

April 2010

# NEW EDINBURGH NEWS

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Annual Plant Sale  
*Saturday, May 8th*  
at the Stanley Park Fieldhouse



8 am to 4 pm



## RIVER and PARK CLEANUP DAY

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

**SATURDAY, MAY 8, 2010**

(RAIN OR SHINE)

**VOLUNTEERS NEEDED!!**

**TIME:** 10 am -1 pm  
**PLACE:** The Fieldhouse at 193 Stanley.  
**CONTACT:** Gemma Kerr [newedgem@magma.ca](mailto:newedgem@magma.ca)  
Vickie Brennan [neparkfriends@live.ca](mailto:neparkfriends@live.ca)

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

NecoE (New Edinburgh Committee on the Environment)  
and LEAF (Local Eco-Action Families) present:



# FOOD MATTERS



**SATURDAY APRIL 17, 2010**  
**3:00 - 5:00 p.m.**

Crichton Cultural Community Centre  
2nd Floor (Enter on Avon Lane) 200 Crichton Street

## In this issue...

Heritage & Development .....	Page 4
Arts Scene in the Burgh .....	Page 8
Burgh Business Briefs .....	Page 10
CCCC Spring Programs .....	Page 22
Gardening - Easy Annuals from Seed .....	Page 27
For the Birds .....	Page 38
Breezy Bits .....	Page 43
Not the New Edinburgh News .....	Page 44



Photo: NEN Staff

Every spring, City workers 'cut the keys' and break up ice dams on the Rideau River.

## Rideau Key Cutting Attracts International Attention

By NEN Staff

Each spring, when water flow reaches its peak, the City of Ottawa's Public Works branch undertakes ice clearing operations on the Rideau River to allow water to flow unrestricted and reduce potential river flooding. The operations occur between Rideau Falls and Hog's Back and involve a number of steps, including cutting of the keys, ice breaking and placement of an ice control boom.

This year, the Rideau River Flood Control Program attracted the attention of the BBC. A film crew from the British television network, BBC Earth, were on hand to film the flood control operations for its show Human Planet, which looks at

the relationship between man and nature in environments



Photo: Micheline Takla  
City workers take a moment to survey their progress from the Minto Bridges.

around the world. The Human Planet episode will air in the spring of 2011 on the Canadian Discovery channel.

Why film here? According to Ciarran Flannery, the associate producer of the documentary segment on rivers, "This

is the only place in the world that's in an urban setting where this type of river control activity takes place every year." Having spent part of his youth in Ottawa, Ciarran remembers coming down to the river to watch this amazing event.

Serious spring flooding had been a persistent problem in the early days of what was then the fledgling community of Bytown in a large part due to ice jams on the Rideau River. Since the 1880's the City has carried out a flood control ice clearing program in the form of blasting to eliminate ice jams and alleviate flooding. Today, ice clearing on the Rideau River helps to protect over 900 structures from potential flood damage.

## New Edinburgh Players Present 31<sup>st</sup> Season with G.B. Shaw's *Getting Married*

**April 22-24; 29, 30; May 1st; MacKay United Church Memorial Hall, 37 Dufferin Street**

*Getting Married* — A *Conversation* is what Bernard Shaw called his singularly unconventional comedy. In it, he tried to find several substitutes for marriage but found no good one. The play, which opened at the Haymarket Theatre in London in May 1908, was considered the most remarkable dramatic effort London had seen for many years and, at that time, one of the most remarkable plays ever written. Catherine Welsh, in her article in the *Times*, dated May 16, 1908,

writes: "At its première, [the play] received as what it is customary to speak of a mixed reception; that is, the house crowded with distinguished people, shook with laughter at the constant brilliance of its dialogue and, at the end of the play, some folk applauded and some folk hissed." She further says, after an interview with Mr. Shaw, "For the task of giving an account of this extraordinary play to American readers, I am, according to no less a person than Mr. Shaw, better fitted than many of the talented critics who discussed it for the benefit of Londoners. This is because of the fact that I am a woman and, *Getting Married*

is in the author's estimation, a 'woman's play'."

