

NEW EDINBURGH NEWS

June 2008

www.newedinburgh.ca



The New Edinburgh ANNUAL PICNIC



Stanley Park (Fieldhouse)
Sunday June 8th
11:00-2:00pm

Activities, games and **FUN!**
Everyone welcome!
*Pack a lunch, leave the dog and
bring the family.*

www.newedinburgh.ca

New Edinburgh Community Alliance ANNUAL GENERAL MEETING

Wednesday, June 11, 7 pm
Stanley Park Fieldhouse

Come and hear about what's happening
in the Burgh: development issues, traffic,
parks, property.

Refreshments will be served!

All New Ed residents welcome.

Become a NECA member.



Photo: Garth Gullekson, Darlington Mediaworks

Runners in the ING Marathon were welcomed by a colourful crowd at the Stanley Park cheering station, organized by the Crichton Community Council.

City Council Ignores NE Views

By Paul McConnell and
Inge Vander Horst
*Co-Chairs, NE Heritage and
Development Committee*

Council met in April and, against the wishes of the New Edinburgh community, approved Larco Homes' request to demolish the bungalow at 132 Stanley Avenue in the NE Heritage Conservation District and fill the lot with six 3-storey townhouses.

In February, following interventions by the community, Council's own technical advisory committee (LACAC) recom-

mended against the demolition and new construction because it was too massive, too dense, and eliminated all the green space on the property. LACAC presented this view to the Council's Planning and Environment Committee (PEC) in March, together with impressive presentations from NECA, neighbours, Councillor Legendre and others objecting to the proposed redevelopment.

However, PEC chose to ignore completely the arguments against the proposed project and the

possible alternatives that would have been more in keeping with the Heritage Conservation District guidelines. Instead, PEC chose to follow the pro-intensification mantra of city staffers and - against the wishes of the people and their own advisory group - voted to recommend that full Council approve everything the developer requested.

The project came before Council on April 9. Councillor Legendre spoke forcefully

Continued on Page 46

Beechwood Village: Trouble in Paradise?

By Jane Heintzman

Much as we appreciate the loyalty and resourcefulness of our local business community, as well as the amenities it affords us within a reasonable walking distance, it seems to even a casual observer that all is not entirely well in the shopping area along Beechwood Avenue. Business closures continue to take place with increasing regularity, and most recently readers will have noted the departure of the **New Edinburgh Newsstand**, an institution on Beechwood for almost two decades. Owner **Richard Primeau** reported that he was squeezed out by a combination of unmanageably high rents and a radical decline in cigarette sales brought about by the boom in contraband cigarettes.

Early this year, rising rents and other cost pressures very nearly cost us our flagship community bakery, **Bread and Roses**, (rescued at the 11th hour by "white knight" **Chris Green** who is

profiled in this issue). Several other area businesses are also reported to be struggling with a combination of rising costs, high rents and variable shopping traffic.

Store fronts remain dark and empty in the former homes of **Upward Dog Yoga** (which departed many months ago), **Jazz'oo Café**, **Berry's Pet Food**, and **Prêt-à-Reporter** consignment shop. As indicated in a recent report from NECA's Heritage and Development Committee, the derelict buildings at **84-86 Beechwood** continue to be an ugly scar on the streetscape, making it doubly difficult for businesses on that block to create a welcoming streetfront. However, kudos to immediate neighbour **Victoria's Salon and Spa** which has done much to beautify its exterior with a handsome awning and a display of colourful flowers. While the owner of the buildings reportedly approached the City

some time ago with a tentative plan to demolish the existing structures and develop a mixed commercial/residential facility on the site, City staff indicated that this proposal has not been pursued by the owner and the houses remain in shabby limbo.

Fewer and fewer of the businesses in the area are retail merchants, as medical and professional offices move in to occupy the available commercial spaces. While these are welcome amenities, they are "destination businesses" as opposed to the majority of the small retailers whose role is to supply our daily needs, and who rely on walk-in traffic to remain viable. The latter depend on proximity to other retail outlets—which collectively help to attract shoppers to the area—for their business.

Several years ago, the Rideau-Rockcliffe Ward Council commissioned a study of the area

Continued on Page 44

Special Pull-Out Section

Heritage Walking Trail of Historic New Edinburgh



NECA President David Sacks Reports

As New Edinburgh motors, too quickly, it seems, toward summer, we at NECA look back on months that have been largely productive, sometimes frustrating, never dull. The fight to stop the proposed construction of six townhouses at 132 Stanley Avenue has not gone our way to this point. NECA and many burgh residents consider the design plan wholly inappropriate to the local streetscape in terms of height and mass, and see it as a terrible legal precedent. Yet despite strenuous effort by concerned neighbours **Joan Mason, Tony Roth, Julia Wayand, and Peter Boehm**, and by NECA Heritage & Development Committee co-chairs **Paul McConnell** and **Inge Vander Horst**, and by me, the proposal to construct was approved by City Council's Planning and Environment Committee in March and by Council itself in April. The Council vote was 14 to 6; only a handful of mainly urbanward Councillors sided with the "against" argument of our Councillor, **Jacques Legendre**. Next the plan goes to the City's Committee of Adjustment, insofar as certain aspects would require zoning variances.

In the weeks since that disappointing Council vote, observers have explained it as just one example of a larger pattern whereby City staff and

Council are apparently pursuing the "intensification" doctrine (that is, favouring of high-density development) to the exclusion of other existing guidelines for infill and for heritage preservation. Similar tales have come out of Centretown, for instance. NECA is investigating whether the City's systematically one-sided approach might give grounds for some kind of formal complaint, perhaps in concert with other Ottawa community groups. However, such an action would be long-term and not a solution for 132 Stanley. Meanwhile NECA will continue to help support local residents who are in opposition, as the Stanley Avenue battle moves through Committee of Adjustment and probably to the Ontario Municipal Board.

Letters of merit

Warmer weather brings kids playing in the streets, older people out for walks—and a renewed awareness of traffic hazards to pedestrians. Many burgh residents remain worried about cars that speed through our streets, particularly en route to the Macdonald-Cartier Bridge at evening rush hour. To address this concern, chair **Julie Sunday** of NECA's Traffic Calming Committee recently sent a letter to the City's office of Traffic & Parking Operations, suggesting four simple traffic-calming mea-

sures for the City to introduce in New Edinburgh. Composed by Julie and committee, this letter in draft form was printed in the February *New Edinburgh News* and has been posted on the New Ed website. Mailing of the letter was reasonably delayed while NECA canvassed residents along a segment of Stanley Avenue to gauge their support for one of the letter's suggestions: a speed hump to be created in the street. Any response from the City to our letter will be announced in a future installment of this column.

Another NECA letter, on the future use of the vacant former Canada and the World Pavilion at 50 Sussex Drive, was sent recently to the Office of the Prime Minister. NECA's sending of the letter followed a May 7 *Ottawa Citizen* article reporting that stewardship of the vacant, physically troubled building had passed (in a surprise move) from the National Capital Commission to the PM's office. Our letter urged the PM to consider as possible tenants only organizations that can ensure continued open public access to the historic Rideau Falls Lookout, and asked if the PM could provide us with an assurance on that count. Past issues of this newspaper have reported on the community's fears that a future tenant might choose to block public access to the Lookout; the recent *Ottawa Citizen* piece fanned the flames by naming the Australian High Commission as a reported possible tenant. NECA and other observers believe that any embassy-type tenant would surely be disastrous for public access to the site, due to diplomatic-security concerns.

River cleanup...and a

blessed event due

The May 11 Rideau River cleanup was a distinct success, as some 70 volunteers mustered at three separate Rideau locales—in New Edinburgh, Vanier, and South Ottawa—to pick up garbage and help beautify the riverbank. The event was funded by a City grant and organized by Urban Rideau Conservationists' **Martin Canning** and NECA board member **Gemma Kerr**. The New Edinburgh team leader was NECA Webmaster **Andrew Kerr**, who oversaw collection of a large pile of garbage and recyclables. Also, on the weekend prior, May 3, NECA board member **Madelién Lang** led a small but eager volunteer group in cleaning and weeding the park. (See the full reports on pages 5 and 10 of this issue.)

In other news, NECA will soon say goodbye and thank you to **Julie Sunday** as chair of our Traffic Calming Committee, a post she has held quite ably since January 2007. Although Julie will remain on the NECA board, she will step down as traffic chair as of the date of our annual general meeting (see below), while she and husband

Michael await the birth of their third child, due in September. Our sincere best wishes to Julie and family at this exciting time for them.

Annual general meeting

NECA's annual general meeting (AGM) will be held on Wednesday, June 11, at 7 pm in the Stanley Park Fieldhouse. Each and every New Ed resident is invited to attend: We will hear brief reports on issues of concern in the burgh, elect some new officers, and enjoy refreshments. Here's a chance for you to find out more about our community and the difference that residents' involvement can make—also a chance to become a NECA member. The AGM is open to anyone, but in order to vote there you would need to be enrolled as a member. You can easily join right at the AGM, or in advance with the membership form that's nested in this issue of the paper. Membership in NECA is absolutely free and without obligation.

We urge everyone to come to our AGM. I hope to see you there. Regardless, best wishes for a pleasant summer!

Editor's Notes

As I have mentioned in previous columns, the *NEN* is truly a team effort and I thank everyone for their stalwart support.

Newcomer to the *NEN* team, **Alicia Visconti** did a great job collecting and preparing the Breezy Bits. Photographers **Peter Glasgow** and **Louise Imbeault** have used their skills to bring visual impact to the articles provided by our regular contributors. **Jane Heintzman**, as the Senior Writer at the *NEN* has been a wonderful source for breaking news and in-depth analyses of community issues.

I also depend on proofreading assistance from **Sandra Fraser**—who becomes an honorary member of the Burgh for each issue.

I can't name them all here, but well-deserved kudos go to

all of the **delivery volunteers** who bring the paper to your door each issue.

On the operational side, our Ad Manager, **Brian Holland** has done a wonderful job managing the very-important relationship with our advertisers. Sadly, we are losing the accounting talents of **John Jarecsni**, whose dedicated and successful efforts over the past year to move the *NEN* into the electronic age have been an outstanding contribution.

Bookkeeper Needed

We are looking for a person with bookkeeping experience (preferably with online systems) to do invoicing and accounting for the *NEN*. If you are interested, please give me a call at 613-745-8734 or by email at newednews@hotmail.com.

Your NECA Representatives 2007-2008

Andrew Kerr, 749-5260
Gemma Kerr, 745-7928
Madelién 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
cjmccconkey@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 MEETINGS: All Welcome

NECA meets nine or ten times a year, normally on the **third Monday of each month** at **7:30 pm** in the **Stanley Park Fieldhouse**, 193 Stanley Avenue. In June we hold our annual general meeting (AGM). This June, we will also hold a regular board 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 meeting—and we urge residents to attend the AGM. We want to hear from you! Our next meetings are:

AGM: Wednesday, June 11, at 7 pm in the Fieldhouse

Board meeting: Monday, June 16, 7:30 pm

Board meeting: Monday, September 22, 7:30 pm



New development on Mackay Street.

Photo: Louise Imbeault

Letter to the Editor

Mackay Street Contraption

Dear editor,

I have four children, all of them adults now, way past the age of spanking. If, at the age of sixty, I suddenly feel the strong urge to do what I seldom did 40 years ago, I have a pertinent reason for it: I get a slap in the face every time I walk past the ill-conceived contraption at the corner of Mackay Street and Vaughan Street. Not even Mr. Legendre's quotes from the Ottawa Zoning Bylaws in the last issue of the News which clearly specify that new constructions must respect and reinforce the character of the streetscape can soothe me, since I have learned in the meantime that at the time the building permit was granted, the City had no legal right of intervention to enforce these recommendations. But even though there now seems to be provincial legislation, I would like to warn my neighbours that legislation alone cannot prevent the ignorance of bylaws. We must keep an eye open for what is happening around us. Just as a diagnosable cancer in a human body is the end-result of the incremental conversion of healthy tissue to diseased tissue, each act of architectural vandalism reinforces

the cancerization of urban tissue and devalues our quality of life. What to do in the face of the fait accompli?

My proposal to

1. send a letter to the owners/builder/inhabitants expressing our disapproval of this roughshod style of appropriating public visual space,
2. undertake to find an amiable solution at least to the most aggravating features such as the jutting fire wall (painting?)
3. send a delegation to City Hall with a motion, hopefully seconded by Mr. Legendre, that decision makers must have a) certified knowledge of the bylaws and b) some basic training in urbanism and physical knowledge of the site and existing streetscape for which they issue a building permit.

Since the sole act of opposing is not constructive, I would like to use this unfortunate event for a proactive initiative: to have a NE Best Frontage Contest (and Award). I hope that this suggestion will contribute its share to strengthening our esthetic immune system and preventing further architectural vandalism in our community.

Michael Larrass, PhD

A Bridge to Quebec

By NEN Staff

For many years, residents living on King Edward and in the ByWard Market and Lowertown areas have complained about the traffic heading to and from the Macdonald-Cartier Bridge, particularly the volume of truck traffic. While there have been many plans put forward to address this issue over the years, the current proposal for adding new "crossings" seems to have gained considerable traction.

"There is unanimity in the community that there is a need for an east-end bridge," said Ontario Municipal Affairs Minister Jim Watson at an interview. "There is not unanimity on where it should be in the east end." Although the consensus is that we need an east end bridge to remove truck traffic from the downtown core, there are those – including Ottawa MP Mauril Bélanger – who are advocating for a second new crossing, in the west to facilitate a ring road.

It is also clear that the process of deciding on the appropriate location will not be painless. Many communities have voiced their opposition to particular crossing locations at the recent round of public consultations that took place in several locales on both sides of the Ottawa River.

One of the most critical elements of the selection process – as City Councillor Jacques Legendre pointed out in his regular column in April's *NEN* – is the weighting scheme that will be applied to the evaluation criteria to be used to determine the "best" location. Some of these criteria include: anticipated traffic volumes; effect on established neighbourhoods and natural habitats; and cost. Due to the critical nature of these weightings and a concern about the transparency in what will inevitably be a contentious selection process, planners have added an additional round of public consultations where these weightings will be presented. The first session will take place in Gatineau on June 11 and the second in Ottawa on June 17.

Impact on the Burgh

So, what are the potential impacts of an east end bridge on New Edinburgh residents? In a word, TRAFFIC. Regardless of which east end location is chosen, the overall effect will be an increase in the volume of traffic through our neighbourhood streets. The corridors that will be affected most – Hemlock/Beechwood, Vanier Parkway, and Sussex – are already failing

during peak times. Add to this the future development of the Rockcliffe air base and the major infill project currently underway on Landry Avenue in Vanier, and it doesn't look pretty. While improving commuter transit to and from Orleans and points east could eventually reduce some of the traffic congestion, that relief is a long way off.

Our neighbours in Manor Park are understandably concerned about the particular prospect of a new crossing at the Kettle Island location, an option which has gained currency among many local politicians.

The NECA Position

The New Edinburgh Community Alliance has recently produced a position statement on the question of the interprovincial crossing(s). NECA has purposely not come out against or in favour of any particular crossing, but rather aims to ensure that the selection process itself be based on what NECA believes are the most critical factors to consider. These include the following:

- The primary function of any

new interprovincial crossing should be to remove truck traffic from the downtown core.

- Compatibility with public transit systems (existing and planned), not attractiveness to automobile users should be a top priority.
- The crossing location should be one that requires the least disruption to existing communities (including traffic implications on neighbourhood streets, noise impact to hospitals, etc); minimizes effects to the natural environment; facilitates and promotes other means of transportation besides automobiles; and could link to a yet-to-be-determined larger transit scenario.
- Overall life cycle costs of the proposed corridors, not simply the short-term costs of construction, should be considered. These include long-term wear-and-tear on the adjacent arterials and roads, and impact on communities and the environment.

Residents can provide input by accessing the project website at www.ncrcrossings.com or by attending the next round of public consultations. For more information on the selection process, visit www.rideau-rockcliffe.ca.

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.

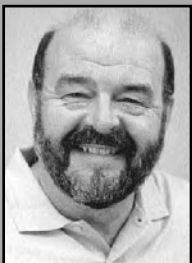
PTI Physical Therapy Institute
SPORTS MEDICINE & FITNESS
*optimum*health

- 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



Ottawa City Councillor Jacques Legendre Reports

More on a Transparent Assessment of Interprovincial Crossings

In the April *NEN* I spoke about the need for a public discussion as to exactly "how" the recommended corridors (one in the east, one in the west) would be selected. There was a question as to the manner of assigning weights to the various selection criteria. I am pleased to say that it seems that my efforts to have a public discussion have been successful. There will be an additional consultation (one in **Gatineau on June 11**, another in **Ottawa on June 17**) on this very topic. I urge all who are interested in the choice of the location for the next interprovincial crossing to participate. That is the good news. The bad news is that it seems that the approach or system being proposed is the same.

You may recall that in April

I also discussed my discomfort with the use of weighting factors when these are applied to criteria which are inherently descriptive in nature (e.g. impact on communities, or the environment). These criteria are not adequately dealt with by estimating the number of residential units or even the number of fish or salamanders affected. Since these criteria cannot be rendered 'objective' except by subterfuge, it would be my preference that no weighting system be used. Let the professionals hired for this study measure that which is 'measurable' - capital costs or time (distance, fuel) saved for instance. Let them describe, as best they can, those things for which no accepted measurement exists. Finally, let them then make a choice of the best corridor based on the impacts, measured or assessed, using their best professional judgement (for

which, after all, they are handsomely paid!). This is all that can really happen in any case.

The National Capital Region most certainly needs other corridors crossing the Ottawa River. The exercise should not be clouded by misguided attempts to render objective aspects of the assessment which are fundamentally subjective.

City launches Development Application information online

The City of Ottawa has launched a new feature on its website that will provide information on development applications in an online format. The Development Application Search will provide the community with convenient access to identify, investigate and make comments on applications within the development process.

The established process of acquiring information on the status of development applications was time consuming and requests could only be answered during regular business hours. Through this new self-serve search, information can be viewed at the convenience of the resident.

On-site signs alert residents to a new development application.

These signs include information on the type of application, a brief description of the project, the municipal address and contact information. The search tool has been designed to provide residents with several options to locate the desired application. Users can search by a number of criteria including street, ward, application type and number. A ward search function is also included to help define areas.

Development applications subject to public consultation (submitted following February 1, 2008) are included in this search tool:

- Official Plan Amendments
- Zoning By-law Amendments
- Plans of Subdivision
- Site Plans
- Cash-in-lieu of Parking Applications
- Lifting of Holding Provisions
- Demolition Controls

All studies required in support of an application are included. A plan illustrating the proposal will be included whenever possible. Applications and supporting materials remain on the website following the granting of a decision for a period of 30 days.

The first step in a community planning process is providing this information in a convenient format. Step two is community input. Through this feature, residents may submit their comments online or directly call or email the assigned planner.

Interested residents are encouraged to visit www.ottawa.ca/devapps to find information on development, add their comments or just learn more about the planning process.

La Ville lance un service de renseignements en ligne sur les demandes d'aménagement

Le site Web de la Ville d'Ottawa propose un nouveau service en ligne permettant d'obtenir de l'information sur les demandes d'aménagement. La fonction de recherche de demandes d'aménagement offre un accès direct à la communauté, qui pourra ainsi prendre connaissance des demandes d'aménagement, les examiner et formuler des commentaires à leur sujet tout au long du processus d'aménagement.

La procédure établie pour obtenir de l'information sur l'état des demandes d'aménagement demandait beaucoup de temps et les demandes de renseignements ne pouvaient être traitées que durant les heures normales de bureau. Grâce à cette nouvelle fonction de recherche 'libre-service', les résidents pourront consulter l'information pertinente au moment qui leur convient.

Des indications affichées sur le site préviennent les résidents

lorsqu'une nouvelle demande d'aménagement a été déposée. Ces indications comprennent des renseignements sur le type de demande, une brève description du projet, l'adresse municipale et les coordonnées de la personne-ressource. L'outil de recherche a été conçu de façon à offrir plusieurs possibilités aux résidents pour retrouver la demande qui les intéresse. Les utilisateurs peuvent effectuer leur recherche en fonction d'un certain nombre de critères comprenant la rue, le quartier, le type et le numéro de demande. Une fonction de recherche par quartier permettra également de cerner plus précisément les secteurs d'aménagement.

Les résultats affichés par l'outil de recherche comprendront les demandes d'aménagement ouvertes à une consultation publique (présentées depuis le 1^{er} février 2008) :

- Modifications du plan directeur
- Modifications du règlement de zonage
- Plans de lotissement
- Plans d'implantation
- Règlements financier des exigences de stationnement
- Ouvertures d'une zone d'aménagement différé
- Réglementations des démolitions

Toutes les études nécessaires justifiant une demande d'aménagement seront également affichées, de même qu'un plan illustrant la proposition, dans la mesure du possible. Les demandes et les documents d'appui seront conservés sur le site Web pendant une période de 30 jours suivant l'avis de décision.

Fournir de l'information dans un format facilement accessible est la première étape d'un processus de planification communautaire. La seconde étape est d'obtenir l'avis de la communauté. Grâce à ce nouvel outil, les résidents pourront formuler leurs commentaires en ligne ou communiquer directement avec l'urbaniste désigné par téléphone ou par courriel.

Les résidents d'Ottawa sont invités à visiter la page www.ottawa.ca/demdam pour obtenir de l'information sur les projets d'aménagement, formuler des commentaires ou simplement pour en apprendre davantage sur le processus de planification.

Jacques Legendre
Councillor, Rideau-Rockcliffe

City of Ottawa
110 Laurier Avenue West
Ottawa ON K1P 1J1

Tel: 580-2483, Fax: 580-2523
Email: jacques.legendre@ottawa.ca
Web: www.rideau-rockcliffe.ca

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



Councillor at your Service Conseiller à votre service

RIDEAU-ROCKCLIFFE
Ward/Quartier 13

City of / Ville d'
Ottawa

110, av. Laurier Ave West/Ouest
Ottawa, ON K1P 1J1

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

jacques.legendre@ottawa.ca
www.rideau-rockcliffe.com

General Inquiries / Renseignements généraux : 311

Legendre



Photo courtesy of Peter Gusen

From left to right: Angus McLaurin, Bruce McLaurin, Oksana Smerechuk, David Horley, Peter Gusen, Madelien Lang, John Lang, Caelin McLaurin, Cécile Latour, Joan Andrews, Paul McConnell. Not shown: Gemma Kerr, Jim Watson and Roman Waschuk (photographer).

Friends of New Edinburgh Park

By Madelein Lang

New Edinburgh Park was cleaned on May 3 and it looks so much better! Thank you very much Cécile Latour and David Horley for coordinating this event. Thank you also those who came out to help that day. It is very much appreciated. Fourteen volunteers collected 16 bags of garbage and 3 bags of garden waste.

I spotted newly planted trees on the City side of the park late last Fall. At the time of writing, I'm not aware of the City's plan for this year. The NCC is planning to do some planting this year, both in Spring and Fall.

The large maple with extensive damage from a woodpecker has been reported to the NCC and perhaps can be saved. However, damage by a woodpecker is

usually an indication of a tree already in distress.

At the moment there are no new plans for the park other than improving what we already have. There is plenty to do, so please consider joining us for the Fall clean-up.

Hope to see you then, but in the meantime, have a wonderful summer!

Stanley Avenue Defence Fund

By Joan Mason

A group of concerned New Edinburgh residents has created a Stanley Avenue Defence Fund, to help resist inappropriate development in our Heritage Conservation District. This emergency measure is in response to the recent setback delivered at City Council to those of us who oppose the proposed construction of six townhouse units at the site of 132 Stanley Avenue. The construction plan offends the streetscape and flatly contradicts a number of City Heritage and Infill guidelines, according to the opinion of many concerned residents, of the Local Architectural Conservation Advisory Committee (LACAC), and of the New Edinburgh Community Alliance (NECA).

The Fund is in a Bank of Montreal escrow account in the name of "The Stanley Avenue Defence Fund" and is administered by Eileen Olexiuk of River Lane and Maggie McGovern of Queen Victoria Street. Other residents behind the project include Joan Mason and Tony Roth of Queen Victoria St. and Julia Wayand and Peter Boehm of Stanley Ave.

The Fund's immediate use will be to help meet expenses incurred by residents who are contesting

the 132 Stanley Ave. development. A group of residents, supported by NECA, plans to take the fight to the Committee of Adjustment and eventually to the Ontario Municipal Board, to try to defeat the project. For guidance in this, the group has engaged lawyer **Barbara Sinclair** of Lang Michener and planner **Tony Sroka** of The Haven Group. The Fund has been created to help to pay professional fees of the lawyer and planner.

The future use of the Fund would be as a permanent New Edinburgh community war chest, to help finance, at a moment's notice, local resistance to any future development proposals that residents' groups deem inappropriate.

Community resistance to the

132 Stanley project has the full endorsement of NECA, which has been working tirelessly with advice and formal presentations on this issue.

To date, the effort against the 132 Stanley project has been sustained by burgh residents, who have signed two petitions and attended meetings and public hearings to express concern. But now professional guidance is required—and professionals require payment.

The group is asking residents to please consider contributing to the Fund. If you would like to help, please make a cheque payable to "Stanley Avenue Defence Fund" and mail to Stanley Avenue Defence Fund, Suite 108, 27 Beechwood Ave, Ottawa, K1M 1M2.

Sewer Work in the Burgh

Public Works is planning a number of upgrades to sewer systems in the New Edinburgh and Byward Market areas. Part of this work includes the replacement of sewer and water infrastructure on several streets in New Edinburgh and the installation of a communication pole within the existing biofilter site in Stanley Park. To support this project, Public Works has requested the temporary use of a site in Stanley Park adjacent to the biofilter to locate a project management trailer for the duration of the project. Access to the trailer will be via the recreational pathway. It is estimated that the number of passages by vehicles on the pathway per day

will be approximately 10. The project is scheduled to begin in late July 2008 and be completed in the summer of 2009. The site has been chosen to minimize impact on the natural features of the park and, other than the use of the pathway, the existence of the trailer will not affect other park activities. The site will be fenced in and will be completely reinstated once the project is complete. If you have any questions or concerns about the proposed location of the trailer please let me know.

Kevin Jones MCIP RPP
Planner, Parks and Recreation
City of Ottawa
(613) 580-2424 ext 24339
Fax: (613) 580-9612

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)

Book now for Father's Day!

(613) 749-4877

**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*
<small>TECH-NET Professional AUTO SERVICE</small>	<small>TECH-NET Professional AUTO SERVICE</small>	<small>TECH-NET Professional AUTO SERVICE</small>

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

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

activa physiotherapy clinic

200 Rideau Terrace, Suite 202
Tel. 744-4188

Orthopedic & sport injury	Massage therapy RMT
Neck and back pain	Sports massage
Motor vehicle accidents	Myofascial release
Acupuncture	Craniocervical therapy
Manual therapy	Lymphatic drainage
Personal training	Pregnancy massage
Aquafitness	Naturopath
Exercise classes	Osteopathy

Local Man Sets New Record for Pond Opening

Witnesses say crazed local man was undeterred by massive ice floating in water

A local Rockcliffe resident is claiming he made history as the earliest person to enter the McKay Lake swimming hole. Backed up by photos and a digital video, **Kyle Vis**, 26, submits that this is the earliest anyone has 'opened' the famed Rockcliffe swimming hole. Photographs show him in the water while holding a Canadian flag and a newspaper, likely to offer proof of date.

On the video he submitted, Vis can clearly be heard making his verbal declaration: "... April 18, 2008 at approximately 11:49 am, I am staking claim to this pond as being the first guy to go in [the pond] this summer. It's going to be an annual event and I plan on keeping this title for as long as I am a resident of the area." He then entered the water, completely submerged himself, and swam around for two minutes. Pond temperatures were estimated to be just above freezing as massive amounts of ice covered nearly 75% of the water's surface.

When reached for comment, Vis graciously thanked his supporters by explaining that, "it took some significant planning and strategy as to when it was the right time to make the attempt. I have to thank my operations manager, **Barrett Bingley**, and my Rockcliffe advisor/life coach, **Paul Benoit**. This would not have been possible without their dedication and hard work."

He went on to explain that for a variety of reasons, this had been a difficult process. Knowing full well that his claim could be disqualified, he made sure to enter the pond during the legally acceptable hours of 7:00 am and 2:00 pm. His photo

evidence supports this claim. As well, "this was not the first time this season that I have tried to enter the pond. In fact, I tried,

proper, he simply shrugged them off: "That's nonsense! Being a resident of Rockcliffe isn't about your postal code ... it's a state



Kyle Vis of Springfield Avenue, breaks record in ice-breaking debut of the 2008 swimming season at the pond near MacKay Lake in Rockcliffe Park.

unsuccessfully, to enter the pond several weeks ago. [Barrett and I] tried using a hammer, pickaxe, and shovel to break through the ice but nothing seemed to work. I was certainly discouraged, but I was determined to break the record." He claims to have footage of this attempt as well.

"Not many people think about doing things like this. It takes a special kind of crazy to want to swim with tons of ice and runoff in a pond. I certainly wasn't worried about the water temperature," stated Vis.

When questioned about his residence and accusations that he actually does not live within the boundaries of Rockcliffe

of being, a joie de vivre! Anyone who would dismiss me as an outsider is simply casting stones."

Unapologetically, he explained that this "is a standard of excellence I have set for anyone else wishing to step up to the plate. I challenge anyone to attempt to break my record next year. Unfortunately, they will have to wait at least 254 days until New Year's. This year belongs to me and my team."

