

NEW EDINBURGH NEWS

June 2009

www.newedinburgh.ca

New Edinburgh Community Alliance ANNUAL GENERAL MEETING

Monday, June 15, 7 pm

Stanley Park Fieldhouse

Come and hear about what's happening in the Burgh: the park, development issues, environment issues, traffic, heritage and more.

Refreshments will be served!

All New Ed residents welcome.

Become a NECA member.



The New Edinburgh ANNUAL PICNIC



Stanley Park Fieldhouse
Sunday June 14th
11:00am - 2:00pm
(rain or shine)

Races for children of all ages (races start at 11:30am), face painting, special visitors, and more ...

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www.newedinburgh.ca



Photo: Garth Gullekson Darlington Mediaworks

Dame Edna (Joseph Cull) and Pooh (Jill Hardy) cheering on the Race Weekend marathoners.

Contaminated Site to be “Capped” to Address Risk

Area will be fenced off until Summer 2010

By Sarah Anson-Cartwright

The fences will stay up for about a year, we may lose trees in the park over a period of time, and there may be changes to the park's topography in order to maintain the flood plain. But the National Capital Commission and the City of Ottawa assured residents at a public meeting on May 5 that the contaminants found in Stanley Park—in an area between Keefer and Union Streets—are immobile, the groundwater has not been affected and that the health risk to humans and dogs can be averted.

The contaminated site will be “capped” with a one-foot layer of soil and revegetated

this fall. This is the standard remedial action for this type of contamination. In a few places, it might prove necessary to remove some earth. The area will remain fenced off till the new grass turf is firmly established in the summer of 2010. Residents with gardens adjacent to the contaminated area may want to be vigilant if dogs or young children dig at the end of gardens, since the contaminants were found at or close to the surface. A health official with the City of Ottawa indicated they may send reminders regarding the health risk to homeowners on Stanley Avenue, even though the contaminated site itself is on NCC-owned property. (The City sends annual warnings to residents in another neighbour-

hood where contaminants exist in the soil.)

The contaminated area in Stanley Park is the historical location of an industrial site that dates back to the late 1800s and that also served as a landfill in the 1920s-1940s. According to environmental assessments conducted for the NCC, which owns that area among other parts of the park, the key contaminants found were lead and polycyclic aromatic hydrocarbons (PAH), which are produced when burning oil, wood, garbage or coal. Since the contaminants were found near the surface, there was a potential health risk associated with people digging in the soil. While there seems to be no risk to dogs exposed

Continued on Page 7

Popular Wedding Venue Closed

By Louise Imbeault

On May 1, 2009 the New Edinburgh Boathouse was determined to be unsafe by fire authorities and was closed until appropriate upgrades are undertaken - leaving patrons, members, caterers and wedding planners scrambling to find other suitable venues for their events.

The Boathouse is part of the Ottawa New Edinburgh Club (ONEC) and has been an important recreation centre and meeting place since 1883. It is located on Rockcliffe Parkway across from the Rockeries.

The heritage boathouse and deck, designed by local architect C.P. Meredith and built between 1914 and 1923, has a large ballroom, numerous windows providing abundant light and wide verandas overlook-

ing the Ottawa River. These beautiful, natural surroundings are one of Ottawa's most picturesque locations for club dances, parties, pub nights, and BBQs.

ONEC's boathouse consultative committee is developing a plan for moving forward. The sailing, rowing and day camp programs are primarily held on the water and on the docks during daylight hours and therefore remain unaffected. Tennis programs are also proceeding as normal. For further updates visit their website at <http://sites.google.com/a/onec.ca/main/Home>.



The Ottawa New Edinburgh Club Boathouse is closed for events until further notice.



NECA President David Sacks Reports

The spring has seen NECA approach a major milestone, with eyes on the future.

Next month we will be 20 years old: NECA officially incorporated on July 12, 1989, under founding directors **Paul Benoit** and **Jane Heintzman**—both still New Edinburgh residents—and president **Hilary Pearson** (Prime Minister Lester Pearson's granddaughter), now of Montreal. The 1989 incorporation document lists four NECA objectives: 1) to foster a sense of community, 2) to promote community events and projects, 3) to develop positions and make representations thereof, and 4) to coordinate activities with other city groups. As initially steered by Ms. Pearson, NECA contributed vitally to local resistance to the proposed Vanier Parkway Extension, around 1989–1999, until that bad idea dropped off the city's official plan.

Since about 1999, NECA has had to define itself across a broad front of issues normally less urgent than the parkway extension. (Unwelcome development remains a top concern, however.) These issues range from environmental action to traffic problems to oversight of the *New Edinburgh News*. To help NECA stay focused and effective, we have for the past 15 months been referring to a comprehensive "Progress Report" memo, drafted by a NECA committee under board member **Paul McConnell**, and designed to prioritize our current duties and future choices. Insofar as most of its recom-

mendations have by now been at least initiated, the report will likely receive its final update at the NECA Annual General Meeting later this month. The 2008 Progress Report thus claims place as a strategy document that has helped guide NECA into its third decade. The report can be read on the New Edinburgh website at: http://www.newedinburgh.ca/images/stories/news/NECA_Progress_Report.pdf.

The serpent in our Eden

News of lead and ash contamination in New Edinburgh Park has captured the attention of all the burgh, including NECA. Several NECA board members attended the two May 5 public information sessions hosted by the National Capital Commission (NCC), which owns the park segments known to be contaminated at or near the surface. At those meetings, NECA representatives joined other residents who pressed for details on the NCC's planned rehabilitation of the affected segments—while also pressing City of Ottawa representatives for information on 1) the safety of those parts of the park owned by the city, not the NCC, and 2) the city's plans to advise Stanley Avenue residents whose backyards adjoin the park.

Regarding the city's involvement specifically, several audience members, including myself, came away unsatisfied with the information. Also irksome was the absence of any reps from the Rideau

Valley Conservation Authority (which presides over the New Edinburgh flood plain) or from the province (which owns a slice of the park). Concerns such as these are sure to prompt NECA's inquiries in coming weeks.

For more on the contamination, please see this edition's articles by NECA environment committee chair **Sarah Anson-Cartwright**, page 1, and NECA board member **Joan Mason**, page 7.

On a sweeter note, the May 10 Mother's Day park and riverbank cleanup was a great success. Where prior years have seen the Stanley Park and Rideau River cleanup efforts split between both days of Mother's Day weekend, this year marked the first combined cleaning day. As usual, New Edinburgh's riverbank cleanup was part of a larger coordinated program to clean several urban Rideau River sectors, orchestrated by the **Urban Rideau Conservationists** (URC). Under the field command of NECA webmaster **Andrew Kerr**—and under general direction of NECA's Friends of New Edinburgh Park chair **Karen Squires** and of NECA board member **Gemma Kerr** for the URC—New Ed enthusiasts braved chilly weather to collect some 35 bags of garbage. Approximately 50 pickers were in action, including about eight Ashbury College students and several families from outside the burgh. As well as trash, they culled some good publicity in the form of an *Ottawa Citizen* article, mainly about New Edinburgh's cleanup, that quoted our own Karen Squires.

Just call 3-1-1

"Don't stand there; do something" is the message every resident should take to heart regarding concerns about parked or moving vehicles in our streets.

After a number of burghers raised objections to extensive all-day parking by Foreign Affairs workers and other non-residents (as mentioned in my April issue report), NECA took the question to our ward councillor, **Jacques Legendre**. He responded with some quite helpful information and advice. The relevant lessons for the neighbourhood are these:

- The maximum weekday street-parking allowance here is three hours, 7 am to 7 pm. Any street not signposted will have this default rule. But many streets are posted with more restrictive rules: for example, two-hour, one-hour, or no parking along various parts of Stanley Avenue.



Photo: Louise Imbeault

NECA boardmember Ernie Smith was on hand to inaugurate the *NEN* newsstand on Beechwood at Crichton.

- City of Ottawa authorities welcome and expect phoned-in complaints from citizens, that is, from you. If you wish to report any parking that defies legal limits, just dial 3-1-1, let the operator connect you to the city parking-enforcement office, and make your complaint. Your call should have effect not on the same day but within a day or two afterward; the city will try to assign ticket-writers to the area you have reported.

- As usual when asking for something from the city—the more people who complain, the better. Single phone calls from five citizens will have more weight than five calls from one. So please, if scofflaw parking is a concern for you, take responsibility to make a phone call. It's empowering!

- Similarly, to report traffic violations such as cars' ignoring stop signs, phone the police call centre at 613-236-1222 during working hours. If by chance you can report the offender's licence-plate number, the police might send a warning letter to the registered car owner. But even without any licence plate noted, your complaint could result in increased local police patrols, including by unmarked cars. So again, please be ready to make the call.

On to the AGM

NECA is sorry to have received the resignation of board member **Julie Sunday**, effective May 1. Julie—whose third child, Charlotte Rose, was born last September—cited family obligations as her reason for leaving. Julie headed NECA's Traffic Calming Committee before actually joining the NECA board in June 2007; she was the person mainly responsible for drafting the important traffic-calming suggestions-letter that NECA sent to the city in 2008 which has garnered some benefits, including new speed humps. A year

ago Julie stepped down from Traffic Calming (now chaired by board member **Roslyn Butler**), but remained on the NECA board.

We will miss Julie both for her commitment to quality-of-life issues and for her charming, affable personality; we hope to stay in touch for benefit of her good advice. Her departure brings the NECA board to 11 members, with the 12th seat vacant at least until our Annual General Meeting (AGM).

NECA's AGM will be held on **Monday, June 15, at 7 pm** in the Stanley Park Fieldhouse. Each and every New Ed resident is invited to attend: We'll hear brief reports on issues of concern, elect some new NECA officers, and enjoy refreshments. Here's a chance for you to find out more about our community and the difference that residents' involvement can make—also a chance to become a NECA member. The AGM is open to anyone, but to vote, you would need to be enrolled as a member. Membership in NECA is absolutely free and without obligation.

I hope to see you at the AGM. Regardless, best wishes for a wonderful summer.

NECA MEETINGS: All Welcome

NECA meets 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. In June we meet twice: for our annual general meeting (AGM) and, later, for a regular board meeting. (See below.)

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

All community residents are welcome to attend any NECA meeting—and we urge residents to attend the AGM. We want to hear from you! Our next meetings are:

AGM: Monday, June 15th, at 7 pm in the Fieldhouse

Board meeting: Monday, June 22nd, 7:30 pm

Board meeting: Monday, September 21st, 7:30 pm



Deadline

for the next issue of the
New Edinburgh News

Sep 10

newednews@hotmail.com

Heritage & Development Committee Reports

Renewed Redevelopment Plans for 280-282 Crichton Street

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

Last December, *NEN* announced that the owner of 280 and 282 Crichton Street was reviving plans for redeveloping the site. NECA has now learned that the owner made a formal application to the City in late April seeking approval of plans to demolish the existing buildings and construct a 3½-storey building containing 32 “stacked townhouses”. The accompanying drawing (made available by the architect, Jane Thompson) provides a good idea of what is likely to take shape on the lot, as viewed from Crichton Street.

Lots of History

The two buildings facing demolition have quite a story to tell. Their impressive style and detail, plus ample green surroundings, add to the quality of this stretch of Crichton between Dufferin and Beechwood. Both were built by August Boehmer, a building contractor active in New Edinburgh and across Ottawa. He was a prominent member of the local German-Canadian community, and helped found St John’s Evangelical Lutheran Church, which he built on Crichton in 1895. He built 282 Crichton in about 1909 and lived there until his death in 1937. The apartment building at 280 Crichton dates from about the 1920’s. However,

it is important to note these properties are located outside the New Edinburgh Heritage Conservation District, which stops at Dufferin; this section of NE is not covered by the “Heritage Overlay” provision of the Zoning By-law. Consequently, despite their historic associations, these two buildings are not afforded any special protection on heritage grounds.

These plans required a number of “minor variances” from zoning requirements (including reduced setbacks at the side and rear), which were granted by Ottawa’s Committee of Adjustment. However, neighbours and NECA felt the impact of the new construction was unacceptable and appealed this decision at the Ontario Municipal Board. The OMB dismissed the appeal but,

and NECA, a traffic study, and a public meeting chaired by Councillor Legendre that proposed reducing the number of storeys and units and modifying the stark appearance of the solid block. Of special note was the attempt to prevent demolition of the existing buildings by getting the City to recognize them with a heritage designation. Eventually, after some equivocation, the City’s Local

ments to 32 stacked townhouses. Access from Crichton to the underground parking garage would no longer be located next to the laneway currently used by residents of 319 MacKay. The number of underground parking spaces would exceed the minimum required under the Zoning Bylaw. And so on. In fact, it seems only two variances will be required – a reduced setback at the rear, and a reduced setback along part of the sides.

What Next?

At the end of April, the owner formally applied to the Committee of Adjustment to request approval of the two minor variances. The Committee will call a public hearing to review the application and to hear arguments for and against. The date and time of this hearing will be announced on signs posted at 280-282 Crichton and in letters mailed to neighbouring property owners. So, is this a done deal? Not quite, but note that similar minor variances were granted in 2001; while this does not guarantee automatic approval of the present application, it does indicate the general inclination of the Committee. Since then, of course, the City has introduced its push for intensification, so there will be no obstacles raised from that quarter; in fact quite the opposite.

Given the substantive changes now incorporated into the latest set of plans, and the absence of the heritage option, NECA does not anticipate formally objecting to this revised project. Instead, NECA has focused its efforts on the mitigating measures that could lessen the undoubted impact of the new building. The architect has been asked to consider, for example, possible light pollution from side entrances, noise problems caused by air conditioning units and garage ventilation, use of noise baffles and buffer trees, privacy fencing, landscaping, etc., and to discuss the options with neighbours. Of course, the demolition of two historic structures in our community is an irreplaceable loss. But we can work to limit the negative impact of the new building. And we must heed the warning and continue to be vigilant in protecting properties located within the heritage conservation district, where we do at least have some defensive tools available.



Schematic drawing of the proposed redevelopment of 280-282 Crichton Street.

On-Again, Off-Again

The redevelopment project has had a controversial history, starting a decade ago. In 2000, a proposed infill project would have kept the two existing buildings, put two 3½-storey additions at the rear, and a 3-storey duplex by the side of #282. However, this project was not pursued and the picture changed when 282 Crichton suffered a major fire. New plans produced in 2001 retained the apartment building at 280 Crichton, but replaced #282 with seven townhouses.

despite getting the green light, the owner did not pursue the project.

A completely new set of plans appeared in 2003, involving demolition of both existing buildings and construction of a 5-storey apartment block containing 41 units. This massive project, which presented a tall, overpowering frontage on Crichton Street, prompted major objections from the community. Much happened in 2004. There were letters to the City from neighbours

Architectural Conservation Advisory Committee decided against recommending heritage status for either building because it felt there were examples of a similar style already protected within the nearby NE Heritage Conservation District. Consequently, neither building enjoys heritage protection. Instead, an agreement was reached to place an information plaque on the site describing its historic connections. Thus, the project received another green light to proceed in the summer of 2004 – but, once again, the owner chose to hold off.

The Latest Proposal

Towards the end of 2008, the project architect informed NECA’s Heritage & Development Committee that a new set of plans was on the drawing board. This version showed major design changes in response to the numerous concerns raised previously by the community. Most conspicuously, the size and layout have been modified significantly. The building would present a less massive presence along Crichton (it would be “U”-shaped to accommodate an interior courtyard, somewhat like the apartment building further along the street at 310-320 Crichton). It would be constructed of brick, and include details similar to other buildings along Crichton. The number of storeys would be reduced from 5 to 3½, with the format changed from 41 apart-

Your NECA Representatives 2008-2009

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Photo: Louise Imbeault

New Ed Plant Sale Continues to Bloom

By **Mary Grainger and Catherine McConkey**

A big thanks to all who came to the **10th Annual New Edinburgh Plant Sale** on May 9 at Stanley Park. The plant sale is a community fundraiser organized by the Crichton Community Council. The council's fundraising monies have helped to purchase the sprinkler pad, the climbing play structure, and to maintain the fieldhouse and rinks at Stanley Park.

This year's plant sale was very successful thanks to all our community gardeners. Our supplier is Nicole and Denis Lemieux's Garden Center in Hammond, Ontario. The weather held out till 11 am; then the rain came but thankfully so did our gardeners.

A special thank you to all our volunteers: Helene Cohen, Deborah Conner, Joseph

Cull, Jim Delaney, Joyce and Raymond Dubuc, Gina Emdon, Daniel and Mary Grainger, Jill Hardy, John Jarecsni, Adrienne and Julie Ann Levett, Brian Loney, Caroline Matt, Kathryn McKeen, Stephanie Monteith,

event held at The Fieldhouse. There will be foot races for all ages (starting at 11:30am), face painting, special visitors and more. Everyone is welcome but please no dogs.

We also want to let the neighbourhood know of something new coming to The Fieldhouse. Beginning June 2 we will be opening up the building to the public. Staffed by volunteers, we will have a limited **snack bar** selling juice and healthy treats as well as making the washrooms available for public use. This is on a trial basis at the moment with opening hours being 4pm to 7pm on Tuesdays, Wednesdays and Thursdays. Come and check it out!

Anyone 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. Visit www.newedinburgh.ca for more information on our and other community events by your local community organizations.



Angus McLaurin and Cathy McConkey, Rob Salisbury, Melody Salter, Darlene, Greg, Louis, Naomi and Sam Stevens, Brian Torrie and Gillian Campbell, Jerry and Martina Turchyn, Charles and Matthew Wesley-James, and anyone we may have forgotten to name. Until next year, happy gardening!

Upcoming on the CCC's events calendar would be the **New Edinburgh Family Picnic Day**. This year, the event will be held on Sunday, June 14 between the hours of 11am and 2pm. This is a rain or shine

HOPE

In uncertain times we rely on our own history & what we have learned over the years to guide us. Recently I have been looking around at what I know, and what I don't; what I understand & what I do not; what is important and what's not; who I believe in and whom I trust. Sometimes just throwing a burger on a hot barbecue and then adding the most important ingredients of all...friends and family, can make it all seem better. We will conquer these challenging times, and be better in the end, it just may take a little time and a new leader with vision !! Never say never, never give up...never lose Hope.



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Fact or Fiction?

Dear Editor:

Your April Fool's joke about Viking remains on Kettle Island was clever enough that, although untrue, it had a lot of people wondering.

It is true, however, that a prominent team of social scientists has discovered -- in Ottawa, no less -- a primitively-written document that characterizes the archaic thinking of a now-defunct culture.

The document, which recommended that a major bridge and truck highway should be built across parks, through communities, and even within metres of a hospital, is, experts say, a fascinating glimpse into the thinking of the past.

"A number of elements of this proposal are astonishing when viewed from a modern perspective," said Dr. John By, the lead researcher who discovered the document under a pile of papers at the National Capital Commission headquarters in downtown Ottawa.