To quote Mr. Shaw: "All plays dealing with sex questions are primarily interesting to women, for sex is a woman's matter, while it is really quite unimportant to men. Women have to bear all the inconvenience and illness and pain of sex, while to men it is merely a pleasure and a romance. To women, sex is something omnipresent, and they are often irritated by men, because they jest about sex. A play, therefore, that deals with questions of sex as mine does, is essentially interesting to women. In reading *Getting Married* to the people,

**Continued on page 7**



## NECA President David Sacks Reports



A warm welcome to **Vickie Brennan**, who has joined NECA in the non-board member position of Chair of the Friends of New Edinburgh Park committee. As park chair, Vickie replaces **Karen Squires**, who stepped down from both the park post and the NECA board earlier this year, due to job commitments. Vickie, with husband Richard, has lived in New Edinburgh for nearly three years and has come to value the park through walking the family dog, Uske. On Saturday, May 8, Vickie will lead the traditional Mother's Day weekend clean-up for the park segment south of the Keefer Street line that remains open to the public. As with last year, the Park cleanup will be coordinated with an Ottawa-wide Rideau riverbank cleanup, sponsored by Urban Rideau Conservationists and headed locally by NECA board member **Gemma Kerr**.

Our sincere thanks to Vickie for taking over as park chair. We look forward to working with her as the full park gradually reopens this year.

### The Burgh: coming to a movie screen near you?

Most of us already know that New Edinburgh is beautifully photogenic; now there's someone working sensibly to put that to use. **Peter Lockyer** is an amateur historian and former CBC producer who owns a video-production company, History Lives Here Inc., based in Picton. Among Mr. Lockyer's projects are short videos, up to two minutes long, called "History Moments," which reenact and

explain aspects of Ontario's 18th-to-early-20th-century history, through use of heritage-architecture locations, actors in period costume, old film clips if available, and voice-over narration. Each video requires substantial prior scouting and research. The finished pieces are distributed at nominal or no charge to local cinemas, broadcasters, and libraries. Revenue comes not so much from sales but from sponsorships—that is, local merchants paying for mention of their businesses at the start and end of the film. More information about "History Moments" can be found at [www.historyliveshere.ca](http://www.historyliveshere.ca).

At NECA's January board meeting, Mr. Lockyer made a short presentation and a request, to partner with NECA for an intended "History Moments" series of perhaps ten videos, on different historical aspects of New Edinburgh. According to terms now under discussion, NECA would provide not funds but rather access and credibility for Mr. Lockyer's filming in the neighbourhood. In exchange, NECA would become a financial partner in the project, receiving profits from the videos, after production costs had been met.

At the January presentation, which included screening of a sample "History Moment," the NECA board was impressed by Mr. Lockyer's scholarly, respectful attitude toward his historical material and his intent to celebrate Canadian heritage and make it accessible to audiences; in the film, the commercial sponsorships

were handled briefly and (we thought) tastefully. Insofar as NECA has been expressly looking for ways to promote New Edinburgh's architectural beauty and heritage—especially as regards to our remarkable Heritage Conservation District (HCD)—we are naturally most intrigued by Mr. Lockyer's proposal. In February the board voted unanimously to enter into an agreement in principle with Mr. Lockyer, and currently we are pursuing details.

### Drums along the Rideau?

Speaking of the HCD... NECA is carefully monitoring two proposed building projects for HCD sites. A proposal to enlarge a Crichton Street home is being opposed by NECA, insofar as the building plan's dimensions exceed certain allowances in the heritage overlay bylaw. NECA's decision to oppose follows good-faith attempts by the homeowner and the architect, on one side, and NECA's Heritage and Development Committee, on the other, to reach an agreement. At this writing, the proposal is due to be heard on March 23 by city council's Planning and Environment Committee (PEC), with a formal recommendation against the proposal having been filed by the Ottawa Built Heritage Advisory Committee. At PEC, NECA will present against the proposal. For more on this issue see the transcript of Joan Mason's enlightening presentation to PEC on page 5.

The other building-proposal, still in formative stages, concerns the 132 Stanley Avenue property that was the

object of bitter controversy in 2008, when neighbours and NECA successfully opposed a plan to build six condo units there. This time, a proposal to build four units is being made by a group headed by Burgh resident **Charles Sezlik** (best known locally as a realtor for Prudential Town Centre Realty). Mr. Sezlik has conscientiously made presentations to the NECA board and to NECA's Heritage and Development Committee, but discussion of the current plan is ongoing. No date for a public presentation by the developer has yet been set.

### Looking ahead

A NECA subcommittee headed by board member **Joan Mason** and ex officio member **Cindy Parkanyi** continues investigating technical means by which to revamp the New Edinburgh website and assign a new webmaster. Burgh resident **Keenan Wellar** is among those providing valuable input for this project. The website is at [www.newedinburgh.ca](http://www.newedinburgh.ca). Developments to follow.

