We will also look at household safety tips to keep your infant safe.

SPORTBALL

Gloria Hui, (613) 569-5300
Register online at www.sportball.ca

JUNIOR SPORTBALL

(Age 16 mos -2 yrs)
Wednesday 9:30-10:15 am
Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more! Parents are encouraged to participate with their child and challenge them according to their skill level.

PARENT & TOT PROGRAM

Age 2 - 3 years
Wednesday 10:15-11:00 am
This program is designed to guide parents and their children through the introductory skills of 7 different ball sports.

MULTISPORT

3-5 year olds
Wednesday 11:00 am - noon
Multi-Sport programs focus on skill development in 7 popular sports: Soccer, Hockey, Baseball, Basketball, Tennis, Volleyball, and Golf. Participants learn, rehearse, and refine sports skills in a positive, encouraging, and non-competitive atmosphere.

Canine

CANINE OBEDIENCE CLASSES

Chantal Mills
613-296-dog-e (3643)
dog_trainer@rogers.com
www.ottawak9school.com
Sunday 10:00 - 2:00 pm

Basic Canine Obedience
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.



CCCC Office:

Joanne Hughes
#307-200 Crichton
Ottawa, ON K1M 1W2
Phone: 745-2742
Fax: 745-4153
cccc@bellnet.ca
www.crichtonccc.ca

*For more information
about the Centre call
745-2742.*

*To register for a specific
program please call
the instructor.*

A Taste of Spring

Sponsored by the Friends of Crichton

May 24, 5:00-8:00 pm

A moveable tasting event, featuring wine and food pairings in seven of New Edinburgh's most elegant homes.

Come and celebrate spring! Catch up on the latest neighbourhood news, with sushi and sake, samosas and beer, lamb and shiraz, and other delectable duos.

Enjoy a different taste at every home, in support of a wonderful cause: to keep 200 Crichton's doors open as a recreational and cultural facility for the entire community.

For tickets and information call CCCC at 613.745.2742



The Cultural Arts Studio School of Afro-Caribbean Dance

Is Proud to Present

"BALLET TROPICAL"

Our 2008 recital raffle proceeds
to benefit the Crichton Cultural Community Center

Saturday May 17th, 2008 at 7:00 p.m.

De La Salle High School Auditorium

501 Old St.-Patrick

Ottawa, Ontario

free parking

Admission \$12.00

Children 10 yr. & under: \$6.00

For tickets and/or to be a vendor in our
Community Market Space Call: 613-863-3493

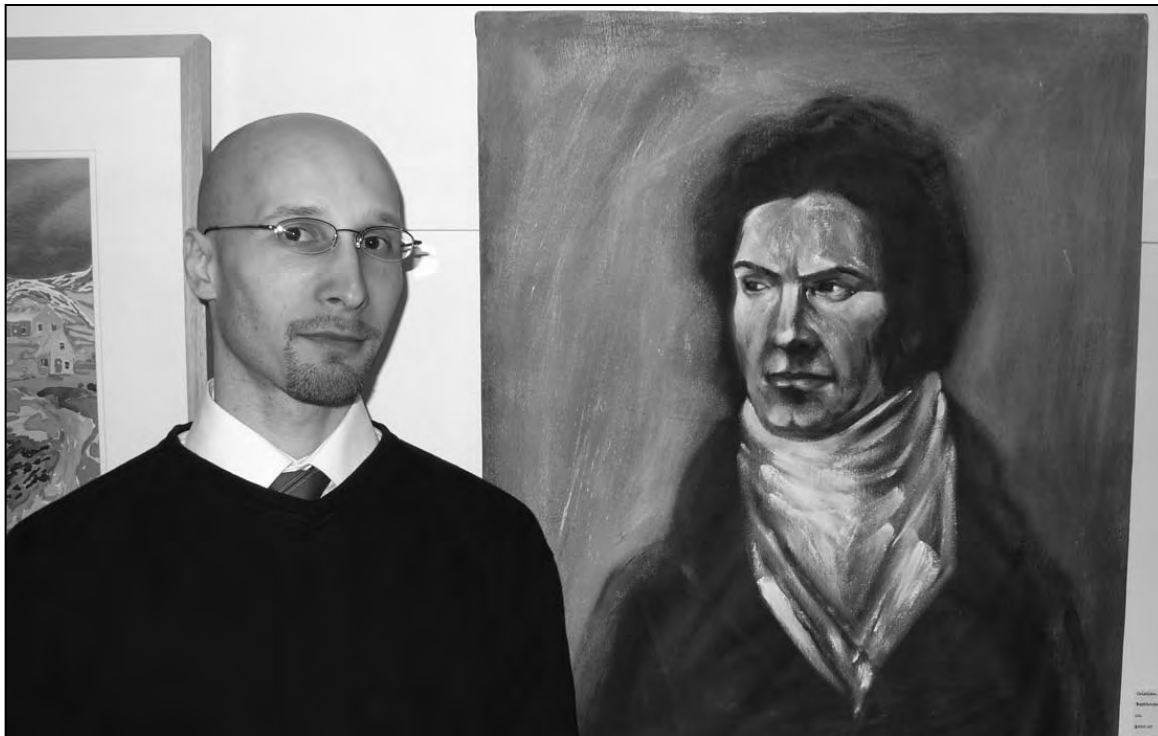


Photo: Margaret Caldbeck

Cristian S. Aluas in front of his portrait of "Beethoven".

MainWorks Featured Artist: Cristian S. Aluas

It is with great pleasure we would like to introduce you to this month's featured artist, **Cristian S. Aluas**.

Cristian has been a professional full-time artist and teacher since 2001. Before that, he graduated from Algonquin's Animation program and attended Concordia University for fine art.

Cristian works in many mediums, from oil and acrylic, to wood sculptures, pencils, and mixed media. His specialty is figures, in many styles and forms, from realistic to more sugges-

tive. Expressions, shadows, line work, and composition, are some of his strong points. Creative influences are taken from his life and his imagination.

Cristian has taught adults at the Ottawa School of Art, Monart School of Art, and most recently Art Mad, in Stittsville. He lives in Kanata, and has a studio in his home.

Most recently, Cristian had an art exhibit at the CentrepoinTE Theatre Gallery, titled "Gods and Myths," and a follow-up art exhibit, titled "Dark Venus,"

at La Dolce Vita restaurant on Preston Street in Ottawa.

Cristian has two websites. His more commercial website, featuring designs and animations also, is www.CSA1.ca. The website that focusses more on Aluas as an artist is www.CristianSAluas.com. Visits to his home studio are available by appointment. Cristian can be reached by email at info@CSA1.ca and by phone at 613-271-1877.

Please look for Cristian's drawing and painting courses at the CCCC!

BREATHE.



STRETCH & STRENGTH

Tuesdays & Thursdays, 6 - 7 p.m.

Saturdays, 10 - 11 a.m.

Crichton Cultural Community Centre

200 Crichton Street, 2nd Floor

For information, contact Alex MacDonald

v: 613-748-0870 e: alex.macdonald@rogers.com www.crichtonccc.ca

BOOKS ON BEECHWOOD



At Books on Beechwood,
we know our books!

Phone us or order online -
we deliver!

phone: 613 742-5030
staff@booksonbeechwood.ca
www.booksonbeechwood.ca

35 Beechwood Ave.
Ottawa, Ontario
K1M 1M1

Blanche, Dot, Doris

An Exhibition by local artist Karen Bailey

Dale Smith Gallery
137 Beechwood Avenue
April 4-27, 2008

By Jane Heintzman

When we last caught up with MainWorks artist **Karen Bailey** in our October 2007 edition, she had recently returned from a life-changing excursion to the Canadian Forces base in Kandahar, Afghanistan where she worked as a war artist documenting the heroic and often harrowing work of the military medical personnel involved in that turbulent conflict zone. One of her paintings resulting from the experience, *a Self-Portrait in a Hercules Aircraft*, has been chosen for a traveling exhibition to be launched by the Canadian War Museum in November this year.

Shortly before her departure for Kandahar last June, Karen had been at work on a dramatically different project: a series of acrylic portraits celebrating the service and dedication of older women in their 70's and 80's who for decades have worked together in the kitchen of the **Church of St. Thomas the Apostle** to bake cookies, cut sandwiches, arrange flowers, serve tea and clean up for regular gatherings such as funeral receptions, "Care and



The Yellow Teapot by Karen Bailey.

Share" luncheons at Christmas and Easter, and an annual church Garden Party in June. Indeed, less than a day before taking off on her grueling trip to Kandahar, Karen had been working with her mother in the church kitchen, drawing inspiration for the *Blanche Dot Doris* series before plunging into the action in the war zone.

Since her return to Ottawa

and her light-filled studio at the Crichton Cultural Community Centre, Karen has shifted gears once again, and turned her attention to the completion of the *Blanche Dot Doris* series which will be on display as a solo exhibition at the **Dale Smith Gallery** at **137 Beechwood Avenue** from **April 4-27**. A consistent theme in Karen's work is the celebration in art of those who serve with

dedication and commitment, but who receive in return very little recognition from society. Her previous work has included portraits of the unheralded toil of waitresses and hairstylists, and most recently of the Canadian Forces medical personnel in Afghanistan who are the unsung heroes of the battlefield.

While a number of her friends and colleagues have expressed puzzlement at her seemingly radical transition from the war zone to the church tea, Karen has found that there are startling parallels between the work of the church women and the medical personnel on the base in Kandahar. Specifically, both groups share a culture of dedicated service, close cooperation and loyalty, and a military precision and order in pursuing their respective occupations. And anyone who has ever observed or helped out with preparations in a church kitchen will be aware that "military precision" is no exaggeration of the facts.

The speed and efficiency with which church women of the generation of *Blanche Dot and Doris* go about the task of preparing and graciously serving mountains of sandwiches, squares and cookies, and vats of steaming coffee and tea, is truly miraculous to behold. While these ladies give the factory assembly line a run for its money as they focus intensely on their appointed tasks in the kitchen, they combine this efficiency with a palpable warmth and grace as they welcome and serve the members of the church community who gather for social occasions, both sombre and celebratory. Karen's series is a tribute to their significant but often undervalued contribution to the life and traditions of their community, a contribution which is reflected in centres large and small throughout the country where such women have played an important role for generations.

The series is named in honour of three of the women who have played principal roles at St. Thomas the Apostle: Blanche, who for many years has taken charge of the catering of the "Care and Share Lunches" each Christmas and Easter; Dot who has headed up "The Faircrest Circle", one of the two women's groups which are the heart and soul of community life at the church; and Doris who was a tireless worker with the church until her recent death at the age of nearly 90. Karen's mother is

also an active member of the Faircrest Circle, and an important window for Karen on this time-honoured tradition in the church.

The *Blanche Dot Doris* series consists of about 20 acrylic portraits ranging in size from small 12"x12" vignettes to large 24"x48" canvasses. All of the paintings in the series are portraits, with the exception of two works depicting tea cups neatly stacked in arrangements of three, a visible symbol of the care, order and precision which prevail in the church kitchen. While Karen suggests that there were challenges in battling the stereotype of youthful perfection to create images of beauty in a much older community, she has succeeded remarkably well, and there is an aura of warmth, dignity and real loveliness in many of her subjects.

One canvas which immediately caught my attention is a marvelous portrait of Blanche making quantities of rolled sandwiches, executing her task with evident artistry and a benign smile. Another painting captures a view from the hall into the kitchen where a group of women is clustered around a table, intensely focused on their task in a pose suggestive of a medical team at work in an operating theatre (perhaps not coincidental given Karen's Kandahar experience.)

Several of the paintings depict the older women from the kitchen teams serving other older women, perhaps not as hale and mobile, with obvious warmth and solicitude. Another of my favourites is a group of four women taking a moment from their labours to confer in the kitchen, one of them leaning comfortably on a multi-tiered dolly whose payload of sandwiches has evidently been dispatched to the church hall. One of Karen's subjects that was a revelation to me (despite my lifetime in the Anglican Church, and many a stint in the kitchen) were the "JA Girls", the neatly uniformed young women of the Junior Auxiliary, an institution which existed in the 30's, 40's and 50's, and to which many of the older women in the Faircrest and Friendly Circles belonged.

Some readers may have had a preview of the *Blanche Dot Doris* series if they happened to catch CTV's Regional Contact on March 1 when the women of St. Thomas the Apostle were filmed in the throes of preparations for a church tea.

The exhibition opens with a reception on **Friday, April 4, 7-10 pm**, and regular gallery hours are Tuesday through Saturday, 10 am-5:30 pm and Sunday, 12 pm- 5 pm.

GET MOVING!



DANCEFIT

Mondays & Fridays, 10 - 11 a.m.

Crichton Cultural Community Centre
200 Crichton Street, 2nd Floor

For information, contact Alex MacDonald

v: 613-748-0870 e: alex.macdonald@rogers.com www.crichtonccc.ca



TAKE OUT FOODS
& CUSTOM CATERING
CONDIMENTS, PICKLES
& PRESERVES



EXTRAORDINARY
DESSERTS & BAKED
GOODS



FAIR TRADE ORGANIC
COFFEE & TEAS



SALADS,
SANDWICHES, PANINI
& WRAPS



541 Rideau Street, Ottawa, ON
PH: (613) 241-3126
www.culinaryconspiracy.ca

The Coffee Teen: My Chat with Peg Herbert

Editor's note: This is the first in a new series of articles by Will Brereton, a burgh teenager who is currently residing in Buffalo, New York.

By Will Brereton

When I thought of starting this column, it brought me to a particular interest in talking to a woman who has profoundly affected the lives of hundreds of people living in Lesotho. This woman also lives in New Edinburgh and I knew her well when I lived in the neighborhood.

