

# NEW EDINBURGH NEWS

April 2009



The back lanes of New Edinburgh.

Painting by Martha Markowsky

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

*Annual Plant Sale*  
**Saturday, May 9th**  
at the Stanley Park Fieldhouse



8 am to 4 pm



## RIVER and PARK CLEANUP DAY

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



**MOTHER'S DAY**  
**SUNDAY, MAY 10, 2008**

(RAIN OR SHINE)

**VOLUNTEERS NEEDED!!**

**TIME:** 10 am -1 pm

**PLACE:** The Fieldhouse at 193 Stanley or the Rideau Tennis Club at 1 Donald Street.

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

**CONTACTS:** Martin Canning [canning.martin@gmail.com](mailto:canning.martin@gmail.com)  
or Karen Squires ([k.squires@sympatico.ca](mailto:k.squires@sympatico.ca))

**REFRESHMENTS AND T-SHIRTS FOR PARTICIPANTS!**

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## Court Orders Sale of 200 Crichton

### Crichton Cultural Community Centre (CCCC) Well-Positioned to Purchase School for the Community

**By Jane Heintzman**

After 10 years of disputes and court actions, on Friday, March 20, the Ontario Superior Court ordered the judicial sale of 200 Crichton, the Crichton School building which has been a focus of our community life for over a century. The Court directed that the building be appraised immediately and put on the open market. As part of the decision, the Court gave the CCCC an equity interest in the building and affirmed the CCCC first right of refusal to purchase. The Court also concluded that the highest and best use of the building would be one reflecting its current use, specifically "community and institutional use."

The CCCC is very pleased that the decision validates the community interest in the

building, and sets in motion a sale by the Court where the CCCC will be in an excellent position to purchase it for the community. If the appraisal can be completed within the next few months, the building should be on the market this summer with an actual sale expected to close some time in 2010.

Fortunately, the CCCC is now well-positioned to buy 200 Crichton – the equity interest provided by the Court represents a good down payment; the CCCC will secure bank financing; the Centre will shortly be launching a major fundraising campaign for the rest of the funds required for acquisition; and last but not least, the court has confirmed that the CCCC retains first right of refusal on sale (should

the Court accept an offer from another prospective purchaser, the CCCC has the right to match that offer and buy the building).

In the interim, while the sale process is underway, current CCCC programming at Crichton is expected to continue well into 2010 when the sale would close. Indeed, if the CCCC is successful in buying 200 Crichton, it will at last be able to realize the dream of its founders in 1999—to preserve the historic building as a public asset for another 100+ years! We hope community members and all of our staunch supporters will be with us in this "victory lap" of a long journey!

See page 21 for more on CCCC's future plans. The full Court decision can be found at: [www.canlii.org.en](http://www.canlii.org.en).

## Ingrid McCarthy's Theatrical Journey

### New Edinburgh Players Celebrates 30 Years of Community Theatre

**By Linda Marchand**

Dreams do come true—but sometimes in unexpected ways. **Ingrid McCarthy**, born during the Second World War and raised in northern Germany, always dreamed of being an actress. When her travels brought her to Ottawa in 1979, she came unwillingly, hating the thought of life in a civil service town. Yet it was here at last, in an extraordinary little neighbourhood, where she developed into a creative artist, writer, actress, director and producer of plays.

The New Edinburgh Players opened with their first play in 1980, and have never looked back. In 2009, an ambitious production of *Enchanted*

*April*, a romantic comedy by Matthew Barber, marks the company's 30th season. Over the years, Ingrid has produced 42 plays and has acted in many—a remarkable achievement. Today, her company is tightly woven into the cultural fabric of New Edinburgh.

In April 2009, as Ingrid McCarthy walks into the theatre at Mackay United Church for the opening of *Enchanted April*, she has every right to be proud of her theatrical record. For 30 years, she and the New Edinburgh Players have been producing thoroughly entertaining theatre for the community. "How did you get started?" she is often asked. "By going to the theatre when I was

a child," Ingrid replies. "By play-acting with my brother. By dreaming."

Like many imaginative children, Ingrid was a reader. She loved fantasy stories in particular, both in books and on the stage. Even when she was very young, her passion took an active turn, and she began to produce her own plays – with herself starring as the heroine and her little brother cast as "some evil creature". "He would not always cooperate," she adds with a laugh, "I used to get very annoyed."

The New Edinburgh Players did not exist when Ingrid arrived in Ottawa in 1979. She had done a bit of ama-

**Continued on Page 4**



## NECA President David Sacks Reports

This past winter has seen NECA busy on several fronts of study and planning.

One significant recent development has been the National Capital Commission (NCC) board of directors' decision, delivered on a lucky Friday the 13th in February, to study two "corridors" in addition to Kettle Island as possible routes for the proposed new Interprovincial crossing. Many New Edinburgh residents hope that the final choice will be one of the two newly named corridors, thus placing the intended new Ottawa River bridge in the vicinity of Duck Island rather than Kettle Island—farther east and in a better position to contribute to a ring road scenario. Through NECA board member **Joan Mason**, NECA continues to liaise with CARAD, the citywide citizens' group that is coordinating opposition to the Kettle Island route. While the recent NCC decision does not assure victory, it will serve to vastly improve what had been a oddly rushed and narrow-minded selection process.

### Curse of cars

With roadwork due to resume on King Edward Street this month, New Edinburgh may again start to see heavy evening rush-hour traffic, as drivers to Quebec shun King Edward to seek other routes to the Macdonald-Cartier Bridge. NECA remains alert to the situation, through Traffic Calming

committee chair **Roslyn Butler** and committee member **Joanne Legault**, among others.

Meanwhile, Roslyn and **Karen Squires**, chair of NECA's Friends of the New Edinburgh Park committee, have raised the alarm over a separate car issue: parking. It has been widely noted recently that Stanley Avenue and nearby streets are more-or-less lined with parked cars from 8 am to 6 pm, five days a week; many of the cars stay all day, in defiance of city three-hour parking rules. Observation suggests that 1) most of the car owners are not local residents but Foreign Affairs employees, mostly working in the old city hall building; 2) a segment began driving to work during the bus strike and have since kept the habit; and 3) they typically are willing to accept occasional parking tickets in exchange for otherwise free and convenient parking. The "walls" of parked cars have become a nuisance and even a hazard in that they obstruct the line-of-sight for crisscrossing local traffic and pedestrians. The danger will only get worse this spring if heavy rush-hour traffic resumes.

In response, NECA plans to communicate with city parking enforcement, to police, and to community-affairs people at Foreign Affairs. While we recognize that New Ed is part of a larger Ottawa, we don't see

why local office workers in large numbers should count on breaking the law by selfishly parking here all day.

### Spring cleaning

With thawing and spring, attention returns to our beautiful New Edinburgh Park. At its February meeting, the NECA board heard a presentation by **John Doran**, burgh resident, landlord, and developer, and by civil engineer Lawrence Erion, involving a long-range idea for reducing the annual April flood risk to homes nearest the Rideau River between Thomas and Queen Victoria Streets. The simple idea (which would need approval of the NCC and other authorities) is to create a dike, sufficient against any expected flooding, by raising the existing bicycle path's height by about 15 inches. NECA granted approval and endorsement of Mr. Doran's idea in the form it was presented. He plans to seek the official permissions as a concerned citizen.

Shorter range, we prepare for the Mother's Day clean-up. This year, park-committee chair Karen Squires and NECA board member **Gemma Kerr** are coordinating a single-day cleanup of the park generally and the riverfront especially, on Sunday, May 10. Gemma's involvement is part of a bigger coordinated effort by Urban Rideau Conservationists (URC) to clean up Rideau riverfront in several neighbourhoods on that day. Once again this year, New Edinburgh's URC team leader will be **Andrew Kerr** (better known as NECA's

Webmaster), with headquarters at the Fieldhouse. Please see related article by Gemma Kerr, on page 27.

Relevant to the park: At its March board meeting, NECA heard with interest a presentation by New Ed resident **Mark Bisby** and others, suggesting creation of a community garden—comprising perhaps 30 plots, to be leased inexpensively to individual households—somewhere in the park. NECA approved the idea in principle, with certain preferences regarding the garden's exact location. We look forward to developments as the group seeks permission from the city.

Also: Early in March, NECA board member **Paul McConnell** and I met productively with representatives of Crichton Cultural Community Centre (CCCC) and Crichton Community Council (CCC), to discuss possibilities for pooling resources and efforts

## FLOOD WARNING!



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

among our three neighbourhood groups. The March meeting, initiated by the CCCC, is meant to be the start of periodic planning sessions, to help us serve New Edinburgh more comprehensively.

Meanwhile, we hope to see you at the Mother's Day clean-up. Best wishes for a glorious April and May.



**DEADLINE**  
for the June edition of  
the  
*New Edinburgh News*  
is  
**May 10**

Electronic copies of the *NEN*  
are available at  
**[www.newedinburgh.ca](http://www.newedinburgh.ca)**

## 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. No meetings in July, August, or December. Our annual general meeting is in June.

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

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

**April 27, 2009 \***

**May 18, 2009**

**June (TBD)**

**\* Note that the April meeting date was incorrectly published as April 20 in the February edition of the *NEN*.**

## Your NECA Representatives 2008-2009

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# Down to Earth in New Edinburgh

By Christina Keys

Imagine a beautiful garden replete with vegetables, flowers, butterflies, and laughter. This is our vision for a community garden in New Edinburgh's Stanley Park. In the last month, a group of local residents including Mark and Isobel Bisby, Jim and Jacque Molnar, Pamela Howson, and myself have created a plan for a New Edinburgh Community Garden where neighbours young and old can share in the joy of growing food and flowers.

Community gardens are organic gardens that are used to grow food and flowers for personal and communal use. We envision a large garden area divided into plots (perhaps 10' by 10' each) where Burghers can grow beautiful flowers and fresh food. Some communal plots would be set aside for local retirement homes, local schools, and the Ottawa Food Bank.

A garden is always far more than just the vegetables and flowers growing in it. A community garden in our neighbourhood would:

- Provide community members with fresh, healthy, and affordable food
- Bring neighbours of all ages and backgrounds together
- Provide gardeners with regular exercise and outdoor summer fun, diggin' in the dirt
- Teach children about the environment, food systems, and nutrition
- Improve biodiversity and attract pollinators
- Reduce our collective ecological footprint
- Increase responsible usage of the Park and provide a source of community pride
- Provide opportunities to help those in need by donating a tithe of the food grown to the Ottawa Food Bank.

Currently 19 community gardens exist across Ottawa and eight more are being planned with financial and logistical support from the Community Gardening Network of Ottawa. There is very high demand for plots—the wait time is over two years at some sites. Similar to the existing successful gardens, New Edinburgh Community Garden members would pay a small annual fee of \$15-20 for access to a plot to cover costs of tools and site maintenance, and would volunteer a few hours each summer in the com-

munal plots. All members of the community would be welcome to join with first priority to residents of New Edinburgh,

from? Grow that special flower that won't thrive in your shady backyard? We need your feedback!



Photo: Jeff Wright (Creative Commons)  
**Community gardens are popping up all across North America... and may be coming to New Edinburgh!**

followed by those from nearby Vanier, Rockliffe, Manor Park, etc. A community garden is ideal for a neighbourhood like ours; we have apartment buildings, town homes and condominiums without backyards, and houses with only small backyards.

Our goal is to break ground this fall and be ready to plant in spring 2010. This spring and summer, the garden's committee will be busy discussing plans with NECA, the City of Ottawa, Just Food's Community Gardening Network of Ottawa, and all of you. Our first priority is to research the Park's industrial history, in order to avoid areas of polluted soil. Secondly, we need to find a suitable location on City of Ottawa land that will not disturb dog walkers and joggers or the skating rink, soccer field, tennis courts, or any other important amenities in our lovely Stanley Park.

Would you love to grow your own fresh tomatoes, garlic, or blueberries? Teach your children about where food comes

Email us at [necg@googlegroups.com](mailto:necg@googlegroups.com). We would welcome any comments or concerns. Visit [www.just-food.ca](http://www.just-food.ca) to find out more about the Community Gardening Network of Ottawa. Visit our website by searching for New Edinburgh Community Gardeners on Google Groups.



## A Reminder to Gardeners in the Community

Ontario's ban on the cosmetic use of pesticides and herbicides on lawns, gardens, parks and school yards comes into effect on Earth Day, April 22. Under the new regulations, 250 products will be removed from store shelves by the start of the gardening season. For more information, check out [www.ontario.ca/environment](http://www.ontario.ca/environment).

## NEW EDINBURGH NEWS

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

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# 30 Years of Theatre...

Continued from page 1

teur theatre in Montreal and North Carolina – just enough to remind her of her youthful dreams. Then, when she arrived in New Edinburgh, she received her very first issue of the *New Edinburgh News*. On the back page there was a notice calling all thespians to a meeting at Crichton Street School to discuss the possibility of founding a community theatre. At that time, Ingrid was interested in acting only. She had already directed her first work, a one-act play in Montreal, as well as a full-length play in Durham, NC. However, she was not entirely confident about directing a play, feeling much more at ease on the stage as an actress. As fate would have it, at the organizing meeting, no-one stepped forward to volunteer as director. Ingrid stepped, somewhat tentatively, into the breach and committed herself to directing two one act plays in December 1978. She cast the play and started rehearsals. The company was born.

In November things progressed to a point where it was decided to produce, instead of two one act plays, a full length play, in the spring. With a great deal of enthusiasm and excitement, the New Edinburgh Players came into

existence and began rehearsals for their very first, full length play, Agatha Christie's *The Mousetrap*. The initial budget of \$200 was donated by the New Edinburgh Community Association, of which \$100 was an interest free loan. The play opened in the auditorium of the Crichton Street School in April 1980, much to the delight of the entire community. (The \$100 loan was paid-back in-full after two evening performances and one matinee). The play was a hit, and the grand tradition of the New Edinburgh Players began.

The first production was so successful that The Players decided to produce a second show in the fall of 1980. Admission was \$2.00, with three evening performances, in a cabaret style setting with refreshments, a tradition that continues today. With the success of this show, The Players became self-supporting and continued to raise funds for their budget by selling advertising space in their program. By spring 1981, the regular program was expanded to two plays per year—a comedy in the spring and a murder mystery in the fall. The players began to show a small surplus, which was donated to the Crichton Street School for the purchase of a printer one year and thereafter to pur-

chase children's books for the school library, books that were not funded by the Board of Education. They also were beginning to build a reputation for producing high-quality and entertaining theatre.

By now, there was greater involvement by the community. The Community Council and MacKay United Church raised funds for their various purposes through proceeds from the refreshment table; on several occasions the proceeds of opening night, were, and still are, donated to the New Edinburgh Community Association for various community projects.

By 1983 the New Edinburgh Players' performances increased to six nights, twice a year. In 1991 the New Edinburgh Players decided to concentrate on one show per year in the spring, with donations continuing to be made to the New Edinburgh Community Association and the school library. In 1995, The Players moved to the MacKay United Church Memorial Hall, with a strong mission to assist charitable organizations. Tickets were donated to various charitable organizations, which retained the full proceeds of the ticket sales. Over the past 14 years, an estimated \$15,000 have been raised for various organizations such as The Women's Shelter at Harmony House & the "Bale" (a charity pro-



Ingrid McCarthy.

gram for a reserve in northern Canada), both projects being part of the outreach program at St. Bart's Anglican Church. Lesser amounts were raised for Amethyst Women's Addiction Centre, as well as for programs dedicated to the development and growth of adult and family literacy in Ottawa. More recently, funds were given to Serenity Renewal for Families, and SALUS Corporation. Over the years, over \$30,000 in tickets have been donated to MacKay United Church.

The New Edinburgh Players embodies the spirit of what a community can accomplish with vision, hard work and the commitment of neighbourhood volunteers. This company, which has given so much back to the community, was built by Ingrid McCarthy and a dedicated group of actors and backstage volunteers. Such is the reputation of the company that volunteers and theatre goers now come, not only from New Edinburgh, but other neighbourhoods such as Manor Park, Rockcliffe, Lindenlea, Gatineau and Aylmer.

The company has been blessed with wonderful volunteers who make it what it is today. Volunteers such as

Jane Caskey, who did whatever was needed to help Ingrid launch the company. Jane has been active since almost the beginning and is one of the company's stalwarts, not only designing and making many of the fine costumes for the productions over the years, but also being the impresario of the very important fundraising evenings. **Marie-Claire Seymour** for many years, helped with costumes and sets, as did the much-loved **Kitty Glover**, and the talented rug artisan **Hazel Ford**. On the very important technical side, David Park, who now bears the title 'lighting designer for life', has also been involved from almost the beginning. **Isobel Bisby**, **Barbara Merriam** and **Bob McKellar** have also been involved with the company for years, and have been invaluable for their backstage help as well as for being responsible for operating the lighting and sound effects. And then there is **Pamela Harrod**, Ingrid's capable Assistant Director who has worked with company for many years now. Looking over this remarkable history, one cannot help but remember some of the wonderful contributions made by everyone, the fun that was had, and the good that was achieved.

In a world where most entertainment is purchased and passively observed, Ingrid has helped hundreds of amateur actors to make live theatre. She has enriched the lives of actors and audiences alike, and she does it year after year with almost unimaginable energy, hard work and panache. "Yes," she says to those who enquire, "Dreams do come true". Her passion ensures that the next thirty years will be equally magical.



## Spring Street Sweeping

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



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

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

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# Municipal Hazardous or Special Waste Program: "Do What You Can"

By Jane Heintzman

On July 1, 2008, a new program was launched by Stewardship Ontario with the ambitious objective of doubling the amount of hazardous waste diverted from landfills in the province over the next 5 years. The **Municipal Hazardous or Special Waste Program (MHSWP)**—otherwise known as *Do What You Can*—aims to create more, and more convenient, opportunities for Ontario residents to dispose of hazardous or toxic household materials by working with municipalities to increase the number of operating hours of collection facilities, double the number of municipal collection days, and expand the roster of commercial collection depots.

The MHSWP is funded by

the brand owners and importers of the products in question who pay a special fee to Stewardship Ontario to run the program. Under the program, the residue materials are directed into a growing number of reuse programs (e.g. for paint products), recycled or in the case of non-recyclables, safely disposed of with minimal risk of environmental contamination.

The products covered by the MHSWP (many of which are probably taking up space in our garages at this very moment) include:

- Household paints and coatings and their containers
- Solvents such as thinners for paint, lacquer and contact cement, paint strippers and degreasers and their

containers

- Used oil filters
- Oil containers of 30 litres or less for a wide range of oil products
- Single use, dry cell batteries
- Automotive antifreeze and related containers
- Pressurized containers such as propane tanks and cylinders, and
- Fertilizers and pesticides and their containers

Check out the website for more details about the specific products involved and the mechanics of the program: [www.dowhatyoucan.ca](http://www.dowhatyoucan.ca) and [www.stewardshipontario.ca](http://www.stewardshipontario.ca).

At the moment, the participating commercial collection depots in our area include **Home Depot** locations at 1616

Cyrville Road; 2056 Bank Street; 1900 Baseline Road; 2121 Tenth Line in Orleans, and 3779 Strandherd Drive in Barrhaven. Of the product list above, however, these locations currently accept **ONLY Latex paints and coatings; oil paint and stain; primers, and single use batteries.**

Since the introduction of the MHSWP, the City has significantly increased the number of municipal collection days, and is planning to hold 14 Mobile Hazardous Waste Depots between April and November of this year. At the time of writing, this schedule was not yet available, but interested readers can check out the City website in April for more details: [www.ottawa.ca](http://www.ottawa.ca) (link to Recycling and Garbage and then to Household Hazardous Waste). A complete list of the items accepted by the City's hazardous waste depots is available on the website. This beefed up schedule for hazardous waste collection will make the process much more convenient, and help to cut down the amount of idling cars waiting to drop off their toxic cargo.

## A Footnote on E-Waste

Few among us are without some accumulated stash of obsolete, potentially hazardous, electronic equipment. If you'd like to learn about safe

ways to dispose of that stash from your basement, you may want to check out the upcoming Local EcoAction Families (LEAF) **Eco-Seminar and E-Waste Pick Up Day** at the Lindenlea Community Centre on Saturday, April 18.

If you can't make it to the LEAF pick up day, you may want to investigate the services of **Computer Recyclers** at 163 MacFarlane Road (between Merivale and Prince of Wales Drive). The company is the largest e-waste recycler in the area, and accepts virtually everything in the electronics department from computer towers to cell phones and batteries. There is a .54/lb. fee for the disposal of "peripherals" such as computer monitors, printers and keyboards etc., but towers and desktop units can be dropped off at no charge. Check out their website for details at [www.computerrecyclersottawa.com](http://www.computerrecyclersottawa.com) or give them a call at **613-723-3135**.

And if you have other random items in your possession that you'd love to dispose of but preferably not to the landfill, the City's *Take It Back* program includes a listing by category of all the local retailers who accept specific household products. The list is posted on the City's website and is updated on a regular basis.

## Trash Talk in Lindenlea: Hosted by Local EcoAction Families (LEAF)

Did you know there are important connections between climate change and the garbage you produce? Have you had questions about what can and can't go in those Blue and Black boxes?

Do you know when the Green bin program is coming to Ottawa? Does starting a compost in your backyard seem like a good idea but just too difficult? Do you have an electronic appliance or computer you want to get rid of?

If you are concerned about these or other waste issues, please come join us for a "Trash Talk" eco-seminar on **Saturday April 18 from 2-4 pm**. Local Eco-Action Families (LEAF) is hosting what promises to be a lively and practical session on how to reduce your garbage.

The **Sierra Club** of Canada's Waste Diversion Coordinator, Rod Muir, will tell us how what we put in the trash has an impact on climate change. He'll also share some practical

ways to reduce our waste. **Iola Price**, the Chair of the Rockcliffe Park Environmental Committee, and our local compost expert, will talk about composting tips while a representative from the City of Ottawa recycling and waste program will be on hand to answer your questions.

In addition, you will learn about instant ways to cut down on your garbage. As a bonus, bring in all the "e-waste" (electronic and computer waste) that has been building up in your basement and LEAF members will take it to an Ottawa firm that recycles electronics. We can take computers and monitors, laptops, electrical cords and transformers, cell phones, stereos, speakers and toasters. Please do not bring anything that contains refrigerants.

There is a small fee for e-waste recycling, however, we have negotiated a group discount. Items will be charged at 55 cents per pound (including tax) though there is no fee for

computer towers, laptops and cell phones.

This eco-seminar is part of a series of similar community events unfolding in our local area. In February, the New Edinburgh Committee on the Environment successfully hosted the first seminar on reducing home energy use.

**Eco-seminar** with a presentation from the Sierra Club of Canada Electronic and computer waste pick-up and disposal

**Saturday, April 18, 2-4 pm  
Lindenlea Community Centre, 15 Rockcliffe Way**

For more information about Trash Talk and other LEAF initiatives, please contact Liz Muggah at [local.ecoactionfamilies@gmail.com](mailto:local.ecoactionfamilies@gmail.com).



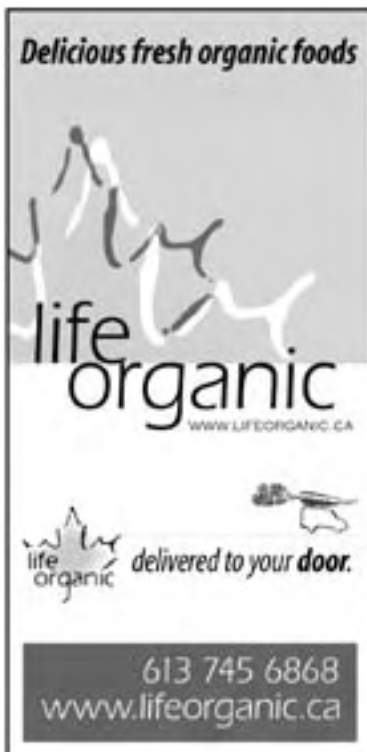
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**Heron Home Hardware**, 1593 Bank St. 733-3492  
**Canadian Tire**, 1170 Heron Rd, Bank & Heron, 733-6776

**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.



# JOY !!

In difficult times we rely on family, friends, laughter and joy to help us cope and deal with the harsh realities of the times. As I sat surrounded with family cracking up at the dinner table recently, I realized that nothing makes one feel better than a really great laugh!! Whether an irreverent joke; a poke at one's own weaknesses; or rolling on the floor at the absurdity of life, and the situation we are in...there is no downside to letting loose with humor. We will overcome these challenging times, and be better in the end. Let's all remember how incredibly lucky we actually are and share the joy every day in leading the way home !! Never say never, never give up...never lose Joy.