When asked how he would celebrate, he said he would enjoy some time with his friends and family, begin training for next year's opening, and "play a ton of Guitar Hero." A hero indeed.

Rockcliffe Bistro
Restaurant - Catering

*Fine Dining
Relaxed
Atmosphere*

745-3319

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 June 30, 2008.

www.rockcliffebistro.com

MasterCard VISA



MAURIL BÉLANGER
MP / DÉPUTÉ
OTTAWA-VANIER

House of Commons / Chambre des communes
649-D, Centre Block / 649-D, Édifice du centre
Ottawa (Ontario) K1A 0A6
(613) 992-4766 Téléc./Fax: (613) 992-6448

Riding Office / Bureau de circonscription
504-168, rue Charlotte Street
Ottawa (Ontario) K1N 8K5
(613) 947-7961 Téléc./Fax: (613) 947-7963

belanm@parl.gc.ca

www.mauril.ca





From the Desk of...

Mauril Bélanger

Member of Parliament for
Ottawa-Vanier



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

My legislative responsibilities are not limited to interventions in the House of Commons and committees. As MP's we are also given opportunity to participate in parliamentary groups, such as the Canada-Africa Parliamentary Association (CAPA), of which I am Co-Chair, along with Senator Raynell Andreychuk. What follows are excerpts of an address to the 9th Ordinary Session of the Pan-African Parliament in Midrand, South Africa, on May 5th, 2008.

Mesdames et messieurs,
En ma qualité de coprésident de l'Association parlementaire Canada-Afrique, je suis vraiment honoré de prendre la parole à la Neuvième Session ordinaire du Parlement panafricain....

L'Association parlementaire Canada-Afrique est formée de sénateurs et de députés de la Chambre des communes de tous les partis politiques et encourage les échanges entre parlementaires africains et canadiens. Elle cherche plus particulièrement à favoriser la démocratie et le bon gouvernement en Afrique et à mieux faire comprendre aux parlementaires canadiens l'ampleur des défis auxquels le continent africain est confronté.

Voilà pourquoi l'Association a effectué un certain nombre de voyages bilatéraux dans des pays africains en plus de se rendre à des sessions du Parlement panafricain. En Tanzanie, en septembre dernier, nous avons rencontré la présidente Mongella pour parler du Parlement pana-

fricain. L'Association organise également des rencontres de délégations de parlementaires africains en visite au Canada.

Bien que notre calendrier législatif et la distance qui nous sépare empêchent les parlementaires canadiens d'assister à toutes les sessions du Parlement panafricain, nous en suivons les travaux avec beaucoup d'intérêt.

Role of the Pan-African Parliament

We pay particular attention to your work in bringing about stability. The Pan-African Parliament has played an important role in this regard by sending election observer missions to Kenya and Zimbabwe. Canadian parliamentarians paid close attention to the events following those elections, and are grateful that the Pan-African

Many Canadians are overwhelmed by the diversity of Africa and the many challenges it faces. Well, I believe that learning about Africa and its resourceful and vibrant people can help dispel the images many people have.

Parliament tried to calm the situation in those two countries. For without stability and peace, democracy will not endure. And if we as Parliamentarians don't worry about democracy and human rights, then who will?

During this session, you will be considering the reports of these two Election Observer Missions. You will also be debating the situation in a number of troubled areas, including Darfur, the Great Lakes Region, Côte d'Ivoire, Chad, Somalia, and the Saharawi Arab Democratic Republic – Western Sahara. Canadian parliamentarians hope that, by discussing issues such as these, you will contribute to

peace in Africa.

The food crisis is another issue that concerns us all. No country is immune from the impact of rising food prices, but the impact on Africa is particularly worrisome. Canadian legislators of all parties, including the governing party, lobbied the Canadian government on this matter. As a result, an additional 50 millions dollars was added to this year's budget thus bringing the amount of food aid from 180 million to 230 million. This is a 28% increase which is slightly more than the Food and Agriculture Organization of the United Nations had called for. Furthermore all of this aid is untied which means money will be used more effectively to buy product at the best prices where it is most needed.

Towards an African Common Market

One of the reasons for my visit here is to learn how the Pan-African Parliament is progressing in establishing itself as the African Union's legislative body. You are still a young organisation, and I realize that there are many challenges ahead of you.

Canadians are interested in Africa. For a long time, we had contact with many African countries through the Commonwealth and the Francophonie. More recently, we became a strong supporter of the New Partnership for Africa's Development, or NEPAD, and its African Peer Review Mechanism. As you know, at the 2007 G8 Summit, Canadian Prime Minister Stephen Harper and the other G8 leaders recommitted to the G8-Africa partnership.

Also, in 2007, the High Level Panel of the African Development Bank was published. This panel was co-chaired by past President of Mozambique Mr.

Joachim Chissano and the Right Honourable Paul Martin, Past Prime Minister of Canada, in whose Cabinet I served.

Last week I informed Mr. Martin that I would be speaking here today and asked him: if he had one message for the PAP, what would it be? He immediately replied, talk to them about an "African Common Market" and the need for strong regional economies to make it happen.

I encourage all MPs of the PAP to read the High Level Panel Report and to work towards such a common market. In particular we commend the work of the East African Legislative Assembly which has undertaken the work to harmonize tariffs in their area of jurisdiction.

Finally the notion of a Solidarity Fund could be con-

sidered to help countries which would lose revenues by reducing or eliminating tariffs, much as the European Common Market did in setting itself up.

Many Canadians are overwhelmed by the diversity of Africa and the many challenges it faces. Well, I believe that learning about Africa and its resourceful and vibrant people can help dispel the images many people have. By observing your debates, by discussing with you, and by taking what I learn here back home to Canada, I intend to foster a better understanding of Africa, its hopes and its potential....

I wish you all a wonderful summer!

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

Your help is urgently needed!

Please Make a Donation for China Earthquake Victims

Through the **Canadian Red Cross**



Online: <https://www.paypaq.com/redcross/new/index.php>

Toll free number: 1-800-418-1111

Choose "China Earthquake" as the fund designation.

All donations are Tax Deductible



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



Nancy Benson
Sales Representative
613.747.4747



SPECIALIZING IN UNIQUE DWELLINGS



WWW.NANCYBENSON.COM

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



From Ottawa-Vanier MPP

Madeleine Meilleur

Celebrating Earth Day: Protecting Our Environment Together

As Ontarians, we all share the goal of preserving our environment.

Together, we've learned that protecting the environment is about more than saving pretty scenes for picturesque postcards. It's about our health and the health of our families. It's about protecting the water we drink and the air we breathe. It's about preserving green spaces to filter out pollutants and protect our sources of food. It's about our children here and now and their children in the future.

Since 2003, Ontario has become one of North America's leading jurisdictions in protecting its air, water, green space and wilderness. We all need to continue to move forward to help protect and preserve our environment.

In the 2008 Ontario Budget, our government unveiled several new investments designed to address environmental challenges and build sustainable communities.

Among these new initiatives is the commitment to introduce tough new toxic reduction legislation to reduce pollution, and inform and protect Ontarians from toxic chemicals in the air, water, land and consumer products.

We are investing more than \$10 million over four years to support our plan to ban the cosmetic use of pesticides and promote green alternatives that are better for the environment and the health of our families.

We are increasing the funding to the Ministry of the Environment, including more money for resources and staff to increase the capacity for inspection and enforcement.

And we're continuing to move forward on an aggressive climate change plan by investing in transit to help remove cars from the road, building a green economy by supporting green industries, and continuing to replace dirty coal generation with cleaner, greener energy including wind and solar power.

Of course, everyone has a role in protecting our environment. Beyond government action, there are steps we can all take to help protect our most valuable resource – and as an added ben-

efit, save us money. Something as simple as choosing efficient lighting and appliances can considerably cut down the amount of electricity we use and of pollution we produce.

To help out, the 2008 Ontario budget includes an extension of the Retail Sales Tax exemption on energy efficient appliances and light bulbs. An Energy Star-approved dishwasher uses 25 percent less energy than other newer models, and an Energy Star refrigerator will save enough energy a year to light your home for over three months.

Washing your clothes in cold or warm water saves energy too. A whopping 85-90 per cent of the energy used by washing machines is for heating the water.

Heating and cooling your home accounts for 60 percent of your energy costs. Try cooling your home to only 24 or 25 C instead of the low 20s – each degree below 26 C will noticeably increase your electricity use. You can also buy a programmable thermostat to set temperatures that match your schedule.

Nearly half of every garbage bag we throw out could be composted. Compost organic material as much as you can, and don't forget to reduce, reuse and recycle. Bring a reusable shopping bag when you go to the grocery store.

These are just a few simple tips. There is more that all of us, including government, can be doing. Protecting the environment and our planet has become the issue of our generation and our most important responsibility to future generations.

To find out more about climate change, what our government is doing to address this issue, and for more tips, visit www.gogreenontario.ca.



GOLDEN BRIDGE SILK & GIFTS GALLERY



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




New Edinburgh Spa

serving this community for 18 years

Make an appointment today and treat yourself to one of the many spa services available.

www.newedinburghspa.com

613.749.2116
131 Crichton Street



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

A Pesticide Ban At Last!

By Jane Heintzman

If you're hooked on the handy, albeit lethal, pesticide products that zap those pesky dandelions and nuke those greedy grubs, better prepare yourself to look for other options, or at least, relax your aspirations for the perfect lawn and garden. The Government of Ontario used the occasion of Earth Day on April 22nd to announce a long-awaited ban on the sale and use of pesticides for cosmetic purposes throughout the province, effective in the spring of 2009. The proposed legislation is reportedly the toughest anti-pesticide régime in North America, and when it comes into force next year, some 300 commonly used pesticide products will be removed from the market.

While Dalton McGuinty initially suggested that cities would be free to toughen the rules in the provincial scheme, this is not in fact the case. The province-wide ban will effectively replace the patchwork of restrictions on cosmetic pesticide use now in force in 32 Ontario municipalities, representing about half the population of the province. Sadly, Ottawa is not among them. Our Council has consistently failed to resist the siren call of large lawn care companies, as well as the protests of area residents who insist on their rights as property owners to apply these products to their lawns and gardens. Now that the province has stepped in to take decisive action, we have much to be grateful for.

While pesticide use is to be banned in the case of lawns, backyards, parks and public spaces throughout the province, there are to be four significant exceptions:

- Agriculture, where their use will be permitted by farmers who are licensed applicators;
- The forestry industry;
- Golf courses, with the caveat that clubs must submit a

plan to the Ministry of the Environment indicating how their use of pesticides will be reduced to a minimum, and

- Insect infestations such as mosquito-borne West Nile Virus which could pose a health risk to the public.

Although the proposed legislation, Bill 64, has in general been well received, critics have honed in on two potential weaknesses in the bill: first, the inclusion of a fifth vague exception category allowing "other prescribed uses" at the Minister's discretion (a loop hole if there ever was one!), and secondly, the fact that municipalities will not be permitted to introduce tougher rules within their own boundaries once the provincial régime kicks in. Hopefully, however, these kinks can be ironed out as the bill makes its way through the legislative review process.

In response to the Ontario ban, Home Depot, one of the largest retailers in the country, has announced that in the course of the summer, it will begin to pull such familiar pesticide products as Killex and Grub-B-Gone off the shelves and replace them with more environmentally benign alternatives. Canadian Tire intends to follow suit, and plans over the longer term to phase out their sale in Canadian Tire stores throughout Canada. Indeed, with both Ontario and Quebec (which has had a ban in place since 2006) on the anti-pesticide bandwagon, it's speculated that a "tipping point" has been reached in Canada, and that mounting pressure will be on the other provinces to introduce similar pesticide-free régimes from coast to coast.

As most readers are well aware, the Ontario ban comes in the wake of years of strenuous lobbying on the part of a litany of leading medical associations, community groups and organizations such as the Canadian Cancer Society which have con-

sistently warned of the risks of pesticide use to the environment and human health (in particular the health of children and pregnant women).

A major barrier to change has been Health Canada's Pest Management Regulatory Agency (PMRA) which has stuck firmly to its position that the products now on the market pose no unacceptable health or environmental risk if properly used. Nor is the regulatory leopard about to change its spots, ban or no ban: it is anticipated that in the context of forthcoming consultations on the list of products to be included on the contraband list in Ontario, the PMRA will once again vouch for the safety of 2,4-D, the most commonly used garden herbicide.

While many of us have long since abandoned the use of pesticide products, there remains a solid core of committed users out there who are convinced that pesticides are the sole means to achieving a respectable lawn and garden. Thom Bourne, owner of Nutri-Lawn, a major lawn care enterprise in Ottawa, reports that while his company offers organic alternatives to pesticides, fully 70% of his clients still opt for traditional pesticide/herbicide treatments.

There are, however, a number of reasonably effective alternatives, some of which are currently in use at Rideau Hall and 24 Sussex Drive where the Manager of Grounds and Greenhouse Operations for the Official Residences has recently phased out pesticide use altogether (excellent timing!). Here are just a few of the environmentally friendly options you may want to investigate this summer:

For pests:

- Biological pesticides such as *Bacillus thuringiensis*, a micro-organism that is toxic to certain insects, or tiny parasitic worms called nematodes.

- Insecticidal soaps contain fatty acids, which are used to kill soft-bodied insects such as aphids and spider mites.

- Ferric phosphate is a common mineral salt used to eliminate slugs and snails.

For weeds:

- Acetic acid, or vinegar, is a key ingredient in some organic herbicides.
- Perennial ryegrass sprinkled on patchy lawns can fill in holes before weeds move in.
- Corn gluten meal, a natural herbicide, works by inhibiting the root formation of germinating weeds. *Source: City of Toronto.*

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

Ismene Wood

Sales Representative



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

www.IsmeneWood.com



OakWood

DESIGN + BUILD

Complete Professional Home Improvement Services



oak.ca

613 236.8001

DIRECTION

ANDREWSHERWOOD.CA

GUIDANCE

ANDREW 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

Rideau River Clean Up Day 2008: The Good, the Bad and the Slimy

By Jane Heintzman

For the second consecutive year, Rideau River Clean Up Day on Mother's Day Sunday, May 11th dawned bright and beautiful, providing virtually ideal conditions for the energetic band of garbage-picking volunteers who scoured the river banks and shallows from the Rideau Falls to Ottawa South. Once again this year, the event expanded its reach beyond its base at the New Edinburgh Field House to include two additional clean up stations further up river at the Rideau Tennis Club and the Ottawa Tennis and Lawn Bowling Club.

About 70 volunteers turned out to participate in this annual ritual along the shores of the Rideau, and if the piles of garbage and recycling materials outside the Field House were any guide, the

morning's haul was impressive. While the soggy heaps of rubbish accumulated in the course of the morning clearly indicated that there was no shortage of debris remaining after the winter. Those of us who took on the stretch of the river closest to the Rideau Falls found that the treacherously high waters and powerful currents of early April appeared to have swept away much of the detritus, leaving the shore line comparatively clean. (Guess that's called "down loading" the trash to the Ottawa River!)

Many thanks to all of those who participated in this year's event. While the work is actually extremely gratifying and the working environment virtually idyllic on a sunny morning in May, spending several hours grappling with slimy, algae cov-

ered and/or rusted objects may not be to everyone's taste. We are most grateful to all of our volunteers for cheerfully contributing their time and energies to this worthwhile collective cause.

Special thanks to the following organizers and contributors to Clean Up Day:

•**Gemma Kerr, Martin Canning, and Jim Watson**, the core group of organizers whose many months of careful advance planning and coordination made the whole event possible. Martin bravely stepped in as Coordinator to replace his sister Catherine Canning, the linchpin of previous clean up efforts in the Burgh for close to a decade, and took on the role with energy and enthusiasm.

•**Andrew Kerr**, Team Leader at the Fieldhouse who directed operations in New Edinburgh, dispensing plastic bags, protective gloves, Urban Rideau Conservationist T-shirts, and much needed coffee, drinks and sandwiches to volunteers.

•**Paul Chedore and John Arnold** who assisted Andrew in setting up the Fieldhouse.

•**Anne Marie Mulligan**, Team Leader at the Rideau Tennis Club where she played a similar role orchestrating volunteers in the Cummings Bridge area.

•**David Sacks and Ernie Smith**, Co-Team Leaders at the Ottawa Tennis and Lawn Bowling Club.

•**Julia Sutton**, and the team of canoeists from the Rideau Valley Conservation Authority who covered the area from the Field House to Montreal Road.

•**Cathy McConkey**, who assisted with the pick up and drop off of clean up supplies



Andrew Kerr gives instructions to Rideau River Clean Up Day volunteers at the Stanley Park Fieldhouse.

from the City.

•**Jackie Choquette**, who served as assistant and volunteer driver to Martin Canning, shuttling him between clean up stations and other duties on the day of the event.

•**Paul McCann**, Project Coordinator in the Surface Operations Branch of the City of Ottawa who deserves special thanks for his ongoing assistance with the Rideau River Clean Up project, and for providing the necessary clean up supplies and arranging for the collection of the garbage and recycling haul.

•**The Monterey Inn Resort** which once again provided 80 lunches for hungry clean up volunteers.

•**Bridgehead Coffee** who supplied the fuel that kept us all alert and focused on our garbage-picking tasks.

•**The Rideau Valley Conservation Authority** who participated in the event again this year, and assisted with aspects of its organization.

•**NECA**, our official sponsor which donated funds for the event and covered the costs of publicity.

If you haven't yet taken part in

the annual Clean Up Day, mark your calendar for Mother's Day 2009 and join us on the banks of the Rideau for a companionable morning of light labour in the glorious surroundings of our park. If you are the least bit interested in the natural world—flowers, trees, birds, frogs, turtles, the occasional snake and of course, off leash dogs!—you'll be in your element, and the health of the river will be better for your efforts.

BREATHE.



STRETCH & STRENGTH

Tuesdays & Thursdays, 6 - 7 p.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



Deadline

for the next issue of the
New Edinburgh News

→ **Sept. 10** ←

newednews@hotmail.com



Introducing

Lino's
ON YORK

Color Specialist

Artista Dei Capelli

180 York St., Unit 102
613-241-LINO (5466)

Fine Chinese Antique Furniture & Reproductions

Centuries old Chinese craftsmanship
All natural, hand rubbed finished



All Furniture 20% Off!

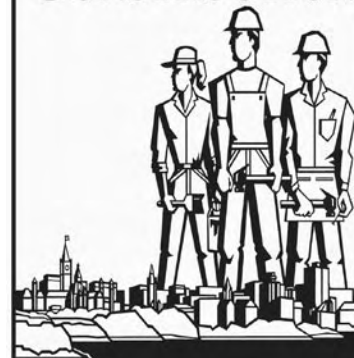
Watermelon Seed

503 Rideau St. (613)789-3120
(Between Augusta & Cobourg)

Tues. - Fri. 10-4; Sat. 11-6

Interest-free Financing Available

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

The Coffee Teen: Ideas from Joanne Hughes

By Will Brereton

Many thoughts come to mind when I think of 200 Crichton Street in New Edinburgh. My first encounter with the building was as a student at **Crichton Alternative School** before it closed in 1999. This place brings much recollection of the many people who either live (or used to live) in New Edinburgh.

Even though the school has been closed for nine years, 200 Crichton continues to be making the news as a growing cultural entity in the community that needs our support more than ever. This makes the community facilitator job at the **Crichton Cultural Community Centre** highly important.

Without the determined work of **Joanne Hughes**, the community would not have the Lumière Festival, which attracts many people from outside the city nor have a community centre that is a strong going concern. Her efforts are tireless. She has been an instrumental part in making 200 Crichton the place to be in the community.

Born and raised in the United Kingdom, Joanne moved to Ottawa from Victoria, British Columbia in 2001 and took the position at Crichton a year later.

"When my family first moved to Ottawa from Victoria, I joined the New Edinburgh Playgroup with my daughters. We were thrilled to meet many of the residents of the community and realized that New Edinburgh has impressive community involvement. I was excited to tap into this community to build a vibrant and healthy community centre," Joanne stated in a recent interview.

Joanne has a long experience in community development, her previous job was as a contractor with the City of Victoria.

"I interviewed businesses for the local business care program, crafted a research paper on economic development models for the Vancouver Island Mayor's Summit, and worked as a Community Development Officer with the Cowichan Valley Regional Development Initiative – looking at the decline of natural resources in a rural community."

Joanne also explained about her festival coordination experiences. "I also started my first festival in Fernwood – it was a full day of activities – a garage sale, art sale, petting zoo, BBQ,

box maze, daytime stage, dress up tent, and an evening street dance. Looking back I am amazed that I accomplished so much on a \$1000 budget with no computer and a shared phone and fax machine!"

A legacy that Joanne has brought to the community is the Lumière Festival, which brings in thousands of people to Stanley Park to view and admire



hand-made lanterns and installations.

When asked about whether it was difficult to start a festival; she responded, "Not really! I was very fortunate to receive a sizable grant from the Ontario

Trillium Foundation for the first year and that allowed me to invest in good performers and excellent publicity. The only difficulty was explaining to people what the festival would be like. I had such a clear vision of what the festival would be but it was sometimes difficult to verbalize magic."

She is more committed than ever to help organize the festival. It is in its fifth year and there are no signs that Joanne is quitting anytime soon.

"I am interested in interactions – I enjoy working with a variety of people and organizations and facilitating partnerships and initiatives. I like finding commonalities and celebrating differences. There are some brilliant days at the Centre, when a variety of different people are participating in their activities, chatting and laughing, flute music comes from the music studio, and the Centre smells like oil paint, and toddlers are running down the halls which display beautiful art installations of the **Corridor Gallery**, and I feel satisfied to know these people and to be expanding the potential of the

CCCC," said Joanne.

Her dreams for 200 Crichton have potential. "200 Crichton can really function as a vibrant community centre and an arts & cultural facility. I dream of a facility that holds a daycare, a theatre, artist studios, a coffee shop, a rooftop garden, an interactive archive, and a place for the community to meet and chat and share food and experiences."

Joanne enjoys spending time at her Vanier home with her husband Dan, and her daughters Tegwyn and Enid. Joanne is passionate about photography. Also, during the summer months, the family enjoys spending time at their backyard pool.

Committed and determined to make 200 Crichton the hub of community activity impresses me greatly. Joanne's hard work ethic inspires me and it gives me hope that people who are my age (I am 16 years old, by the way) will use the facilities and the community centre as a hangout spot and also a place to try out new things.

The fight to keep Crichton ours is not finished! For more information about the old school and the current community centre, check out their website at www.crichtonccc.ca. Also, feel free to check out my blog at www.thecoffeteen.blogspot.com.

WONDERFULLY DIFFERENT!

The
ROCKCLIFFE
RETIREMENT RESIDENCE

OPENING JULY 1, 2008

From the stunning location on Porter's Island to the panoramic vistas throughout the building, The Rockcliffe offers generously sized suites 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**. Further details are available at the on-site information centre from Binda De Amorim, Director of Marketing, 100 Island Lodge Road, tel. **613-292-2708**.

Resumes are being accepted for the positions of D.O.C. and Activity Director. Please e-mail to: mary@therockcliffe.com or fax to 613-562-7891.



OPENING JULY 1, 2008 • www.TheRockcliffe.com

BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Correcting the Record

There were two regrettable errors of fact in the last Business Briefs column in April 2008 which require correction: first, prodigiously capable though she is, **Mary Albota** is in fact the Executive Director of the new Rockcliffe Retirement Residence rather than the CEO, as stated in the caption to her photograph; and second, well known journalist **Susan Delacourt** is a reporter for the *Toronto Star* as opposed to the *Globe and Mail* (though she is indeed the devoted owner of a dog in the regular care of **Nicole Verdon**, operator of our featured pet service **Whiskers and Paws**.)

Bread and Roses Bakery: Introducing Chris Green

A warm welcome to **Chris Green**, the new owner/operator of **Bread and Roses Bakery**, a cherished neighbourhood institution which is now back in full swing after a brief hiatus in January, and a short period of transition at the time of **Jodi Turner's** departure. Chris has strong credentials in the bakery

business, initially acquiring his skills in his native Melbourne, Australia, and subsequently establishing a successful west end bakery here in Ottawa after a brief four year stint operating the Kookaburra Café in the Byward Market.

Wellington Village. The Harvest Loaf has much in common with Bread and Roses, but with variations on the baked goods theme, specializing in artisan breads, scones, sweet and savoury pies and much else to tempt the palate. What began as a one man



Photo: Peter Glasgow

Bread and Roses staff display some of the delicious items on offer.

Many readers may be familiar with **The Harvest Loaf Bakery**, an enterprise which Chris originally launched in Westboro in 2000 and later moved to his present location in West

show eight years ago has since expanded into a thriving business with 12 employees. Over the years Chris has learned the wisdom of a cautious, incremental approach to expansion,

an approach which he intends to apply to his operations at Bread and Roses.

When Chris first learned of Jodi's predicament in early January, he was quick to approach her about the possibility of purchasing the business to keep the highly regarded Bread and Roses "brand" alive and well, and to maintain it as an ongoing part of the bakery culture of Ottawa in which it has played a central role for two decades. It was a natural fit with his existing business at The Harvest Loaf. In fact, Chris reports that despite their lack of geographic proximity, the two bakeries have many clients in common—clients who are seeking different varieties of specialty breads, including the organic and special dietary breads for which Bread and Roses is renowned.

While The Harvest Loaf has developed its business largely on the strength of walk-in traffic from the community, Chris was attracted by Bread and Roses' limited but high profile distribution network to outlets such as Rainbow Foods, the Herb & Spice and the Natural Food Pantry, and intends to maintain and build on that network in the months ahead.

Chris plans to gradually introduce ochanges to Bread and Roses' operations, feeling his way as he becomes familiar with the tastes and preferences of our community. At the moment, the bakery's repertoire features all of our familiar favourites, (with a few spectacular additions like a banana butterscotch cake which has become my lat-

est B&R addiction). Norbert, the master baker for 17 years, is back performing his accustomed artistry in the preparation of organic and specialty breads geared to all manner of food sensitivities.

In the months to come, Chris will be introducing some of the fare from The Harvest Loaf at Bread and Roses, and at the same time treating his clients in West Wellington Village to a number of New Edinburgh's traditional favourites. One recent innovation which readers can't fail to have noticed is Chris' new sidewalk sign for the bakery, a handsome sandwich board with a listing of Bread and Roses' daily offerings, an enticement which I have yet to succeed in ignoring, however much of a rush I am in. (Life is over when there isn't time for a quick stop for a peanut butter nanaimo bar!) Coffee lovers will also welcome the introduction of Francesco's fresh roasted gourmet coffee, the perfect complement to any baked treat.

In addition to his solid credentials in the bakery business, Chris is an actively engaged participant in the business community and life of West Wellington Village and the adjacent Hintonburg and Mechanicsville areas. He is the Vice Chair of the Board of the Wellington West Business Improvement Association (BIA) and a member of the Board of Directors of the hugely successful Westfest. For the past two years, he has also served on the Community Continuity Task Force, a 25 member advisory body comprised of interest groups in the community to



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



EPICURIA
FINE FOOD STORE AND CATERING

For all of your
entertaining
needs visit
www.epicuria.ca

MACKAY STREET EPICURIA
419 MACKAY STREET, OTTAWA
TEL (613) 745-7356 fax (613) 745-2869

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

take part in the Neighbourhood Planning Initiative, a pilot project launched by the City in 2006.

Members of the Task Force serve as the community voice in planning and consultations related to three major long-term projects in the area:

- the development of a functional design plan for West Wellington Village covering a wholesale infrastructure overhaul including water mains; sanitary, storm and combined sewers; utilities; traffic control signals; road structure and pavement; street lighting and signage; sidewalks; transit and cycling facilities;
- a West Wellington community design plan guiding changes over the next two decades in relation to zoning and urban design; land development; open space and community linkages; streetscape and other civic beautifying initiatives such as public art; and
- a Neighbourhood Plan for Hintonburg and Mechanicsville.

While Chris' engagement in this process involves significant demands on his time, he is enthusiastic about the consultative model which provides both the businesses and residents with a direct link to City Hall and an opportunity to influence the decisions which will profoundly affect their community. (Recent case in point: Kitchissippi Ward Councillor Christine Leadman championed the cause of Chris' B.I.A. in successfully quashing Council's plan to put metered parking along Wellington West).

Welcome Chris, Penny, Catherine and all of the crew at Bread and Roses, and our thanks for your commitment to keeping the Bread and Roses flag flying in our community.

Fraser Café

We welcome two more new additions to the Burgh's culinary community, brothers **Simon** and **Ross Fraser**, who have recently



Photo: Peter Glasgow

Fraser brothers, Simon and Ross have opened their new cafe on Beechwood at Putman.

opened up their new restaurant **Fraser Café** at 143 Putman Avenue, the former home of **The Works** which decamped several months ago to relocate on St. Laurent Boulevard in the spruced up plaza now known as Rockcliffe Crossing.

Both Simon and Ross are accomplished chefs, and until late last year were part of the team at Domus Café in the Byward Market. Simon received much of his early training from an uncle who was a classically trained chef in Germany. After a year in the food program at Algonquin College, he went on to work at the Black Tomato and later the Café Henri Burger in Gatineau before moving to Domus seven years ago. Ross has had an interesting and peripatetic career, starting straight from high school as a vegetable chopper at Henri Burger in 2000, and moving on to Domus from 2001 to 2003, followed by a stint as sous-chef under Stephen Vardy at Beckta Dining and Wine Bar. Thereafter he honed his skills in fine restaurants in New York City, Collingwood and London, England before returning to Domus in 2006.