"First, the recommendation was made without input from the public," Dr. By noted. "The concept of public consultation in western democracies extends back to ancient Greece and has been repeatedly strengthened since then. How this was allowed to happen at the beginning of the 21st Century is

curious, to put it mildly."

The research team speculates that the lack of public consultation was the main reason for the "highly unusual" recommendations found in the document, although they note the presence of a number of other anachronistic principles as well. The complete lack of interest in public transit, the promotion of single-occupant-vehicle commuting, and the woeful disdain for existing institutions of national significance are three further elements of the document that intrigue the researchers.

"Putting cars and trucks ahead of the well-being of citizens and the environment was a hallmark of city planners in the 1950s," said Dr. By, "but that was more out of ignorance than bad intent. By the 1980s, the tide had definitely turned away from this type of approach. In fact, what makes this week's find so fascinating to us is that it shows a national capital city that was completely out of touch with the social norms of the time."

Researchers will continue to study the document in the coming months and plan to present it at an international conference of urban planners in 2010.

Peter Wilson

280 Crichton: A Part of New Edinburgh History

Dear Editor:

I have a comment on your article "Rental Units on The Rise" in the February 2009 Edition. We will be sorry to see the nice old building at 245 Crichton go—it is a lovely old building—but have you ever walked down the street to 280 Crichton, another building that's going?

280 Crichton has a lot of history in New Edinburgh. I am very disappointed in the lack of caring for this building that has been around as long as 245 Crichton and is just as great. You may wonder why I show so much concern. The truth is

I've lived there for as long as I can remember. It is as beautiful on the inside as on the outside. It has huge rooms, big spacious closets, and a spectacular view. You are lucky if you have ever

been inside it; it's a part of New Edinburgh architecture and history. I cannot see why some

people do not seem to care to see it go. I hope you understand what it means to the people who have lived in it, and the history of New Edinburgh.

Yours Truly,
Isabel Glasgow,
11 year old resident



No Need for Urban Boundary Expansion

Dear Editor:

The City of Ottawa staff is recommending to Council that the urban boundary be expanded to accommodate future growth. If the motion passes the urban boundary would extend to Frank Kenny Road and Old Montréal Road and allow the developer Tamarck to go ahead with their development. Cardinal Village is a proposed development of homes, schools, churches and commercial centres for approximately 12,500 people. If the development goes ahead, old growth forests, including 200 year old maples, will be raised, roads, currently at capacity, will be over burdened, air pol-

lution will increase and the rural nature of Cumberland (Ward 19) will be destroyed.

Please e-mail all the City Councillors and the Mayor (Larry.O'Brien@ottawa.ca) to let them know your opposition to the expansion of the urban boundary. Make sure that you put *Opposition to the Expansion of the Urban Boundary* in the subject line. This is a pressing issue as Council is currently hearing presentations and votes on this sometime in June.

By law the City must reach a 40% urban densification before it expands the urban boundary. The City is currently at 23% urban densification. As

well, the City must maintain a 15-year supply of urban land for development. It currently has an 18 year supply. With the current economic downturn and the difficulties in the high tech sector the City of Ottawa is not growing at the same rate as it has in the past. In this day and age of climate change and global warming the last thing we want is more urban sprawl. The expansion of the urban boundary is not necessary.

Thank you for taking the time to help oppose the expansion of the urban boundary.

Raymond and Nancy Mayer

Community Garden: Why Privatize Public Spaces?

Dear Editor:

I am sorry, but I have to disagree with the well meaning enthusiasm for a community garden in Stanley Park.

The park is a public resource, whereas the plots of garden become, essentially, private pieces of land. I see little value in giving public land to private individuals.

After the recent tainted soil issues in the park, one should question growing any food items in the area.

Aesthetically these gardens

are simply not good looking. It is great to think of a lush garden full of greenery and veggies, however in reality these are, for most of the year, plots of dirt with a few seedlings struggling up. The plots are then surrounded by small chicken wire fences as the gardener fends off the rabbits. Finally, in every such garden I have seen, a pile of buckets, old tools and scrap wood for staking are left in the corner.

I might suggest an alternative way of building commu-

nity and utilizing gardens is to match residents who would like a garden, but don't own the land with those who have the land but do not wish to garden. This is an ideal way for a deeper connection between land-owner and land-user. It is also ideal for some of our less physically active residents to share and use their resources. Often this turns out to be a lasting friendship and connection between an older home owner and younger neighbors.

Charles Wesley-James

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Tel: (613) 744-8898



www.mcacademy.ca



Ottawa City Councillor Jacques Legendre Reports

Judge's Ruling Means Crichton Cultural Community Centre (CCCC) Will Live!

The court decision involving The School of Dance (TSOD) vs. CCCC and the City of Ottawa represents a huge victory for the community.

The partnership had never worked well and the only recourse was a 'divorce' and sale of the 'family asset', the heritage building at 200 Crichton. The court was asked to determine the conditions of the sale. Would the building be sold 'free and clear', without any rights accruing to the community? Would the building be sold for the 'highest and best use', usually meaning either conversion to residential use or demolition and reconstruction?

Residents will recall that the building was purchased by TSOD, with City of Ottawa assistance (\$250,000, half the purchase price) for 'the beneficial interest of the CCCC' in 2000 - 2001.

The court determined that the CCCC did have a legitimate equity interest in the building.

Significantly, the judge expressed the opinion that the building should maintain its "current use, allowing community and institutional use, with limited commercial involvement." That is, the zoning should remain unaltered. In my testimony before the court,

I had stressed that the City's participation in assisting in the acquisition was motivated by the need to preserve the last significant 'community facility' in the 'Burgh'. Happily, the judge has recognized the importance of this building to an older established community, with limited alternatives, in the urban core.

Judge Toscano Roccamo's decision is but the latest in a string of judgements that have been rendered over the years. They have all recognized the rights of the CCCC to unfettered use of a portion of this historic structure.

The likeliest scenarios coming out of this decision should see either the City of Ottawa or the CCCC purchasing the building. In either case, the result should be a facility ready to function, as intended all along, in the service of the local and larger community of the City of Ottawa.

Well done New Edinburgh!

An Outdoor Stadium for Ottawa?

Earlier this year there were two unsolicited proposals vying for public attention:

1.) A proposal from Senators Sports & Entertainment (SSE) for an outdoor stadium that could accommodate a major league soccer franchise adjacent to Scotiabank Place; and,

2.) The Ottawa Sports and Entertainment Group (OSEG) and their 'Lansdowne Live' stadium and development pro-



"Confusion" off Crichton Street to Union.

Sketch by Martha Markowsky

Burgh artist Martha Markowsky will be exhibiting with F.I.M.A. in Montreal July 2 to 5 and August 21 to 23 at the Rideau Valley Fine Art Festival in Westport, ON.

posal.

A staff report on *'The Needs Analysis for Multi-Purpose Sports & Entertainment Facilities Study'* was released on February 19, 2009. This report provided Council with information on the need for sports and entertainment facilities in Ottawa and on the evaluation of 23 stadium sites throughout the City.

Another report provided an analysis of the two proposals (OSEG & SSE) from both a land use and business plan perspective.

My own view is that there was a lot of 'mis-direction' going on, both in the proposals themselves and in the media presentation and discussion. Mis-direction is the prime tool of magicians and bull-fighters. The skilful magician convinces his audience to pay close attention to the wrong thing before springing his surprise. The bull-fighter must convince the bull that the cape is all important. So where was the mis-direction in the stadium debate? It was largely in the questions being posed. For instance: Is a major outdoor stadium needed in Ottawa? Would a CFL team or a major soccer franchise be good for Ottawa? Etc. It is possible to answer yes to most of the above without getting much closer to a rational path forward.

It is important to focus on what is best for Ottawa and what is affordable. Many answers were provided in the *'Needs Analysis'* cited above. Further information came out of the engineering analysis of the Civic Centre.

Once we decide what is needed, the priority of that need must be established, keeping in mind all of the other priori-

ties facing the City. The federal and provincial governments have both said that they will contribute to our major projects but that Ottawa must first decide on its priorities. They have also let it be known that their resources are not without limit.

I believe that Ottawa's first priority is modernizing its mass-transit system. (Reminder: Only the first element - a 12.5 km. length of light rail (LRT) from Tunney's Pasture to Blair Road through a 3.2 km. downtown tunnel at a cost of \$830 Million). This is truly a 'city-shaping' project. Moreover, it is urgently needed. We will have enough difficulty getting adequate funding for that important piece of infrastructure from the senior levels of government without undermining our credibility by asking for funding for a stadium (new or refurbished) at this time.

Even if the stadium question was high in our priorities it would be necessary to seek some private-sector partnership for affordability reasons, I question whether it was ever in the public interest to respond to either of these unsolicited (sole source) proposals. The surest way of ensuring best-value for the public is always to use the tried and tested rule of the marketplace - that is, open competition.

People recognize that local government is not a business, yet, in order to protect the taxpayer, they wish that government would operate in a more business-like manner. I am not aware of any successful business that would deliberately choose a path that would not ensure that its operating cost is as low as possible. Such a

business would be putting a lot of faith in 'magic' and likely end up like the bull in the bull-ring.

Council at its regular meeting on April 22, 2009 decided to enter into negotiations over 60 days with the OSEG ('Lansdowne Live'). The list of constraints and caveats is lengthy. It includes: revitalizing the Civic Centre and the Stadium; that no revenue serve to subsidize professional sports; no increase in overall costs to the taxpayer; no housing component; no large format (Big Box) commercial; that the NCC's Advisory Committee on Planning, Design & Realty be consulted; and that there be an understanding of Federal and Provincial funding. It also identified revitalizing Lansdowne Park as 'our stadium priority project'. I leave it to your judgement as to whether anything useful will come out of that Council decision. We will know soon after this report is published.

The last professional sports arenas to be built in Ottawa were Scotiabank Place for hockey and the Coventry Road stadium for baseball. Scotiabank Place was a private venture while our baseball stadium was paid for by the taxpayer. Are there any lessons to be learned from those two cases?

Jacques Legendre
Councillor, Rideau-Rockcliffe

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Reminders from the Past

By Joan Mason

Having a good chunk of the park fenced off is a perfect reminder that we live with the past here in New Edinburgh. The pastoral ambience we all feel now had a more industrious heritage.

Our fascinating history includes a young man, Thomas Bell born here on May 8, 1871. He had eight brothers and three sisters. Thomas was raised in the Bell House at 151 Stanley Ave., (then known as Rideau St.) where his father, Dr. William Ralph Bell also had his practice. In 1893-4 Thomas began manufacturing ink, Bell's Ink Ottawa, in a

building on Lorne Ave. behind 155 Stanley. Lorne has now been absorbed by the park.

The other source of 'contamination' was the potash field pitting ground behind the Bell House. Here hills of potash awaited shipment on the St. Lawrence and Ottawa Railway. Potash is formed by leeching wood ash.

We hope to bring you stories of the past—that we are reminded of in far less dramatic fashion—in the future.

Information for this article was gleaned from a previous article in the *New Edinburgh News* by Ethel Sivyer Proulx in 1996.



Fenced off contaminated area of New Edinburgh Park.

Photo: Peter Glasgow

Park Contamination...

From Page 1

to the soil, the NCC officials note that the evidence is thin with regards to studies of risks to animals.

If people are worried about the possibility that they or their children may have been exposed to lead contamination, they can ask their family doctor to test for lead in the blood. This is a simple test. If the results come back in the normal range, you know there is no problem. If results register high, you (or an environmental professional) need to inves-

tigate possible sources of the exposure, which could include lead water pipes or lead-based paint in your house as well as soil in the park.

As for other areas of the park, the history is also largely industrial and the current ownership is varied, divided among the NCC, the City and the Province. In 2003, City officials found no human health risks when they investigated the former landfill site near the fieldhouse. However, there has been a "hit" regarding a contaminant at the end of the soccer field, which was a for-

mer railway yard. The City is planning to do more investigation of that finding.

NCC officials could not describe how the park will look after the remediation is

complete, since they do not yet know the changes to the grade to meet the flood plain requirements of the Rideau Valley Conservation Authority.

Residents who have any con-

cerns or questions for the NCC should contact Ivana Copelli, Land Manager, at 613-239-5135 or Eric Soulard, Senior Environmental Officer, at 613-239-5418.

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How to Recycle Better – a Blue Box Primer

60% of what we consume is either recyclable or compostable!

A quick and easy way to address climate change

By Sarah Anson-Cartwright
Confession time – when it comes to the Blue Box, I am not always 100% sure that what I am putting in, is in fact recyclable.

Fortunately, I got a primer on better recycling – courtesy of guest speakers at the **Trash Talk** event hosted by **Local Eco-Action Families (LEAF)** in Lindenlea on April 18. The fact is that those clear plastic containers for various

produce and bakery goods (so called “clam shells”) should *not* go in the Blue Box. “Even if they have a number in a triangle, they are not the type of plastic that can be recycled,” explained **Chris Wood**, of the City of Ottawa’s Solid Waste Division.

The good news is that 60% of what we consume is either recyclable or compostable. Rather than burn or bury our waste, let’s take the quick and easy approach to addressing climate change and divert it as much as possible.

So says **Rod Muir**, Waste Diversion Campaigner, of the Sierra Club of Canada, who delivered with humour the hard yet insightful facts on consumption, and some helpful tips to address climate warming through waste diversion. “One ton of recycling can eliminate or save three tons of greenhouse gases (GHGs),” notes Muir.

Currently, our consumption rates break down as follows:

Recyclables: 40%
Organics: 40%
Last six: 10%
True residual: 10%

However, we are not diverting recyclables and organics at those rates....and that’s where we can help—by using our Blue Box and Green Bin programs more fully.

Only one rule needs to govern our waste diversion efforts—take the time to separate our waste.

More specifically, separate it to increase our recycling efforts via the Blue Box, to get more organics into the Green Bin (and not in our garbage) and to keep the “last six” out of our landfills as much as possible. (The “last six” are electronics, furniture, mattresses, textiles and carpets, renovation material, hazardous waste, etc.)

As Muir said, while holding up a fake banana attached to a cordless phone, we bought these items separately, we used or consumed them separately, so let’s dispose of them separately.

Did you know that...
...if we bury compostable waste like food scraps, we rob it of the oxygen needed to compost it in the landfill? Landfills are the largest source of methane on earth.

...some paper bags with clear cellulose are in fact paper fibre products (i.e. compostable and eligible to go in your Green

Bin)? If the cellulose tears, it’s a paper fibre product. If it stretches, it is not. (But please do not put biodegradable plastic bags in your Green Bin.)

...it is cheaper for the City to recycle than to dispose of waste? The net cost to the City of recycling (i.e. costs less revenues) is lower.

Plastics primer

Plastics are problematic but fascinating. Even the numbers are not always a definitive guide to what can go into the Blue Box.

- **Choose #1 and #2** plastics which should go into the Blue Box. (But avoid #1 plastic food trays or clam shells, since they are not recyclable.)
- **Avoid purchasing #3 - #7 plastics** if possible, because there is no viable recycling market for them at present. But they can go into the Blue Box if you have them. The City will stockpile those plastics for now, rather than send them to the landfill. The exception is the “clam shells” which



Follow the City’s general rule for plastics that are recyclable:

If it’s not a plastic bottle, jug, jar, tub or tub lid - it’s not recyclable!

The following items are also not acceptable for blue box recycling:

- Plastic bags
- Styrofoam
- Plastic/produce packaging

Three Easy Steps...

will end up in the landfill and should not go into the Blue Box. (The challenge is to influence the manufacturers and retailers to avoid using them, since they are not recyclable plastic.)

- **Avoid polystyrene** whenever possible. We send 25 tons of polystyrene in one year to the landfill; and it does not compose for hundreds of years!

Blue Box “DOs”

Glass

- Bottles and jars

Metal

- Metal cans
- Soft drink cans
- Aluminum containers
- Clean foil
- Empty paint cans with lids removed
- Spiral-wound canisters with metal ends (frozen juice cans, Pringles, etc.)

Plastic

- Plastic bottles, jars and jugs
- Tubs and tub lids (yogurt, sour cream, hand cleaner, margarine containers)
- Milk and juice cartons

TC Tetra Pak

- Drink boxes
- Soup boxes
- Milk boxes

Your blue box should not weigh more than fifteen (15) kg when full.

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The Perils of Cyber Crime

By Michael Histed

Last year I wrote on the subject of cyber fraud, however the methods being used by online fraudsters are today becoming more sophisticated and less easy to detect, which translates into the need for increased vigilance, and a reminder for all residents of New Edinburgh.

passwords, they are not legitimate. They are not referring to your account – it is fictitious. **Again do not respond.**

Many of us now use online banking to pay our bills, check our account balances and transfer funds between accounts. Generally this is a very safe way to conduct your banking,

A bank will never ask for your password or account number in an unsolicited e-mail.

For example have you been noticing more and more e-mails supposedly from your bank suggesting they are reviewing your account information and need you to confirm your account details including your password? A bank will never ask for your password or account number in an unsolicited e-mail. **Do not respond.** Banks do not verify bank account numbers by e-mail. Do not hit reply, or send them any information. The information will provide a fraudster with all they need to access your account.

Do some e-mails seem more threatening? Yes, this is very deliberate because awareness amongst the public is increasing, thus fraudsters must resort to stronger tactics. Do not be intimidated by threats of your e-mail accounts being shut down, or your loans being suspended. Look carefully at the e-mail. When they are asking for your account numbers and

however without the necessary tools there can be risks. Therefore you need to make sure your computer is well protected with the most up to date anti-virus software as well as anti-spyware software. Otherwise hackers can enter your computer without you knowing and steal your identity. The software (Norton, McAfee or others) can be purchased at most computer stores).

It is summer and many of us are making plans to go away, do some renovations or update the house. We frequently purchase goods, vacations and services online, usually by credit card. It is all very tempting, however you should only purchase from trusted sources. The sale of credit card numbers has become big business. I myself have been victim of credit card fraud. My number was used for the purchase of goods at a grocery store in New Jersey, and for the payment of hydro

bills in Tennessee. You need to verify your monthly statements closely. If you suspect misuse, contact your credit provider immediately.

A few reminders for the summer months:

- Keep garage doors locked at all times.
- Keep your downstairs windows locked when you are away from the house or at night.
- Tell a trusted neighbour when you go on vacation.
- Place lights on timers when you are away.
- Make sure you cancel your newspapers when on vacation.
- Do not leave your bike left unattended.
- Do not walk alone after dark in the park.
- If you are walking at night, tell someone where you are going and when you expect to be back, and take a cell phone with you.

For a crime in progress call: **911**

To report an incident call: **613-236-1222**

Want to Lower Your Environmental Footprint?

Take part in a local research study to learn how.

Local architect Jane Thompson has received a CMHC grant to complete a year-long study involving volunteer households from New Edinburgh, Cardinal Glen, Lindenlea, Manor Park, Rockcliffe Park, Vanier and Lowertown.

Each household measures its environmental footprint using an online calculator (takes 30-60 minutes to complete) and provides research team access to their utility bills.

Suggestions for ways to reduce that footprint are provided by the online calculator and through e-mail tips or community information sessions.