During a recent snowy morning I was able to speak with **Dr. Peg Herbert**, the Executive Director of *Help Lesotho*.

Dr. Herbert managed to take an hour out of her very busy day to discuss changes and the long road ahead for not only the organization, but also for the children and grandmothers of Lesotho and the many programs to be instituted over the next couple of years.

Dr. Herbert recently returned from a two-month trip to Lesotho. During that time, she took part in setting up the third annual Leadership Camp.

A wonderful six day program designed for teenage boys and girls, this life-changing program teaches them about becoming strong leaders in the community through many confidence building and youth development

exercises and, most importantly, to establish friendships. One of the camp's objectives is for the young people to learn more about sexual health, in terms of gender equity and HIV/AIDS awareness.

"For most of the first participants (ages 12 and 13 primarily), it is the first time they have ever been out of their own village," articulated Dr. Herbert.

With a mixture of old and new participants, the week brings much hope and understanding for the beleaguered Basotho youth.



Help Lesotho

Despite this sense of hope given by *Help Lesotho*, Peg says, "There is still much work to be done!"

Lesotho has the third highest prevalence rate of HIV/AIDS in the world. The mortality rate for both women and men in Lesotho ranges from 36 to 38 years of age.

Gender inequity still proves to be a prevalent problem in Lesotho matters. "Women, particularly young girls, are the most vulnerable in terms of sexual rape and teenage pregnancy." A point made clear by Peg.

For the organization, this explains why most of the spon-

sored children are girls and that there is an added push for more women to become strong leaders in the communities.

Another point addressed by Peg is the effort to build a leadership centre and a hostel in two locations. One is in a small, mountainous village called Pitseng and is funded by the Ontario English Catholic Teachers Association, and the other is in Hlotse, where the *Help Lesotho* office is located.

The leadership centres are intended to help support the 400 grandmothers, 7,500 children

and the several hundred "out of school" youth which *Help Lesotho* currently supports on a regular basis. One function for the centres will be peer-tutoring to increase literacy skills amongst children.

The hostel is being built for 50 sponsored girls who form a leadership corps to do village programming during the holidays and to act as role models for the many children who have no parents.

Peg Herbert is more committed than ever before to help to people of Lesotho. From the small works of the charity founded four years ago with

only a handful of volunteers, this NGO has grown well beyond its original intentions. In fact, *Help Lesotho* is now moving to a bigger office! Thanks to **Keller Williams Realty** in Ottawa which has kindly donated office space to *Help Lesotho* the move will take place in April.

"It is a huge privilege to do the job that I do every day," stated Dr. Herbert. "The quality of people attracted to *Help Lesotho* has allowed me to meet many incredible people during my time with the organization and it has been amazing."

"Canadians have always been helping in Lesotho... One example of Canadian generosity is the fact that some of our twinned schools in Lesotho were built by CIDA."

The work in Lesotho has yet to be finished. It must be noted that the strong work ethic of Dr. Herbert is one of the reasons why the organization has stayed strong.

The people of Lesotho are fortunate to have this "Mother Teresa" from New Edinburgh. And I am proud to know this quiet hero. She inspires me and I hope she will inspire you.

For more information about *Help Lesotho*, check out the website at www.helplesotho.ca.

Also, feel free to check out my blog at <http://thecoffeeteen.blogspot.com>.

Mackay House, New Edinburgh



Newly finished luxury residences from 900 to over 1700 sq ft. Priced from \$380,000 to \$711,000. Prime location. Inspired design. Exceptional craftsmanship. Immediate possession.

Let us connect you...

Patrick O'Keefe & Helen McCallum

Broker

Sales Representative



613-236-9551
www.patrickokeefe.ca

LEE-ANN ZANELLI
OWNER

BEAUTY MARK

SALON & SPA

2 BEECHWOOD AVENUE
OTTAWA, ONTARIO K1L 8L9
Tel: (613) 744-4460



activa physiotherapy clinic

200 Rideau Terrace, Suite 202
Tel. 744-4188

Orthopedic & sport injury
Neck and back pain
Motor vehicle accidents
Acupuncture
Manual therapy

Personal training
Aquafitness
Exercise classes

Massage therapy RMT

Sports massage
Myofascial release
Craniocervical therapy
Lymphatic drainage
Pregnancy massage

Naturopath
Osteopathy



Preschool children at Fern Hill showing their creative side.

Connecting Fern Hill School with the Community through Music, Gym and Art

By Gina Watson

At Fern Hill School the love of music, art and physical education goes beyond the classroom and into the community.

The music program is designed to instil in children the enjoyment of making music, either through song or instruments, and provide them with a strong musical base to pursue instrumental music after Fern Hill.

To do this, music teacher **Christie Bitar** introduces movement, rhythm instruments and singing to the preschoolers, xylophone, note reading, and songs to the grade ones and twos, and then goes on to teach "recorder karate" to grades three to six. In this innovative mix of music and martial arts children receive wool "belts" for each song they complete in a series of four books of recorder songs.

Vocal music is a focus for all grades. The result of many hours of practice was evident at the Rockcliffe Community Christmas tree lighting ceremony just before Christmas when the Fern Hill senior choir sang a number of Christmas carols as the community enjoyed hot chocolate and the much anticipated tree lighting.

The Fern Hill junior choir gave a Christmas concert at a local seniors residence, and the Kindergarten classes shared songs and jokes with seniors both at Halloween and on Valentines Day.

"It is a nice tie in to the music program when we can share music in the community. The children really enjoy singing to the "grandmas and grandpas", and it provides a nice event in the seniors homes," says Mrs. Bitar. She adds that, "the children have also learned proper

etiquette for attending concerts by going to the National Arts Centre for an introduction to the orchestra."

The gym program introduces children to a variety of sports and physical activities and takes them into the community to practice their new skills. Gym teacher **Cindy Bennell** says her goal is, "that every child finds an activity that he or she likes and may want to pursue in future years."

In order to find that special activity for each child, she exposes them to a broad range of options, from skipping with the preschoolers to teaching grade school children the basic skills for sports such as basketball, T-ball, soccer, floor hockey and volleyball.

The off-site gym program, offered once every other week on Fridays, takes the children out into the community for a wide range of activities. The grade school children have been to the Nepean Corona School of Gymnastics, the University of Ottawa for swimming lessons, and Camp Fortune for the very popular ski days.

"We use Stanley Park for activities such as skating and soccer, and we did our own Run for the Cure last fall around the big field," says Mrs. Bennell.

Fern Hill School is also part of the Ottawa Independent School Athletic Association, and takes part, along with other independent schools, in tournaments and other events such as the fall cross country race called the Pumpkin Run. "The children see different sites, connect with children from other schools, and learn good sportsmanship and fair play," says Mrs. Bennell.

In the art program, each month

children are exposed to one artist and one multicultural activity. In February, the focus was Black History Month. Each class was in charge of making a couple of squares for an African Slave Quilt. "These quilts were used during the time of the underground railroad. The quilts would be placed in windows to show the escaping slaves where to go and who would help," say art teacher **Teri Flemming**. "Through this activity, children learn that art takes many forms and can make a difference in the community."

In April, Earth Week will be celebrated by making artistic projects with recyclable materials. Children will learn about taking care of their environment, being creative in the process.

Students from grade one to six have also been introduced to artists such as Georgia O'Keeffe, Andy Warhol, the Group of Seven and Monet. "Young children learn about these artists and it opens their eyes to new ways of seeing things," says Ms. Flemming. Her goal for the art program is to let students know that everything looks great in someone's eyes. "I do not want them to get frustrated with their art work. Not everything has to be perfect. A positive attitude can be a great help, and a little bit of creativity goes a long way."

The music, gym and art programs at Fern Hill School give children a wide range of creative and athletic opportunities—building blocks for their future years," says Principal Elizabeth Milligan, "and they take that knowledge, appreciation and good sportsmanship back to their families and into the community."



Sailing / Tennis Day Camps July and August 2008

Half days or full days; 1 - 4 week programs

Flexible (e.g., half day tennis, half day sailing)

Low student-to-instructor ratio

Certified head instructors
(CYA and OTA)

Ages: Tennis 7-16; Sailing 9-16

Tennis Instruction May to October 2008

Private, Semi-private &
Group Lessons

Instant Tennis for Beginners
ALL AGES

Eva Januskova – Tennis Pro
evasmiley@hotmail.com

Daytime Rowing Instruction July to September 2008

Novice, private, semi-private &
group lessons

Quality instruction in a variety of
sculling shells

Low student-to-instructor ratio

Certified coach (RCA)

Ages for Rowing: 13 to adult

Check us out at www.onec.ca
Email: onecboard@hotmail.com
Phone: 613-746-8540

**CELEBRATING 125 YEARS
SERVING YOUR COMMUNITY**

For the Birds



By Jane Heintzman

Despite the fact that as I write in early March, the Ottawa area is being battered by a seemingly ceaseless inundation of snow, the days are lengthening, the birds are singing once again, and spring is fast approaching.

While I have yet to spot a male **red-winged blackbird**, one of the earliest returning migrants, Elizabeth Le Geyt's Bird column in the *Ottawa Citizen* reports that some have already been sighted in nearby Blackburn Hamlet. A large flock of **American robins** was also spotted in Burritt's Rapids, and I have already heard one singing in full throat at the edge of the Pine Hill Woods in Rockcliffe Park. I was able to confirm this by listening to its song on the Cornell University Birding website: www.birds.cornell.edu/AllAboutBird/BirdGuide/ - just fill add the bird's name after the last forward slash.

Raptor Chill

Sadly our bird feeding stations have been bedeviled this year by what I can only describe as "raptor chill". Two hawks, a male **Cooper's hawk** and a considerably smaller (but equally lethal) male **sharp-shinned hawk** have been lurking in the vicinity of our feeding stations, putting to flight large flocks of **house sparrows**, **black-capped chickadees** and **house finches**.

Despite its reputation as a master of "concealment and sur-

prise" the sharp-shinned hawk in our garden appears to make no effort to disguise its presence and sits in full view, surveying the scene from an overhead wire. The Cooper's hawk, on the other hand, does try to conceal itself from its prospective victims—try being the operative word. On one occasion it made a clumsy but laughable attempt to "hide" in the nearby cedar hedge. Its massive wings stuck out so far, and its ungainly thrashing was so loud, the smaller birds were long gone by the time it extricated itself.



Photo: Sonny2005/DeviantArt
Sharp-shinned hawk.

A greedy **pigeon** (or **rock dove** as they are sometimes called) was ultimately the unlucky victim of the sharp-shinned hawk which dove in for the kill while the pigeon was guzzling seed on the ground. When I approached, the hawk flew off with its prey, leaving a mass of feathers and blood in its wake. The sharpie typically kills by capturing the prey in its razor sharp talons and squeezing repeatedly until the it expires from punctures to its internal organs. Regrettably, the murder appears to have had little or no effect on the pigeon population in our yard, whereas the song birds have been decidedly skittish, keeping their distance for days at a time when the hawks are in the vicinity.

There seem to be raptors aplenty in the area at the moment. Not

long ago I spotted two five minutes apart in the Pine Hill Woods area, one a male **Cooper's hawk** making a racket in a tree at the edge of the wood, and the other a **red-tailed hawk** poised to swoop down on a flock of **American goldfinches**. Several days later at about the same spot, I observed an enormous flock of 30-40 **Bohemian waxwings** darting among the trees and filling the air with their shrill, buzzing call.

Colourful Cardinals

To my immense relief, the **Northern cardinal** pair in our garden has recently reappeared for another nesting season after an extended absence, and the male is singing lustily each morning to claim his territory and set the wheels of courtship in motion. I had feared that one of the hawks had claimed another victim.

Both the male and female of the species are singers, often participating in a melodious conjugal "duet". The male is a fierce defender of its territory (witness its proclivity for attacking its reflection in window glass!), and the brighter its plumage, the more successful it is at defending its turf and in producing a viable brood of young.

It was for this brilliant plumage that cardinals were a highly valued cage bird in the 19th century. Thousands were trapped in their southern range and sent to Northern markets and to Europe. The trade ended with the passage of the *Migratory Birds Act* in 1918, and in the course of the last century, the cardinal's range has steadily expanded north, following the Mississippi River and its tributaries.

Since the 1950's, its expansion into the north eastern regions of North America has been particularly rapid, and over the past two decades, it has found its



Photo: Ray A. Akey
Northern cardinal.

way in increasing numbers to the Ottawa area. This pattern has been attributed at least in part to warming temperatures. The northern edge of the cardinal's range reportedly tends to follow the isotherm for the January mean minimum temperature of minus 16° Celsius, an isotherm which has moved east and north since the 1980's.

Fascinating Finch Facts

Each day on my dog-walking rounds in the Alexander, Thomas and John Street area, I encounter a large flock of rosy **house finches** or **linnets**, often cavorting with a group of **American goldfinches** and **black-capped chickadees**, making for a colourful spectacle. The house finch's original range was in the Western U.S. and Mexico, but like the cardinal, in the 1940's the birds were captured and sold into Northern markets as "Hollywood finches". When the captors released them to avoid prosecution for this illegal trade, some of the birds managed to survive, and by the 1970's had become widespread in the north eastern U.S. and Canada, in recent years tending to displace the indigenous **purple finch** population.

The male house finch is distinguishable by its brightly coloured head, chest and rump, with the colour ranging from brilliant red to yellowy orange. The house finch's colour comes from *carotenoid* pigments contained in its diet of seeds, flowers and fruits, and assimilated by the new feathers when molting occurs. The more pigment the bird ingests, the brighter the colour, so pickins' must have been good this year if the local flocks are any guide. Like the cardinal, the more brilliantly coloured males are more successful in attracting mates as well as in surviving the winter, presumably because they're better foragers.