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## Ottawa City Councillor Jacques Legendre Reports

### Empty City Lot at 305 Crichton (near Electric)

The City of Ottawa 'inherited' 305 Crichton Street from the Regional Municipality of Ottawa-Carleton (RMOC). This land, along with other properties along the south side of Crichton, was acquired in advance of actual need by the former RMOC in anticipation of the Vanier Parkway Extension. That possibility had been removed from the Official Plan in 1997 by vote of the Regional Council.

Staff is investigating whether the property is now surplus to the City's requirements and, if not required, whether this property has potential as a development property that could be sold.

As the City Councillor for this area I have responded that at least one small part of this lot should not be sold but retained so that a pedestrian pathway, providing a mid-block connection to Stanley Park, is retained.

The existing pedestrian connection has operated informally for a long time. Years ago, senior residents in the vicinity had requested that modest improvements be made to the pathway so that it might not turn into a muddy track following every rainfall. I was able to persuade City staff to provide a drainage pipe and a little stone dust. The result has worked very well over the years. Loss of that pathway connection to

Stanley Park would be a very real reduction to the 'liveability' of this area. Alternative access points to the Park are either; (a) 200 meters to the east, at the very busy Crichton and Beechwood intersection, or, (b) 300 meters to the west at Dufferin Road.

I will bring this to the attention of NECA and will keep residents informed as this file unfolds.

### Governance at City Hall - Mayor's Task Force & 'White Papers'

On Thursday March 5, the Mayor's Task Force on Governance finally released its report. The report was very critical of the state of affairs at the City - with much justification. In the section entitled - "The Current State of Affairs" the report says:

"An alarmingly small percentage of citizens bother to vote. In the 2006 municipal election, almost half of eligible voters stayed home. Those who do vote are often mistaken in their assumptions about what the people they elect are able or supposed to do."

Evidently, at least one of those actually elected was similarly mistaken!

While the report (available at <http://governance-ottawa.ca>) contains much valid material regarding what should, yet does not, happen at the decision making level, the remedies that it offers, I believe, miss the mark. The report

## Pina

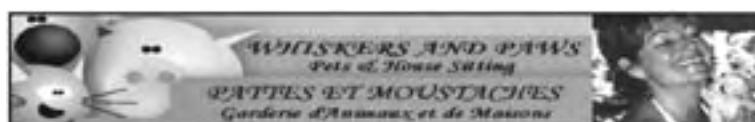
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cites the FCM, "For cities to be successful, the Federation of Canadian Municipalities (FCM) says what is needed is a long-term approach that provides medium- and long-term objectives, milestones and targets around which governments can plan, budget and implement." It says, "The budget process is the most disturbing example of how Council operates ineffectively. (...) The process today often leads to penny-wise, pound-foolish results." The report also bemoans "The lack of strategic planning and the ad hoc nature of the decision-making process..." These are legitimate expectations and criticisms. However, the expectation that structural or rule changes will result in improved behaviour is naïve.

would be formed following a civic election, one realizes that the process must involve elected councillors making commitments (to the mayor elect) in order to be part of the 'in group' and therefore appear important and effective. The 'behind the scenes' promises may have little relation to their public promises to their own electorate. Even if there was a link to their platforms, the 'understanding for inclusion in the select club of the powerful' would effectively be purchased at the possible expense of other programs of potentially greater benefit to the City as a whole. I fail to see how a process bought at such a price would achieve the stated rationale.

My experience, after a number of years on various Councils, tells me that no struc-

Golf Club in the spring and early summer of 2007, adopted six Governance Objectives:

1. Increase the appropriate delegation of authority to Standing Committees, ward Councillors and staff to improve Council's ability to provide strategic direction and reduce transactional approvals.

2. Enhance the ability of Council to set the strategic direction of the City, including working through Standing Committees to set Term of Council priorities for departmental initiatives and on-going activities.

3. Commit to and develop a democratic, engaging and visible process to maximize input from residents in the work of Council and in policy development, while ensuring

2001 we had previously operated with one. I also favour the creation of separate Planning Committees for the Urban Core, Suburban areas (beyond the greenbelt) and Rural areas. There are currently two committees – a result of concerns expressed by the rural parts of Ottawa after amalgamation. I believe that an urban-core-specific committee is needed for similar reasons that led to the creation of a rural-specific committee.

We are heading into a period involving a reflection on the fundamentals of your City's

governance. I urge you to become involved and be as knowledgeable as possible. I would be very interested in your views.

*Jacques Legendre*

*Councillor, Rideau-Rockcliffe*

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

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Web Site:

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

*I do favour some changes to our existing structure – none, however, that involve 'special legislative powers' leading to a two-tier system of Councillors.*

The report puts a lot of emphasis on the benefits of creating a powerful Executive Committee "to provide strategic leadership." The Executive Committee would:

- be chaired by the Mayor;
- be chosen from elected councillors on a slate proposed by the Mayor and approved by Council;
- Executive Committee members would also serve as Chairs of standing committees;
- review and formulate Council meeting agendas;
- be responsible for hiring and firing the City Manager who would report to the Executive Committee.

The rationale for creating such a committee was to "help all Councillors look beyond ward-specific issues and consider them in light of the City's wider interests." If one examines how such a committee

will force proper behaviour by elected officials. What will work is for the electorate to become informed of their choices at election time, monitor the performance of their representatives and take any necessary corrective action at the next election.

The report is certainly thought-provoking in its criticisms and wishes for the City. It does contain some useful notions – such as the idea of a Finance & Audit Committee – and others. I encourage anyone concerned about the 'goings-on' at City Hall to read the report.

A series of 'white papers' on the subject of governance, prepared by City staff in consultation with elected officials, will soon be available on the City's web-site. The 2007-2010 City Strategic Plan, which followed sessions held at the Pineview

that seniors, new Canadians, women and the economically disadvantaged are included.

4. Enhance and develop processes that support the representative role of ward Councillors with respect to City undertakings in their wards.

5. Enhance and develop processes that support the representative role of members of Council on city-wide initiatives.

6. Establish clarity around conflict of interest and code of conduct policies for elected representatives.

I do favour some changes to our existing structure – none, however, that involve 'special legislative powers' leading to a two-tier system of Councillors. For instance, there are now two Committees (with identical memberships) dealing with transportation matters—since

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## Heritage and Development in the Burgh

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

In a recent issue of New Edinburgh News, we mentioned how the Heritage & Development Committee had embarked on the "Heritage Conservation District Awareness Project". The objective is to improve understanding of what the heritage

designation actually means in practice for residents.

One important component of the project is to recruit the assistance of local realtors in helping to ensure that people intending to buy a home within the Heritage Conservation District (HCD) have a better understanding of what's involved. Eventually, NECA

hopes to establish a routine system of contacting individual realtors whenever they list property for sale in the HCD and providing them with background information that can be shared with their clients. Meanwhile, to illustrate the direction in which we're heading, here is an "open letter" to realtors.

(See below...)

### THE NEW EDINBURGH HERITAGE CONSERVATION DISTRICT: AN OPEN LETTER TO REALTORS

Dear Realtor,

We note you have listed a property for sale within the New Edinburgh Heritage Conservation District. NECA wishes you a speedy and successful sale. NECA also seeks your assistance in helping inform prospective buyers about the implications of the neighbourhood's heritage designation, thereby avoiding any misunderstandings or disappointment. We want to ensure that home buyers are fully aware of the responsibilities – as well as the considerable benefits – of living in a heritage district.

As you may know, the New Edinburgh Heritage Conservation District reaches from Sussex Drive to Dufferin Street, and from Stanley Avenue to MacKay Street. Property development in the heritage district is protected by municipal by-laws and provincial legislation. Within this area, any proposal to make major changes to the exterior of a building, demolish a building, or construct a new one requires approval of City Council. The goal is to preserve the history and ambience of the neighbourhood, which in turn increases its desirability as a place to live.

Sadly, we have discovered that in the past some new purchasers were unaware they were buying in a heritage district. Also, some purchasers who were aware their new home was in the HCD did not realize the significance of the associated restrictions on property development. OREA's "Seller Property Information Sheet (Residential)" includes a specific requirement to disclose whether the property or the district has received heritage designation, and the title search at the Land Registry Office will indicate whether the property is located in a heritage district. However, these measures appear to be insufficient to convey the full implications of the heritage designation.

We would appreciate it, therefore, if you could ensure there is adequate discussion of this topic.

We ask for your cooperation in ensuring that prospective buyers have a proper understanding of both the rewards and responsibilities of living in a heritage district. For your convenience, we have enclosed an information sheet that might prove useful to your clients. Should you require additional information, please do not hesitate to get in touch with NECA. Alternatively you may wish to contact City heritage staff at 613-580-2424, ext 13855 or 13474.

Thank you for your cooperation.

Yours sincerely,

*David Sacks*

President, New Edinburgh Community Alliance

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# Strong Community Interest in NECOE Green Your Home Event

**By Sarah Anson-Cartwright**  
The New Edinburgh Committee on the Environment (NECOE) *Green Your Home* event on Saturday, February 7, clearly struck a responsive chord in the community, attracting an interested group of about 80 homeowners from New Edinburgh and surrounding communities to hear presentations by clean energy provider **Bullfrog Power**; green design specialist **Vert Design**; heritage and restoration company **Denys Builds Designs**; and the **EnviroCentre**, the City of Ottawa's non-profit partner for delivering energy-efficiency services.

Bullfrog Power's **David Faassen** recommended that when it's difficult or impossible to make further reductions in our energy use, home-owners should consider

"going green" by switching to clean power sources such as wind power and eco-certified low impact hydro—an option which is now offered by Bullfrog as the province's first 100% green electricity retailer. David noted that thanks to the steady growth in the number of Bullfrog Powered homes and businesses, four new wind power stations have recently been brought on stream. For more details about making the switch to clean energy, check out the website at [www.bullfrogpower.com](http://www.bullfrogpower.com).

Vert Design's **Chris Straka** covered a range of principles that guide new "green" home design from the inside out. Among the concerns that he covered in response to questions were air quality and toxicity, reporting the good news that most paint manufacturers

now offer low or non-VOC (volatile organic compound) options. Interested readers can find out more about the com-



pany's green design principles at [www.vertdesign.ca](http://www.vertdesign.ca).

Renovator/Restoration expert **Paul Denys**, of Denys Builds Designs, talked about a wide variety of "greening" measures ranging from low flush toilets (new and improved!) to solar

tubes which reflect natural light down ducts of 15-20 feet; instant hot water tanks; and bamboo fences. Paul specializes in techniques for extending the life of materials in our homes (particularly heritage homes), and described a steam box method for restoring original, century old windows before reinstalling and thoroughly weather-stripping them to create a strong seal. Check out Paul's website and see samples of his work at [www.denys.ca](http://www.denys.ca).

EnviroCentre's **Franklin Menendez** shared a complete list of the myriad rebates available to homeowners who follow through on the recommendations resulting from the Centre's customized home energy audits. He stressed the need to "find your phantom loads" in energy use at

home using meters available at public library outlets. Solar water heaters and drain water recovery were many other topics covered in his presentation. Details on the rebate programs and other energy saving options can be found at [www.envirocentre.ca](http://www.envirocentre.ca).

Presenters at the event offered the following additional sources of information on energy saving options and green design:

- Canada Mortgage and Housing Corporation (CMHC): [www.cmhc.ca](http://www.cmhc.ca)
- Design and Architecture: [www.treehugger.com](http://www.treehugger.com)

Thanks to all who attended this lively NECOE session. If you have questions, or ideas about environmental issues you'd like to share with the committee, feel free to contact NECOE at [NECA.enviro@gmail.com](mailto:NECA.enviro@gmail.com).

## Circuit pédestre du quartier historique de New Edinburgh

**Par Anne-Sophie Belzile**

Retourner dans le temps et faire travailler votre imagination tout en satisfaisant votre curiosité et en prenant l'air ... quelle bonne idée! Le circuit pédestre du quartier historique de New Edinburgh paru l'an dernier dans le New Edinburgh News est maintenant disponible aussi en français. Profitez-en! Entre une et deux heures de votre temps suffisent pour que le quartier de New Edinburgh vous livre plusieurs de ses secrets.

En suivant le parcours qui vous est proposé, vous découvrirez plusieurs constructions du XIXe siècle qui témoignent de l'évolution du quartier depuis la fondation du peuplement de New Edinburgh par Thomas



McKay en 1832. Au gré des saisons et au détour des ruelles, vous aurez le plaisir de découvrir habitations, écoles et églises magnifiquement conservées, tout en recréant un paysage industriel aujourd'hui disparu.

Vous retrouverez le circuit sous la rubrique «Heritage» du site communautaire de New Edinburgh, sous le titre *Le circuit pédestre du quartier historique de New Edinburgh*, à l'adresse, [www.newedinburgh.ca](http://www.newedinburgh.ca). Le texte offre un aperçu de l'histoire du quartier, une description des constructions patrimoniales classées choisies, et plusieurs détails anecdotiques. C'est un rendez-vous particulier à ne pas manquer!

**Dr. John Martins**  
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#### From the Desk of...



**Mauril Bélanger**  
Member of Parliament for  
Ottawa-Vanier



## Beechwood National Cemetery: Becoming a Reality

Two years ago, I introduced a private member's bill to designate Beechwood Cemetery, the final resting place for over 75,000 people from all socio-economic backgrounds and occupations, as Canada's national cemetery.

At the time, I asked my colleagues, Royal Galipeau, Conservative MP for Ottawa-Orleans, and Paul Dewar, New Democrat MP for Ottawa Centre, to support my bill – which they did without hesitation. To speed up the passage of the bill, I urged the government to make this bill its own and I am very pleased with the recent developments. My intention was to show that the initiative was completely non-partisan. This was true at the time and it remains true today. I made it clear that I would have no problem if the government wanted to take over the bill and make it its own.

On February 6, the Honourable Jim Prentice, Minister of the Environment, gave notice of the government's intention to introduce a bill in this regard. On March 5, I took part in a ceremony that followed the introduction of the bill in the House of Commons. A day later, I was very pleased to speak in favour of passing this bill. It was passed at all

stages in one day and was then referred to the Senate.

Established in 1873, Beechwood Cemetery is the final resting place of many notable Canadians including Governor General Ramon Hnatyshyn, Prime Minister Sir Robert Borden, the Honourable Tommy Douglas (founder of the New Democratic Party and father of medicare) and Senator Maurice Lamontagne; military generals Andrew McNaughton, Henry Crerar and Charles Foulkes; social reformer and founder of the National Council of Women of Canada, Roberta Tilton; engineer and scientist Sir Sandford Fleming; composer and musician Violet Archer; and poets Archibald Lampman, Arthur Bourinot and William Wilfred Campbell. Beechwood is a National Historic Site and home to the National Military Cemetery, and the RCMP National Memorial Cemetery.

It has also come to light that a gentleman by the name of James Creighton is buried at Beechwood. Mr. Creighton is considered a "founding father" of ice hockey as we know it today. He will have a headstone erected to his memory in the months ahead. I will provide you with more details

on his story in a subsequent edition of the *NEN*.

I would like to extend my sincere thanks to the members of the board of Beechwood Cemetery, who have carried this project and should be recognized for their hard work: Grete Hale, Chair; Robert White, treasurer; Margie Howsam, secretary; Richard Wagner; retired General Maurice Baril; Ian Guthrie; Stephen Gallagher; retired Brigadier General Gerry Peddle, Madame Ghyslaine Clément, who was assistant commissioner of the RCMP; Carol Beal; and the Deputy Commissioner of the RCMP, Tim Killam. Last but certainly not least is David Roger who, in recent history, has been instrumental in the preservation of the Cemetery and in ensuring that its integrity remains protected so that it could one day become, as it has, Canada's national cemetery!

I also offer my thanks to the entire cemetery's staff and the numerous volunteers who made this institution what it is today.

This institution is a reflection of Canada's pluralistic and an inclusive society. Linguistic duality is a fundamental and essential characteristic of Canada. In that regard, I must say that Beechwood has done an excellent job. This was an indispensable condition of my support for the institution's desire to become a national cemetery. I commend Beechwood's efforts and achievements in this regard. By obtaining national cemetery status, the directors and managers of this institution understand that this must remain an enduring condition—in perpetuity—in order to continue to deserve this unique status.

*Hon. Mauril Bélanger, P.C., M.P.  
Ottawa-Vanier*

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# M.P., Mauril Bélanger Plays Crucial Role in Recent Key Issues

By Jane Heintzman

As most readers are well aware, our long-serving Member of Parliament **Mauril Bélanger** has been working hard and effectively to represent the interests of the community on a wide range of issues ranging from the strictly local to many

which are national in scope. In recent months, M. Bélanger has played an especially crucial role in relation to two key issues.

## The Transit Strike

The first of these was the epic 53 day transit strike which

crippled the community and made daily life in the dead of winter a nightmare for countless Ottawa residents. The strike finally ended when, and only when, the parties were confronted with the threat of federal back-to-work legislation, and it was thanks in large part to M. Bélanger's skilful behind-the-scenes advance work that the government was able to bring this forward as a credible threat.

Not only did he instigate the call for an **Emergency Debate** in the House of Commons to deal with the strike and its consequences, M. Bélanger eventually managed to broker all-party support for a back-to-work bill, support which was essential if the legislation was to be effective in breaking the deadlock and getting the buses back on the road. This was no small accomplishment given the circumstances. The government was initially averse to take further action to resolve the strike and the Bloc Québécois' traditional reluctance to support any interference in the collective bargaining process had to be overcome. So when you hop on the Number 9 bus tomorrow, remember to say a quiet

thank you to your Member of Parliament for his skill and determination in helping to clean up the transit mess.

## Beechwood Cemetery

M. Bélanger has had a second important accomplishment to his credit in recent weeks. In early March, when the *National Cemetery Act of Canada* legislation was fast-tracked through Parliament, Beechwood Cemetery was officially recognized as the **National Cemetery of Canada**. The legislation was the culmination of a decade of consultations and discussions in which M. Bélanger has played a leading role, working closely with the Beechwood Cemetery Foundation, and giving crucial impetus to the project by introducing a private member's bill to bring about the designation. With M. Bélanger's blessing, the government ultimately took ownership of the legislation which was introduced in the House in early March by the Honourable Jim Prentice, Minister of the Environment.

The Cemetery's special role in our national life has recently been recognized through a variety of other distinctions. In 2001, the **National Military**

**Cemetery of the Canadian Forces** was established at Beechwood; in 2002 it was designated a **national historic site** by Parks Canada; and two years later in 2004, it became the **Memorial Cemetery for the RCMP**. Among the many eminent Canadians buried in its beautiful grounds are Tommy Douglas, the greatly revered founder of Medicare, former Premier of Saskatchewan and first leader of the federal New Democratic Party; former Prime Minister Sir Robert Borden; former Governor General Ray Hnatyshyn; renowned Canadian engineer and inventor Sir Sandford Fleming; and Confederation poet Archibald Lampman.

As the **National Cemetery of Canada**, Beechwood will serve as a focal point for national memorial events such as Remembrance Day, and as a prime location for state funerals. With the opening of its distinctive, non-denominational National Memorial Centre last April, the cemetery is now fully equipped to assume its important new role as a national institution, and we applaud M. Bélanger for his hard work and dedication in bringing this about.



Member of Parliament, Mauril Bélanger speaking at the Beechwood Cemetery press conference on March 5.

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## Artists' Page

# Burgh Arts Scene is Buzzing

By Catherine Murphy

New Edinburgh artists are part of the fabric of our every-day lives. They inspire and enliven.

## Joseph Cull, Art and Inspiration



Joseph Cull shares a smile and an appreciation for art.

Community minded **Joseph Cull** is not shy to share a smile with those who cross his path. With his background in social services, catering and fitness class instruction, Joseph's cre-

ative mind began organizing a family-bonding event in 2004 (Winter Carnival) and turned it into a continuing passion.

Joseph's vision of hope, promise and beauty has also engaged him with the paint-brush. Influenced by the landscapes around him, Joseph's personality is expressed in his work and radiates life. "I am thankful that what brews in my brain pours onto canvas... no one painting will ever be like the ones that have gone before", said Joseph.

When asked where he thought his painting plans would take him, Joseph replied that he felt that "we all have creative powers that need to be shared and celebrated." His art has a destiny and he looks at each piece as a perception of life. When looking at art around town, keep Joseph in mind. You might just be surprised.

## Vernissage and Young Artists

February brought young artists to **Dale Smith Gallery** located at 137 Beechwood (between Acacia and Putman). "Canterbury 6" presented six

talented art students from Canterbury High. **Tobin Gibson, Shan Lian, Natan Moura de Aquino, Rupert Muttie, Claire Paquet** and **Lindsey Wilson** displayed their artistic potential. For some of them this was the first time exhibiting in a prestigious gallery.

"I'm thrilled to present the work of these very talented young artists" says **Dale Smith**, gallery owner/curator. Dale showcases original art of emerging artists.



Former MainWorks artist Y. Donna Randall.



Lindsey Wilson was one of six Canterbury High students to display their work at the Dale Smith Gallery in February.

To attend upcoming vernissages at Dale Smith Gallery, contact Dale at [www.dalesmithgallery.com](http://www.dalesmithgallery.com) and enjoy an evening of inspiration, a glass of wine and an opportunity to meet and greet contemporary painters, mixed media artists, sculptors and photographers.

## Colour and Coffee

During the month of February, **Y. Donna Randall**, former artist from **Mainworks**, put on a fantastic display of colour at **Francesco's Coffee Company** on Bank Street. Donna's multimedia has an expression of free-form in her brush strokes that attracts the eye.

## "Dynamic and Gutsy women"

**Leslie Dorofi**, a former Burgher and now an Associate with **Galerie Old Chelsea** also attended Donna's show; she too is giving back to the New Edinburgh Community.



Art teacher and former Burgher Leslie Dorofi gives back by inspiring the creative spirit.

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"Canterbury 6" student Rupert Muttie displays his artistry at the Dale Smith Gallery.

Leslie teaches art classes at the **New Edinburgh Square Retirement Residence**. "I have the privilege to work with dynamic and gutsy women, one

of whom studied at Montreal's Ecole des Beaux Arts with Anne Savage of the Beaver Hall Hill Group in the 1920's. I enjoy the opportunity to stim-

ulate and see creativity come forward with these wonderful women," said Leslie.

Don't miss *Easel Does It*, a charity event in May at the new **Rockcliffe Retirement Residence** on Porter Island, another artistic community endeavour that Leslie is involved in.

#### Art books at Books On Beechwood

Passing by Books On Beechwood? Stop in and ask **Jean** or **Diane** about the latest art books available for purchase. Jean has a stunning selection. Carefully selected are:

*Lars Jonsson's Birds*, Princeton University Press.  
*Cats in Books, a Celebration of Cat Illustration through the Ages*, British Library.  
*Cats in the Louvre*, Musée du Louvre and Flammarion Press.

### *Easel Does It*

## Watercolour Exhibit at the Rockcliffe Retirement Residence May 22 - 24

Nine Ottawa artists will be exhibiting their work for sale in a beautiful and elegant setting, the Rockcliffe Retirement Residence, on May 22, 23 and 24. The artists have painted in a group through the Manor Park Community Council for a number of years. They will show a wide range of recent watercolour paintings while also supporting Aphasia Centre of Ottawa through potential sales and a raffle. Nine distinctive painting styles will be displayed, as the members of the group come from diverse backgrounds and varying levels of experience as artists.

A vernissage will be held on Friday, May 22, from 7 to 9

pm. The show will continue on Saturday, May 23 from 10 am to 4 pm and on Sunday, May 24 from noon to 4 pm.

The Rockcliffe Retirement Residence is located at 100 Island Lodge Road.

Aphasia Centre of Ottawa is a community-based registered charity providing professional speech, language and communication expertise and individual and family counselling services for people affected by aphasia. Aphasia is a communication disorder usually caused by stroke or brain injury. The ability to speak, read and write are lost or impaired, although intellect and awareness of one's pre-

dicament may be unaffected. Aphasia Centre of Ottawa has helped improve the quality of life for over 1000 families in our community since 1990.