Despite the constraints of space, Fraser Café offers indoor seating for 27 diners, with 22 at tables and 5 dining seats at the bar, and in spring and summer, there are a further 18 seats on the exterior patio. Needless to say, since the departure of The

Works, the place has undergone a major facelift with local interior designer **Marilyn Donahue** guiding the Frasers' hand in creating a new lay out for the restaurant. **Breakwater Design & Build** is carrying out the renovations.

The Frasers' guiding principle in devising their menus is to feature seasonal foods, purchased whenever possible from small local producers. While asparagus and strawberries may be highlights on the early summer menu, you won't find them at Fraser Café when late Summer and Fall roll in. Rather, it will be a (glorious) season of squash, corn and apples. In short, there will be no monotony in the fare at 143 Putman, but a continuously changing array of choices featuring whatever is fresh from the farm. Their commitment

to buying local seasonal foods relates not only to the environmental benefits of this practice, and its contribution to maintaining the economic viability of small, local producers, but also to the fact that truly farm fresh food really does *taste* a whole lot better.

The Café is open for lunch from Tuesday to Friday, for dinner from Tuesday through Sunday, and brunch is served both Saturday and Sunday. Though the restaurant closes between 2:00 pm and 5:30 pm each day, while the good weather lasts, the patio will remain open all afternoon with a pared down menu available for those interested in a drink and light meal while they watch the world go by at Putman and Beechwood. Although parking is at a premium in the area, as it is in most parts of the Beechwood business district, Simon and Ross hope to attract lots of walk-in traffic from the surrounding communities of Rockcliffe, Manor Park, Lindenlea and of course, New Edinburgh where we're all making a strenuous effort to leave our cars at home.

Papa Low's Bike Shop

Speaking of leaving our cars at home, there's been an audible sigh of relief among the many cyclists, and parents of cyclists, in our community this spring since Papa Low's (a.k.a. Ottawa's Old School Hard Core

Cycle Shop!) opened its doors at **75 Beechwood Avenue** between Brown's Cleaners and The European Food Centre.

Owners **Paul** and **Nancy Bouchard** launched their new Burgh business in early March; not an altogether auspicious moment for a bike shop given the epic snowfall which ensued throughout the month, when digging out took precedence over thoughts of cycling. According to Paul, however, our community was quick to discover his presence and to investigate Papa Low's' services in optimistic anticipation of the eventual arrival of Spring. Word of his arrival spread especially swiftly through the grapevine of a growing group of young families in the Burgh, eager to equip their offspring with well conditioned wheels for the blissful seasons of clear sidewalks. Paul reports that he has been warmly welcomed.

Paul has been passionate about bicycles virtually all of his life, beginning with his childhood on Uplands Air Base when much of his time was spent riding the hills to get some "radical air" (bikerese for jumps), which in this case, he recalls were only one or two inches off the ground! After moving to Pembroke, Paul was devastated when his prized red bike was stolen, and set about raising money for a replacement

Continued on page 14



Angelina's Beauty Esthetique

Ibtissam (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 seniors with 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

Da Bombe Desserts & Fine Foods
176 Beechwood Ave
Ottawa, Ontario K1L 1A9 (CANADA)
Tel: (613) 741-0044

You Set the Mood - We'll Prepare the Food
Stop in to view our Dinner Club Menu
or to discuss a Personalized Menu

Continued from page 13

by repairing bikes for friends and neighbours, armed with only a hammer and an adjustable wrench. He has since moved on to greater expertise in the field, and for the past 16 years, has serviced bikes professionally in the Hintonburg area, where he has worked hard to establish a reputation for high quality work, reasonable prices and "old school" business practices based on honesty, reliability and civility.

Papa Low's provides services and repairs, including tune ups and safety checks, for all makes and models of bikes. The shop also sells used bicycles and a limited line of new and used accessories, as well as all the component parts of bikes such as brake cables, inner tubes

and tires. Paul also specializes in custom made bikes, and will build up a bicycle from scratch using a new frame and component parts of better quality (and often price) than those found in a ready made version.

One of Paul's most unusual specialties, but one in which he takes great pride, is adapting or custom building bikes for children with disabilities so that these kids can enjoy the same kind of freedom and delight on wheels as their peers. One of Paul's own five children is disabled so he has had first hand experience with the challenges and rewards of creating a user-friendly vehicle on which his son can be comfortable and in control. He has already had enquiries about this service, and intends to do everything possible to keep down the cost



Photo: Peter Glasgow

Paul Bouchard of Papa Low's Bike shop.

of this specialized work. Paul plans on a return policy which offers families some assurance that their investment is not lost if their child loses interest or is ultimately not comfortable on their new bike.

As we were forcefully reminded this year, Ottawa is subject to many months of winter when cycling conditions are about as far from optimal as possible. Paul is not daunted, however, and plans to adapt his business in the winter months by adding a few seasonal services to his repertoire, including tuning and waxing of cross country skis, and possibly skate sharpening and consignment sale of used skis. He also notes that there are many hard core cyclists out there who, like Paul, brave the elements all winter long and continue to require repairs and service. Another of his aspirations as his new business becomes established is to branch out into

the repair and conditioning of wheelchairs and walkers. He is currently working on the development of fenders for wheelchairs to protect their occupants from mud splashes. Oh, and in his spare time this summer, he is working to customize Ottawa's rickshaw fleet!

If you haven't yet had a chance to get that bike into shape for the summer season, drop in to Papa Low's at 75 Beechwood or give the shop a call at **613-321-BIKZ (2459)** to enquire about rates and services. Welcome, Paul, Nancy and the crew at Papa Low's: our bike-centred community is sure glad you've arrived!

Rockcliffe Photo: Add a Little Sparkle to Your Photos!

Not long ago in February 2007, we reported on the many services available at our local, family-run camera store, Rockcliffe Photo

at **18 Beechwood**. In addition to the sale of cameras and camera equipment, owners **Mohsen and Farzaneh Nojoumi** offer a broad range of other services ranging from passport photos to prints from digital sources; digitized prints on CD or DVD; conversion of old movies into CDs or DVDs; prints from prints, slides or negatives; lamination on board, and many more. Some readers may also depend upon Rockcliffe Photo as a source of attractive frames for their photographs. Indeed it was in part the popularity of this component of their merchandise that led Farzaneh to branch out beyond the realm of photographic accessories to explore other gift ideas.

Since last October, Rockcliffe Photo has offered a small but distinctive selection of jewelry from a number of European suppliers. The collection started very modestly with one display case situated at the rear of the store by the passport photo facility. However, sales over Christmas were so brisk that Farzaneh and Mohsen have gradually expanded this new line of merchandise which now occupies several cases, with additional gift items on display behind them on newly installed wall shelving.

Farzaneh takes pride in the attractive and very reasonably priced selection of jewelry items she has acquired for the store, and now has a number of repeat customers for her new merchandise. One passport photo client was so taken with the collection that he called his wife who appeared almost immediately and made a number of purchases. Another client systematically covered her Christmas list with selections from the jewelry counter, and later reported that her choices were a huge hit with the family.

Farzaneh's jewelry design

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**



Sunflower Cafe

a great place to have breakfast











Breakfast

Lunch

Catering

521 Rideau Street . Ottawa . ON . K1N 5Z5 . 613 288 2439

design & print by TOP Solutions 613 216 9200

choices are both interesting and unusual, a refreshing variation on the standard fare in the jewelry counters of the large department stores. Nor does it take an eternity to catch the eye of a sales assistant as it does in those mega stores: Farzaneh is close by to give you a hand with your purchase, and may well take your own specific preferences into account when placing her next order. So if you're in need of the perfect complement to

ing many here in the Burgh, and supply a growing number of Ottawa's finest restaurants, caterers (including, of course, Mackay Street Epicuria) and government institutions, Rideau Hall among them.

While Bryson's continues to be a thriving enterprise, employing a core group of 45 local workers from the job-starved Pontiac region and more temporary employees during the busy summer months, over the past



Photo: Peter Glasgow

Farzaneh and Moshen Nojumi of Rockcliffe Photo.

your new summer outfit, drop by Rockcliffe Photo to check out the jewelry counter and spare yourself a gas-guzzling trip to the mall!

Bryson Farms: Clouds on the Horizon

In recent years, I have looked forward each spring to giving readers a glowing report on the bountiful summer season at Bryson Farms, a locally renowned organic farm in Shawville, Quebec, in the heart of the Pontiac region. Bryson's produces an astonishingly large and varied array of certified organic produce grown from heirloom, heritage and organic seed. They provide a home delivery service to households throughout the city, includ-

few years, the farm has been operating under a menacing cloud. Co-owner **Stuart Collins** struggles to fight an extradition order which would require him to return to his native Texas to face charges on two counts of theft from a trust account which he shared with his former law partner.

Stuart flatly denies these charges which he believes are motivated by a vendetta against him on the part of the Texas Department of Public Safety. He and his partner Terry Stewart have launched a vigorous local campaign to shore up support for Stuart's case, and to appeal to Lawrence Cannon, MP for the area and a powerful Minister in the Harper Cabinet, and John Nicholson, Minister of Justice,

to intervene to have the extradition order overturned.

The story behind the charges is long and extraordinarily complicated. Some readers may already have been introduced to the saga via Evan Dyer's excellent report on CBC Radio (Ottawa Morning) on April 2 which provided a clear synopsis of the known facts. In a nutshell, Stuart believes that the motivation for the charges dates back to his efforts as an attorney in Harris County, Texas in the late 1980's and early 1990's to clean up aspects of organized crime in Texas, and to expose the fact that Texas law enforcement officials (specifically the Texas Rangers) had engaged in a cover up of the real motive behind a high profile murder in 1990.

As the attorney for the Texas Turf Club, Stuart launched a major lawsuit against a large number of Texas officials, alleging conspiracy and fraud in the awarding of horse racing licenses. A short time after the suit was launched, the newly appointed Chief Financial Officer for the Texas Racing Commission, David Joost, was found murdered along with his wife and two children, not long before he was scheduled to issue a report on "unusual accounting practices" at the Commission. When the Texas Rangers concluded the deaths involved a murder/suicide, Stuart was hired by Joost's brother to delve into the case and expose a possible cover up.

The result was a major clash between Stuart and the law enforcement authorities implicated in the case, and the Collins family became the target of serious harassment and threats, including the threatened kidnapping of Stuart's children **Katie** and **Bryson**. Stuart's move to Canada in the early 1990's was the direct result of these threats

to himself and his family, threats which had destroyed any possibility of resuming a normal life without round-the-clock security.

It was not until a year after his departure to Canada that the theft charges were laid by Harris County District Attorney Chuck Rosenthal, and it was a further eight years later that the extradition order was issued in 2003. Rosenthal himself has since been disgraced for a variety of financial, political and even sexual misdemeanors, and was ultimately obliged to resign his post in exchange for the termination of investigations into his activities. He was fined close to \$20,000 and roundly admonished by a Federal Court Judge who found that he had ignored a court order by erasing some 5000 e-mails which had been under subpoena.

Perhaps not surprisingly, Stuart maintains that he has no hope of a fair trial should he be returned to Texas to face the charges, and it indeed appears that Harris County is notorious for its rough justice, holding the dubious distinction of having the highest rate of death row convictions in the country.



Bryson Collins at Parkdale Market.

Stuart and Terry have rallied an enormous amount of support in the Pontiac, where Bryson Farms is highly regarded as an exemplary employer, and is in fact one of the largest successful businesses in a region where jobs are at a premium. Almost all of the local businesses have signed a petition to support his case, and over two thousand individual supporters, including home delivery and restaurant clients, residents

Continued on page 16



**Fresh, Certified Organic Heirloom Vegetables
Delivered To Your Door Year-Round**

Heirloom Tomatoes, Coloured Carrots,
Golden Beets, Fingerlings, and so much more!

Web: www.brysonfarms.com

819-647-3456

E-mail: info@brysonfarms.com

**Did you know:
there are currently
more qualified
buyers than
inventory on the
market?**

**Call us to find out
what your home is
worth today.**

Not intended to solicit properties
currently listed for sale.



**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.

Michael K. Edwards**Chartered Accountant**

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

68 Stanley Avenue
New Edinburgh

Tel: 749-7013
Fax: 749-6603

CLOTHES ENCOUNTERS OF A SECOND TIME



Now
Accepting
Summer
Fashions

67 BEECHWOOD
741-7887

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

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

Continued from page 15

of the area, and friends of the Bryson Farm family, have added their names to a separate petition appealing to the Minister of Justice to intervene in the case to have the extradition order overturned. In recent weeks, NDP MP Peter Julian, Member for Burnaby-New Westminster, British Columbia, has offered to introduce the petition into the House of Commons.

Unhappily for Stuart and his family, while the Extradition Act gives the Justice Minister considerable powers of discretion in relation to such cases, including the authority to deny the extradition request when "surrender would be unjust or oppressive having regard to all the relevant circumstances", to date neither Lawrence Cannon nor Justice Minister John Nicholson has agreed to intervene on the grounds that the case is before the courts.

As a result, Stuart's fate, and that of Bryson Farms where he

is a linchpin in the thriving farm operation, hangs in the balance as he and Terry continue their struggle to press the case at the political level. The fight is far from over, however, and the Liberal candidate in the Pontiac, Cindy Duncan McMillan has now come out strongly in support of Stuart, championing his case in the halls of Parliament and ramping up the pressure on Pontiac's incumbent MP, Lawrence Cannon.

Readers who are interested in learning more about this complex and tragic tale, or, if they are Bryson Farms enthusiasts, and wish to express their support for Stuart can do so by pressing the "SOS Button" to add their names to the electronic petition to Ministers Cannon and Nicholson, can check out Stuart's blog at www.bryson-farms.com/blog.

Ottawa Rowing Club: Summer Camp on the Water

Not far down Sussex Drive, about a ten minute walk from New Edinburgh, the venerable Ottawa Rowing Club (ORC) is nestled by the Ottawa River at the bottom of Lady Grey Drive. Should you happen to be passing by in the wee hours of the morning at 5 or 6 am in the months between April and November, you may well catch sight of a fleet of rowing shells gracefully plying the river as their energetic occupants begin the day with a vigorous training session. The ORC is the oldest rowing club in Ottawa, founded in the year of Confederation, 1867, and boasting Sir John A. MacDonald as its first honorary patron (as well as a close neighbour during his years at nearby Earnscliffe).

The ORC is also one of the largest rowing clubs in Canada with over a thousand members, and offers a broad range of programs for all ages and abilities from competitive junior, senior and masters athletes, to university and high school rowers and recreational rowers at all skill levels. In addition to the Club's main Boat House, which is owned by the City but operated by the ORC, the club's original Boat House was restored in 2000 as a millennium project, and is now maintained as an Interpretive Centre and museum chronicling the Club's long history. The facility is also available for private rentals for weddings, banquets and special occasions, so if you're interested in holding a memorable event by the river, check out the ORC website at www.ottawarowing-club.com.

Among the club's regular programs is a **Summer Youth Camp** for kids in the 12-17 age bracket. The Camp is divided

into two groups, Youth Camp 1 for those with absolutely no prior rowing experience, and Youth Camp 2 for young people with some exposure to the sport, possibly through one of the High School programs which operate throughout the Fall, involving close to 150 young rowers from the Glebe, Colonel By, Lisgar, Canterbury, Ashbury and Osgoode Township.

Apart from a reasonable swimming ability, there are no prerequisites for the camp, and the kids begin with an introduction to the basics of boat rigging, safety on the water and boat maintenance. Beginners will start with a session or two on the rowing machines before moving on the water, and the dock is fitted out with several stationary rowing installations where the novice can get the feel of being in a shell without actually moving out on to the river. Campers normally go out in groups of 4 or 8, with an instructor right beside them in a coach boat offering encouragement and tips on technique.

If you are interested in introducing your offspring to a new sport to constructively channel his or her energies and keep them close to the water on those blistering summer days, the Youth Camp operates in one week sessions throughout the summer, **beginning on June 23 and ending the week of August 18-22**. Camp days start at 8:30 am and end at 3:30 pm. There are a variety of other sporting activities offered in the course of the day when the kids can rest their rowing muscles, and every Friday, campers are treated to a lunchtime barbecue (a highlight for our son during his two years at the ORC camp!) For details, check out the ORC website (noted above) or give them a call at **613-241-1120**.

Angelina's Beauty Esthétique

We welcome new advertiser **Ibtissam Hajjar** (better known as **Ibbi**) and her home service esthetics business, Angelina's Beauty Esthétique. Ibbi has been providing home visits for her esthetics clients for eight years, serving primarily an older clientele and those with limited mobility. She is well known in our community where she has many regular clients, including a significant number at **The Edinburgh, New Edinburgh Square and Island Lodge**. For several years Ibbi also served clients from a salon at 10 Beechwood Avenue (former home of Rendezvous Hairstyling), but was obliged to relocate when Claridge Homes took over the unit for use as its sales office, and now does the



**Ibbi Hajjar of Angelina's
Beauty Esthétique.**

bulk of her work on a home service basis.

Ibbi's interest in serving the needs of older clients springs from her background in social work and geriatric care, both of which she studied at Algonquin College. During her practicum at a long-term care facility, Ibbi dealt with many Alzheimers' sufferers, and learned the skills of patience, compassion, animation and warmth which she continues to apply in her esthetics business. Ibbi makes every effort to adjust her schedule to suit the preferences of her clients, and always budgets extra time for each appointment to ensure that she is never late.

Ibbi's esthetics repertoire includes skin care services, facials, waxing, body spa treatments, massages (in particular lower leg and foot massages to

improve circulation) and foot care; ranging from a basic pedicure to what she describes as her "foot loose" spa pedicure. She stresses that foot problems such as fungal conditions and bad nails are by no means confined to the elderly, and she has often had occasion to straighten out younger clients with more interest in stylish toenails than healthy feet and nails.

Interested readers can check out Ibbi's website at www.free-webs.com/abe4u, or give her a call at **613-562-2071**.

Burgh Business Bits

Mackay Street Epicuria: She Won!!!

Congratulations to Epicuria Co-owner **Heather Maclachlan** who was chosen **2007 Ottawa Businesswoman of the Year** in the Entrepreneur category, and received her award at the Women's Business Network of Ottawa Annual Awards Gala on April 2.

Well done Heather! But we won't be surprised to find you in a straw hat and overalls, wielding a shovel, now that Epicuria has started its own vegetable garden at **Tracey Black's** farm in Navan. (See **André Sanche's** article in this issue on the store's attempt to find out about the hard work involved at the growers' end of the food supply chain.)

Da Bombe Desserts: Adult Only Ice Creams are In!

Summer is here and while the kids tuck into their freezies, you can treat the adults in your household to one of the tempting new Adult Only ice creams available at Da Bombe Desserts at **176 Beechwood**. Owner **Bill Ross** has a variety of intriguing flavours on hand, including Jack Daniels, Pina Colada, Kahlua and Port with Figs, all of them reported to be pleasantly "boozy". Drop in for a cool treat, but remember to leave the car at home!

Balestra Productions on the Move

Congratulations to **Mark Chatel** and the team at **Balestra Productions**, a national production company specializing in television and online interactive programming for young people, with particular emphasis on three major themes: sports, spiri-

tuality and careers. Balestra was recently awarded **Best Services Company by RDÉE Ontario** and has been nominated for the **2007 Francophone Award of Excellence** conferred each year by *L'Alliance pour L'Enfant et la Télévision*, a Montreal-based non-profit organization dedicated to increasing both the quality and the quantity of Canadian television programming for young people.

The nomination is made in recognition and excellence of Balestra's television series **Mon Premier Emploi (MPE)** and the complementary website, **MPE interactif (tfo.org/mpe)**. The series, which is broadcast on TFO, is geared both to preteens between 9 and 12 years old who are first contemplating the world of work, and to adolescents from 13 to 17 years who are actively seeking their first job.

New Edinburgh Pub: Get that Golf Swing Back in Gear

Golfers should mark their calendars for **Sunday, July 20**, when the New Edinburgh Pub will host its annual **Charity Golf Tournament** in support of the Juvenile Diabetes Foundation. Our community pharmacist **Frank Tonin** has been among the leading lights at this event over the years, but there's lots of room for a challenge, and it's all for a good cause. Coming up at the Pub this month is **Lobster**

Fest from June 16 to 22, and diners may want to check out the brand new roof top area which opened up in May.

Arturo's

Golfers can limber up for the Pub Tournament in July at **Arturo's Executive Golf Classic on June 22** at Pineview Golf Club. Arturo's owner **André Cloutier** is offering participants the added incentive of a lunch catered by his popular deli on Beechwood, and all proceeds from the event will go to the Children's Wish Foundation. Special congratulations and good wishes to André's grandfather **Arturo**, in whose honour the business is named, who celebrated his 100th birthday in April!

Dog Day Afternoon

Best wishes to Dog Day Afternoon's **Adrian Lloyd** for a speedy and complete recovery from a painful injury he suffered during the bitter, icy days of February.

Adrian broke his humerus bone after a fall on the ice in mid-February, and was sidelined from his dog-walking business for a full two months afterwards. He is still in a cast and sling, but we hope he is fully recovered and cast-free by the time the heat of the summer sets in. We hope too that his canine charges are on their best behaviour during the recovery process!



**Mark Chatel of Balestra
Productions.**

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

McConville's **AUTOPRO** **613 748-7731**
www.getitfixed.com
306 Montfort Street, Vanier

2008 SPRING & SUMMER SPECIALS FREE LOANER CAR WITH EVERY VISIT

<p>Get Ready For Summer MEGA Check 300 PT. Bumper to Bumper Inspection \$69.95</p>	<p>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)</p>	<p>Magic Touch Car Cleaning & Interior Shampoo \$99.95 (Trucks and Minivans \$30 extra)</p>
<p>Get A Grip This Summer BLOW OUT Tire Deals Please Call For A Quote. 4 WHEEL ALIGNMENT \$79.95 Please Call For A Quote.</p>	<p>Fight Rust All Year KROWN RUST CONTROL SPRAY \$10 OFF (see back for details and pricing)</p>	<p>Keep Cool this Summer AIR CONDITIONING SYSTEM SERVICE includes Test, Evacuate & Recharge \$199⁰⁰ * Cannot be combined with offers on this card</p>

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

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



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

Garden Exhibit of Gordon Harrison Landscapes to be at New Edinburgh Studio

Burgh residents are invited to attend the annual Garden Exhibit of Canadian Landscapes of artist **Gordon Harrison** at his studio at 81 John Street in New Edinburgh. The New Edinburgh Studio is where Gordon spends endless hours putting his passion on canvas.

The exhibit is a special happening in the community that provides a unique opportunity for art collectors, clients, and the public to visit the studio where the artist paints. Gordon's art finds a new home in the gardens surrounding the studio and those attending can view the artist's most recent art while enjoying refreshments and listening to live music provided by local musicians.

Gordon Harrison finds inspiration for his colourful landscapes through his travels across



Iles d'Orléans, Québec, oil on canvas painting by Gordon Harrison.

Canada and he shares his experiences through his art. Gordon's work has often been described as a "celebration of colour." His bold use of colour evokes an emotional response from the viewer as he creates a mood in each painting. Gordon has a passion for the beauty Canada offers in its forested landscapes, rocky shorelines, sweeping val-

leys and enchanting communities.

Gordon's work can be viewed at the Gordon Harrison Gallery in the ByWard Market in Ottawa, through his website and at other fine art galleries across Canada listed on his website. It is also possible to meet the artist at his studio by appointment.

Copies of Gordon Harrison's recently released book *Gordon Harrison Canadian Landscapes* will also be available and the artist will be available to sign copies.

The newly printed 160 page hardcover book features colour reproductions of more than 90 oil paintings from his travels across Canada.

When: Friday, June 6, from 5 to 9 pm; Saturday, June 7 from noon to 5 pm; Sunday, June 8, from noon to 5 pm.

Where: Gordon Harrison Studio, 81 John Street in New Edinburgh.



ROSLYN A million dollar view at half the price. Six waterfront lots for sale (subject to severance) measuring 50x230. This westerly Orleans location is on the Ottawa River with 12-million dollar homes as neighbours.



2 ASHBURY PLACE This house was totally rebuilt in 1986. A wide floor plan not typical of the area allows for a generously proportioned entrance hall opening to a 19.6 by 16 foot family room with sliding doors to a deck. Both LR and DR are 19 feet deep. Windows abound and the natural light is fantastic. The closet space is really notable. Sliding doors from the DR to a screened porch. Attached garage. A sunfilled finished rec room. Mature landscaping.



Phone: 613-742-9319 200-39 Vaughan St. Fax: 613-744-7254

Unless otherwise stated all individuals are Sales Representatives



267 ST. ANNE \$249,000 What an opportunity for a first time buyer. Live in this attractive 3 bedroom bungalow styled APT with hardwood floors, a beautifully updated kitchen and access to the rear yard. Room out back to develop a patio area or grassed area or deck and still have parking for 3 cars. Income from the 2 lower level apts will more than pay the mortgage.



613-40 LANDRY White crown moldings set off the mellow tones of yellow that complement the natural wood flooring throughout the apartment. Well maintained and pride of ownership is evident. The bldg boasts a host of amenities incl. library and party room with huge outdoor deck. Coffee shops, bakery, health food shop, deli, restaurants and pubs all a short walk.



*A New Condo Coming to
New Edinburgh...*

**Lofts on Vaughan
in the low \$500's**

Occupancy Spring 2009

UNITS 5 & 6 SOLD - 4 SUITES AVAILABLE



PETRIES LANDING - WATERFRONT CONDOS
ORLEANS Two bedrooms, two baths, Suite B1 804 \$469,000. 1 Parking, 1 locker and Platinum Package incl. Suite B2 702 \$499,000. Occupancy Spring 09.



34 ALEXANDER STREET This cornerstone of Old New Edinburgh is the finest example of Victorian Wishbone Architecture in Eastern Ontario. Over the past 40 years I have sold this property to 3 different owners, all of whom have respectfully restored and polished this gem. The 2 storey apt. is ideal for an owner/occupier. The basement renos will need a little more effort to turn it into a fantastic 1 Bdrm with exposed stone and brick walls & heated tile floors.



By Catherine McConkey

Continuing on Brian Torrie's previous article in the *NEN*, the snow DID eventually melt and spring arrived. It was a glorious day in New Edinburgh with very fine weather for our annual **Plant Sale**, held on May 10 with great success. Thank you to all our volunteers who helped out with their backbreaking effort. Mary Granger did an excellent job once again organizing our supplier, Denis from Navan, with his beautiful flats, pots and baskets of annuals all fresh out of the greenhouse and just in time for Mother's Day! Mary also did a great job of orga-

John McDonald; Roger and Jill Hardy; Joseph Cull; and Angus McLaurin. Also, I want to thank the many residents and neighbours of New Edinburgh who came out and supported one of our two fundraisers. Funds from the Plant Sale will help out with The Fieldhouse as well as the rink management and maintenance during the winter.

At the time of writing, the **New Edinburgh ING Marathon Cheering Station** is taking form. **Joseph Cull** encouraged everyone to come on out in a colourful costume for an even better show than last year and to maintain our title of "Best



Photo credit: Roger Hardy, Joyce Dubuc and Gerry Turchyn (left to right) Mary Granger, Joyce Dubuc, Isobel Bisby, Paul Williams, Cathy McConkey, Michel Giroux, Joseph Cull, Jill Hardy and Melody Salter. Not pictured: Ryan and Roger Hardy.

nizing the Community Council members and volunteers. On hand to help out were **Gerry Turchyn; Daniel and Martina Granger; Emma, John, Robert and Laura Jarecsni; Susan and Alice Torrie; Joyce Dubuc and Harmony; Melody Salter;**

Marathon Cheering Station". Bridgehead (thanks to **Tracy Clark**) supplied coffee, and the Council provided juice and goodies. New Edinburgh is at about the 19 km mark on the marathoners' route through Ottawa, a spot where marathon-



Photo: Peter Glasgow

It was a glorious day for the Crichton Community Council's plant sale at the Fieldhouse.

ers need all the extra encouragement they can get!

The **New Edinburgh Annual Community and Family Picnic** will be held this year on Sunday, June 8, 11 to 2 pm. Pack a lunch, leave the dog and bring the family to The Fieldhouse for fun, sun and games. Contact **Brian Torrie** for information.

On a special note, the Council is grateful for the continued support of the **New Edinburgh Pub**. To show our appreciation, Council members congratulated **Paul Williams** on his 20th anniversary of doing business

on Beechwood Avenue! Paul is a long time supporter of the Council donating time, supplies and space on his rooftop terrace at the corner of Beechwood and Crichton. Over the past 20 years, Paul has donated hot chocolate for the rink during the winter as well as hot dogs for our annual Winter Carnival event. Paul has also hung our banner on his rooftop deck to advertise the Garage Sale each September. Congratulations to you Paul, and your staff for your hard work. We wish you many more years of prosperity!

Upcoming event: Mark your calendar on Saturday, September 13, 2008 for the **Annual New Edinburgh Garage Sale!** For more information contact **Catherine McConkey** at (613) 746-0303.

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

Anyone interested, should know that the Fieldhouse is available for your event at a very reasonable price. Contact **Jill Hardy** at (613) 746-1323 for more information.

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

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

*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

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



ST. LAURENT ANIMAL HOSPITAL

Dr. Thomas Kral

Dr. Brigitte Mehlhorn

654 Montreal Rd. (corner Cummings)

613-749-2143



DENYS
BUILDS
DESIGNS

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.