House finch numbers have increased markedly in recent years because of the spread of backyard feeders and also because of their predilection for breeding close to human habitation. They often make their nests in nooks and crannies around a house, and even in hanging plants. For years, our family had a house finch nest right on our front porch, and for several weeks each spring, no one could use the front door for fear of startling the mother off the nest.

Despite this overall population increase, however, their numbers have been affected dramatically by the spread of *mycoplasma conjunctivitis*, a serious and highly contagious eye disease resulting in blindness and eventually death. It is speculated that backyard feeders can exacerbate the spread of the infection both by creating a venue in which the birds congregate at close quarters, and by becoming contaminated, so make sure to clean your feeders as thoroughly and regularly as possible.

Reports from Our Readers:
Special thanks to **Vicki Metcalfe** who has taken the time to submit



Le St Denis: Habitat Urbain

"Over 40% SOLD in 60 Days!"

Model Suite open Sundays 12 - 4 PM
or by appointment

Renovated school loft condos

- 1 bdrm + den, 1 bth, 850 sq ft from \$229,900
- 2 bdrm, 2 bth, 1250 sq ft from \$329,900

New urban freehold townhomes

- 2 or 3 bedroom, 2 1/2 baths
- from \$299,900



Natalie
BELOVIC

Associate Broker • Courtier associé

Direct Line: 613.747.9914
RE/MAX: 613.563.1155
www.nataliebelovic.com

RE/MAX
metro-city realty Ltd.

a report on her birding activities in Jekyll Island, Georgia, where she and her husband **Dennis Orchard** are spending the winter. Vicki's enviably long and interesting list of bird sightings is included in a separate article in this issue.

Isabel Glasgow reports that sadly, the tree on Maple Lane where she had previously spotted a **pileated woodpecker** drilling an immense cavity, has been cut down by the City.

Manor Park naturalist **Dave Collyer** spotted a **Cooper's**

hawk lurking around a bird feeder in the Maple Lane/Acacia area in Rockcliffe, and moments later sighted a **pileated woodpecker** at work on a tree across the street (perhaps Isabel's industrious fellow?) Dave also reported that the usual winter suspects have been in evidence at Manor Park feeders this winter, including **black-capped chickadees**, **white-breasted nuthatches**, **blue jays**, **cardinals**, **hairy woodpeckers**, **slate coloured juncos**, **mourning doves** and the "irruptive" species mentioned in our last report, the **common redpoll**. In the wake of our epic snowfall, he reminds readers to keep feeders well stocked and free of ice and snow until the spring thaw has taken hold.

Edwin Daudrich echoed Dave's theme, sighting a female **pileated woodpecker** on a telephone pole at Mackay and Dufferin close to the Rideau Hall fence, and of a female **Cooper's hawk**, which he notes is larger than the male of the species, though not as dramatically different in size as with the female **sharp-shinned hawk**, nearly twice the size of the male. Earlier in the winter, Mr. Daudrich also observed a flock of 7 **pine grosbeaks** at the Mackay/Dufferin location.

The team of young naturalists at the **Macoun Marsh** reported sightings of **black-capped chickadees**, **white-breasted nuthatches**, a **cardinal**, **juncos**, **common redpolls** (in significant numbers), **goldfinches**, several **mourning doves**, **crows** and 2 pairs of **mallards** (about to be in their glory as we head into a thaw of monumental proportions).

Bird Song Identification Course

If you are like me and find yourself regularly frustrated by the difficulties of getting a good



Photo: Mike Leveillé

Common redpoll.

look at tiny, darting birds that seem endlessly skilled at eluding clear observation, you may want to equip yourself with another valuable tool in the identification arsenal by checking out the **Bird Song Identification Course** that Carleton University is offering beginning on April 5 and running through to May 10 on consecutive Saturday mornings from 8:00 to 10:00 am. It's free of charge and there are no prerequisites other than a basic background knowledge of birding. The sessions will begin indoors using recordings and birding software, and as the spring migration proceeds, the classes will move into the field to work with the real thing. For more details, interested readers can contact Adam Smith at ottawabirds@sympatico.ca or adam_c_smith@sympatico.ca.

A New Bible For Birders

Local birders welcomed the late February release of the second edition of *The Atlas of Breeding Birds of Ontario*, a massive and handsomely produced volume which reflects a wealth of bird count data collected by thousands of volunteers (Ottawa's premier birder Tony Beck among them) over a five year period from 2001-2005. Of special interest in this second edition are the changes in bird populations and their distribution throughout the province which have occurred

over the two decades since the first edition was published in 1987.

Among the species showing significant *increases* since the last survey are several that are familiar in our area, including the **Canada goose** (at the top of the list), the **house finch** (number 2), the **pileated woodpecker**, the **golden-crowned kinglet**, the **hooded merganser**, the **wood duck**, the **Northern cardinal**, and the **Common raven**. Not surprisingly, given the observations of our readers over the past winter, **birds of prey** are shown to be generally thriving in the province, with **bald eagle** and **merlin** populations growing rapidly and shifting southward, and **Cooper's** and **sharp-shinned hawks** expanding into southern pine forests.

Thanks in part to the ban on DDT, almost all the large bird species, raptors included, showed population increases from the time of the first edition, notably the **Canada goose**, the **turkey vulture**, the **wild turkey**, and the **trumpeter swan**. Only the **Great blue heron** exhibited a decline in numbers, perhaps attributable to the drop off in the population of amphibians. A significant change in the distribution of bird populations has been the southward shift of **Boreal songbirds** such as **vireos** and **warblers** which have moved into large areas where forests have grown back on former farm land.

Readers who are interested in the new edition of *The Atlas* can check out www.birdsontario.org for more details or to purchase it online, or call 1-800-440-2366.

Please remember to send us your reports on returning migrants for our next edition in June!

newednews@hotmail.com or janeheintzman@hotmail.com

Birding Report from Jekyll Island, Georgia

By Vicki Metcalfe

Coastal Georgia is a wonderful place to bird with its broad tidal marshes, ocean beaches, mud flats, and forests. And being a beginner birder has its advantages since almost every day can add something to the life list. I've had a few excursions dedicated to birding since arriving 1 February, but any day can bring sightings of **bald eagle**, **osprey**, **red-tailed hawks**, **black vultures**, and **pelicans** diving for food; **fish crows**, **Eurasian collared doves**, **bluebirds**, **boat-tailed grackles**; **great and snowy egrets**, **white ibis** (including large flocks of immature), the huge **wood storks**, **great and little blue herons**, **black- and yellow-crowned night herons**; **cardinals** by the dozen and **Carolina chickadees**. And of course shorebirds beyond counting. A stop at the beach on the way to the grocery store the other day yielded scores of **black skimmers**, a **one-legged willet**, and four **ruddy turnstones** among many others. A stop for a frosty margarita can produce a gull trying to crack oysters by dropping them on the tops of boats and an immature little blue heron (pure white with its lime-green legs) working to get a 6-inch crayfish positioned to swallow.

Early in February I went *Birding with Lydia*. For \$25, Lydia takes people around Jekyll Island for a full morning to see whatever is to be seen. I think she's a self-taught

birder, but is acknowledged to be the single most knowledgeable person on JI birds there is. With her guidance, we saw **bluebirds** cavorting with **pine warblers** in an open live-oak forest, a **loggerhead shrike** at the beach, **great black-backed gulls**, several **plovers** and about ten other species of shorebirds that I'm just starting to be able to differentiate.

Then on a warm and sunny Sunday in mid-February, I participated in the spring (yes, spring) bird count. Led by an ornithologist, my group covered the mud flats on the inner side of the island and the adjacent open wooded area. The birds sighted on the water: **black-bellied and semipalmated plovers**, **American avocet**, **willet**, **western and least sandpipers**, **dunlin**, **long-billed dowitcher**, **laughing gulls** as well as **herring** and **ring-billed gulls**, **Forster's tern**, **greater and lesser scaup**, **American white and brown pelicans**, **double-crested cormorant**, **great blue**, **little blue** and **tri-coloured herons**, **white ibis**, **belted kingfisher**, **fish crow** and **turkey vulture**. The woods were less forthcoming and in fact the ornithologist was quite disappointed: **yellow-rumped** and **black and white warblers**, **house finch**, **boat-tailed grackle**, **red-bellied woodpecker**, **Carolina wren** and **Carolina chickadee**, **Eurasian-collared and mourning doves**. The tally for the day was thirty-three species in all.



CLOCKTOWER

est. 1996

BREW PUB

UNWIND

GREAT FOOD ★★★★★

6 HANDCRAFTED BEERS ON TAP

TRY OUR NEW MENU!

MONDAY - THURSDAY: 1/2 PRICE APPETIZERS 3 TO 7 PM

TUESDAY: WING NIGHT

422 Mackay 613-742-3169

Journey to a Heritage Award

By Bruce McLaurin

On February 19, we were presented a certificate of merit for our addition at 137 Stanley Avenue at the Architectural Conservation Awards & Heritage Recognition Ceremony. In the official program our project is described as a "sensitive addition (...) in conformance with the district guidelines and the heritage overlay provisions on the zoning by-law". I think the term 'sensitive' fits the processes as much as it does the final product. Years in the making, this project nearly succumbed to the paralysis of analysis.

When we moved in 15 years ago, some of our neighbours were quick to enquire (diplomatically) about our plans for the old insul-brick garage. I was not insulted, I was motivated. After most of the initial renovations to the original house were complete we allowed ourselves time to consider the fate of old garage that blocked our view of the park. It only took another 10 years to decide on a replacement. Architect **Jane Thompson** was sensitive to our various needs and incorporated them into each of four designs. I wanted a double garage and the first design borrowed elements from the house across the street with a below-grade garage. This proved unworkable

when the City changed the by-laws after they were flooded with lawsuits from residents with flooded garages. Two more failed design attempts to include a garage eventually lead us to the present garage-less plan. Rather than a view of a parking garage, we chose a view of the park. With the help of our immediate neighbour, **Victoria Henry**, we settled on a plan that didn't require a variance to set-backs or height. Having a neighbour that is frank and honest and willing to work through differences proved invaluable in this process. Vicky even helped us choose the colour and material of the siding on the shared wall which she looks at from her kitchen window.

Working through designs, details and differences with our neighbour and our architect was probably easier than working through my own hang-ups. I have spent countless hours wiring, plumbing, installing insulation, refinishing floors, dry-wall-ing, attaching mouldings and painting to upgrade and restore this old house, preferring to do the work myself rather than to hire professionals. My wife Cathy attributes this behaviour to my Scottish heritage. I will admit to thrift which is encouraged by a meager teacher's salary, yet more accurately, I am a

control freak. In order for this major project to proceed, I had to give up control to a contractor. Not only did I have to allow someone to knock holes in my home but I also had to pay them to do it. Cathy will never totally understand how hard this was for me.



Award-winning addition at 137 Stanley Avenue.

Jane offered up **Peter Cancura** of **EuroPro Construction** as the man for the job. After the initial shock of realizing that construction costs had doubled in 10 years, we placed our home in Peter's capable hands. Peter moves quickly and our client-contractor relationship didn't have the benefit of a long honeymoon. When Peter said there was no rush to make a decision we knew enough to probe

for details. "Tomorrow, Peter?" "No, not tomorrow." "The day after?" "That will be fine." We lived most of the winter with the kitchen at 12°C and a huge dirty canvas cutting the room in half and shutting out any natural light. Rather than being miserable we chose to embrace this 'Memoirs of Sarajevo' experience. Cathy was surprisingly tolerant of the inconvenience and mess, and I

tract. Expect and accept these as natural phenomena anytime you add new construction to an old house. We did and were not disappointed. The first change-order began with the collapse of our rubble foundation as we prepared Christmas dinner. You can, if you choose, curse the sky and calculate how many more years you will have to work before retirement, or you can embrace these setbacks as a part of the wondrous journey. Breathe. Relax. Write the cheque. Peter would alert us to his intentions by appearing with his "money hat" or when the big money was due, he would arrive with wax crayon dollars signs on the lenses of his glasses!

We now have our view of the park and more. All winter, our new sitting room and attached kitchen is flooded with natural light. All the windows afford us a renewed connection to flashing thunderstorms and summer breezes. We gaze at the stars and moon from our bed at night. It's like being at the cottage with a master bath and a proper bedroom closet.

More importantly, we are still friends with our architect and our contractor. The fence that once separated us from our neighbour is no longer there and she has forgiven us for taking some of her light and sky. I think of a home as an analogy for life. The journey is more important than the destination.

McConville's



AUTOPRO

KROWN

613 748-7731

www.getitfixed.com

306 Montfort Street, Vanier

2008 SPRING & SUMMER SPECIALS FREE LOANER CAR WITH EVERY VISIT

Get Ready For Summer
MEGA Check

300 PT. Bumper to Bumper
Inspection

\$69.95

Out with the Old & In with the New
OIL, FILTER, LUBE

with a Complete 32 pt. Insp.
Most Makes

\$19.95

(add \$2.00 for Environmental Disposal)

Keep your Engine Happy
**COOLING SYSTEM
FLUSH**

\$99.95

incl. New Antifreeze.
(ALL MAKES & MODELS)

Get A Grip This Summer
BLOW OUT Tire Deals
Please Call For A Quote.

4 WHEEL ALIGNMENT

\$79.95

Please Call For A Quote.