Meanwhile, NECA is exploring possible venues for our monthly board meetings, aside from the Fieldhouse. While the Fieldhouse has been our familiar home for years, there is consensus that it offers some disadvantages for meetings during months that are coldest (bringing hockey players and other skaters through the building) or warmest (heat, mosquitoes). Consequently, NECA will hold its May board meeting at St. Bartholomew's Church on MacKay Street, by kind permission of the church board. However, our annual general meeting (AGM) will as usual be in the Fieldhouse, this year on June 8. See the "NECA Meetings" box on this page for more details.

In other ways, too, we are looking toward the AGM and 2010–2011 working year. A current concern is succession planning. At the AGM we hope to fill two NECA board seats: one seat now being vacant due to Karen Squires's departure, and one seat scheduled to be vacated by current NECA Secretary and stalwart **Dilshad Macklem**, whose two-year board tenure will end. (An official farewell to Dilshad is reserved for this column's June edition.)

Consequently we invite any interested New Edinburgh resident to consider standing for board election at our June 8 AGM, and if possible to signal this interest in advance by attending our April or May board meeting as a spectator. NECA has a voting board of 12 members, who normally are elected by the AGM assembly and who serve two-year terms, with a choice to renew.

Further on the AGM: As some readers know, this is my second-to-last NECA column for the newspaper. For the past year, my plan as discussed with the NECA board has been to step down as President at the 2010 AGM and serve out my final NECA year, 2010–2011, as a general board member. While I am honoured to serve our beautiful New Edinburgh (and help defend our property values!), I am frankly finding the President's time commitment to be impractical, especially as I am still in employ. In June 2011, when I finally leave the board, I will have been six years at NECA, nearly three of them as President. Among current board members, Joan Mason has gallantly expressed interest in succeeding me as President as of this June.

Best wishes to all for a pleasant spring. We'll see you at the park cleanup in May.

## NECA MEETINGS: All Welcome

NECA meets ten times a year, traditionally on the **third Monday of each month at 7:30 pm** in the **Stanley Park Fieldhouse**, 193 Stanley Avenue. No meetings in July, August, or December. Our annual general meeting (AGM) is in June.

**However**, our May meeting will be held at **St. Bartholomew's Church at 125 Mackay Street**, by kind permission of the church board and warden. NECA board meetings are open to all New Edinburgh residents—as of course is the AGM.

Anyone wishing to make a presentation to the board should please contact David Sacks in advance to arrange scheduling. Our next meetings are:

**April 19, 7:30 pm at the Fieldhouse**

**May 17, 7:30 pm at St Bartholomew's Church**

**AGM: Tuesday, June 8, 7 pm at the Fieldhouse**

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



**DEADLINE**  
for the February edition  
of the  
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for the

## NECA AGM

**June 8, 2010**

at the Fieldhouse

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YOUR community  
association!*



# Traffic Report Update

## Speed Limits and Humps

**By Roslyn Butler, NECA Traffic Concerns Chair**

The snow is melting rapidly revealing once again how wide our streets are. Wider appearing streets invite motorists to drive faster.

### Petition to Restrict Speed Limit to 40 KM

Now is the time to sign the **Speed Reduction Petition** that I am bringing around to our neighbourhood streets. The warmer weather means that I can stay out longer before my hands go numb, but I am finding it a slow process.

Many residents are not at home when I ring the doorbell so I leave a slip of paper that says I called. It gives my name and phone number and requests that you call me to let

me know when is a good time to return for your signature. So far only 2 people have called me back to let me know when they are likely to be home.



The great thing is almost everyone I do talk to have agreed with the petition and signed. However, I do need 66% of all the residents on a given street to sign and agree to the petition.

Is anyone willing to help me with this? Just doing one block would be great. Get out on

a gentle spring evening, meet your neighbours, have some exercise and help our community. You can reach me at **613-746-8037**.

### Speed Humps on Springfield

At a recent NECA Board meeting, City Councillor Jacques Legendre announced that two sets of speed humps will soon be constructed on Springfield Road—one at Putman and the other at Bertrand. These were identified as part of a Neighbourhood Traffic Calming Study conducted by the community in the late 1990's. The goal of the study was to identify appropriate traffic calming measures that the City would implement in conjunction with periodic road work.

## NCC Update on Stanley Park

The NCC wishes to thank the NECA members and the community at large for their collaboration on the Stanley Avenue Park Rehabilitation Project.