Paul Denys

EXPERIENCE THE DENYS DIFFERENCE

New Edinburgh Players

Pardon Me, Prime Minister Strikes a Chord

By Barbara Benoit

In selecting the bedroom farce *Pardon Me, Prime Minister* for the New Edinburgh Players' spring production this year, Artistic Director **Ingrid McCarthy** unwittingly seized on a topic of national political relevance: sexual indiscretions in the past coming back to haunt respected political figures.

As the play opens, the posturing Prime Minister George Venables (capably portrayed in this demanding lead role by **Larry Swain**) is locked in an argument with his dour Scottish Chancellor, an abstemious and crusading prude played with towering presence and a thick Scottish burr by **Robin Carter**, who is determined to eradicate sin from the nation through stern budget provisions. The Prime Minister, who enjoys his glass of whiskey out of the Chancellor's sight, holds the upper hand in the argument until his supposed love-child, exotic dancer Shirley Springer (embodied with vivacious comic presence by **Steff Clark**) bounces into his office and strips off her dress to reveal her scarlet undies as she announces her existence to her putative father.

From then on, the essence of the plot is to keep everyone from running into anyone else by hid-



Photo: Peter Glasgow

(l to r) Robin Carter, Larry Swain and Loretta Di Eugenio.

ing the inconvenient person in the library.

The Chancellor comes and goes at ill-chosen moments with more budget items to negotiate. The red dress, through an improbable series of miscommunications, is worn by almost every female character in the course of the action, after being mistaken first by the PM's wife Sybil for her unexpected birthday present from a normally forgetful spouse. **Loretta Di Eugenio** gave a strong portrayal of domestic tolerance coming under strain in this supporting role. The PM's Secretary, Rodney Campbell, a nervously compliant young staffer played with hilarious comic invention by **Tom Blazejewics**, is fated to become the guardian of the dress, delivering it infallibly to the wrong woman, and causing some anxious moments for the Chancellor's mousy secretary, Miss Frobisher, played with tense self-abnegation by **Nissa Ford**, who is passionately, but secretly, in love with the handsome young staffer.

The complications are compounded when Jane Rotherbrook, a media baron's daughter played with cool journalistic poise by **Jennifer Drummond**, arrives to interview the PM. In diverting her attention at a moment of crisis, he accidentally rips her dress, and now there is another woman in her undies to be kept out of sight.

At the very end of the first act, one final character makes a dramatic appearance: the exotic dancer's mother, Dora Springer, played with joyous pizzazz and natural comic timing by a regular star on the New Edinburgh stage, **Janet Uren**.

In Act Two, the complications are gradually resolved. Shirley's father, it turns out, is

not the prime minister, but the Chancellor, who was, on the night in question, blotto as only a Scot can be, and has no recollection of the event whatsoever. Dora's memory, however, is keen, as well as fond, and we hear a full and detailed account of the late-night goings-on at a long-ago political conference in Brighton.



Photo: Peter Glasgow

Steff Clark and Larry Swain.

Once convinced that Shirley is in truth his daughter, the Chancellor is determined to make an honest man of himself by marrying Dora. Dora, however, enjoys her tippie, and is not about to marry a puritan killjoy. She accepts him finally on the condition that he rewrite the budget.

All's well that ends well, we are led to conclude, for the British electorate as well as for the characters more immediately involved.

As usual, Ingrid generously designated each performance to raise funds for a local institution. Beneficiaries included MacKay United Church, St. Bartholomew's Anglican Church for Harmony House Women's Shelter, Amethyst Women's Addiction Treatment Centre, Serenity Renewal for Families, Ottawa Salus Corporation and the Burgh Carving Club.



Photo: Peter Glasgow

L'exposition inaugurale du Centre d'artistes Voix Visuelle présente les oeuvres des artistes Hélène Lefebvre et Peter Boyadjieff jusqu'au 17 juin.

Hélène Lefebvre et Peter Boyadjieff au Centre d'artistes Voix Visuelle

Le Centre d'artistes Voix Visuelle a pris officiellement son envol comme nouvel organisme francophone dans la région de la Capitale nationale en ouvrant ses portes à la communauté artistique de la région et au public en général et en présentant les artistes **Peter Boyadjieff** de Montréal et **Hélène Lefebvre** d'Ottawa.

Hélène Lefebvre s'inspire d'une citation d'Edmond Wells

sur les vies parallèles que mènent les fourmis et les humains pour nous présenter « Insectus », une réflexion sur le monde qui nous entoure et une exploration de la création d'images. L'artiste assurera une présence performative pendant le vernissage. Pour sa part, Peter Boyadjieff nous propose son interprétation de la réalité quotidienne avec « Allégories », un témoignage individuel et une vision

informelle des débordements de la dualité de notre relation avec le monde extérieur et nos comportements face à celui-ci.

L'exposition se déroulera jusqu'au 17 juin au Centre situé au **81 avenue Beechwood**. La galerie est ouverte de 11 h à 16 h, du mardi au samedi.

Renseignements: 613-748-6954 ou voix_visuelle@hotmail.com. Site web: www.voixvisuelle.ca.



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**

Faulkner
REAL ESTATE LTD.
Brokerage

**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

YOU ARE INVITED TO ATTEND A Seminar on Tax Planning and Investments in Retirement

A tax specialist will discuss recent developments in tax planning including the new pension income splitting opportunities. Also There will be a review of the Aim Trimark Private Pools with a focus on tax efficiency.

This seminar is free. But, space is limited. To reserve your seat, call or visit Edward Jones today.

Sponsored in part by: Knowing Pays:  **AIM TRIMARK™**

Date: 06/24/2008

Time: 2:00 - 3:00 p.m.

Place: 94 Beechwood Ave., Ottawa, ON

Guest Speaker: Doug Carroll and Brian Miske from Aim Trimark

R.S.V.P. by: June 20, 2008 to Sandy or Steve at 613-742-6811



Steve McIlroy
Financial Advisor

266 Beechwood Avenue
Ottawa, ON K1L 8A7
613-742-6811

www.edwardjones.com Member CIPF

Edward Jones
MAKING SENSE OF INVESTING

Changing of the Guard at Jolicoeur Home Hardware: The End of An Era on Beechwood Avenue

By Jane Heintzman

The middle of May marked the end of an era on Beechwood Avenue when Jolicoeur Home Hardware passed out of the hands of the Jolicoeur family for the first time in over 60 years. After 8 years at the helm of this New Edinburgh institution, **Christine Jolicoeur**, the widow of previous owner **Claude Jolicoeur** who died of cancer in 2000, has sold the store to a new Home Hardware franchisee. The Jolicoeur name and family presence will no longer be a part of the new operation.

The history of the Jolicoeur family in New Edinburgh dates back beyond the opening of the hardware store some six decades ago. The Jolicoeur Brothers delivered groceries in the Burgh by horse and cart as early as the 1920's when **Hector Jolicoeur** ran a grocery and butcher shop on Beechwood Avenue. By the late 1940's, the grocery operation had been converted to a hardware store run by brothers **René, Rhéal and Roger**, and has stayed in the family ever since. Rhéal's widow **Liliane Jolicoeur** still lives in the neighbourhood and has remained a stalwart supporter of the store.

Until his death in 2000,

Jolicoeur Hardware was owned and operated by Christine's late husband Claude Jolicoeur who is still remembered in the community with great fondness and respect. Those of us who were around at the time of the **Ice Storm of 1998** will never for-

salt. Christine followed in his footsteps when she and her staff took the helm at the time of the massive **Power Blackout** in the summer of 2003, once again making every effort to help our community through the crisis.

In the final stages of Claude's

stalwart store Manager **Alain Champagne** and his assistant Diane had been holding the fort through Claude's protracted absence. This she has done successfully for the past eight years, and as a community which relies heavily on our local hardware store, we are extremely grateful for her loyalty.

Faced with the pressure of a prohibitively high rent, combined with the many other vicissitudes of running a small business, Christine took the difficult decision to sell the business to another Home Hardware franchisee who was ready and willing to keep this long-established institution operating in our community. The new owners are **Isabelle Lamarche** and her partner **Marc Clément**. Isabelle also has a family history in the hardware business, as her father is the owner of the Home Hardware in Casselman, Ontario, where she has been part of the team since the age of 12.

The densely stocked shelves filled with household essentials and the friendly faces of the Jolicoeur staff have become as familiar to most of us as the homes of friends and family. Both the departure of Christine and long time Manager Alain Champagne will be deeply felt in the community, as will the disappearance of the legendary Jolicoeur name among the merchants in Beechwood Village. We thank Christine, Alain and the Jolicoeur family for their



Photo: Peter Glasgow
Christine Jolicoeur says goodbye to the Burgh.

invaluable contributions to our lives over the years, and wish them well in the years ahead. Many of the current employees of the store, including Assistant Manager **Pierre Belanger**, will remain a part of the new operation and we look forward to seeing their familiar faces on our many pilgrimages to the store over the summer.

Once the dust settles after the transfer of ownership, Christine is planning to organize a **celebration event** for the community at **Pam Siekierski's Physical Therapy Institute** above the pharmacy. Watch for details and be sure to attend to thank Christine and her family for their many years of service to New Edinburgh, and to wish her a fond farewell.



Source: City of Ottawa Archives

The Jolicoeur Brothers delivered groceries in the Burgh by horse and cart as early as the 1920's when Hector Jolicoeur ran a grocery and butcher shop on Beechwood Avenue.

get Claude's tireless efforts to keep us equipped with emergency supplies from batteries to flashlights, lanterns, lamp oil, kerosene and endless bags of

illness, Christine resolved to give her husband peace of mind that the business would remain in the family, and promised to take over the reins at the store where

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.mccademy.ca



QUINCAILLERIE JOLICOEUR LTÉE.
HOME HARDWARE

70 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.
613 749-5959

Pick up your aeroplan
card at Jolicoeur
Home Hardware.



SELF-GUIDED WALKING TOUR OF HISTORIC NEW EDINBURGH

An Introduction to Old New Edinburgh

**Paul McConnell and
Inge Vander Horst**

*Co-Chairs, NE Heritage and
Development Committee*

Rediscover New Edinburgh by strolling through this historic neighbourhood. Travel back in time 170 years while taking a closer look at some heritage gems. Most of these remarkable buildings are located within the original settlement of New Edinburgh, which was founded in 1832 by Scottish stonemason and entrepreneur, Thomas McKay.

McKay had been a major contractor for the Rideau Canal, including the entrance locks by Parliament Hill. When construction was completed in 1832, he encouraged his workers to settle on the land he had purchased around the Rideau Falls. There was plenty of work to be had in his numerous mills and factories.

In 1838, McKay completed construction of his splendid new mansion, Rideau Hall, which added some prestige to the neighbourhood. He died in 1855, and when Ottawa was chosen in 1857 as the capital of Canada, the government leased and then purchased Rideau Hall as the official residence of the Governor General. The Vice-Regal presence provided a further boost to New Edinburgh, which saw more houses and services being built for the gentry.

The Village of New Edinburgh was formally incorporated in 1866. Twenty-one years later, in 1887, it merged with the City of Ottawa.

History? What History?

The New Edinburgh we see today is generally regarded as an up-market neighbourhood of fine houses and gardens, quaint lanes, large areas of parkland, and enjoying a pretty setting by the Rideau River. This is a far cry from New Edinburgh's origins as an industrial centre. Many of the early residents were mill workers who lived in modest homes or rooming houses. They were employed in the heavily industrialized corridors along the Ottawa and Rideau Rivers, where the Rideau Falls supplied power.

Missing from this walking tour are the brewery and distillery, the saw mill, the grist mill, the flour mill and bakery, the



"Hon. Thos. Mackay's Mills, Distillery, etc. and part of New Edinburgh, Rideau Falls: Drawn by Captain Thomas Burrowes in 1845.
Source: Archives of Ontario

woollen mill and cloth factory - all established by Thomas McKay. He was also instrumental in bringing the first railway into Ottawa in 1854, with the Bytown & Prescott line running along the banks of the Rideau River through to New Edinburgh's mills.

Most signs of New Edinburgh's industrial golden age have long since disappeared. The factories and mills have been demolished and cleared, to be replaced by the Embassy of France, the old Ottawa City Hall, and NCC green space. The old railway bed has become a recreational trail through the parks, although the last traces of its old bridge can still be seen heading across to Lowertown.

What we still have in some number, however, are homes, churches, and schools from throughout the different phases of New Edinburgh's history. It has been estimated that the former Village of New Edinburgh (roughly Sussex to Dufferin, Stanley to MacKay) still contains 150 homes dating from the 19th Century. You'll see plenty of these on the self-guided walking tour described in the following pages.

What's in a name?

The street names of New Edinburgh's old village were not chosen at random - most

have a close association to Thomas McKay and his family, or to our immediate neighbours, the Governors General of Canada.

Thomas McKay's name provides something of a puzzle. Have you noticed that the street named after him is spelled "MacKay"? And it's

get to name streets after your own family. So, in addition to MacKay Street, we have streets named after four of Thomas McKay's children - John, Charles, Alexander, and Thomas. "Crichton" was the maiden name of his wife, Ann. "Keefer" was the surname of his son-in-law.

Other streets have a royal connection, with (Queen) "Victoria" as well as "Stanley" and "Dufferin" named after Governors General.

The Walking Tour

We have lots of well-maintained old homes throughout New Edinburgh, and the whole area that used to form the original Village has been designated a Heritage Conservation District. We also have many award-winning infill and renovation projects involving historic buildings. Then there are the lanes, with their own unique story to tell. So much to see in the neighbourhood - so how to decide what to include in a walking tour?

For this first effort, we've decided to keep things simple. We have selected the 17 properties that have been recognized individually by the City and Province as especially deserving their heritage status. There are 11 residential buildings, 3 schools, 2 churches, one bridge. These are some

of the best examples in New Edinburgh of buildings from different eras and they are also some of the best-documented. They provide a great introduction to our local history, but no doubt you'll make your own discoveries en route.

On the accompanying pages you will find a photograph and street address for each of the heritage properties so you should have no problem identifying them. Also included is a brief description of their special features and history. Most of the buildings - but not all - will have a bronze heritage plaque that explains a bit more about them.

ON YOUR WAY: You can start wherever you like. We have listed the 17 properties in a loop, starting at the former Crichton Street Public School at 200 Crichton Street. The length of the walk connecting #1 through #16 (MacKay United Church) is an easy 2 km; it is a further 0.5km to reach #17, Ecole St Charles, on Springfield Road. A complete circuit will take perhaps 90 minutes - but go at your own pace.

It's worth noting as well that you can repeat the walk in different seasons for a different experience. Or perhaps you'll want to cycle around the circuit with the kids.

One final note. This is an "outside" tour only, so please respect the privacy of the occupants of the heritage homes. Nevertheless, if you do happen to see them, you may wish to thank them for the effort they have invested in looking after these wonderful buildings. They are the custodians of an important part of New Edinburgh's history.

Acknowledgements

Heritage Planner **Sally Coutts**, at the City of Ottawa, provided helpful background information on many of the properties.

Special recognition goes to local photographer, **Louise Imbeault**, who has compiled a remarkable collection of photographs of New Edinburgh's heritage buildings. The photographs included in the tour guide are taken from that collection; others can be seen in an audiovisual presentation produced by Louise that can be viewed on the "Heritage" page at www.newedinburgh.ca.



Courtesy of www.érudit.org

The Honourable Thomas McKay (1792-1855), from photo belonging to Miss Lily McLeod Clark of Elmwood, Ontario.

"MacKay" United Church. Well, Thomas was born and died as a "McKay" but for whatever reason following his death, his family adopted the form "MacKay". This is why you'll see the name spelled differently in different places.

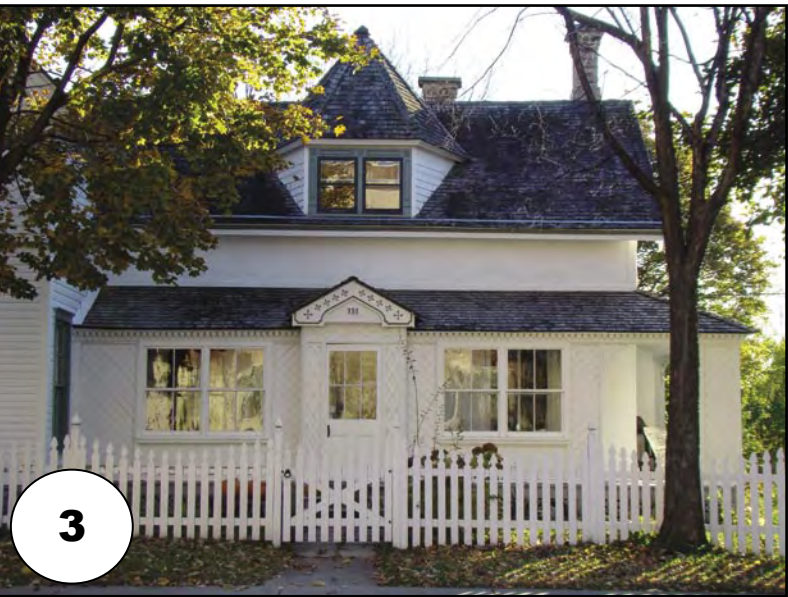
One advantage of creating your own village is that you



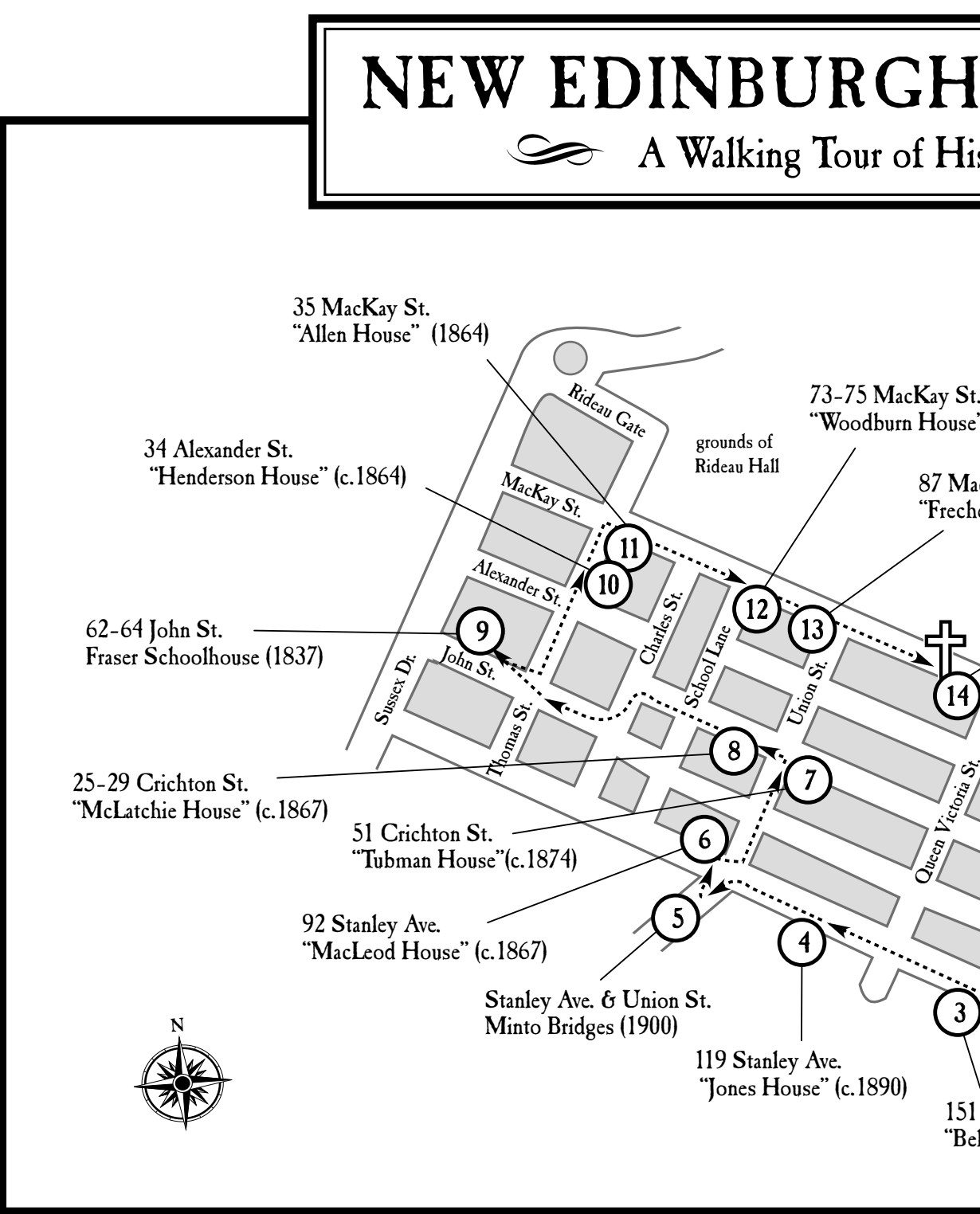
#1. 200 Crichton Street (1906) Crichton Street Public School. The school in New Edinburgh moved four times before the first school was built on this site in 1875. The present building took on its main shape in 1906. A major new wing, which forms the front facade, was added in 1919-20. With its modern design and facilities, it was regarded as a great advance in school architecture. The school was closed in 1999 but still serves New Edinburgh as the home of the Crichton Cultural Community Centre.



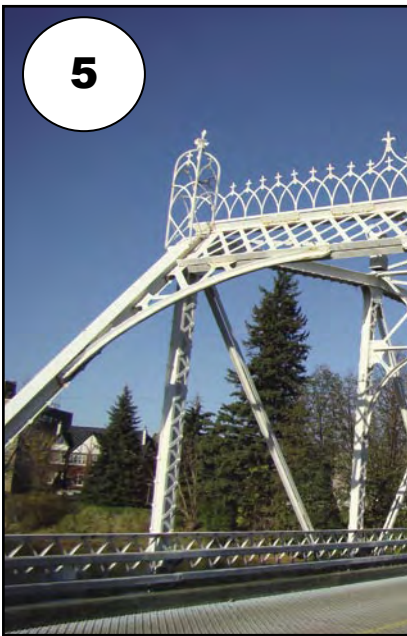
#2. 139-141 Crichton Street (1874) Garvock House. Stonemason and contractor Alexander Garvock built this small 1 ½ storey double house on land purchased from the MacKay Estate. With its fine masonry, it is an impressive reminder of the skills that became established in Ottawa following construction of the Rideau Canal.



#3. 151 Stanley Avenue (1868) Bell House. This New Edinburgh gem enjoys a wonderful setting. At one time, its main entrance fronted towards the Rideau River. The original 1 ½ storey western section of the house was built for Dr W.R. Bell as a medical office. The 2 ½ storey eastern section was erected in 1880 as an attached residence. The clapboard building is highlighted by its gables, large veranda, peaked-cap dormer, and lots of fine detail.



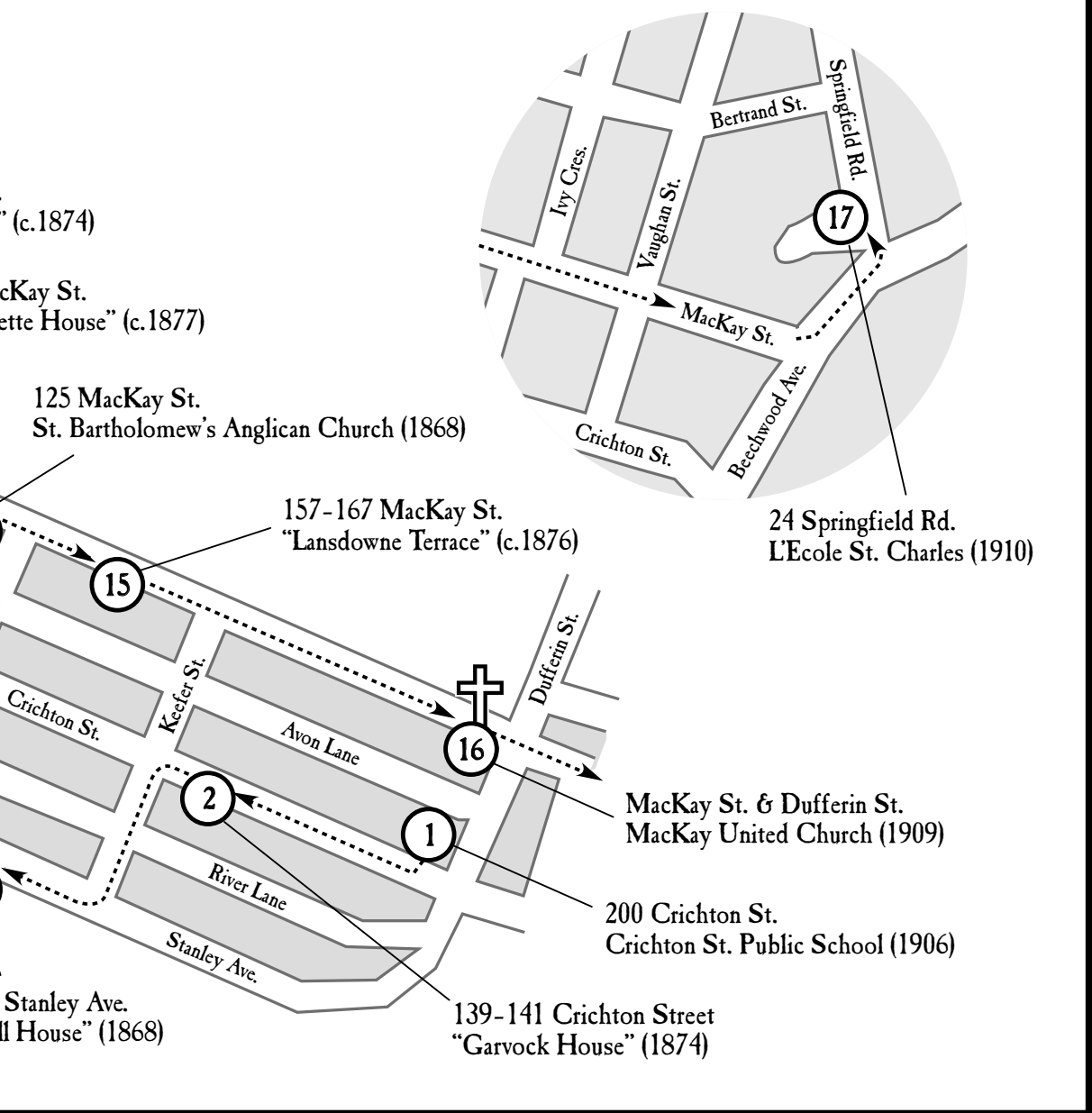
#4. 119 Stanley Avenue (c.1890) Jones House. Built for John Jones, a mill worker at the nearby mills, this house is a fine example of the modest local homes occupied by workers and their families. Impressive features include the gabled dormers, decorative porch, and the Second Empire mansard styled roof (which provided more headroom upstairs but the house was still taxed only as a 1 ½ storey dwelling).



#5. Stanley Avenue at Union Street. The bridge was built after the Earl of Minto, eighth Duke of Atholl, and these ornate bridges were originally built by the Canadian Bridge Company for the "Ottawa Improvement Commission" and later purchased by the National Capital Commission. The bridge was designed by Sir Wilfrid Laurier in 1890.

HERITAGE TRAIL

Historic New Edinburgh



Map design by Clare Robertson



(1900) Minto Bridges. Named after the Governor General of Canada, they were built from cast iron by the Dominion Bridge Company. They were built from cast iron by the Dominion Bridge Company (a predecessor of the National Capital Commission) which was established in 1899 "to beautify the City".

#6. 92 Stanley Avenue (c.1867) MacLeod House. In a fine location, this picturesque 1 ½ storey stone house is another excellent example of the early homes of New Edinburgh. Note its courses of rough masonry and delicate wooden porch. It was built for Dougal Macleod, who came from Scotland's Isle of Skye and worked in a local mill owned by Thomas McKay.



#7. 51 Crichton Street (c.1874) Tubman House. The original 1 ½ storey front section of this house was built before 1874, with the veranda being added in the 1880s. A simple, front-gabled frame structure with a steeply pitched roof, it is one of the earliest buildings from the mill village of New Edinburgh. It was owned by the Tubman family from 1874 to 1986.



#8. 25-29 Crichton Street (c.1867) McLatchie House. This is the only example of an original "board and batten" double residence remaining in New Edinburgh. The 1 ½ storey T-shaped structure with its fancy gables was built by W.R. McLatchie as workers' housing in the early years of the village. It has survived virtually unaltered and is beautifully preserved.



#9. 62-64 John Street (1837) Fraser Schoolhouse. This symmetrical stone structure is the oldest dwelling in New Edinburgh. Thomas McKay built it for the workers constructing his new home, Rideau Hall. In 1838 he converted it into a school - teacher James Fraser lived in one half and his classroom was in the other. When the school moved out a few years later, it became a double residence. The National Capital Commission acquired it in 1959.

Continued on next page.



10

#10. 34 Alexander (c.1864) Henderson House. This spectacular 2 ½ storey clapboard house is typical of the Second Empire Style and is an example of the evolving architecture of the village. The mansard roof, wishbone-shaped gables, upstairs enclosed sunporch, elaborate wood detailing, impressive front entrance and veranda all blend into an eclectic building of distinctive architectural value. It was built for John Henderson, manager of the MacLaren Lumber Mills. He became Treasurer of the Village of New Edinburgh when it was incorporated in 1866, and later became Clerk of the City of Ottawa.