Each household decides which of these suggestions make sense for them and records any actions they take.

At the end of the year, each household measures their environmental footprint again and compares utility bills to see the effects of any changes they have made.

The overall results will be analysed and published as a CMHC research study. All information gathered about individual households will remain confidential.

If you are interested in taking part or would like more information, contact Jane Thompson at 613-747-8104 or jtarch@cyberus.ca.

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Rogue Windstorm Takes a Heavy Toll at Beechwood Cemetery

By Jane Heintzman

It was no dulcet spring breeze that swept through the capital on the last Saturday in April. Rather it was a sudden, vicious blast, packing winds of up to 100 kilometres per hour which wreaked havoc in

several parts of Ottawa; our own Beechwood/Rockcliffe area among them. The powerful gusts swept up Beechwood Avenue, leaving in their wake a trail of damage to several of our neighbourhood businesses, including **Nature's Buzz**

which was left with a shattered front window, and the **New Edinburgh Pub**, whose awning was ripped from its moorings and sailed down the street.

Most distressing of all, however, was the devastation wrought by these rogue winds in **Beechwood Cemetery** where the storm leap-frogged along a narrow corridor from the south west corner of the cemetery to the north east along St. Laurent and Hemlock. Director of Operations **Roger Boulton** reports that more than 70 mature trees were destroyed by the blast, many of them torn up by the roots while others were cut down half way up the trunk. While the majority of the casualties were the cemetery's signature sugar maples, many pine and spruce trees were also lost, including a prize pine tree which had been a central feature of the parking lot of the newly created reception area, preserved with special care throughout the construction process.

The cemetery's grounds crew moved with exceptional speed and efficiency to clean up the tragic aftermath of the storm, removing the huge piles of debris which were left blocking the road network within the grounds, and sawing up the massive trunks and limbs felled by the powerful wind. While the trees lost to this freakish weather event were well over a century old and no longer in their prime, Roger Boulton reports that the plan had been to phase in a gradual replacement process, inter-planting the mature trees with young saplings to take their place over time. No such luck, however, and now it will



Beechwood Cemetery storm damage. Photo: Peter Glasgow

be full steam ahead with an aggressive planting program at Beechwood Cemetery, beginning this fall with the planting of 70-80 new sugar maples and repeating the process for several more years thereafter.

The Cemetery will be seeking both grants and private donations to assist with their reforestation efforts, and any readers who are moved to make a contribution to restoring the magnificent forest cover in the grounds are welcome to send donations to Beechwood Cemetery, 280 Beechwood Avenue, Ottawa K1L 8A6

(earmark your donations for Reforestation Program).

An interesting postscript to the story is that no sooner had the storm damage been tidied up and the woodpiles neatly stacked, the Canadian Food Inspection Agency appeared on the cemetery's doorstep and served notice that in keeping with the government's aggressive campaign to control the spread of the emerald ash borer, not a twig of the debris is to be removed from the Beechwood Cemetery grounds. Looks like a full time job ahead for the wood chippers this summer!



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Lush Shade – the Indigenous Garden

By Louise Imbeault

Seasoned gardener, **Lori Coulter-Brethour** graciously agreed to share some TIPS and TRICKS from her 25 years of experience in the field with *NEN* readers.

Many of you might already have met Lori in the days when she worked on Barbara Potters' heritage property at 151 Stanley Ave. Since then, by word of mouth, she has managed to change many gardens in the New Edinburgh and Rockcliffe area over the years and gained quite a reputation as an indigenous plant expert. Lori's latest revamping project is at 38 Charles Street where she works arduously to rebalance the esthetics of an established garden, giving it new life.

This candid interview was about educating the serious hobbyist with a work plan to avoid the dreaded "confetti" garden, trademark of most beginners.

Before buying/planting anything new, Lori suggests you start by evaluating your space, dig out all weeds and invasive plants (no chemical killers please), observe the sun's movements over the area, getting a feel for the light areas from the shaded spots, damp sections versus dry ones. This will help you determine what species of plants will be successful in your new garden. Don't fight the shade—work with it. And remember, the Burgh is built on a river bed.

Good soil is key: It is most important to prepare your own soil mixture. It should be composed of black earth, manure (sheep or cow) and peat moss. Don't forget to start a compost pile with the refuse gathered (apart from weeds, of course), as this will ensure mineral richness to your soil.

Use what you have advises Lori by "separating" existing established plants in large clumps, they transplant better when the root system is large. The regrowth will be heartier because the stress from relocating it is diminished. Work with perennials native to your area. You can start by getting

plants acclimatized for this area (meaning Zone 4-5).

Most people opt for a sunny garden thinking of the flowering blooms (the coveted English style) but Lori prefers to play with the exotic textures of a shade garden. Many plants do extremely well with very little light, as her many years of successful planting show.

Here are just a few examples of indigenous shade plants you might consider trying: **Ostrich**

ear, peonies, echinacea and primrose to name a few. The trick with sunny gardens is to play with colour. Try mixing dark leaf plants with silver leaf ones for special effects. **AVOID** cultivars and hybrid varieties. You will have better results with indigenous plants (native to this area). Remember to mulch your sunny spot to retain moisture or all your hard work will wither and die with your plants.



Photo: Louise Imbeault

Lori Coulter-Brethour offers some helpful tips and tricks for gardening in the burgh.

or **painted ferns, hosta varieties, Solomon's seal, foam flowers, bellwort, spiderwort, snakeroot, goat's beard, wild ginger, cranes bill, bleeding heart, astilbe, toad lilies, foxglove, meadow rue, pulmonaria and Jack in the pulpit.** As for ground cover, she recommends, sweet woodruff, common or Japanese spurge and the most popular, periwinkle. **AVOID** lily of the valley and goutweed, as they are invasive and unruly.

If Lori hasn't convinced you to experiment with the shade, here's what she recommends for very sunny areas. You will have success with **flox, yarrow, baptisia, delphinium, poppies, silver mound, lamb's**

More advice from this green thumb is to be patient, start small and expand your garden space as you develop skills. **DON'T** overdo varieties and be sure to give them space to grow. **DO** use natural ornaments to create ambiance like river rock, boulders, driftwood or even wrought iron structures, even solar patio lights.

BEWARE of bird feeders (except suet) since the seed husks will kill anything below the feeder and the uneaten seeds will sprout and grow. Tip: place a few patio stones underneath the feeder.

Now for practical maintenance tricks: **DO** "spot" water regularly by hand or let the hose "trickle" at the root of

the plants. **DON'T** leave your sprinklers on all day or you'll get rust and mold on the leaves thus compromising your garden's health. As for pests and insects, refrain from using chemicals. The best way to get rid of slugs is to sprinkle broken eggshells or coffee grinds at the bottom of the plant. You can also bury to the rim small containers holding beer (which attract the slugs) and they will drown. To remove aphids, use a spray bottle containing soap and water, spray your plants then rinse off the infected area with a strong blast of the hose. To avoid illness spreading in your garden, remove all wasted blooms and dead leaves in the fall – don't wait until spring to clean up.

Lori's philosophy is sim-

ple: remember that gardening should be relaxing and enjoyable, a great therapy for the soul, rejuvenating the body and all your senses. She highly recommends that you cultivate patience (reducing stress), take pride in your achievements (building your confidence), respect Mother Nature's wisdom in doing all things in due time, and enjoy the beauty you've helped create.

In closing this interview, I asked Lori if she had one wish or dream she'd like to share with the community...without hesitation she replied, "Funny you should ask. I've been dreaming of a **plant exchange program** that would make me and others very happy." Is anyone in the Burgh willing to spearhead such a project?



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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.



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Artists' Page by Catherine Murphy

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Heritage - Mackay at School Lane, New Edinburgh by Gordon Harrison

7th Annual Garden Exhibit by Burgh artist Gordon Harrison at his John Street studio (June 5 - 7)

For the seventh year, Canadian Landscape artist **Gordon Harrison** will open his New Edinburgh studio to residents of the Burgh and Ottawa region. A new wrinkle on the tradition this year is that the studio (81 John Street), built in 1894 as a gardener's cottage, will also be part of Doors Open Ottawa that same weekend.

Original Burgh laneway paintings

Gordon has painted over 40 new paintings for this occasion to entice local art lovers and collectors to the Burgh. The works include recent New

Edinburgh laneways, breath-taking tulip paintings like he has never painted before as well as the ever-popular majestic birch stands. Also included is a sneak preview of some of his Muskoka landscapes—a series of which will be featured at the artist's annual November show at the Gordon Harrison Gallery—as well as a new book to be released by established Ottawa photographer **John McQuarrie**.

The artist along with partner and Gallery Director **Phil Emond** continue the tradition of inviting their clients and visitors to enjoy live music, hors d'oeuvres and wine in a relaxed but sumptuous garden setting. Ottawa's country and

5, from 5 to 9 pm, Saturday, June 6 and Sunday June 7 from 11 am to 5 pm. www.gordon-harrisingallery.com.

Mornings Like These

We need mornings like these everyday. That was what I saw when I visited **Dale Smith Gallery** at 137 Beechwood for landscape artist **Joe Fidia's** vernissage on April 3. It was also a delight to see friends, meet some of Dale's patrons and taste gourmet cheeses from Jacobsons. "Dale's selection of artists is great. I like the variety and enjoy collecting" said patron Derek. Go online at www.dalesmithgallery.com and book your calendar for their next vernissage.



Kristen Bjornerud (right) with Gallery owner Dale Smith.

folk diva **Pat Moore**, accompanied by **Pat McLaughlin** will create the musical backdrop for this Burgh exhibit.

Please join Gordon and Phil at the artist's studio located at 81 John Street in New Edinburgh. The event takes place on Friday evening, June

Retellings and Reimaginings

For the month of May, talented **Kristen Bjornerud** showcased her work at **Dale Smith Gallery**. Kristen is what I call an exact-detail painter. She makes minute detail seem simple to do. "Each painting tells a story, however the viewer sees another story, its their story, which intrigues me," said Kristen.

"BC Scene" & Burghers

"Some things just go well together," says **Victoria Henry**, Art Bank Director and Burgher. Victoria had the pleasure of showcasing traditional Haida artist and master carver, **Jim Hart, O.B.C.** The NAC foyer was graced with "*Sister (Bear mother & twins)*" one of Jim's hand-carved totem poles for the official launch of the successful "BC Scene".

Books on Beechwood's has "THE" selection

The Group of Seven & Tom Thomson, by David P. Silcox, tells the story of the Group of Seven and Tom Thomson through an extensive collection of documentation and works gathered from museums and private collections.



Victoria Henry with Haida master carver Jim Hart.

In the Works at MainWorks

By **Corinne Nieuwburg**

MainWorks artist **Karen Bailey** has donated a painting to the **Ottawa Art Gallery 2009 Auction** to be held **Thursday June 4 from 5:30 to 8pm at 2 Daly Avenue**. Appropriately, this year's chosen theme is *Stimulus*. Bailey's work entitled "*The Studio in January*" features the view from her studio looking into the corridor at 200 Crichton Street, a scene familiar to visitors of the Crichton Cultural Community Centre and MainWorks Artists

Studios. All of the donated art, over sixty works, will remain on exhibit for a few days following the event (June 5-8). See the Ottawa Art Gallery website for more information. www.ottawaartgallery.ca.

Frances Caswell Routhier and **Corinne Nieuwburg** are participating in this year's Summer Solstice Exhibition entitled *An Homage to Yvette Debain* being held at the **Centre d'exposition l'Imagier** (Gatineau Quebec) from **June 21 until August 2009**. In its 33

years of existence, L'Imagier has welcomed a myriad of artists under the generous auspices of its founder, the late Madame Yvette Debain. The

Summer Solstice Exhibition invited artists to pay tribute to this great lady who made such an exceptional contribution to the growth of cultural life in the Outaouais. For more information please visit www.limagier.qc.ca.



The Studio in January, acrylic on canvas, by Karen Bailey was donated by the artist for the upcoming Ottawa Art Gallery Auction on June 4.

Steve Dotto: Chic Eco Geek

By **Louise Imbeault**

Canadian consumers are very concerned about the environment and are interested in "eco friendly products". Steve Dotto takes this serious issue to heart. Canadian born, this Vancouver based television host, writer and producer, was in Ottawa this past April to deliver a talk on "Enabling the Knowledge Worker".

His unique understanding of technology, wicked sense of humour and creative public speaking make Steve a very entertaining and informative teacher. He directs the public to the many options available for the environmentally responsible computer user. His web-

across Canada and points to Eco Highlight labeled products and Energy Star equipment.

Steve also introduces the Canadian public to Free Geek, a non-profit community organization that recycles, refurbishes and donates used technology to schools and associations rather than perpetuate the pollution in our landfills.

He also educates the public about being "Cyber Safe" in a DVD how-to guide for adults responsible for a computing environment accessible to kids. The guide offers a comprehensive overview of hot issues such as: social networking, chat rooms, Internet privacy and security issues.



Steve Dotto perusing the NEN during his recent visit.

site, www.dottotech.com "is committed to helping you, the average Canadian, take advantage of all the amazing technology out there without getting bogged down in bits, bytes and acronyms", provides links to return and recycle centers

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BURGH BUSINESS BRIEFS

- By NEN Staff -

The Art of Music

Chrys Kaloudis of Stanley Ave has started a new e-business here in the burgh; **The Art of Music** specializes in music-themed giftware, an area that is near and dear to his heart. Chrys has opted to remain an e-business while he continues to work full-time in teaching, at least until the business is large enough for him to quit his "day job". Although not a musician, Chrys has always loved music and has been a strong advocate for music education. He and his partner, Colin have been involved with the Ottawa Chamber Music Society as volunteers for the past five years.

The idea for the business took root when Chrys saw the work of two local artists, **Cheryle Mazak** and **Anne Wanda Tessier** – both of whom incorporate musical themes into their work and have been featured in marketing materials for Chamberfest. As he discov-

ered other art work with musical themes, and musicians who also express their creativity through different visual media, Chrys began to formulate "The Art of Music". He has decided to work with a line of giftware to start the business going, with the long-term intent of finding and promoting more artists who work with and are inspired by music. He also intends to procure collectible items from the world of music and use the sale of these items to set up a fund to support music promotion in schools.

The Art of Music website (www.theartofmusic.ca) went live nearly a year ago and has already generated enough activity to triple the average daily number of hits on the site. This summer, interested buyers can visit Chrys at the Ottawa International Jazz Festival and at Bluesfest, where The Art of Music will have a vendor's tent. So visit his website or drop by the festival and see

what The Art of Music has to offer.

BGGO: A Boutique with Unique Spirit

On May 2, **BGGO Boutique** held its grand opening above the Second Cup at **1A Springfield Road**. BGGO offers an array of beautifully hand-crafted items from Nepal, India and South Asia including hand-beaded and embroidered shawls, sterling silver jewellery, woven bags and high fashion clothing. Owners **Bobby Gurung** and **Gerry O'Brien** (BGGO) are enthusiastic about the site above the local coffeehouse where Gerry's daughter works as a barrista.

Bobby is a very recent transplant to Ottawa from Nepal by way of Hong Kong where she spent the past 12 years working as a restaurant and hotel manager – thus the Asian influence in the store's offerings and an emphasis on excellent customer service.



Photo: Louise Imbeault

Welcome to the neighbourhood: Gerry O'Brien and Bobby Gurung have opened a new boutique above the Second Cup on Springfield.

BGGO also offers a line of home décor and paper products from Nepal, including 'singing bowls', prayer mantra wheels and Buddhist Thangka paintings, notebooks, photo albums, lamps and cards. Their hand-woven bags are made from all natural dyes and materials and are the result of a fair trade initiative called "Women's

Skills Development Project" in Bobby's home village of Pokhara, Nepal. Established in 1975, this initiative was created to help the poorest of women in the region develop the skills to produce commercially viable handicrafts for export.

BGGO Boutique's hours of operation are Monday

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to Tuesday 9 am to 6 pm; Wednesday to Saturday 9 am to 8 pm and Sunday 10 am to 6 pm.

A Breath of Fresh Hair on Beechwood

A new hair salon has opened at **75 Beechwood Ave** (where the bike shop was until recently). Fresh is just that, a bright and comfortable small salon with freshly painted lively green walls and crisp décor. Owner/stylist **Margot Robinson** had been scouting for a space to call her own and discovered New Edinburgh during long walks along the river. She fell in love with the neighbourhood and all it has to offer and a new store was born. It was a quick gestation period; from finding the location, to renovating, to moving in, took only one month!

Margot is not new to the profession; she has worked for the past five years at a salon on Elgin Street and brings a large clientele with her. Word of her excellent cuts and relaxed atmosphere has spread quickly and she has already begun adding new clients from the neighbourhood. Her plan is to keep the salon small – working on her own for now. Margot prefers to maintain a stress-free environment and have the freedom to develop strong relationships with her clients. For men and women, her services include hair cutting, styling and colouring. Salon hours of operation are Tuesday, 10 am to 6 pm; Wednesday to Friday, 12 noon to 8 pm and Saturday from 9 am to 4 pm. To book an appointment, contact Margot at the salon at **613-680-6315**.

Quartier Vanier Gala Celebrates Good Business Merchants Association

This year the **Quartier Vanier Merchants Association** teamed up with seven of the



Photo: Louise Imbeault

Margot Robinson offers clients a relaxed and bright atmosphere along with her hairstyling services.

best local restaurants, the **Capital Swing Band** conducted by **Stanley Clark**, and the **Ottawa Little Theatre** to honour business leaders and outstanding residents. Three of the showcased “group of seven” chefs hailed from our very own Beechwood Ave. **André Cloutier** of **Arturo’s Market**, **William Ross** of **Da Bombe Desserts & Fine Food** and **José Alves** of **El Meson Restaurante** offered attendees a taste of their specialties during the cocktail hour prior to the main event. **Derek Diorio**, host of the awards, got things off to a rousing start with a “pledge” from the audience. Among the award winners were a number of merchants from the Beechwood corridor: **Farbs Kitchen & Wine Bar** and **Subway Salad & Sandwich Beechwood** each received a **Talk of the Town** award; **El Meson Restaurante**, in business for 21 years received a **Cummings Longevity** award; and **Curves Beechwood** received a **Community Spirit** award. Congratulations to all!

The Edinburgh Retirement Residence Gets a Facelift

An exciting new look is coming for a long-standing member of the Ottawa retirement community. Slated for completion in June 2009, **The Edinburgh Retirement Residence** renovations are leaving no stone unturned – even the garden is getting an update! Renovations are now complete for all apartments, which feature spacious studio and one-bedroom layouts, kitchenettes, large bathrooms with walk-in shower, and bright picture windows. Individual climate controls, emergency communications systems, and fire, safety and security systems throughout the building add to the sense of comfort.