Fight Rust All Year
**KROWN RUST
CONTROL SPRAY**

\$10 OFF

(see back for details and pricing)

Keep Cool this Summer
**AIR CONDITIONING SYSTEM
SERVICE**

includes Test, Evacuate & Recharge

\$199⁰⁰

* Cannot be combined with offers on this card

RULES OF THE ROAD:

- 1- Call for appointment, One card per vehicle.
- 2- Please present this card when requesting work.
- 3- This program EXPIRES on September 30th, 2008.

New Car Warranty Approved
Free Loaner Cars!!!



REV03-31-08

Faulkner
REAL ESTATE LTD.

**Knowledge
is power**

**Committed to
sharing 21 years of
real estate experience
and success.**

Mary Jane McKENDRY
Sales Representative
613.231.4663
MJ@RealOttawaProperties.com

Angela Hewitt's Bach World Tour Comes to Ottawa



Music-lovers and friends of internationally acclaimed pianist Angela Hewitt will be delighted to know that her Bach World Tour, presenting the complete *Well-Tempered Clavier*, will bring her to Ottawa for two concerts during the Tulip Festival. Both events will be benefit performances for the **Godfrey Hewitt Memorial Scholarship Fund** established in memory of Angela's father, who was organist at Christ Church Cathedral, Ottawa, from 1931-1980. The fund offers an annual award of \$5000 to an outstanding Canadian graduate student in organ.

Julian Armour, newly appoint-

ed Cultural Director for the Tulip Festival, has invited Evelyn Greenberg, pianist, and Tu Mach, Founder of Tutti Muzik in Manor Park, to be co-chairs for this much-anticipated musical event, and **Madame Aline Chrétien** has agreed to act as Honorary Chair.

Times:

Book I will be presented on Saturday, May 10 at 3:00 p.m.

Book II will take place on Tuesday, May 13 at 7:30 p.m.

Place:

Both concerts will be held at St. Andrew's Presbyterian Church (Kent Street at Wellington).

Tickets:

Adult Tickets: \$50 for both concerts

Student Tickets: \$30 for both concerts

Patron Tickets: There are a very limited number of special fundraising tickets at \$200 each, the benefits of which include:

- A reserved seat for both concerts
- A \$100 tax receipt
- A private reception with Angela at Earncliffe, the residence of the British High Commissioner and Mrs. Anthony Cary on Monday, May 12 from 5:30-7:30 pm and
- A personally signed poster of Angela's Bach World Tour.

Anyone interested in patron

tickets is well advised to follow up as quickly as possible as this will be an enormously popular event. For Tickets and Information please contact:

Frances Macdonnell
613-726-7984
fbmacdon@magma.ca, or

Evelyn Greenberg
evgreen@rogers.com.

Discover the difference of personalized Care for Women, Men & Teens

Sylvie Sauré

Esthetician - Electrologist
Advanced Podologic Foot Care Technician

by appointment 613 748-0352
54 Dunvegan Road (Manor Park) - Ottawa, Ontario K1K 3G3

ST. LAURENT ANIMAL HOSPITAL

Dr. Thomas Kral Dr. Brigitte Mehlhorn

654 Montreal Rd. (corner Cummings) **613-749-2143**

magpie jewellery

www.magpiejewellery.com

PANDORA Jewelry

PANDORA Jewelry has more than 600 charms & matching jewellery to choose from. Each item in the collection is of handmade Danish design, in sterling silver & 14K gold with colourful precious stones & cultured pearls.

2 LOCATIONS
799 Bank Street | 613.233.2065
2nd floor, Rideau Centre | 613.562.0101

ManorPark.ca

Manor Park PLAYSCHOOL

"Where children laugh, learn and play."

The Manor Park Playschool offers half-day programs that delight 2½ – 5 year olds. For older children, our supervised lunchtimes and school bus connections make the transition to or from Kindergarten* easy!

www.manorpark.ca
mpcc@manorpark.ca
613-741-4776

* St. Brigid and Manor Park schools

No winter lasts forever; No spring skips its turn

By André Sanche,
Brand Manager,
Mackay Street Epicuria

No winter lasts forever; no spring skips its turn. ~Hal Borland

Spring means rebirth. The sun finally comes around, and the snow, ever so abundant this year, gives way to green grass and rich soil. The joy of using ingredients reminiscent of sunny, crisp days is a welcome experience.

One of these ingredients is **asparagus**. It finds its way through the snow, contrasting bright green onto a white background. Pulling out the family barbecue is another sign of spring! Take these two elements, add flaky, velvety **Sablefish**, jazz it up with a hint of **rhubarb**, and you have the perfect way to bring in the season. Your local fishmonger will have 6-8 oz portions, good for one.

Risotto, more commonly known as a winter dish, is the



perfect addition to a spring menu when made with a light olive oil and lemon. Leave out the cream to create a lighter version.

With such a combination of crisp, clean flavours, dinner guests, as well as your family, are bound to love this one. Don't forget what we mentioned last time. Break this recipe down into steps over the course of a few days. It won't seem like such an overbearing task.

I make this dish for 2-3 weeks out of the year using only local asparagus and rhubarb. Before we know it, the snow will be gone and fresh local produce will be available on a daily basis!

Panko Crusted Sablefish on Grilled Asparagus, Lemon Risotto, with Honey Rhubarb Compote

Ingredients:

4, 6-8oz portions, Sablefish
Canola Oil
1 clove garlic, minced
3 large shallots, finely chopped
1.5 cups Arborio rice
6-8 cups chicken or vegetable stock
¾ cup dry white wine
Parmaggiano-Reggiano, grated as needed
Lemon juice, as needed
3 tbs Chives, finely chopped
75g Panko Bread Crumbs
75 g cold cubed butter, plus some as need for sautéing
1.5 cups fresh, local rhubarb, chopped ¼" dice

Honey, as needed

1 lbs fresh local, asparagus, woody stalks removed

Olive Oil, as needed

Sea salt and fresh ground black pepper

Panko Crust

In a food processor, combine cold cubed butter with same amount by weight of panko crumbs. Season with a pinch of salt and pepper. Pulse until combined. Put mixture between two sheets of parchment paper and roll out until ¼" thick. Place on baking sheet in refrigerator 1 hour. Once cooled, remove top portion of paper, cut out rectangles (same size as your fish portions) and refrigerate until ready to serve. These can be made a few days ahead of time.

Grilled Asparagus

Set barbecue to medium heat. Toss asparagus in olive oil, sea salt and freshly ground black pepper. Grill on medium heat 2-3 minutes until charred. Make sure not to overcook then, as they should still have a little bite to them.

Honey Rhubarb Compote

Sauté shallots in a little butter until softened. Add in rhubarb pieces, and 1-cup water. Cook out mixture until rhubarb breaks down, stirring frequently, approximately 20 minutes. Add honey to sweeten. This compote can be made up to 1 week ahead.

Lemon Risotto

Each and every person you speak to has a different way of making Risotto. A good example of that is that some will tell you to continue stirring throughout the process. I on the other hand, believe that making dinner should be as stress free as possible. When you're cooking for someone, it is because you care for him or her. If there is too much stress involved, you

can taste it in the food. Risotto needs to be watched over, while sipping a glass of red wine with friends; however, it only need be stirred as needed. If you have to walk away, add in an extra cup of stock, give it a quick stir and go. It will do it no harm unless you're gone for an extended period of time. Risotto is a slow and loving process, but never a high impact one.

In a deep heavy bottomed saucepan, over medium heat, soften shallots and garlic, without browning, in butter and olive oil. Add enough Arborio rice and continue to stir. You should hear the kernels pop and crack as you toast them ever so slowly. After about a minute or so, add white wine and let cook out, 1 minute. At this point you will have to stir vigorously to avoid anything sticking to the bottom of your pot. Add 1 cup of stock to mixture, give it a quick stir and make sure to watch it from now on. As the liquid is absorbed, add in another cup of stock at a time. Stir every once and a while to ensure nothing sticks to the bottom. You should be ending up with a creamy textured rice (not from cream, but the starches that have been released by the rice), and have a little bite left in the rice, al dente.

Just when you think it's ready, put in a touch more stock, shave in a lot of Parmesan, fresh sea salt, pepper, chives and a touch of olive oil. Make sure that your risotto is the last thing you do, as you will want to serve it fresh and hot!

Sablefish

Preheat oven to 400 degrees. Coat fish in a little canola oil and salt and pepper, pan sear on a medium high heat until golden brown on one side. Place on baking sheet, top with cut pieces of crust, and bake until golden brown.

Buying or Selling?

Let Janny and Jeff's 42 combined years of experience help you meet your real estate needs.

Janny and Jeff...Working for You

proven performance in
New Edinburgh
since 1986



JannyMills · JeffRosebrugh

Sales Representatives

ROYAL LEPAGE
Performance Realty
Brokerage, Independently Owned and Operated

613.238.2801

jannyandjeff.com

Angelina's  *Beauty Esthetique*

**Ibtissam Hajjar (Ibbi) offers her clients Home Service
Care in an environment where they feel most
comfortable - in their own home.**

**A.B.E has been providing the best of personal care for
years and has earned a well-deserved reputation for
providing special attention to the needs and preferences
of Seniors.**

Men and Woman of all ages are welcome.

613.562.2071

Ask for Ibbi

www.freewebs.com/abe4u

A 'Green' House in the Burgh

By John Thurston and Lorie Boucher

After several years of sitting vacant, the lot at 94A Crichton Street is finally having a house built on it. About seven years ago, the lot was severed from 96 Crichton, variances were granted and an initial design passed by the Heritage Committee, but that development did not go ahead.

We discovered the property in the spring of 2007 and immediately knew it would be perfect for us. Its proximity to the Byward market meant **we could both walk to work**, and the 15-minute drive to skiing, hiking and canoeing in Gatineau Park couldn't be beat. The size of the lot — just 26 by 77 feet — was another attraction in that we wanted to keep our footprint small. **Building on an infill lot met not only our principles, but those articulated in the city's Official Plan and Environmental Strategy.** With visions of a two-minute portage from our home to the Rideau River dancing in our heads, we happily signed on the dotted line.

We hired **Vert Design**, a green architectural design and planning firm, to design our new home. Because our lot falls within NE's Heritage Conservation District, they faced the creative challenge of **designing a compact infill home that respects the scale and character of houses** in the neighbourhood, while still giving us adequate floorspace, and integrating modern, efficient and sustainable building materials. Our intrepid green building team, **Botan Construction**, decided that they would brave the snowiest winter in almost 40 years to bring the design to life.

The front of our house will have two stories, and the back will rise to three. The gabled steel roof on the front echoes the visual pattern of our neighbours, while almost three quarters of the flat roof at the rear will be planted with vegetation — a green roof that will add extra

insulation and reduce stormwater runoff. A rooftop patio on the remaining quarter of the flat roof, along with other decking at the rear of the house, will provide us some open-air space when weather permits.



Sketch of the front streetscape of the new house going up in the vacant lot at 94A Crichton. The front will have two stories and the back will rise to three. The gabled steel roof is designed to echo the visual pattern of the neighbouring homes.

Apart from the location, footprint, and green roof, we took care in choosing materials to minimize our environmental impact. The house will be finished partly in brick and partly in fibre-cement siding. The

foundation is built with insulated concrete form blocks that will stabilize the interior temperature and bring up the R-values of the basement. We chose spray-in, soya-based foam insulation for its unbeatable airtightness and low-e, argon-filled windows to absorb and reflect the heat,

depending on the time of year. With such high resistance values in our envelope, we will not need air conditioning and our heating needs will be significantly reduced, although not entirely eliminated. Until we save up our loonies for a geothermal system, we will have a high-efficiency gas boiler. Heat will be distributed through a radiant in-floor system covered by a synthetic, light-weight concrete.

Skylights and as many windows as the building code would allow will bring natural light and ventilation into every floor. Adhesives, paints and caulking with low or no volatile organic compounds, sustainable lumber, a water-conserving rain-barrel, native landscaping, and energy-efficient appliances will help us further reduce our impact.

As you can tell, we're excited about how the systems we have designed into our home will function. As of the time of writing, we're still struggling with the logistics — banks, insurance, the city, suppliers, contractors, subcontractors — but can still see the light that will flood our new home. When spring finally arrives, that light should be shining more brightly and we will welcome all our new neighbours to share in it.



EPICURIA
FINE FOOD STORE AND CATERING

Heather MacLachlan,
Co-owner and
Director of Catering
has been nominated
for the Business
Woman of the Year
Award.

419 MACKAY STREET
Tel (613) 745-7356
Fax (613) 745-2869

OTTAWA NEW EDINBURGH CLUB
On the Ottawa River off the Rockcliffe Parkway



ROWING / SAILING / TENNIS

**JOIN BEFORE 26 APRIL 2008
AND ENJOY EARLY BIRD PRICING**

Check us out at www.onec.ca
Email: onecboard@hotmail.com
Phone: 613-746-8540

**CELEBRATING 125 YEARS
SERVING YOUR COMMUNITY**

Puzzle Planet
puzzles games brain teasers

old-fashion, traditional and simple

no toxic lead paints

20 piece puzzles to 18,000 pieces
educational

for youngsters 2 years or 100 years old
puzzles for sight-impaired and digitally-handicapped

2 locations

176 Beechwood Avenue - 613-746-4515 (free parking)
240 Sparks Street, Level A - 613-235-2939

Skipper's Wife Takes Sabbatical

Living in Panama : Spanish lessons, Old clothes and James Bond

By Heather Bacon

Well, here I am again. I think that when I last connected with the Burgh we had completed our circumnavigation and were in Venezuela. We returned to Canada as we have done each year and I was able to renew acquaintance with those things dear to me. A highlight was meeting "Crichton kids" that I had taught in Kindergarten and hearing what wonderful things they are doing now. In future articles I hope to interview these golden young people.