11

#11. 35 MacKay Street (1864) Allen House. This impressive 2 ½ storey house on a corner lot at Thomas Street has two entrances and two fine facades of dressed stone (- compare with the rougher stone at the rear and side). It was built to accommodate senior employees of Thomas McKay's mills. Note also the strong cornerstones ("quoins") and fancy wooden trim. The porches and pillars were added in the 1920s.



12

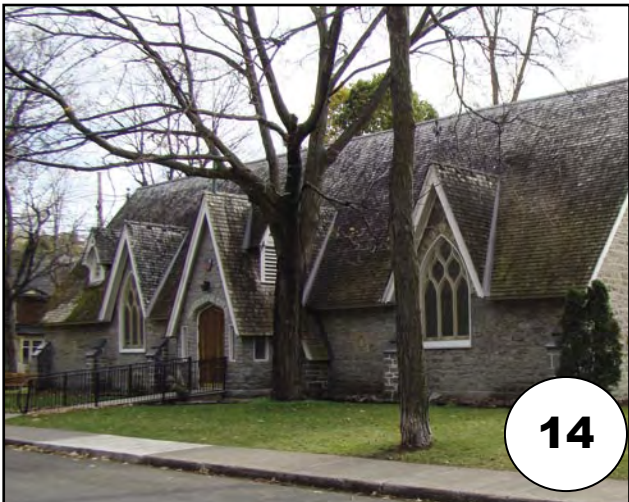
#12. 73-75 MacKay Street (c.1874) Woodburn House. Gentle suburban residential development comes to the growing village of New Edinburgh. This 1 ½ storey brick double is a delightful example of the Victorian influence on house style, with its bay windows, Gothic gables, and fine trim. It was built for William Woodburn, a carpenter.

#13. 87 MacKay Street (c.1877) Fréchette House. This impressive house on its corner lot shows the influence of the Gothic Revival style of the late 1870s. Note the projecting frontispiece with its steep centre gable, coloured brickwork, and the different sizes of gable dormers. From 1881 to 1921 it was the home of the literary couple, Achille Fréchette and his wife Annie Howells.



13

#14. 125 MacKay Street (1868) St Bartholomew's Anglican Church. This is the parish church of New Edinburgh, Lindenlea, and Rockcliffe Park. Designed by Thomas Scott, St. Bart's was built on land donated by the MacKay family. This simple rectangular stone building has many associations with our neighbours, the Governors General. For example, Viscount Monck (Canada's first G-G) laid the cornerstone, Princess Louise donated the bells, and the large stained-glass window over the altar was donated by Prince Arthur, Duke of Connaught.



14

#15. 157-167 MacKay Street (c.1876) Lansdowne Terrace. This elegant brick 2 ½ storey terrace is Georgian-inspired. It demonstrates the transformation of New Edinburgh from a village of mill workers to an upper middle class suburb. The construction date remains a puzzle because Lord Lansdowne, after whom the terrace was named, did not become Governor General until 1883.



15



16

#16. MacKay & Dufferin (1909) MacKay United Church. The original New Edinburgh Presbyterian Church and its adjacent manse were built in 1875. It was renamed in 1901 to honour the MacKay family, long-time benefactors, and became MacKay United Church in 1925. The present church was rebuilt in 1909-10 in handsome rough-cut stone and features a corner bell tower, a three-arched entrance portal, and round arched windows.



17

#17. 24 Springfield Road (1910) L'Ecole St Charles School. This attractive functional structure was built of red brick set on a rock-faced foundation. Note the fine stonework, large interesting windows, and lots of decorative detail. It served the francophone community of New Edinburgh until 1972 and has now been converted into loft apartments.

Further Information

Information for the article and captions accompanying the photographs came from various publications, including:

Pioneer Families of New Edinburgh (Gloucester Township) Volume One: 1830-1870, by Robert Serré. Gloucester Historical Society (2007). This book describes the geographical setting and early history of New Edinburgh and provides biographical and genealogical information on 90 pioneer families of the village.

Capital Walks: Walking Tours of Ottawa, by Katharine Fletcher. Fitzhenry & Whiteside (2003).

Ottawa: A Guide To Heritage Structures, Local Architectural Conservation Advisory Committee. City of Ottawa (2000).

Walking in New Edinburgh, Ottawa. Heritage Ottawa (1975?).

New Edinburgh Heritage Conservation District Study. City of Ottawa (2000).

Some of these publications can be purchased from **Books on Beechwood** at 35 Beechwood Ave. Others may be out of print now, but the Ottawa Public Library will have copies available.

St. Laurent Academy Cleans Up At Regional Historica Fair

By Emma Jackson

Communications assistant
City of Ottawa Heritage
Museums

The trophy was huge, but her winning grin seemed even bigger. **Morgan O'Dea**, a grade seven student at **St. Laurent Academy**, was the recipient of the City of Ottawa's 2008 Local History Award in conjunction with the Historical Society of Ottawa, which she received at school on April 30.

O'Dea's project focused on the history of Rockcliffe Park, where she has lived since she moved to Ottawa about eight years ago. "I decided I wanted to learn more about my community and how it all started," she said after the school's awards ceremony.

Her project featured a model of the Rockcliffe area, which was part of a Monopoly-esque trivia board game. Two display boards also showed a variety of Rockcliffe Park photos that spanned decades of history. O'Dea even interviewed local resident **Martha Edmond**, author of *Rockcliffe Park: A History of the Village*.

Cynthia Smith, cultural planner at the City of Ottawa, presented O'Dea with a personal trophy and warm congratula-

tions. She also presented the school's principal, **Susan Kelly**, with a large, colourful cup that will stay with the school until

next year's award. "What better way to honour your city," Smith told O'Dea in front of an attentive school audience. "It's my

opinion that a civic award is the most important award you can have."

Alan McLay, president of the Historical Society of Ottawa, presented O'Dea with a cheque for \$150 in recognition of her outstanding project on local history. O'Dea's trophy will stay in her room next to her horseback riding ribbons, but the money won't stick around for long. The 13 year old said she plans to treat herself to a cell phone. McLay jokingly suggested O'Dea buy some history books, but although she loves to read, O'Dea said she has lots of books already.

The Historical Society in Ottawa started the Historica Fair in the region six years ago, and the Historica Society itself funds the provincial and national competitions. McLay said the exhibits this year have been outstanding. "I've been very impressed with all of the projects that are on display at the fairs. They're very well done, very professional," he said.

O'Dea's classmates were also recognized for their historical knowledge at the award ceremony. Four students from St. Laurent Academy were chosen to attend the regional Historica

Fair at the War Museum on April 9, where students across Ottawa displayed their Canadian history projects for a chance to compete at the provincial level.

Two of those students will attend the provincial competition at Nipissing University in North Bay, June 11 to 15. The National Historica Fair will take place in Victoria, BC in July.

Smith said this is the first time she has seen a school win local and regional prizes in the same year. From a school of only 65 pupils, the achievement seems even greater.

And if they haven't put enough time and effort in already, one student is already preparing for next year. **Peter Kohl**, grade seven classmate of O'Dea, said he has already picked a topic and knows how he'll present it – but he's not letting anyone in on his good ideas.

"You want me to tell all the kids in the world? It's a surprise!" he exclaimed at the thought of revealing his plans. He said he is determined to make sure St. Laurent Academy has a winner at the fair every year.

With his enthusiasm and O'Dea's prize-winning experience, perhaps the two can make his wish come true.



Morgan O'Dea received the City of Ottawa's 2008 Local History Award for a project on the history of Rockcliffe Park.

1 Beechwood Avenue, Ottawa

Phone: 613-748-9657

NEW EDINBURGH

20th Anniversary!

PUB

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.

LOBSTERFEST FROM JUNE 16 TO 22!

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



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

Alex MacDonald
Anne Thompson, Treasurer
Bethann Robin
Carol Burchill
Carol West
Colin Goodfellow
David Tobin
Ellen Goodman
Jane Heintzman, Secretary
Johan Rudnick, Chair
John Jarrett
Lise Rowell

Ex Officio:
Gemma Kerr, NECA
Penney Place, CCC
Karen Bailey, MainWorks
Karen Rasmussen, MainWorks

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

In the Works at MainWorks

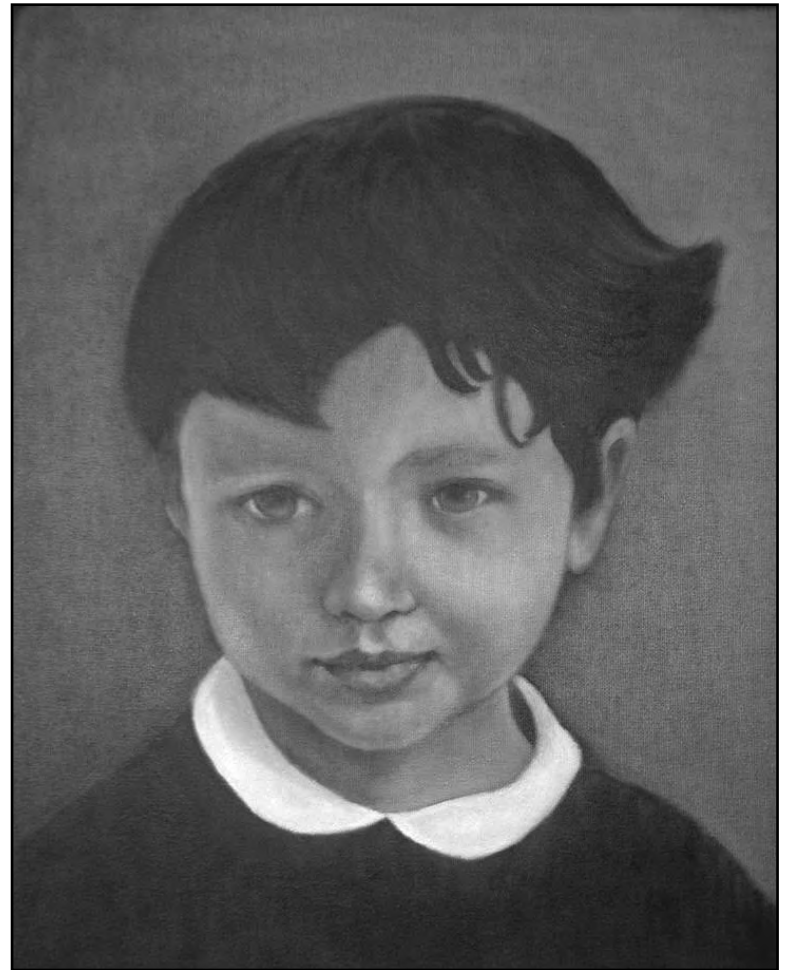
It is with great pleasure we would like to introduce this month's featured MainWorks artist, **Corinne Nieuwburg**.

Corinne was born in the Netherlands and immigrated to Canada at the age of eleven. While in Holland, her grandfather, an accomplished artist provided Corinne with an art education at a very early age, allowing her to see the world through a painter's eye.

A member of MainWorks Artists Studios since 2004, Corinne works with oils and concentrates on portraiture. She expresses her interest in these words: "I like painting people because they fascinate me in many ways. From the sparkle in a child's eyes to the lines on an old person's face, they all have a story to tell and provide an endless supply of inspiration. For me, as an artist, to capture this essence on canvas is the ultimate reward."

She alternatively uses live models, photographs and her own imagination to develop her work. Each option has its pros and cons, and she often combines all three of these elements in one painting. However, her preference is to follow her imagination, which offers her more creative freedom. As she puts it: "I can paint outside the lines so to speak."

Over the years, she has had a steady demand for commissioned work, most often children's portraits. These requests represent an interesting challenge for her as she gets to know



White Collar Series: "Pascal", by MainWorks artist Corinne Nieuwburg.

each child on a personal level. Before she starts painting, she always insists on meeting the child, allowing her to establish a rapport beyond reproducing the subject from photographs. This approach enables her to get a sense of their unique personality which she will artfully capture on canvas. It is a very personalized process, where she feels a connection to her subject.

She is continuing to work on "White Collars" series, consisting of portraits reminiscent of the turn of century photographs. Their popularity has kept her pretty busy. In these paintings, her objective was to depict the more affluent and privileged members of society. Their white collars not only pull them together as a group but also query their individuality, background, education and social standing. These paintings have been exhibited at the Ottawa School of Art as well as various MainWorks exhibitions.

As for her new work, she will, again this year, be participating in the "Summer Solstice" exhibition at Centre d'Exposition L'Imagier in Aylmer. This year's theme is "Strange Encounters". Based on her previous work, it promises to be interesting! The exhibition will be on display from June 21 until August 10. We can also see her work at the annual **MainWorks Open House November 7-9, 2008**.

She can be contacted by email at cnieuwburg@rogers.com.

Jubilee Theatre Tours

Who's Afraid of Virginia Woolf?

Bishop's University students bring Edward Albee's still pertinent masterpiece to the CCCC.

This June, Jubilee Theatre is bringing Edward Albee's classic, *Who's Afraid of Virginia Woolf?* to audiences in Ottawa. Directed by Anna Springate-Floch of Quebec's Eastern Townships, this dark and absurdist comedy promises to shock first-time audiences as it blurs the lines between truth and illusion. Albee's play has withstood the tests of time, remaining ever-relevant as its characters tackle issues including genetic engineering and historical inevitability through the vicious psychological games they play with each other. *Who's Afraid of Virginia Woolf?* implores its viewers to question their own realities, reaffirming Socrates' declaration that "the unexamined life is not worth living."

The production is being partial-

ly sponsored by the McConnell Student Opportunity Fund. This is Jubilee Theatre's second year producing professional theatre. Last summer, they mounted Norm Foster's *Office Hours* and Daniel MacIvor's *Never Swim Alone* at the Atwater Library in Montreal.

"The director [Anna Springate-Floch] obviously knows her stuff and is pitch-perfect in her depiction," says Phil Manasseh of *Montreal by Montreal* (July 12, 2007).

June 07-08, 8:00 pm
Dufferin Room
CCCC, 200 Crichton
(Avon entrance only)

\$15 Adults; \$10 Students/
Seniors

If you would like more information about please call 514-703-3110 or email jubileetheatre@gmail.com.

Correction

In the April edition of the NEN, featured artist Cristian S. Aluas was incorrectly identified as a member of MainWorks.

As Nietzsche Predicted, a Stronger CCCC in 2008

By **Johan Rudnick**
Chair, Crichton Cultural
Community Centre

A small but very interested crowd turned out for the recent CCCC Annual General Meeting. With only a short order of business, the CCCC auditor was appointed for 2008, and the new CCCC Board was duly elected. We are happy to welcome two new members to the Board this year, **Lise Rowell** and **David Tobin**, and we sincerely thank departing member Marion Haunton for her contribution to the CCCC over the past two years. The balance of the meeting was devoted to review and discussion, and as with any AGM, thoughts turned to the events of the past year and the prospects for the year ahead.

If the Nietzsche admonition 'what doesn't kill us makes us stronger' is true, then the CCCC emerged from the past year stronger than ever. Notwithstanding a 2007 near-death financial crisis, the CCCC rose to the challenge with the aid of incredible community support, and has had a banner year of activities with strong program growth and participation.

On the programming front, we continue to make strides at the community and regional level, attracting both national and local media interest. In response to the diverse programming opportunities developed in 2007, we hosted over 2,500 participants. At the same time, through the efforts of **Ellen Goodman**, a CCCC Board member, we were able to pilot an exciting new program for children and youth with low vision and blindness that will be continued and expanded this year. This year we are also hoping to launch new program initiatives for young families.

Anyone visiting the CCCC of late will have seen our refurbished hallways which have been transformed into the CCCC's newly inaugurated Corridor Gallery, officially opened on Friday April 4 with the launch of its first exhibition, *To Build A Vibrant Centre*, curated by our curator-in-residence, **Alisdair MacRae**. This new gallery space provides presentation opportunities for emerging artists from across the region. At the same time, the gallery gives **MainWorks**, the resident artist cooperative at the CCCC, a home venue to present their works. Watch for forthcoming exhibitions. Special thanks to **Anne Thompson**, a CCCC Board member and **John Jarrett**, of MainWorks, for all their hard work at making the gallery a reality.

As to the CCCC's signature event, the annual Lumière festival, the 2007 festival was another wonderful success which, along with related outreach activities in the region, attracted over 10,000 participants. The CCCC and the volunteers and other groups involved in helping to stage the festival are already hard at work developing another



Young visitor to the recently-inaugurated Corridor Gallery.

magical theme for **Saturday, August 9, 2008**, this year with more focussed family and later night activities. Our champion for this important event is **Joanne Hughes**, the tireless CCCC Community Facilitator.

On the facilities front, 2007 found the CCCC in waiting mode for The School of Dance (TSOD) management to agree with City officials and allow stalled renovations on the 2nd floor to proceed. At the same time however, the CCCC moved ahead with some modest but extremely useful improvements, including building storage units, repairing the bothersome uneven entry into the Dufferin Room, and getting a decent sound system. The CCCC also succeeded in preparing a much needed new office space for use. With the addition of some new furniture in 2008, the CCCC will finally have a real office. Thanks to **Michele Giroux** and **Pandore Construction** for all their help in all of this and the gallery space as well.

On the financial front, the CCCC was pleased to have successfully maintained another balanced and sustainable

operation for 2007 covering all CCCC programming activities. Unfortunately, as a volunteer not-for-profit charity, during 2007 the CCCC also reached a point where it could no longer sustain the additional mounting legal and other costs related to the ongoing disputes with TSOD management. Given that—unlike TSOD—the CCCC does not receive an annual operating grant from the City, the CCCC had no choice but to turn to the community for help.

With the help of **Marion Dewar**, and the support of **Mauril Belanger** our MP, **Madeleine Meillieur** our MPP, and **Jacques Legendre** our City councillor, a very successful CCCC fund-raiser was launched. The community response was tremendous and the many generous donations allowed the CCCC to successfully stave off the proverbial (and very real) 'sheriff at the door.' The funds raised helped prevent the CCCC from being forced into bankruptcy and TSOD management seizing control of the second floor of Crichton. Having met the challenges of 2007, the CCCC is now positioned to pursue collection of the substantive debt that it believes TSOD owes the CCCC.

Community fundraising also saw the CCCC establish a building acquisition fund to position the Centre to buy out TSOD interest in Crichton at fair market value. In support of the

fund, the CCCC also secured additional commitments that, along with the fund, give the CCCC over \$270,000 to be used specifically to acquire the building. As part of this initiative, the CCCC established a viable plan to acquire and operate Crichton on a self-sustaining basis. Notwithstanding the uncertainty surrounding the acquisition, the CCCC plans attracted the interest of a number of financial institutions to finance the acquisition.

On the legal front and in the on-going disputes with TSOD management, the CCCC worked very hard with the City over the course of 2007 to come to a comprehensive settlement with TSOD management. Despite the best efforts of the CCCC and the City, a settlement of disputes with TSOD management was not achieved during 2007. Equally disappointing was the surprising February 2008 court decision to delay any consideration of selling Crichton until a hearing scheduled for September 2008. So in the coming months, the CCCC will continue to work with the City as well as prepare for the court proceedings in September.

Looking back at 2007, one can only conclude that it was a year of enormous challenges for the CCCC. That the CCCC cleared those hurdles with some room to spare was in no small part through the efforts of the wonderful people who generously

gave of themselves by volunteering and making donations, either directly or through The Friends of Crichton. To everyone who helped us meet the challenges of 2007, our most sincere thanks. And a special thanks to my colleagues on the **2007 Board of Directors** who, despite the challenges, maintained our steadfast commitment to the community and preserving Crichton itself.

The community's continuing efforts in 2008 have sustained the momentum of our efforts to maintain Crichton as a public asset, and are very much appreciated. The sold out benefit performance of *Pardon Me Prime Minister* by **Ingrid McCarthy's New Edinburgh Players** was an enormous success (as well as a hilarious evening!), and we are especially grateful to Ingrid for her generous contribution to the ongoing work of the CCCC. Special thanks also to **Barbara Laskin** and **Margot Silver** of the **Friends of Crichton** for all their efforts, including organizing, hosting and contributing their formidable culinary skills to a **Taste of Spring** fundraising evening on May 24.

Looking ahead at 2008, we remain optimistic that, with continuing and reinvigorated community involvement, a strengthened CCCC will be able to keep growing. On behalf of the 2008 Board of Directors, we look forward to continue working with the community to 'Keep Crichton Public'.



Allumez Vanier/Light Up Vanier

For the fifth anniversary of the Lumière Festival, and with the generous support of the Ottawa Community Foundation, the CCCC will strengthen ties with the Francophone speaking community in Vanier through workshops and bilingual targeted promotions.

The Allumez Vanier/Light Up Vanier Coordinator 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.



Allumez Vanier/Light Up Vanier will allow us to continue to develop subsidized lantern

workshops and enrich the event via diversity and accessibility. The project will provide an opportunity to approach Vanier businesses and the Vanier Business Improvement Association to secure sponsorship relationships. Participating sponsors will be featured on all bilingual promotions. Additionally, Allumez Vanier/Light Up Vanier will create awareness in Vanier about the CCCC and its programs. The CCCC has many Francophone instructors who want to attract Vanier residents to their programs.

Crichton Cultural Community Centre

Weekly Programs 2008

Health & Wellness

CARDIO KICKBOXING

Carolle Laliberté
(613) 263-0539
cardio.kickboxing@videotron.ca
or visit ckb.ericlaliberte.com
Monday & Wednesday
6:00-7:00 pm
16 classes (twice/wk) \$115; 8
classes (once/wk) \$65; 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 workout, 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

Louise Hannant, 613-747-1514 &
Sharon Collins 613-816-4307
Mon-Fri 7.30 -8.30 am
Mondays 9.00 -10.00 am
Thursdays 8.30 -9.30 am

1 class / week \$ 110,
2 classes / week\$ 210,
3 classes / week \$ 290,
Unlimited classes / week \$ 350

Early Bird Work-Out

Monday, Tuesday, Thursday
7:30 - 8:30 am

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.

Fusion on the Ball: Have a Blast!
Monday, 9:00 - 10:00 am

A total body workout using the stability ball, hand held weights and toning bands. This class

incorporates cardiovascular work and balance exercises to achieve overall functional strength and core stability. We will end this class with an extended stretch and deep relaxation for the calming of the spirit .

Fitness Fusion: A Rejuvenation of Body and Spirit
Wednesday, 7:30 - 8:30 am

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.

Core Training: Physical Strength Comes from Our Centre
Thursday, 8:30 - 9:30 am

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!

Stretch: A Delicious Hour of Release and Relax **NEW**
Friday, 7:30 - 8:30 am

Start your weekend with a release of your tension as well as relaxing your mind and body. We will begin our Friday morning class listening to soft music encouraging us to move with breath and full body movements. This class will continue with a generous stretch component reaching all of the sections of the body and devoting enough time to attain our full stretching potential. We will end this delicious hour with a total body relaxation. Now we are ready for the weekend!

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 metabo-

lism. 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 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

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.

Dance

SCHOOL OF AFRO CARIBBEAN DANCE

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

Saturday
SOULRHYTHMS: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 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.

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.

Visual Arts

FIGURE PAINTING AND DRAWING

John Jarrett, 613-594-0182
johnjarrett812@hotmail.com
Wednesdays 9:30 am-12:30 pm
\$40 for six classes

In this workshop the model will sustain a pose over two sessions for a total of six hours. This will permit participants to complete a painting or to do a number of sketches or drawings.

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!

INFANT & CHILD CPR

(Level 'F')
Erin Shaheen, 613-260-7309
werehip@magma.ca
\$35 per person
Sunday, 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.

CANINE OBEDIENCE

Canine

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.

Crichton Cultural Community Centre 2007 Program Report

In 2007, the CCCC has pursued four programming initiatives:

Community Programming - In 2007, approximately 1000 people participated in regular weekly classes and courses. Rehearsals, workshops, exhibits and conferences attracted another 1500 people annually.

The CCCC offered weekly courses in the areas of Music, Visual Arts, Dance, Fitness & Health, Yoga & Meditation, and Children & Youth. The Centre assisted new instructors with course curriculum and promotion and has responded to the increased demand for children's programming by surveying community families through interviews and meetings. In 2008, the CCCC will continue to explore community initiatives such as an 'After Four' program for children.

By participating in an Ottawa Festival's employment program, the CCCC was able to provide employment training to a full time staff person during 2007.

Get Together for Guys & Girls (GT4G) - With funding from the Ontario Ministry of Health Promotion and the City of Ottawa, The *Get Together for Guys & Girls* project brings together children and youth with low vision and blindness on a weekly basis where they can interact and build effective social skills through a curriculum based on physical participation and sports awareness and involvement.

The winter and spring sessions were very successful with 15 participants ranging in age from 6-18. Participants enjoyed golf, tae kwon do, dance, yoga, wall climbing and ice-skating. A website (www.gettogetherottawa.ca) was launched with information about the program and a discussion forum for participants to meet online.

In 2008, the *Get Together* program will continue to partner with existing Ottawa recreational and cultural facilities and will provide opportunities and training to these facilities, showing how programs can be adapted to service this target community. In turn, *Get Together* will provide to children and youth with low vision and blindness the experience and skills to participate more fully in the community.

The Corridor Gallery - With funding from the Ontario Trillium Foundation, the CCCC developed an exciting new gallery space, the man-

date of which is to show the work of the MainWorks Artists Cooperative and of local professional emerging artists.

The volunteer Gallery Programming Committee engaged the curatorial services of local visual artist **Alisdair MacRae**. Alisdair's first initiative, *To Build a Vibrant Centre*, displayed the work of five emerging artists. In 2008, the Corridor Gallery season will continue in September with an exhibit for the X Ottawa Photography Festival.

The Ottawa Lumière Festival - Regional response continues to be very positive with over 10,000 people in attendance in 2007. Local journalist **Julie Smyth** of the *National Post* recognized Lumière nationally as part of the Best of the Summer Series. VIA/TVA used Lumière as part of a television series highlighting French activities outside of Quebec.

The 2007 poster was designed by award-winning animator, **Lillian Chan**. Lillian and the National Film Board allowed Lumière to screen her short film, *Jaime Lo, small and shy*.

A City of Ottawa Arts grant funded a dance project with local choreographer **Natasha Royeka** and a project grant from TELUS exposed youth to creativity, photography and videography.

Local artist **Manon Doran** worked with seven emerging visual artists to create lantern installations, which developed the artistic content of the festival.

Our collaborators included Crichton Community Council, St John's Ambulance, Pathway Patrol, Jer's Vision, Spins & Needles, Manor Park, Folk Fest, Harmony House, Ottawa Art Gallery, Dragon Boat Festival, Embassy of Japan, NFB, Ottawa Animation Festival and Volunteer Ottawa. The City of Ottawa staff in Special Events and Parks and Recreation, were efficient and responded quickly to every request.

Join us this summer at the FIFTH Annual Ottawa Lumière Festival in Stanley Park on Saturday August 9, 2008. This year, family activities, including a picnic, will happen from 5-7 pm, and a fiery family finale will take place at 8 pm.

If you have any special interests or would like to offer your own classes or workshops, please call the office at **613-745-2742**.



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.

Epicuria Goes Back to the Land: New Market Garden in the Works

By André Sanche
Brand Manager
Mackay Street Epicuria

As spring approaches, so does the chance to start our garden. With everything from a World Food Crisis to Bisphenol-A leaching from our water bottles, Epicuria has decided to plant a garden that will provide the store with a line of heirloom vegetables.

Last weekend we dug a 625 square foot patch in Navan. In this small parcel of land, we are hoping to cultivate varieties of tomatoes, beets, beans and carrots, and all of our summer herbs.

You may well ask: with great farmers' markets such as Lansdowne (www.lansdowne-farmersmarket.com) and Carp (www.carpfarmersmarket.com) so readily available, why bother planting your own and doing all



It is early days yet at the new Epicuria Market Garden.

the work? Very simply put, we want to see and experience the work involved from beginning to end. By seeing the food go from earth to our kitchen to your table, we hope to get a better understanding of all aspects of the food cycle. We are growing entirely organic. The only

additive will be a little sweat and work. We are not, however, able to grow every single vegetable we use here in the store. Because of this, we have narrowed it down to a select few heirloom varieties. In turn, we hope to make these types of vegetables more accessible to our clients.

To document our adventure, we have started an online blog at www.epicuriefinefood.blogspot.com, call it a type of food chronicle if you like. We hope to be adding to it every few days and include all sorts of other blog-worthy issues relating to community and of course food. Keep your eyes peeled for updates.

I have included a recipe for an Heirloom Tomato Salad with Garlic Scape Pesto.

I have cut out the Parmesan Cheese in the pesto and replaced it with crumbled Back Forty Cheeses Feta. Back Forty Dairy (www.artisancheese.ca) is a small sheep's milk cheese producer in Lanark County. Their products are available in several Fine Food Shops throughout the

Ottawa Valley. Buy it now as production is focused on the summer and fall. When they run out, it's gone! Same goes for Garlic Scapes, the green stem coming from the ever-growing garlic bulb. You'll find them in the market in May and June, so eat them while they're hot!

Quinoa & Heirloom Tomato Salad with Garlic Scape Pesto

Serves 4

1 handful cherry or current tomatoes, cut in half
2-3 larger firm heirloom tomatoes, cut into ½ chunks
2/3 cup crumbled Back Forty Feta Cheese
1 cup cooked quinoa
Lemon juice
Salt and Pepper

Pesto

1 cup garlic scapes, ¼" pieces, flowers removed
2 tbs lemon juice
¼ - ½ cup peppery olive oil
¼ cup toasted Pinenuts
Salt and Pepper

For Pesto

Pulse all ingredients in food

processor until smooth. It will keep 1 week in an airtight container.