The site is currently deemed a construction site under the Canada Labour Code. Additional signage has been installed at entry points to the park informing the public that the park is closed and that the completion of construction is anticipated in Spring 2010. For safety reasons and for the success of the rehabilitation work,

it is essential to stay outside of the construction zone.



Until the ground dries up and the grass becomes established, the seeded areas are vulnerable to damage from people walking, biking or driving over

these areas. Significant damage to seeded areas will result in the need to re-seed, which in turn will result in a delay in re-opening of the park. Once the snow begins to melt and the ground thaws, the Contractor will focus his efforts once again on enforcing restricted site access.

The NECA members and the community will be informed when the Contractor will resume its operations on site.

*Jocelyne Moncion*  
National Capital Commission

### Your NECA Representatives 2009-2010

Sarah Anson-Cartwright	745-4194	Neca.enviro@gmail.com	Environment
Roslyn Butler	746-8037	roslynebutler@hotmail.com	Traffic Calming
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Vickie Brennan	744-4345	neparkfriends@live.ca	Friends of the Park
Jill Hardy	746-1323		Fieldhouse Rentals
Michael Histed	741-1660	mhisted@uottawa.ca	Neighbourhood Watch
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## NEW EDINBURGH NEWS

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

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# Heritage & Development

## Another Heritage Award for New Ed...

**Paul McConnell**  
Co-Chair, NE Heritage & Development Committee

I'm delighted to report that **Katherine Arkay**, of MacKay Street, is now the proud owner of an award-winning heritage chimney. That's not something you hear every day, but this is well-deserved recognition for a resident who consistently shows tender loving care to her heritage-designated home. This is one half of the historic semi-detached "Woodburn House", a gem built around 1874 in the Gothic Revival style, with fine gables, extensive decorative woodwork, fancy brickwork – and a soaring chimney.

The tall, brick and stone chimney was in need of restoration, and so Katherine started researching Victorian chimneys for historical evidence about the design. The end result is very impressive and, quite properly, it was recognized by the City during Heritage Week last February. The award citation notes the restoration is "sympathetic,



**Katherine Arkay of MacKay Street and contractor Keystone Traditional Masonry (seen here with Councillor Legendre) received Awards of Excellence for the "sympathetic" restoration of a chimney on her Victorian home.**

enhances the house and honours a building element that is very often neglected."

At the Ottawa Architectural Conservation Awards & Heritage Recognition Ceremony (which cries out for a new name), "The Chimney" was given an Award of Excellence. As the chimney was unable to attend the ceremony, the award was accepted by Katherine and her talented

masonry crew from Keystone Traditional Masonry.

True, Katherine was a little surprised to win this award because, as she sees it, "I consider it my responsibility to take good care of my great old house". Indeed all of us can play our part in helping to preserve the historic character of our neighbourhood. But this type of commitment is exceptional and it deserves to be

recognized and applauded.

*Ottawa Citizen* columnist, Phil Jenkins, shares this sentiment. Writing about the awards ceremony, he says, "I came to the conclusion that these acts of heritage that had been acknowledged that night were also acts of citizenry. They were as much to be enjoyed by those of us on the street outside of them as those within, and small victories in the ongoing quest to make the city as liveable in as possible."

New Edinburgh is lucky to have residents like Katherine and, of course, her chimney

### ... And a Heritage Grant

NECA is also pleased to report that it has won a \$1,500 heritage grant from the City of Ottawa. The grant, together with funds from NECA and local sponsors, will help us to design and publish a heritage brochure on New Edinburgh. It will be based on the "Self-Guided Walking Tour of Historic New Edinburgh" that can be found on the heritage page of the community website. Incidentally,

the "Woodburn House", with its exquisite chimney, is property number 12 on the tour.

### ... And A Reminder About Another Award

Last year, NECA announced plans to launch a new award that would recognize positive examples of sympathetic development in the neighbourhood (please see the October 2009 issue of *NEN* for full details). This has been dubbed the B.R.I.C.K. Award, or, to give it a more descriptive title, the "Burgh Renovation, Improvement, and Construction Kudos" award. Any restoration, addition, infill, or other visible construction in New Edinburgh is eligible, whether inside or outside of the Heritage Conservation District. The project must have been completed during the 12 months preceding the NECA AGM, which takes place in June. The deadline for nominations is May 1, and the winner will be announced at this year's NECA AGM. Any resident of NE can submit a nomination to a member of the NECA Board, or NE Heritage & Development Committee, or via email to the *NEN*, so please take this opportunity to help us celebrate good neighbours.