For my part, "retirement" has meant another kind of vocation. In 1996 my husband and I sold our lovely condo in the Burgh and set off to sail around the world. I have sent anecdotes from the South Pacific; Australia, Asia, the Middle East and the Med.

When we crossed the Atlantic in January 2006 I considered it to be the last leg of a long voyage. ("Can I go home now?") But my Skipper had other plans. He wanted to take ARGONAUTA I, our Beneteau 440 sailboat to the west coast of BC. I pointed out that there are ships and trucks that specialize in that sort of thing. But, being a perfectionist and, in my opinion, a masochist, he thought that a voyage from Panama to Galapagos, followed by a trek to Hawaii, then a passage to Alaska, with voyage down the west coast to Victoria, BC would be a more interesting way to achieve his goal.

At this point I cried UNCLE. I have seen beautiful places, met wonderful people, had interesting experiences. But right now, I want to do other things. So, with my Skipper's blessing, I stayed in Panama City while he returned to the boat to organize

repairs, adjustments, replacements etc. which are always necessary when we begin a new passage. He has arranged crew to go to the Galapagos and Hawaii, then a second shift to travel from Hawaii to Alaska. I am to meet him in Alaska and continue the odyssey to Victoria, BC.

In Venezuela I was making reasonable progress in Spanish, with a private tutor who edited my personal journal (shades of school days) and gave me opportunities for conversation and cultural enrichment. But by the time we reached Spain, almost nine years later, I had forgotten "mucho". So I decided to take a Spanish course in Panama city. The school I contacted offered the option of accommodation in a private home. This is an important reinforcement if the householder is adamant in speaking only Spanish and scrupulous about correcting every error. I



Heather Bacon samples the local dish *ropa vieja* (old clothes) at her home-away-from-home in Panama City. *Delisiosa!*

boarded with an 84 year old *señora* from Spain. She was up and about all the time and often came home later than myself. She was determined to make me a nutritious breakfast and I had to talk her out of "revolting eggs" every day; (in Spanish *huevos revueltos* means scrambled eggs. I am not an eggophile so I have always thought of them as revolting. But I did swallow my biases and let her feed me a "real breakfast" one Sunday.

The course was worthwhile. You are "as good as your teacher", an axiom in which I believe. I had a dynamite *professora* who did exactly what I wanted: made language meaningful. She digressed from the dreaded verbs and pronouns to expose us to magazine articles and social topics, drawing out our own per-

sonal anecdotes. There was an afternoon follow up which was not as dynamic, but we negotiated for a change (there were only three in my class) and it was a great improvement.

I spent the hours outside of class reading the newspaper and current periodicals, exploring the city and trying to talk with anyone who would listen. Taxi drivers were a captive audience and I had some delightful conversations. I decided to do in depth research in restaurants. I was living in an area reminiscent of Europe in the 60s: a REAL neighbourhood. A few blocks away the developers have moved in. There are cranes, construction sites and highrise condos being raised all over town. One day a convoy of cement trucks was lined up across the street

STORE HOURS: TUES. - FRI. 10AM - 6PM SAT. 9AM-6PM SUN. 11AM - 5PM CLOSED MONDAYS

Gourmet Concepts
Jacobsons

Fall in Love...



YOU'LL FIND US LOCATED AT 141 BEECHWOOD AVE. AT ACACIA 613-746-6002



OTTAWA ROWING CLUB

Summer Rowing Camp

Learn the basic, intermediate, or advanced rowing skills as well as team building skills on the Ottawa River. As part of the program, young rowers also learn water safety, ergometer techniques and rigging of boats. The camp also offers extra - curricular activities, certificate of achievement...

- Fun for boys and girls ages 12 to 17
- Runs Monday to Friday, 8:30 a.m. - 3:30 p.m.
June 23 to August 22 (except week of Aug. 4-8)
- \$210 per week - register for one week or several
- Learn to row in Youth Camp I or more advanced in Youth Camp II
- At our clubhouse (10 Lady Grey Drive) on the Ottawa River off Sussex Dr. (opposite Saudi Embassy)
- T-shirt, end of the week barbecue and regatta for all campers
- No experience necessary but swimming skills are required for all campers

For More Information

email: vp.admin@ottawarowingclub.com
visit our website: www.ottawarowingclub.com
or call: (613) 241-1120

from my school. The noise was deafening. Panama has marketed itself as a retirement haven with excellent benefits to *jubilados*. I met several expats who are very happy here. As one said "It is safe and I can drink the water."

I had read about a local dish known as *ropa vieja*: old clothes. I mentioned this to my landlady and she asked her *muchacha* (maid) to make it for me; I assisted, photographed and took notes. She began with a brisket of beef which she cooked in the pressure cooker in a broth with carrots, broccoli, onion, christophene, onion, garlic, potato and *namé*, a tuber related to the potato which thickens soups and stews in lieu of flour. Seasonings included oregano and *culantro*, a large broad leaved herb redolent of cilantro but stronger. She cooked it at pressure for 30 min-

utes then strained it and put the vegetables into a blender. The result was a thick "cream" soup which is right on the leading edge for those of us who are increasing our fibre intake.

Joanna then pulled the beef into strings and sauteed it with onions, garlic, green pepper and more culantro. She added tomato and tomato paste, reserved liquid from the pot and simmered it for some time. My mouth was watering and she let me taste: *delicioso!* The soup is eaten first, then the thick juicy stew served on rice.

Replete with *ropa vieja* I set myself another task: find the quintessential *sancocho*, national soup of Panama. Much more than a chicken soup! But I'll save that for another article.

Meanwhile back at the boat Hugh was preparing for the

voyage. I returned to provision and accompany him and crew through the Panama Canal. When I arrived at the marina ,JAMES BOND carried my suitcase in. Actually it was JB's stand in; they are filming the latest Bond movie in Panama and some of the action takes place at Shelter Bay Marina. It is buzzing with cameras, crew and action. There will be an exciting boat chase and a truck of explosives is nearby. People with guns (plastic) go up and down the dock. A Mexican market is set up in the boatyard and yachties are paid \$100 a day to anchor out for atmosphere. Hugh turned down the offer because he has too much work to be done on the dock and does not want to delay the transit. There goes my chance for fame!

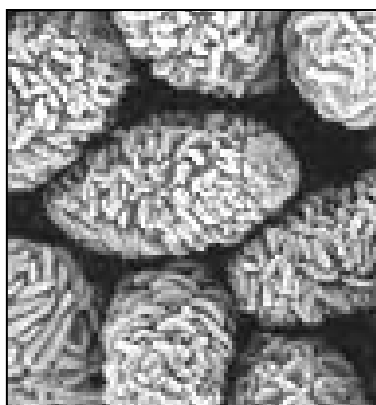
Toxic Mould at 50 Sussex...

Continued from page 1

engineer who discovered the mould was blunt in his assessment that the problem will be devilishly difficult to solve, in part because of the openness of the former exhibition space and the traffic within the building, factors which enormously complicate the task of controlling the dispersion of mould spores. Mould was not the only deficiency discovered in a technical audit of the building. There was reportedly a long list of others ranging from a lack of drinking fountains to poor lighting, insufficient washroom facilities and inadequate fire protection. The elephant gets whiter all the time...

Not surprisingly, PWGSC was less than forthcoming in their response to our inquiries about the current state of affairs relating to the Pavilion. It is our

understanding from the NCC, however, that a detailed study is underway at Public Works to determine the feasibility and costs of permanent remediation of the leak and the resulting mould problem, and that plans to solicit a new occupant for the building are on hold pending completion of that study.



NECA is in the process of writing to the NCC to reaffirm

the community's interest in maintaining public access to the facility and the lookout area, and to ensure that the community is kept "in the loop" as the story unfolds. However, if, as is indicated by Patrick Dare's article, the problem of leakage and mould could prove to be either virtually insoluble or prohibitively costly to fix, there may well be some logic behind the proposal in a recent letter to the *Ottawa Citizen* suggesting that the building be torn down and Rideau Falls Park restored to its natural beauty, with the possible addition of a new Lookout facility allowing visitors to make the most of the spectacular vista. Perhaps the white elephant's time really has come, and all the federal parties involved should be urged to cut our collective losses and put this expensive beast out of its misery.



PSYCHOTHERAPY

Individual
Couple
Family

200-16 Beechwood Avenue
Ottawa, On. K1L 8L9
Facsimile: 613.741.8784
E-mail: suzanne@stjohnsmith.ca
www.stjohnsmith.ca

Suzanne St. John Smith
M.A., M.A. Psych.

Tel: 613.741.2756



At Ottawa Montessori School the joy of learning comes naturally. Join us at an upcoming "Montessori 101" session and discover what a Montessori education would mean for your child. We think it could mean everything. Programs for 18 months to Grade 8. Enrolment is beginning for 2008.



À l'école Montessori d'Ottawa, le plaisir d'apprendre vient tout naturellement. Venez nous rejoindre et assister à une session d'information «Montessori 101» pour découvrir ce que veut dire pour votre enfant une éducation Montessori. Nous pensons que ça veut tout dire. Programmes pour 18 mois à la 8^{ème} année. Inscriptions ouvertes pour l'année 2008.

OTTAWA MONTESSORI SCHOOL • ÉCOLE MONTESSORI d'OTTAWA
335 rue Lindsay Street, Ottawa ON K1G 0L6
Tel/Tél: (613) 521-5185 Fax/Télé: (613) 521-6796
www.ottawamontessori.com info@ottawamontessori.com

For Women



Ninom Rouze
Certified Holistic Massage Therapist

Offering the following:
Anti-Stress (Whole Body)
Traditional Shiatsu and Tui-Na
Reflexology (Feet)
Manual Lymphatic Drainage
Pre & Post Operative
Flower Essence Therapy by Dr. Bach
Medicine for the Soul and Emotional Well Being

Reduces mental and physical stress and chronic pain; strengthens the immune, hormonal and nervous systems; enhances skin tone and self-esteem.

For an appointment call
613-680-2744
email: ninomrm@rogers.com



Beechwood Optometry
DR. J. LEDUC
DR. F. GAUTHIER


Are your arms getting too short?

Having trouble reading?
Maybe it's time we checked your eyes for an **adjustment** in your **prescription?**

New patients welcome.

178 Beechwood Ave
749 0481

www.bwopt.com



Caldwell
and Associates Realty Limited

Dionne Caldwell
Broker

Sales, rentals, and relocation

38 Charles Street
Ottawa, ON, K1M 1R2
(613) 744-5525
email: caldwell@cyberus.ca

www.caldwell-realty.ca




EVEREST RESTORATION

WINNER of the BBB Torch Award for Marketplace Ethics

"Some businesses go far beyond the average standard in maintaining high standards of ethical behaviour. They do what is right & fair without question, without compromise..."
Better Business Bureau

745-8502



\$100.00 to \$150.00

a great gift - a wonderful keepsake


House Portraits
by Donna Edwards
233-4775

GB
GOLDEN BRIDGE SILK & GIFTS GALLERY



Mon. - Sun. 11am - 5pm
519 Rideau Street
Tel: 613-321-2330
silk@goldenbridge.ca
www.silkgallery.ca

**SANDY HILL
CONSTRUCTION**



**THE NEIGHBOURHOOD
SPECIALISTS™ IN RENOVATIONS**

CELEBRATING OVER 10 YEARS
OF QUALITY AND SERVICE

832-1717
www.sandy-hill.on.ca
Committed to Excellence

Rockcliffe Park Residents Association

Luncheon Speakers Series

Thursday, April 10, 12:30 pm

BARRY MCLOUGHLIN

PRESIDENT AND CEO MCLAUGHLIN MEDIA

will speak on

“Communicate with Power”

a media coach's guide to politics



Tickets for the Luncheon Speaker Series are \$20 per person and may be purchased at the Rockcliffe Community Centre, 360 Springfield Road, 613-842-8578. Space is limited - Please purchase tickets by April 7.

**Rockcliffe Park Community Hall
380 Springfield Road**

The Speakers Program is sponsored by...

*Rockcliffe Park Residents Association
Rockcliffe Park Village Foundation
City of Ottawa*

Ottawa Public
Library  **Bibliothèque**
publique d'Ottawa

Rockcliffe Park Branch
380 Springfield Road
613-745-2562

Spring 2008 Programs

Adult Book Chats

Drop in at the library for an informal chat about great books and authors.
(meetings start at 7 pm)

April 10

Self-Made Man
by Norah Vincent

May 8

The Mountain and the Valley by Ernest Buckler

Children's Programs

Bilingual Babytime Sessions (0-24 months)

A program for babies and their parents or caregiver

with stories, rhymes, songs and games. April 7, 14 and 21 at 10:30 am.

English Storytime Sessions (3-6 years old)

A storytime program with stories and rhymes for young children. Parents and caregivers are welcome to join in. April 2, 16, 30, May 14, 28 and June 11 at 10:00 am.

Contact person for all branch programs:

Sonia Doyon
Public Supervisor
sonia.doyon@bibliooottawalibrary.ca

132 Stanley...

Continued from Page 1

the city's intensification policy and the heritage guidelines. Then it was the opponents' turn to speak, and the local team began a well-structured series of presentations. First was NECA (represented by Paul McConnell, Co-Chair of the Heritage & Development Committee), countering some of the previous statements and recapping the community's position. Next, to confirm the breadth of opposition across New Edinburgh, Rosemary Tovell presented an update on the neighbourhood petition; over 170 people (from over 120 households) had signed up to object to the oversized infill project. There followed two eloquent "victim impact statements" provided by immediate neighbours Peter Boehm and Tony Roth. Another resident, John Wood, also spoke out against the incompatible infill. David Flemming, the President of Heritage Ottawa, voiced his support for the community's position, pointing out that the scale and density were not appropriate for the heritage district. Finally, Iola Price, a member of the Ottawa Forests and Greenspace Advisory Committee, indicated her opposition, noting that mature maples would be lost and dense construction would effectively cover all the greenspace on the lot.