#### **Why Watercolour?**

Watercolour is said to be the most difficult medium to master. But these nine artists revel in it and would like you to come and see how they have used watercolour to sparkling effect.

#### **The Artists**

The nine artists include: **Leslie Dorofi; Stanley Formanek; Susan Gurofsky; Laurie Hemmings; Ros Macdonald; Gérard L. Miner; Joan Shouldice; Dick Stanley; and Janice Yalden.**

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# BURGH BUSINESS BRIEFS

- By Jane Heintzman -

## Arturo's Market: A Beechwood Romance

**André Cloutier**, owner/operator of Arturo's Market, a popular deli and catering business which opened its doors in the summer of 2007, has not been idle in his two years running the shop at 49 Beechwood. He recently introduced an Office Lunch Delivery Program for businesses in the area, giving local offices the option of avoiding that trek through the snow and slush, by placing an advance order at Arturo's and having it delivered to their doors free of charge.

If this sounds appealing to

your lunch crowd, the rules of the game are quite simple: if you order a minimum of 8 sack lunches, which include your choice of deli sandwich, a soup or salad and a beverage for \$10 per sack (including tax), Arturo's will deliver your meal before noon at no charge. The only organizational effort required is to place your order **1 day in advance**, either by phone at **613-321-4613** or by e-mailing [andre@arturosmarket.com](mailto:andre@arturosmarket.com). You can check out the extensive sandwich menu online at [www.arturosmarket.com](http://www.arturosmarket.com) and take your pick from a variety of tasty combos with

intriguing names such as *The Ashbury*, *The Gobbler* and *Spicy Arturo*.

That's not the only news from Arturo's. André is about to undertake a major facelift of the interior of the store to create a more pleasant atmosphere for diners. A new menu is also on the agenda, with an expanded list of gourmet pizza options, and a tempting array of homemade pastas and sauces from which diners can select their favourite pasta/sauce duo. So Italian food enthusiasts in the community who have enjoyed Arturo's tasty fare at the lunch hour, or as take home



**Made-on-Beechwood romance: Marla Tonon and André Cloutier.**

treats, can soon look forward to savouring a leisurely dinner right on the premises.

But here's the biggest news of all: André recently became engaged to marry **Marla Tonon**, the daughter of our well known neighbourhood pharmacist **Frank Tonon**. How's that for a Made-on-Beechwood Romance!! No date has been set for the wedding, but the couple is currently contemplating September 2010 as the most likely option. André's remarkable 101 year old Grandfather, after whom the restaurant is named, continues to thrive, and while he may not make it down from Sault Ste. Marie to attend the wedding, no doubt he'll have an ample supply of photos and videos from the festivities to help him share fully in the family celebrations. Our warmest congratulations to Marla and André and their families, and best wishes for a long and happy life together, one which we hope includes a continuing strong connection to Beechwood Village.

## Vrtucar: An Oasis in the Transit Strike

Vrtucar Operations Manager

**Barbara Griffin** confirms that the volume of business did indeed swell noticeably during the 60 day transit strike, as Ottawa residents struggled to carry on with their daily lives in the absence of any form of public transportation. She is quick to point out, however, that her company is as thrilled as the rest of us to have that service restored to a level approaching normal, as Vrtucar works closely with OC Transpo to provide a city transportation network that minimizes the requirement for private automobiles and in so doing, dramatically reduces carbon emissions and environmental pollution.

Ms. Griffin reports that Vrtucar membership in Ottawa has grown steadily over the past two years. With every additional 18-20 members, another car is added to the fleet. There are currently 55 Vrtucar vehicles available for use in Ottawa, the majority of which are 4-cylinder, fuel efficient Toyotas and Hondas. If you happen to need more capacity for a move or a family excursion, there are also

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a number of larger vehicles including two Honda Elements and a Toyota Matrix.

From its modest beginnings, Vrtucar has expanded steadily and now operates a total of 38 locations throughout the City. In our part of the world, the most convenient locations include **Beechwood and Marier** (at **Beechwood Canada Auto Service**); **411 North River Road in Vanier**; **Rideau and Cobourg** (in the parking lot of **Culinary Conspiracy**); **Dalhousie at St. Patrick**; **St. Andrew at Dalhousie** and the **University of Ottawa** in Sandy Hill. For a complete list of locations, check out their website at [www.vrtucar.com](http://www.vrtucar.com): there are new ones opening up on a regular basis!

If you haven't yet tried the car sharing option, there are a number of obvious attractions to the system, not least the opportunity to contribute to the global effort to reduce carbon emissions and address the reality of climate change by driving less, and only when the need is essential. But there are other less altruistic advantages to car sharing, notably, significant savings on the costs of car insurance, maintenance and repairs which are part and parcel of car ownership.

Vrtucar now offers three types of membership package, depending on the regularity and frequency of your car sharing requirements:

•**The Green Driver Plan**, which includes a \$500 refundable deposit; a scaled monthly membership fee of \$10, \$20, or \$30 per month; a fee of \$2.75 per hour at a scaled rate per kilometre of 45¢, 39¢ or 33¢ per km; and a \$2/month deductible protection fee;

•**The Easy Driver Plan** for occasional users, which involves a \$99 plus GST join-

ing fee (non-refundable); a fee of \$8 per hour at .17/km; and a \$2/month deductible protection fee; and

•**The Duet Program** administered in partnership with OC Transpo and available to OC Transpo Ecopass holders. The plan involves a \$99 plus GST non-refundable joining fee; a monthly membership fee of \$10; a fee of \$2.75/hour at 45¢ per km and a \$2/month deductible protection fee.

For the cost of my automobile insurance alone, I could have driven one heck of a lot of shared vehicles on the Vrtucar plan! If you are interested in taking the plunge and testing the waters of life without a second car, or without any car at all, check out the Vrtucar website at [www.vrtucar.com](http://www.vrtucar.com) or give them a call at **613-798-1900**.

#### New Edinburgh Spa: Happy 20th Anniversary!

On **Friday, May 15** this year, the New Edinburgh Spa will celebrate the 20th Anniversary of its operations at the corner of Keefer and Crichton Streets. Clients past and present and neighbours in the Burgh should mark their calendars for the occasion, as owner **Vessna Pavic** and her team at the spa will host an **Open House Wine and Cheese** celebration from 6 to 8 pm to mark this two decade milestone.

The spa's location at 131 Crichton Street has a long history in the beauty business in New Edinburgh. Prior to Vessna's arrival in 1989, the late **Margot Treffkorn**, a wonderful lady who lived for many years on Noel Street, operated Salon Margot in the same location, where many of us old timers in the community had our hair expertly attended to.

Vessna initially launched

#### Happy 20<sup>th</sup> Anniversary to Vessna Pavic and her team at the New Edinburgh Spa!

her business, which for some years was called *Exquisite Hairstyling and Esthetics*, with a partner who handled the esthetics side of the operation while Vessna took charge of hairstyling. When her partner Janet married and moved out of the area, Vessna took over the whole operation, and capably piloted the business through the many rapid changes in demographics, fashions, lifestyles and economic conditions which have occurred since those early days. In response to these changes in the nature and preferences of her clientele, Vessna has carried out several renovations of the premises in the course of two decades, most recently the conversion to a full blown spa facility, complete with spa room and shower.

Since opening her doors in 1989, Vessna's clientele has shifted from the semi-retired

set who predominated at the start, to full blown retirees and most recently to young professionals with fast-paced lifestyles. Many of her clients are embassy personnel who have particularly frequent need for the spa services to prepare themselves for the busy social round of the diplomatic life. She has also had her share of eminent clients over the years, perhaps most memorably, our former Governor General, the late **Ramon Hnatyshyn**,

whose habit was to evade his flotilla of anxious security personnel and stroll over to 131 Crichton for a vice-regal trim.

While the Spa continues to have clients of all ages from the very young to the elderly, Vessna estimates that about 80% of her current clientele are between the ages of 25 and 45, reflecting the growing number of young families who have settled in the community

Continued on page 16



Photo: Maggie McGovern

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**Continued from page 15**

in recent years. Along with this demographic shift has come changes in the type of services in demand at the Spa, with the standard weekly wash/set/blow dry giving way to a pattern of monthly appointments for more elaborate procedures such as colour and highlights.

The approaching summer months will be particularly busy ones for the Spa which regularly plays hosts to **wedding parties**. Once the appointment is booked (well in advance as the calendar is busy), Vessna closes the shop to other clients for the morning of the wedding day, and the Spa team dedicate

ornaments. Nor is it only the blissful bride and her attendants who can commandeer the premises of 131 Crichton for a beautifying session. The Spa can also be reserved for non-matrimonial private parties, so if you and the gals at the office are in need of a refreshing escape from stresses of a busy life, not to mention a collapsing economy, give Vessna a call at **613-749-2116**.

We wish Vessna and her team a very happy 20th Anniversary, and many more years of successful operations here in the Burgh.

**Jennifer Francis, Pianist:  
Teaching, Theory,**



Photo: Doug Brierley

**Jennifer Francis offers musical studies for all ages at her Avon Lane studio.**

themselves to the makeup and hairstyling of the bride and her acolytes. Many of the wedding parties bring along their wedding finery and get dressed at the Spa, with Vessna and her team standing by to help with the finishing touches such as the artful placement of hair

**Accompaniment**

We welcome new advertiser, **Jennifer Francis**, who operates a piano studio from her home on Avon Lane here in the Burgh. Jennifer is both a pianist and a violinist, and began her musical studies in her native Fredericton where she worked

with a group of outstanding musicians who formed the resident string quartet at U.N.B. She earned her Bachelor of Music Performance (Piano) at the University of Toronto where she studied with William Aide, a highly regarded performer and teacher whom some readers may remember as an occasional music writer for *The Globe and Mail*.

For three summers, Jennifer played violin in the National Youth Orchestra, and here in Ottawa, she continues to pursue her love of the teamwork involved in playing in an orchestra, serving as second violinist in the Ottawa Symphony Orchestra. Piano remains Jennifer's principal instrument, and in addition to her teaching studio on Avon Lane, she serves as a piano accompanist to both vocalists and instrumentalists for exams, music festivals and performances, as well as playing gigs at weddings, parties and other special occasions.

Jennifer accepts all ages in her piano studio from about 7 or 8 to adult. Her emphasis is on classical works, and in her teaching, she follows the basic Royal Conservatory of Music (RCM) system which entails the preparation of five pieces with the objective of a June examination. While she finds that goal of an exam generally helps to focus and motivate her students, she is by no means rigid about forcing that issue if the student in question is reluctant to face the exam hurdle. Nor is she strictly tied to the RCM syllabus if her younger charges express enthusiasm about other more popular pieces such as themes from musicals, recognizing that motivation is the key to maintaining a regular practice régime.

An added dimension to Jennifer's teaching method is her violin accompaniment to her piano students, one of whom recently mastered a difficult chamber music part at



Photo: Louise Imbeault

**Left to right: Host India Chef Mangal Singh Negi, Owner Ravinder S. Tumber, Chef Virendra S. Negi.**

the Grade 10 level which he performed with her for family and friends. She also teaches **Music Theory** which is a prerequisite for those working through the RCM system, and attempts to provide her students with historical context and background for the pieces they are working on, as well as instruction in form analysis of a musical work, focusing on underlying structure and themes.

Jennifer is firmly convinced that having a decent instrument to practice on is one of the keys to success in learning music, and to this end, she frequently helps her students upgrade their pianos through her extensive network of contacts in the second hand piano sales market. Her own grand piano is the instrument of choice for many of her year end recitals which take place at her home here in the Burgh, or in the homes of others where her students enjoy the intimacy of a "salon" atmosphere, as opposed to struggling through their paces in a bleak, intimidating hall.

If you are interested in getting some expert piano instruction for your child or perhaps for yourself, give Jennifer a call at **613-695-8007** or drop her an e-mail at [avonlanestudio@gmail.com](mailto:avonlanestudio@gmail.com).

**Host India**

A warm welcome to new adver-

tiser **Ravinder S. Tumber**, owner/operator of Host India, a family-run Indian restaurant not far from our community at **622 Montreal Road** (corner of Borthwick Avenue and Montreal Road between St. Laurent Boulevard and the Aviation Parkway). Host India has been in operation at that location for six years, and undoubtedly most of us have noticed the large, gleaming white building in our travels in the area.

The restaurant specializes in tasty North Indian food, and has the impressive imprimatur of Ottawa's leading restaurant critic **Anne DesBrisay** who has described it as "an Indian restaurant worth crossing town for." Ravinder, his wife **Gurdev** and daughter **Reema** have worked hard to create a successful business, operating the restaurant seven days a week for both lunch (11:30 am-2:00 pm) and dinner (5:00 pm-9:30 pm). An especially popular feature of Host India is its ample and reasonably priced **buffet**, which is available every day at lunchtime at \$10.99, and on Sunday evenings for supper at \$15.99. If you happen to have large male family members with hollow legs like those in our household, a Buffet has obvious advantages when dining out, and also eliminates the agonizing requirement of choice

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among attractive alternatives.

Ravinder points out that the food at Host India is North Indian cuisine, which is by far the predominant mode in Ottawa where 28 of the roughly 30 Indian eating establishments offer North as opposed to South Indian fare. Favourites at Host India include the many Tandoori specialties, whether chicken, lamb, beef, fish or mixed grill. The menu is extensive and includes something to appeal to all palates and appetites from flatbreads to kebabs, samosas, curries and tasty vegetarian fare. If your appetite is whetted, check out the full menu at [www.hostindia.com](http://www.hostindia.com). The restaurant also offers a **take-out service with 10% off the regular prices**. You can make your selection in advance from the online menu.

In its six years of operation, Host India has become a popular lunch and dinner spot for the employees of offices and institutions in the area, including the RCMP and the personnel of nearby Montfort Hospital. The spacious main dining hall accommodates 140 guests, and there is also a **private dining room** for parties of up to 40 people. There is an adjacent parking lot for restaurant patrons, so don't be con-



**"Furniture Man" Louis Hutchison with his family.**

cerned about having to jockey for space on Montreal Road.

For the first time in the six years since he opened the restaurant, Ravinder is planning a holiday this March when the whole Tumber family is off to India. We wish them safe travels and a wonderful, refreshing break, and hope that by the time they return, spring will have arrived in Ottawa to greet them.

#### **Louis Hutchison: Furniture Repair, Restoration and Refinishing**

Regular *NEN* readers have been introduced to Louis Hutchison, our "Furniture Man", in a number of previous columns, and

many may have already availed themselves of his expertise in repairing, refinishing or restoring wooden furniture of all descriptions, from antiques to IKEA. Louis' business has been flourishing in the past year despite the current turmoil in the global economy, and indeed, perhaps because of it, as people attempt to make do with the possessions they've got rather than embark on expensive new purchases.

He has a healthy client base of both residential customers – many of them in our neighbourhood as well as in nearby Rockcliffe Park and Manor Park – and commercial cli-

ents such as the Carlingwood Mall, the tony Rideau Club of Ottawa and several local upholsterers. Louis has also formed new connections with a number of antique dealers in the Ottawa area, connections which have afforded him a welcome opportunity to hone his skills in the domain of antiques such as French polishing and conservation techniques. As antiques are his special passion, Louis has been delighted to have more work in this field.

Another growing side of his business has been dealing with "do-it-yourselfers" who tried and failed to carry out their own furniture repairs. High on the list in this category are regluing jobs which swiftly came to grief, often because the old glue was not completely removed before the application of the new layer, preventing the latter from properly bonding to the wooden surface. In these cases, Louis points out that his professional repair is inevitably more costly to the owner than it would have been without the home remedy attempt, as the joint will be more difficult to open. So the moral of the tale is that when your chair or table develops a wobble or two, it's probably safer and in the long run cheaper to give Louis a

call than to try to fix it yourself **(613-850-6707)**.

Louis continues to work solo, although he has a healthy network of sub-contractors to help out with the occasional job. He has recently moved his workshop from nearby Myrand Avenue (behind the Patro) to his home in Aylmer, having outgrown the original space and opting for an arrangement which allows him the maximum possible time with his young 3 year old son. In recent months, he has added another service to his roster which may be of interest to those with home offices: the replacement or installation of the vinyl writing surfaces of inlay desks.

And listen up all you prospective *NEN* advertisers: Louis reports that his ads in the *NEN* have been so successful in generating initial, repeat and referral business that he has had no need for any other advertising vehicles since launching his business. Now that's a success all round!

#### **Chantal Mills, Ottawa Canine School: Doggy Days at the CCCC**

Every Sunday, the Crichton Cultural Community Centre (CCCC) plays host to a lively crowd of four-legged commu-

**Continued on page 18**



**Nelson at Laurier**  
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#### **34 Alexander Street \$1,250,000**

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Photo: Louise Imbeault

A recent Agility Training graduating class: (left to right) Hariot (black Lab), Piper (Yellow Lab), Allie (Chocolate Lab), Hallie Berry (Dacshund), Henry (Bulldog - in front), Kiko (Boston Bull), Lady (Black Shepherd).

#### Continued from page 17

nity members (accompanied of course by their owners) who are put through their paces in obedience and agility training under the expert guidance of dog trainer **Chantal Mills**, owner of the **Ottawa Canine School**. Course details are published in the CCCC Weekly Programs schedule in each edition of the *NEN*.

In addition to her certifica-

tion as a Professional Dog Trainer and Canine Behaviour Consultant, Chantal was originally trained as an educator in the human context. She has taught at the elementary, intermediate and high school levels, and served as a Guidance Counsellor and later Vice-Principal. She has continued to teach on a part-time basis even after launching her dog training business, and often finds that her background in pedagogy

comes in handy in dealing with her canine charges.

Chantal offers a variety of courses for dogs of all ages and stages in her Sunday sessions in the Dufferin Room at the CCCC. A popular first step for the younger set (up to 6 months) is **Puppy Kindergarten**, which is essentially a socializing process involving a healthy play component, as well as an introduction to some basic commands. The importance

of early socialization for dogs has become almost a cliché, but truly can't be over-emphasized, as anyone dealing with a poorly socialized dog will be painfully aware.

The next step in the process, for dogs 6 months and up, is **Basic Obedience (Level I)** where your pooch will receive instruction in more complex operations such as focusing ("watch me"); heeling on loose leash; sit from heel; long sit/stay; long down/stay; and recall and return to heel. In these classes, Chantal will also address specific problems which can be typical of early learners, including jumping up on people (sound familiar?) and uncontrolled barking, and communicates to owners the techniques of speaking "Doglish" to command their companions' attention. Once your clever pooch has successfully mastered the basics in the Level I class, he or she can graduate to **Obedience Level II** where Chantal takes the curriculum up a notch to begin combined outdoor/indoor instruction working towards off leash training and distance work.

Also offered on Sundays at the CCCC is **Agility Training, Levels I and II**, where your dog will get both physical and mental exercise by learning to negotiate a series of obstacles including a tunnel, a chute, a tire jump and other standard jumps, a teeter, an A-frame and a "pause table" for a down/stay to catch its breath. The agility classes not only help to reinforce the lessons of obedience training, in Chantal's view they also often bring shy or reticent dogs out of their shells, and strengthen the partnership between dogs and owners. Perhaps above all, the classes are terrific fun for your dog, providing a wonderful work out that leaves Fido pooped and contented at the end of the day.

For those with dogs at an advanced level of training,

Chantal also offers a new course called **Urban Agility/Reality Training** which puts obedience lessons into practice in a real life setting, replete with distractions and temptations. Each of these sessions has a specific theme such as learning *patience*, when dogs are obliged to sit quietly as cyclists and roller-bladers whiz by in the park; or *confidence building* when the natural features of the park landscape such as large rocks, trees or park benches are used as props for exercises in sit/stay or follow the leader. These classes are normally held in the "panhandle" section of New Edinburgh Park close to Beechwood, where to date, Chantal has had no difficulties with intrusions from other off-leash interlopers.

In recent months, Chantal has added another class to her doggy syllabus in the form of **Wednesday Wonders**, a play date for well socialized dogs where they enjoy a companionable frolic while their owners relax with Bridgehead coffee and cookies. A number of the sessions have also included a basic introduction to agility. These sessions have been extraordinarily popular, and Chantal has a few more new ideas for future events, including special seminars with guest speakers to covers topics such as dog tricks and recall.

In addition to her group classes, Chantal also offers private and semi-private sessions to tackle specific behaviour problems or to accommodate her clients' schedules. For details on all of the program options, check out her website at [www.ottawak9school.com](http://www.ottawak9school.com) or send her an e-mail at [ottawak9school@yahoo.ca](mailto:ottawak9school@yahoo.ca). If you go online, you may also want to visit her Dog Blog which contains a wealth of information, dog tales and tips: <http://blog.ottawak9school.com>.

We welcome Chantal and her assistants Lynne and André to

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- \$225 per week - register for one week or several
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- 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](mailto:vp.admin@ottawarowingclub.com)  
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our dog-centred community, and encourage our dog-owning readers to consider taking advantage of this wonderfully convenient resource.

#### Bag to Earth Inc.: The Cleanest Way to Compost

Since the introduction of the City's Organic Waste Collection pilot project (Compost Plus) about seven years ago, readers may have noticed regular *NEN* advertisements for **Bag To Earth food waste bags**, and perhaps seen stacks of these sturdy, biodegradable paper bags at our local **Beechwood Home Hardware**. In our household, and in those of many other Burgh families who are diligent about keeping food and other organic waste out of their landfill garbage, these bags have become indispensable equipment, providing a convenient, hygienic and odour-free way to collect and store this waste between garbage/recycling days.

The bags come in two sizes: a small sack for your kitchen counter where you can dump coffee grounds, egg shells or any kind of food waste in small quantities, and a much larger bag that accommodates up to 30 pounds of wet organic waste, and can be used as a liner for the city-provided **Green Bins**. The bags are manufactured using a patented biotech process that makes them both strong and leak resistant, and all the materials used in their manufacture are completely biodegradable, from the wood pulp to the glues and printers' ink. Unlike plastic, the kraft paper is also designed to "breathe" a bit, which in our experience has resulted in next to no smell. (Proof of the pudding here is that in the seven years they have been in use in our house, not one of our contingent of Labradors has ever marauded the contents, or even shown any interest in doing so.)

The good news is that Bag To Earth bags are an entirely Canadian, and indeed local

solution to the organic waste storage problem. The company (Bag To Earth Inc.) currently operates out of Napanee, Ontario, but its roots go back to 1946 when it began producing kraft paper under the banner of the Prescott Paper Products. It is now an industry leader in the production of biodegradable, compostable paper packaging for the waste diversion sector, and has reportedly achieved the highest accreditations in both North America and Europe for the quality of its environment-friendly products. Interested readers can check out their website at [www.bagtoearth.com](http://www.bagtoearth.com) or give them a call at 1-800-366-6812 to find out more about these miracle bags.

Next year, the long-delayed **Organic Waste Collection program** will come into effect in earnest throughout the City of Ottawa, and the pressure will be on all Ottawa households to "get with the program" and make a serious effort to set aside food and other compostable waste to keep it out of our ballooning landfills. If you haven't yet got the hang of the Compost Plus system and perhaps are still spooked by the prospect of smelly, messy containers beset by fruit flies and rodents, now's the time to acquaint yourself with the Bag To Earth system. It could not be simpler or more convenient, and effectively eliminates the "yuck factor" that has so unjustly bedeviled organic waste collection in this city.

### Burgh Business Bits

#### Beechwood Home Hardware:

Congratulations and very best wishes to **Isabelle Lamarche** and **Marc Clément**, owners of Beechwood Home Hardware! Isabelle and Marc recently welcomed the arrival of their first child, a daughter Lorie who was born on January 26. Mother and daughter are



**Marc Clément and Isabelle Lamarche, owners of Beechwood Home Hardware welcomed their own new addition in January.**

reportedly happy and healthy, and new Dad Marc is over the moon, taking particular delight in the fact that so far Lorie has been the perfect baby, sleeping soundly through much of the night with only a brief wake up call for nourishment. We look forward to meeting Lorie when she makes her Beechwood début once the good weather has arrived.

#### The Works:

Congratulations to **Ion Aimers**, owner of The Works chain of gourmet burger restaurants, the very first of which was launched here in New Edinburgh in 2001 at Putman and Beechwood, and which recently moved to larger quarters in the newly renovated Rockcliffe Crossing on St. Laurent Boulevard at Hemlock. Earlier this year, Ion received the **Bill Joe Restaurateur of the Year Award** at the 16th annual gala for the Ottawa Restaurant Hotel Motel Association (ORHMA) at the Westin Hotel. ORHMA President described Ion as "without a doubt a leader in

our industry...(and) an inspiration to his staff and other restaurateurs." Well done Ion, and keep up the good work(s)!