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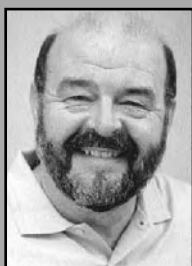
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## Ottawa City Councillor Jacques Legendre Reports

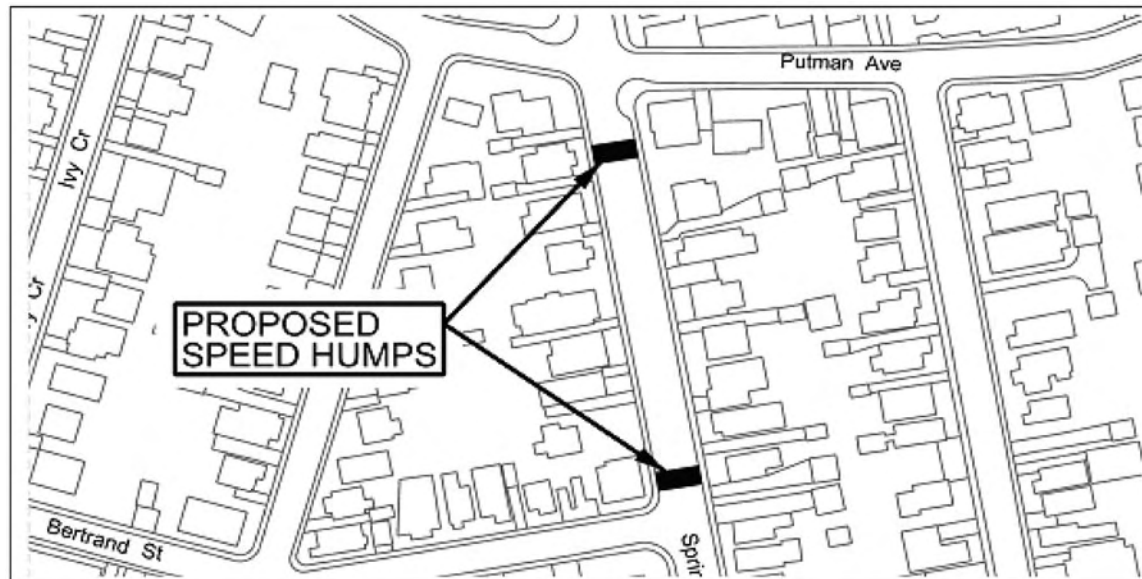
### Proposed Speed Humps on Springfield

There is funding in place for 2010 to construct the speed humps identified in the New Edinburgh Traffic Calming Plan that was approved by old City of Ottawa Council in May 1999. Two speed humps are proposed on Springfield, one at Putman and the other at Bertrand. These speed humps will be in addition to the traffic narrowings already in place at Putman.

### Public Works Scheduled in Rockcliffe Park near New Edinburgh

The City of Ottawa has hired engineering consultants J.L. Richards and Associates to carry out the design of a new outfall structure to the Ottawa River. The design involves a new alignment for the storm sewer outfall that is presently located near and west of the Willingdon/Lisgar intersection. The new alignment will traverse NCC lands, and the Rockcliffe Parkway. The outfall will upgrade the sewer out-

let so as to accommodate 1 in 5 year storm events. Progress on this file will require the cooperation of the NCC since their lands are involved in the new storm sewer outfall. It is hoped that, barring unforeseen difficulties, design work on the



outfall should be sufficiently advanced to allow for community consultation before the summer school break as

required by the City and the Province for all Schedule B Class Environmental Assessments. It is hoped that construction of this new outlet would proceed in early fall of 2010.

### Road Works on the Aviation Parkway

The NCC has advised that they will be rehabilitating the road surface of the Parkway along its full length (~4 km.) from the Aviation Museum to its connection with highway 417. No widening of the corridor is envisaged as part of this rehabilitation program.

This will extend the existing pathway on the north all the way to Ogilvie Road to the south.

This \$6 Million project is part of the federal infrastructure stimulus program. Work will be completed by March 2011.

### City to create intensification implementation working group

City Council has approved the creation of an intensification implementation group, which will work with City staff, the development industry and community stakeholders to

Council (two from the urban area and two from the suburban area), the general managers of Planning and Growth Management, Environmental Services and Public Works, and the director of Infrastructure Services, the group will also be charged with addressing barriers to intensification, as well as addressing and clarifying policies and procedures on intensification-related issues, such as zoning, design, and sidewalk requirements.