The Decision

After some deliberation, and with the New Edinburgh crowd wait-

ing anxiously, LACAC decided to reject the recommendations of City staff. Instead, LACAC concluded that "the mass, density and lack of greenspace of the new development are not appropriate to this part of the Heritage Conservation District and do not fit the streetscape." They will be recommending that Council not approve the applications for demolition and new construction.

There was an audible sigh of relief at this victory for New Edinburgh and for common sense. However, it's too soon to celebrate - a bigger hurdle lies just ahead. The applications, with LACAC's findings, were referred to Council's Planning and Environment Committee (PEC) for March 25 and the process begins again. So there's lots more preparatory work to be done by neighbours and NECA representatives, but the positive experience with LACAC has strengthened our resolve.

As the date of the PEC meeting is close to the *NEN* deadline, please check the community website at www.newedinburgh.ca for the latest updates.

Paul McConnell
paulmcc@magma.ca
(613) 746 4901
Inge Vander Horst
inge@ajk-solutions.com
(613) 749 5260

Co-Chairs of the NE Heritage & Development Committee

MACDONALD-CARTIER ACADEMY

FOR A LIFE OF *Infinite* CAPACITY

Macdonald-Cartier Academy (MCA) is one of the most respected, coveted, and genuine junior high school French Immersion educational institutions in the nation's capital.

From science to the humanities; sporting activities to cultural events - MCA develops and perfects the problem solving methods, study habits, time management, and social skills a child needs to confidently address the challenges inherent to continuing educational endeavors, career, and life.

- Private - Co-educational - Grades 7 and 8
- 16 students per class - Personalized attention
- Structured, rigorous, explorative environment rich in academic, physical and cultural curricula
- Equal student intellectual levels allow an unfettered educational pace
- Unrivaled and equal proficiency in Canada's official languages

At this pivotal chapter in a child's development, MCA students learn to learn - prepared for the next level of their education, and readied for a lifetime of learning that is virtually infinite.



For confidentiality, comfort, and accurate assessment, entrance examinations are administered on an individual basis.

For further information, please contact:
Jean Mantha, Headmaster
Macdonald-Cartier Academy
270 Crichton Street
Ottawa, ON K1M 1W4
Tel: (613) 744-8898



www.mccacademy.ca

Calling All Soccer Players...



Recreational Men's Soccer
Sundays 10 am -12 pm
starting end of May
Stanley Park Soccer Field

No cost
More information, call
Michael Histed at
613-741-1660



**Mighty Moms
Recreational Women's
Soccer**
Mondays 7 - 8 pm
starting May 12
(depending on field condition)

Rockerries (Hillsdale)
Soccer Field in Rockcliffe
No cost
More information, call
Cindy Parkanyi at
613-745-8734



**OTTAWA POLICE SERVICE
SERVICE DE POLICE D'OTTAWA**
*Working together for a safer community
La sécurité de notre communauté, un travail d'équipe*

By Constable Thomas Mosco

In November of last year, our neighbourhood hosted a "Meet the Chief" presentation. This event was arranged to allow residents an opportunity to discuss issues of importance to this community. Information on issues such as theft, graffiti and illicit drug use were discussed. Statistically, property-related offences are the main problems in the area. There is a correlation between illicit drug consumption and theft. Chief White mentioned that an informed and empowered community is a powerful partner in crime prevention.

We have previously discussed simple deterrents such as removing valuables from the family car and conducting a free home security evaluation. It is also very important that children are

properly counseled about illicit drug use. This home education may be one of the best investments in crime prevention. The Ottawa Police Service has a Youth Intervention and Diversion Coordinator who can facilitate training sessions relating to youth issues and trends and also facilitate reviews of cases where specialized services may be required. You can contact Louise Logue, Youth Intervention/Diversion Coordinator at (613) 236-1222, extension 5342 or pager number 566-5124.

Neighbourhood safety

Please be mindful that children enjoy rolling down snow banks, so exercise caution when operating motor vehicles around the many mounds of snow that line driveways and streets.

Sunday, May 18

The Rockcliffe Community Police Centre will be conducting an **Ident-a-Bike session**. Come have your bicycle engraved.

At corner of Sandridge and Birch Avenue from 10:00 am to 1:00 pm.
Rain date is May 19 (same hours).



Il Vagabondo
ESTABLISHED IN 1979

A True Italian Family Tradition

Our specialty: Fresh pasta made on the premises.
Seafood, chicken and veal.

Every Meal is a Special Event

186 Barrette (at corner of Beechwood and Marier)

Open for Lunch: Tues. - Fri. 11:30 am - 2:30 pm

Dinner: Tuesdays to Sundays, 5 p.m. - 10 p.m.

Open on Mondays for groups (reservations - min. 15 people)

Please call for reservations:

(613) 749-4877

New Edinburgh Pharmacy

5 Beechwood Ave.

(Corner of Crichton and Beechwood)

TEL.: 749-4444

FAX: 741-1866



Guardian

Monday - Friday — 8:30 a.m. - 8:30 p.m.

Saturday — 8:30 a.m. - 6:00 p.m.

GET TO KNOW YOUR GUARDIAN PHARMACISTS:
Frank Tonon B.Sc. Phm.

**Full Service, Royal Bank ATM unit now located on premises (Beechwood entrance)
24 hour access**

**City of
Ville d'Ottawa**



Jacques
Legendre

**Councillor
at your service**

**Conseiller
à votre service**

Rideau-Rockcliffe

110 Laurier Avenue West • 110, avenue Laurier Ouest
Ottawa, ON • K1P 1J1

Tel./Tél. : 613-580-2483 Fax/Télé. : 613-580-2523

www.rideau-rockcliffe.com

jacques.legendre@ottawa.ca

General Inquiries / Renseignements généraux : 311

*Prepare...
your taste buds*

Da Bombe uses only the freshest ingredients in producing desserts and other foods of distinct quality.

Come on in for lunch and enjoy one of our delicious specials alongside one of our desserts. Be sure to prepare for a whole new taste experience.



...And Fresh Food Ideas

176 Beechwood Ave. Ottawa, ON K1L 1A9

613.741.0044

- Gourmet Desserts
- Ice Cream Cakes
- Pies
- Salads
- Pizzas
- Oven Ready Meals
- Panini Grilled Sandwiches
- Quesadillas
- Coffee & Tea



Chocolate Raspberry Bombe

Burgh Business Marketplace

Supporting those who support the community

— www.askaround.ca —



Who do your neighbours recommend?

Ask Around
www.askaround.ca



A.L. PAINTING

With 20 years of painting experience, Andre lefebvre knows what it takes to do a professional job every time. If it's a small bathroom or the entire house, the job will be done the right way. Why not call Andre today and have him give you a free estimate?

Your free time is valuable.

Don't waste it painting. Let A.L. Painting do it for you. All the work will be completed in a good and workmanlike manner.

Call today **613-794-0778**

Fine Chinese Antique Furniture & Reproductions

Centuries old Chinese craftsmanship
All natural, hand rubbed finished



All Furniture 20% Off!

Watermelon Seed

503 Rideau St. (613) 789-3120
(Between Agusta & Cobourg)

Tues. - Fri. 10-4; Sat. 11-6

Interest-free Financing Available



LEO LA VECCHIA TAILORS

CUSTOM TAILOR & SHIRT MAKER • LADIES & GENTLEMEN
ALTERATIONS • MEN'S ACCESSORIES • FINEST EUROPEAN FABRICS

17 SPRINGFIELD RD. OTTAWA ONT. K1M 1C8 TEL: (613) 749-8383



Pretoria Pet Hospital

16 Pretoria Avenue
(613) 565-0588

PREVENTIVE HEALTH CARE FOR YOUR PET

- ♥ Vaccinations
- ♥ Dental Care
- ♥ Medical & Surgical Care
- ♥ Nutritional Counseling

Mondays, Tuesdays, Wednesdays & Thursdays 8:00am - 7:00pm
Fridays 8:00am - 6:00pm & Saturdays 9:00am - 12:00pm

Evan Lee
Owner/Operator

27 Beechwood Avenue
Ottawa, ON K1M 1M2

613.842.8964 Tel
613.842.4262 Fax
store292@theupsstore.ca

• Canada & Worldwide Shipping
• Colour & B/W Copies & Printing
• Custom Printing Service

-- Computer Repair - all kinds --

theupsstore.ca/292

The UPS Store

LANGUAGE TRAINING

Private instruction and tutoring for conversation, academic and professional needs.
Experienced, qualified teacher. Manor Park.
Reasonable. Tel: 613.749.1833

FRENCH ENGLISH ITALIAN

A division of 150420 Canada Inc.

FUOCO CRONIER

CONSTRUCTION & RENOVATIONS

Incorporated in 1986

- PLANNING & DESIGN
- OFFICE INTERIORS •
- STORES •
- HOME ALTERATIONS and ADDITIONS

613-744-3801

www.fuococronier.ca
55 Vaughan - Ottawa



Hair of the Dog

Care Services (Since 1999)

Dog Walking ~ Dog Sitting
Puppy Visits ~ Vet Visits
Insured and Bonded
Member of Pet Sitters International

613-842-4443

Linda Roininen 43 Alexander Street, Ottawa ON K1M 1N1



CatDaddy

Products for the Enlightened Feline

Brian James Holland
Holistic Cat Furniture and Catsulting

Retail & Wholesale Inquiries Welcomed

office: (613) 257-7762
mobile: (613) 262-4299
fax: (613) 745-4766

email: catdaddy@bellnet.ca



MONFILS
GENERAL CONTRACTING

Pella

High quality renovation and custom carpentry services.

SPECIALIZING IN PERIOD HOMES.

Free estimate
613-227-5544
info@monfils-renos.com

WWW.MONFILS-RENOS.COM

Marnie Edwards R.M.T.

Registered Massage Therapist

Serving New Edinburgh, Rockcliffe and Manor Park

Back Pain, Sports and Repetitive Strain Injuries, Whiplash
Headaches, Insomnia, Chronic Fatigue, Arthritis, Stroke
AND MORE

For an appointment, Call 613-741-3470
Clients may also be treated in the privacy of their homes.

10 Braemar St.
Manor Park

Please call for more information.

We buy any brand watches

Time Sharpening
Watch & Jewellery Repair

15 Beechwood Ave., Ottawa, ON
Tel #: (613) 746-7927

Anjali and Company

The Buddha and the Tree of Life

Editor's note: To prepare for her new mixed media event, New Edinburgh choreographer/dancer, Anne-Marie Gaston (Anjali) and her husband, Tony travelled extensively in Central India, visiting early Buddhist and Hindu sites to provide images and ideas for her choreography. Anne-Marie grew up in Manor Park and attended Queen's, Toronto and Oxford University where she graduated with a PhD in the Sociology of Indian Performing Arts.

In the footsteps of the Buddha (II)

Today, less than 1% of India's populations claim to be Buddhists, but in the early part of the

Christian era Buddhism was the dominant religion of the sub-continent, extending from Sri Lanka and Myanmar (Burma), as far north and west as Afghanistan. Evidence for this were the great Buddha statues at Bamiyan, destroyed some years ago by the Taliban. Between the 6th and 10th centuries, Brahminical religion, now called Hinduism, re-asserted itself in India and today the majority of Indians are Hindus. However, the traces of exquisite Buddhist art that flourished during the heyday of Imperial Buddhism in India can be found scattered throughout the country.

We travelled from the capital Delhi by overnight train to Sanchi, a small rural community where some of the most magnificent Buddhist sculptures survive, carved on the gateways

which lead to stupas or relic mounds. The site crowns a small hill overlooking rolling countryside. When the majority of these sculptures were created, around the beginning of the Christian era, the depiction of Buddha as a man was forbidden. Instead, his presence was often indicated by a tree.

Trees form an essential part of Buddhist iconography: each Bodhisattva (incarnation of Buddha) is associated with a different type of tree. Trees were closely associated with important events in the life of Buddha: his birth occurred under a tree while his mother was on a journey. Likewise, he attained enlightenment while seated under a spreading fig tree.

From Sanchi, we traveled further south to Ajanta where the walls of cave monasteries are decorated with stunning paintings in vivid colour depicting the life of the Buddha and surrounding myths. Much damaged by time, they represent a tiny glimpse of what must have been an incredible era for visual arts. By this period, the Buddha himself appeared frequently as a human figure, but the tree motif continued to pervade Buddhism in the form of the Tree of Life, a concept that connects all living beings in the web of creation. The close affinity between the ideas of Buddhism and today's environmental movement is striking. In my latest choreography, "The Buddha and the Tree of Life", I have brought together

elements of both ancient and modern ideas. The work will be presented as part of a recital celebrating the Earth.

Dancing the Earth

Dance has always been used to connect us with the earth as we celebrate its beauty, richness and generosity. April in India celebrates *Vaisak*, the spring festival, greeting the harvest and placating the relentless heat, the hot winds, and the scorching sun of the summer season with many forms of dance.

In Ottawa, April is Earth month, with Earth Day falling on April 22. Anjali and Company have taken the earth as the theme for a recital at Arts Court on April 18-19. Masks from the celebration of Indian *Vaisak* will be used in this production. The show is suitable for age 9 and above and includes images and video from tribal villages, Buddhist sites and monasteries high in the India Himalayas. It provides an opportunity to experience a varied, colourful and exotic world.