#### The Scone Witch:

Readers may have noticed that the front portion of the building at 42 Crichton which currently houses **Heather Matthews'** New Edinburgh Scone Witch outlet is up for sale. Devotees of Heather's freshly baked fare need not worry, however, as even in the event of a sale, the store may remain where it is for some time, or failing that, will move to a nearby location readily accessible to all of Heather's clients in the com-

munity. She herself will continue to live in the back part of the building facing Union Street, which was not part of the sale package. So scone-loving readers can breathe a collective sigh of relief!

#### Coming Soon: A New

**Edinburgh Bed & Breakfast** Longtime New Edinburgh residents, **Noreen** and **Ken Watson**, have recently opted to give up their traveling lifestyle (temporarily at least!) and launch a Bed and Breakfast operation in their home at **82 Union Street**. For much of the time since their four sons grew up and scattered to the four corners of the globe about ten years ago, the Watsons have been adventurous world travelers, visiting more continents in a decade than most of us will see in a lifetime. Their current project, however, will bring them back to the Burgh this spring to begin preparations for the opening of their new B&B in June—just in time for the onslaught of summer visitors to our area. While the official name of the establishment remains up in the air, Noreen is leaning towards the clearest and simplest of the options: **The New Edinburgh Bed and Breakfast**. Watch for more details in our June issue, or if you're interested in a summer booking, drop Noreen a line at [noreenwatson@hotmail.com](mailto:noreenwatson@hotmail.com).

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Photo: Garth Gullekson, Darlington Mediaworks  
Winter Carnival 2009 was a huge success thanks to the hard work of volunteers and event coordinator, Joseph Cull.

By Michel Giroux and Catherine McConkey

Another successful rink season has just come to a close! Thanks to our dedicated volunteers and the great weather the skating season opened on December 20 and lasted to March 4. This year our rinks were open for 64 days and only closed for 11 days. As our attendance records show, many skaters came out and enjoyed some ice time.

With the Fieldhouse open, parents had a convenient place to "air out" their kids

while teaching them the very Canadian activity of skating.

After all the hard work put in to ensure one of the best ice surfaces in the city; if not THE best (according to some hockey players that drove from outside New Edinburgh just to play on our ice), it is nice to know that it was well used and appreciated by our community.

Special thanks to the **New Edinburgh Hosers** (who we will not name as they are too modest to be associated as a "hoser") and the **Rink Attendants: Daniel**

Granger, Aaron Wetzstein, Adam Wetzstein, Josh King, and also fellow rink rats **Anthony Funicello** and **Ben Sanderman**. Having had such a long and successful rink season, the New Edinburgh Hosers have a wonderful appreciation for this year's spring. Long live the seasons!

On that note, as we write this, we are anticipating and looking forward to a warm spring with long sunny days ahead to lift our spirits. Once again Crichton Community Council will be hosting our annual **PLANT SALE on Saturday, May 10, 8-4 pm** at the Fieldhouse. This highly-anticipated event gives us an opportunity to say "Hi" to neighbours and friends who have been stuck indoors all winter. Held the day before Mother's Day, this year, as in the past, we will have a great selection of annuals and hanging baskets for you to choose from to give to your Mom on her special day. Come early for the best selection.

Another excellent spring event is the now locally famous, **New Edinburgh Cheering Station** held during Ottawa's Race Weekend at the Fieldhouse. This year, mark **Sunday, May 24, 8 am - onward** for fun and action as we cheer marathoners through our beautiful neighbourhood. We have won the award for



Photo: Peter Glasgow  
**SPRING IS HERE! Mark your calendar for May 10 and be sure not to miss this year's PLANT SALE.**

'Best Cheering Station' two years in a row; so circle this date in your calendar and come out and help us win a hat trick. Check the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca) for more information on this and

other upcoming events.

If you are interested in renting the Fieldhouse for your next event, please contact **Jill Hardy at 613-746-1323** for more information on our very reasonable rates.

**Ottawa Race Weekend**  
**Go Runners Go! Go Runners Go!**

Please come out and cheer on all the men and women who run in the Ottawa Race Weekend May 23 and 24 2009.

**Sunday May 24, 8 a.m. onward**

The Fieldhouse on Stanley Avenue  
will become New Edinburgh's  
"Cheer Central"

Voted "**BEST CHEERING STATION**" two years in a row!!!

The theme this year is silver/blue....curious? You should be! We are hoping to create a sparkling vision for the runners as they pass through our neighbourhood.

- ☒ Yes, you can wear your flashy outfits!
- ☒ Do bring your friends and family!
- ☒ Come prepared to cheer and have fun!

A great early morning fun affair for the whole family. Please come out and make this the best cheering station for 2009! We will have coffee brewing, and something tasty to snack on.

Please note: THERE WILL BE LOUD MUSIC from 8 a.m. to 11 a.m., so hope you can come out and show your support for the runners. Remember to wear your sunscreen.

Can we make it the "**Best Cheering Station**" three years in a row?

**Yes, WE CAN!!!**

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# 2009: A Breakout Year for the CCCC

## By Johan Rudnick

Despite the economic outlook, 2009 promises to be a 'breakout' year for the CCCC. The CCCC is planning an ambitious expansion of programming and is actively working on the development of an annual fundraising program. The Corridor Gallery is looking forward to a rich, full year of exhibitions. The Lumière Festival will continue to build on its success as a highlight of the summer festival season. The CCCC website is being refreshed. The Court will decide who owns what at 200 Crichton, and on what terms the building can be sold. And a new Board of Directors will focus on how best to acquire Crichton and ensure that it is maintained as a public asset.

## On the Program Front

This year, the CCCC has applied for funding assistance to engage additional full-time staff to more fully develop our community and regional programming. If you have an interest in starting a program or would like one developed for you, we would warmly welcome your suggestions - please contact **Joanne Hughes** at [cccc@bellnet.ca](mailto:cccc@bellnet.ca) or call her directly at **613-745-2742**.

As part of our program expansion efforts, **Ellen Goodman** has been spearheading the development of our innovative **Get Together Program** for youth who are blind or have low vision. With a grant from the Ontario Ministry of Health Promotion, Communities In Action Fund, the program will encompass recreational activities across the region. Working in partnership with ten not-for-profit or public organizations, the CCCC is organizing a range of activities, including cross country skiing, skating, snowshoeing, swimming and aquafit, fitness, weight training, spinning, tandem cycling (NCC bike path), and canoeing (Britannia Park). The goal is to create an ongoing collaborative network to provide this type of programming, and to create a resource for service providers looking for assistance in enhancing the opportunities available to youth who are blind or have low vision. For more information about this program, check the Get Together links on the CCCC website, or call the CCCC office.

## At the Corridor Gallery

There is a very ambitious development program for the 2009 gallery season. The

CCCC Gallery Committee has published a call for two juried exhibitions in Spring and Fall and is also beginning the work of creating partnerships with the Ottawa School of Art, Canterbury and De La Salle high schools, as well as with our neighbouring junior high school, the Macdonald-Cartier Academy. There are plans to participate in the 2009 X photography project, and to hold a fundraising sale and exhibition. More immediately, our resident artists' co-operative MainWorks is planning a Spring exhibition and an Open House. Check the CCCC website for details on dates and times as these are firmed up ([www.crichtonccc.ca](http://www.crichtonccc.ca)).

## Lumière Festival

Preparations and plans for the CCCC's sixth annual Lumière Festival on **Saturday, August 8, 2009** are well underway, and anyone interested in participating or volunteering is invited to contact Joanne Hughes at the CCCC office.

## On the Web

We have been busy refreshing our website with the assistance of **Gord Stephen** of **StepCo Media** ([www.stepcomedia.ca](http://www.stepcomedia.ca)). The new site features our four main program areas - Classes & Activities, Get Together, Ottawa Lumière Festival and The Corridor Gallery. The site will keep you up-to-date on the Keep Crichton Public campaign, and provides information on facility rentals and availability. It also has all the details about upcoming special events, and about the activities of the MainWorks artists' co-operative. Please come and check out our "new look" on this vibrant and colourful website at [www.crichtonccc.ca](http://www.crichtonccc.ca)!

## Annual Fundraising Program

As we move ahead with the process of strengthening the base of our operations in this "breakout year", the CCCC is working on the development of an overall annual fundraising plan to boost annual revenues received from the wider community on an ongoing basis. As part of this initiative, watch for our **Online Donation** option coming soon! If you have an interest in fundraising and/or some experience in fundraising

campaigns and would like to help, even if only on an occasional basis, please give us a call at 613-745-2742.

## The Play's The Thing: Mark Your Calendars for Wednesday, April 29!

Our first major fundraising event this season is a benefit performance by our community's own theatre troupe, the



much loved **New Edinburgh Players** under the direction of **Ingrid McCarthy**. The Players' CCCC benefit performance of *Enchanted April*, a romantic comedy by Matthew Barber set in a variety of locations in England, with the action shifting to sunny Italy in Act II. The performance will take place on Wednesday, April 29, in the Mackay United Church Hall at 39 Dufferin Road. Don't miss the chance to see this talented company and enjoy an evening of theatre with friends and neighbours while at the same time, lending your support to the CCCC. Ticket information is available from the CCCC office.

The New Edinburgh Players celebrate their 30th anniversary this season. In those three decades, founder/director Ingrid McCarthy has produced and directed 42 plays. To mark the significance of this achievement, and to thank Ingrid and the Players for their benevolence to the CCCC and to other community organizations, the CCCC is hosting a **reception at 7 pm on Friday, May 8**, in the Dufferin Room at the Centre. Please join us to honour Ingrid, the current cast and crew, and those of years past. Their contribution to the local theatre scene is cause for celebration. Further information on this event is available from the CCCC office.

Other special fundraising events on the horizon include the second annual **Taste of Spring** event organized by **Barbara Laskin** and **Margot Silver**, the two exceptionally capable leaders of the **Friends of Crichton** (and both outstanding chefs!) who have done so much to mobilize support for the CCCC at the community level over the past two years. This year's delightful tasting evening will take place on **Saturday, June 6** so be sure to mark your calendars now and set aside the date in the busy month of June.

Later this year, on **Saturday, October 24**, the CCCC will host another gala **Fall Auction**, with our organizational wizard **Alex MacDonald** once again taking the lead in planning another evening of spectacular bargains, fine food and plenty of fun. This year's Auction will be based on a Roaring Twenties

theme, so brush off those fedoras, fellas, and get ready to join the party.

## In the Court

A decision from the court as to ownership interests in Crichton and how it will be sold is expected within the next few months. Whatever the court decision, the expectation is that given current market and economic conditions, a potential sale and the community's bid to acquire the building would not occur until the Fall of 2010 or beyond.

## The New Board

The March 1st CCCC Annual

General Meeting saw the renewal of the CCCC auditor **Ray Folkins**, Partner, Watson Folkins Corey LLP, and the election of a new Board of Directors for 2009, with most 2008 Directors standing for re-election. A special welcome to new Board members **Martin Clary**, who has been a stalwart supporter of the CCCC and played a leading role in carrying out the renovations to our magnificent Dufferin Room, and **Sandy Bulchak** who begins her term on the Board this month. A key challenge for the Board this year will be to manage the outcome of the pending court decision, while at the same time expanding programming, developing the Corridor Gallery, and responding to the ongoing challenges of operating a vibrant community centre.

## A Breakout Year

Building on success, CCCC activities are coming of age as we develop both community and regional programs. 2009 will be our first full year of Corridor Gallery operations as we reach out to students and instructors across the region. Our sixth Lumière Festival promises more enchantment. And the pending Court decision will define how the Crichton building can be acquired. All in all, 2009 is shaping up to be a breakout year for the CCCC.

If you would like to be part of the CCCC's 'breakout' team as a volunteer, an instructor, a committee member, an advisor, a patron, or in any capacity you have an interest in, please let us know by contacting **Joanne Hughes** at [cccc@bellnet.ca](mailto:cccc@bellnet.ca) or at **613-745-2742**.

## CRICHTON CULTURAL COMMUNITY CENTRE BOARD OF DIRECTORS

Sandy Bulchak  
Carol Burchill  
Martin Clary  
Colin Goodfellow  
Jane Heintzman, Secretary  
John Jarrett  
Alex MacDonald  
Bethann Robin  
Johan Rudnick, Chair  
Anne Thompson, Treasurer  
David Tobin  
Carol West

To contact Board members please call  
**613-745-2742** or email [ccc@bellnet.ca](mailto:ccc@bellnet.ca).

## Health & Wellness

### CARDIO KICKBOXING

Carolle Laliberté

(613) 263-0539

[cardio.kickboxing@videotron.ca](mailto:cardio.kickboxing@videotron.ca)

or visit [ckb.ericlaliberte.com](http://ckb.ericlaliberte.com)

Monday & Wednesday

6 - 7 pm

16 classes (twice/wk) \$125;

8 classes (once/wk) \$70;

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+.

### STRETCH & STRENGTH

Alex MacDonald

(613) 748-0870

Tuesday, Thursday 6 - 7 pm

1 x week: \$168

2 x week \$286 (includes a 15% discount)

Late registration available.

A neighbourhood favourite for 19 years, this unique class combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination. Suitable for a wide range of abilities and ages, the class consists of a warm-up to get the body going, exercises to stretch and strengthen the muscles and a dance section to work on balance and co-ordination. The class finishes with a 10-minute relaxation period, leaving you feeling calm, centered and rejuvenated. Alex MacDonald has trained extensively as a dancer in ballet, modern and jazz and is a certified Fitness Instructor Specialist with Can-Fit-Pro.

### DANCEFIT

Alex MacDonald

(613) 748-0870

Monday & Friday

10 - 11 am

Monday, 7 - 8 pm

1 class/week \$168,

2 classes/week \$286 (includes a 15% discount)

3 classes/week \$378 (includes a 25% discount)

Late registration available.

A fun way to dance yourself into shape, the class will begin with an extensive warm-up, and use various styles of dance to ensure a good cardio work out, followed by a stretching and relaxation period. No dance ability required just a love of dancing! Alex MacDonald has trained extensively as a dancer in ballet, modern and jazz and has been teaching the neighbourhood Stretch and Strength class for 19 years. She is a certified Can-Fit Pro fitness instructor specialist.

### FITMOM POST NATAL FITNESS

Cassandra Mactavish

(613) 884-7800

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

Thursday, 11:15 am - 12:15 pm

\$168+GST for 12 sessions

(rolling admission)

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

### FITNESS SERIES

Louise Lettstrom-Hannant

(613) 747-1514

[golouise@rogers.com](mailto:golouise@rogers.com)

Sharon Collins (613) 816-4307

[caj\\_2@sympatico.com](mailto:caj_2@sympatico.com)

Register before or after class. We require a minimum of ten participants to run each class.

1 class/week \$125

2 classes/week \$240

3 classes/week \$345

Unlimited classes over the 14 weeks \$400.00. Drop in \$12.00.

### Early Bird Total Body 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.

### 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.

### Fusion on the Ball: Have a Blast!

Monday, 9 - 10 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.

### Core Training: Physical Strength Comes from Our Centre

Thursday, 8:30 - 9:30 am

This class focuses on gaining power in the core of our body. Through dynamic movement

and concentrated work we will achieve abdominal strength resulting in improved posture. The class has been developed using pilates as well as sports conditioning techniques. The class will end with a complete stretch, leaving you relaxed and rejuvenated!

### Stretch: A Delicious Hour of Release and Relax

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](http://www.fitmomcanada.com)

Mondays, 8 - 9 pm

\$168+GST for 12 sessions (rolling admission)

A high intensity workout for moms and non moms who want to workout without their little ones. This program is designed to maximize metabolism. Modifications are provided beginner to advanced.

### SOCARAMBA

Alex Eloise

[socaramba@gmail.com](mailto:socaramba@gmail.com)

Saturday, 10 - 11 am; 11:15 am - 12:15 pm

\$80+GST for 8 weeks. Drop-in \$12.

Socaramba focuses on cardiovascular and muscular endurance, mind and body coordination, agility, balance and most importantly on creating a new lifestyle. Once you taste the Socaramba experience you will never want to stop!!!

Master group fitness instructor, nutrition and wellness specialist, and personal trainer, Alex Eloise has been working in the fitness industry for well over 16 years. He has conducted classes in many areas including cardio kick boxing, boot camps, circuit training and aerobics and has now decided to put all his skills and expertise into the creation of Socaramba.

### STOTT PILATES

Stuart Maskell

(613) 796-3476

[Stuart@Firmfit.ca](mailto: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

# Crichton Cultural Weekly Pro

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.

## Yoga & Meditation

### IYENGAR YOGA

Barbara Young

(613) 728-8647

[b-young@rogers.com](mailto:b-young@rogers.com)

Monday, 9:00-10:30 am, *Level 1*

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 – though each ends with a period of guided relaxation and inward focus. Come and taste the well-being and stillness that yoga can bring.

### KUNDALINI YOGA

John Yazbeck

(613) 747-8111

[john.yazbeck@sympatico.ca](mailto: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](mailto: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 tra-

Please contact instructors to get  
For most of our courses,

vail 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.

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!

### ZEN MEDITATION

Theresa Redmond

(613) 521-1509

[theresa.redmond@rogers.com](mailto:theresa.redmond@rogers.com)

Wednesday 7:30-8:30 pm, every two weeks

\$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](mailto:afrocaribdance@videotron.ca)

Saturday

*SOULRYTHMS:Adult dance*

10:00 - 11:00 am

*Dance Racine:*

11:00 - noon

children ages 4-6

*Mouvement Kwèyol*

12:00 - 1:00 pm

Children ages 7-12

*Kubuli Dance Company Program*

1:00 - 2:00 pm

Ages 12-18

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

**IRISH DANCE LESSONS** with the Taylor School of Irish Dance



# Community Centre Programs 2009

For course details and to register,  
registration is on-going.

Suzanne Taylor T.C.R.G.  
(613) 231-1215  
[suzanne@tayloririshdance.com](mailto:suzanne@tayloririshdance.com)  
[www.tayloririshdance.com](http://www.tayloririshdance.com)  
Thursday, 7 - 9 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.

## Music & Voice

### SIGHT SINGING AND EAR TRAINING COURSE

Marie-Lynne Sauvé  
(819) 827-2657 or  
[mlsauve@videotron.ca](mailto:mlsauve@videotron.ca)  
<http://pages.videotron.com/mlsauve>  
Sunday 1:30-4:30 pm  
(beginner & 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](mailto:johnjarrett812@hotmail.com)  
Wednesday 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

Jill Vyse, (613) 830-6690 #1  
[OttawaEast@babysensory.ca](mailto:OttawaEast@babysensory.ca)  
Tuesday 10 - 11 am  
\$125 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.

### INFANT & CHILD CPR

(Level 'F')  
Erin Shaheen, (613) 260-7309  
\$35 per person  
Sunday, April 26 & May 31  
12:30 - 3:30 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.

### MONKEY ROCK MUSIC

John King and Sheryl Parks  
(613) 421-0590  
[www.monkeyrockmusic.com](http://www.monkeyrockmusic.com)  
Wednesday, 4:00-5:00 pm

Monkey Rock Music is a fun, entertaining and creative participatory music program for kids' ages 3-5 years old and their adult caregivers. Our primary goal is to instill a love of creating and experiencing music that will last a lifetime. Nothing has a stronger impact on a child than enjoying an activity with the people they love. We look forward to singing with you!

## Canine

### CANINE OBEDIENCE

Chantal Mills  
613-296-dog-e (3643)  
[dog\\_trainer@rogers.com](mailto:dog_trainer@rogers.com)  
[www.ottawak9school.com](http://www.ottawak9school.com)  
Sunday 10 am - 2 pm  
Tuesday 7 - 9 pm

#### Basic Canine Obedience

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

Private classes available.

# Monkey Rock Music Classes at the CCCC

**We Don't teach Children to Play Music; We teach Children to Love Music.**

Monkey Rock Music is a fun, entertaining and creative participatory music program for young children and their adult caregivers. Our primary goal is to instill a love of creating and experiencing music that will last a lifetime. Nothing has a stronger impact on a child than enjoying an activity with the people they love.

Monkey Rock Music classes are tailored to different age groups. Babies under one year old engage in fun musical games and activities with their caregivers. One to two year-olds enjoy more movement as they learn to be more comfortable interacting with other children through music. Two to four year-olds clap and dance along to action-oriented songs, singing and contributing their ideas to the class. Children can

join our programs from birth - we've taught babies as young as 6 weeks old!

Founders John King and Sheryl Parks have been working with children for the past six years. John began teaching young children in a private

opened a passion for working with monkeys while she was observing chimpanzees as she pursued her Masters Degree in Cognitive Evolution. Sheryl completed her second Masters degree in Child Development and Education leading to certifi-

*The way you captivate the children's attention and your gift of music is such a talent and I am so grateful that Bella was in your class.*


- Nathalie

English school and daycare in Japan and is proud to say that he can change diapers in more than one language. In studying Education at the graduate level, John has put his own spin on child development theories to teach young kids to develop an appreciation for music. He has made an effort to appeal to both the children and their caregivers with the goal of making and sharing music together. Sheryl devel-

cation with the Ontario College of Teachers. By applying what she has learned through study and practice, Sheryl continues to teach in a way that allows kids to feel safe and happy in their learning environment.

**Monkey Rock at the CCCC, Wednesday, 4:00-5:00 pm.**


For information about enrolling in our classes, call (613) 421-0590 or email us at [monkeyrockmusic@gmail.com](mailto:monkeyrockmusic@gmail.com).



The 6th Annual Ottawa Lumière Festival, on August 8, is a chance to celebrate the beauty of light.

To prepare for Lumière, we are looking for:

- Jars - any size clean jars (no labels or lids). Baby food jars are Lumière GOLD!
- Large coffee cans - clean without lids.
- Flashlights, wire, glitter, white glue, tea lights, store lanterns, costumes.



# Eric Chan Chosen to Design 2009 Ottawa Lumière Festival Poster

**Eric Sze-Lang Chan** is an Ottawa based multi-disciplinary artist with a Bachelor in Interactive Multimedia and Design (B.I.T.) from Carleton University and a Diploma in Computer Science with Honours from Algonquin College. Eric takes an interest in exploring the creative intersections between visual-arts and the uses of technology.

Eric is an artist who is versed in both the creative arts and computer sciences - this dual nature of extremes is what truly defines him. Complicated, random and simple all at the same time, Eric expresses these attributes of his personality through his creations. Eric says, "It is one of my goals to challenge myself to become a better artist and to explore/redefine the perception of the visual arts."

Joanne Hughes, Lumière Producer, has been interested in Eric's work since 2007 when it was featured as part of a fundraiser for Lumière at the Mercury Lounge on the Byward

Market, "Eric's pieces are so vibrant, multi-layered and artistically complex and when I first saw his pieces I began to plan how we could combine his fresh design approach with the festival." This plan is coming into play in 2009 as Eric has signed on as the designer for the 2009 Ottawa Lumière

Festival marketing campaign which will include the poster, website and postcards. Hughes is thrilled and knows Eric will create a dynamic and contemporary feel which will appeal to the diverse regional community.

To view Eric's work visit his website at <http://eepmon.com>.

### Eric Chan's Notable Projects

Microsoft Xbox 360 (Austria) - 2008 Summer/Fall Visual Campaign  
Mini Cooper (Canada) - 2008 Annual Financial Services Calendar  
Susumu Yokota (Japan) - Album art for Skintone Compilation Album

### Recognition

Excellence Award for Illustration - Computer Arts Magazine: Issue 150 - Graduate Showcase 2008  
Asian Kinetic Artist (A.K.A.) - Tiger Translate 2007  
Finalist for Self Promotional - FITC 2007 (Toronto, Canada)  
Best Canadian Student - FITC 2006 (Toronto, Canada)



**CCCC Office:**  
Joanne Hughes  
#307-200 Crichton  
Ottawa, ON K1M 1W2  
Phone: 745-2742  
Fax: 745-4153  
[cccc@bellnet.ca](mailto:cccc@bellnet.ca)  
[www.crichtonccc.ca](http://www.crichtonccc.ca)

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

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

## Rave Reviews for The Company of Fools

By Jane Heintzman

Congratulations to The Company of Fools whose most recent production, *A Mid-Winter's Dream Tale*, received stellar reviews from local theatre critics, attracting sizeable audiences to the Gladstone Theatre where the show was performed for three weeks in February. *Ottawa Citizen* critic **Patrick Langston** hailed the production as The Fools' "most assured and probably funniest work to date," praising the performance skills of lead actors **Scott Florence** and **Margo MacDonald** in their roles as clown duo, Pommes Frites and 'Restes, a duo which he described as "at once endearing, fractious and ridiculously funny." Burgh resident **Emmanuelle Zeesman** was also singled out for her fine performance as Queen Titania and for her role in creating the original music and choreography for the production.