Project teams made up of City staff, a member of City Council, representatives from the development industry and affected organizations or agencies and community representatives will tackle specific projects and will report back to the intensification implementation group for approval.

Any changes to standards or new policies suggested by the group will be subject to full public consultation, followed by approval from Planning and Environment Committee and City Council.

*Jacques Legendre*  
Councillor, Rideau-Rockcliffe  
You can communicate with me at (please include a telephone number):

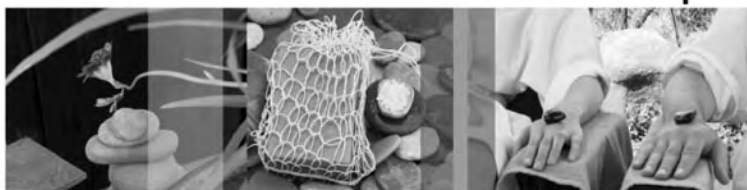
City of Ottawa  
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Ottawa ON K1P 1J1  
Tel: 580-2483  
Fax: 580-2523  
[jacques.legendre@ottawa.ca](mailto:jacques.legendre@ottawa.ca)

These works will be accompanied by the construction of a new paved pedestrian & cycle pathway, within the corridor, to the south of Montréal Road.

assist in the implementation of the residential intensification goals contained within the City's Official Plan.

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**Legendre**



## Getting Married...

Continued from page 1

I noticed that it was always the women who understood it better than the men... One critic says flatly this morning that he cannot understand one part of the play. I dare say, if he had asked his wife, she could have explained it to him."

*Getting Married* is about sex and matrimonial dilemmas. The action of the play takes place in the dining room/parlour in the Palace of the Bishop of Chelsea (played by **Bob Hicks**). On the rising of the curtain, we see the Bishop's lady, Mrs. Bridgenorth (**Linda Barber**) talking to Collins (**Wayne Nolan**), the Aldermanic green-grocer. Collins is present at the Palace to fix the wedding of Edith (**Sarah McArdle**), the Bishop's daughter, to Cecil Sykes (**J.C. Lizé**), which is to take place that day. Presently, Mrs. Bridgenorth and Collins begin to talk about the subject of the play—marriage. Marriage, says Mrs. Bridgenorth had come to her naturally. With Collins it was different. His wife had to break him into it, "a dear good woman who never understood that married people should take holidays from one another if at all they are to keep fresh." Collins admits to being envious of his brother's wife, Mrs. George (**Loretta DiEugenio**), who injects life into her marriage by often running away with younger men, but who, in the end, would always return to her husband.

The audience is then introduced to two fresh characters: Lesbia (**Ingrid McCarthy**), sister to Mrs. Bridgenorth, and General Bridgenorth (**Robin Carter**), who is a brother of the Bishop. The General has loved Lesbia for more than

twenty years, but Lesbia is not the marrying kind and will have none of him. She is of the stuff that old maids are made of, telling the lovelorn General, "I'm very particular about my belongings... [and] proud of my independence and jealous for it."

Next we meet Reginald Bridgenorth (**Paul Washer**), another brother of the Bishop, and his recently divorced, much younger wife Leo (**Sonja Lishchynski**). To the astonishment of the family, Leo announces that she still cares for Reginald; the trouble is that she cares for him as much as for her lover, St. John Hotchkiss (**Josh Sparks**) and she would like to marry them both. On her making this announcement, the family decides it is time to call in the Bishop to reason Leo out of her scandalous ideas, but the Bishop's ideas turn out to be, in some ways, quite as scandalous as her own.

Enter the bridegroom and the bride, both full of misgivings about their approaching marriage and the legal responsibilities that go with it. This dilemma promises to be serious. The Bishop's Assistant, Anthony Soames (**Anthony Pearson**), a former solicitor, is called in to draw up a form of partnership deed and contract that would satisfy all parties concerned and which would be a substitute for marriage—needless to say with very little success. And, after many more matrimonial arguments, the play ends, without having found a substitute for marriage. "It's a mistake to get married," states Leo at one point in the play, to which the Bishop responds: "It is, my dear; but it's a much bigger

mistake not to get married." **Barbara Merriam** as the maid (also props) and **Michael Kelly** as the Beadle complete the cast.