Anjali and Company: Dance, Video, Masks, Images, Music
April 18-19, 7.30 pm

DANCING THE EARTH,
Indian Temple Dancing and premiere
The Buddha and the Tree of Life

Arts Court Theatre (2 Daley Ave)
tickets \$25/\$22
info and tickets 613-564-7240
(also at the door)
www.culturalhorizons.ca.

Free Your Neck & Back.....

.....Drop that STRESS

Osteopathic Biodynamics

- Relief of Physical Pain
- Increased Energy & Mental Clarity
- Deep Relaxation



For appointment and more information call
Joah Bates, D.O. (U.K.)

(613) 742-0011

613 748-7731
www.getitfixed.com

McConville's
KROWN
AUTOPRO
MAPA

Employment Opportunity

Service Advisor – Job Description

McConville's Garage Ltd is looking to hire two bright individuals to train in the role of Service Advisor to help manage the thriving business.

Located in central Ottawa, McConville's Autopro & Krown is the city's largest independent auto repair center which has earned an impeccable reputation for outstanding client service and is famous for its free loaner cars with every visit.

If you are energetic and would enjoy working in a fast-paced, results-oriented atmosphere with weekends off, please get in touch. As an accomplished businessperson, I will mentor you in every facet of successful business administration and forge a long-term partnership with an eye to your continuous professional development.

It's fun! Maybe one day you'll own the company.

For more information or to apply, contact:

Bruce McConville
bmcon@magma.ca
Cell. 613-298-1984
Work. 613-748-7731
Fax. 613-748-3526

Summer construction labour jobs also available

The sign of
OTTAWA'S BEST

Faulkner
Faulkner Real Estate
Ltd., Brokerage

Jane Davis
Sales Representative

613-231-4663
FOR SALE

Faulkner
Faulkner Real Estate
Ltd., Brokerage

Buy with Confidence Sell with Pride

HomesInOttawa.com

327 ST. LAURENT BOULEVARD | 613-749-9703 | WWW.LESAINTO.COM



Now Offering 25% Off Table D'Hôte.
Valid Tuesday, Wednesday, and Thursday.
Offer expires May 1, 2008.

THE SCENE

Enter *Le Saint-Ô*, and you may think you're in Southern France. Maître d' Natasha Dumont and Chef Philippe Dupuy pride themselves on artistry in terms of both cuisine and service. Recognized by the prestigious Guide Debeur for the past four years as one of the top 500 restaurants in eastern Ontario and Quebec, *Le Saint-Ô*'s many accolades are testaments to its excellence. Lunch is served Tuesday to Friday; dinner served Tuesday to Saturday.

SIGNATURE DISHES

- Pan-seared sweetbreads with Vermouth and St. Augustine honey
- AAA filet mignon with five-peppercorn sauce with Armagnac and Roquefort butter
- Duck confit spring roll with caramelized onions, cassis syrup and exotic fruit salsa
- Trio of crème brûlée: basil, mango and lychee, rum and blueberry



your friendly neighbourhood scuba & snorkeling headquarters



BURTON'S
Dive Service & Gear
since 1986



· snorkeling · scuba · rentals · service · training ·

196 Beechwood Ave. Ottawa, ON K1L 8A9
tel: (613) 745-6444 · www.burtonsdive.com



Kavanaugh's Esso

Providing Automotive Repair Services Since 1954

Services provided by
Certified Automotive Repair Technicians



222 Beechwood, Vanier 613-746-0744

- Motor Vehicle Inspection
- Wheel Alignment
- Air Conditioning Specialist
- Specializing in Steering, Suspension and Brake Repairs
- Repairs made to Domestic and Imported Vehicles
- General Repairs by Licensed Technicians

THE *perfect* BLEND

Enjoy the perfect blend
of convenient amenities,
beautiful accommodations
and unsurpassed service.

We do the work, so you
can have the leisure time
to enjoy everything
The Edinburgh has to offer.

The Edinburgh
Retirement Residence

10 Vaughan St. (613) 747-2233
www.retirementresidences.com

A Member of Retirement Residences Group RRG

What's On in Lindenlea

Lindenlea tennis news

With the summer season soon upon us, its time to "hit the courts". The Lindenlea Tennis Club is a private club for members only. We offer a family membership (\$125), adult membership (\$90), and a junior membership (\$35). With your membership you are invited to participate in house leagues, tournaments, round robin socials, and our partner find program. Lessons can also be arranged for those who are interested. When you register with us, you are provided with your own key to the courts (a \$50 non-refundable post-dated deposit cheque is required), membership rules, and a membership card. You may purchase your membership any Tuesday evening, beginning April 15, at the

Lindenlea Community Centre, 15 Rockcliffe Way, from 6 to 8:30 pm.

If you're considering getting your children involved in tennis, but you're not sure whether or not they would enjoy it, why not bring them to our annual Junior Tennis Carnival. It will be held on Saturday, May 24th, from 1 to 3 p.m. There will be organized fun and games all designed to let your child experience the game. Our summer tennis camp instructors will be there leading the fun.

Introductory creative writing workshop - adult

Introductory Creative Writing offers the beginner or developing writer an opportunity to explore their talents and creative potential through the writing of

poetry and short fiction. A writing workshop is an excellent chance to share all facets of the writing process and enjoy a supportive and stimulating environment. Practical guidance in exploring style, editing, peer critique and literary comparison will be offered. The writing environment will be friendly and unstructured in order to cultivate an atmosphere of enjoyment and freedom of expression. Kate Corsten has a BA Hons. in English, a BEd and a passion for writing.

The workshop takes place on April 12, 19 and 26 from 2 until 5 pm. Cost is \$70. A minimum number of participants are required for this course, so if you're interested, please contact us at (613) 742-5011, or by e-mail: gegan@rogers.com.

Turning Trinkets to Treasure

By Pastor Joel Crouch

On a damp Saturday afternoon, the children of Saint John Lutheran church stood for hours in the cold selling puzzles, dishes and even a shuffleboard table to garage sale hunters in our Ottawa neighborhood.

And then they turned trinkets into treasure.

With the proceeds of their sales – nearly \$1,200 – along with a contribution from the church council, they purchased enough pencils, sharpeners and notebooks to fill 100 school kits bound for students in Africa. The project, a program offered by Canadian Lutheran World Relief, will see that knapsacks are delivered to struggling schools where student are often forced to learn without paper. The bags were stuffed by the

nearly 15 children who make up Saint John's Sunday school program on an assembly line during a pizza lunch following church service.

The school kits are part of a focus in the Sunday School on social justice, and proving that people can make a difference in small groups. It is a point the congregation of Saint John works hard to make: despite being only a community of about 150 people, the church has sponsored four refugees in the last five years, and been active in issues such as the ethics of bottled water.

"Our kids will live in a more global world than we can even imagine," says Pastor Joel Crouse. "It is important to teach them to think of the world beyond the borders of their own

city. And to get them thinking about the positive contribution they can make in the future. Given the chance, they amaze us with their enthusiasm for making a difference. We are very proud of them."

Melvin is in the grade one class at St John Sunday School. He is a new Canadian. His birth place is a refugee camp in Ghana. He was smiling throughout the afternoon. When asked why he simply said: "I can't believe I am the one helping kids now."

In a further twist on the old-style garage sale, the kids weren't haggling at their location next to the church. Shoppers were asked to give what they could, knowing a few quarters for an old picture frame or clock radio would transform into treasure a continent away.

New Edinburgh Spa

131 Crichton Street
Ottawa, ON K1M 1V8
613-749-2116

Business Hours:

Monday: 9am - 5pm
Tuesday & Saturday: 9am - 6pm
Wednesday - Friday: 9am - 8pm

Staff at the New Edinburgh Spa wish to send their best to Michelle who is leaving us to move to British Columbia!

Also, we would like to take this opportunity to welcome Roberto to the team.

With 20 years of experience as a top stylist in the Ottawa area, he is a welcome addition!

To book an appointment with Roberto, please call 613-749-2116.

We are a full service spa located minutes from Beechwood and downtown.

For a full list of prices and services offered, visit our website at:
www.newedinburghspa.com

Too Much of a Good Thing is Wonderful!

Time For a Facelift

By Jane Heintzman

Visitors to the grounds of Rideau Hall may have noticed that the Visitors' Centre at the Rideau Gate Entrance has been boarded up in preparation for a major repair and restoration job to freshen up the exterior and to "address water infiltration issues" – a leak by any other name is still a leak, vice-regal

tage, and later in 1912 it changed function again when it became the Superintendent's House, undergoing a major upgrade to its facilities, including plumbing and heating. A screened-in porch was added to the front entrance in 1944.

When the gates of Rideau Hall were reopened to the public in the early 1990's following the

infamous period of closure during the régime of Jeanne Sauvé, 11 Rideau Gate was converted into the Visitors' Centre and has remained a focal point for tour groups and visitors to the grounds.

Despite the rather forbidding boarding around the building, the Centre will remain open to the public throughout the renovation (after the long weekend in May when the shop opens up for the season), so drop by and check out the Vice-Regal sweat shirts and coffee mugs—they're the perfect gift for Father's Day, as my Rideau Hall coat of arms-bedecked husband will attest (I hope!)

In recent years the Visitors' Centre has housed a collection of Rideau Hall related merchandise of remarkably high quality which has been enthusiastically scooped up by the busloads of tourists who visit the grounds each year, as well as by many of the locals (myself among them) in search of a gift with a distinctive flavour of our neighbourhood.



Photo: Louise Imbeault

or not! The renovation project will continue until early August, hardly auspicious timing given the hordes of visitors that will be pouring into the grounds in the course of the spring and summer. The impending facelift will include, among other things, repairs to the roofing and cladding, replacement and repair of windows, repairs to the masonry in the foundation and "rainwater management" (your guess is as good as mine).

The original log structure (the north portion of the existing building) was built in the early 1830's and served initially as a gatekeeper's cabin. Around the time of Confederation it was converted to a gardener's cot-



Letter to the Editor

Dear Editor,

I am very happy to see Bread and Roses reopened. It is one of the landmarks of our community.

Henceforth I will be a regular customer, and I hope others who had also not been regular customers will follow suit.

It is a pity that things did not hap-

pen with Birder's World, another New Edinburgh landmark. Its owner retired and though it was a profitable enterprise, a buyer was not found for it.

Yours truly,
Inge Volnistijs

p.s. It would be wonderful if someone brought Birder's World to life again.

Professional Design-Build Service For Your Home

oak.ca

613 236.8001

Mrs. Sew & Sew

Custom Sewing and Alterations

Janet Rowett
Seamstress

By Appointment
(613) 744-1731

166B Carillon St. Ottawa

Lester's
Your neighborhood
Barber shop

Now open
7 Days
To serve you better

Mon – Fri 7am - 6 pm
Sat 7am – 5 pm
Sun 10am – 4 pm

Tel.: 613. 745. 9623

3 Barbers
Hot Shaves
+
Clean cuts
Young Children
Are more than
Welcome
(Thomas train + Lollipops)

Fern Hill School

Leadership – Knowledge – Community

An Independent Day School – Preschool to Grade 6

Open House 5-7 pm
Tuesday, April 29 and
Tuesday, May 27

Please call for additional information
regarding entrance scholarships.

(613)746-0255 or WWW.FERNHILLOTTAWA.COM

50 Vaughan Street, Ottawa, Ontario K1M 1X1

Nice Legs, Great Body.

That's what you get when you make your wine with award winning, high quality products at **HOP 'N VINE**.

It's easy to craft affordable, personalized wines that you'll be proud to share with your friends and family.

20th Anniversary

Great wine is yours for the making at
HOP 'N VINE
BRINGING HOME THE ART OF MAKING WINE

5360 Canotek Rd. (Montreal Rd & Shefford) 613.748.1374



Burgh Bulletin Board

Wed, April 2, 4 pm

CHARITY AUCTION - The Rehabilitation Centre Volunteer Association is holding its 10th Annual *Spring Into Motion* Charity Auction at St. Elias Hall, 750 Ridgewood Avenue, Ottawa. This event has raised thousands of dollars for Rehabilitation Centre patients' needs while providing an evening of fun. J.J. Clark of CJOH will MC and the incomparable Dave Smith will do the auctioneering. The silent auction begins at 4:00 pm, dinner is at 6:00 pm and the live auction gets underway at 7:00 pm. Tickets are available at \$45 per person or \$500 for a corporate table. For tickets or for more

information please call (613) 737-7350 ext 75351 or email auction@ottawahospital.on.ca.

Sat, April 5, 10 am - 6 pm & Sun, April 6, noon - 5 pm

BOOK SALE presented by the Rockcliffe Park Public Library Committee. Rockcliffe Park Community Hall, 380 Springfield Rd. Donated books, 'collector's table', magazines, CDs, videos. Proceeds will support the Rockcliffe Park Branch of the Ottawa Public Library. Cash or cheque only, please.

Sat, April 19 & May 24

SPRING AUDITIONS for the Ottawa Children's Choir 50th Anniversary Season 2008-

09. Open to boys and girls ages 9 to 15. To book an audition call Andi at 613-233-4440 or send an email to info@ottawachildrenschor.ca. Visit us at: www.ottawachildrenschor.ca.

Fri, April 25 & Sat, April 26, 8 pm

DIVERTIMENTO Orchestra Concerts - Vaughan Williams, Overture to "The Wasps" Coleridge-Taylor, Violin Concerto, Mark Hartt-Palmer, violin (Canadian première) Elgar, Enigma Variations. L'Église St-Thomas-d'Aquin 1244 Kilborn Ave. Adults: \$15 Seniors and Students: \$10 Children Under 13: \$3 Children Under 6: Free.