The CBC's **Alvina Ruprecht** was equally lyrical in her review of The Fools' latest work, describing it as "magnificently outrageous" (the Fools' hallmark!) with "brilliant acting and staging", a strong cast of excellent actors, and "stunning" costumes by Fools' Costume Designer **Louise (Lou) Hayden**. Ms. Ruprecht also gave a special commendation to Emmanuelle Zeesman for her "poised, accomplished" performance and beautiful singing voice.

The Company of Fools has a special connection to New Edinburgh. As noted above, its Musical Director and Choreographer, as well as a leading actor, Emmanuelle Zeesman lives in our community with her partner **David Hersh**, another acclaimed young professional actor who recently appeared in a Third Wall Theatre Company production of Henrik Ibsen's *Peer*

*Gynt* at the Irving Greenberg Theatre Centre.


In addition, the company has growing ties to our **Crichton Cultural Community Centre (CCCC)** and throughout the month of January, the actors converged on the Centre to rehearse in the spacious Dufferin Room where they spent over 100 lively hours going through their paces in preparation for the opening of *A Mid-Winter's Dream Tale* on February 4. The cast included a chorus composed of an energetic group of emerging young professional actors, including three co-op students from Algonquin College and other recent graduates of post-secondary theatre arts programmes, making rehearsal sessions an especially exuberant affair.

Last but not least, the Fools' immensely talented Costume Designer **Lou Hayden** is a former Burgh resident, and



Photo: Anna Chambers

**A Mid-Winter's Dream Tale chorus rehearses at the CCCC.**



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Now Offering 25% Off Table D'Hôte.  
Valid Tuesday, Wednesday, and Thursday.  
Offer expires April 30, 2009.

**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 Debur 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




returned to the community for last summer's **CCCC Lumière Festival** where she performed works of virtual magic in makeup artistry and the creation of costumes for festival participants. Actors from the company have also been among the spirited performers at past Lumière festivals.

Lou's consummate skills have not gone unnoticed in the theatre community, and this year she is double nominee for the **2008 Rideau Award in the Outstanding Costume Design Category**, capturing the nominations for her work in both the Theatrophy production, *Moribund*, and in the Company of Fools' *Richard III in Bouffon*. (The latter production, incidentally, has received a Rideau Award nomination in the Outstanding Adaptation Category, along with the Fools' memorable adaptation of Shakespeare's *Romeo and*

*Juliet* which was performed in New Edinburgh Park last summer).

In addition to her expertise as a costumer, Lou is also a talented visual artist. Her intriguing exhibition *Lost Shoes*, which was on display at the **Raw Sugar Café** on Somerset Street throughout the month of February, is a natural outgrowth of her costume design work and indulges her fascination with historical footwear, an aspect of costuming which inevitably plays only a minor role in the theatrical context. In this solo exhibition, however, shoes are the exclusive focus, specifically, the shoes of the elite, the wealthy and the decadent of the 16th, 17th and 18th centuries when even men were licensed to "dress like peacocks." Interested readers should check out Lou's blog at [www.louhayden.blogspot.com](http://www.louhayden.blogspot.com).



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# Mackay United Chamber Music Concert Series Begins April 26

**April 26, 2009, 7:30 pm  
39 Dufferin Road**

**By Linda Roininen**

The fourth concert in the MacKay United Church Chamber Music Concert Series is coming up soon on April 26 at 7:30 pm.

It will feature string quartets by Brahms and Haydn and a "bonbon" piece by Puccini. The core quartet of **Leah Roseman, Mark Friedman, Sally Benson and Leah Wyber** will be performing along with returning violist **Lisa Moody** (shown in the accompanying photo from the first Chamber Concert held in November 2007), and two new musicians to the Concert Series, **Renée-Paule Gauthier**, and **Andrea Armijo-Fortin**. Both Renée-Paule and Andrea play with the National Arts Centre Orchestra.

Until January 2004, Renée-Paule Gauthier was concertmaster of the **New World Symphony** in Miami Beach, Florida. She had previously been concertmaster of the **Orchestre de la Francophonie Canadienne** in 2002 and 2003, and a substitute player with the **Philadelphia Orchestra**. She currently resides in Ottawa, where she performs with the **National Arts Center Orchestra** and the **Thirteen Strings Chamber Orchestra**. She is also an active soloist and chamber musician for the series of the **NAC, Ottawa International Chamber Music Festival, Montreal Chamber Music Festival**, and **Les Jeunesses Musicales du Canada**, and is the Artistic Director of the **Rendez-Vous Musical de Laterrière**. She

was a member of the organizing team of the **Ottawa International Chamber Music Festival 2007**. Mrs. Gauthier can be heard regularly on **CBC** and **Radio-Canada**.

In 2007, **Andrea Armijo-Fortin** was selected to participate in the **Institute of Orchestral Studies** with the **National Arts Centre Orchestra**. The IOS provides a real-world workplace experience for exceptionally talented students at a post-secondary or graduate level, and helps prepare young musicians entering orchestral careers. Although this is Andrea's first time performing at MacKay, she is no stranger to helping fantastic musical causes. She participates as a teacher in the **Leading Note Foundation's OrKidstra Program** and plays with many **NACO** musicians (those performing on April 26 among them) for other fundraising endeavours.

MacKay United is so blessed to have such talented musicians for this Concert Series to raise funds for our new grand piano. The community is very lucky indeed to be able to have the opportunity to attend these concerts right in their neighbourhood.

The concert will be held at MacKay United Church, 39 Dufferin Street. **The final concert of the series is on June 7** featuring Bach's Cello Suites Nos. 4 - 6. Tickets are \$20 adults, \$15 students and seniors at the door or at the **Leading Note** on Elgin. For more information contact the Church office at 613-749-8727 or go to [www.mackayunited-church.com](http://www.mackayunited-church.com).



**MacKay United Church Chamber Music Concert Series begins on April 26 and runs until June 7.**

Can you feel it?  
Spring is just around the corner...

**Reserve Saturday, June 6  
5-8 p.m. for**

**A Taste of Spring**

A roving cocktail party  
featuring wine and food pairings  
in fashionable New Edinburgh homes  
&  
An annual event brought to you by  
the Friends of Crichton,  
with proceeds to the  
Crichton Cultural Community Centre

Advance purchase required; tickets \$60 per person  
To reserve call Barbara or Margot:  
613-747-4524 or 613-748-7975

~ KEEP CRICHTON PUBLIC ~

**GET MOVING!**

**DANCEFIT**

Mondays & Fridays, 10 - 11 a.m.  
Mondays, 7p.m.

**Crichton Cultural Community Centre**  
200 Crichton Street, 2nd Floor

For information, contact Alex MacDonald  
v: 613-748-0870 e: [alex.macdonald@mezzotec.ca](mailto:alex.macdonald@mezzotec.ca) [www.crichtonccc.ca](http://www.crichtonccc.ca)



## Stairwell Carollers' Spring Concert *Cantate Domino*

**Saturday, June 6, 7:30 pm**  
**St. Charles Church, 135**  
**Barrette Street**

The Stairwell Carollers, a 24-member a cappella choir with roots in New Edinburgh and surrounding communities, will present its annual Spring Concert – “Cantate Domino” – at 7:30 pm on Saturday, June 6, at St. Charles Church, 135 Barrette St., Vanier (Beechwood Ave. at St. Charles). The concert will feature a number of 16th Century madrigals celebrating the joys of springtime, as well as several original works by its musical director, Pierre Massie, one of which has recently been recognized for an Amadeus Choir award in the unaccompanied composition category. All tickets are \$15, and children under 12 will be admitted free.

The Stairwell Carollers call St. Columba Church in Manor Park their home base, rehearsing there every Wednesday and giving at least one performance a year there. We are grateful to the Church members for their considerable assistance during the year.

At the upcoming concert,

The Carollers will be announcing their annual list of charitable donations, as well as the winner of the **2009 Stairwell Carollers' Scholarship**, which is awarded to a promising music student in the National Capital Region. Funded by door receipts and sales of its CDs, the choir has donated some \$30,000 over the past 30 years to local charitable organizations such as The Shepherds of Good Hope, Abbeyfield Houses Society, and the Autism Society of Ottawa. In addition, approximately \$5,000 has been awarded to scholarship winners over the past five years.

**Andrew Burn**, a resident of Manor Park, was one of two recipients of the 2008 Stairwell Carollers' Scholarship. During his years at Canterbury High School, Andrew developed a love for music composition. With the support of his parents, he took private music theory and composition classes (on top of his private required bassoon lessons) with Dr. Maya Badian. Andrew is attending Carleton University, and is looking forward to practicing on his new Heckel Bassoon and Praetorius Alto Recorder.

## What is Sweeter Than Swiss Chocolate?

By Louise Imbeault

Last February 22, the **Montagna Singers** made an “unscheduled” guest appearance delighting visitors and staff, young and old alike in the Rotunda on Parliament Hill. This 26 member **local choir**, under the musical leadership of Heather Rice, gathered for a photo shoot in full costume prior to their Annual General Meeting and spontaneously sprang into a chorus bringing

the “Hill” to life with their crystal clear angelic voices echoing through the dome. Their unique sound transported those in attendance straight to the Alps. Thank you to all the members for such a generous gesture of shared culture.

If you haven't heard of them yet...please don't wait a minute longer; note in your agenda that they will be singing at a **Spring Dance on April 25** at the Ukranian Hall, 1000

Byron Ave (contact Gisele Odermattand at 819-684-1978 for tickets). Also on **Saturday, May 9** during the upcoming **Tulip Festival** at Dow's lake around 1:00 pm the Montagna Singers, sponsored by the Swiss Embassy, will give a concert – just in time for Mother's Day. Now that's something to satisfy all family members with a sweet tooth, no calories added! For more info please visit their site: [www.montagnasingers.com](http://www.montagnasingers.com).



The Montagna Singers made a surprise musical appearance on Parliament Hill.

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# River and Park Cleanup 2009: Mark Your Calendars for Mother's Day, May 10

**Calling all New Edinburgh  
By Gemma Kerr**

The **Urban Rideau Conservationists (URC)** group is once again organizing a riverbank cleanup in New Edinburgh. Like last year it will be held on Mother's Day, Sunday, May 10. However, in a change from last year, NECA's Environment and Friends of the Park committees will be joining us and holding the Annual Park Cleanup on the same day. We need volunteers to help us do our part in the City's **Spring Clean the Capital** event, to keep our beautiful area of Ottawa clean, green and litter-free. Join in the cleanup and you can enjoy your park and river with pride.

The Cleanup event will run from 10 am until 1 pm **Rain or Shine**. Please check in with us at the Fieldhouse at 193 Stanley Avenue to pick up garbage/recycle bags and disposable gloves. To help you on the job, there will be refreshments available. **Bridgehead Coffee Houses** are donating coffee, and **Loeb Beechwood** and **NECA** are providing snacks and juice. Many thanks to all!

## Riverbank Cleanup

**Andrew Kerr** will be in charge of the activities. The riverbank crew will take care of a strip about ten metres wide along the shoreline of the river (in several areas this strip is divided from the rest of the park by

a walking or bicycle path). Be very careful, as parts of the riverbank may still be slippery from the spring floods. We will be asking people working on the riverbank to sign a waiver.

Dress for mucky conditions and bring work gloves if you have them. The City will be providing disposable gloves, and hopefully lending us some stronger gloves and long-handled pinchers for getting at hard-to-reach debris.

We are pleased that the **Rideau Valley Conservation Authority (RVCA)** will be coming out to help again this year by providing canoes and canoeists to remove garbage from the river itself. In past years they have taken out a

varied collection of (sometimes) quite large items.

The **Monterey Inn** is donating lunch packs for the riverbank workers. The Inn is a long-time supporter of RVCA activities, and we are very grateful that the Mother's Day River Cleanup has also been adopted by them.

For information on other Ottawa locations where URC is coordinating riverbank cleanups on May 10, check out [urbanrideauconserve.blogspot.com](http://urbanrideauconserve.blogspot.com).

## Park Cleanup

**Karen Squires** and **Sarah Anson-Cartwright** will manage the park side of the event. **Families with young children**

may want to focus on the park effort, as some parts of the riverbank are quite steep, and may be slippery if there has been rain or late flooding.

As we get everything finalized, we will post new information on the NECA website at [www.newedinburgh.ca](http://www.newedinburgh.ca). You can also contact **Martin Canning** ([canning.martin@gmail.com](mailto:canning.martin@gmail.com)) about the riverbank cleanup, or **Karen Squires** ([k.squires@sympatico.ca](mailto:k.squires@sympatico.ca)) for the park

A special thank you to the **City of Ottawa** who are providing a variety of cleaning supplies and also arranging special garbage pickup after the event.

# Join the RACE for Literacy

**Enter a team in also's 5th Annual Amazing Book RACE Saturday, September 26, 2009**

**By Isobel Bisby and Dawn Densmore**

If you see groups of people running around New Edinburgh on September 26 and wonder, look again! It's **also's** 5th Annual Amazing Book Race! Setting the pace in literacy fundraising, the Amazing Book Race is organized by Alternative Learning Styles and Outlooks (also) to support local adult and family literacy programs.

**also** is a grassroots, community-based, not-for-profit organization dedicated to helping individuals who are trying to improve their literacy skills, and supporting parents who want to provide a better start in life for their children.

**also's** unique family literacy programs focus on families who lack reading skills

and confidence. While working in partnership with other programs and agencies in Ottawa's inner-city community, **also** is able to deliver the Reading and Parents Program (RAPP) at eight outreach sites in Lowertown, Sandy Hill and Vanier. This program is geared to families with children from 0 to 6 years old. Every other week, volunteers and staff provide one-on-one support along with the RAPP packs. These packs include quality children's books, poetry and songs on the theme of the book, reading tips for parents, and craft activities. RAPP recognizes the importance of family literacy activities in the home as an essential preparation for school, and success in later life.

The Amazing Book Race consists of up to 50 teams of four to five people. They will race on foot and by bus to various checkpoints in Ottawa. These

will include libraries, bookstores, and other points of literacy interest. In order to move to the next checkpoint, each team must perform various entertaining literacy activities. The first team to finish wins the race, but there are other prizes in different categories, including the Fred Adolphe Spirit Award. The event will start and end at **Stanley Park in New Edinburgh**, with a barbecue/buffet, awards ceremony, and music. An inspirational talk will be given by a local celebrity.

The Amazing Book Race needs your support. Our family literacy programs receive no government funding, and 100% of funds raised are dedi-

cated to the front-line delivery of adult and family literacy services in the Ottawa downtown core.

This year **also** is challenging the community to raise over \$20,000 through participation in the RACE. Registration is \$100 per team, but with an Early Bird Registration of \$60 before June 30 (refunded if the team raises \$400 in pledges). To participate in this extraordinary and fun event, why don't you form a team of 4-5 people? The main sponsors this year include the Ottawa Public Library, the Ottawa Citizen, Starbucks, the Canadian Booksellers Association's Independence Matters Campaign, MetroOntario (LOEB), Heartwood House, and The Running Room.

All the runners have a great time. Runner Nezahat Turegun

enthusias: "We finished a fabulous second place, raising over \$500 towards a fabulous total of over \$9,000 to help support **also's** family literacy programs. We raced from library branches to independent bookstores, performing different literacy tasks at each stop along the way. One highlight of the RACE was at the Nicholas Hoare bookstore, when one of our team members performed his Big Bad Wolf rap. It was fun, it was exciting, it was tiring, and we're anxiously awaiting next year's event."

For more information about how you can participate in this event, call **also** at 613-233-8660 or email us at [bookrace@also-ottawa.org](mailto:bookrace@also-ottawa.org). You can also register on-line at [www.events.runningroom.com](http://www.events.runningroom.com) or download a registration form from [www.also-ottawa.org](http://www.also-ottawa.org).

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# Simple Recipe for a “Greener” Community: Just Add More Trees!

## NECOE helps residents take advantage of free planting programs

By Sarah Anson-Cartwright  
Chair, New Edinburgh  
Committee on the  
Environment (NECOE)

New Edinburgh without its trees? It's an image of our village that doesn't bear thinking about! The better question is: Would our neighbourhood benefit from adding more trees? Most definitely, the answer is yes. There are actually a lot of gaps in the existing tree coverage in our community, and New Edinburgh residents have been missing out on the many environmental and aesthetic benefits of additional trees.

This spring, NECA hope to change that trend by launching a tree planting project to help residents take advantage of the City of Ottawa's free tree and tree-planting programs. NECOE, NECA's Environment Committee, will lead the project, focusing on both residential and public property, and working in collaboration with the City's forestry service. Many residents will receive letters from NECA recommending that they consider adding trees on their properties. In this article, we will start by answering “why

more trees?”, then address “where do we need trees?” and finally, “how do we plant the trees?”

### Why does New Edinburgh need more trees?

Trees are amongst our greatest helpers in the fight against climate change. Ottawa has been particularly active in promoting the planting of more trees. The City wants to encourage participation by residents, community groups, and others in planting trees to enhance and maintain Ottawa's forest cover and combat climate change.

According to Tree Canada, a not-for-profit organization that promotes urban forests, “trees can help reduce the greenhouse effect in two ways: (1) trees directly absorb CO<sub>2</sub> - the primary greenhouse gas - from the atmosphere during photosynthesis; and (2) shade from trees can reduce air conditioning and energy use, which reduces the amount of CO<sub>2</sub> emitted by power plants.” In addition, trees can have a traffic calming effect, which is an added bonus in a small neighbourhood like ours that is struggling to address mounting traffic and speeding concerns.

While the neighbourhood does indeed possess many beautiful trees, on closer inspection we can see that there are sig-

nificant gaps in coverage. In some cases, the “treescape” is almost completely absent. For example, consider the entrance to the neighbourhood from the south, at the intersection of Beechwood and Crichton, and then along Crichton between Beechwood and Dufferin Road; both those areas are bereft



Tomorrow takes root today.  
Plant a tree.

of trees. Also, many of the existing trees in the community have reached an advanced age and are vulnerable, and in recent years, there has been considerable attrition among the mature trees on both City and private property.

### Where do we need more trees in New Edinburgh?

NECOE member Chris Straka volunteered to undertake a detailed street-by-street survey of New Edinburgh to identify locations where new trees could be planted. He has identified over 300 potential sites along the residential streets, plus several additional possibilities in the adjacent open spaces. Even where there are existing paved bricks or shrubs or other installations, if the space is feasible for a tree, it has been marked with a green dot on Chris' survey. (The survey did not attempt to assess potential planting opportunities in rear yards or on the lanes.)

The detailed maps of the “New Edinburgh Urban Forest” can be viewed at: [www.vert-design.ca/projects/forest.html](http://www.vert-design.ca/projects/forest.html).

This survey illustrates the scope for adding trees in New

Edinburgh. It is not intended as a rigid blueprint for compulsory plantings; nor does it exclude residents, whose properties have not been identified, from requesting a tree from the City. However, the survey does provide a valuable guide that residents might find useful, and which will guide NECOE

in its promotion of the tree planting campaign locally. If there is a green dot on your property or frontage, you can expect to receive a letter from NECA encouraging you to consider adding a tree.

### How can we add trees at no cost?

Currently, the City has two free programs available to individual residents:

- “TREE Program – Plant your own tree”, whereby residents can pick up a free tree for planting anywhere on their property. Trees are made available twice a year, for Spring or Fall planting; and,

- “Trees in Trust”, for free plantings by the City on City-owned space in front of homes.

The City of Ottawa has recognized the value of trees by launching the Trees, Reforestation and Environmental Enhancement (TREE) Program, a four-year initiative that aims to enhance the City of Ottawa's urban and rural forests through the planting of 100,000 trees between 2007 and 2010. Through TREE, the City is giving away trees twice annually, for spring and fall plantings on private property. Trees are delivered to your home, and are small, potted trees which you must plant

yourself. Detailed information on TREE can be viewed at: [www.ottawa.ca](http://www.ottawa.ca).

Trees in Trust might be more appealing for many home-owners because this program offers free planting of trees on City-owned space in front of our homes. Due to the road allowance in many older neighbourhoods like New Edinburgh, many homes' front yards are mostly or partly City property, not private property. If you phone the City at 311, you can request a site evaluation for adding a tree. Because the City decides on the tree and actually plants it, you would likely receive a larger tree than offered under the TREE program. You simply have to commit to maintain the tree for three years.

For tree planting on City-owned facilities and in public parks and other greenspaces, NECOE and the Friends of the Park are in preliminary discussions with the City's forestry staff. Please let us know your ideas for how to improve the treescape in those public places.

In addition to the aesthetic qualities of a bountifully treed neighbourhood, cities are recognizing increasingly the important environmental benefits of promoting and maintaining well-treed urban communities. Join in meeting the challenge for New Edinburgh and add trees to meet the City's goal over the next two years. It's simple, it's free and the potential benefits to the environment and the community are enormous. Start your plans for adding a tree this spring!

For more info, contact NECOE via email at [NECA.enviro@gmail.com](mailto:NECA.enviro@gmail.com).

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## The New Edinburgh Players

# An *Enchanted April* Comes to the Burgh

For their 30th anniversary season, the **New Edinburgh Players** are proud to present *Enchanted April*, a romantic comedy in two acts by Matthew Barber, from the novel by Elizabeth von Arnim.

April 23-25, and 30; May 1, 2, 2009, at the MacKay United Memorial Hall, 37 Dufferin Road, New Edinburgh, Ottawa. Curtain 7:30 pm. Admission: \$15.00.

Set in 1920, *Enchanted April* is a play about the power of nature and nurture. When two frustrated London housewives (played by **Sonja Lishchynski** and **Isobel Adams Kanellos**) decide to rent a villa in Italy from the artistic, young property owner (**Danniel Oickle**) for a holiday from their bleak marriages (husbands played by **Larry Swain** and **Michael Kelly**) and the incessant rain. They recruit two very different English women to share the cost and the experience: an elderly dowager (**Linda Barber**) and a young aristo-

cratic socialite (**Olexandra Pruchnicki**). Once in Italy, among the wisteria blossoms and Mediterranean sunshine, all four bloom again—rediscovering themselves in ways that they—and we—could never have expected. The role of the castle's housekeeper is played by **Loretta DiEugenio**.

*Enchanted April* is "as good as they come: a lush, thoroughly refreshing theatrical holiday. Escape has seldom seemed so sweet. A magical triumph." —*The Los Angeles Times*.

The hall will be set up cabaret style with tables for groups of four, six and eight. Refreshments will be served and a pianist will set the mood before the curtain rises.

The players' indefatigable costume mistress, **Jane Caskey** and her team, have been busy since last summer to design and create a wardrobe that will enchant, and the backstage team has welcomed the challenge of building a set that will transport the audience from the



Photo: Ryszard Mrugalski of Zoomexposure  
From left to right: Michael Kelly, Loretta Di Eugenio, Larry Swain, Danniel Oickle, Linda Barber, Sonja Lishchynski. Seated on the floor: Isobel Adams Kanellos. On the top: Olexandra Pruchnicki.

rain and thunder in London to sunny Italy.

Tickets may be purchased as of April 1 at **A Better Frame of Mind**, 417 MacKay Street

(613 746-5329); or by phoning 613 860-2371; or at the door. Tickets sell fast and it is highly recommended that tickets are purchased or reserved well in

advance.

Director **Ingrid McCarthy** and Assistant Director **Pamela Harrod** look forward to seeing you at the show!