The building’s generous amenity space is also being updated. Residents can relax on the freshly redecorated rooftop terrace, enjoy a first-class assortment of arts, entertainment and fitness programs in the beautifully-appointed penthouse overlooking the Rideau River and Gatineau mountains, meet

friends in the café, or enjoy a book by fireside. Even the dining room, with its gourmet cuisine and bar service, has been enhanced. “Our current renovations are designed to enhance our residents’ care and comfort by creating a luxurious look and feel to all our apartments and public spaces,” comments **Jennifer Martel**, Executive Director of The Edinburgh.

The Edinburgh’s new look is just one aspect of the residence’s emphasis on service and care. In addition to the professional staff handling all the housekeeping, laundry, maintenance, yard work, and cooking, The Edinburgh’s registered nursing team is available 24 hours a day to deliver discreet care customized to each resident’s unique needs. As needs change, the residence’s *Enhanced and Assisted Living* option ensures residents continue to enjoy an active, fulfilling lifestyle within the Edinburgh community. Family and friends are always welcome for meals, private visits, or to join in any of the activities occurring each day.

To celebrate its new look and feel, The Edinburgh is offering a limited-time promotion for new residents. **Seniors moving in between now and September 1, 2009 will receive 50% off their first three months’ rent.** Tours can be arranged by contacting the

residence at (613) 747-2233.

Metro (Loeb) Implements Green Program

Most readers will have noticed by now the recent name change for our local grocery store. The transformation of the **Loeb** to the **Metro** name took place in mid May. Changes are aplenty at Metro Inc. – the corporation has recently implemented a multi-faceted program that will help the company reach its broader environmental and sustainability goals. The highlight of the program is the launch of a \$2 million **Green Apple School Program**. The program will officially launch on June 1, 2009, when all Metro stores across Ontario and Quebec begin collecting the five cent fee for shopping bags. This initiative will help reduce the number of plastic bags currently in circulation and will go a long way to enable Metro to reach its target of a 50 per cent reduction by the end of 2010.

“This measure will enable us to reduce the impact of our operations on the environment and promote healthy living habits,” said **Robert Sawyer**, executive vice president and chief operating officer, Metro Inc. “The Green Apple School Program encourages thousands of students to contribute to a solution that will ultimately

Continued on page 16

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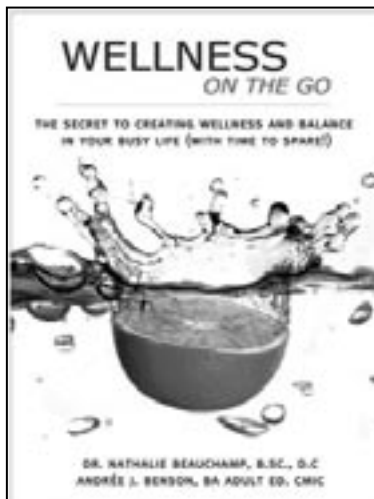
Continued from page 15

improve their local communities.” Metro Inc. is allocating \$1 million per province to support the newly-created Green Apple School Program. Developed specifically to encourage schools to actively participate in environmental stewardship, grants offered by the Green Apple School Program are driven by conservation and healthy living proposals submitted by students and teachers.

Changes at Beechwood Optometry

Several months ago **Dr. Hélène Laurin**, who also owns/runs a clinic in Orleans (Laurin Optometry), purchased the Beechwood Optometry clinic from long-time owner **Dr. Janet Leduc**. Co-owner with Dr. Laurin is **Dr. Corina Buettner**, who will also be one of the optometrists on duty on Beechwood on a rotational basis with another doctor, **Dr. Marie-Christine**

Deschênes. Dr. Francine Gauthier, one of the original doctors at the clinic, will continue to maintain her practice there.



They have opted to keep the Beechwood Optometry name because of its established place in the community and in deference to the fact that the new ownership/management will not affect existing clients whose files will remain intact and who will receive treat-

ment as usual from one of the team. A warm welcome to Drs. Laurin and Buettner, and our thanks to Dr. Janet Leduc for her years of service to our community.

Synergie Leadership: Wellness on the Go

Life/career coach and consummate training professional, **Andrée Benson** of **Synergie Leadership** has recently co-authored a new book entitled *Wellness on the Go*. The book provides simple, easy ways to live balanced, healthy lives. If you are racing around, eating on the run, sleep deprived, stressed out and burnt out (and, frankly, who isn't?), the information and tips offered in this engaging book can help. It is all about living with passion, purpose and a plan...and developing the mind, body and spirit to make it happen.

Andrée is well-known in professional and personal development circles and offers her life and career coaching and training services to organizations and individuals alike. With the ink not yet dry on this most recent publication she is already in the throes of writing another book, this time oriented to children that integrates many of the coaching principles that she believes can be helpful to young people finding their place in a complex world.

If you are interested in obtaining a copy of *Wellness on the Go* or would like to find out more about the services that Synergie Leadership offers, visit their website at www.synergieleadership.com.



Photo: Louise Imbeault

André Cloutier and his brother Jean Paul Cloutier served up the works at Arturo's Customer Appreciation event.

Burgh Business Bits

Arturo's Market

André Cloutier of Arturo's Market on Beechwood invited local residents and friends to help celebrate his grandfather's birthday. **Arturo**, after whom the deli and eatery is named, turned a spry 101 on April 25. Patrons enjoyed pizza and salad, a drink and birthday cake in Arturo's honour.

Arturo's recently participated as one of the "Group of Seven" chefs who showcased their delicacies at a recent Gala held by the Quartier Vanier Business association. The event honoured local Vanier businesses by presenting awards in a variety of categories.

Scone Witch

The Scone Witch storefront at 42 Crichton Street has been sold and we understand that **Heather Mathews**, et al. may be moving out of the store at the end of June. While the details remain unclear, it appears that some form of prepared food/catering business will continue at this iconic Burgh location.

Heather is currently looking for another spot for The Scone Witch here in the community so readers should stay tuned for details about the new location.

New Edinburgh Spa: 20 Years of Service in the Burgh

Congratulations to **Vessna Pavic** and crew of the **New Edinburgh Spa** on Crichton Street at Keefer. On Friday, May 15 staff, friends and patrons gathered to celebrate 20 years of dedicated service to the New Edinburgh community. To mark the occasion in style, Vessna threw a gala wine and cheese party and invited local artist and client **Gordon Harrison** to display some of his recent paintings, as well as friend and plastic surgeon, **Dr. Patricia Berbari** to discuss some of the procedures that her clinic offers that compliment the spa's health and beauty services.

Happenings at New Edinburgh Pub

Every year the New Edinburgh Pub's **Paul Williams** runs a



Photo: Louise Imbeault

Jacobson's roof was hard hit by the April 25 storm. Would that be the New Edinburgh Pub's awning perchance?

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SIGNATURE DISHES

- Pan-seared sweetbreads with Vermouth and St. Augustine honey
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- Trio of crème brûlée: basil, mango and lychee, rum and blueberry





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Photo: NEN Staff

New Edinburgh Spa celebrated its 20th in style with wine, cheese and good friends.

charity golf tournament. This year to mark its **20th anniversary**, the Pub is going to select the **New Edinburgh Fieldhouse** as this year's charity recipient. "The community has been great to us for the past twenty years and I haven't done anything for the fieldhouse since I bought the fridge years ago," commented Paul. This year's tournament will be held on **July 26 at Pineview Golf Course** with lots of prizes and raffles. The cost is \$75 and includes golf, dinner, and part of the cost goes directly to the fieldhouse. Anyone interested in participating should get a hold of Paul by dropping by the pub or by emailing

paul@newedinburghpub.com.

And don't forget, it's almost **Lobsterfest** time again! This delicious spring ritual will run from **June 8 - 14**.

Le Saint Ô Turns 20

Félicitations to **Le Saint Ô** on its **20th anniversary** and to award-winning chef, **Philippe Dupuy** and his partner **Natasha Dumont** on their 10th anniversary as proprietors of our taste of "la belle France" here in the neighbourhood. We look forward to another 20 years of your gastronomic delights!

Vrtucar: Car sharing grows in the 'hood

Chris Straka of **Vert Design** reports that since the beginning of May **Vrtucar** (www.vrtucar.com)

is locating a vehicle on his property (**279 Crichton**). This vehicle is in addition to the two already located at the east end of Beechwood. Anyone interested in getting more information about this increase in cars available in our neighbourhood or about the cooperative in general please contact **Wilson Wood** at **613-798-1900** or woodw@vrtucar.com.

Bank of Montreal

Adam Kane, local Branch Manager at the **Bank of Montreal** reports that their longest standing staff member on Beechwood is going to be retiring. After 18 years with the bank and over five on Beechwood, **Valerie Clarke** will be retiring to spend more time with her growing family. Farewell, Valerie and thank you for your years of dedicated service.

Larrass Translations

Congratulations to **Michael Larrass**, who is celebrating his **40th anniversary** as a language professional. Michael started his career in 1969 when he translated a paper on the Slope Inclination in Open-Pit Mines for the Department of Mining at Queen's University. Starting with English to French, Michael then worked for various German publishers, translating from English and French

into German some 40 books on personal development, alternative health care, business development, accounting, and other non-fiction.

After a short career as an employee in a cubicle at Place du Portage, he launched his own company in 2001 together with his fellow translator and wife **Margaret**, extending his expertise to Spanish and Italian. Larrass Translations came to life because: "I had to say 'No' to one client, because I simply didn't have the time. And I could just hear his disappointment. So what else could I do but help? That's how we got started. I didn't mean to have a company." Today, Larrass Translations employs over 50 translators, reviewers and editors. And Michael has even had time to write a book on Canada in German: *Kanada. Terra magica-Bildbände*. For more information visit his website at www.larrasstranslations.com.

Shop Name TBD

Lisa Di Lorenzo, who lives on Noel St with her husband, reports that she is opening doors to a new shop at **204 Dalhousie Street** (at St. Andrew just north of Upward Dog yoga studio) on July 1. On offer will be: wool/silk blend long underwear from Finland,

wooden children's toys from Germany, and pewter candlestick holders from Vermont, among other favourites that she would like to introduce to Ottawa. The store name... is yet to be determined! Please come by if you're in the area as she'll have some great opening month specials.

Farrou Productions

Well, things have been very busy over at Farrou Productions - after almost 15 years of creative artistry in filmmaking and photography, **Bridget Farr** has started a new production company called **First Kiss Films** which specializes in fine art wedding cinematography.

First Kiss Films captures artistically-inspired wedding images that are shot entirely on Super 8 and 16mm film. Each film is edited, set to music of your choice and digitized so you may share it with anyone, anywhere. The final film is short and sweet: ranging from 5-15 minutes. Bridget is offering New Edinburgh residents an opportunity to obtain a First Kiss Films production for 50% off! Residents must **book before June 30** to obtain this special rate. For information or to book contact Bridget by phone at **613-295-9099** or email at bridget@farrou.ca.



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Oil on canvas 10" x 10"

The Bach Stops at MacKay!

By Linda Roininen

It's hard to believe that the upcoming June 7 **Bach Cello Suites Concert** marks the end of the second season of **MacKay's Chamber Music Series**. For those who did not attend Part I of the Bach Cello Suites (Nos. 1-3) last year, don't worry. The sequel, Bach Cello Suites (nos. 4-6) can be enjoyed without having heard Part I. Bach was clever that way; the Suites are exquisite no matter in which order they are arranged. Returning performers from last year are **Margaret Munro Tobolowska** and Peter Rapson. The new member of the group is NACO cellist **Tim McCoy**. A graduate of Indiana University, Mr. McCoy studied cello with Gary Hoffman and Janos Starker, and chamber repertoire with Menahem Pressler, James Buswell and George Janzer. He previously enjoyed a five-season tenure as cellist with l'Orchestre symphonique de Québec and has toured internationally with Les Violons du Roy.

The concert series will continue in the fall with the generous support of **Leah Roseman** and her merry band of extremely talented musicians. Leah has

been the heart and soul of the Concert Series. Leah chooses the repertoire, organizes the musicians, schedules rehearsals and makes sure they run like clockwork. For everyone who has enjoyed the concerts at MacKay, take the time to appreciate the gift Leah has given to this community.

Margaret Munro Tobolowska has also given so much to our quest for a new grand piano at MacKay. In the fall, she performed her own children's story set to music, "A Cello for Chelsea", offering her CDs for sale at the concerts, and donating all the proceeds to the piano fund.

Margaret will also be appearing in next year's line up of concerts. Because Margaret is such a talented and giving individual, I was interested in asking her about her other philanthropic musical work in the community, including her involvement with OrKidstra.

L.R.: What drives you to give so much of your time and talent volunteering and fundraising for musical activities?

MMT: I truly believe that helping one another is the foundation that our world is built upon. It is the energy of

giving, creating, and performing random acts of kindness that makes the world spin. I just want to be a small part of that energy.

L.R.: How did you get involved in OrKidstra?

MMT: Two years ago, after watching the DVD documentary of the incredible Venezuelan Youth Orchestra Program, 'Tochar e Luchar' (To Play and Fight), I met with Tina Fedeski, the owner of the Leading Note Music Store on Elgin Street, and together we hatched and developed our OrKidstra/KidSingers Program over many coffees at Bridgehead! It really arose from a shared passion for music, children and giving back to the community, and now includes a great Board of Directors which is helping us achieve that vision.

L.R.: Do you think having the best instrument possible can make a difference for a child just beginning to learn to play music?

MMT: Children need instruments in their hands full stop. In the beginning it helps to have a decent instrument so that they can learn and make nice sounds, but keeping them engaged and inspired is the



Cellist Margaret Munro Tobolowska.

most important part.

L.R.: How do you think having a quality grand piano will affect the music community?

MMT: Pianos have this remarkable ability to bring people together to share in music! Everywhere there is a piano, there are people singing, playing concerts, and enjoying music! Having a great piano means having the ability to have more wonderful musical experiences for the community at MacKay.

The 2009/10 season promises to be exciting and begins October 25 featuring **Kimball Sykes**, NACO's Principal Clarinet, in **Brahms' Clarinet quintet**. February 7, 2010 will offer a **string quartet** program

with music of **Haydn** and **Beethoven**. **Brahms string sextet in G major** will complete the Concert Series on May 2, 2010, with the talents of **David Thies-Thompson** and **Margaret Tobolowska** to complete the group of six.

The current season's **Bach concert** starts at **7:30 pm** and will be held on **June 7, 2009 at MacKay United Church**, 39 Dufferin Street.

Tickets are \$20 adults, \$15 students and seniors at the door or at **Books on Beechwood** and the **Leading Note** on Elgin. A reception will follow the concert. For more information contact the Church office at 613-749-8727 or go to www.mackayunitedchurch.com.

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An *Enchanted April* Evening of Theatre in the Burgh

By NEN Staff

In their 30th season, the New Edinburgh Players are showing no signs of age, and *Enchanted April*, which ran from April 23 to May 2 at MacKay Church, was the most charming of romantic comedies.

Director **Ingrid McCarthy** made outstanding use of the stage, despite a demanding Act One with nine scenes in nine different locations. She also put together a delightful cast in a play that effectively combined effervescent charm with passages of crisp satiric comedy and a touch of raw burlesque.

As the play opens, the dreariness of London is overwhelming two members of a ladies club. Lottie (played with bright winsomeness by **Sonja Lishchynski**) gradually overcomes the reluctance of her more sternly Protestant friend Rose, to the idea of escaping from their unsympathetic husbands and spending the month of April in a rented Italian villa. As Rose, **Isobel Adams Kanellos** delivered an engaging portrayal of duty yielding to forbidden pleasure. Lottie's husband, played by **Larry Swain**, is the ultimate marti-

net – until the riotous second-act scene when he is caught with his “pants down”. Rose's husband, played by **Michael Kelly**, is a literary lion overcome with his own artistic bril-

liance. Neither will have anything to do with a mad scheme to rent a villa.

Between them, the ladies have only half enough money. Their solution is to find two partners

in the venture. They approach Lady Caroline Bramble, played by **Olexandra Pruchnicki** with terminal coolness and a tongue as sharp as her name, and the widow Mrs. Graves,

played with formidable hauteur by **Linda Barber**. Having set strict criteria for their own comfort and convenience, these ladies agree to join the party.

Act Two finds them at the villa, with their charming and handsome landlord, Anthony Wilding (Tonio), sympathetically portrayed by **Danniel Oickle**. The family cook, Constanza, played with Mediterranean drama by **Loretta DiEugenio**, and the maid, played by **Barbara Merriam**, a familiar figure in that role over many NEP productions, round out the cast. Complications, of course, ensue. The two wives miss their husbands. The husbands arrive in pursuit of their errant wives. Lady Caroline falls in love with the landlord and the crotchety widow Mrs. Graves develops a friendship with the equally crotchety cook. The villa has worked its enchantment and all is well.

We hope all will be well too with this acting company for many years to come. A big part of the charm of the evening is a Burgh night out – meeting and chatting with other playgoers in the café setting of the church hall.



Photo: Peter Glasgow

Tuscan villa scene from Act Two of the New Edinburgh Players' production of *Enchanted April* which took place, appropriately enough, in April at MacKay Church.

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For the Birds



By Jane Heintzman

Over the course of the two months since our last edition in April, the local bird population has exploded as the migrants returned, many of them en route to northern nesting grounds and others staying put to produce the next generation right here in the Ottawa Valley. Since the early trickle of first arrivals in March and early April, notably **American robins**, **red-winged blackbirds** and **song sparrows**, the spring migration has picked up speed, bringing with it a colorful population of **warblers**, **vireos**, **orioles**, **sparrows** and countless other species to the area, many of which our intrepid birding reporters have spotted in their recent expeditions.



Photo: Wade Clare
Hooded merganser male.

Early Spring

In my own Rockcliffe area rambles in late March and early April, I encountered numerous **downy**, **hairy** and **pileated woodpeckers**; countless **Northern cardinals**, **common redpolls**, **pine siskins**, **black-capped chickadees** (including one munching a tasty morsel inside a hole in a dead tree which had served as a winter food cache), **American goldfinches** beginning their transition to the brilliant yellow of their breeding plumage and **house finches**; the first wave of **American robins**, often in large groups; returning **red-winged blackbirds**, including a nesting pair by the Rideau River opposite our house on Stanley Avenue; **song sparrows**; **tree sparrows**; a **red-tailed hawk** with a group of **American crows** in hot pursuit; a **great blue heron** fishing at

the river's edge within sight of my front door; large numbers of **Canada geese** and **ring-billed gulls**; **common goldeneye**, **hooded mergansers**, **buffleheads** and **mallards** on the Rideau River (though I also encountered several mallard pairs waddling about in the Pine Hill area, miles from the river and seemingly oblivious to the traffic and other hazards); a plump **blue jay** pair; a **Common raven**; a **Cooper's hawk**; an immense flock of **Bohemian waxwings** in the Rockeries, and a group of **turkey vultures** flying low over the Rideau River.

Here in our garden, the feeders remained active, with **pine siskins**, **American goldfinches**, **slate coloured juncos**; **black-capped chickadees**, **European house sparrows**; **house finches**, a single **purple finch** and numerous pushy **red-winged blackbirds** vying for seed at the feeding stations, while **mourning doves**; **song sparrows**; **tree sparrows** and **pigeons** foraged on the ground below.