Salad

Set quinoa in heavy bottomed saucepan and cover with cold water. Bring to a boil and simmer until tender. Strain and cool. Combine all remaining ingredients and toss with just enough pesto to coat. Season with salt, pepper and lemon juice

Make this salad a few hours ahead of time and serve over a nice bed of freshly sliced Buffalo Milk Mozzarella.

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

Local resident selected for prestigious Leaders Seminar

Joseph Waite, 17, son of Robert Waite and Karen Shigeishi-Waite of Rockcliffe Park, has been selected to attend the multi-activity 2008 Summer Leaders Seminar at the United States Military Academy, West Point, New York.

Waite was observed in Florida by Keith Clark, West Point's assistant soccer coach, when his club team, the Ottawa U-17 Force, participated in the Disney Soccer Showcase in Orlando, Fla., in December. His play in the tournament, coupled with his strong academic record, led him to be selected for the June program, which accepts only a few hundred students from the more than 8,000 who apply.

Waite's Ottawa soccer club, ranked #1 for player development in Ontario, reports that coaches from several other schools contacted and expressed interest in the star defensive player after seeing him play at

Disney and evaluating his scholastic record. "I am not surprised at all with this distinction and the interest that Joseph has attracted from such prestigious universities, as he constantly demonstrates and brings both quality soccer and general leadership skills to our team," says Russell Shaw, Joseph's Ottawa U-17 soccer coach.

Waite's father, Robert Waite, says he is not sure at this point which university his son will end up attending. "Joseph's in grade 11, so he is naturally still exploring options. He is also very interested in several Canadian schools, including Queen's and McGill. But I know the 2008 West Point Leaders Seminar is something that excites him, as it will give him an opportunity to observe one of America's truly historic institutions first-hand and will challenge him to the utmost, both physically and academically."

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



So you think you can dance?

By Gina Watson

Students at Fern Hill School know they can dance, thanks to their hard work and top quality instruction from Deborah Gutierrez, the dance instructor who teaches children from three to twelve years old ballet, tap and jazz dancing.

"I have been teaching dance for 26 years," says Mrs. Gutierrez, who studied in Montreal and Winnipeg, briefly danced professionally, taught dance for eight years at a studio, owned and operated her own dance studio with a partner for some twelve years, and has been in charge of the dance program at Fern Hill School for the past eight years, in addition to her job as Preschool Director.

"I love sharing my enjoyment of dance with my students, and to see them confident and proud as they perform on stage," says Mrs. Gutierrez.

She offers recreational dancing to her students, who, as three year-olds can start by taking one class per week for half an hour and gradually work their way up to four hours of dancing per week for the older students.

Three year-olds regularly steal

the show each spring at the Fern Hill Dance Recital, where each class performs a number of dances in costumes for parents to enjoy. Mrs. Gutierrez sews

examiner comes from the British Association of Teachers of Dancing, and the students will do anywhere from one to eight exams. "The exams focus on



over half of the costumes herself, and purchases the remainder at costume sales, sometimes years in advance of using them! "I buy fabric and costumes when I see them and probably have enough costumes for the next three years," she laughs.

The older students also do dance exams every year. The

technique, and they are graded so that students can progress to take professional level (teaching) exams when they are older," says Mrs. Gutierrez.

For many of her students, the highlight of the dance year is their participation in dance competitions in the spring. This year, they have entered five competi-

tions taking place in local hotels or conference facilities. Students from different dance studios compete in solos, duets, trios and group numbers. "Competitions are fun. Backstage you can be nervous, but once you get started its really exciting," says Amanda Perras, 12.

At one recent competition, held March 28-30 at the Museum of Civilization, Fern Hill students won nine high gold awards, one platinum award and a second place Overall High Score Duet/Trio, along with special awards in three categories for the most clean lines and best unison dancing in a tap duet; best unison dancing for a small group; and most clear tap sounds for a tap solo.

"It's great to see the girls all together having fun. They all work at their own comfort level, and share their love of dance," says Melanie Harmon, mother of four Fern Hill dancers.

Another mother, Karen Perras, sums it up by saying, "the dance program at Fern Hill is a real bonus. The children dance right after school so no extra driving is involved. Debi is a first class teacher, and the girls gain confidence and learn good dancing technique while having fun."

A CULINARY CONSPIRACY
[FINE FOODS ON THE GO]

A Conspiratorial Ode to the New Season

**Spring is sprung
The asparagus is riz
Do you know where your BBQ is?**

**Ramps are rampant,
Morels are poppin',
Come to the Conspiracy
To do your shoppin'!**

**We've made salsas and sauces,
Relishes and rubs,
Chutneys and chow-chows
And other fine grub.**

**We've got mains and sides
And decadent desserts
That will run down your chin
And drip on your shirt.**

**Make us your BBQ
headquarters this
summer.**

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

MANOR PARK

SUMMER DAY CAMPS

* 4 day week

General Information (2008):

- Campers receive a free souvenir t-shirt!
- Camps take place in and around the Manor Park Fieldhouse, 100 Thornwood Road, Ottawa.
- All camps include use of the Water Splash Pad. Campers should bring a bathing suit and towel. Water shoes are recommended.
- Snacks and lunches from home should be 'nut free'.
- Registration forms are available at: www.manorpark.ca.

ALL DAY LONG

NEW Camps for 10-12 year olds!

GPS Hunt & Seek!

Strategic Games!

Space!

CAMPS	June 30- July 4*		July 7-11		July 14-18		July 21-25		July 28- Aug 1		August 5-8*		August 11-15	
	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm	9 am to noon	1 to 4 pm
Ages 3-5 yrs:														
Muggles	\$65					\$75			\$75					full
Olympics			\$75				\$75				full			
Pirates		\$65			full								full	
Animal Crackers				full					\$75					
Bugs, Butterflies... and dirt!							\$75				\$65			
Ages 6-10 yrs:														
Olympics	\$65				\$75				\$75				\$75	
Pirates			full		\$75				\$75	\$65				
Space				full			\$75				\$65			
Cooking		\$65						\$75						\$75
Ages 10-12 yrs:														
Space			\$75											
Strategic Games				\$75										
GPS Hunt 'n Seek							\$75							

FREE! Picnics in the park! Games, songs, activities! These supervised lunchtimes are available for children registered in both the morning & afternoon camps. Meals not provided.

MANOR PARK COMMUNITY COUNCIL 100 Braemar St. Ottawa, ON K1K 3C9 | t: 613.741.4776 | e: mpcc@manorpark.ca | www.manorpark.ca

For the Birds



By Jane Heintzman

If the winter of 2007-2008 was a skiers' paradise, the spring of 2008 has been every bit as celestial for birding enthusiasts. Beginning in late March when the inundation of snow at last tapered off, the air was filled with the joyous (if occasionally cacophonous) sound of bird song, and signs of the spring migration were in evidence throughout the area, notwithstanding the mountainous piles of snow still lingering in backyards, parks and wooded areas.

In our own back garden, **red-winged blackbirds**, one of the earliest returning migrants, turned up in large numbers to raid the sunflower seed feeder and make their presence known with their raucous calls, "tseet" in the case of the male and "ch'ch'ch'chee chee chee" in the case of the more prolix female. The **Northern cardinals** residing in our garden clearly didn't share our enthusiasm for the red-winged blackbirds' return, and the two species have been frequently engaged in vigorous

battles over the sunflower seed supply.

By the first week of April, **American robins** had returned to the area in significant numbers, and happily a mating pair is once again a regular presence in our garden. The robin's glorious "cheerily cheer up" song reflects its lineage in the **thrush** family, and if you have them close by, you'll be well aware that they are the first species to sing in the early morning and the last to sign off at night. Despite the fact that the robin's nest is often quite low in a tree or shrub, I have yet to locate the nest of our resident pair and suspect they may have opted for the higher reaches to stay clear of the many neighbourhood felines. If you spot a female robin looking in need of a good wash, she is in all likelihood in the throes of nest building, when she presses her breast against the muddy nest lining to form the inner cup.

Late March and early April also marked the return of the many migrating species in the **sparrow** family. The full throated **song sparrow** (readily identifiable by its heavily streaked breast boasting a conspicuous dark brown blotch) was the first to appear in our garden, followed later in April by a pair of rusty coloured **fox sparrows**, several **white throated sparrows**,

many tiny **chipping sparrows**, and six **white-crowned sparrows** which closely resemble their white-throated cousins with the same black and white striped cap, but are slightly larger, paler and missing the white throat's bright yellow "eyebrows." As I write in early May, this group of white-crowned sparrows has been settled into our back garden for several weeks, foraging on the ground under the feeders and the evergreens. Before long, however, they will head north to the area around Hudson's Bay where their breeding season takes place in June and July.



Photo: Lloyd Spitalnik
Fox sparrow.

The **fox sparrows** will also be heading north to the Hudson's Bay area for breeding purposes, preferring dense stands of stunted conifers in the taiga regions for building their nests. If you haven't yet encountered a fox sparrow, they are noticeably larger than their sparrow relatives (about 6 1/2 to 7" long), and are a beautiful chestnut reddish brown, with reddish streaks on the chest, a gray face, and a rusty coloured tail. They are easy to spot due to their habit of scratching vigorously on the ground, kicking backwards with both feet at once to uncover food, which in our garden consisted of discarded sunflower and nyjer seeds from the overhead feeders.

Much to our delight, the arrival of Spring has also brought about a return of the **finch** population to our backyard feeders, which they had to all appearances boy-

cotted throughout the winter. For the past four weeks, our garden has been literally seething with **American goldfinches**, **house finches** and **Common redpolls** loading up for the breeding season on our two nyjer feeders. On one occasion I even spotted two **hoary redpolls** which I had not seen all winter. These little guys are more whitish in aspect than the Common redpoll, and lack the latter's rosy colouring on their breast. It was wonderful to watch the gradual transformation of the male American goldfinches from the muted olive tones of their winter plumage to the brilliant canary yellow colour of the breeding season.

Another non-migrant whose visits to our garden have picked up significantly since the start of Spring, is the **slate coloured junco** which has joined the crowd of foragers on the ground under the feeders. In fact, it seems to me that this may be the year of the junco, as I have seen extraordinary numbers of this species throughout New Edinburgh and Rockcliffe since last Fall. The **black capped chickadee** population has, of course, never left our garden and while occasionally crowded out by the pushy finch contingent, these hardy little birds are still regulars at the feeders.

In my dog-walking rambles beyond the garden this spring, I have so far encountered a **great blue heron** flying overhead between the Ottawa and Rideau Rivers (several sightings, but quite possibly the same bird!), a **Northern flicker** hammering away at one of the dead pines across the street from 24 Sussex Drive, several **downy** and **hairy woodpeckers**, countless **white throated** and **chipping sparrows** (the former in large numbers around the Pine Hill Woods, and the latter most heavily concentrated in the area

along Sussex Drive between Stanley and John Streets), several **mourning doves**, a **blue jay**, a large group of 8-10 **cedar waxwings** by the Rideau River close to Stanley and Sussex Drive, a **red-tailed hawk** at the rear entrance to Rideau Hall, a **red-breasted nuthatch**, a **red eyed vireo**, several **golden-crowned kinglets** cavorting in the spruce trees along Sussex between Stanley and John, and an enchanting pair of **pine warblers** in roughly the same area as the kinglets.



Photo: Marcel Gahbauer
Golden-crowned kinglet.

Along with the **yellow-rumped warbler**, the **pine warbler** is one of the first warblers to return to Ontario in the spring, and also one of the earliest breeders, starting the nesting process in late April and early May. The male has a yellowish throat and chest with two clearly defined white wing bars, and the female is similar but quite a bit duller in colour. The pine warbler forages for insects in the middle and upper parts of the tree (with a decided preference for pines and other conifers as the name implies), and hops along the branches, often hanging upside down on the branch tips. (As it happens, I was lucky enough to spot my pair in a low mock orange bush almost at eye level, but I suspect they were in transit into the tall spruce stand not far off).

Despite the high water that very nearly breached the banks of the Rideau River in early

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.



Wild Birds Unlimited®
Nature Shop

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

Apprendre
avec le corps
avec l'esprit
avec le cœur

Découvrez la pédagogie Steiner Waldorf - Une pédagogie tenant compte des rythmes de l'enfant et utilisant les arts comme véhicule pédagogique, sans compétition, en harmonie avec la nature et le monde, où l'implication de la famille est valorisée pour que l'enfant devienne un adulte à l'esprit libre, respectueux et humain.

Contactez Céline au comité de bienvenue : 613 748-6048

Programme éducatif Steiner Waldorf - www.trilledesbois.com
École élémentaire publique Le Trillium - Édifice Trille des bois - 140, rue Genest - Ottawa



April, I spotted several groups of **hooded mergansers** and **common golden eyes** that braved the powerful currents to dive for fish in the Rideau en route to their more northerly breeding territories. The dabbling ducks were in their element on shore during the soggy days of the early April melt, and much to the excitement of our new Lab puppy Atticus, we encountered both **mallards** and **black ducks** in the course of our walks in Rockcliffe Park.

Reports from Our Readers

Edwin Daudrich, a knowledgeable birder and active contributor to For the Birds, reports the sighting of many other species of water fowl in the stretch of the Rideau bordering our park, including **black ducks**, **mallards**, **common** and **hooded mergansers**, **common golden eyes**, **buffleheads**, **ring-necked ducks**, a **wood duck pair**, three **double-crested cormorants**, a female **red-breasted merganser**, many **ring-billed gulls** and a group of **lesser scaup**.



Photo: Dave Collyer

Wood duck.

Mr. Daudrich's observations "on shore" this spring have been no less impressive in number and variety. Since early April, he has reported the sighting of a group of **golden-crowned kinglets**, an **American tree sparrow**, **song sparrows**, **chipping sparrows** (in large numbers), **common grackles**, an **Eastern wood pewee** (a smallish, predominantly gray member of the flycatcher family with a prominent peak at the back of its head), **black-capped chickadees**, **red-winged blackbirds**, many **slate coloured juncos**, **American goldfinches**, **white-breasted nuthatches**, **starlings**,

American robins, **Northern cardinals**, a **hermit thrush**, two **brown creepers**, **blue jays**, **grackles**, 30 **Bohemian waxwings** spotted on a birding excursion in Orleans, **common redpolls**, **great blue herons**, an **Easter phoebe**, **ruby-crowned kinglets**, **pine warblers**, a male **yellow rumped warbler**, a **palm warbler**, and **numerous woodpeckers**, including an extraordinary count of five species in one day when he spotted a **pileated woodpecker** in the Rideau Hall grounds, and went on to encounter a **downy**, a **hairy**, a **yellow-bellied sapsucker** and a **Northern flicker** in the course of a birding excursion on the Quebec side. An impressive tally by any standards!

Isabel Glasgow reports a number of interesting bird sightings in New Edinburgh Park this spring, including several **myrtle (yellow-rumped) warblers**, **golden-crowned kinglets**, and a **brown-headed cowbird**, a notorious parasite that takes over the nests of other species, disposing of their eggs and depositing her own in their place. In a ramble through the Rideau Hall grounds, Isabel also encountered a flock of **white-throated sparrows**, lustily singing their "*sweet Canada, Canada, Canada*" song—perhaps on a special commission from Her Excellency? Isabel's Dad Peter Glasgow has also been on the look out for birds this spring, and reports the sighting of two **cedar waxwings**, a **white throated sparrow** (heard, rather than seen), a **wood duck pair** on the Rideau River in the park, and, oddly enough, a pure white **farm goose** strolling along the path by the river, approaching and occasionally following passersby. Apparently the appropriate authorities were called to rescue this domestic goose on the loose, and Peter is hopeful that the story ended happily.

Manor Park naturalist **Dave Collyer** spotted an impressive list of species at the Rockcliffe Rockeries this spring, including **chestnut-sided warblers**, mag-

nolia warblers, **yellow-rumped warblers**, **warbling vireos**, **great crested flycatchers**, **American redstarts** and a **pileated woodpecker**. In his excursions to Mackay Lake, Dave had equally good luck, sighting a **great blue heron**, **redwinged blackbirds**, **Baltimore orioles**, **yellow warblers**, **purple grackles**, **downy woodpeckers** and the highlight of his trip, a **black-crowned night heron** perched in a tree, in full view of visitors to the area.

News From the Marsh

Since early April, the Macoun Marsh has been brimming with birds and other forms of wild life, and **Mike Leveillé's** team of young naturalists at St. Laurent Academy reports the sighting of a long list of species including **turkey vultures**, **black-capped chickadees**, **red-winged blackbirds** (including a group of seven males engaged in a pitched battle), **Northern cardinals**, **slate coloured juncos**, **Common redpolls**, **American robins**, **ring-billed gulls**, **Bohemian waxwings** (which descended in a massive flock of about 60 birds—shades of Alfred Hitchcock!), **grackles**, **mourning doves**, **song sparrows**, **crows**, **downy** and **pileated woodpeckers**, several **mallards**, a huge flock of **Canada geese** passing overhead, **American goldfinches**, a group of **cedar waxwings**, and seven male **wood ducks** chasing one unfortunate female.

Perhaps the most exciting



Photo: Peter Glasgow
Goose on the loose in the park.

addition to the Marsh's bird list this spring was a **Northern Mockingbird**, spotted on April 20. The Northern Mockingbird, sometimes referred to as the



Photo: gimlak@flickr.com
Northern mockingbird.

"American Nightingale", is renowned for its long, complex songs which include imitations of many other bird songs, often executed with perfect tonal pre-

cision. The bird is a loud and persistent singer, and unmated males will often keep up the performance all night long, particularly when the moon is full! One famous mockingbird at Boston's Arnold Arboretum was reported to have reproduced 39 different bird songs, 50 bird calls and the sound of a frog and a cricket.

Please remember to send us reports and/or photos of your birding adventures in the course of the summer, wherever your travels happen to take you. Drop us a line at janeheintzman@hotmail.com or newednews@hotmail.com.

A New Bible For Birders: The Atlas of Breeding Birds of Ontario, 2001-2005

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 (and, one might add, urban neighbourhoods replete with backyard feeders).

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**. The only exception to the rule was the **Great blue heron** which exhibited a decline in numbers, perhaps attributable to the drop off in the population of amphibians. Another 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. In my experience, both species were plentiful in this area and in our summer haven in Georgian Bay last year, and I'm eagerly awaiting their return with the Spring Migration.

Readers who are interested in the new edition of *The Atlas* can check out www.birdson-tario.org for more details or to purchase it online (it's a little pricey at \$92.50 but well worth it for those with a serious ornithological bent), or call 1-800-440-2366.

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

Hugh Robertson: VI Faceprint

*Editor's Note: Local environmentalist Hugh Robertson is the author of a series of articles on Climate Change which have appeared in sequence in the previous five editions of the New Edinburgh News, and are currently posted on the community website at www.newedinburgh.ca. In the most recent of these articles, *Footprints on the Planet*, Mr. Robertson explains the concepts of ecological and carbon footprints, pointing out that Canadians rank third highest in the world both as consumers of the earth's resources and as producers of carbon emissions.*

The article in this edition summarizes the efforts of the Robertson household to reduce its own ecological and carbon footprints over the past four years through a series of practical steps. The collective impact of these changes significantly reduced the Robertsons' consumption of energy and water, and shrunk the eco and carbon footprints of their household to a level well below the Canadian average. In short, their experience shows that real progress can be achieved with a little effort, organization and commitment, but without incurring prohibitive costs or serious deprivation.

In the next two issues of the News, Mr. Robertson will con-

clude the series with an examination of the link between economics and environmentalism, "Econoclastic" Economics 101, and a final overview of this supremely important topic, Cry, the Beloved Planet.

For the past four years, Jo-Ann and Hugh Robertson, have been engaged in a personal journey to reduce their energy consumption and greenhouse gas emissions. They were inspired to undertake this quest to demonstrate that the targets outlined in the Kyoto Protocol and in the sadly defunct One-Tonne Challenge are attainable without dramatic changes in lifestyle. During this period their progress was tracked by the Manor Park Chronicle.

The Robertsons live in a 19 year old, 1800 square foot townhouse. They launched their project with an energy audit of the house which indicated that the house had an energy efficiency rating of 65 on a scale of 100. The house was also subjected to an infrared scan which identifies areas of exterior heat loss that are difficult to detect.

Baseline readings of utilities were taken for tracking their energy consumption and for later comparative analysis. The Robertson home was one of the first in Ottawa to have a digital smart meter installed and this device greatly facilitated monitoring their use of electricity. They purchased an inexpensive

watt meter which measures the energy consumption of individual appliances.

Low Tech Changes

Armed with these baseline readings and energy audit results and recommendations, the Robertsons were ready to initiate changes in their lifestyle and improvements to their home. They decided to focus their efforts initially on low tech solutions, such as replacing light bulbs, installing rain barrels and sealing air leaks. Redoubling their conservation efforts was also part of the initial approach.

New Appliances

The next step was to assess the efficiency of electrical appliances using the watt meter and to determine which ones should be replaced. Appliances using 220 volts that are wired directly into the panel require a more advanced meter, such as "The Energy Detective" which must be installed by an electrician. All appliances contain embedded energy used in the manufacturing process and simply replacing a relatively new fridge, for example, might not be a wise decision, financially or environmentally.

The Robertsons have tried to apply the concept of life cycle costs to all their purchases. Bill Kemp, a renowned Ottawa area energy efficiency specialist, explains the concept of life cycle cost, which he calls "true cost" as opposed to "first cost" (or initial cost) in his book *Smart Power: An Urban Guide to Renewable Energy and Efficiency*. He argues that basing the purchase of appliances on their energy efficiency and buying quality (and, often, more expensive) products when upgrading will actually outper-

form the stock market in the long run. For the Robertsons, this principle of return on investment is already paying off as resource and energy prices continue to escalate.

Reduced Energy Consumption

In order to monitor their energy costs more closely, the Robertsons discontinued their equalized utility billing programs and they now pay for the precise consumption of natural gas, electricity and water each billing period. One of the arguments in favour of equalized monthly billing is the elimination of payment spikes in winter for natural gas and higher electrical bills in summer for air conditioning. But the investment in efficient equipment and appliances has mitigated any major spikes in the Robertson's utility bills. In fact, as a result of their initiatives and a concerted effort to minimize energy use, they have reduced their bills dramatically.

Their electricity consumption averages about 375 kilowatt hours per month. The Ontario household average varies between 750 and 1,000 kilowatt hours per month depending on the number of occupants and whether electricity is used for space and water heating. Although the Robertsons heat water with electricity, the unit is small and set at 49 degrees C and because showers and appliances are low flow, the power demand is not excessive.

The Robertsons do not use air conditioning. A screened wrought iron door allows cool nocturnal air to circulate through the house and fans and awnings keep the house comfortable during the day. They cook outdoors on a small barbeque and a two burner electrical element to minimize indoor heat build up during the summer. When the Robertsons had to replace the shingles on the roof recently, they chose light shingles to reflect sunlight during the summer and, thereby, reduce heat

build-up in the attic and keep the house cooler.

Electricity consumption has been further reduced by using an outdoor drying rack for clothes in the summer and an indoor rack installed above a stairwell during the winter. Most appliances have gradually been replaced with high efficiency units which have helped cut electricity use to less than half the provincial average.

The Robertson home is heated by a high efficiency natural gas furnace complemented by a low emission airtight wood stove. They also use a gas fired cooktop in the kitchen. Improved insulation, reduced air leaks and supplementary wood heat have steadily decreased their consumption of natural gas.

The Robertson's water footprint is down substantially too. Water use has dropped to 80 litres per person per day because of rain barrels, efficient appliances and low flush toilets. The daily Ottawa consumption is 250 litres per person and the national average is about 300 litres per person. More than half the City's operating budget is consumed by electricity charges for pumping, cleaning and distributing water and then removing and treating wastewater and sewage.

Green Power

In an effort to trim their carbon emissions even further, the Robertsons have signed on to Bullfrog Power for their electricity. Bullfrog supplies carbon-free renewable energy from wind and low-impact hydro at marginally higher prices. Because so much of Ontario's electricity is still generated by coal, Bullfrog Power will substantially reduce the Robertson's carbon footprint.

Greener Transportation

Three years ago, the Robertsons decided to replace their 13 year old Volvo with a hybrid Prius. Gasoline consumption has dropped by about two-thirds during this period. The combi-



**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.

Delicious fresh organic foods



613 745 6868
www.lifeorganic.ca

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

Stay Cool Tips for Summer

The inevitable smog days of summer and high humidex levels will soon descend on us. But before cranking up the air conditioning, there are some alternatives that will help both your bank account and the environment.

- Instead of purchasing an air conditioning system or replacing your present unit, consider installing awnings over south facing windows and patio doors. If you need to purchase a new system, consider buying a small portable unit with an exhaust duct and only cool one or two rooms.
- Close blinds and curtains during the day to keep the sun's rays out.
- Use box, oscillating and overhead fans to move the air around.
- Open windows and screened security doors at night to allow cool air to flow through the house.
- If you have to use your air conditioner, use it sparingly. There are probably only 10 days in a summer that are excessively hot.
- If your roof needs reshingling, consider light coloured shingles that will reflect the heat of the summer sun.
- Inadequate ventilation and insulation in your attic space will increase temperatures in the house.
- Minimize the indoor use of any appliance that generates heat in summer.
- Turn lights off during the day, especially incandescent bulbs.
- Cook outdoors or in the garage on hot days using a crockpot or portable electrical element. If you must cook indoors, use a microwave.
- Barbecues help reduce indoor cooking heat but avoid using them on smoggy days because of their particulate emissions.
- Serve cold buffets in warm weather or prepare a picnic meal. Some meals, such as cold soups and granola, can be cooked in winter and stored in the freezer for summer use.
- Turn on the exhaust fan, not the air conditioning, if you have to use the kitchen on a hot day.
- Wait until the evening when the windows are open to turn the dishwasher on.
- Use an outdoor line or an "umbrella" to dry clothes. Iron clothes on a cool evening with the windows open.
- Bathe or shower in the evenings.
- Sleep in the basement on hot nights with the windows open and secure.
- Set your air conditioning thermostat no lower than 25 degrees.
- Join Hydro Ottawa's *peaksaver!* program to reduce your electricity bills and to ease pressure on the environment. Visit www.hydroottawa.com for details.

nation of lower fuel consumption and no repairs have resulted in savings of at least \$3000 per year, helping to offset the capital costs of the Prius.

Driving contributes approximately 50 percent of the personal greenhouse gases generated by Canadians who own a vehicle. Although they drive a hybrid, transportation still constitutes the largest component of the Robertson's carbon emissions. They are not proud of the fact that they average 25,000 kilometres per year, slightly more than the national average. The high mileage is partly for family reasons and partly because they avoid flying for environmental reasons.

Eco Purchasing

In addition to their energy reduction initiatives, the Robertsons were able to cut their disposable waste to one small bag every 6 months by minimizing all purchases, recycling and composting biodegradable material. They also shop second-hand when possible. All products contain embedded energy and, as a corollary, carbon emissions

as well as processed water. A cotton shirt, for example, has a water footprint of 2,700 litres.

The Robertsons have tried to focus their food purchases within a 100 mile radius by shopping at local organic markets and by tending their own vegetable garden in the summer. They have also made an attempt to reduce their consumption of meat. Following a vegetarian diet and purchasing food locally is estimated to shave close to 30 percent off our eco-footprints.

Cost Recovery for the Changes

How cost effective are retrofits and renovations? What is the cost recovery period? These are legitimate questions for homeowners. The Robertson's improvements were either regular maintenance or replacing worn out appliances or upgrading substandard workmanship. There were no major capital projects, such as installing solar panels.

They have spent about \$30,000 over the past four years on energy upgrades and improvements to their townhouse. The chang-

es have been partly financed by government rebates and by dramatically lower utility bills.

They have established their own personal carbon fund to offset the emissions of the Prius. These "carbon dollars" are also used to finance energy saving projects.

According to a recent CMHC study, most home renovations are undertaken for cosmetic reasons, rather than energy efficiency. The argument that aesthetic improvements enhance the resale price of a house may well change in the future as resources become scarce. In Britain, homeowners will soon be required to provide prospective buyers with an energy audit. Energy efficiency rather than cosmetic upgrades may soon influence the resale of our homes.

The Robertsons have estimated the cost recovery periods for their purchases and energy upgrades at between 3 and 12 years. Increases in energy and resource prices may well shorten these periods. Ultimately, financial cost may not be the most important objective – moderating climate change by reducing our footprint may be the most rewarding result.

The Results

The Robertson house was reassessed and as a result of implementing most of the energy auditor's recommendations, the efficiency rating improved from the initial 65 level to 72. Further improvements have pushed the efficiency rating to 79 according to the latest assessment.

Ratings of 78 and 79 qualify a house for Energy Star status, while 80 is the entry level for R2000 homes, the gold standard for energy efficient dwellings. Under the latest assessment, the Robertson's 18 year old town-

house achieved an Energy Star rating and came within a whisker of the R2000 level.

In September, 2005, the Robertson home was assessed under the guidelines of the now defunct One-Tonne Challenge program and the results revealed a footprint of 3.4 tonnes of greenhouse gases per individual occupant. This figure is slightly more than half the national average and well below the Kyoto target of 4.5 tonnes per person. A recent reassessment, using the same One-Tonne Challenge carbon calculator, produced a reduced footprint of approximately 2.5 tonnes per person.

An ecological footprint for the Robertson home was also mapped in September, 2005, and calculated at 4.3 hectares per person. The latest reassessment, after the initiatives described in this article, has established their eco footprint at approximately 3.5 hectares per person, which is slightly less than half the national average.