Directed by **Joe O'Brien** (known to local theatre fans from many Ottawa Little Theatre productions) with a team of Assistants—**Pamela Harrod**, **Michelle O'Brien**, **Angela Sutcliffe**—the play promises to be an end-of-the-winter-delight. With **Bob McKellar** at the lighting panel, fabulous costumes designed by **Jane Caskey** with the assistance of **Genevieve Hone** and a team of seamstresses; glorious wigs and brilliantly witty dialogue presented in a cabaret-style setting of tables for four, six and eight with refreshments being served—who in search of an evening's entertainment could ask for more?

We look forward to entertaining you with our show!



Photo: Ryszard Mrugalski of ZoomExposure

From left to right (on the floor): Loretta DiEugenio, Michael Kelly, Josh Sparks, Wayne Nolan, Sarah McArdle; Second row: Barbara Merriam, Linda Barber, J-C Lizé, Sonja Lishchynski, Ingrid McCarthy; Third row: Paul Washer, Bob Hicks, Robin Carter, Anthony Pearson.

April 22-24; 29, 30; May 1st; MacKay United Church Memorial Hall, 37 Dufferin Street. Admission: \$20.00; Curtain: 7:30 pm; Ticket res-

ervations: 613 860-2371. Tickets may also be purchased at Rockcliffe Photo, 18 Beechwood, starting April 1st, or at the door.

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# The Burgh Arts Scene

## Arts Update

By Jane Heintzman

### Rideau Award Nominees

Congratulations to all of the friends and residents of New Edinburgh in this year's list of Nominees for the Rideau Awards. The Awards are given in recognition of outstanding achievement in professional theatre in the Ottawa-Gatineau Region, and this year will be announced at a ceremony on April 18 at De La Salle High School.

Notable among the nominees was the **Company of Fools'**

2009 production of *A Mid-Winter's Dream Tale*, which not only included local Burgh talent but was also rehearsed right here in our midst at the Crichton Cultural Community Centre. The production received a slew of nominations, including Outstanding Performance (Female) for **Margo MacDonald**; Outstanding Costume Design for former Burgh resident **Lou Hayden**; Outstanding Director for **Al Connors**; and Outstanding Production; Lighting; and Set Design. Guess that's what you'd call a sweep!

Another local nominee was Burgh resident **Andy Massingham** (featured in our last edition as Director of the Fools' 2010 production of Shakespeare's *Danish Play*), who was nominated in the Outstanding Performance (Male) category for his role in *Peer Gynt*.

This coming month (**April 8 - May 15**), Andy and fellow Burgh resident **Emmanuelle Zeesman** will star in the Gladstone Theatre's first ever musical production, *Blood Brothers* by Willy Russell.

### Gordon Harrison Art Inspiration Project:



Gordon Harrison Gallery  
Gordon Harrison provides inspiration to young artists.

Last year, local artist **Gordon Harrison** and Gallery Director **Phil Emond** launched **The Gordon Harrison Art Inspiration Project** to encourage aspiring young artists to pursue their talent, and in particular, to discover the magnificence of Canadian landscapes. This year, the project extended its support to 41 talented Grade 8 art students from the Turnbull School, whose charming landscape paintings were exhib-

ited at Gordon's Gallery from February 24 to March 7. The exhibition wrapped up with a silent auction and fundraising event in support of Turnbull's art program, while 10% of all sales of Gordon Harrison's own landscape paintings over the weekend of March 5 - 7 was directed to the 2010 Art Inspiration Project.

From **May 1 to June 1**, an exhibit of Gordon's paintings will be on display at the prestigious **National Capital Rideau Club** on Queen Street, and on **June 4 - 6**, it will be back to the great outdoors, when Gordon holds the **8th Annual Art in the Garden Exhibit** at his studio at 81 John Street.

### Books On Beechwood: In-House Talent On Display

It's long been apparent that Books on Beechwood owner **Jean Barton** is a person of many accomplishments, not least the miraculous achievement of maintaining a successful independent bookstore in our community for close to 20 years. Less well known to the community is Jean's talent as a visual artist working in both acrylics and watercolours, after many years of training at the Ottawa School of Art. Several of her acrylic works are now on display at the store (some of them for sale), so when you next drop in for your reading supplies, be sure

to have a look at her in-house mini-exhibition.

### FILM FEMINA Presentation Marks

**International Women's Day** Local independent filmmaker **Kelly Ann Beaton**'s film *Mulberry Red No.17* was screened at the first FILM FEMINA presentations to mark International Women's Day on March 8. FILM FEMINA is a newly launched artists' collective aimed at increasing awareness and appreciation of women's media art.