As I write in early May, the backyard population has depleted somewhat with the departure of the **pine siskins**, but the loss has been more than compensated for by the return of the **white-crowned sparrows** which in recent years have been using our garden as a staging point on their migration to northern breeding grounds in the spring, and to southern climes in the fall. Other birding highlights since my return from England in the second week of May have included innumerable **chipping sparrows**, a solitary **Eastern phoebe** in the Mackay Lake area, a **Common raven's nest** over the entrance to the residence of the Indian High Commissioner on Acacia Avenue, a **merlin**, a group of **yellow warblers** and an **Eastern Wood-Pewee**.

The Melodrama of Nesting

The highlight of my local birding this spring was the discovery of a **Sharp-shinned hawk's nest** in Rideau Hall grounds, perfectly visible from Princess Avenue which I ply each day on my dog walks. As sharp-shinned hawks are notorious for their secretive nesting habits, this was an especially exciting discovery. I first spotted a female hawk on the nest in early April, and in the ensuing weeks I observed the unfolding drama of their nesting site from marauding **American crows**. Sharp-shinned hawks are known to

appropriate and "renovate" old crows' and Cooper's hawk nests for their own purposes, so it seems probable that the persistent crow invaders were attempting to reclaim their turf. On one occasion I watched in horror as a pair of Crows circled around the female hawk as she guarded her nestlings, until the male (bantam in size compared to the female, but a tough customer) appeared out of nowhere to drive them off.



Photo: Wade Clare
Cooper's Hawk with prey.

The female sharpie broods the nestlings for about three weeks after they are hatched, while the male defends the territory and provides the food supply. Several times I observed the male swooping along the forest floor in the hunt for prey and returning triumphantly to feed his mate. Just how many of the nestlings have actually survived I am not certain, but I know for a fact that two of the little guys (or about half the average clutch of four) were a meal for some predator or other (perhaps a victorious crow?), as their carcasses appeared on the roadside opposite the nesting site. "Nature, red in tooth and claw" indeed! The good news is that as I write in the second week of May, there is still at least one small head visible on the nest, popping up periodically in anticipation of the return of a meal-bearing parent.

British Birds

During the last half of April and in early May, I was lucky enough to be on a family walking tour of the Cotswolds, a glorious, rolling stretch of English countryside dotted with quaint little villages just north and west of Oxford. While birding was by no means a focus of our expedition (finding our way through the woods and fields was a top priority!), we did encounter a number of interesting species in the course of our daily rambles up hill and down dale.

Notable among these were the legendary **magpie**, with its pied black and white plumage and extraordinarily long tail; the jaunty **jackdaw**, a small (13") crow with a distinctive gray "shawl" across its shoulders; the **rook**, a larger member of the crow family with a bare, whitish face and loose thigh feathers resembling "baggy trousers"; the massive (25") **raven** with its imposing beak, shaggy throat feathers and distinctive croaking call; the **barn swallow** with its deeply notched, long, narrow tail; and the **English robin**, an attractive little creature bearing no relation to our **American robin**, which is in fact a member of the thrush family. The English counterpart belongs to the **chat family**, and is comparatively small (5 1/2"), compact, round-headed and olive-brown in colour, with an off-white belly and a bright reddish-orange neck and face. The ubiquitous **European blackbird** was also a pleasant surprise, with its melodious song reflecting its genetic origins in the thrush family.

We also encountered a pair of **common night hawks** in the quad of an Oxford college, as well as **surf scoters** and **Franklin's gulls** on the Cherwell River bordering Christ Church Meadow. On the glorious grounds of Blenheim Palace just outside of Oxford we spotted a **willow tit** (one of the many species

ingale (heard not seen) on the grounds of Sudeley Castle near Winchcombe and a gregarious **citrine wagtail** hopping about the ruins of Hayles Abbey, also just outside Winchcombe.

Reports from our Readers

Our birding expert **Edwin Daudrich** has had an extraordinarily rich and successful spring birding season, with a report that encompasses over 50 different species sighted in the past two months, including 28 spotted in a single day at Mer Bleu in early May. In the early spring (late March to mid-April), his sightings at Mud Lake included a **common raven** in the process of nest building; **Cooper's hawks**; **common goldeneye**; a **common merganser**; **hooded mergansers**; **common redpolls**; **bohemian waxwings** (in flocks of about 40, 300 and 400-600 on three separate occasions!); a **double crested cormorant**; a **golden-crowned kinglet**; a **white-throated sparrow**; a **brown creeper**; a **lesser scaup**; an **American tree sparrow**; an **Eastern phoebe**; **pied-billed grebe**; a **pine siskin flock**; a **wood duck**; a **red-breasted merganser**; **tree swallows**; **bufflehead**; and a **red-breasted nuthatch**.

Along the Rideau River during the same period, he spotted **pine siskins**; pairs of **hooded** and **common mergansers**; 5 pairs of **common goldeneye**;

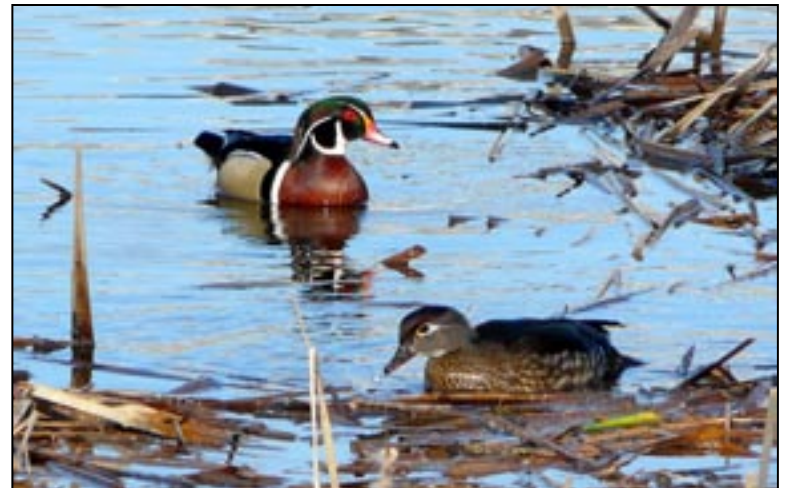


Photo: Dennis Orchard

Wood Ducks by the Minto Bridges.

of the tit family which is rife in England, and whose closest North American cousin is the **chickadee**); a tiny (3 1/2") **goldcrest**; a nesting **lesser scaup** and a tame **pheasant** (several more pheasants turned up later in the wilds during our walking tour). In the course of our week long walk, we encountered innumerable brilliantly coloured **chaffinches** and **bullfinches** in the shrubbery along our route; **tree sparrows**; **house sparrows**; countless **wood pigeons**; a **night-**

and a **bufflehead pair**. Here in the Burgh, he encountered a **brown creeper**; a **double-crested cormorant**; **pine siskins**; **common goldeneye**; a **hooded merganser pair** and a flock of **tree swallows**. One of the highlights of this period was Mr. Daudrich's two sightings of **snow geese** flocks about 60 miles east of Ottawa, including the extraordinary spectacle of close to 6000 of these magnificent creatures assembled on the ground. His other early spring sightings included a **red-breasted nut-**

hatch, a dark-eyed junco, a ruffed grouse, a fox sparrow pair, a Northern harrier, a yellow-bellied sapsucker and an Eastern Phoebe at Mer Bleu, and Eastern bluebirds; killdeer; an Eastern meadowlark; turkey vultures and a small flock of brown-headed cowbirds in the Armstrong Road area south of the airport.

From mid-April to the conclusion of his report in the second week of May, Mr. Daudrich's list swelled still further with the acceleration of the spring migration. Once again Mud Lake was a prime observation spot, yielding a list which included a northern rough-winged swallow; nesting Cooper's hawks; tree swallows; barn swallows; a belted kingfisher; a yellow-rumped warbler; a Great Blue heron; an American tree sparrow; a pine warbler; a hermit thrush; an American widgeon; a brown thrasher;



Photo: Wade Clare
Yellow warbler.

a golden-crowned kinglet; a yellow warbler; turkey vultures; a Nashville warbler; a Chipping sparrow; a ruby-crowned kinglet; a brown-headed cowbird; a Northern parula warbler; a blue-headed vireo; a brown creeper; a least flycatcher; several woodpeckers including a yellow-bellied sapsucker and a pileated; a wood duck; a warbling vireo; a great-crested flycatcher; a black-crowned night heron; a purple martin; a pine warbler; a black-throated blue warbler; a common tern; a cedar waxwing; a gray catbird; a wood thrush; a chestnut-sided warbler; a black-throated green warbler; a black and white warbler; a magnolia warbler; a palm warbler; a Baltimore oriole; a rose-breasted grosbeak; several white-crowned sparrows; and a purple martin. Whew! And that ain't all!

Mer Bleu was also a fruitful spot for Mr. Daudrich's birding endeavours. His list from this popular birding mecca includes several fox sparrows; a swamp sparrow; multiple warblers including the palm,



Photo: Wade Clare

American Redstart at Mud Lake.

pine, black-throated green, black and white, Nashville, chestnut-sided, common yellowthroat and American redstart; an Eastern phoebe; a broad-winged hawk; half a dozen yellow-bellied sapsuckers; a Northern harrier; a red-breasted nuthatch; a common snipe; an American bittern, a Sandhill crane flying overhead; a swamp sparrow, a rose-breasted grosbeak; a Lincoln's sparrow and a Virginia Rail.

Additional excursions to Petrie Island turned up bufflehead; common mergansers; and a female Great-horned owl with an owlet in her nest, while closer to home here in the Burgh, Mr. Daudrich encountered a pair of merlin in combat with crows; bufflehead; common mergansers, hooded mergansers and common goldeneye still plying the Rideau; a yellow-bellied sapsucker; a Nashville warbler; a ruby-crowned kinglet; and a white-throated sparrow. Truly a remarkable tally for a two month period, and our sincere thanks to Mr. Daudrich



Photo: Wade Clare
Great Horned Owl.

for sharing the wealth with the community!

After honing her skills in bird identification on Jekyll Island this winter, Vicki Metcalfe has also submitted an impressive list resulting from her local birding expeditions in April and early May. Along the Rideau River, she spot-

ted Canada geese, including a female with 6 goslings on the old bridge abutments; wood ducks; bufflehead; common goldeneye; mallards and hooded mergansers. In the Pine Hill Woods on the edge of Rockcliffe, her sightings included black-capped chickadees; a brown creeper; a hairy woodpecker; large numbers of dark-eyed juncos; a white-breasted nuthatch; and a ruby-crowned kinglet.

Farther afield on the Rockcliffe Air Base, Vicki spotted a large flock of waxwings, (possibly a mixed cedar and bohemian group); American bluebirds; American goldfinches; dark-eyed juncos; a pileated woodpecker; large numbers of red-winged blackbirds in full throat; song sparrows also singing heartily; killdeer; European starlings; a Northern flicker pair; a mourning dove and an American robin. Her list from an excursion to Mackay Lake included a Great blue heron (perched on the dock of the Israeli Ambassador's residence); common mergansers; an Eastern phoebe; Canada geese; and more red-winged blackbirds.

Surprisingly, Vicki's outing to the fabled Mud Lake birders' paradise did not yield any sightings of great interest, but a subsequent expedition to Shirley's Bay was much more fruitful. Here she spotted an Eastern kingbird; several brown thrashers; red-winged blackbirds; turkey vultures; osprey; black-capped chickadees; song sparrows; mallards; a ruby-crowned kinglet; Canada geese; American robins; a pine warbler; Northern cardinals and a pair of busy downy woodpeckers. At the nearby Hilda Road feeders, she added white-throated sparrows, mourning doves, American goldfinches, yellow-bellied sapsuckers and a blue jay to her list. In the past few days, Vicki has had wonderful luck here in the Burgh, spotting an Eastern kingbird

and a brilliant Baltimore oriole on two occasions in the park.

Manor Park naturalist Dave Collyer celebrated World Migratory Bird Day over the weekend of May 9 and 10, recording a list of his observations which included 9 Yellow warblers; 1 Nashville warbler; 150 Canada geese; 2 Northern cardinals; 15 red-winged blackbirds; 11 purple grackles; 25 ring-billed gulls; 6 tree swallows; 6 American robins; 13 American goldfinches; 25 American crows; 4 song sparrows; 50 European starlings; 6 tree sparrows; 4 black-capped chickadees; 1 white-throated sparrow; and 4 mallards. Dave will be posting further observations on his website throughout the summer, so interested readers can check out www.manorpark.ca for more birding news from the area.

Peter and Isabel Glasgow have also been scouting the bushes this spring, reporting several interesting sightings including a yellow-bellied sapsucker in the Rideau Hall grounds; a tuneful house finch on Crichton Street; a Common raven, an American goldfinch and a Cooper's hawk devouring a chipmunk at Britannia Bay; a white-throated sparrow and a friendly black-capped chickadee at the Wild Bird Care Centre; and a barn


swallow building a nest under a bridge on the nature path by the Gatineau Park Visitors' Centre.

News from the Marsh


As always, the Macoun Marsh was alive with bird life this spring, and science teacher/naturalist Mike Leveillé reports that between mid-April and early May, his team of student naturalists has spotted black-capped chickadees, white-breasted nuthatches, slate-coloured juncos, American goldfinches, American robins, Northern cardinals, blue jays, tree sparrows, song sparrows, white-throated sparrows, pine siskins, red-winged blackbirds, grackles, mourning doves, mallards, Canada geese, common flickers, downy wood peckers, an Eastern phoebe, American crows, ring-billed gulls, turkey vultures, European starlings; house finches; a killdeer; a tree swallow; a chipping sparrow; a gray catbird; a yellow warbler and a black-throated green warbler.

Thanks to all our contributors to this column, without whom the pickin's would be slim indeed! Please keep up your birding reports as the summer unfolds. Drop us a line at janeheintzman@hotmail.com or newednews@hotmail.com and we'll share your sightings with the community in the October edition.

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Ottawa Lumière Festival
Struggles to Find Funds

Joanne Hughes, Lumière Producer

The Lumière Festival, like a lot of arts and cultural events, is struggling to find the necessary funds to continue to operate. The usual collection methods will not be enough this year and limited resources have put the festival in dire straights. If you have enjoyed this event in the past and are looking forward to attending on August 8,

please contribute NOW so that we can provide you and your family and friends with a magical and enchanting evening. Remember that every single \$1 collected is meaningful.

Donate NOW: Help pay for visual and performing artist fees, lantern and site supplies, and festival staffing. Donate online at www.lumiereottawa.com. Tax receipts are provided.

Participate in the Lumière WISH campaign: Look for WISH cards at local businesses and contribute a twonie to make your wish come true

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\$200 - \$500 ☐ Site map, website, sponsor page & festival appreciation board.
\$150 ☐ Website sponsor page & festival appreciation board.

My business would like to COLLECT
Promote 4x6 WISH postcards and a donation box in your business from July 2nd to August 8th. Each postcard sparks a wish to decorate your storefront and fundraises \$2 towards this magical community event!

My staff and I would like to CREATE
On July 2nd Lumière will provide the structure & the decorating kit so that you can create a lantern representing YOUR business!
Participating businesses will display their buildings in store windows from July 20th to August 5th to build community awareness that the festival is approaching.
On August 8th, your lantern will be used at the festival in our "Metropolis" area.

CCCC Fall Auction Set for Oct 24

We know, we know, it's only June and the longed-for summer is still to come, but it's not too early to mark your calendars and save the date for what promises to be *the* community social event of the fall, 2009! On Saturday evening, October 24, the CCCC will host **Cocktails for Crichton**, a gala fundraising auction to support the work of the Centre and its efforts to raise the resources necessary to acquire 200 Crichton for the long-term use of the community.

Our consummate event organizer **Alex MacDonald** is once again the captain of our energetic auction team, and plans are in full swing for a memorable evening of entertainment and active bidding on an enticing array of auction items. This year's theme will transport you back to the **Roaring Twenties**, the Jazz Age of speakeasies, flappers, gangsters, bootleggers and the colourful underworld of the Great Gatsby. Dust off those boas, headbands, spats, and slinky dresses, as costumes

are warmly welcomed, indeed encouraged, for the event, and organizers are planning a prize for the most impressive 20's get up. It's also rumoured that a glam arrival of our VIP guests in antique cars, possibly pursued by a posse of 1920's press corps, may also be in the works, so stay-tuned as details are firmed up over the summer.

Once again this year, the incomparable and delightfully flamboyant **Joseph Cull** will serve as our Auctioneer along with the amazing **Alix Sideris**, a professional actor from our community. The list of items for auction continues to expand each day, and already includes some exciting prospects on which the bidding is certain to be brisk. Don't miss a chance to bid on a blissful week in a **Tuscany villa**; a private lunch with **Leonard Lee**, founder and CEO of the renowned local success story Lee Valley Tools; a custom portrait by talented MainWorks artist **Karen Bailey**; a cus-

tom painting by CCCC Board Member and MainWorks artist **John Jarrett**; a tour of our magnificent **Parliamentary Library** guided by **Dr. William R. Young, the Parliamentary Librarian** and followed by lunch on the Hill; an appearance and reading by celebrated local author and historian **Charlotte Gray**, whether it be at your Book Club, your private cocktail party, your classroom or a venue of your choice; and how about this for the ladies in the crowd, a transforming makeover by **Mistura Beauty** or a private fitting for a custom-made bra with **Andrea Skyers** of Skyers Underwires. There is much, much more to come, so stay tuned for more details as the summer unfolds.

Tickets to the auction will be on sale at the CCCC Office (613-745-2742) as of September 1, so book off the evening of October 24 and be sure to join us for a memorable evening in aid of a worthy community cause!

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Summer Forecast at the CCCC: Hazy, Crazy, but Far From Lazy Days Ahead

While many may be looking forward to a quiet, relaxing summer, the CCCC will be hard at work preparing for the August Lumière Festival (which **Joanne Hughes** describes elsewhere in this issue); keeping our 'goods works' bubbling away on the front burner; moving ahead with fundraising planning, including fine-tuning the details of our spectacular fall auction, **Cocktails for Crichton**; and continuing our ceaseless effort to sort out the tangled legal web at 200 Crichton Street.

Program News

The winter/spring session of **Get Together in the Community** (GTC), a CCCC-based recreational program for children and youth who are blind or have low vision, is now wrapping up after a remarkably successful season. The group has tried its hand at skiing, skating, swimming, weight-lifting, cycling and canoeing, but most importantly, they've had a heck of a lot of fun! We are happy to announce that we have a new grant from the Ministry of Citizenship and Immigration to hire two young adults with visual impairment to help us make a film about the program. GTC team leader/filmmaker (and former Burgh resident) **Tessa Bourdon** will be the creative force behind this project, and we know from Tessa's previous films that the finished product will be dazzling.

Plans are also afoot for new fall programming so keep your eye on our website www.crichtonccc.ca as the summer unfolds.