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# IX Capitalism and Sustainability

By Hugh Robertson

*Editor's Note: Local environmentalist Hugh Robertson is the author of a series of articles on Climate Change which have appeared in past editions of the New Edinburgh News and are posted on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca). The follow-*

*ing article is the most recent in Mr. Robertson's second series entitled "Econoclastic Economics" which examines the intimate, and often perverse, connections between our economic system and the environment. This article explores the implications of the current global economic and financial collapse, and governments' response to this crisis, for the environment and for the capitalist system itself. It concludes by presenting a series of principles for creating a "sustainable capitalism" from the ruins of the existing system by replacing the imperative of continuous growth and consumption with the concept of a "steady state" economy based upon a clear recognition of the ecological limits of the planet. A final article in the series will appear in the June edition of the News.*

A major economic crisis, the Great Depression of the 1930s, ended the age of laissez-faire capitalism. The interventionist ideas of John Maynard Keynes, formulated in response to the crisis, ushered in a new economic age. As well, the Depression also saw the rebirth of a modified capitalist system. Now, both an economic as well as an ecological crisis confronts

contemporary capitalism.

The twin pillars of the capitalist system—private ownership and free markets—are undergoing a significant shift as a result of the financial meltdown. The days of companies "privatizing the profits" and governments "socializing the losses" are gone. It is no longer business as usual.

The US government has taken an ownership stake with massive investments in a number of failing banks and investment houses, all titans of American capitalism. Even the dreaded term "nationalization" is floating wraith-like through the corridors of power. The other icons of American capitalism, the automobile companies, are still on life support awaiting their bailouts.

The mantra of the market is also in freefall. The recently exposed abuses in the financial markets—and the ensuing public outrage—are forcing governments to regulate transactions. In a recent announcement, Alan Greenspan, the father of deregulation, admitted that stock markets can no longer police themselves. Other giants of US finance, such as Paul Krugman, Lawrence Summers and Paul Volcker, have called for decisive government action in the marketplace.

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Increased government intrusion in the form of equity ownership and market regulation are part of the compromise that capitalism will grudgingly tolerate to survive. Another important feature of government activism is the trillion dollar US stimulus package. It is primarily a short term economic fix to increase consumer spending, ramp up production and create jobs. Saving capitalism is secondary.

The economic rescue plan itself poses grave environmental risks. Keynesian deficit spending might kick start

environment is the bedrock of a healthy economy? Are we not aware that an ecosystem properly managed is inexhaustible?

### The Principles of Ecologically Sustainable Capitalism

Modern capitalism is on a collision course with nature and it can only save itself by respecting nature's limits. The fundamental question facing capitalism is how it can reform itself in a world experiencing both ecological and economic stress.

•Accept that markets will be regulated and that some limits

•Review the practice of free trade and its global environmental effects.

•Modify the terminology of economic theory and business practice. Future generations will view terms like "maximizing profits," "toxic assets" and "consumer confidence" with incredulity.

•Recognize the importance of a progressive taxation system and abandon pleas for tax cuts.

•Control excessive profit and compensation levels in all enterprises. The earnings of the top executives in North America are 350 times the average worker's wage.

•Encourage an equitable distribution of wealth in society. In the US the top 5 percent of the population controls 70 percent of the assets.

•Do not promote the privatization of basic human rights, such as water.

•Encourage governments to eliminate subsidies and introduce true-cost pricing for resources.

•Refocus the stock market on its traditional role of raising investment capital for development projects. Discourage the increasingly prevalent "casino mentality."

Will these changes gut capitalism? Not likely because capitalism is a flexible ideology and it will adapt to changing conditions shaped by environmental exigencies or government policies. A transformed and revitalized capitalism can retain its dynamism.

The real challenge in reforming capitalism lies in first acknowledging our denial. It is too easy for us to blame some abstract ideology for crimes against nature or accuse the advertising industry of manipulating our tastes. We are capitalism; we are both the foot-soldiers and the custodians of our capitalist economy.

As consumers and participants in a capitalist economy, many of us have shared in the spoils of the system. We stoke the fires of cut-throat competition in our pursuit of ever lower prices. We cheered the "irrational exuberance" of the stock markets because our investments escalated in value

... until recently. We proudly boasted that the market price of our house had doubled. If capitalism is unsustainable, then we are complicit.

Capitalism cannot be reformed until we reform our own consumption behaviour: until we learn to live with less, until we reduce our bloated ecological footprints and until we lower our material expectations. We, as individuals, have to take responsibility and live

within nature's biocapacity before the "system" can adjust and adapt.

Can we, the stakeholders, demonstrate the ethical imperatives that will shape a gentler, more ecological capitalism or will capitalism, driven by greed, simply self-destruct as the Marxists predict? How tragic it would be if "sustainable capitalism" was dismissed in the history books as merely an oxymoron.

*The New Edinburgh News published an initial series of articles on Climate Change by Hugh Robertson from June 2007 to April 2008. They can be downloaded from the New Edinburgh community website at [www.newedinburgh.ca/media/Climate\\_Change\\_Series\\_V2.pdf](http://www.newedinburgh.ca/media/Climate_Change_Series_V2.pdf).*

*Hugh Robertson is a highly regarded local environmental activist and one of the founding members of Cercle Glenviro Circle, a grassroots environmental group based in nearby Cardinal Glen community.*

*"Do we want to be remembered as the generation that saved the banks and let the biosphere collapse?"*

*- George Monbiot*

depressed economies in the short run but it is ruinous for our natural ecosystems because boosting consumption will only expedite environmental degradation. We will get short term jobs and long term landfills and ballooning levels of carbon dioxide.

Furthermore, nature cannot be taxed in prosperous times to recover earlier deficit expenditures. Once nature goes into overdraft, the debts keep accumulating. There is no collateral for environmental deficit borrowing and no Keynesian strategies have yet been devised to rescue the planet from bankruptcy. We conflate business cycles with climate cycles at our peril.

Capitalism's demise will not be because of the financial crisis, the deepening recession or government constraints. Capitalism is dooming itself because it is polluting and depleting its resource base—natural capital—in its frenetic pursuit of profits and economic growth. The tragedy of modern capitalism lies in its denial that there is a biophysical limit to exponential consumption and growth.

Will we not learn until we have passed a tipping point of no return that plundering the environment to sustain the economy is utter folly? Do we view nature simply in terms of investment opportunities? Do we not realize that a healthy

may be imposed on private property and patent protection.

•Adopt a long term sustainable vision rather than short term exploitation for quick profits.

•Renounce the notion of constant expansion and growth. Encourage the concept of a "steady state economy" which emphasizes qualitative economic development not quantitative economic growth.

•Restrain consumption rates that simply fuel growth. Discourage marketing media attempts to persuade us to borrow and spend recklessly.

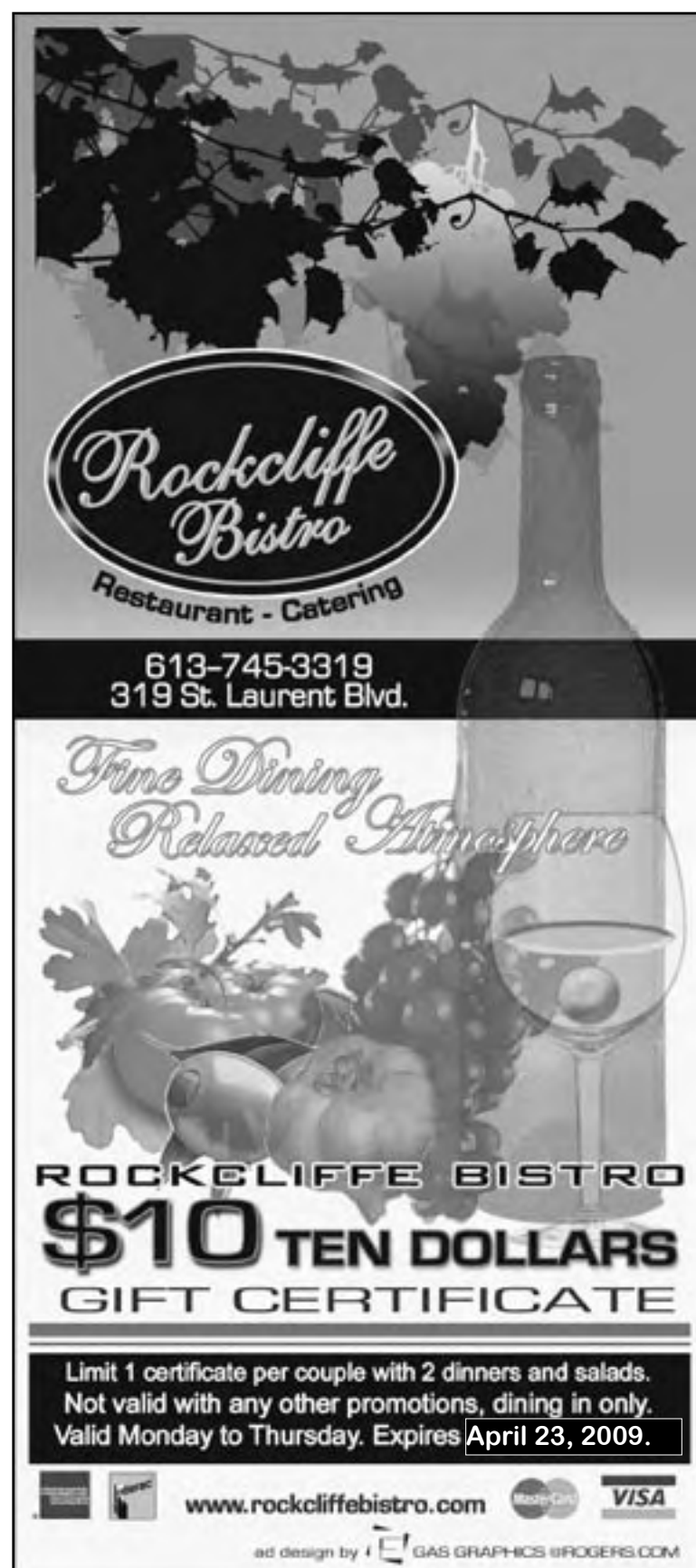
•Reduce unnecessary production and eliminate "planned obsolescence." Produce durable products for human needs and not for corporate profits.

•Curb resource depletion and focus on conservation, recycling and renewable technologies.

•Revise statistical accounting systems, such as Gross Domestic Product, so that they reflect externalities like pollution and public health.

•Ensure that the marketplace fairly allocates resources and products. There is enough land, water, air, minerals, food and money for all to share equitably.

•Preserve the notion of creative entrepreneurship and innovation but restrain self-interest and control income disparities. Environmental waste is a function of wealth.



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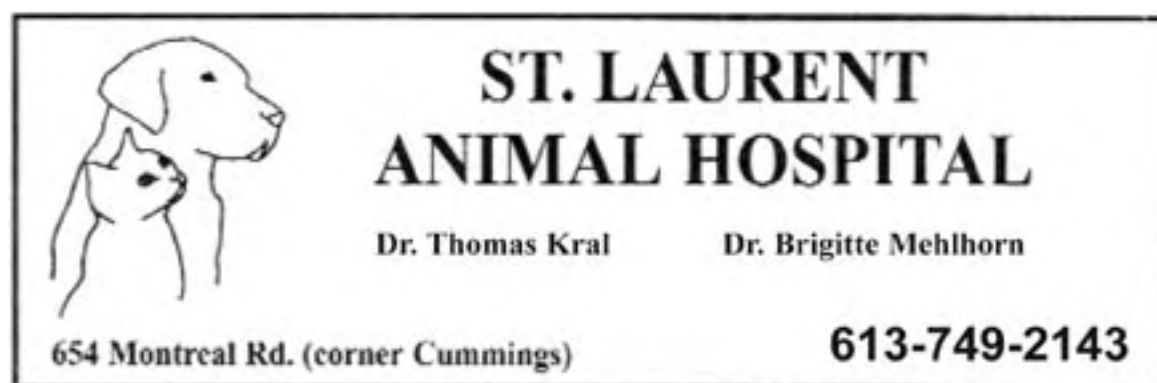
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# The Coffee Teen



*Will Brereton*

## Pushing for Equity

The segregation and discrimination of people have always been detrimental to the stability of our society. In Buffalo, New York, there have been new steps made to make area schools friendlier towards the diversity of students and to promote the equity of all students and faculty.

There is a woman who I have had the pleasure to work with in efforts to achieve equity and social justice for people in Western New York. Her name is Gretchen Cercone and she is the Diversity and Community Engagement Coordinator with BISSNET (a private organization with active participation from all the private and catholic schools in Western New York). She works tirelessly to make classrooms more accepting of students with differences.

I had the honour of meeting Gretchen at a coffee shop (called Spot Coffee) in the heart of Elmwood Village in Buffalo.



**Gretchen Cercone discussed issues relating to discrimination and equity with the Coffee Teen in**

Originally a high school teacher in Tonawanda, New York, Gretchen was exposed to discrimination that was directed toward students who are African-American or are GLBT (gay, lesbian, bisexual or transgender). At this "stereotypically homogeneous" school in suburban America she managed to create a group against violence, formed after

the Columbine shooting incident in Colorado in 1999. The principles of Mahatma Gandhi became the sole inspiration for the methodology adopted and also inspired Gretchen to become an advocate for social equity.

After working as a teacher for many years, she left to work as a community activist in her participation with BISSNET. "As a teacher, I was only impacting a small faction of people... with BISSNET, the impact is much broader" Gretchen stated when describing why she decided to work for the organization.

As an active member of BISSNET, Gretchen has been successful at instituting the SEED project for faculty and students of the schools under the auspices of the organization. The national SEED project (Seeking Educational Equity & Diversity) was created to help faculty members to become effective facilitators in promoting diversity in

American schools.

It is through the SEED project that I met Gretchen. I am fortunate in being a part of the only student SEED program in the country. Gretchen is the organizer and leader of both the faculty and student SEED groups in the Western New York area. Her goal with SEED is for both students and faculty to connect to the general concept of life in order to produce a viable understanding of self and one's context in the world.

The biggest challenge with her job is working with particular schools in regards to GLBT issues. Many schools have tremendous difficulty talking about homosexuality. Gretchen feels that many teachers are least prepared in handling students who are gay. Despite her religious upbringing, she has a tremendous ease with GLBT people and tries to work effectively with schools in order to better understand people from the perspective of all of us having our own identity in this world.

Gretchen's methodology can be simply stated as: find common ground with each school in particular, look at the mission statement (to align with

their beliefs and goals), and most importantly, to try to understand their issues from a human level.

Having experienced some challenges in my own life, I have enjoyed talking to other students in the SEED program about the issues that affect all of us as human beings. I am also fortunate in that my school, The Park School of Buffalo, hosts the monthly meetings.

Gretchen, in her work with these issues, really wants to convey how all of us, despite our differences, can make a difference in our world.

The election of Barack Obama as President of the United States has demonstrated that an African American can overcome racial prejudices and barriers to become the leader of one of the most powerful countries in the world.

My coffee date with Gretchen was spectacular and I admire her for her work in the community. Gretchen is a woman who stands for the rights of all people. This makes her a truly remarkable human being to get to know and most importantly, to follow in the fight for achieving equity for all people.

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# Dealing with the Flood Season in New Edinburgh

By Jane Heintzman

Few would dispute the fact that the Rideau River is the finest natural asset in our community, and a source of endless delight and interest for those of us who watch its changing faces as the seasons unfold. At this time of year, however, the majestic Rideau can have its perils, particularly for those of us who live within the Flood Plain Zone and keep a close eye on its rising levels as the spring thaw takes hold.

While at the time of writing, this year's comparatively modest snow pack gives promise of an uneventful flood season (famous last words!), those of us directly opposite the river at the Sussex Drive end of Stanley Avenue will not soon forget last year's harrowing melt, when water levels came within inches of the river bank and our area was placed under an official Flood Watch by the Rideau Valley Conservation Authority (RVCA). Fortunately, in the end, an almost total absence of rainfall combined with the elegantly gradual melt of the mountainous snow pack saved the day.

But it could well have been otherwise, and the consequences for the homes affected and the community as whole would not have been pretty. Had flooding occurred, the results might well have gone far beyond a few flooded basements to compromise the entire sewer system of the Dufferin-to-Sussex sector of New Edinburgh, leaving a costly remediation exercise for both the City and the residents affected in its wake. Nor does it appear that either the City or the RVCA has a system in place to mitigate the

consequences of flooding for the surrounding area. My anxious enquiries last year yielded only the recommendation that I equip myself with sandbags and head for a City depot to fill them up (bring your own shovel), lug them back home, and artfully arrange them to save my basement and the founda-

zone on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca).

As the owner of a sizeable number of properties in the Flood Plain zone, including his own home on Thomas Street, Burgh resident **John Doran** has been actively exploring potential measures to reduce the flood risk in this area, and

shell, Mr. Erion's plan involves a slight elevation of two sections of the bicycle path in the park between Charles and Queen Victoria Streets. The two sections would total about 360 metres in length, and at no point on the stretches in question would the elevation exceed 380 mm (or about 15").

Following an initial discussion with Councillor Jacques Legendre, who was receptive to the simplicity of the engineering solution, Messrs. Doran and Erion presented the proposal to NECA at its February Meeting, setting out the risks to the flood plain zone and the wider community in the event of a flood if no preventive steps are taken, and the potential benefits of Mr. Erion's plan in mitigating these risks without incurring excessive costs or causing undue disruption in New Edinburgh Park. Mr. Erion also pointed out that given the comparatively short stretch of pathway involved, combined with the fact the area is so close to Rideau Falls, the potential upstream impact of the proposed changes should be negligible.

Following an extended discussion, NECA ultimately approved the following Resolution:

*"Whereas the risk of spring flooding of the Rideau River poses a serious threat to the New Edinburgh houses in the flood plain zone, in particular to those closest to the river on the streets Stanley (Thomas to Queen Victoria), Thomas, Charles, Union, and Queen Victoria;*

*and whereas this flood risk did in fact result in an official Flood Warning to houses in*

*this sector in April 2008;*

*and whereas there are currently no provisions in place in the City of Ottawa or in the Rideau Valley Conservation Authority to effectively protect these houses in the event of a flood;*

*and whereas the Rideau River flood risk poses a threat to the entire sewer system of a large portion of the community of New Edinburgh between Keefer and Sussex;*

*NECA supports further exploration of a proposal submitted by engineer Lawrence Erion to Thomas Street resident John Doran to mitigate the flood risk by means of a slight elevation of two segments of the bicycle path in New Edinburgh Park, totalling approximately 360 metres in length between Charles and Queen Victoria, on the understanding that:*

*-the proposed elevation will not exceed 380 mm (approx 15 inches) at any point in the designated section of the pathway; and*

*-the work can be carried out at a reasonable cost, and with minimal disruption to the surrounding area in the park while construction is underway."*

As things now stand, Messrs. Doran and Erion plan to pursue discussions with the City, the National Capital Commission and the Rideau Valley Conservation Authority to explain the proposal and if possible, enlist the approval of these authorities for flood prevention measures along the lines described above. Readers are welcome to drop me a line at [janeheintzman@hotmail.com](mailto:janeheintzman@hotmail.com) if they have questions, or would like further information about the plan.



Photo: City of Ottawa Archives  
Spring flood on Crichton Street, ca. 1900.

tion of my house. Not quite the reassurance, less still the assistance, I had hoped for.

## Flood Plain Zone

The extent of the flood plain zone in New Edinburgh goes well beyond the houses nearest the river along Stanley Avenue. The zone lies within the sector bounded by **Sussex, Stanley, Mackay and Queen Victoria**, encompassing the majority of the houses in the slice between Stanley, Charles, Alexander and Thomas Streets, and a sizeable swath of the area bounded by Charles, River Lane and Stanley, almost to Union. Interested readers can find a detailed map of the flood plain

ward off the kind of near calamity that threatened this corner of the Burgh last spring.

In 2008, John retained the professional services of an experienced local consulting engineer, **Lawrence Erion**, who undertook a detailed survey of the area in question along the river. Mr. Erion ultimately came up with what he believes to be a comparatively simple and cost-effective means of protecting the flood plain zone in New Edinburgh from a rise in water levels up to the 100-year flood line, leaving about 150 mm (6") of "freeboard" above that line as additional insurance. In a nut-

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# For the Birds



For a birding enthusiast, the winter months recall the old chestnut from cowboy movies of days gone by: "It's quiet: too quiet." While there were of course a few notable exceptions to this subdued winter landscape, (flocks of raucous **American crows** and chirpy **black-capped chickadees** come to mind), the general absence of bird song was a striking feature of these long, cold months, and a serious impediment to the identification of those species which do stay around.

## Spring Migration

As I write in mid-March, however, relief is just around the corner when the spring migration will be well underway in preparation for the mating/nesting season. One hopeful sign of the latter is that our resident **Northern cardinals** have begun their early morning serenading ritual at the back of our garden, so I can switch off my alarm clock for another melodious spring, and look forward to some active nests in our cedars.

A recent study on **Songbird Migration** carried out by Professor **Bridget Stutchbury** at York University and published in *Science* magazine (Vol.323, No.5916), revealed yet more fascinating facts about the migration process. Stutchbury's team placed geolocator "back-packs" on 20 purple martins and 14 wood thrushes breeding in the Pennsylvania area, retrieving the packs when the birds returned from their winter migration to South America.

The results indicated that these little critters can fly **more than 500 kilometres per day**, about three times faster than earlier estimates of flying speeds. More interesting still is the fact that flying speeds during the *spring* migration are between 2 and 6 times faster than those recorded on the route south in the fall—a true testament to the power of the mating imperative!

## Finches at the Feeder

The cast of characters at our feeders in recent months has included the usual suspects: **black-capped chickadees**,



Photo: Francine Streeting  
Pine siskin.

**American goldfinches**, **house finches**, the occasional **common redpoll**, **Northern cardinals** (when the safflower seed feeder was full), **white-breasted nuthatches**, scores of **European house sparrows** (also from the finch family, incidentally) and an unusually large contingent of **pine siskins**.

The **pine siskin**, whose curious name derives from its characteristic chirp (its common name is the *pine chirper*), is a heavily streaked little finch with two buff-coloured wing bars and a touch of yellow on its wings at the base of the flight feathers. It is the most common of the irruptive winter finches, and often stays around to breed in its southern wintering area in the

*irruptive* seasons. As was evident in its activity at our feeders, the pine siskin is a gregarious little creature, often feeding in mixed flocks with **American goldfinches** and **common redpolls**.

Even its nesting activities take place in loose colonies, and pine siskin pairs are often known to pay social calls on the nests of others. It lives on a diet of tree buds, insects, spiders and seeds, with a particular partiality for the nyjer seeds on offer in many backyard feeders. Though I have never observed these gymnastics at first hand, pine siskins reportedly forage in flocks in the highest tree branches, where they hang upside down on the tips of conifers.

## Raptor Reports: Owls and Hawks Abound in 2009

What we lacked in the song bird department this winter was more than compensated for by the robust population of owls and hawks. Talented naturalists/photographers **Francine Ouellette-Streeting** and **Wade Clare**, who have generously shared their photographs of these wintering visitors, have encountered a number of species from these families, including **great gray owls**, **snowy owls**, **Northern saw whet owls**, **Northern hawk owls**, and in Francine's case, rough-legged and red-tailed hawks.

The **Great Gray Owl**, which has been much in evidence in our area this year, is a large owl of the Boreal forest and Western mountain chains. Despite its impressive 54"-60" wingspan and 24"-33" height, however, the Great Gray has been described as "just a ball of feathers", weighing only about half as much as Great Horned or Snowy owls, with comparatively diminutive feet and talons in relation to the size of its frame.

The Great Gray has a characteristic "owlish" look with a smooth, round head (no "ear



Photo: Francine Streeting

## Two Great Gray Owls in combat.

tufts" which incidentally have nothing to do with ears or hearing); a white "moustache" strip under its facial disc, accented by a black "bow tie"; bright yellow eyes; and dense, fluffy plumage. The latter comes in particularly handy when the owl is flying low in the forest to locate and snag its prey, as the soft, flexible flight feathers protect its wings from injury if they strike a branch during flight.

Like many other owl species, the Great Gray lives on a diet consisting predominantly of small mammals such as moles, voles and mice, but may also expand its repertoire to include hares, weasels, thrushes, grouse, gray jays, small hawks and even the occasional duck. It hunts primarily at dawn and dusk, and can often be spotted perched on poles or fence posts along the side of rural roads. Great Grays are not industrious nest-builders, preferring to appropriate the old nests of hawks, ravens or crows that are high off the ground. It will aggressively defend its territory in the vicinity of its nest site, as may be the case in Francine Ouellette-Streeting's striking photo of two Great Grays in combat, (shown with this column), although late winter owl-to-owl confrontations can also occur when prey is particularly scarce.