The Robertsons do not live a life of monastic asceticism. In winter, for example, the thermostat is set at 20 degrees during the day and dropped to 17 at night. Their energy and carbon savings have not imposed a dramatic transformation in their daily lifestyle.

The message that emerges from the Robertson's Kyoto journey is that it is doable. We can embrace the Kyoto challenge without apprehension and individuals can make difference in the battle against climate change. We can all live more sustainably at no great cost or inconvenience in lifestyle.

327 ST. LAURENT BOULEVARD | 613-749-9703 | WWW.LESAINTO.COM



**Now Offering 25% Off Table D'Hôte.
Valid Tuesday, Wednesday, and Thursday.
Offer expires June 30, 2008.**

THE SCENE

Enter **Le Saint-O**, 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-O'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




News From RPPS

By Melanie Harmon

Erna Duchemin has learned that when her daughter **Alexandra** makes up her mind to do something, there's no changing it. When the Grade 5 student at Rockcliffe Park Public School came home one day announcing that she was going to raise money for cancer, her mother was delighted. When she said she was going to do it by shaving her head, she thought maybe it wouldn't happen. But, when a few days later Alexandra started coming home with handfuls of twenty-dollar bills, Erna realized that Alexandra was serious and made a call to the Cancer Society.

This wasn't the first time Alexandra had cut her hair for cancer. When she was in Grade 2 she donated her hair so that they could make wigs for patients who had lost their hair. "I always

felt that cancer was a bizarre illness," says the student. "It singles you out from everyone else and makes you look different," referring to the hair loss that comes with chemotherapy.

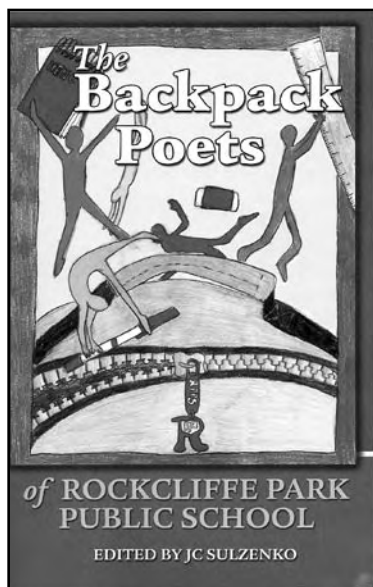
Alexandra didn't make the trip to **Lester's** on her own. **Emilie Montgrain**, a most welcome addition to the RPPS teaching staff this year, had her hair shaved as well. Her mother had suffered from cancer and she decided that if Alexandra could do it, she could too.

Alexandra had originally planned to shave her hair once she raised \$500, but in true RPPS spirit, the students

and staff ended up contributing \$2260. "It was so touching to see students coming in with money they had taken from their allowance and piggy banks," says Mrs. Duchemin. "As parents we should be very proud of these children, they have a tremendous amount of empathy. It is really a great school for



Photo: Alicia Visconti
Alexandra Duchemin, RPPS Grade 5 student, made the cut for cancer at Lester's.



helping others."

As I have written on many other occasions, RPPS students, almost more than any other group I've encountered, understand the value of giving to others, and often do so without any prompting. Last year Shannon Paul, a student in grade 1 at the time, wrote and sold a book to raise funds for the Help Lesotho Project. And in May the Students had a talent show to raise funds for the Make A Wish Foundation, this year raising funds to help make the wish of a 12-year-old girl to swim with the dolphins come true.

On June 11 the school will once again hold its "Kids helping Kids" jump rope event to raise money for beacon schools throughout the city. A committee of parents from RPPS decides where to allocate the funds, and so far many schools have benefited from this wonderful fundraiser.

And finally, *The Backpack Poets of*

RPPS book launch took place in the large gymnasium on April 29. The book can be purchased for \$10 at Books on Beechwood with all proceeds going to ALSO (Alternative Learning Styles and Outlooks) which supports adult and family literacy initiatives. It is a wonderful collection of works by RPPS students, so if you have not picked up your copy make sure to do so.

Congratulations to all of the students, staff and parents who make RPPS such a tremendous school. You can all be proud of your accomplishments this year and I can't wait to see what is in store for the next year!

Going Green – One Neighbourhood at a Time

A new local group is tackling climate change and other environmental issues at the neighbourhood level – hoping that a lot of small actions will add up to make a big difference for the planet.

"Environmental problems like climate change can seem so daunting that it's easy to say, 'I can't do anything.' The idea behind our group is to bring people together so that we can have an impact," says Liz Muggah, a founder of Local Eco-Action Families. "Hopefully our actions will inspire other communities," says Muggah. "If we wait for governments to take the initiative, we'll be waiting for a long time. The consensus in the scientific world is overwhelmingly telling us that we need to take action now."

The group, which includes members from New Edinburgh, Lindenlea and Rockcliffe Park, has drawn inspiration from other community-based environmental initiatives which are making a difference.

For example, the Glenviro group in Cardinal Glen, a neighbourhood just south of Beechwood, is encouraging residents to switch to solar hot water energy systems. The group hopes that 20 per cent of homes on one street will adopt solar systems.

In Manor Park, GO-Manor Park (the GO stands for Garden Organically) has a mission to eliminate the cosmetic use of pesticide in that community by providing information to help people make educated choices.

In 2007, the Glebe Community Association declared the neighbourhood a pesticide-free zone. The association's environment committee has set out objectives for a number of other projects, including planting new trees in the neighbourhood and cleaning up Bank Street.

A bit further afield, Eden Mills, a community of about 350 people west of Toronto, has set an ambitious goal for itself: To become the first carbon neutral village in North America. In other words, people in the village are trying to reduce their carbon emissions to the point that the carbon they emit is equalled by the carbon they absorb. On their website, the villagers describe the driving force behind the initiative this way: "We want our children and grandchildren to know that we not only cared but tried to do something."

They also quote American cultural anthropologist Margaret Mead, who said: "Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it is the only thing that ever has."

Eden Mills has developed a plan that includes measuring the emissions of village households; encouraging energy conservation by arranging conservation clinics and home audits; establishing alternatives to car trips; and planting trees that will help absorb carbon. (More information is available at www.going-carbonneutral.ca.)

For its part, Local Eco-Action Families, or LEAF, will soon be posting a weekly eco-tip on the Lindenlea ListServe. LEAF members will regularly contribute articles on environmental issues to area community newspapers.

A longer-term project for LEAF is working with the Lindenlea Community Association to find ways to reduce greenhouse gas emissions from the community centre. "We'd encourage other people in our neighbourhoods to develop and put into action other ideas that will have a positive impact on the environment," says Mary Lapner, a member of LEAF.

The new group recently adopted a mission statement. Local Eco-Action Families is working to:

- Increase environmental awareness in our community;
- Offer people information which will help them make environmentally sound choices;
- Reduce our community's carbon footprint and mitigate climate change;
- Promote change that will lead to a healthy world for our future generations to live in.

To get in touch with LEAF with comments or to join the group, email local.ecoactionfamilies@gmail.com.

And to get involved in New Edinburgh, please contact Sarah Anson-Cartwright at sarah@storm.ca with your interest and ideas on possible pilot projects for our neighbourhood. Sarah has the encouragement of the NECA Board to explore organizing a New Edinburgh environmental group to build on existing good work toward the environmental well-being of our neighbourhood.

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

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

Tips for Growing an Eco-Friendly Lawn and Garden

From Local Eco-Action Families (LEAF)

After the snowy winter we've just endured, we will all appreciate the colours of spring a little bit more this season. There are a number of ways we can help ensure our gardens are not only beautiful, but have less of an impact on our planet. Many of these steps are extremely simple – such as watering less and aerating your lawn once a year. Here are a few tips on maintaining a truly "green" garden:

Lawn mowers

Standard gas-powered lawn mowers, which are used by two-thirds of Canadians with lawns, can emit as much smog-producing air pollution in one hour as a car traveling more than 300 kilometres.

Cleaner alternatives include electric mowers, which reduce pollution by 90 per cent; solar-powered lawn mowers; and manual push mowers.

The relatively small size of New Edinburgh yards makes a push mower a good option. A push mower offers the added benefit of offering the opportunity to get a bit of exercise.

Set your mower's cutting height at three inches to discourage weeds and promote root growth.

Fertilizer

Fertilizing is recommended only at planting time in the spring and fall. Choose a fertilizer made of 100 per cent organic compost – either from your own compost bin or purchased at the garden centre.

Synthetic petrochemical-based fertilizers are not recommended because the excess nitrogen, phosphorus and carbon seeps into the groundwater, eventually contaminating streams, lakes and rivers and potentially causing toxic algae blooms which destroy and suffocate aquatic life.

Water

Canadians dramatically increase water consumption in the summertime – in some cases doubling the amount of water they use. A garden hose sprays up to 1,000 litres of water per hour – equivalent to the amount of water one person drinks over three years.

We can reduce the amount of water our gardens need over the longer term by replacing lawn cover with shrubs, clover or native plants and flowers. Native plants are a good choice because they do well on rainwater alone.

In the short term, one simple way to cut down on the amount

of water used is to ensure you turn on the hose only before the sun comes up or after it sets in the evening in order to avoid heavy evaporation.

Experts recommend watering a lawn only once a week. To avoid over-watering, place an empty tuna can on the lawn while running the sprinkler. When the can is full, you'll know you've added an inch of water – the amount your lawn needs.

Aerating your lawn in the spring or fall will allow better oxygen penetration and improve drainage.

Rainbarrels can also help decrease the use of treated drinking water. Use them to collect water from your downspout. You'll save on your water bill and your plants will prefer the rainwater to the treated water that comes out of the tap. Rain barrels are available at larger garden stores.

Pesticides


Avoid the use of lawn pesticides,

which kill wildlife, contaminate groundwater and damage the ecosystem.

Many studies found links between pesticide exposure to serious illnesses such as cancer, neurological diseases and reproductive problems. Children are particularly vulnerable to the toxic effects of pesticides.

After conducting an extensive review of research on the effects of pesticides on human health, the Ontario College of Family Physicians recommends people "avoid exposure to all pesticides whenever and wherever possible."

Well over 100 municipalities across Canada including Montreal, Toronto, Vancouver and Halifax have adopted lawn pesticide by-laws. On Earth Day, April 22, the Ontario government introduced legislation that will ban the cosmetic use of lawn pesticides.



\$100.00 to \$150.00

a great gift - a wonderful keepsake

House Portraits

by Donna Edwards
233-4775

Be jewelled!

WOULD YOU LIKE SOME PRIVATE TIME

AT MAGPIE JEWELLERY? Are you getting married?

Going to the Prom or Graduation? Maybe you'd just like to spend a little time looking for the perfect jewellery to fit your lifestyle?

With full-length mirrors, space to change, room to pose, and attentive, knowledgeable jewellery consultants, **Magpie in the Glebe will open its doors after hours just for you!** You bring your outfit and we'll supply the ideas, the inspiration, and the look!

Great for bridesmaids, we have lots of wedding jewellery!

For groups of 6 or more we will provide 2 jewellery consultants. Complimentary beverages and snacks will also be provided. **Call or email Kelly for details, or to make an appointment.**

799 Bank Street, Ottawa, ON K1S 3V7
613.233.2065 | kelly@magpiejewellery.com

magpie
jewellery

www.magpiejewellery.com



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/Téléc: (613) 521-6796

www.ottawamontessori.com info@ottawamontessori.com



Rockcliffe Park Branch
380 Springfield Road 613-745-2562

Summer 2008 Programs

Sonia Doyon
Public Supervisor
sonia.doyon@bibliooottawalibrary.ca

Children's Programs

As of June 19, get your poster, activity booklet, stickers and "smiley face" and Laugh out loud (LOL), our Summer Reading Club for kids. (Please register at the circulation desk.)

Dès le 19 juin, viens chercher ton affiche, ton cahier d'activités, tes collants et « ton sourire » et amuse toi à Lire aux Larmes (LOL), notre Club de Lecture Estival. (Veuillez vous

inscrire au comptoir du prêt)

English Storytime (3-6 years old)

Stories and rhymes for young children. Parents and caregivers are welcome to join in. Wednesdays July 9, 23 and August 6, 20 at 10:00 am.

English Toddlertime (2-3 years old)

For toddlers and a parent or caregiver with stories, rhymes, songs and activities. Wednesdays July 9, 23 and August 6, 20 at 10:30 am.

The Book Nook



Charlotte Gray, C.M.: An Extraordinary Canadian Indeed

By Jane Heintzman

On April 11th, local historian and author Charlotte Gray received the Order of Canada in recognition of her outstanding contribution to the understanding and appreciation of Canadian history, and in particular of the important role played by women in shaping that history. Charlotte is well known to many in our community, and for more than two decades has lived in a handsome house on Mackay Street with her husband George Anderson, their three sons Alex, Nicholas and Oliver, and the family dogs, Willie and his successor Jake.

In the course of her remarkable career since arriving in Canada from England in 1979, Charlotte has achieved distinction as a journalist, a highly regarded media commentator, and a prolific and masterful writer of Canadian historical biography. She has no fewer than six best selling works of popular history to her credit, (indeed, Charlotte is the publisher's dream as her authorship seems a virtual guarantee of a place on the best seller list!), and over the years has received an impressive string of awards and distinctions that have earned her a prominent place in Canada's intellectual and literary pantheon.

Charlotte's 2006 biography, *A Reluctant Genius, The Passionate Life and Inventive Mind of Alexander Graham Bell* not only made the best seller list, but also received the Donald Creighton Award for Ontario History and was nominated for several other major awards. Her previous five best selling works of popular history, *The Museum Called Canada* (2004); *Canada: A Portrait in Letters 1800-2000* (2003); *Flint and Feather: The Life and Times of E. Pauline Johnson, Tekahionwake* (2002); *Sisters in the Wilderness: The Lives of Susanna Moodie and Catharine Parr Traill* (2000); and *Mrs. King: The Life and Times of Isabel Mackenzie King* (1998), were all highly acclaimed, and garnered a dazzlingly long list of literary awards and nominations, including a nomination for the Governor General's Award in the case of her first historical biography, *Mrs. King*.

It was *Mrs. King* that triggered my own addiction to Charlotte's brilliant biographical portraits.

As I read it over the course of several weeks, I was transported into the world of my paternal grandmother (whose life unfolded in a small Ontario town not far from the King family home in Berlin (Kitchener)), engrossed in the rich texture of historical detail and human drama that Charlotte weaves so skillfully through her graceful writing and scrupulous research. I have since gone on to read her subsequent works with great rel-

twenty century feminist and politician who was a key figure in the fight to get women the vote, as well as in the celebrated legal case to have them declared "persons" under Canadian law. Her book is one of the first three to be published by Penguin in a planned series of 18 brief biographies of Extraordinary Canadians edited by John Ralston Saul. Perhaps not surprisingly, *Nellie McClung* has already received excellent reviews, and I can personally attest that it's a delight to read and in all respects lives up to Charlotte's tradition of "elegant and meticulously researched biographies" (in the words of the citation for the 2007 Ottawa Book Award).

Barely had Charlotte celebrated her induction into the Order of Canada and the release of her latest historical biography on Nellie McClung, when she packed up and headed for Dawson City, Yukon, accompanied only by her dog Jake. For the next two months until the end of June, she and Jake will be living in Pierre Berton's family home, while Charlotte gathers material for a book on the 1898 Gold Rush;

a work that will take a look beyond the traditional hard-living, hard-drinking, brawling macho world of the Klondike to delve into the lives, experiences and ambitions of the women who shared it. As the winner of the 2003 Pierre Berton Award for distinguished achievement in popularizing Canadian history, and as the widely regarded successor to Pierre Berton in this role, there is a clear poetic logic in this latest of Charlotte's projects, and the result promises to be another fascinating read.

While Charlotte has a variety of other "homes" associated with both her professional and personal life, notably Library and Archives Canada where she invests countless hours scouring the historical records for biographical material, and the family cottage in the Rideau Lakes where she seeks regular respite from the heavy demands of her career, we are proud to claim her as a resident of the New Edinburgh community, and wish her hearty congratulations for this latest in a series of remarkable career achievements. Well done Charlotte!



Charlotte Gray, C.M.

ish, and invariably look forward eagerly to her forthcoming projects. Write on, Charlotte!

As a journalist in the early days of her career, Charlotte also contributed to virtually all of Canada's major magazines and newspapers, and many readers may remember her regular political column which ran for eight years in *Saturday Night Magazine*, offering a wry and entertaining perspective on the Ottawa scene. She has been a frequent commentator on CBC television and radio, and in 2004 completed a CBC documentary on Sir John A. Macdonald, later appearing as his celebrity advocate in the CBC series *The Greatest Canadian*. Charlotte's critical acumen has been much in demand in recent years, and she has served as a judge for the 2004 Giller Award for Fiction, the 2005 Drainie-Taylor Award for Memoir and Biography, and most recently, the 2008 Charles Taylor Award for Literary Non-Fiction.

Charlotte's most recent work is a short biography of Nellie McClung, the renowned early

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

Your Neighbourhood Specialist in Residential Real Estate

**HUGH
DALE HARRIS**
A TREASURE CHEST OF SERVICE®
Broker

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

From Books on Beechwood Summer Reading Suggestions

Many people resolve to finally read, during their summer holidays, those huge door-stopper books they always meant to read, wanted to read, or felt they should have read much earlier.

The Count of Monte Cristo, by Alexandre Dumas; *Far from the Madding Crowd*, by Thomas Hardy; *Anna Karenina* by Leo Tolstoy are just a few of the many titles Penguin Books are touting as some of the best books ever written, and are discounted 25% for the summer at Books on Beechwood. For the month of June, we will also have a draw for the buyers of one print copy of a Penguin classic, for 10 Penguin Classics on 45 CDs, a \$235 collection of audio books.

All of us at Books on Beechwood have our own favourite books so the suggested reading list is a collaborative effort.

From Jean: *Consumption* is a brilliant first novel by Kevin Patterson, evoking the modern contradictions of life in the far north. *Reading in Bed* by Sue Gee is a wonderful story of the lives of two women in their sixties, friends since university, and of the value of old friendships. The author, Inger Wolfe, of *The Calling* remains a mystery. Michael Redhill, Jane Urquhart and other well known Canadian writers have been suggested, but as yet, no-one has claimed authorship of this well crafted suspense novel set in Central Ontario. Elizabeth George has redeemed herself with her new book, *Careless in Red* which feature Thomas Lynley and Barbara Havers, her ever popular detectives.

From Antoinette: *The Cellist of Sarajevo* by Steven Galloway is a powerful story that takes place

during the siege of Sarajevo in the 1990's. It's about three people trying to live amidst fear and destruction, and a cellist who continues to play undaunted. Patricia Pearson's *A brief history of Anxiety (yours and mine)* is an insightful, personal riff... funny and thought provoking. Carl Honore is passionate about rescuing childhood from the culture of hyperparenting in his new book *Under Pressure*. His previous book, *In Praise of Slow* is also good. *Asylum* is a new novel by former Ottawan André Alexis. Set in Ottawa and Tuscany, it is a novel of politics, ambition, corruption, love and memory during the Mulroney years. Arthur Herman's *Gandhi and Churchill: the epic rivalry that destroyed an empire and forged our age* is a well researched book that sheds new light on two icons of the 20th cen-

tury and their impact on the fate of India and the British Empire. Novelist Barbara Kingsolver and her family lived for one year on food raised in their own neighbourhood, grew themselves or learned to do without. *Animal, Vegetable, Miracle* is the resulting narrative/memoir. *Sugar: a Bittersweet History* by Elizabeth Abbott, is an investigation of the impact of sugar, not only on food, but on the industrial revolution, slavery and the fast-food revolution.

From Jill: *What the Psychic Told The Pilgrim*, by Jane Christmas, is a wickedly funny account of her pilgrimage along Spain's Camino de Santiago.

From Di: For the early readers there is a reprint of Dick King-Smith's *The Water Horse*, a delightful account of the origin of the Loch Ness Monster. There is another new Mary Pope Osborne in the popular Magic Tree House series, *Monday with a Mad Genius*. *Cornelia and the Audacious Escapades of*

the Somerset Sisters by Lesley Blume, will delight middle readers who love words, travel and adventures. The sequel to Louis Sachar's award-winning *Holes*, *Small Steps*, is certain to be a hit, particularly for boys. In the same age group Budge Wilson's prequel to *Anne of Green Gables*, which has been largely touted, is a must for Anne fans. New editions of Puffin Classics cover a large choice of interests. A fourth book in the Molly Moon series, *Micky Minus and the Mind Machine* will please her readers. For the young adult readers there is a new Henning Mankell mystery, *The Journey to the End of the World* completes the quartet. Many favourite authors have new titles: Libba Bray's *The Sweet Far Thing* completes the Gemma Doyle trilogy. Eoin Colfer's *Airman* is another one. Philip Pullman's *Once Upon a Time in the North* includes a beautifully crafted board game. Something for all ages and tastes.



Community Support for Family Literacy!

The **also** Adult and Family Literacy Program greatly appreciates the recent donation from the **New Edinburgh Players** production of *Pardon Me, Prime Minister*. Every year **Ingrid McCarthy** generously gives a portion of the show tickets to different groups in the community, and this year **also** was again one of the lucky recipients. Equally appreciated is the donation from the children of **Rockcliffe Park Public School** who have recently published a wonderful book of poetry called *The Backpack Poets* which is available at Books on Beechwood. A portion of funds raised through the sale of books will support the **also** program.

also receives no direct government funding for family literacy so we raise all the funds ourselves. All funds raised are

dedicated to front-line delivery of services to low income families in support of our belief that a parent is a child's first and most important teacher. We work with parents for their children, providing free family literacy services to families who may be at risk. We have dedicated staff and volunteers providing the Reading and Parents Program (RAPP) at eight different sites in the Vanier, Lowertown, and Sandy Hill communities. For more information about the also programs watch our new video clip at www.also-ottawa.org.

Would you like to support family literacy?

Consider participating in **also's** **Fourth Annual Amazing Book Race** either as a team runner or a volunteer. The RACE will be held on **Saturday, September**

27, 2008, and it begins and ends at the new Edinburgh Fieldhouse. Up to 50 teams will race on foot or by bus to various checkpoints in downtown Ottawa, and at each stop will complete a fun literacy activity. The first team back wins the grand prize, and everyone then enjoys a barbecue in Stanley Park. The Honorary Guest Children's Author this year is poet **JC Sulzenko**. This year we are encouraging the participation of family teams as well as workplace, teacher, student, librarian, and community teams. Join us for this unique team building event, which supports local literacy programs.

Register on line at www.events.runningroom.com. Download registration form at www.also-ottawa.org. Call 613-233-8660 or email bookrace@also-ottawa.org.

ASSURANCE



FH ROWAT

INSURANCE

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

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

Burgh Business Marketplace

Supporting those who support the community

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.

Please call for more information.

10 Braemar St.
Manor Park



Frank J. Wallace, M.Mus.

Voice • Piano • Theory

613.255.2077 • fjwallace@carefultouch.ca



D.R. J. LEDUC
D.R. F. GAUTHIER

**Free eyeglass
adjustments**

Keep your eyeglasses in
good repair and fitting well

Come and see us
to have them fitted and
adjusted properly

178 Beechwood Ave

613.749.0481

www.bwopt.com



CUSTOM TAILOR & SHIRT MAKER • LADIES & GENTLEMEN
ALTERATIONS • MEN'S ACCESSORIES • FINEST EUROPEAN FABRICS

17 SPRINGFIELD RD. OTTAWA ONT. K1M 1C8

TEL: (613) 749-8383



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

theupsstore.ca/292

- Canada & Worldwide Shipping
- Colour & B/W Copies & Printing
- Custom Printing Service

-- Computer Repair - all kinds --

The UPS Store

LEE-ANN ZANELLI
OWNER

BEAUTY MARK

SALON & SPA

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



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

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



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



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 the job professionally. So whether it's a
small room or an entire house, Andre will
do the job the right way every time.

Your time is valuable!

Don't waste it painting. Let **Andre** paint it for you.

For a free estimate call: 613-794-0778



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

Locavore Numbers on the Rise: Local Food Movement Picks Up Steam

By Jane Heintzman

While you may never have heard of a *locavore*, it's entirely possible that you are one, and in the company of a growing number of members of the community concerned about environmental degradation and long term food security. The term was coined in California and since 2005 has been in widespread use to designate those who make a serious effort to purchase their food from local growers. South of the border, it has caught on like wildfire, and in 2007 was selected by the Oxford American Dictionary as its favourite new word of the year.

While the new vocabulary has perhaps not acquired quite the same currency as in California, here in Ottawa there is unquestionably growing interest in the local food movement, a collective effort on the part of consumers and food service outlets to purchase foods which are produced within a limited radius of the city, as opposed to transported thousands of miles across the continent in climate-controlled 18 wheelers spewing greenhouses gases into the atmosphere.

The movement was given added impetus by the publication early last year of *The Hundred Mile Diet* chronicling the experiences of Alisa Smith and her husband J.B. MacKinnon in their efforts to subsist for a full year exclusively on foods produced within a hundred miles of their home in Vancouver. In recent months, the surge in global prices for many staple foods, not to mention the dire forecasts for oil prices and their impact on the cost of gasoline at the pump, have brought the logic of buying local even more forcefully to public attention.

In addition to the obvious environmental motivations for buying locally, the local food movement is also based on concerns about food security, or more specifically, the need to ensure that arable land is preserved for food production rather than eaten up by urban sprawl, and that rural communities and small farm operations are able to remain economically viable. Here in the National Capital Region, we are especially well positioned to join the growing ranks of the *locavores*, as Ottawa has the largest agricultural land base of any major city in Canada, with ready access in the growing season to fresh fruits, vegetables, meats, dairy products and even local wine and beer.

Our long tradition of farmers'

markets is reflected today in the legendary **Byward Market** (though many of the concessions are not held by local producers), the recently launched farmers' market at **Lansdowne Park**, the **Parkdale Market** where well known organic producer **Bryson Farms** of Shawville sells its wares, and the **Ottawa Organic Farmers' Market** at Bank and Heron Road. The tradition dates all the way back to 1700 when local farmer Joseph Mondion is reported to have sold fresh vegetables, fruits and booze to the voyageurs on the Ottawa River. Bytown's first recorded Agricultural Fair took place some years later in 1829, and while legend has it that the event ended in a drunken brawl, it no doubt showcased a wealth of spectacular fruits of the local harvest.

Several organizations have recently emerged in Ottawa to promote the purchase of local food. "**Just Food**" is a non-profit community group whose mission is to increase access to locally grown, nutritious food for all members of the community, regardless of income level, and at the same time, to support the local agricultural economy and strengthen the linkages among all partners in the food chain, from grower to consumer. One of its major initiatives is the preparation of a free *Buy-Local Food Guide* which is available at Ottawa Public Library branches and Mountain Equipment Co-op, and online at www.spcottawa.on.ca.

"**Savour Ottawa**", another buy local initiative, is a joint project of the City of Ottawa, Ottawa Tourism, Ontario Tourism and Just Food to promote locally produced foods, and to encourage closer collaboration among food producers and vendors, the restaurant business and the tourist industry. Watch for the Savour Ottawa logo which is to appear this summer on foods from the area, and check out their website at www.ottawa-tourism.ca/savourottawa.

Another useful resource for those in search of locally grown organic foods is the **Ottawa Chapter of Canadian Organic Growers** which produces a comprehensive guide covering both local growers and the restaurants in the area which feature organic products on their menus, as well as a list of the organic food products available in the region. If you are committed to buying local and organic, check out the guide at www.cog.ca/ottawa/ottlist_2007.htm.

The **Community Supported Agriculture (CSA) Harvest Share** program consists of individuals, groups or families who team up with a local grower and pay a fee for a portion of their harvest, with part of the fee to be paid up front to cover the farmer's costs for seed and supplies. The freshly harvested produce is then either delivered directly to the consumer, or picked up at a pre-arranged drop off location. There are currently about 500 CSA co-ops scattered across Canada and more than double that number in the U.S. where the system has been in place for some time.

Life Organic: Locally Grown Organic Products Delivered to Your Doorstep

Here in the Burgh, *NEN* advertiser Life Organic makes the struggle to find fresh organic foods from the area a whole lot simpler and more convenient. Life Organic is a small, locally-based delivery service supplying households throughout Ottawa with regular deliveries of "Harvest Boxes" laden with fresh organic produce and other food products such as milk, cream, eggs, butter, cheese, yogourt and fair trade organic coffee from a family-run business in Almonte.

Owners **Tasha Kern** and her husband **Chris** are strongly committed to buying their products from local growers and suppliers whenever possible. If you aren't already on the Life Organic delivery list, check out their website at www.lifeorganic.ca or give them a call at **613-745-6868**.

Two of Tasha's major local suppliers during the growing season are **The Amazon's Garden Organic Farm** just south of Moose Creek, Ontario, and **Waratah Downs Organic Farm** in Iroquois, Ontario, just north of the St. Lawrence River.

The Amazon's Garden is a small 10 acre farm run by **Christine Estermann**, an experienced farmer who has been in the business since the age of 16, receiving formal agricultural training in her native Germany.

Christine has a total of two acres in organic vegetable production, and starts all her seedlings in a large greenhouse on the property. Throughout the growing season, she supplies Life Organic with a regular bounty of broccoli, lettuce, cauliflower, cabbage, cucumbers, green onions, and melons for their home delivery Harvest Boxes. She also maintains a flock of 40-50 laying hens, 2 horses and a growing flock of sheep, and

raises 50-75 turkeys during the summer.