Special Events

Our special events calendar has been rewardingly full, and there's more to come this summer and fall. In late April, the New Edinburgh Players under the direction of **Ingrid McCarthy**, staged an enormously successful CCCC benefit performance of their 2009 production *Enchanted April*. All who attended were once again delighted, impressed and thoroughly entertained by this talented group of actors whose attributes were revealed even more fully than usual in this year's lively production! Our sincere thanks go to Ingrid and to all the players for their ongoing support for the work of the CCCC.

Following up on the success of the benefit performance, in early May, the CCCC, along with Mackay United Church, St. Bartholomew's Anglican

Church, the New Edinburgh Community Alliance and the Amethyst Women's Addiction Centre, hosted a reception to honour Ingrid who for 30 years has directed the New Edinburgh Players. Our community has benefited not only from the thousands of dollars raised for the CCCC and others, but also from the culture, dramatic arts education and community building that Ingrid and her talented team have brought to New Edinburgh for the past three decades.

Coming up very soon on



Saturday, June 6, from 5 to 8 pm is a reprise of last year's immensely popular *Taste of Spring* event, brought to you by **The Friends of Crichton** and featuring a roving cocktail party among the gracious houses of several highly skilled gourmet cooks who will offer participants delectable wine and food pairings, along with a warm welcome and plenty of great conversation. If you were unable to attend last year, don't miss out this time around: tickets are \$60 a person and can be reserved by calling **Barbara Laskin (613-747-4524)** or **Margot Silver (613-748-7975)**. All proceeds go to the CCCC and with fundraising at the top of our agenda your contributions to the cause will be greatly appreciated!

Topping our fundraising special events this year will be our fall auction, **Cocktails for Crichton**, a Roaring Twenties extravaganza which will take place on the evening of **Saturday, October 24**. A separate article on the auction is included in this issue, but the message is clear: mark your calendars now for an evening of community fun in support of a vitally important community cause!

Still Courting a Sale

Among other salutary lessons, a decade of experience dealing with The School of Dance (TSOD) has taught the CCCC that progress in the resolution

of our differences is never linear. Almost inevitably there are twists and turns, many of them unanticipated, along the road to a successful outcome of each crisis, and the aftermath of the March 20 court decision is no exception. TSOD has now filed a Notice of Appeal on the judge's decision, leaving the CCCC little choice but to proceed with the recent filing of a Notice of Cross Appeal. At the same time, both TSOD and the CCCC legal teams are seeking clarification of a number of aspects of the judge's original decision.

While an appraiser has been agreed to, the Court-ordered new appraisal of the building has yet to proceed. And in a somewhat unusual move, it seems TSOD has asked the Court if they can be a purchaser of the building they want to sell! Meanwhile, the impact of the TSOD appeal on the pending sale of 200 Crichton is still unclear.

While these developments clearly have the potential to prolong the legal proceedings and further delay the ultimate sale of the building, it will be full steam ahead at the CCCC, both in the pursuit of our day-to-operations and special events, and in our all out effort to raise the resources necessary to secure the building for the community when a sale ultimately does take place. And take place it will, since all the interested parties - TSOD, the CCCC, the City and the Court - agree that this is an essential and critical step towards resolving, for once and for all, the decade-long struggle at 200 Crichton Street.

While the CCCC had hoped for an early opportunity, perhaps even as early as this summer, to purchase Crichton, TSOD's latest move means that we are likely to be facing more Court time over the summer trying to sort out the decision and the TSOD appeal. Through it all, however, our plan is to keep our eye on the ball, and to move ahead with our preparations for an eventual purchase when this elusive prospect finally becomes a reality.

With continuing CCCC programming, preparations for Lumière, fundraising planning and the unfolding complexities of the process in the Courts, the CCCC summer forecast is hazy, more than a bit crazy, but decidedly not lazy!



Crichton Cultural Community Centre

Weekly Programs 2009

Health & Wellness

CARDIO KICKBOXING

Carolle Laliberté
(613) 263-0539
cardio.kickboxing@videotron.ca
or visit 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
Wednesday 10 - 11 am
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 teach-

Many of our programs take a break for the summer but will be starting again in September. Please contact instructors to get course details and to register. For most of our courses, registration is on-going.

ing 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
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
Sharon Collins (613) 816-4307
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
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
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
Tuesday, Friday 9 - 10 am
1 Class \$17, 8 Classes \$120, 16 Classes \$215, 24 Classes \$315, 32 Classes \$380
Prices do not include 5% GST

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

Join anytime with one of our flexible drop in packages.

Yoga & Meditation

IYENGAR YOGA

Barbara Young
(613) 728-8647
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
Monday, 7:30 - 9:00 pm

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

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

KUNDALINI YOGA - EN FRANÇAIS

Sophie Terrasse
(613) 842-9771
terrasse@rogers.com
Jeudi, 7:00- 8:30 pm

Le Kundalini yoga ou yoga de la conscience est accessible à tous; c'est une science complète qui comprend : une pratique corporelle tonique (asanas : postures statiques et dynamiques), un travail respiratoire (pranayamas), de la relaxation, de la méditation, du chant (mantras).

Un travail spécifique est effectué sur les aspects physiologique et psychologique de l'individu de telle sorte que la chimie du sang, le système nerveux, le système musculaire, le système endocrinien et les fonctions cérébrales s'en trouvent améliorées.

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!



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

For more information about the Centre call 745-2742.

To register for a specific program please call the instructor.

ZEN MEDITATION

Theresa Redmond
(613) 521-1509
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

Saturday
SOUL RYTHMS: 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
Suzanne Taylor T.C.R.G.
(613) 231-1215
suzanne@tayloririshdance.com
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
<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
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.

Other**INFANT & CHILD CPR**

(Level F)
Erin Shaheen, (613) 260-7309
\$35 per person
Sunday, 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 preven-

- tion 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
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 instil 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 OBEDIENCE

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

Instructed Lumière Classes!

To Register: Please phone (613) 745-2742 or email us at cccc@bellnet.ca. Group Rate: 6 or more participants get 25% off!

**CLASSES | AGES 3+****SNAZZY JAZZY JAR LANTERNS! | Fee: \$10**

Made fun and easy! We start with an activity, and then each child will decorate a glass jar with a variety of colours and shapes of tissue paper and glitter. The workshop will end with a friendly show 'n' tell.
Time: 9:30am - 10:30am.
Dates offered: JULY, every Monday on the 6th, 13th, 20th, 27th

RED, YELLOW, GO! | Fee: \$10

Learn through play! What does red, yellow and the green light mean? We start with an activity, and then each child will decorate a pre-made lantern traffic light. The workshop will end with a friendly show 'n' tell.
Time: 9:30am - 10:30am
Dates offered: JULY, Sunday 12th, Tuesday 21st

THE WHEELS ON THE BUS... | Fee: \$10

We start with an activity, and then each child will decorate a pre-made lantern where we will decorate the famous school bus! The workshop will end with a friendly show 'n' tell.
Time: 9:30am - 10:30am
Dates offered: JULY, Wednesday 8th, 22nd, Saturday 25th

MY HOUSE | Fee: \$10

Learn through play! We start with an activity, and then each child

will decorate a pre-made house lantern! The workshop will end with a friendly show 'n' tell.
Time: 9:30am - 10:30am
Dates Offered: JULY, Saturday 11th, Tuesday 14th

CLASSES | AGES 7+**PAPER BAG "FAIRY" & PAPER BAG "BATBOY" | Fee: \$20**

Decorate your own set of fairy wings or bat wings and make a colourful paper bag lantern!
Time: 10:30am - 12pm
Dates Offered: JULY, Saturday 4th, Monday 13th, 27th

I LOVE BUGS | Fee: \$15

Decorate your pre-made lantern with your favourite bug! Bring your own image or Lumière will have a variety of insects for you to choose from.

Time: 10:30am - 12pm
Dates Offered: JULY, Wednesday 8th, 22nd, Saturday 25th

MY HOUSE! | Fee: \$15

Decorate your pre-made house lantern with a whimsical array of tissue colours and shapes, glitter and decorations.

Time: 10:30am - 12pm
Dates Offered: JULY, Saturday 11th, Tuesday 14th

DOTTED MUSHROOMS AND TREES, OH MY! | Fee: \$15

Decorate your pre-made mushroom or tree lantern with a whimsical array of tissue colours and shapes, glitter and decorations.
Time: 10:30am - 12pm
Dates Offered: JULY, Tuesday 7th, Sunday 12th

CLASSES | AGES 12 TO ADULT**SPIRIT MAIDEN | Fee: \$50**

Make a 2FT 3-Dimensional lan-

tern ghost installation. This is a two-day workshop!

Time: 6:30pm - 8:30pm

Dates Offered: JULY, Tuesday 21st/Thursday 23rd

ENTER AT YOUR OWN RISK! | Fee: \$25

Do you need some signage? STOP! ONE WAY! NO EXIT! CAUTION! YIELD! CONSTRUCTION ZONE BEGINS! TEMPORARY DETOUR! SLOW MOVING!
SESSION A/ Time: 7:30-9pm. Lantern is Pre-made.

Dates Offered: JULY, Thursday 29th

SESSION B/ Time: 6:30-9pm. Learn how to build a lantern frame.

Dates Offered: JULY, Thursday 29th

FAIRY, DRAGONS and MYTHOS | Fee: \$25

Decorate your lantern with a whimsical array of tissue colours and shapes, glitter and your imagination.

SESSION A/ Time: 2pm - 4pm. Lantern structure is pre-made.

Dates Offered: JULY, Saturday 11th, Thursday 16th

SESSION B/ Time: 1pm - 4pm. Learn how to make a lantern structure.

Dates Offered: JULY, Saturday 11th, Thursday 16th

STAR LANTERNS | Fee: \$25

Decorate your lantern with a whimsical array of tissue colours and shapes, glitter and your imagination.

SESSION A/ Time: 2pm - 4pm. Lantern structure is pre-made.

Dates Offered: JULY, Tuesday 7th, 21st, Saturday 25th, Thursday 30 (7-9pm)

SESSION B/ Time: 1pm - 4pm. Learn how to make a lantern

structure.

Dates Offered: JULY, Tuesday 7th, 21st, Saturday 25th, Thursday 30 (6-9pm)

STRUCTURE 101: METROPOLIS 3-D INSTALLATION | Fee: \$10

6FT Installation Project - Metropolis in theme! Learn how to build a 3-D structure lantern to be displayed at the Lumière Festival.

Time: 6pm - 9pm

Dates Offered: JULY, Tuesday 14th

STRUCTURE 101: SPIRIT WORLD 3-D INSTALLATION | Fee: \$10

6FT Installation Project - spirit-world in theme! Learn how to build a 3-D structure lantern to be displayed at the Lumière festival.

Dates Available: JULY, Thursday 16th (6pm - 9pm)

STRUCTURE 101: FLORA, THE GARDEN 3-D INSTALLATION | Fee: \$10

6FT Installation Project - Flora, The Garden in theme! Learn how to build a 3-D structure lantern to be displayed at the Lumière festival.

Dates Available: JULY Saturday 18th (2pm-5pm)

LANTERN JAMBOREE! (ALL AGES) | Fee: \$10 - \$25 (depending on project)

For four days, our doors are open. Come in, choose a project, and go! Uninstructed but staff-supervised

Time: 10am - 2pm, 6pm - 9pm (Dufferin Room)

Dates Available: AUGUST Tuesday 4th, Wednesday 5th, and Thursday 6th

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Meals on Wheels

Delivering Meals Close to Home!

By Terry Moxness
Margot Hall has lived in the New Edinburgh area for 30 years and for 15 of those years she has been delivering meals for **Meals on Wheels Ottawa** (The King's Daughters Dinner Wagon) This is a non-profit organization founded in 1968 by the Ottawa City Union of the King's Daughters and Sons. In 2007-08, a total of 56,225 hot meals and 43,530 frozen meals were served to 1,130 clients in the Ottawa area.

The success of this organization is greatly due to the many volunteers who give of their time every day to ensure that people in need have a hot meal delivered to their home at lunch time. For those who

are unable to provide for themselves, the friendly face of the delivery person who brings a meal to the door is one of life's moments of happiness. A brief visit and a nutritious meal are a great assist in helping these individuals maintain their independence and well-being while living in their homes.

The Meals on Wheels volunteers provide so much more than a meal. They provide a personal contact, a safety check and an interested daily visitor.

Margot was first approached about volunteering when a long-time volunteer and friend by the name of Barbara Pennie had given her name to the Meals on Wheels office. Margot had just retired the week before so

the timing was perfect!

The Meals on Wheels volunteers usually work in teams consisting of a driver and server and Margot has been in both roles. The meals are prepared by kitchens across the city. Margot has been able to pick up her meals close to home at the Gary Armstrong Centre (previously known as Island Lodge).

Please contact the Meals on Wheels Ottawa office for more information or to inquire about volunteering. Located at 790 Bronson Avenue, the phone number is 613-233-2424 and the email address is service@mealsonwheels-ottawa.org.

Retire & Rewire with LinkingBoomers.com

By Ria Ralph, local boomer
You've done the countdown—months, days, hours, and finally the moment you've been longing for has arrived! Retirement! That brings with it an amazing freedom, but also some apprehension and questions. You are still young—at your prime, in fact—and a highly skilled and competent person in your field. Many emotions and questions start formulating as the excitement

and retirement parties subside. What now?? Let's go back to the beginning—retire and rewire with **LinkingBoomers.com**, a new Ottawa resource and home page developed for



boomers asking the “what now?” question. Retirees realize that the structure, chal-

lenges, and self-esteem of a valued profession make life interesting and rewarding. LinkingBoomers.com brings together all lifestyle aspects to help you make the transition from a valued career to your retirement which will continue to be rewarding and exciting, in a different way.

LinkingBoomers.com is a free and easy to use site with four facets: Events, Work, Volunteer, and Coupons.

ManorPark.ca




Manor Park
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* St. Brigid and Manor Park schools



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Citizen Ellie Hits the Blogwaves

Long-time resident of the 'Burgh and one of the founders of the New Edinburgh News, **Eleanor Dunn** (aka Citizen Ellie), has started a blog. The Pitchfork offers comments on municipal affairs in Ottawa. Citizen Ellie created The Pitchfork in the hope that it will encourage more Ottawans to take an interest in politics at the city level and translate that interest into voting in the next municipal election in November 2010.

Born in Halifax, N.S., Eleanor moved to Ottawa as a child, graduated from Lisgar Collegiate and went on to study journalism at Carleton.

The first 20 years of her professional career were spent as a reporter, copy editor and sometimes columnist at The Ottawa Citizen; reporter at CJOH-TV; reporter/editor at Ottawa TODAY; weekly commentator on CBO's All In A Day; stringer, Toronto Star. Her beats included City Hall and

Parliament Hill among others.

The next 23 years of her career were spent pursuing interests in industrial relations, working on both the union and the management side in the hospitality industry; then on the management side in health care. She continued to do freelance writing as a regular columnist with the Sunday Herald and the Ottawa Sun.

Her new blog can be accessed at: <http://www.thepitchfork.blogspot.com>.



The family of Ethel Proulx (left) held a surprise 80th birthday party for her at the Stanley Park Fieldhouse on May 2. Lots of her former neighbours in New Edinburgh joined in the celebrations. Congratulations, Ethel!

Ingrid Says Thanks for the Party !

Dear friends, neighbours and theatrical colleagues from New Edinburgh, and beyond its borders...

You have indeed surprised me on May 8th by staging quite a lively event—an event that required many hours of planning and preparations (and secrecy, too!) in order to be able to pull it all off so elegantly and successfully. I was delighted to see many of you again and to celebrate with you the completion of the New Edinburgh Players' 30th season. I relished your company, your presentations, the decora-



Photo: Peter Glasgow
Ingrid McCarthy.

tions, the bubbly and the fine savouries and sweets. Above all, I am extremely touched by your generous contribution to my travel fund. I will use it in June when I will make my annual trip to the Shaw Festival in Niagara-on-the-Lake, where I will spend one week soaking up fine theatre (and fine wines, too!!) and hope to hone my skills by watching the pro's and return with fresh ideas for the New Edinburgh Players' 31st season.

Many, many thanks again!
Ingrid McCarthy

MacKay United Church News

Minister Rev. Dr. John Montgomery is currently walking the Camino de Santiago in Spain. He continues to do well and has passed through the city of Burgos—almost halfway along his pilgrimage (just over 300 km). Rev. Dr. Joe Burke is leading our worship during this period.

Congratulations to parishioner Arthur Menzies on the recent launch of his book *Australia and the South Pacific: Letters Home 1965 - 1972*. Mr Menzies was Canadian High Commissioner to Australia dur-

ing those years.

On Sunday June 7 at noon there will be the Sunday School/Congregational Picnic.

The next MacKay Chamber Concert is on Sunday June 7 at 7:30 pm. Bach Cello Suites (nos. 4 - 6). Call 613-749-8707 for information.

On Friday September 25 MacKay will host an old fashioned church supper, supporting local charities. Following the supper there will be a concert featuring "The ValleyMen", a male choir from the Ottawa area. Further details to follow.

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Living the Brotherhood at the 63rd Ottawa: The Tri-District International Camporee

By James Kennedy and Alexander Cohen
Patrol Leaders, 63rd Ottawa

Since Baden-Powell started Scouting over 100 years ago, cooperation and international brotherhood have been hallmarks of the Scout experience and mission. Throw in the outdoors, new friends and challenging activities and you have not only almost the entire purpose of the scouting movement, but something much more close to home; the Tri-District International Camporee. For years, the members of the 63rd Ottawa Scout group had heard tales of it—a big international camp, with hundreds of scouts coming from both the United States and Canada. Fun games and, best of all, opportunities to trade badges! That sealed it. Since the start of the scouting year, participating in the camp has been on all of our minds.

After careful planning, late-night conversations and not one but two cancellations, we finally agreed to join our American brothers at this year's camp on May 8-10 in Drummondville,

Quebec. We arrived at the Scout Garage at the Rockcliffe Air Base at around 4:30 on Friday to begin our journey to Camping des Voltigeurs

his daughter **Maddie**, with Scouter **Steve Drennan** and two other scouts arriving the following day. Although the journey was long, we amused



The Travois Race: Ottawa 63rd Scouts achieved a 'moral victory' by maintaining their dignity and sense of humour.

Provincial Park. We rode with Scouter **George Parkanyi** and

ourselves with tunes by Leonard Cohen, The Beatles and Ray Charles, large bags of chips, Scout popcorn and bottles of pop. Scouter George, who knew all the songs, and Maddie, who caught on quickly, were more than happy to sing along.

After three and a half hours on the road and an ill-fated venture to Schwartz's Delicatessen in Montreal, we arrived at the campground at 10 pm and under cover of darkness. The place was filled with tents and resembled a refugee camp crossed with an army post! Being experienced scouts, we quickly unloaded and set up our tents and were more than ready for a good night's sleep.