## Do Birds Have Ears?

Like its owl cousins, the Great Gray locates its prey largely through its extraordinarily acute hearing. Owls not only have much more sensitive hearing than our own, but also have asymmetrically positioned ears, with one ear set lower on the skull than the other so the sound from a single source reaches

the ears at different times. This "binocular hearing" allows the owl to pinpoint the source of the sound with tremendous accuracy, and hence its ability to nose dive through a thick snow cover to claim its hapless prey.

And where exactly are these "ears," you ask, since they aren't a visible feature of owls, or for that matter, any bird. While birds lack the visible external ear or "*pinna*" characteristic of humans and other animals, they do have ears in the form of small openings on the side of their heads, where specialized "auricular" feathers direct the sound to a three-chambered internal ear with a structure not unlike our own, consisting of an outer, middle and inner ear which collectively control both balance and sound detection.

## ABC's of Accipiters

The "sharpie" is a small hawk (9-13") and a regular at bird feeders where they consume the feasting birds as opposed to the seed. Their numbers have rebounded significantly since the banning of the pesticide DDT, and fewer of them migrate south in the winter because of the reliable food source afforded by backyard bird feeders. Sharpies are one of the three species of the raptor genus *Accipiter* found in Canada, the other two being the **Cooper's Hawk** and the **Northern Goshawk**, both of which are prevalent in the Ottawa area.

Accipiters are distinguished from other raptors by a number of characteristics:

- The predominant features of their **flight silhouette**, including short, rounded wings (much shorter than the other two groups, *buteos* and *harriers*);

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small heads and long tails;

- Their **similar colouring**, and in particular, the striking difference between the colouring of immature hawks up to 2 years of age, which are chocolate brown above and tawny to yellowish white below, and adults which are characteristically a pale slate to bluish gray above, with tawny/reddish brown under parts, and broad, even cross-barring;

- Their very **similar "voices"**, ranging from the raspy "kak, kak, kak" of the Northern Goshawk to the staccato "kek, kek, kek" of the Cooper's hawk and squeaky treble "kik, kik, kik" of the sharpie;

- Their **distinctive flight pattern**, marked by 4 or 5 rapid wing beats, followed by a short glide as they fly in a direct and purposeful fashion just at or slightly below tree level; and

- Their especially **secretive nesting habits**, which seem to have bamboozled those ornithological researchers who have tried to get a better handle on this aspect of Accipiter behaviour.

Among my most intriguing sightings of the past few months was a **male sharp-shinned hawk** which I found perched in the snow on the ground beneath a **chickadee** and **white-breasted nuthatch** infested tree in Rockcliffe Park by the rear entrance to Rideau Hall. This character seemed to be com-

pletely unfazed by my presence, in the company of my two energetic young dogs, and in the course of our walk, we passed by within two feet of him both entering the park, and leaving it a half hour later. My research indicates that while the sharpie rarely walks on the ground, it will pursue its prey on the ground, taking long jumps with its wings flapping for extra propulsion. Possibly this fellow was in a mellow state after consuming a well-padded chickadee or two?

My only other sightings of note this winter have been innumerable **downy, hairy** and **pileated woodpeckers** beaver away on the bark of decaying trees. The drilling sound of the large pileated woodpecker echoes for miles through the winter landscape, leaving no possible doubt about its presence or identity. **Common redpolls** have also been around in the Rockcliffe woods in abundance, creating a racket quite out of proportion to their diminutive size with their distinctive high-pitched 'sweeeyeeet' calls.

In early March, I also encountered a flock of about a dozen plump **American robins** foraging on the snow beneath a stand of poplars off Princess Road. While I would like to have interpreted their presence as a sure sign of spring, I suspect this gang had over-wintered in our area and had recently emerged

from their roost in search of sustenance. This group of robins was joined on another occasion by a much larger mixed flock of **30-40 Bohemian** and **cedar waxwings** which appeared to be hovering in the tree tops while the robins foraged busily on the ground below. Ornithological research suggests that American robins quite frequently flock with Bohemian waxwings, and can be aggressive towards the latter in the competition for limited berry supplies.

#### Reports from Our Readers

My neighbour **Philip MacAdam** has had many of the same visitors to his feeders as we have, and notes in particular the multitude of **pine siskins** which have been feasting at his nyjer feeders in groups of up to 20 at a time. Those who don't muscle their way on to the feeder perches apparently content themselves with snacking on the overflow on the ground. Philip's other visitors have included **American goldfinches, house finches, black-capped chickadees** and at least two pairs of **Northern cardinals** who, like ours, have begun to sing again each morning.

Birder **Edwin Daudrich** was lucky enough to catch sight of the much photographed **Northern Hawk Owl** near Shirley's Bay this winter. He reports that birding enthusiasts and photographers have converged on the prime "owling" locations in such large numbers that there is now some concern about a potential harassment factor in relation to these quite secretive creatures.

Among the highlights of his birding expedition in mid-February to Mud Lake in the Britannia conservation area were sightings of a **Northern shrike**, a **downy woodpecker**, a pair of over-wintering **common goldeneyes**, a pair of **black ducks** and 2 pairs of **mallards** in breeding plumage. At about the same time, he spotted **hairy woodpeckers, blue jays**, several **common redpolls**, a number of **American tree sparrows** and a flock of a dozen **pine siskins** at the Hilda Road feeders.

**Mike Leveillé** reports that the **Macoun Marsh** was recently beset by a massive onslaught of close to **70 common redpolls**, which descended on the feeding stations in true Alfred Hitchcock style. (Fortunately Mike's students are far too young to recall



Photo: Mike Leveillé

#### Common redpolls flock to the Macoun Marsh.

the Hitchcock epic *The Birds* so trauma was averted!) Common redpolls are close cousins of the **American goldfinches** and **pine siskins**. In spring, they are known to congregate in large flocks (sometimes enormous groups of 1000 birds) in preparation for migration to their northern breeding grounds in Alaska, the Canadian North, Scandinavia, Russia and Siberia. A Nova Scotian birder reported that one such flock which he came across one spring "looked like an immense swarm of giant bees"!

#### OBBC Bird Song Identification Course

Once again this spring, the Ontario Breeding Bird Count (OBBC) will offer a 6-week course in Bird Song Identification. The course will run on **Saturday mornings, 8:00-10:00 am from April 4 through May 9**, and will take place on the Carleton Campus at a location as yet to be determined, depending on the number of subscribers. For details, check out the website at [www.ottawabirds.ca](http://www.ottawabirds.ca).



Photo: Vicki Metcalf

**Skimmers and avocets hit the beach.** Regular birding reporter Vicki Metcalfe has once again spent the winter months in a glorious bird haven on Jekyll Island, Georgia, and has filed a separate report on her remarkably long and varied list of sightings, totaling an amazing 92 different species! Vicki's report from Jekyll Island, Georgia can be found on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca).



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## A Fresh Look at the French Embassy

By Jane Heintzman

Passers by may recently have noticed a decided change in the landscape along Sussex Drive between John Street and Stanley Avenue. In case you are among them, but haven't been able to linger long enough to pinpoint the exact source of the "new look" at this spot on Sussex, you may be interested to learn that last Fall, the Embassy of France removed the dense cedar hedge which for many years had bordered the property and partially (in fact almost wholly) obscured the view of the garden and the handsome embassy building. The embassy has replaced the hedge with a wrought iron fence in keeping with the style of its neighbours at 24 Sussex Drive, and for the first time in many years, the property with its elegant stand of tall trees, and the splendid art deco embassy building are clearly visible to passers by on Sussex.

According to embassy staff, the change was made in response to the recommendations of a security team brought in from Paris last year. Not surprisingly in a world of increasingly widespread and sophis-

ticated terrorist activity, the French have introduced stricter security measures to protect their embassies and consulates throughout the world, and while Canada is by no means at the top of the heap in the risk department, the embassy

will miss the hive of bird activity with which I was greeted in my walks along Sussex. On the positive side, however, it is a delight to have a clear view of the striking embassy building, and we can look forward to the arrival of spring when



Photo: Peter Glasgow

**Officially opened in January 1939, the Embassy of France in Canada is a rare example of residential Art Deco architecture. The building is one of the most popular attractions of Ottawa's annual Doors Open Weekend (to be held June 6-7 this year).**

in Ottawa is obliged to conform to these new protocols.

The bad news is that the former hedge of healthy cedars was a haven for song birds, and from a selfish perspective, I

the beautiful garden will be in full flower.

The property on which the French Embassy is located was purchased in 1931 from **Arthur Blackburn**, one of the

City's wealthiest residents in that era, who had lived on the site for 60 years. The sale price was \$80,000 (Canadian) which was apparently in the high range by the standards of the day, but no doubt a reflection of the property's magnificent site overlooking the Ottawa River and its proximity to the Governor General and the Houses of Parliament. In January 1938, while construction of the embassy was still in progress, France purchased the adjoining Lemay property between the embassy and the cliff over the Ottawa River for \$25,000, and to complete the package, for a \$1 fee, the Ontario Government transferred an alluvium strip of land at the bottom of the hill to France, marking off the property line at the shoreline of the Ottawa River.

The cornerstone for the embassy building was laid by then Prime Minister Mackenzie King on July 14, 1936, but it was not until two and half years later that the official opening took place on January 4, 1939. The building was the work of French architect **Eugène Beaudoin**, who designed and supervised construction of the embassy with the assistance of Montreal architects **Antoine Monette** and **Marcel**

**Parizeau**. The granite on the exterior walls was quarried in Quebec, and the copper sheathed roof reflects the motif of the principal federal buildings downtown, notably the Parliament Buildings and the Supreme Court. Those who have had the good fortune to visit the embassy, whether on official business, for a social occasion or in the context of *Doors Open Ottawa*, will have admired the richly decorated interior, replete with marble, bronze, tapestries and frescoes depicting scenes from the history of both France and Canada. Interested readers can check out Peter Glasgow's interior shots of the Embassy which are posted on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca).

In stark contrast to the industrial landscape which was the face of this corner of New Edinburgh in the early part of the last century—when a cluster of industries including flour mills, saw mills and clothing factories had grown up around the Rideau Falls—the Embassy of France now finds itself surrounded by a glorious "green precinct" which is among the special treasures of our community, and which we hope will remain unspoiled and unscathed for many generations to come.

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# An Easter Dish with French Canadian Flair

By **André Sanche**  
Brand Manager  
Mackay Street Epicuria

Having a strong French Canadian background, I know all too well about large family gatherings around Easter time. Every aunt and uncle you weren't able to see at Christmas seems to come out of the wood work and show up on your doorstep. With big families come big appetites, which in turn, require big meals demanding cost effective solutions.

Since pork was among the less expensive proteins, it was more often than not the go-to option for our family. Besides being inexpensive, it is also very versatile.



**You can find good quality orecchiette at any quality Italian food shop.**

One of my favourite cuts to use, besides the ever popular belly, is the hock. A classic French Canadian ingredient! Now don't get me wrong; I am not, in any way, claiming hocks to be a purely French Canadian dish. On the contrary, hocks are a regular staple in many

cuisines. Two great examples are the Filipinos who favour Pork Hocks with Chestnuts, and the Chinese whose specialty is the Crispy Fried Pork Hock.

A favourite in our home was my Aunt's "Ragoût aux Pattes de Cochons", which translates to "Pigs' Feet Stew". Whole hocks are braised in a rich sauce, with onions and garlic, and added to flavourful hand-made pork meatballs. Served with smashed potatoes, it never lasted long.

This month, I've taken part of that recipe, the hocks, and turned the dish into a lighter spring-like fare, just in time for Easter. Try replacing your regular smoked ham with something similar to this, or better yet, add this to your menu all together.

This is an easy dish to prepare: just take an extremely flavourful cut of meat, throw in some fresh handmade pasta, add a touch of green, and you've made a simple Easter dinner into a sumptuous feast!

## Thyme Braised Pork Hocks with Orecchiette and Snow Peas

Ingredients (Serves 4):

- 2 pork hocks
- 1 large onion, 1" dice
- 2 cloves garlic, crushed
- 3-4 whole sprigs of thyme
- 2 tbs canola oil
- ¼ cup white wine
- ½ cup apple juice
- enough water to cover hocks
- orecchiette, for 4 adults\*
- Extra Virgin Olive Oil
- 1 to 1 ½ cups shucked peas or broad beans

Set a heavy bottomed pot, big enough for both hocks, over medium heat. Add oil, onion, thyme sprigs and garlic and

let sweat until translucent. Add wine, apple juice and just enough water to cover the hocks. Bring liquid to a boil and simmer at least 2 hours, or

until tender.

Once meat is tender, remove from liquid and let cool. Separate meat and set aside, discarding any fat or bone.

While meat is simmering, quickly blanch shucked peas or broad beans in hot water, cool

in ice water and set aside.

Fill a heavy bottomed pot with salted water and bring to a boil. Add pasta and cook until al dente, 2-3 minutes if fresh, 8-11 if dry. Strain pasta and toss immediately with meat, peas and peppery olive oil.

## Healthy Living

# Fabulous Figs and Breathing Tip to Unwind

By **Christine Garand**

Maintaining a strong immune system is a basic requirement for staying healthy. Here is a simple recipe for an Ayurvedic tonic to nourish the body and the mind. This immune-boosting drink is loaded with calcium and omega-3 essential fatty acids (aka brain food), helps with elimination, and tastes surprisingly good. Try it as a morning shake or anytime for an energy boost.

## Fabulous Figs Morning Shake

Soak overnight in about 1.5 cup water:

- 3 organic dried figs
- 6-7 organic walnuts
- 1 tsp organic raisins

In the morning, combine all ingredients, including the soaking water (this is why organic is a must) in the blender until smooth. Adjust the water quantity to desired consistency.

## Fabulous Fig Facts

Figs are a good source of potassium, a mineral that helps control blood pressure. They contain an impressive 250mg of calcium per 100g, compared to whole milk at 118mg. Other health benefits of figs include promoting healthy bowel function due to their high levels of fibre. Figs are also amongst the most highly alkaline foods, making them useful in balancing the pH of the body. Enjoy!

## TOO WIRED TO SLEEP?

Left nostril breathing is a very

quick and effective way to wind down and get into sleep mode. This is because the left nostril is connected to the right hemisphere of the brain, which can activate the parasympathetic nervous system.

Use the thumb or index finger of the right hand to close the right nostril. Breathe long and deep for three minutes or until you fall asleep. You can do this sitting or lying down on your right side, which will help open the left nostril. Sweet dreams!

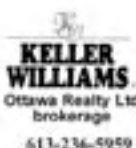
Left nostril breathing can also help to calm an overactive mind, and taps into our creative nature.

*Christine Garand is an Ayurvedic Nutritionist, Yoga Teacher and owner of Shunnya Centre, 63 Beechwood Ave. [www.shunnyacentre.com](http://www.shunnyacentre.com) (613) 656-5644.*



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# Buy Local, Buy Often!

Over the years, Burgh residents have regularly seen and heard the message “**Buy Local**”, not only on the pages of the *New Edinburgh News*, but from all of our community organizations, NECA, the CCC and the CCCC, who have benefited so greatly from the support and engagement of our local Beechwood business community. As the effects of the current global recession ripple through all aspects of our economy and our lives, that message is now more important than ever.

Businesses everywhere are suffering from a dramatic decline in consumer confidence brought about the financial and economic turmoil in world markets, and for smaller operators surviving on slim margins, times may be especially tough. The health of the Beechwood business sector is vital to New

Edinburgh and the surrounding communities. Now more than ever we need to support these businesses by turning to them to supply our daily needs.

And this is no hardship! We are blessed to have Beechwood area suppliers of almost all the necessities of life from daily groceries to organic foods and other products; world class baking for all tastes and occasions; fine dining, pub fare, coffee shops and family dining; exceptional catering and prepared gourmet meals; books and reading material of all kinds; household supplies and hardware; all imaginable pharmacy-related products; natural health products; office supplies and services; consignment clothing for both adults and kids; photographic equipment and services; picture frames and our own expert framer; pet

supplies and services; appealing and unusual gifts in both an antique and distinctly modern vein; and flowers for all occasions, to mention only a few!

And services—have we got services, running the gamut from dentistry to fine tailoring, hairstyling, esthetics, hair cutting, cosmetic surgery, optometry, dry cleaning, insurance sales, real estate sales, clock and watch repair, interior decoration, automobile servicing and repair—the list goes on.

In a nutshell, with the exception of such items as major appliances, furniture and exotic fish for your aquarium, Beechwood has it all. In the recessionary days ahead, let's all do what we can to support our business community by *Buying Local* whenever we possibly can.



## ROCKCLIFFE PARK/ LINDENLEA HOUSE LEAGUE SOCCER 2009

Winter has flown by, and with the ice and snow beginning to melt, we are getting ready to launch into spring; which of course means that sign up for soccer is only days away. Again this year there will be four divisions in the Rockcliffe Park Lindenlea House League Soccer Program: **PeeWee** (ages 4-5 and 6-7), **Junior** (ages 7-9), **Intermediate** (ages 9-11) and **Senior** (ages 11-14). Registration forms will be available to download online (check under RPL Soccer at [www.rockcliffepark.ca](http://www.rockcliffepark.ca) or [www.lindenlea.ca](http://www.lindenlea.ca)) and will also be mailed to last year's participants. Completed 2009 forms can be mailed or delivered in person to the Lindenlea Community Centre (15 Rockcliffe Way, K1M 1A4) or come to the open registration night on Tuesday, March 31 from 6 - 9 pm. **The deadline for registration is April 7.** There will be a limit on team sizes so sign up early to avoid disappointment. The season kicks off on April 25. For more information, or if you would like to volunteer to coach, referee, or manage a team please call **613-742-5011**. See you at the pitch!



## Quartier Vanier Business Gala Celebrates the *Crème de la Crème*

On April 23, the **Quartier Vanier Merchants Association (BIA)** will be recognizing both business and community leaders, at its annual gala from 5 pm to 9 pm at the **Ottawa Little Theatre**. “We are very excited about this year's event,” says Suzanne Valiquet, Executive Director of the association, “some very positive changes have occurred over the last year making our community a better place to live and work”.

The award categories are varied and recognize organizations and individuals who have contributed and invested in the improvement and well-being of our Community. For example, the **Cummings Longevity Award** is given to a long standing business that

has been in our midst for 25 years or more. It was named after Charles Cummings, the area's pioneer entrepreneur who opened the first general store east of the downtown core. The **Great Place to Live Award** is given to developers who are investing millions of dollars in our area building or redeveloping new homes. The **Community Spirit Award** is presented to an organization who goes beyond the call of duty in helping those in need. The **Talk of the Town Award** will go to a business that has become the most popular in a short time period and is attracting visitors from outside of the immediate area, thereby making our commercial zone more of a destination. Finally,

the **Enhancing the Quartier's Image Award** is presented to an individual or an organization that has launched an event or a new creative program benefiting the people and families who live here, making it an even better place to live.

Suffice to say that the gala allows us the opportunity to say thank you to those who have our Community at heart. There are businesses and organizations along all three of our mainstreets that will be recognized at this year's event. The award winners will be published in the next issue of the *New Edinburgh News*.

Tickets are \$20/per person. For more information contact the QV Merchants Association office at **613-745-0040**.

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## IODE Laurentian Chapter's 48th Annual House and Garden Tour

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### This year's homes are:

- 1) 700 Manor Ave - the Residence of the Embassy of Sweden
- 2) 6 Lindenlea Road
- 3) The Rockcliffe Retirement Residence
- 4) 77 Loch Isle Road (in the Nepean area)
- 5) 364 Berkley Road - the home of Ulya Jensen, designer with Peter Fallico on HGTV's *Home to Flip* (in the Westboro area)
- 6) 189 Crichton Street -the home of Sally Burks and Michael Gerrior.

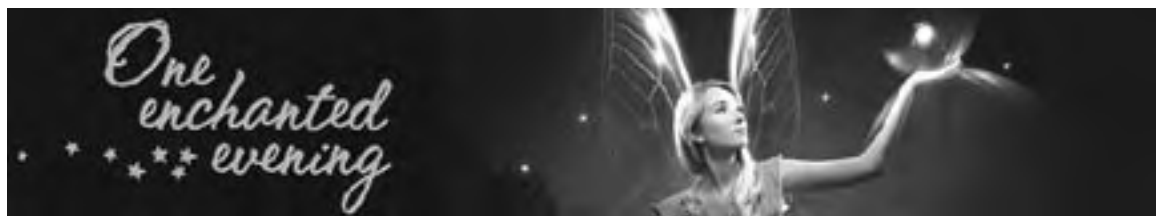
Coffee, tea and cookies will be available all day at the Rockcliffe Retirement Residence on Island Road, off St. Patrick St.

Tickets are \$25 each. They will be sold at various retailers including Thyme and Times Past and Mood Moss Flowers. They will be available as of early April.

All the proceeds from our tour go to fund our chapter projects. IODE Laurentian Chapter works to enhance the quality of life for individuals through education support, community service and citizenship programs. We support many local causes including the Banff Avenue Community House, camperships for children, homeless shelters, youth and health centres, providing food and clothing for those in need, sponsoring schools in Northern Ontario, funding scholarships, hospice care and health research projects

For more information about the tour, or how to purchase tickets, please contact **Elanor Brodie** at 613-745-0631.

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## Elmwood School Prepares for 20th Annual Auction Gala

Plans are well underway for Elmwood School's 20th Annual Auction Gala—"One Enchanted Evening"—to be held on April 25, 2009. The organizing committee has announced that **Marilyn Wilson** of Royal LePage (www.rockcliffepark.com; www.dreamproperties.com) will be returning for a fourth consecutive year as Presenting Sponsor of this popular event.

For twenty years the auction has raised money to support initiatives that help Elmwood School retain its 94-year reputation of excellence in education for girls and young women.

The proceeds from this year's auction will be used to refurbish the Elmwood School Auditorium with a state-of-the-art sound system, stage and lighting. The Auditorium is

truly a cornerstone venue for Elmwood School's many performances and presentations and this refurbishment project will provide tremendous impact for years to come.

The Elmwood School auction is well known for its interesting and unique items and this year is no exception. Imagine a chef's table being prepared for guests in your home by the NAC's new Executive Chef, **Michael Blackie**; or treating 22 of your friends to a seafood party at Tulips and Maple's event venue STAGE.

**Marci Groper**, one of this year's Event Chairs says the whole community gets involved in the auction. "I am always impressed by the tremendous support we receive from businesses in the Rockcliffe and New Edinburgh communities. Some, like **El Meson** and

**Jacobson's**, have been long-time supporters. Others, like the **Fraser Café** and **Originis Medical Aesthetic**, are new to the community and to the auction."

A full listing of businesses represented at the auction will be available in this year's auction catalogue which Groper says will be posted on the auction's website beginning in April.

This year tickets are available online at [www.elmwood.ca/auction](http://www.elmwood.ca/auction) and organizers say you should watch the website weekly as more of the wonderful items available are listed. It promises to be one enchanted evening.

For information about the auction gala visit [www.elmwood.ca/auction](http://www.elmwood.ca/auction) or contact the auction hotline at **613.749.6761 ext. 444**.

## Easter and Lenten Services

### ST. LUKE LUTHERAN CHURCH

326 MacKay Street

**Maundy Thursday, April 9**  
7:30 am

**Good Friday, April 10**  
10:30 am

**Easter Sunday, April 12**  
Sunrise Service 7:30 am  
Easter Breakfast 8:45 am.  
Easter Worship 10:45 am.

### ST. ANDREW'S PRESBYTERIAN CHURCH

Wellington at Kent

**Palm Sunday - April 5**  
9:30 & 11:00 am. Sunday

### Service

10:00 am Croissants & Conversation

**Good Friday - April 10**  
10 am. Parents and toddlers

**Easter Sunday - April 12**  
9:30 & 11:00 am. Sunday Service  
10:00 am Croissants & Conversation

### ST. BARTHOLOMEW'S CHURCH

125 MacKay Street

**Maundy Thursday - April 9**  
7:30 pm. Holy Eucharist and Stripping of the Altar

**Good Friday - April 10**  
10 am. Good Friday Liturgy

**Easter Sunday - April 12**  
8:15 am. Holy Communion  
10:30 am. Holy Eucharist

### ST. JOHN EVANGELICAL LUTHERAN CHURCH

270 Crichton Street

**Palm Sunday, April 5**  
10 am worship service

**Maundy Thursday, April 9**  
7:30 pm

**Good Friday, April 10, 11 am**

**Easter Sunday, April 12**  
Morning Devotions 8:00 am  
Breakfast 8:20 am  
Worship Service 10:00 am

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# Ottawa Gets Friendly with Lester Pearson

Local author, columnist and journalism professor **Andrew Cohen** recently spoke about Lester B. Pearson at a literary event titled *Lives and Lessons of Lester Pearson* which took place in The Chambers at Ben Franklin Place. Andrew Cohen's newest book, on the life of Lester Pearson, is the latest in the Extraordinary Canadians Series.