Until April 18

ART EXHIBITION - the *Lieu de diffusion BRAVO-Est* is exhibiting the works of artists, Pierrette Lambert and Hélène Lanois. 81 Beechwood Street. Info: Shahla Bahrami (613) 748-6954 or bravo-est@hotmail.com.



Classified Ads

RATES: \$10, first 25 words; \$5, each additional 25 words, payable on submission of ad. Public service ads (such as lost & found) free. Call Cindy Parkanyi, 745-8734 or email newednews@hotmail.com.

TWO CATS NEED HOMES. These fellows have been living outside, getting shelter and food on my back porch, all winter and I am hoping to place them in good homes. One is black with undershadows of stripes and red, a round belly, and wary of humans but has a terrific purr and gets along with other cats. The other is orange-beige with matching eyes, mid-length hair, and definitely had a home at one time. Wary but can be petted. Please call Beth at 613-744-2531.

HOUSECLEANING by longtime Burgh resident. Good references in neighbourhood. Available immediately. 613-744-8449.

HOUSE SITTER. Mature, quiet and reliable working professional available to take care of your home. No pets. References available. Please leave a message at 613-744-8077.

CREATIVE WRITING SERVICES by published author. Are you planning to write your memoirs or a novel? I will help you to get started and will assist and guide you from the opening sentence to the final word. Wordprocessing, proofreading, editing, ghostwriting, fact checking. Call Ingrid McCarthy 613-860-2371. www.ingridmccarthy.com.



St-Laurent Academy offers an enriched curriculum in English or French, for all learning styles in classes of no more than 15 students. Our specialist teachers are innovative and passionate, encouraging student curiosity and self-awareness. By using a Multiple Intelligences Approach, we ensure that every student is engaged and successful. Visit our classrooms to discover firsthand why St-Laurent Academy is the right choice for your family.

JK - Grade 8, English & French
415 St. Laurent Blvd.
613-842-8047
www.st-laurentacademy.com



ACADÉMIE
St-Laurent
ACADEMY

OPEN HOUSE TUESDAYS & THURSDAYS 8-4



MAURIL BÉLANGER
MP / DÉPUTÉ
OTTAWA-VANIER

925 Confederation Building
House of Commons
Ottawa (Ontario) K1A 0A6
(613) 992-4766 Téléc./Fax: (613) 992-6448
belanm@parl.gc.ca
webpage: www.mauril.ca



Bureau de circonscription/Riding Office

504-168, rue Charlotte Street
Ottawa (Ontario) K1N 8K5
(613) 947-7961 Téléc./Fax: (613) 947-7963

DOG/CAT WALKING AND SITTING

Your house plants are also safe with me!
Emergency and regular daily walking. Available early afternoons. References.

Liba Bender: 613-746-4884

BEECHWOOD CANADA AUTO SERVICE

- Brakes • Tires
- Exhaust Systems
- Injection • Etc

Pierre Fortier

188 Beechwood Avenue
Ottawa, Ontario K1L 8A9



749-6773

- | | |
|-----------------------------|--|
| • General repairs | • Réparations générales |
| • Towing & Plowing | • Remorquage & déneigement |
| • A/C Specialists | • Spécialistes en climatisation d'auto |
| • Computer Diagnostic | • Diagnostic par ordinateur |
| • We buy and sell used cars | • Nous achetons et nous vendons des voitures usagées |

Fuel System Service

10% OFF*



Transmission Maintenance

10% OFF*



Oxygen Sensor Evaluation

\$10 OFF*



North America's Fastest Growing Automotive Service Association

An Association of North America's Most Skilled Automotive Technician's Networking Through One Central Computer System for Fast and Accurate Automotive Diagnosis

Burgh Breezy Bits



Alexandra Duchemin, a grade 5 student at Rockcliffe Park Public School, will be *shaving her head* April 3 to raise money for the Canadian Cancer Society. To date, Alexandra's fellow students, teachers, and parents have helped her raise over \$1300—well done! Alexandra and her teacher, Emilie Montgrain will be having the hair shaved off at Lester's Barber Shop on Beechwood. Donations can still be dropped off at 108 Stanley Avenue. A huge thank-you to all participants of Alexandra Duchemin's Bald is Beautiful Cancer Fundraiser.

Welcome

Union Street welcomes their new neighbours, **Jessica** and **Jarred**, to the burgh.

Welcome and farewell to **Pam** and **Marc** of MacKay Street. Pam and Mark recently moved

to the 'burgh in 2006 have been reposted to Val Cartier, Quebec this summer. They redid the front porch of thier house and now it looks like something out of Home & Garden.

Birthdays

A very happy birthday wish goes to **Christopher Adams** of Union Street. Chris will be 23 on March 25.

Happy 50th birthday to Stanley Avenue resident, **Erna Ricciuto**. Erna will be celebrating her special day in early April.

Happy birthday to Noel Street resident **Aaron King** who turned 18 on February 3.



Left to right: Aaron, Tony, Daniel, birthday boy Aaron King and Sam.

Our editor of the New Edinburgh News, **Cindy Parkanyi** will turn 50 in April. Have a very happy birthday Cindy!

Happy belated birthday to **Browyn Funiciello**, a school board trustee and Ivy Street resident. Browyn turned 40 in February.



Christopher Adams turns 23.

Congratulations

Congratulations to **Robert Jarcesni** of Noel Street who won 'Skier of the Year' at the Mt. Cascade Canadian Association for Disabled Skiers program.

Congratulations to **Bruce McLaurin** and **Cathy**



Happy 40th birthday Bronwyn! (She is the one on the right...)

McConkey who received a 2008 City of Ottawa Architectural Conservation Award for the design and quality of the recent addition to the back of their Stanley Avenue home. The renovation, which was designed by local architect **Jane Thompson**, was described in the city section of the Ottawa.ca website as, "an excellent example of how a sensitive addition can be made to older buildings within a heritage conservation district." Well done Bruce and Cathy for building something equally attractive and sensitive to the streetscape.

New Arrivals

The burgh welcomes new leap year baby, **Cade Moodie**, who weighed in at a whopping 10 pounds. Congratulations to parents **Patti Kazowski** and **Mike Moodie**, and big sister **Livia**, of Mackay Street.

Mike McPhee and **Josee Fournier** of Ivy Crescent are proud to announce the arrival of their new baby boy **Liam** on February 20. Liam has a big brother named **Owen** who can't wait to show Liam "the ropes" at the park!



Congratualtions Robert!

Charlotte Lee of Keefer Street was born June 26, 2007. Her father is **James Lee**, her mother is **Michelle Salvail**, and her big brother is **Jonathan Lee**.



Charlotte Lee of Keefer Street.

Got a Breezy Bit?

Send your Breezy Bits or photos to **Breezy Bits Editor Alicia Visconti**:

breezybits@hotmail.com

Pauline Bogue

Sales Representative

Catherine Bell

Sales Representative

(613)725-1171

contactus@theottawahometeam.com



Capital Service
with 28 years of combined
Real Estate experience.

We are dedicated to
our community and to providing
Quality Customer Service
with satisfaction guaranteed.

ROYAL LEPAGE

www.theottawahometeam.com

Not the...

NEW EDINBURGH NEWS

April 1, 2008



Photo: Louise Imbeault

“Too many of those little old houses just disappeared under the drifts of snow...”

Zoning Minimums To Be Imposed

By S. White

The City planning department announced last week the imposition of minimum height restrictions on new and existing housing across the Burgh in response to the near-record snowfall this year.

“Too many of those little old houses just disappeared under the drifts this year,” said Director of Snow Removal Operations Réal Boul’Neige. “They posed a real hazard to our snow removal equipment. We lost six of our big graders in that last big storm. It’s not so much the force of the impact but when they crash through the wall, they fall into the basement, and that’s what does the damage.”

Burghers tend to buy small

cars, he explained, which, if they are left parked on the street, are readily ground up by the blowers and end up being carted off to the snow dump. But in the fields of snow we had this year, with only a few third-storey rooftops and occasional telephone poles poking through, it was hard for the equipment drivers to navigate, and they frequently crossed onto private property and came into unexpected contact with buried structures.

Mayor Leary O’Brain explained that the new regulations will apply to all free-standing structures, including garages and tree-houses, all of which must be renovated to achieve a height of at least eight metres (25 feet) by November 2008.

“We figure we had over four metres of snow and another two-plus metres of drifting, so eight metres gives us a margin of error. And we all know that another ice age is on the way, sooner or later, so as the glaciers advance, this will give us a measure of preparedness. We’ll be glad we took this step in the long run.”

NECA’s Development Committee enthusiastically endorsed the proposal, pointing out that as baby boomers age the demand for granny-flats will soar. “We picture a return to the three-generation household,” said a spokesperson who preferred to remain nameless, “with Granny parked cosily above the car at the back lane.”

Rideau Falls Nature Habitat?

By NTNEN Nonscience Writer

New Edinburgh residents who have been worried by reports of toxic mould in the former Canada and the World Pavilion will be pleased to hear that the department of Public Good Works (PGW) has finally found the cause of the problem. Water has been leaking into the power plant under the Pavilion through holes chewed in the concrete walls by giant rodents. These amazing animals, which look like a cross between a beaver and a bulldog, have been identified as a new species unknown to science. Excited zoologists are speculating that the animals may have been living in caverns deep under the Rideau Falls for thousands of years undetected. The new species is to be named *Rattus Moreteeth* in honour of

former Minister of PGW Fickle Moreteeth.

Animal activists have already begun clamouring for protection for the animal and are calling for a conversion of the Pavilion into a research centre and protected habitat for the *Rattus Moreteeth*. However, engineers have expressed concerns about their ability to construct secure housing for the animals. “These suckers seem to be able to chew through just about anything,” commented PGW engineer Weebil Ditwright at a recent press conference.

Negotiations are currently underway with the Science Research Council with a view to fast-tracking a project for development of a new *Moreteeth*-resistant concrete.

Burgh Business Blather

By Marnie McInuendo

Paula’s Petting Zoo

We are delighted to welcome one of Botchwood’s newest commercial establishments, Paula’s Petting Zoo, which has become an immensely popular neighbourhood fixture since setting up shop in the former Globb parking lot several weeks ago. Zookeeper/owner **Paula Potluck** has worked with animals for much of her life (“most of them on four legs” she notes), and when Globb elected to sell off its parking area as a part of its Go Green campaign to encourage shoppers to walk or bike for their groceries, she jumped at chance to introduce her brood to our fortunate community.

Needless to say, the zoo is already enormously popular with school groups who have been coming in droves to visit the monkeys, llamas, camels, bunnies, donkeys, ponies and even Horace the hyena who has his own charm, if you like that

sort of thing. Paula reports that things have been going smoothly since her arrival, apart from one unfortunate incident involving a llama. On a sad note, however, Paula regrettably announced that Orville the Orangutan expired last week after choking on a massive wad of chewing gum, the collective offering of an enthusiastic but clearly ill-supervised Grade 3 class.

Globb Goes Green

Kudos to our local supermarket Globb for its tireless efforts to ride the Green wave, adopting the catchy slogan “Think Globbally, Act Locally”. Not only has Globb given us all a push in our individual efforts to slim down our carbon footprints by wiping out its entire parking area, shoppers will have noted a wide variety of “green-ovations” in the store, ranging from an all out ban on plastic bags to dramatic cuts in its use of energy for heating, cooling and

lighting. While this has admittedly meant that shoppers have tended to either freeze or swelter in their rounds depending on the season, the upside of this minor inconvenience has been a radical reduction in impulse buying and the virtual elimination of loitering in the aisles. And evening shoppers appear to have adapted beautifully to the lack of interior lighting, simply bringing along their flashlights and head lamps in handy hemp grocery bags slung over their bicycle handlebars.

Word has it that Globb has taken to heart the environmentalists’ credo of “Buying Locally” and has already contracted with Burgh residents to purchase the yield of their backyard vegetable gardens. So far they have had less success lining up local sources of eggs and dairy products, so Paula Potluck may want to consider adding a cow and a chicken or two to her petting zoo: how local can you get?

Todd’s Tattoo Parlour

A warm welcome to **Todd**

Pierce and his exciting new Burgh business, Todd’s Tattoo Parlour which recently opened its doors on Botchwood. Todd dabbled in a variety of cutting edge occupations, including balloon figure-making and hot tub repair, before opting for his chosen profession as a tattoo artist and body piercing technician.

When considering where to hang out his shingle, Todd set his sights on the Burgh, correctly surmising that so far at least, competition in the tattoo business would be limited. “I saw the need and said to myself, I said: ‘Go for it man, it’s time to give back to the community,’” comments the civic-minded Todd, adding that he “figured we had enough stores selling food and lawnmowers and stuff,” and could really afford to liven the place up with some tattoo artistry right in our own ‘hood.

Todd admits that business has been a little slow picking up since his Grand Opening. He is, however, optimistic about the prospects for the future, and plans to start the ball rolling with

a Giant Mother’s Day Special: 30% off all MOM tattoos, with special rates for families of 4 or more, and a free eye-brow or belly button piercing thrown in.

Kareen’s Karaoke Bar

Another refreshing new addition to the Botchwood business landscape is Kareen’s Karaoke Bar, conveniently located right next door to Todd’s Tattoo Parlour so Todd’s clients can sing (and drink) through their pain. Owner/operator **Kareen Kapulski** is a veteran of the karaoke bar trade, having operated no fewer than 30 such establishments in towns and cities across the province. “I like to keep ahead of the cops,” she explains when asked about her peripatetic business career.

Kareen’s bar received a ringing endorsement from **Bill Bilton**, an 85 year old resident of nearby retirement residence Botchwood Breezes and now a regular patron of the Karaoke Bar. “Rock on,” remarked Bill to the News as he sauntered, well tottered, into the bar with a jaunty flick of his cane.