The next morning came quickly. We were up early to make our way to flag break while Scouter George and Maddie continued to doze. At this event, scouts raise and

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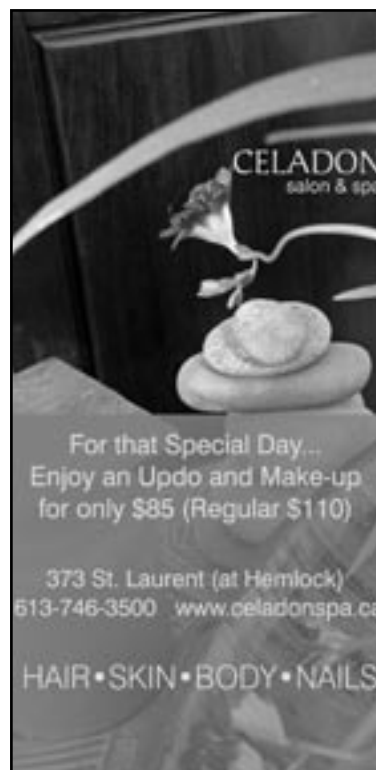
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honour the flags of both countries as well as our own troop flags. It signifies the beginning or end of the day or meeting and demonstrates our respect and national pride. The flags we brought represented our agile troop of five scouts.

We were very excited about badge trading and, in particular Alexander, brought plenty of old crests to trade with the other scouts at the camp. After a good hour or two of walking around, trading badges, neckerchiefs, belts, pins, epaulettes, cards and pretty much anything that wasn't nailed down, we returned to our campsite to find Scouter Steve and our other two scouts, **Nick** and **Thomas Parkanyi**, arriving with the bulk of our equipment. When it came time for lunch, Alexander was "traded" to a troop from Malone, in northern New York. "Trading" a Scout means that you send one of your Scouts to another troop to eat lunch with them and get to know them, while they send a Scout to your troop. Soon, both of us were at their campsite and we really hit it off, spending every moment not working or badge trading with them. Games were held for a large part of the afternoon, offering us a great opportunity to test our skills in such events as wood sawing, fire starting and animal track identification.

Finally, we headed back to

our campground to prepare our gourmet dinner of camp spaghetti and meatballs. We even toasted garlic bread over the fire. After our delicious meal, we went to the HQ Building for, guess what, even more badge trading! The day came to an end and we returned to our tents for another good night's sleep.

Sunday, the day of the **Great Travois Race** was cold and rainy. We lashed large sticks together into a V shape with poles going across for the hands and feet of the rider, using one piece of small twine per lashing, and dragged it across the field with a scout on top for the ride.

Well, we knew we should have practiced more for this event, but for some reason or another, we did not. Although it was a long half hour, we did receive many words of encouragement that helped us

finish the race. With the help of a scout borrowed from the Malone troop, we achieved a "Moral Victory", despite coming last, and still managed to maintain our dignity (and our sense of humour).

Before leaving, we headed to the gathering field one last time for the closing ceremony. To our surprise, the Chairman of the Camp mentioned our troop's valiant efforts at the travois race, giving us a strange pride. We were not sure whether we should stay to hear his kind words or beat a hasty retreat in embarrassment. We decided to stay, and felt very good about our decision.

In the end, the 51st Tri-District International Camporee was a success on every level. We can't wait for the next International Camporee, another opportunity to live the Scouting Brotherhood.



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The Coffee Teen



Will Brereton

Our Reaction to Upcoming Responsibility

Editor's Note: Will Brereton is a onetime Burgh teenager who is currently residing in Buffalo, New York.

Over a period of time in early May, I interviewed four young people over coffee to get their thoughts on whether we (teens) are ready to take on the particular challenges of our time. The answers varied, but all seemed to reach a consensus.

All four individuals expressed concern, yet also much optimism about the present and future state of the world's environment, economy, and the outcome of these crises in our lifetime.

Adolescents today understand the impending troubles that we will face when we takeover the crises left behind by previous generations. Here in the United States, there is a sense of awareness and urgency on the part of American teenagers to solve the problems that the world currently faces.

There are teenagers who are interested in becoming leaders in their communities and want to help maintain the environment and prevent the economy from further collapse.

Will Ingalls is a photographer apprentice and although he will be taking a year off after he graduates from high school this June, he intends to study at Rochester Institute of Technology. Despite Will's

skepticism about Barack Obama and the legitimacy of what his administration has in mind for environmental and economic reform, Will does believe that a sustainable environment and economy are necessary components of any effective initiative.

As a proponent for a strong economy, Will echoes the concerns of Michaela Siano, a



Rachel Blair shares her views.

friend of mine from The Park School of Buffalo. "Jobs in the social services sector could be jeopardized," Michaela says with distress. Those seeking help from social workers and counselors may be turned away. This sentiment is shared by many people, particularly in disadvantaged communities.

There is also a concern among young people regarding the state of the environment.

"It worries me when people don't care," commented another

of my close friends, Rachel Blair. She dislikes the apathy that many people feel about current affairs.

Lucas Baumgart is a leader in student government and an avid participant in ecological projects at Park School. "This past American election not only brought the highest percentage of youth in terms of voting and participation, it also was the catalyst for new youth interest in domestic affairs. Barack Obama can relate to young people," commented Lucas.

There is a strong certainty from my generation that we can handle the challenges ahead and will work constructively for an improved world.

As Rachel aptly stated, "We are all a small part of the whole. It only takes a little effort to make a big difference." With many adolescents preparing to go off into the world (I like many others will be heading off to university next year), this strong sense of optimism is wonderful and it was expressed by all four of the young people interviewed.

Since it will soon fall to my generation to lead governments and civil society, now is the time we should act in order to make our world a more sustainable place. For more information about my article, check out my blog: www.thecoffeeteen.blogspot.com.

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Summer 2009 Programs

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Children's Programs

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New Edinburgh Bed and Breakfast Opens

After a lifetime of postings abroad, long-time residents of New Edinburgh **Ken** and **Noreen Watson** have decided to convert their home on Union Street into a bed and breakfast.

The Watsons know the area well and are keen to create the first ever bed and breakfast in New Edinburgh.

"After Ken finished full time work with Foreign Affairs, we travelled extensively around the world and had converted our home to a duplex with tenants occupying the upper floor. On our travels we often stayed in B&Bs, and enjoyed the homey atmosphere," said Noreen. "I've long nursed a dream to open my own Bed and Breakfast. We've talked about it for years and when the time seemed right, I decided we'd just do it."

The couple first purchased their home in 1977 and raised four sons in the area. With extensive renovations to their house, they believe the B&B operation will be an excellent way to show off the community to visitors while easing into their semi-retirement.

"It has been a lot of work with round-the-clock renovating and painting. Ken has been



New Ed B&B at 82 Union.

very grateful for the help his friend Peter Hurditch has provided in the process. We're excited about our new enterprise," said Noreen.

The New Edinburgh Bed and Breakfast has three spacious bedrooms, a double

room, a larger twin room with two single beds, (both of which will share a bathroom) and a third queen-size room with its own ensuite and whirlpool bath. The upstairs is flooded with light and both bathrooms have skylights. They have converted the old kitchen area into a comfortable sitting room with a fridge and microwave, which opens out to a lovely spacious private deck.

Although the New Edinburgh Bed and Breakfast at 82 Union Street was officially to open June 1, the Watsons had requests for the Marathon weekend, so their doors actually opened on May 23.

Noreen has joined BB Canada Association <http://www.bbcanada.com/12034.html> and bookings can be made by email: newed.bb@bell.net. Visit their site at www.newedbb.ca.

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Summer Reading Tips From Books on Beechwood

By David Rostenne Happy 15th Anniversary!

Books on Beechwood is having a 15th Birthday Celebration on Thursday, June 11. Everyone is invited! Celebrations and give-aways will go on all day. Jean, Antoinette, Jill, David, Di, Hilary and Heidi will all be on hand. Please do drop in to say hello, have a coffee, and tell stories.

Our summer reading suggestions are contributions from all the staff and reflect a wide variety of tastes and interests.

Di's Picks for Children

Kevin Henkes' "Birds", Per-Henrik Gurth's "Oh, Canada" and a re-issue of Richard Scarry's "Peasant Pig and the Terrible Dragon" are some fine examples. Annie Barrows, co-author of the runaway best-seller "Guernsey Literary and Potato Peel Pie Society", has a new children's book out called "The Magic Half." Other picks are Gordon Korman's latest: "Swindle" and Tom Henighan's new book: "Doom Lake Holiday." Margaret Peterson Haddix has started a tempting new series called "Missing," beginning with Book 1 entitled "Found." For teenage readers, Susanne Colasanti's "When it Happens" and Simone Elkeles' "Perfect Chemistry" are recommended.

We now carry a small selection of children's French books, fiction and non-fiction, and are offering a wonderful selection of Penguin distributed sale books at \$2.50 each for the children's titles. Activity books and games for summer are another stock item.

Heidi's Favourites

A couple of Heidi's favourite books are "The Flying Troutmans" by Miriam Toews, a hilarious yet touching road

trip through the complicated relationships between relatives; and "Mister Pip" by Lloyd Jones, the story of a young girl whose life is changed by her introduction to Pip, right out of the pages of "Great Expectations" by Charles Dickens.

David's Summer Primer

David is all ready for his summer canoeing vacation after having read Les Stroud's "Survive!: Essential Skills and Tactics to Get You Out of Anywhere-Alive."

Suggestions from Hilary

Hilary is reading furiously through a huge number of books. In the Youth Fantasy category she suggests "The Awakening" by Kelley Armstrong, sequel to "The Summoning", a continuing story of 15 year old Chloe and friends who have escaped from a home for troubled teens and are coming to grips with their growing supernatural abilities. It's an exciting, entertaining read. An all-time favourite is "City of Glass," the final book in "The Mortal Instruments" trilogy by Cassandra Clare. Book one is "City of Bones" and book two is "City of Ashes." It's the kind of book you wish you could walk into.

Two of her suggestions in the adult category are "Gods Behaving Badly" by Marie Phillips, in which Greek deities find themselves trying to cope with life in modern London. No Greek scholarship is needed to enjoy the hilarity. "Interred with their Bones" by Jennifer Less Carrell is a gripping Shakespearean mystery within a mystery which sets the protagonist, Kate, off on a global Shakespearean treasure hunt.

New Ideas from Jean

Jean has read a couple of books from cover to cover and can't wait to recommend "The Good Mayor" by Andrew Nicoll, an engaging story set in an unnamed Eastern European city, a love story, a pondering of "right" and "good" and a right good read.

Advice from Antoinette

A few quick choices from Antoinette: In Fiction, the "Little Stranger" by Sarah Waters... a chill-inducing novel of psychological suspense in 1940's England.

In the Biography category, she suggests "In Spite of Myself", a memoir of saucy tales, by Christopher Plummer, of his life in theatre and film. "True Patriot Love" by Michael Ignatieff is a history of his maternal ancestors, a tale of one family's search for Canada. "Always Looking Up, Adventures of an Incurable Optimist", by Michael J Fox...with humour and wit, he describes his struggles with Parkinson's disease. "Australia and the South Pacific, Letters Home, 1965 - 1972" by Sheila and Arthur Menzies...behind the scenes glimpses of diplomatic life when Arthur Menzies was Canadian High Commissioner.

A bit of Politics: "Losing Confidence, Power, Politics and the Crisis in Canadian Democracy" by Elizabeth May is a well-written, challenging and compelling book which offers inspiring solutions.

And for the Traveler: "Paris Passions, Watching the French Being Brilliant and Bizarre" by Keith Spicer...it's by Keith Spicer; enough said!

We hope to see all of you on June 11!

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Scholarship Success for Elmwood Class of 2009

Elmwood School's Grade 12 class is preparing for their transition into post-secondary education, and many of them have already been awarded entrance scholarships to colleges and universities throughout Canada and the United States. Of special note are five students who have won significant scholarships totaling more than \$450,000 recognizing their outstanding achievement while studying at Elmwood.

Sophia Dhalla has received a National Excellence Award from the Canada Millennium Scholarship Foundation. Only 100 of these awards are given across Canada in recognition of academic achievements, significant contributions to the community, leadership and commitment to innovation. In addition, she is one of

five Canadian students to earn the prestigious Greville Smith Scholarship from McGill University, and has also been awarded President's Entrance Scholarships from both Queen's University and The University of Western Ontario.

Sonya Wadhwa was also recognized with a National Excellence Award from the Canada Millennium Scholarship Foundation—one of only 100 awarded in Canada. In addition, she has received entrance scholarships from the University of Ottawa, Queen's University and The University of Western Ontario, and a prestigious Richard Lewer Scholarship from Carleton University. This award recognizes academic excellence and significant participation in extracurricular activities.

Joanna Schembri was named a Sesquicentennial Scholar and received a major scholarship from St. Lawrence University in New York State. The award is offered to the top applicants to the university based on the strength of their applications and looking at academic challenge and success, extra-curriculars and character. In addition, she was awarded an IB scholarship in recognition of her completion of the IB diploma.

Saumya Saxena has been awarded a President's Entrance Scholarship from the University of Western Ontario. This award recognizes all around excellence and ability for creative and innovative thought and is offered to only 11 students from across Canada. She has

also been offered the McCall MacBain Scholarship from McGill University. She has also received the highest possible entrance scholarships from the University of Ottawa, Carleton University and McMaster University.

Rina Halili has been awarded an Undergraduate Research Scholarship from the University of Ottawa's Faculty of Science. This scholarship gives students the opportunity to work as a research assistant with one of the University's world-class research groups during the summer before their first year of studies. Rina is one of only sixteen students across Canada to win this award. In addition, she has also received an entrance scholarship to the school.



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It's That Time of the Year

By Constable Tom Mosco

Warning: Bicycle thefts are on the rise!

Preventing bicycle theft is very simple. Lock the bike to a secure lockup (including when stored in your garage). Bike cable locks are relatively inexpensive and its a good deterrent.

Warning: Car break-ins are increasing in the area!

Do not leave items of value in your unattended automobile. The most popular things stolen are GPS units, money, CDs and sunglasses. Thieves tend to reduce risk by checking to see if a vehicle is unlocked. If it is locked they may just move on until they find one that is. It is worth taking the extra

moments to secure the vehicle and its contents.

Graffiti is also on the rise in the area. If you see graffiti call 311 and report it. This will only take a few minutes of your time but the City will know to come and remove it.

Your police centre is offering **free home security evaluations**. Call the Rockcliffe Community Police Centre at 613-236-1222 extension 5915 to book an appointment.

We also have literature on safe boating and the use of personal flotation devices. Stop by the Centre at 360 Springfield Road and pick up a copy.

For more information on any of these items call the Rockcliffe Community Police Centre at 613-236-1222 ext 5915.

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2nd International Youth Symposium

By Lauren Lynch, Stephen Wright, and Julianna Schwindt (St. Laurent Academy Elementary and Junior High students)

In early July, youth from 11 different countries and 5 continents will be coming to Ottawa to take part in the Second International Youth Symposium for Biodiversity. Over four days they will talk about the importance of biological diversity and what we all can do to protect our environment. This Symposium will result in a youth presentation to world governments in Japan in 2010. The United Nations has declared 2010 as the International Year for Biodiversity.

Our Symposium has evolved from the Macoun Marsh Project at Beechwood cemetery. Since 2003, students from several schools have "adopted" this area as a place to learn about ecology, biodiversity and scientific journaling. Under the guidance of our fantastic science teacher, Michael Léveillé, the project has grown into something extraordinary with worldwide reach.

The beauty and magic of what we do is so simple. If we can find over 1200 different forms of life in the middle of downtown Ottawa, then this type of project can be replicated anywhere. And this is why we put out the call for children from around the world to join us at the Symposium in July. There will be many countries attending from all over the world! We have currently accepted eighteen different projects from a total of eleven different countries.

Canada has five different

projects represented, including our very own Macoun Marsh Biodiversity Project, the Canadian E-Power Youth Conference from Halton Hills, St Mark Catholic High School (S.A.V.E) Students Against Violating Earth, the Provincial Envirothon competition winners, and the CISV-Eco-group from the Saint John River Valley.

Bolivia's project, PORODII with USC Canada, focuses on building farmers' ability to conserve biodiversity, and use of the increased biodiversity to increase farm incomes. Other great projects are the Honduras FIPAH non profit organization with USC Canada, India's Forest sanctuary called Aranya, Sri Lanka's PeaceStars Conservation efforts and Barbados (UNESCO) Youth Path. Mexico has two projects, the Yucatan field site with HabitatNet, and Lemuel Mena Vega's sea turtle work. Albania, under USAID assistance, is working with Albanian Colleges to assist national and international institutions in taking biodiversity considerations into account to conserve "Global Biodiversity".

The United States has three projects, the Reservoir Recovery Study in Nebraska, the Zoo Crew at Cleveland Metroparks Zoo, and HabitatNet/ Brown University with Dan Bisaccio (the founder of the First International Youth Symposium for Biodiversity).

Cameroon's Great Ape Conservation Project is a youth service learning project. They bring kids together from a network of environmental clubs and mobilize communities in preventing the great ape

extinction. And the last but not the least is Japan's Conserving Owls Project which protects and breeds owls.

One special event to occur will be the presentation of a biodiversity box which will be donated to the CBD Museum of Nature and Culture in Montreal. Two members of the youth board, Kyra Rogers and Sarah Riahi, are now in the process of making the box which will contain a copy of our Youth Accord.

Different themes will be presented each day. Lets Talk Science, Brown University, and USC Canada are helping to prepare the program. Day themes will include conservation of species, climate change effects on species, and agriculture.

On the last day will be a presentation of the E. O Wilson Youth Conservation Award, for a truly inspiring delegate project. Edward O. Wilson is a Professor and Curator of Entomology at the Museum of Comparative Zoology at Harvard University. The winner of this award was chosen by our Youth Board, but no one will know who the winner is until the award is presented.

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X Ecological Economics

By Hugh Robertson

Editor's Note: Hugh Robertson's previous articles on Climate Change and "Econoclastic Economics" are posted on the community website at www.newedinburgh.ca. The following article introduces the concept of "Ecological Economics", an approach based upon balance and sustainability. Mr. Robertson plans two more articles in this series: "Environmental Ethics" in October 2009, and "Cry the Beloved Planet" in December 2009.

A growing body of writing, loosely known as "ecological economics," is developing in academic and business circles around the world. Ecological economics is an integrated philosophy that recognizes that our material lives are intimately bound up with the natural world. The focus, furthermore, is on the whole spectrum of human

needs, such as health, social justice, and community well-being, and not primarily on production, consumption and the acquisition of wealth.

Both "ecology" and "economics" are rooted in the same Greek word "oikos" meaning a home or dwelling. Ecology is the study of the home; economics is the management of the home. How we manage our only home, Mother Earth, will determine whether we survive as a species.

Ecological economics encompasses the notion of the "steady state" economy promoted by contemporary theorists like Herman Daly and Robert Costanza. The central feature of this type of economy is that growth has prescribed limits established by nature. The overarching aim of a steady state economy is stability: both ecological and economic, as well as social stability.