Both the Carleton University Library Circle of Friends and the Friends of the Ottawa Public Library Association (FOPLA) cosponsored the event. "We are very pleased to co-host an event with FOPLA," said **Vivian Cummins**, President

of the Circle of Friends. "We thank Mr. Cohen for the generous donation of his time in allowing us the opportunity to gather people together to learn more about Lester Pearson – one of our most prominent diplomats and memorable Prime Ministers."

**Books on Beechwood** was on hand offering those who came to the event the opportunity to purchase the book. A book signing and a prize draw also took place following the lecture, and both Friends groups took the opportunity to speak to attendees about the work they do in support of their libraries.

"Our libraries are vital to literacy and learning in our community, and they need the support of outside organizations like FOPLA and the Circle of Friends," said **Lori Nash**, President of FOPLA. "We hope that by holding events like this we can increase our membership by raising awareness about Friends groups, all while having fun and learning at the same time."

For more information about FOPLA visit [www.ottawa-publiclibraryfriends.ca](http://www.ottawa-publiclibraryfriends.ca) and to learn more about the Circle of Friends please go to [www.library.carleton.ca/friends/index.html](http://www.library.carleton.ca/friends/index.html).

# Awesome Authors: Young Neighbourhood Authors to be Published

The group of young people listed below never thought they would be published authors at this age. But these students will have their work published later this year thanks to their excellent writing and the Ottawa Public Library's (OPL) Awesome Authors contest.

These young writers' work will be printed in *pot-pourri*, an anthology of short stories and poems to be published by the Friends of the Ottawa Public Library this fall.

"Writing is a wonderful tool for kids to use in order to improve their vocabulary, express feelings, learn to think things through, and, of course, to tap into creative energy," said Jane Venus, manager of Children and Teen Services at OPL. "The library helps to encourage young authors, and this contest provides them with the opportunity to shine."

- Erin Scothorn - Lisgar Collegiate Institute - honourable mention story: *Snickering Falls*
- Bethany McKinley-Young - Rockcliffe Park Public School** - third prize story: *Hide and Seek*
- Ella Hanneson Schwenger - Rockcliffe Park Public School** - third prize story: *My First Case Ever!*
- Penghui Sun - Lisgar Collegiate Institute - honourable mention poetry: *That's the Way Love Ought to Be*
- Petar Vidovic - Elgin Street Public School - honourable mention poetry: *The Greatest Game*
- Farahana Cajuste - Elgin Street Public School - third prize poetry (shared): *Obama*

· Émilie Bruneau - École secondaire publique De La Salle - second prize story: *S'enfuir de ces souvenirs*

· Michelle Winckel - École secondaire publique De La Salle - first prize story: *Le secret de la rivière*

· Ganise Gabrielle Clermont - École secondaire publique De La Salle - second prize story: *Une affaire de mode*

· Elsa Ruprecht - École élémentaire publique

Francojeunesse - second prize story: *Soif de liberté*

· Isabelle St-Hilaire - École secondaire publique De La Salle - honourable mention poetry: *Perle de souffrance et Mots*

To pre-order a copy of *pot-pourri*, please call 613-580-2424 x14383.

The Awesome Authors contest runs from October to end of January. Check the OPL website this fall for contest details.

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## The Winter Blahs

It's spring and people are coming out of hibernation and venturing forth.

Spring is also a good time to give your police centre a call and have us conduct a free **Home Security Evaluation**. We will give you some very cost effective methods on home security. This is an excellent time to get any type of security renovations done as they may be eligible for the Home Renovation Tax Credit.

There is no charge for the Home Security Evaluation; just call the Rockcliffe Community Police Centre at 613-236-1222 extension 5915 and book an appointment.

Theft from vehicles remains one of the most challenging crimes in the area. The motivating factor for this type of crime is property left in plain view in a parked vehicle. Lock

items of value in the trunk or take them into the house at night. (This should include the change in the parking change tray.)

Newspaper box theft is another frequent occurrence. This crime usually takes place in the wee hours of the morning. If you observe anyone taking a newspaper box please call 911 and make a report of the incident. Try to get the license plate number and a description of the culprit.

Graffiti remains an issue in the area. If you see graffiti call the City of Ottawa at 311 and report the location.

## Coming Events

Wednesday, April 15,  
7:30 pm  
Spring Neighbourhood  
Watch meeting  
380 Springfield Road.

Constable Tom Mosco

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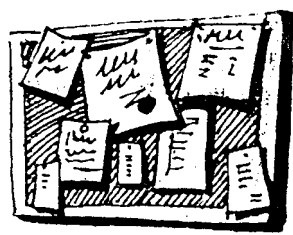
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## Burgh Bulletin Board

### Sat, Apr 4 - Sun, Apr 5

**BOOK SALE:** Donated books, Collector's Table, magazines, CD's, Videos. Saturday, April 4 from 10am to 6pm; Sunday, April 5 from noon to 5pm. Rockcliffe Park Community Hall, 380 Springfield Rd. Presented by the Rockcliffe Park Library Committee. Proceeds will support the Rockcliffe Park Branch of the Ottawa Public Library. Cash and cheques only, please.

### Wed, Apr 15, 7 pm

**ONTARIO MUNICIPAL BOARD: A TOOL FOR HERITAGE CONSERVATION.** Ottawa Public Library Auditorium, 120 Metcalfe. Marc Denhez (lawyer and member of the OMB) and Herb Stovel (conservation architect, heritage activist, and Carleton University professor) will provide background into the workings of the OMB, appropriate approaches to conserve Ontario's heritage and how to make the best use of heritage arguments in front of the Ontario Municipal Board. Admission free. Info: 613-230-8841.

### Fri, Apr 17, 7:30 pm

**RETURN TO NEPAL** -The Ottawa premiere of the documentary film featuring Bruce Cockburn. Reception following the screening (8:15 pm). St. Paul's University, Rm 103 (223 Main Street). Free admission.

### Sun, Apr 19 & Sat Apr 25

**BECOME A SOFTBALL ONTARIO CERTIFIED FAST PITCH OR SLO-PITCH UMPIRE** - The Level-I clinic will be held on Sunday April 19, 8:30 to 4:30 and the Level-II clinic is scheduled for Saturday April 25, 08:30 to 4:30. All clinics will take place at the RA Centre. To register please contact George Findley at 613-722-2620 or Gary Callaghan at 613-599-8933.

### Thur, Apr 23 - Sat, May 2, 7:30 pm

**NEW EDINBURGH PLAYERS** present *Enchanted April* at MacKay United Church (37 Dufferin Road). Tickets are \$15 and can be purchased at A Better Frame of Mind on Mackay St. or at the door. 613-746-5329.

### Sun, Apr 26, 3 pm

**MESSIAH** - Commemorating 250 years since the death of GF Handel. Ottawa Brahms Choir, Harmonia Choir of Ottawa, Statistics Canada Choir. St. Thomas the Apostle Church, 2345 Alta Vista Dr./at Randall. Tickets \$15 in advance; \$18 at the door. Information 613-828-0372; 613-224-8317; [www.ottawabrahmschoir.ca](http://www.ottawabrahmschoir.ca) or [www.harmoniachoir.com](http://www.harmoniachoir.com).

### Tue, Apr 28, 12:30 pm

**SPEAKER'S LUNCH** Dr. Bob Roberts, Head of the

Ottawa Heart Institute, will speak on "Medicine, a Glimpse of the Future". This event takes place in the Rockcliffe Community Hall at 380 Springfield Road. Tickets, \$20 per person, may be purchased at the Village Office, 360, Springfield Rd.

### Ongoing til April 18

**OTTAWA LITTLE THEATRE** presents "London Suite" a comedy by Neil Simon. A London suite overlooking Hyde Park is the setting for a series of four misadventures that take place in an English luxury hotel on the same day. March 31 - April 18, 2009 at 8 pm. Sunday Matinee - April 12 at 2 pm. 400 King Edward Ave. Call 613 233-8948 for tickets. [www.ottawalittletheatre.com](http://www.ottawalittletheatre.com).

### Ongoing til April 21

**EXHIBITION** inspired by the human migrations generated by globalization and climatic changes. "*Les voix multiculturelles*" features four artists from different cultural backgrounds presenting works that express the determination, energy, distress or precariousness of the immigrant's fate. Centre d'artistes Voix Visuelle at 81 Beechwood Avenue, in Vanier. (613) 748-6954 or [voix\\_visuelle@hotmail.com](mailto:voix_visuelle@hotmail.com).

### Sun, May 17, 5:30 pm

**VICTORIA DAY GALA** with dancers and singers, little Ray's Reptiles, face painting, childrens games and a BBQ, ending at dusk with a fireworks show. Hosted by the Riverside Park Community and Recreation Association and located at Pauline Vanier Park on Harkness Drive. Monarchist League will be

on-hand providing information on Queen Victoria and the Royal Family. Info: [www.monarchist.ca](http://www.monarchist.ca).

### Sat, May 23, 9:30 am - 2 pm

**57TH ANNUAL MANOR PARK MAY FAIR** on the playing fields attached to Manor Park School (100 Braemar Street). May Fair will start off with the traditional bicycle parade after which all the other events will open up: bouncy castles, games for children, a BBQ, silent auction, entertainment, toys, books and DVDs for

sale. Organizers are looking for high school volunteers to help out at the event - contact [manorparkschoolcouncil@yahoo.ca](mailto:manorparkschoolcouncil@yahoo.ca).

### Ongoing til May 1

**VOLUNTEER AT THE 57th CANADIAN TULIP FESTIVAL.** Tulip Festival takes place May 1-18. Many varied and interesting positions available. We need your help to make this event even more colourful than last year's! Please visit [www.tulipfestival.ca](http://www.tulipfestival.ca) or call (613) 567-5757, ext. 231.



## 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](mailto: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

**PROFESSIONAL BILINGUAL «CAREGIVER»** opening for September, babies are welcome, meals, outdoor play, crafts, TLC Good reason to call Lia at: (613) 746-2487.

**HOUSECLEANING** by long-time Burgh resident. Good references in neighbourhood. Available immediately. 613-744-8449.

**ALTERATIONS** - Expert alterations / fast service/ good prices. 27 years experience!! English/French/Spanish all spoken fluently. Near Montreal/St. Laurent Pierrette Dubuc Najera 613-680-8838.

**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](http://www.ingridmccarthy.com).

**WATCH FOUND** in February near Springfield. If you lost a watch in mid-February on a side street near Springfield please call 613-749-2811.

**WATERFRONT COUNTRY HOME** 45 minutes from Ottawa, Lake Notre-Dame in the Gatineau Hills, central heating two-storey home with dormers, cathedral ceiling with loft, maple and ceramic floors, fieldstone fireplace, large kitchen, three bedrooms, 1½ bathrooms with whirlpool, wrap-around porch, lakeshore dock facing wildlife sanctuary, wooded acre. \$419,000. 613-745-0708, [ro.routhier@sympatico.ca](mailto:ro.routhier@sympatico.ca).

**SAYAKA SHOJI - VIOLIN**  
WITH  
**JULIEN QUENTIN - PIANO**



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**SATURDAY, APRIL 4TH 2009 - 7:30 P.M.**  
**ST. JOHN THE EVANGELIST ANGLICAN CHURCH**  
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**Sunday Worship with Sunday School & Nursery**  
10:30 a.m.

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# Burgh Breezy Bits

## Birthdays

**Eileen Welsh** – former long time Vaughan St. resident celebrated her 95th birthday in March.

**Ethel Proulx**, former Burgher, and long time contributor to the *NEN* celebrates her 80th birthday in May.

Happy 40th to **Kathryn Verey**! A surprise party was held for her on Saturday, March 7 at 87 Vaughan Street, with about sixty or so friends, neighbours and children. The living room was lined with 40 pictures, one from each year of her life. The Chinese, Japanese, French and German food served represented some of the many countries she has lived in. Brother **Jonathan Verey** came in from Maine to help with preparations, and brother-in-law pianist **Tom Mennier** came from Montreal to provide live entertainment on Kathryn's main gift, a shiny new black piano. Special thanks to **Joyce Verey** for researching, scanning and sending the many photos; **Henry Patterson** for creating a slideshow and advising on the planning; and **Diane, Bethann, Nelly, Andre, Mary** and **Caroline** for helping with last minute details.

## Comings & Goings

Close neighbours to New Edinburgh and long-time supporters of the CCCC and the NE garage sale have moved away. **Mary and André Casaubon** of Douglas Avenue sold their house and are spending the winter on the west coast. Their plans after that were still a bit hazy as they left, but they certainly plan to do a lot of travel. They will be missed by their Douglas Avenue friends.

Welcome back to **Trina Allen** who is moving back to Mackay with baby **Noah**.

**The New Edinburgh Pub** and all its patrons are delight-

ed to welcome back **Terri Maclellan**, a well known member of the Pub team who worked there for nearly 20 years before taking a year-long break in 2008. Terri returned to the Pub in late January, and reports that she is "thrilled to be back in the neighbourhood, reunited with her co-workers and regular clients."

## Travels

**Raymond and Joyce Dubuc** recently ran into the former organist at Mackay United, **Paul McMillan** and his wife June FOUR different times, miles and days apart in Arizona.

**John Jaresni**, father **Emil** and brother **Andrew** recently spent time in Mexico City.

**Ryan Hardy** of Mackay travelled to Washington D.C. and New York City.

**Dorothy Babbitt** has returned from Scotland where she attended her youngest son **James'** wedding to **Alyson Smith**. She brought back a number of Scottish delicacies for her "dog walker" friends. **Rosemarie Tovell** and her dog **Quipu** entertained these friends for tea to share the whiskey cakes and candies. All the ladies were very appreciative and enjoyed the news of the wedding which took place at a castle in Scotland.



**Rowan Burton Mee**, born on March 3, is blessed with two very caring siblings.

## Pets

It is with great sadness and many fond memories that the **Hall family** bids farewell to one of their beloved dogs **Shadow**. Shadow was a long-time burgh resident, in dog years anyway. Shadow was a regular in Stanley Park and Pine hill for almost 13 years. Best known for his obedience, love of snacks and quiet principal like treatment of younger dogs. Once part of the trio of **Sheba, Shadow** and **Skye**, he is now much missed by his family and "little sister" **Skye**.



**Annie and Nicky Paquin** with new family member, **Sandy**.

**Sandy** is the newest member of the **Paquin/Mendel** family on McKay Street. She is two months old. **Annie and Nicky Paquin** are her biggest fans.

**Nelly and André Staudte** (Vaughan St.) have added a female kitten, born on September 6, and named **Newton**, to what must be the most cat filled block in the city. A puppy named **Willow** also moved onto the block recently.

**Alice d'Anjou** of Ivy Crescent is pleased to report that "**Ted**," the orange stray cat that took up residence under her front porch for several weeks in February and March, has found a wonderful new home on Champlain Ave. with "**Shirley**," who is also a new arrival to the neighbour-

hood. Many thanks for the phone calls and offers of help in response to the posters!

## Congratulations

Congratulations to former Burgher **Karen Anderson** who recently became engaged to **Adam Belyea**.

**Christopher Redmond** whisked **Bridget Farr** off to Nicaragua and on Friday the 13th took her to the top of an active volcano and proposed!

NOW WE ARE FIVE -- **Charlotte, Trevor, Jacob** and **Sasha** welcomed the birth of **Rowan Burton Mee** on Tuesday March 3 at 1:40 pm, weighing 8lb 5oz. All are loving the new addition to the family. The Mee family would like to thank so many in the neighbourhood for their support and wishes.

Local Grade 7 student, **Daphnée Belle Dubouchet-Olsheski** (Immaculata High), was chosen to serve as a Page in the Ontario Legislative Assembly this term. She was one of 20 selected from among 400 candidates. Well done Daphnée

## Condolences

Condolences to **Doug Clark Jr** and his family of Noel St whose father **Douglas Walter Clark** passed away Jan 29 in his 84th year.

Condolences to **Sandra Fraser and family** on the passing of her mother in early March. Although not an actual resident of the Burgh, Sandra valiantly volunteers to proofread each edition of the *NEN* and so is an honorary member of the community.

## Other News

**Betty Page**, currently a resident at New Edinburgh Square, taught at Borden and McArthur High Schools, where she incorporated a programme in music and basic reading skills, using guitars, and folk and popular songs. Mrs. Page who just turned 80 years old, has been leading a sing song with the residents, once a week, playing old time guitar and using songs from WW 1 and on. On St. Patrick's Day, residents enjoyed "Elly Squared", two young fiddlers and step dancers from the Ottawa Valley.

**Charles Benoit**, second year law student at Georgetown



**Christopher Redmond and Bridget Farr** tied the knot!

University, and son of Ivy Crescent residents **Paul** and **Barbara Benoit**, gave a helping hand as part as the Collegiate Challenge with the Chatham Habitat for Humanity project during the recent spring break. He event made the front page of *The Sanford Herald* in Chatham County, NC.



New Ed resident **Liba Bender** and her escort struck a pose on their way to the Fur Ball.

Although they moved away 2 1/2 years ago, **Sue, Neal, Hannah, Finn** and **Lia Burnham** still like to keep up with news from the old neighbourhood. Since moving to Boston Neal has been inspired to run the Boston marathon on behalf of a local Respite Centre for children and adults with disabilities. This is near and dear to our hearts because of Neal's sister. We wish him good luck!

Send your Breezy Bits or photos to **Breezy Bits Editor Joyce Dubuc**:

[breezybits@hotmail.com](mailto:breezybits@hotmail.com)

**Deadline for submissions is**

**May 10.**



Not the...

# NEW EDINBURGH NEWS

April 1, 2009



On his recent visit to Canada, U.S. President Barack Obama was able to make use of his well-honed basketball skills to ensure the protection of an unnamed Canadian official from any possible barrage of flying shoes...or was it Beaver Tails?

## Archaeological Find Buries Kettle Island Bridge Option

By NTNEN staff

**Ottawa, April 1:** Researchers from the Université de Savoie in Quebec announced the discovery of a major new archaeological site on Kettle Island in the Ottawa River. Recent examinations of the site have led them to conclude that around a thousand years ago this site housed a settlement of Vikings—hardy Scandinavian seafarers who reached the New World's shores around 1000 C.E. The Kettle Island archaeological site (at the island's western tip, not far from the Ottawa New Edinburgh Club dock) thus becomes the second Canadian locale to testify to Viking presence in North America, alongside the celebrated L'anse aux Meadows site in northern Newfoundland.

"This makes Kettle Island one of the most important archaeological sites in North America. Go figure," said university archaeologist Ida Degrand. "I mean, Kettle Island? In other words, a band of Viking seafarers first reached North America, probably from Greenland, and then steered their ships another 1,000 km up the St. Lawrence and Ottawa rivers to this little island. What are the odds?"

As Degrand explained, the site's most telling remnants are from Viking-style turf lodges and from iron knife blades. The forging of the iron has been conclusively dated by laboratory tests to the era of 1000 C.E.—"not Aboriginal, and too early to be from the French arrival," she said. And "from our initial analysis, it looks as though the settlement was having sewage problems," said Degrand, adding that perhaps this point of historical con-

nection could provide comfort to modern residents of Keefer Street in New Edinburgh.

As for the settlement's fate, the Vikings seem to have departed after just a few years. Asked why they might have abandoned Ottawa, Degrand could only theorize: "The winters? Trouble maintaining a livelihood? Poor leadership? Same factors as today."

A Parks Canada spokesman said the agency is moving quickly to have the whole of Kettle Island declared a national heritage site. "We don't know what other priceless items might be unearthed there, and we'll need years to investigate," the spokesman said. "Kettle Island is now a Canadian cultural treasure."

This nigh-miraculous turn of events apparently spells the end of the controversial Kettle Island Bridge crossing, which would have seen the island carry volumes of traffic between Gatineau and Ottawa daily. As one of three candidate-sites for an interprovincial crossing, Kettle Island had been favoured by short-sighted traffic-engineering consultants, by the developer-friendly *Ottawa Denizen*, and by certain city councillors and the mayor, while being decried by opponents as the least effective ring-road route and the one most injurious to the beauty and amenities of the capital.

Although the *Denizen* reportedly is planning an editorial denouncing Parks Canada's involvement as "the worst kind of elitist NIMBYism," other erstwhile supporters of the route are more philosophical.

"Yep, it's deader than disco," remarked one city councillor with a sigh.

## DNNECA Stimulus Package Aims to Kick-Start Slumping Burgh Economy

Never let it be said that our community leaders on the Board of the **Definitely Not the New Edinburgh Community Alliance (DNNECA)** are lacking in boldness or vision. Taking its cue from governments at all levels around the world, DNNECA has crafted an ambitious, indeed audacious, Keynesian Stimulus Package to cushion the local impact of the global economic collapse and kick-start economic activity here in the Burgh.

The package was put together in close collaboration with our sister communities of Meaner Park, Lindenleaks and Rockette Park. Go-getting DNNECA Chair and retired massage therapist **U.R. Ingoodhands**, is deservedly proud of the scale and ingenuity of the package devised by his team, and is confident that it will have the desired effect of helping the community weather the economic and financial storm. "What's not to like? At a whopping \$462.39 (Cdn), our package has Bold and Decisive written all over it," beamed U.R.

### Digging Days Ahead

A major focus of the DNNECA Stimulus Package involves a suite of "Shovel Ready" Infrastructure Projects in the community—all set to be launched as soon as the ground thaws. (Despite some signs to the contrary, U.R. is confident that this will take place by July at the latest). The projects include:

- **"Pile the Poop Days"** to rid the parks and front lawns around the Burgh of the annual spring harvest of dog poop (DNNECA will help out on the equipment side, but frankly,

there's not much enthusiasm on the Board for actually taking part);

- A **"Dig-Your-Own-Garbage-Pit"** project, where homeowners are encouraged to shovel out a generous-sized hole in a discreet corner of their back yard in anticipation of the City's expected cost-cutting move to monthly garbage collection; and

- A **Spring Planting Blitz**, where a glitzy DNNECA campaign urging Burgh residents to dramatically boost their purchases at the **Annual Potty Plant Sale** should boost sales to record levels, thus lining the pockets of the **Crichton Celebrity Council** which in turn will plow the money back into the local economy through epic purchases of juice, hot chocolate, balloons and other items for community events. An great example of trickle-down economics in action.

Taking a (Green) leaf from the U.S. stimulus package, DNNECA is also actively pursuing measures which turn the current economic crisis into a golden opportunity to "Green" the local economy. Foremost among these is a bold plan to partner with **Slumdog Power**,

the leading clean energy supplier in the province, in a project involving the installation of wind turbines in Rideau Falls Park. The facility would supply all the electricity needs of the French Embassy (except on Bastille Day, when all bets are off), as well as foster a home-grown kite industry.

Mindful of the need to free up access to credit to get Burgh consumers back into the spending mode and keep our hard-working **Screechwood** merchants afloat in these troubled times, DNNECA has also written to the Manager of our local **Banque Casino Royale**, urging them to relax credit restrictions so that anyone who asks nicely will be offered credit. This would improve local spending power and could have the added benefit of improving Ottawa's standing on the "Canada's Most Polite Cities" listing (where it currently ranks near the bottom below likes of Toronto and Montreal).

Chair U.R. refused to comment when asked about a rumour that any cash surpluses from the Stimulus Package will be redirected into a slick **Attack Ad Campaign** against his nearest rival for DNNECA Chair in 2010.

## Reality TV Comes to 24 Sussex

**Home Makeover – Extreme Edition** is coming to Ottawa! The *NTNEN* has learned from sources close to the PMO that reality TV personality **Sly Bedington** will be knocking at the front door of 24 Sussex Drive sometime this spring.

When asked why he had chosen the Prime Minister's residence as his next *Extreme* target, Sly replied, "We've

heard about the hardships endured by recent residents of that property." Sly went on to say that he was "not often offered the opportunity to work on public housing."

When asked if he plans to demolish the existing structure, Sly replied that "although Canada's financial system may be on a firm foundation, that residence is not."