In addition to her regular sales to Life Organic which are her first priority, Christine hopes to acquire up to 10 CSA customers this year and may also explore the possibility of an arrangement with a local fine dining restaurant which has expressed interest in her organic produce.

Waratah Downs is a much larger organic farm owned and operated by **Colleen Ross Weatherhead** and her husband **John Weatherhead**. Colleen describes the couple as "farmers by trade and by nature", and between them they boast over 50 years of farming experience. The farm has 190 tillable acres and produces a wealth of fresh vegetables such as tomatoes (10 varieties), corn, squash, beets, onions, carrots, broccoli, cabbage, brussel sprouts, eggplant, okra, herbs, turnips and radishes which help to fill the Life Organic Harvest Boxes to overflowing during the growing season.

While Life Organic is currently the leading client for Waratah Downs' produce, Colleen and John are also a major supplier of **The Green Door** vegetarian restaurant on Main Street, an enormously successful Ottawa institution which is celebrating its 20th anniversary this year.

Despite the relative geographic proximity of local and organic farms in the Ottawa area, don't

expect to put your intentions as an aspiring *locavore* into practice at the supermarket. While there are organic products on the shelves of most of the major chains, about 90% of these foods are imported from outside the province, and even conventionally produced local products rarely make it into supermarkets because small farmers simply can't meet the demands of large chains with centralized ordering systems. But as we've indicated above, there are many other ways to tap into these resources, so take advantage of the season to buy local as often as you can!

Calling All Soccer Players...



Recreational Men's Soccer
Sundays 10 am -12 pm
Stanley Park Soccer Field
Call Michael Histed at
613-741-1660

Mighty Moms Women's Soccer
Mondays 7 - 8 pm

Rockeries (Hillsdale)
Soccer Field in Rockcliffe
Call Cindy Parkanyi at
613-745-8734

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



Mainstreet Beechwood...

Continued from page 1

which was carried out by **Jane Thompson Architects**, a well known architectural firm based in our community. A good deal of energy, time and thought was invested in the preparation of the *Beechwood Revitalization Plan* which provided a systematic examination of the factors contributing to the faltering health of the business sector, and involved extensive consultations with both residents and merchants in the area. The analysis and recommendations in the plan were subsequently used as a basis for the City's *Beechwood Community Design Plan*, brought to fruition in 2005 and ultimately approved by Ottawa City Council as a framework for development and improvements in the area. Both can be found on Councillor Jacques Legendre's website at www.rideau-rockcliffe.com.

City planner **Donald Morse**, author of the *Beechwood Community Design Plan*, is cautiously optimistic about the prospects for Beechwood. He notes that while the Beechwood Village core area between Crichton and Springfield was hit hard several years ago by a number of high profile departures, including Mountain Equipment Co-op and the Royal Bank, merchants in the sector where Beechwood merges into Hemlock currently appear to be thriving. New businesses are moving into the area on a regular basis, most recently **Fraser Café** which has replaced **The Works** at Putman

and Beechwood.

Morse points out that the attractive patio around **Bridgehead** was created as an alternative to additional parking spaces largely as a result of the Design Plan, and that while progress in the implementation of the plan may be somewhat slow, the framework is gradually kicking in as new development occurs. In Mr. Morse's view, the Community Design Plan includes a number of significant incentives to new development, including two sites earmarked for 8 storey buildings and an allowance for 4 storey structures in the Rockcliffe Village sector.

One major impediment to any dramatic improvements to the streetscape and the health of the commercial sector is the lack of resources at the City level to support new projects. While the West Wellington Village area is in the process of developing plans for a full scale facelift of the neighbourhood (see the article on **Bread and Roses' Chris Green** who is a participant in the consultative process), the community overhaul is occasioned by the requirement for a wholesale infrastructure renewal in the area, covering sewers, water mains, utilities and the works. Such an overhaul is not likely to be needed in our neck of the woods for at least another 15 years, so improvements in the interim will continue to be gradual, with the pace set largely by developers and private businesses.

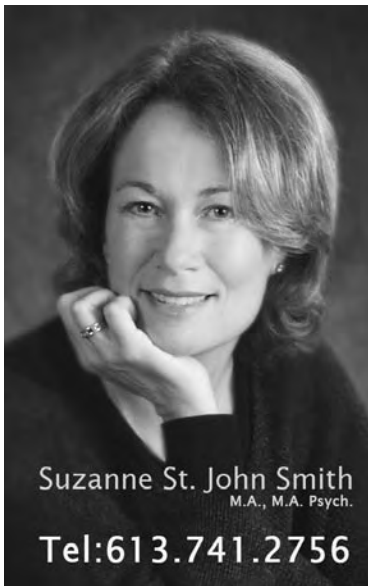
Another complicating factor is

the split between the two sides of Beechwood, which carves up the area into two separate wards (formerly, two separate municipalities prior to amalgamation) with Rideau-Rockcliffe on one side and Vanier on the other. While a Business Improvement Association (B.I.A.) has been in operation on the Vanier side for some time, there remains no comparable assembly of business owners and operators on the New Edinburgh side to take the lead in promoting a co-operative area marketing approach.

There are clearly a large number of factors at work in determining the well-being of our local business community. As noted earlier, these range from escalating cost pressures (fuelled by the recent explosion of oil prices), to prohibitively high rents, highly variable shopping traffic (attributable at least in part to our addiction to one-stop shopping at massive chain stores in suburban malls), and the fragmented nature of our "main street", Beechwood Avenue. Far from being a continuous, unbroken line of storefronts creating a critical mass of retail outlets attracting walk-in traffic, the core Crichton to Springfield sector is effectively cut off from the St. Charles and Rockcliffe sectors, sandwiched between the St. Patrick Street Bridge on one side, and Loeb and the New Edinburgh Square Building on the other.

Whatever the solutions to the current troubles on Beechwood, it's clear that they will entail the collaboration and active participation of *all* the parties involved from area residents/shoppers to merchants, business owners, landlords, developers and City planners. In the short term, NECA is planning to pursue discussions with Councillor Legendre to determine what role the community can play to improve the situation. At a time when reducing our dependence on cars has become a top environmental and economic priority, it's in all of our interests to ensure that Beechwood Village is renewed and reinforced as an attractive and economically viable commercial hub for our community.

We would welcome your ideas and suggestions about possible improvements on Beechwood. Either drop us a line at newednews@hotmail.com, or post your ideas on the New Edinburgh community website, under the "**Beechwood Avenue Businesses**" topic in the General Discussion forum: <http://www.newedinburgh.ca/phpBB2/>. And please remember when you're tempted to hop into the car and head for the mall, buy local and buy often!



PSYCHOTHERAPY

Individual
Couple
Family


200-16 Beechwood Avenue

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

Tel: 613.741.2756

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

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)



CELADON
salon & spa

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



**GREENTREE
& COMPANY**

Rental
Management
for the
Foreign Service
Community

Our services include:

- market analysis
- preparation of documents
- reporting
- maintenance
- regular inspections
- simplified & competitive fees

We've been there...we care!

Mary Ellen Boomgaardt
Representative
Tel: (613) 746-2367
Fax: (613) 746-3050
E-mail: greentreeco@sympatico.ca

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



Burgh Bulletin Board

Wed, June 4

THE OTTAWA SCULPTURE TRAIL is moving forward with installing "Far Shore" in Stanley Park near the tennis courts. Check the www.newedinburgh.ca for details.

Fri, June 6, 5 - 9 pm

Sat, June 7, noon - 5 pm

Sun, June 8, noon - 5 pm

GORDON HARRISON continues the tradition of opening up the doors at the artist's studio where he puts his passion for Canadian landscapes onto canvas. Join us for a garden exhibit of Gordon's latest travel across Canada at his studio in New Edinburgh at 81 John St. Telephone: 613-746-6853, www.gordonharrisingallery.com.

Fri, June 6, 8 pm

The NEW MOON in JUNE - BIG BAND DANCE featuring Stan Clark & The Capital Swing. Enjoy the traditional sounds of a 18 piece Big Band in a vintage ballroom with a verandah overlooking the Ottawa River. New Edinburgh Club Boathouse, 501 Rockcliffe Parkway (parking at Tennis Cresc, on Southside of Pkwy), advance tickets \$12, cash at door \$15, www.nccb.ca/swing_band01.html.

Sat, June 7, 7:30 pm

STAIRWELL CAROLLERS at St. Charles Roman Catholic Church on Beechwood Ave. Tickets are \$20.

Sat, June 7 & Sun, June 8

DOORS OPEN OTTAWA - Buildings of architectural, historical or functional significance including embassies, places of worship, museums, gardens, artist studios, science labs and more. <http://www.ottawa.ca/residents/heritage/doorsopen/>.

Until June 7, 7:30 pm

TARTUFFE, a production of Third Wall Theatre Company at The Irving Greenberg Theatre Centre: Studio Theatre 1233 Wellington St. West at Holland Ave. Phone: (613) 355-2531.

Until Jun 7

DONATE YOUR SHOES Sole Responsibility will be collecting gently used running and walking shoes to send to Chad, Africa to be used by the refugees from Darfur. We also ask for a donation of a twoonie with each pair of shoes to help

offset the shipping costs to Africa. For more information visit www.solerresponsibility.org. *Collection Sites:* All Bridgehead Coffeehouses, Bushtukah (203 Richmond Rd), Mountain Equipment Co-op (366 Richmond Rd), CBC Ottawa (181 Queen St).

Sun, June 8, 11 am to 2 pm

THE NEW EDINBURGH ANNUAL COMMUNITY PICNIC Pack a lunch, leave the dog and bring the family to the Fieldhouse for fun, sun and games. Contact Brian Torrie for information at 613-747-7951.

Wed, June 11, 7:30 pm

JAZZ FUNDRAISER CONCERT for 'Serenity Renewal for Families' at the Library and Archives Canada. 395 Wellington Street. Tickets are \$20.00 and the program will feature Kim Kaskiw's sextet with perhaps a few special guests.

Thur, June 12, 10 am - 4 pm

IODE 47TH ANNUAL HOUSE AND GARDEN TOUR - Five great homes and gardens. Tickets: \$25 each. Available now at Mood Moss Flowers and Thyme and Times Past. For more info contact: Jo Brodie at 613-842-5304.

Fri, June 13, 5-7 pm

BOOK SIGNING at Books on Beechwood. Mary-Jane Maffini will be signing her new book, *The Cluttered Corpse*.

Sat, June 21, noon - 2 pm

BOOK SIGNING at Books on Beechwood. R.J. Harlick will be at the bookstore to sign her latest book, *The River Runs Orange*. **Sun, June 22, noon**

CHURCH SCHOOL PICNIC at St. Andrew's Church, all are invited! All Ages service at 11:00 am, picnic begins at noon. Free food, outdoor games, songs and fun for the whole family. 82 Kent Street, ample parking at the Supreme Court. For more information, call 613-232-9042.

Until Jun 27, 10 am to 5 pm

150 YEARS OF CANADA'S POLISH KASHUB HERITAGE. Mounted by Shirley Mask Connolly, Curator of the Polish Kashub Heritage Museum and the Polish Canadian Women's Federation at the Bytown Museum.

Until Aug 24

OTTAWA ART GALLERY **Special exhibitions:** Mary Anne Barkhouse *The Reins of Chaos* and Susan Kealey *People Who Need People*.

Art in the City Summer

Camp: Ottawa's one-of-a kind art camp geared to youth ages 8 to 17, featuring unique hands-on projects, specialized workshops led by artists, and visits to art galleries. Arts Court, 2 Daly Avenue. Tel: 613-233-8699 www.ottawaartgallery.ca.

Sat, Sep 13

ANNUAL NEW EDINBURGH GARAGE SALE! Start planning now for this annual fundraising event. For more information contact Catherine McConkey at 613-746-0303.

Fri, Sep 19 to Sun, Sep 21

CELEBRATE YOUR ANGLO-CELTIC ROOTS 14th Annual Conference, British Isles Family History Society of Greater Ottawa. Special Focus on England. See full Program and Registration Form at www.bifhsgo.ca/Conference2008.htm. Save by registering before August 15.

ONGOING

HOST FAMILIES NEEDED. We have exchange students coming at the end of Aug for 3, 5, or 10 months. Please call me at 613-488-2435, 613-794-8579 or 613-443-2271 and ask for Linda.

ROCKCLIFFE LAWN TENNIS CLUB All day and half day summer camps program for children (ages of 5 to 17) starting June 16. Four hard courts and four Hydro-Courts, air-conditioned clubhouse, fun social events. For more information, call the clubhouse at 613-749-5494, or visit www.rockcliffetennis.ca.



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.

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

MATURE GENTLEMAN seeks clean 3 bedroom apartment for self, for September 1st. \$900/mo or so including heat and hydro, available parking. Location: Beechwood-Ottawa East-Vanier-Gloucester. Telephone: 613-745-3625 (leave a message).

MASONRY WORK - Brick, stone, block, & parging house repairs. Build new/ repair old, chimneys, steps, & window sills. Restoration experience with care and references. Contact: John 613.558.1609.

COTTAGE FOR RENT- on small Lake Near McGregor/Grand Lake. Forty minutes from Ottawa excellent swimming, on quiet small lake, (no motor boats allowed), dock, canoe, south facing deck, shower, 2 bedrooms, suits adults \$910 per week. Tel (613) 745-1368, email gaston@cyberus.ca.

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.

Fern Hill School

Leadership – Knowledge – Community

An Independent Day School – Preschool to Grade 6



Preschool to Grade 6

At Fern Hill School...

our students are our focus.

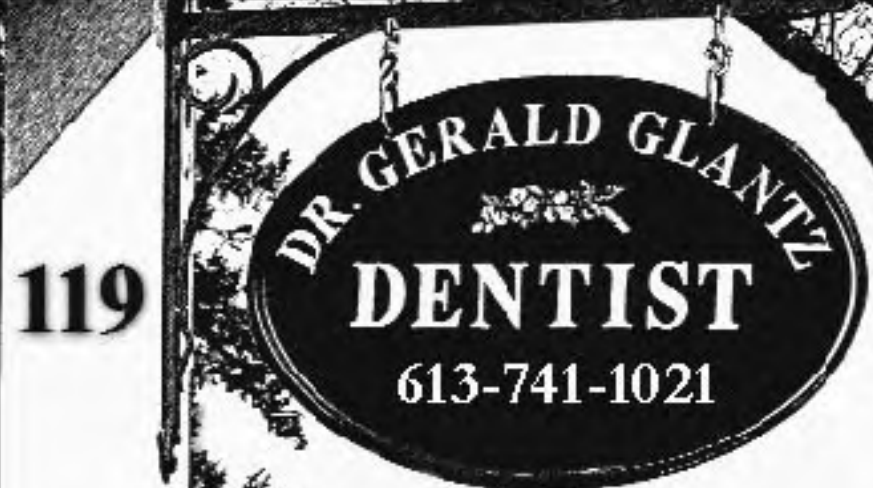
Registrations accepted for the 2008/09 school year.

Please call for information regarding Open Houses and Entrance Scholarships.



(613)746-0255 or WWW.FERNHILLOTTAWA.COM

50 Vaughan Street, Ottawa, Ontario K1M 1X1



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)

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.burtonsdiver.com

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

132 Stanley...

Continued from page 1

against PEC's recommendation. He pointed out the vast breadth of opposition - Council's technical advisory committee, NECA, Heritage Ottawa, the immediate neighbours, the NE community via an impressive petition, and the Ward Councillor. All had spoken against the project because it was too massive for this location and would set a dangerous precedent for the future of the Heritage District. For their part, city staffers simply reassured council this was all a question of interpretation, and they felt the new construction would fit in

just fine. After a bit more debate, Council voted 14 to 6 in favour of the staff recommendation to permit demolition of the bungalow and construction of the six townhouses.

Despite this major blow to the Heritage Conservation District, the struggle is not over. Not surprisingly, the plans for such an oversized project do not comply with Ottawa's zoning by-laws. For example, the lots would be too small to be legal and the exterior walls would be too close to the sidewalk. The developer must also secure an approved Site Plan for the project, which involves scrutiny of features such as building location, drainage, parking, landscaping, and

access for vehicles.

So, among other tasks, Larco Homes must now seek permission from the Committee of Adjustment for 'minor variances' to the zoning by-law (please see December 2007 issue of NEN for additional information on 'minor variances'). This provides another opportunity to challenge the appropriateness of the plans and their impact on the neighbourhood. As of the end of April, no date had been set for the Committee hearing, but preparatory work has already begun.

For more background, please see the New Edinburgh community website and previous articles in the NEN.

Monson's Cleaner's: Closing in on a Century!

Congratulations to **Pierre Blondin** and his exceptional team at **Monson's Cleaners** who are celebrating the 90th Anniversary of the business this year. Monson's was founded in 1918 by Moses Monson who set up shop downtown on O'Connor and later Waverly Streets. It was Pierre's father **Lucien Blondin** who moved the cleaners to Beechwood when he purchased the business from Moses' son



This advertisement for Monson's Majestic Dry Cleaners appeared in the June 1977 NEN.

Yvain in 1971. It was initially located close to Crichton in the space currently occupied by Bread and Roses, later moving

to its present location at 110 Beechwood (at St. Charles) when Pierre took over from his father in 1987. Over the years, Monson's has established itself as the dry cleaner of choice for a host of Ottawa's dignitaries from Governors General to Prime Ministers, Cabinet Ministers, the diplomatic corps and celebrities of all descriptions. Well done Pierre and company, and here's to the next 90 years!

www.MetroOttawaRealty.com



Christopher BARKER
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



For Sale • \$479,000



For Sale • \$2,250,000



For Sale • \$399,000



For Sale • \$2,450,000



For Sale • \$749,000



For Rent • \$9,000/Mth



For Sale • \$599,000



For Sale • \$1,499,000

In BouBou's Garden

By Louise Bird

We bought our house 10 years ago and after all the years of renting and not having room for more than a couple of flowers or bushes, I looked forward to finally having a flower garden all my own. The previous owners had planted some flowers in an already existing front flower bed but the other bed at the side of the house grew only vegetables. The back yard was only a lawn with no beds and no flowers. This, I decided, would not be only a lawn for much longer.

"Baby, I can finally have a flower garden! The veggies are out." Baby agreed. Over that winter we looked out at our snow covered backyard, eager but somewhat unsure as to how to proceed. I had spent many hours on the Internet and read many books and magazines to familiarize myself with what grew in the area. I was a bit worried about what we could plant in the shade garden... besides Hostas.

The next spring when the snow had finally melted and the ground had dried up, we decided the time had finally come to begin our great garden adventure. We had spent many hours at various plant stores in the area and managed to find most of what I wanted for the garden. With shovels in hand we started. There would be no turning back. After a few days of digging through the hard clay and rocks, lilac bush roots and pieces of glass and what seemed like the remains of an old wooden shed, then adding compost and good soil, we were ready, (we hoped). We had finished two large flower beds.

Now, almost ten years later the garden is flourishing and it's beautiful. Here are some of my favorite plants and bushes for

shade and sun gardens, plants and bushes which do well in the Ottawa area.

Solomon's Seal is a plant which does well in the semi-shade. It comes out in early spring and in my garden receives the morning sun. When the shoots are about six inches tall, they remind me of aliens! These grow very quickly and reach about three feet in height. The stems lean to one side, towards the light. The alternate leaves are up to 6" long and 4" across. They are spaced fairly close together along the stem. The whitish green or pale yellowish green flowers dangle from the upper stem, under the leaves. They remind me of Lily of the Valley



Photo: Louise Imbeault
Solomon's Seal.

flowers. They spread at a slow pace. I love this plant because the leaves remain green all summer. In the fall, the leaves turn a golden color. One year, after a frost, the leaves were nearly transparent, with a streak of lime green. The artist in me went "Wow"! I couldn't resist drying a few and bringing them inside. They lasted throughout the winter and gave me a needed boost when I missed my garden.

If you have access to a cottage in any wooded area around here, you should look for **Snakeroot**. The leaves are easy to identify as they resemble the antlers of a



Jack-in-the-Pulpit.

moose ... to a point. They flower at the same time as the crocus. It starts to bloom before the foliage unfolds in early spring. After blooming, the leaves expand to their full size, about 6" wide, then go dormant in mid to late summer. Definitely worth looking for and bringing one home to your garden.

Three years ago, I also brought home a **Jack-in-the-Pulpit** from my brother's cottage. Gorgeous! I like to show this one off. I believe it's in the orchid family, but don't quote me on that. I certainly hope it has babies! So far, it has not spread. Also from my brother's cottage, I brought back a red trillium. The flower is maroon. Very pretty. These two were claimed by Baby. He's quite proud of them!

Pulmonaria (aka Bethlehem Sage or Lungwort) lives in my shade garden, to my mind another must have. It flowers in early spring. The leaves have creamy white dots on them. The flowers start off pink and turn purple. Another flower on my must have list and worth checking out.

Of course we have **Hostas**. They are so beautiful! The huge leaves have a bluish tint to them. They surely make a statement in their corner of the garden, dominating whichever spot you chose to plant them. Hostas come in all shapes and sizes. I

prefer the larger varieties but the smaller types make excellent filler. Use caution though as they can spread very quickly in the garden.

In our sun garden, we have a beautiful bush, or perhaps I should say, a tree. It is another must have. The **Rose of Sharon**, (we nicknamed her Rosie), flowers in August until the first frost. It becomes FULL of flowers and is the favorite of the honey bee! Our Rose of Sharon has double flowers, light pink in color. As it does become quite tree-like in size, you might have to trim it eventually. I looked out our kitchen window one morning and it was bent almost to the ground. We feared that we had lost it. We realized that Rosie would have to be trimmed but how? Back to the Internet and my many books I went. Finally I decided to have certain branches held aside imagining what my beloved bush would look like cut this way or that. It worked! We determined which ones to cut/saw off and that August, it looked very full. A job well done we thought!

We also have tall **Phlox** in



Pulmonaria.

the sun garden and of course **Echinacea**, various **lilies**, an **Oriental Poppy**, (another star of my garden) and others. But the next plant on my list of "must haves" makes me want to cry with joy each year it blooms! Look for **Hibiscus - Disco Belles** or **Southern Belles**. We have three. One is light pink and the flower opens to 6 inches. The



Photo: Louise Imbeault
Rose of Sharon on Ivy Cres.

other is a bubble gum pink and opens to 8 inches. The last one is a dark red and opens to 10 inches. The size of the flowers will seem impossible at first glance. These will do very well in our garden, provided you do the following. First, you have to plant them deep with good compost. Secondly, when they come out in late spring, water, water, water. I don't necessarily mean every day, usually when it hasn't rained for awhile. But when you do water them, let the water soak in, and repeat at least three times. I think the secret is deep watering. These are commonly found in the Florida Everglades meaning they can take as much water as you want to give them when the time comes. Thirdly, I add compost every spring. They tend to come out a bit late, so don't think that they didn't make it through the winter. Be patient. It flowers in August until frost. The flowers are dinner plate flowers (flat) and while they last only one day, everyday you will have a new and beautiful flower to enjoy.

We love to sit outside and watch our garden unfold. It's magic! The main thing is don't be afraid. Have fun with your garden. The effort you put into it will be well worth it and anyway-if some annuals or perennials don't work out, there's always next year!



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

Burgh Breezy Bits

New Arrivals

Welcome baby **William**, born on May 13, and congratulations to parents **Jack and Jill Burkom** of Critchon Street. Big sister **Martha** and big brother **Gordon** are excited to have another play partner.

New arrival, baby girl **Lola**, also born on May 13, of MacKay Street's **Girvan family**, is welcomed to the Burgh. While a growing family for proud parents **Andrew and Chole**, their two children **Josie and Fin** also welcome their newest baby sister.

A wiggly welcome to **Hariot Reid**, the enchanting new black Labrador puppy who arrived in early April and has since taken over the household of her delighted (albeit exhausted) owners **Alex and Isabelle Reid** of Crichton Street. As luck would have it, Hariot is a close cousin of neighboring yellow Lab puppy **Atticus Heintzman**. Both are from Amaranth Labradors in Shelburne, Ontario.

Congratulations

A milestone is celebrated for **Roger Hardy** of MacKay Street; Happy 60th Birthday! Roger will also be celebrating his retirement as a party was held in his honour on May 25. Roger will be going on a cross-Canada road trip on his motorcycle. Enjoy the years ahead!

Best wishes and a happy retirement goes to **Joyce Debuc** of Vaughan, who had been with the Ottawa Police Service since 1979. Joyce plans to relax, travel, spend time with her granddaughters and perhaps begin work on a tri-career.

Congratulations to **Sue Abbott** of Stanley Avenue who recently celebrated the arrival of her latest grandchild, **Channing (Chaney) Garland Abbott**, the beautiful daughter of **Allison and Matthew**, and a brand new sister for their son **Lachlan**. Sue was on hand in New York City to greet the new arrival and lend a hand in the process of persuading Lachlan that baby sisters are a great idea!

Isobel and Mark Bisby of Critchon Street are proud to congratulate their son **Luke** and daughter-in-law **Lin** on their recent move from Queen's University in Kingston to Edinburgh University in Scotland where Luke will be a Senior Research Fellow in Structures in Fire. Luke and Lin's daughter **Kate** has also graduated as a family physician and will be completing her residency in Saskatoon.

Announced on May 15 by Ottawa-Vanier MPP **Madeleine Meilleur**, Burgh resident **Ron Noganosh** is a finalist for the 2008 Premier's Award of Excellence in the Arts- Congratulations! The award, which will be presented at a gala ceremony in June, honours an individual artist



Roger Hardy is 60!

who has made distinguished contributions to arts and culture in Ontario. As stated in MPP Meilleur's news bulletin, Ron is a "highly regarded sculptor and installation artist. One who transforms everyday items into artworks that are funny, imaginative and thought-provoking. He is best known for using junk material such as beer caps, auto parts and discarded toys to critique society's excesses and to address the issues facing contemporary Aboriginal communities". Noganosh's work has been included in numerous exhibitions in Canada and around the world. His art is found in both private collections and public collections



Photo: Louise Imbeault
Award finalist Ron Noganosh.

in the Canadian Museum of Civilization, the Ottawa Art Gallery, the Woodland Cultural Centre in Brantford and the Indian Art Centre in Ottawa. Good luck, the Burgh is rooting for you!

Five Grade 6 students at **St-Laurent Academy** have been chosen to attend the 2008 Tunza International Children's Conference on the Environment. **Grace Osler, Kyra Rogers, Steven Wright, Julianna Schwindt, and Madeleine Poirier** will be traveling with their Science teacher Mr. Léveillé, to Norway to share their nature journals, which detail the work they have been doing to preserve the biodiversity at The Macoun Marsh

in Ottawa's Beechwood Cemetery.

On the Wild Side

New Edinburgh's wildlife appears to have gone upscale in their dietary habits this spring. One bright morning in early May, a long-legged creature which was variously described as **a small moose** or **a white tailed deer with an extra-large schnozz** was observed ambling down Union Street towards the **Scone Witch** (perhaps to sample a fresh lemon poppy seed scone to start the day). As it turned out, the critter must have been short of change, as it passed by the store and headed out towards Sussex Drive, quite possibly in search of a share of the breakfast fare at Number 24.

In yet another May 13 event, **NEN Photographer Louise Imbeault** heard the cry of a baby bird coming from the ground on Vaughan St. close to MacKay. Searching through Fall's debris in old flower pots she found a baby bird with a bright yellow beak. He had fallen from his nest above. Desperate in his cries for food, he tore at her heartstrings. What's a mother to do? She took him home not knowing what she'd do exactly, but determined to give him a chance at life. She made a makeshift nest, gave him water with a dropper and starting digging in the garden for worms. He ate 10 worms in 3 hours. Despite her exhaustion, and when he finally fell asleep at dusk, Louise jumped on the computer and found the **Wild Bird Care Centre** on Moodie drive (www.wildbird-carecentre.org). She fell asleep worried but content knowing the next morning, her birth-



Photo: Louise Imbeault
Butterball the baby starling.

day, she would take the little bird to the sanctuary. He was so young, just duvet and no feathers, his eyes weren't even formed. He looked like a frozen turkey, poor little butterball. Bright and early on the morn of May 14, Louise jumped out of bed and ran out to see how the little bird had managed through the night. Happy to find him breathing but still sleeping, she had a leisurely coffee and around 8:45 am headed out to Moodie Drive where he was immediately admitted and given a file number: 5-80. When she phoned the Centre a few days later, "Butterball 5-80" is alive and kicking, he is now in an incubator with other babies and we now know: he is a STARLING! He eats every half hour and when he's old enough, the older starlings will teach him to fly and he will be released into his natural habitat.

Now that's the kind of birthday surprise only Mother Nature could provide.

Got a Breezy Bit?

Send your Breezy Bits or photos to **Breezy Bits Editor Alicia Visconti:**

breezybits@hotmail.com

Deadline for submissions is September 10.

IT'S EASY TO CO-EXIST WITH WILDLIFE

Ottawa-Carleton Wildlife Centre – www.wildlifeproblems.ncf.ca

Spring is when wildlife seek out safe spots to have their young. The relentless winds and heavy snow this year have meant a very tough time for wildlife looking for secure shelter for their newborn babies. Don't create orphans by trapping and relocating a nursing mother or blocking her access to a soffit, attic or under a step.

It is a **temporary** situation and there are humane and inexpensive solutions for all wildlife problems. An ounce of prevention is truly worth a pound of cure, so check out the website **before** taking an action. You will be glad you did.