Financial risk assessment procedures in our society are based largely on cost-benefit analysis. Cost-benefit analysis reduces, not just economic, but all variables, such as health, safety, and the environment, to monetary terms. How harm can be managed is the underlying question. Furthermore, profits, stock prices, and dividends all drive the financial system to focus on the short term and not on the long term future.

A new world order shaped by the impact of pollution and global warming on public health, increasing social inequality and emerging ecological economic principles will focus risk management on the precautionary principle. The burden of proof will be on the proponents of policy initiatives to demonstrate that no harm will ensue from any decisions, both in the present or in the future.

A central feature of ecological economics is green and renewable energy. Driven by shortages, increasing prices, and global warming, renewable energy will initiate a new industrial revolution.

Oil and natural gas production has peaked and declining output will soon push prices up again. Coal is dirty and "clean coal" is still a fantasy fuel. Manufacturing hydrogen is dependent on vast supplies of electricity while nuclear energy is ruinously expensive and the waste is toxic for millennia.

Solar, wind, geothermal, biomass, water and tidal power all offer exciting opportunities to green the energy grid. Countries like Japan (hybrid cars), Denmark (wind), Germany and Spain (wind and solar) have a formidable lead in renewable energy technology. However, promising catch-up initiatives are underway in California and Ontario and other parts of the continent.

Technological initiatives constitute a major thrust of ecological economics. But these are the micro-technologies based on the philosophy of Fritz Schumacher's classic book, *Small is Beautiful*. They are not the mega, unproven technofixes, such as carbon capture and storage.

Micro-generating units for solar, wind and hydro are less environmentally destructive than the huge centralized coal and nuclear plants. Feed-in tariffs, based on the German model, allow residents and business to sell their power directly into the grid. Similar programs are being introduced all over North America, including Ontario.

Micro units not only localize economic activity, they also eliminate the network of unsightly transmission lines that criss-cross the countryside. The massive lines and towers have disadvantages other than aesthetic and cost: they are subject

to ice and wind storms and they lose power in transmission, especially in hot summer weather.

Although micro-technology is important in improving energy efficiency and extending the life of resources as well as reducing pollution, our initial efforts must be focused on eliminating energy waste. Conservation is at the heart of ecological economics.

Before resorting to technological improvements, we must first modify our own behaviour, such as our consumption levels and lifestyles. Technology must follow individual restraint. Amory Lovins, founder of the Rocky Mountain Institute, uses the concept of a "negawatt" (a megawatt not used) to illustrate that it is far less expensive to conserve a unit of electricity than to build an additional unit of supply.

Normally, if customers reduce their electricity consumption by conserving energy, the utility loses money because sales drop. Through tax incentives, California allows the utilities to retain some of the savings as profit, thereby "decoupling" their revenues from sales. The utilities save even more money because with reduced demand, there is less need to upgrade their supply generation.

Decoupling and demand reduction is an example of the "negawatt" principle at work. Not rewarding consumption is also a revolutionary break with conventional economics and its obsession on multiplying the market and expanding production. These are some of the developments that exemplify the spirit of an emerging alternative economic order to the traditional capitalist model.

The meltdown in the North American automobile industry is a warning for all energy-intensive and polluting manufacturing. Future employment growth will be concentrated in the "green" sectors, such as public transportation, waste recycling and renewable energy genera-

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tion.

Recycling industries will offer increased employment as we exhaust our supply of natural resources. Just as tailings dumps are being re-mined by gold companies because of scarcity and surging gold prices, so will we soon be mining garbage dumps for metals and plastics.

The downsizing of the world trading system as a result of declining oil reserves will also change the nature of employment. Long supply lines for

production process (e.g. petrochemical dependent monoculture) and by the type of farming (e.g. beef). Animal agriculture is the real climate curse. It is estimated by the UN Food and Agriculture Organization that almost 20 percent of total global greenhouse gases are generated by livestock farming.

Although many ecological economists are not vegans, we should all consider eating far less meat and dairy products, more plants and grains, and sea-

that measure the costs and benefits of economic growth. Only by synchronizing the balance sheets of both nature and the economy on the basis of true costs, can we establish a sustainable bottom line for the planet.

A close corollary to ecological accounting systems is true-cost pricing. Frequently, prices do not reflect the full costs of production. For example, some companies use the atmosphere as a free dumping ground for their carbon dioxide emissions.

relative ease. A commitment by politicians to true-cost pricing would be a responsible environmental initiative.

Perhaps the most perverse subsidy of all is for corn-based ethanol. It is a subsidy that has created serious social problems, such as food shortages, and environmental disasters, like the dead zone in the Gulf of Mexico caused largely by fertilizer run-off from the cornbelt. Eliminating agricultural subsidies would level the growing field for all farmers.

Death and taxes may be the only certainties in life but there is another more ominous twist to the old adage. Because of the size of the average North American's ecological footprint, the nature of the taxation policies of the Canadian and US governments could shape the long term health of the planet. Our obsession with ever lower income, property and corporate taxes simply fuels environmentally destructive consumption.

An ecological taxation policy will revise current priorities. Tax rates on resource depletion, garbage, atmospheric emissions, and overconsumption have to be increased to protect nature. Under a green tax shift, positive features, such as renew-

ables, labour, and savings would receive lighter tax treatment.

There is general consensus among ecological economists that the most effective way of curbing greenhouse gas emissions is to impose a carbon tax on all fossil fuels. It is a simple and transparent tax and the revenue can be redistributed so that the poor are not adversely affected by higher energy prices. Carbon taxes have worked successfully in Sweden for a number of years.

An alternative mechanism, known as "cap and trade," is more popular with business and governments, largely because it is not as politically loaded a term as "carbon tax" and it is "market-based." Cap and trade is a carbon emission trading system and it is basically an international market in pollution credits. It does not have the same immediate impact on emissions as a carbon tax.

Ecological economics is a philosophy based on the notion of balance and sustainability. If we can balance our lifestyle demands with the biocapacity of the planet, nature will replenish and regenerate its resources indefinitely. Nature, after all, is the base that anchors and sustains all economic activity.

Ecological economics encompasses the notion of the "steady state" economy... The central feature of this type of economy is that growth has prescribed limits established by nature.

food and manufactured goods will become unsustainable and we will become increasingly dependent on local production. Communities will be revitalized; they will once again become the centre of work, energy generation, and cultural activities.

Food production will also become increasingly local because of rising transportation costs. Lengthy supply lines will curtail the operation of mega factory farms and centralized meat plants and the advantages of economies of scale will be neutralized. One benefit of smaller local abattoirs for meat processing will be a reduced incidence of listeria and swine and avian flu.

Food policy is a contentious issue among ecological economists. Although rising fuel costs will shorten supply lines, the impact of "food miles" (the distance food is conveyed) on global warming may have been exaggerated. Transportation probably only accounts for 10 percent of the total greenhouse gas emissions generated by our food system. Over half the greenhouse gas emissions of the food system are actually created on the farm.

The environmental impact of food is determined largely by the

sonal, organic and local produce when possible. By our preferences and purchases, we can build an eco-agricultural system that is healthier for us and for the planet.

Economic growth is not a measure of progress or prosperity. We have devised accounting systems, such as the Gross Domestic Product (GDP), that do not accurately reflect the negative effect of unrestrained growth on both social and ecosystems. GDP only measures activities — everything from jobs and sales to auto accidents and oil spills — that contribute in dollar figures to the economy.

We have to redefine progress and prosperity as something other than material and monetary wealth. Ecological economists are promoting alternative indexes, such as the Canadian Index of Wellbeing to reflect more accurately the impact of economic activity. Suggested criteria include: happiness, job satisfaction, sustainability, and volunteer work as well as negative factors like clear-cut forests, crime, and social inequality.

The alternative indexes are an attempt to slow the metabolic rate of market capitalism by designing accounting systems

Delinquent companies also release mine tailings into lakes and oil residues into ponds that in turn leech toxins into rivers — all at no financial cost to the corporate bottom line.

We are not costing these "externalities" of business activity — and their impact, such as global warming and diseases, like cancer and asthma — in our national accounts, nor are we including them in the price of the final product. More seriously, by concealing the negative externalities, we are free-loading on the environment at the expense of future generations.

True-cost pricing is a major tenet of ecological economics, whether it is accounting for externalities in the production process or government subsidies for agriculture or tax write-offs for the oil industry. The pricing process under our present business model is distorted: it favours corporations at the expense of nature.

North American governments subsidize a range of economic activities from petroleum products to nuclear energy to agriculture. Subsidies are one area where governments can remove themselves from the economic process — and free themselves from the grip of lobbyists — with

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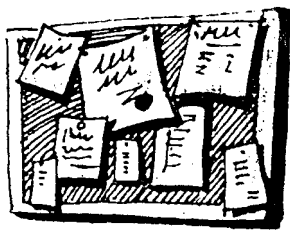


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Jun 1 -15

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Fri, Jun 5 - Sun, Jun 7

GORDON HARRISON 7th Annual Garden Exhibit at the Artist's Studio. 81 John St. Info: 613-746-6853. (See *NEN* Page 12.)

Sat, Jun 6 - Sun, Jun 7

DOORS OPEN OTTAWA - Ottawa New Edinburgh Club Boathouse, June 7 *ONLY* 10 am - 4 pm; Beechwood Cemetery, June 7 *ONLY* 10 am - 3 pm; City of Ottawa Archives (Old City Hall), 10 am - 4 pm.

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Sat, Jun 6, 9:30am-12:30 pm

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Sun, Jun 7, 7:30 pm

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Sat, Jun 6 - Sun, Jun 7

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Sun, Jun 14, 11 am - 2 pm

NEW ED COMMUNITY PICNIC at Stanley Park Fieldhouse. Races, face painting, special visitors, and more ... Hot dogs for sale, free watermelon and freezies. Everyone welcome, but please no dogs! www.newedinburgh.ca. (See *NEN* Page 4.)

Sat, Aug 8, 5 pm

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Monarchist League Celebrates Queen Victoria

By Jennifer Cook

Queen Victoria's birthday was celebrated in style this past May at a Victoria Day Gala at Pauline Vanier Park in Ottawa. There were dancers and singers, Little Ray's Reptiles, face painting children's games, a barbeque and to top it off, an awesome fireworks display. Also on hand was the Ottawa Branch of the **Monarchist League of Canada** providing free information, such as the Canadian Heritage book *A Crown of Maples/La Couronne canadienne*, and answering questions about the Queen Victoria and the Royal Family.

The Monarchist League of Canada is a national non-partisan, non-profit organization whose mission is "to promote the understanding of and loyalty to the Canadian Crown." Founded in 1970, there are now twenty branches throughout Canada. The Ottawa Branch is one of the oldest and its members gather three times a year for special events, including the Queen's Birthday event in May. For those under thirty, there is also a Young Monarchist group and branches at the University of

Waterloo and Wilfrid Laurier University.

Her Royal Majesty, Queen Victoria

Queen Victoria was born on May 24, 1819 at Kensington Palace, London. She was the only child of Victoria Maria Louisa and Edward, Duke of Kent, fourth son of George III. She became Queen of the United Kingdom and Ireland and Empress of India when she was only eighteen years old on the death of her Uncle William IV on June 20, 1837. Her reign lasted for sixty-three years. She and her husband, Prince Albert, had four sons and five daughters. At her death in 1901 at the age of eighty-three, her eldest son was crowned King Edward VII.

Queen Victoria's third and favourite son, Prince Arthur, served with the Royal Marines in Montreal in 1870 and enjoyed meeting and socializing with Canadians. In 1911, as Duke of Connaught, he became the tenth **Governor General of Canada**. With the outbreak of World War I, he helped organize the second expeditionary force and

the Canadian Patriotic Fund. His wife, Princess Patricia, lent her patronage to raising the Princess Pats regiment in sixteen days.

The Ottawa Branch of the Monarchist League is seeking new members, so should you be interested please contact the chairman, Allan Jones at allanejones@rogers.com, phone 613-316-7095 or write to P.O. Box 4664, Station "E", Ottawa, Ontario, K1S 5H8.

Further information can be found at the Monarchist League of Canada website (<http://www.monarchist.ca> or phone 1-800-IM-LOYAL/1-800-465-6925), or the official website of The British Monarchy (<http://www.royal.gov.uk>), which includes videos, history and news.



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Burgh Breezy Bits

Thank You

A big thank you to the Good Samaritan "**Marguerite**" who came to **Laura Jarecsni's** aid after a spill off her bike on the St Pat's bridge. In the commotion, your umbrella got left behind, please come to Noel St. to pick it up. (Please email breezybits@hotmail.com for contact numbers.)

Welcome Home

With a collective sigh of relief and joy, we wish a warm welcome home to **Robert Fowler** of Stanley Avenue, who returned to Ottawa in late April after a nearly five month kidnapping ordeal in Africa. We are delighted that he is safely home at last, and wish Mary and Bob a tranquil and happy spring and summer here in New Edinburgh.



Grace Jarrett (right) with a friend in Vanuatu.

Welcome back to **Grace Jarrett** (Ivy Crescent) who returned from her volunteer work on the island nation of Vanuatu. Following her program with Youth Challenge International, Grace continued to travel the islands where she provided workshops on youth empowerment including topics such as HIV AIDS, substance abuse and sexual health. We're happy to have her home again but not sure for how long as she is keen to travel again.

Condolences

Our sympathies go out to the family of **Carol Salsbury** who

passed away in May. Her mother, **Janine** and brother **Rob** still live on Vaughan St.

Travels

Tony King is touring China, travelling with a friend for 5 weeks. Tony recently graduated from Carleton. Congratulations, Tony.

Jetsetting daughter **Rachel** surprised her parents **Ray** and **Mary Ellen Boomgaardt** of Crichton Street by showing up for Mother's Day...all the way from London, England. She stayed for a week and then jetted off to Abu Dhabi for a few days of fun before returning to her home and husband in England.

Farewell

Linda and Cornelis (Kees) Berg have moved to their dream retirement home after 34 wonderful years in the Burgh. They will miss the wonderful fellowship with long-time neighbours and friends but have moved onwards to meet others in the village of Blakeney on the Mississippi River, halfway between Almonte and Pakenham. Kees will continue to be involved with horticultural services in the area and Linda will continue to work at CHEO for a few more years. They will welcome visitors to drop in and share their dream at 194 Blakeney Road, Blakeney Village, although be warned you will probably not want to return to the city afterwards. They look forward to socializing at the New Edinburgh Garage Sale in September.

Goodbye to **Julie Brunet, Nicholas** and **Sophie** of MacKay Street - best wishes on your new home in Manor Park.

Farewell to **Janet Wakely** and **David Mulroney** of MacKay Street and their son, Sean who are taking up residence in The Beaches area of Toronto at the end of May.

Sadly, **Andrew Kerr, Inge Vander Horst**, and children **Emma** and **Laughlin**, are leaving Keefer Street for pastures

new. Andrew is a former member of the NECA Board and is the founding webmaster of the NE community website. Inge is Co-Chair of the NE Heritage & Development Committee. Happily, their migration is only as far as Springfield Road, just on the border with neighbouring Lindenlea.

Lindenlea resident and local environmentalist **Liz Muggah** and her husband **Tobi** will be heading south for the next year. Both will be attending Harvard University, Liz for an MPH and Tobi for an MPA. Best of luck!

Arrivals

Susan was the first **Torrie** to move to Noel St. Then brother **Brian Torrie** and his and wife **Gillian Campbell's** three little **Torries** joined them. Now two more nephews (**Keith** and **Ryan**) along with niece **Rachel** brings the total **Torries** on Noel to eight – and we hear this is celebrated every Sunday evening at Susan and John's place.

Sue Hunnewell and **Colin Smith** are delighted to announce the arrival of their third son, **Alex**, who joined big brothers **Adam** and **Ryan** on April 6. But they are sadly saying goodbye to all their wonderful neighbours in the 'burgh, as they will be moving to England in July.



Proud grandparents, **John Bouza** and **Judy Dougherty** (pictured above) with little **Persephone Cecilia Hillier**, who was born on Valentine's day, look forward to showing her off to the neighbourhood. Her parents are **Chloe** and **Stephen Hillier**.

Pets

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

Barbara Benoit would like to announce her new status as a "bone Fido" dog owner (upgraded from her previous status as fairy dogmother to several neighbourhood canines). Her new dog's name is **Tehya** which means precious in Algonquin.

Birthdays

Eileen (Billy) Tanner celebrated her 101st birthday on Saturday, May 23 at the "The Edinburgh" on Vaughan St. Happy Birthday Billy!!

Happy Birthday to longtime burgher **Brian Dixon** who turned a spry 60 years on April 25. Queen Victoria Ave residents, **Michael Histed** and **Elizabeth Jorgensen** hosted a Freedom 60 celebration in his honour.

Congratulations

Martin Lipman (Ivy Cres), professional photographer (Lipton Still Photography) and father of **Rebecca** and **Isaac**, accompanied two expeditions to the Canadian Arctic in order to photo-document the field work. This resulted in a spectacular discovery of a fossil that closes the link between land mammals and seals. This species has been called *Puijila Darwini*. Please check out the website for more details as it is quite fascinating. http://nature.ca/puijila/fb_e.cfm.

Martha Bogue, daughter of **Pauline** and **John Bogue** was one of three finalists in the "Search for an Intern", a position offered by the very popular Canadian House & Home Magazine. Marti has been enrolled for the last three years at Mount Royal College in Calgary in the Communications and Public Relations Program. Voting ended before this column was finished – but the results were not yet published.

The **Gloucester Songsters** were busy in May with a booking at **Governor's Walk** (Stanley) at beginning of the month and ending their season at **New Edinburgh Square** (MacKay). The Songsters thank the Square for the delicious luncheon that was provided for the choir prior to their performance. They will be back again in the fall!

Rockcliff Park residents **Jane Dobell** and **Maureen Boyd** recently received the Ottawa Public Library's Order of Friendship prize for their years of dedicated service to the library. Well done ladies!

Congratulations to **Sarah Jennings** whose new book *Art & Politics – The History of the National Arts Centre* was recently published.

Congratulations to soon-to-be new dad, **Desmond Devoy**, reporter for the *Ottawa-East*



Brian Dixon turned 60 on April 25!

EMC newspaper. 'Burning the midnight oil' and 'getting the poop' are going to take on a whole new meaning!

Other Bits

We'd like a list of those in the neighbourhood who ran the **Marathon** on Sunday May 24, so that it can be reported in the fall. Please send any names to Breezybits@hotmail.com.

To all those interested in the Community Garden project featured in the April issue of *NEN*, and who were unable to contact us by email, our apologies. The problem is now fixed and necg@googlegroups.com is receiving email from interested gardeners. Alternatively, please contact mbisby@gmail.com.



Photo: Louise Imbeault
Guess who was at the Genies? Monique Dugas of Clothes Encounters of a Second Time for one, seen here with George Amarica.

Carolyn Brereton reports that they are being cross-posted from Buffalo to Atlanta at the end of the summer, where **Steve** will be taking up his new position as the Consul General. The boys have been accepted at the universities of their choice - **James** at Queen's and **Will** at Trent.

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

breezybits@hotmail.com

Deadline for submissions is

Sept 10.