### Dale Smith Gallery

The Dale Smith Gallery at 137 Beechwood has several new exhibits on the horizon:

- From **April 9 - May 4**: an exhibition of award winning photographs by **Geneviève Thauvette**, Gold Medalist for Canada in the Photography category at *Les Jeux de la Francophonie* last Fall;
- From **May 7 - July 6**: new paintings by Chelsea, Quebec artist **Marion Fischer**; and
- From **June 4 - July 6**: new paintings by our own **Karen Bailey**, whose *Triage* exhibition has just completed a successful run at the Ottawa Art Gallery and is headed south for an exhibition at the St. Claude Gallery at the University of New Orleans in May.



Photo: Ann Chambers  
Midwinters' Dream Tale Chorus at CCCC.

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www.mcacademy.ca

### By Catherine Murphy

Although it is the name of a book written by former Aide-de-Camp Colonel Henry Willis-O'Connor, the 'Inside Government House' tour of the Governor General's residence and grounds is one not to miss, especially since it is a pleasant walk from our neighbourhood.

Burg residence **Victoria Henry**, Director of the Canada Council Art Bank, was pleased to speak to me about the popular Canada Council Art Bank exhibit, DIASPORArt, installed in the Ambassador's Room at Rideau Hall. Victoria said the artworks were selected from a recent purchase by the Art Bank of work by Canadian artists from culturally diverse

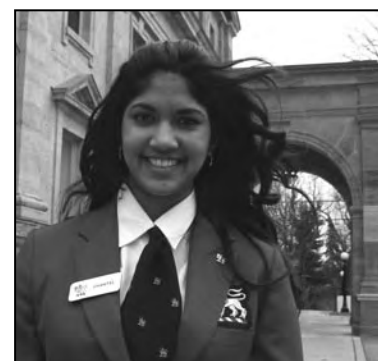


Photo: Catherine Murphy  
Chantal, Governor General's Residence tour guide.

communities. She also pointed out that Queen Elizabeth II might see the exhibit during her state visit in June. I asked Chantal, my tour guide which work was her favourite, and she pointed to the two pieces by Erika Defreitas. She liked the story that was behind them.

Which ones would you like best? You'll have to come and make your own choice. Tour reservations are required to visit the residence (1-866-842-4422), and the tour guides are well versed on the historical details of the residence and the activities of Her Excellency Governor General of Canada Michaëlle Jean.



Photo: Miv Photography, 2009  
Victoria Henry at Rideau Hall.



# Joe Fidia – The Nearness of Far

By Catherine Murphy

When I first met **Joe Fidia** I was intrigued by his aura—calm like the paintings he creates. And they remind you of....well those special days where you take the time to think and look up at the clouds and watch the day pass by. **Dale Smith** of Dale Smith Gallery has been exhibiting Joe's work on a regular basis and too finds the atmosphere entrancing. She likes the way the gallery is transformed with his vision.

I recently had the opportu-



Photo: Catherine Murphy  
Joe Fidia at the Dale Smith Gallery.

**CM:** You have been painting in this fashion for several years. How do you find the skies have changed? They all have a special feel to them, I get the impression your personality is imprinted on each of these paintings.

**JF:** You're right. My main subject—the sky—has remained consistent for the last several years. I find that no matter where I am, whatever the season, the sky grabs my attention, with all its changing forms and colour. Having lived near large bod-

nity to ask Joe a few questions; questions that popped to my mind when I saw his work.

## Triage: Karen Bailey, An Artist in Kandahar

Book Launch Puts Finishing Touch on *Triage* Project  
By Jane Heintzman

In the two and half years since her visit to Afghanistan in June 2007, local artist Karen Bailey has worked tirelessly to give artistic expression to her life-changing experiences at Role 3 Military Medical Unit, a triage hospital on the Kandahar Air Base. There she spent an unforgettable week as a “fly on the wall”, quietly sketching, photographing and observing the work of dedicated military medical personnel as they cared for those wounded in the conflict.

As reported in an earlier issue, on her return to Canada, Karen took the courageous decision to use her sketches, photographs, and deeply imprinted memories of her experience as the basis for an ambitious series of paintings, though not a penny of financing support was forthcoming from the Department of National Defence, the Canadian War Museum or any of the other levels of government to which she applied. She went ahead on the strength of her conviction that “this was a story that needed to be told—medically, historically, militarily. I saw workers who should be recognized and I started to paint.”

As most readers know, the result was Karen's remarkable *Triage* series, consisting of 20 acrylic paintings, many of them large in scale, which capture the Canadian nurses, doctors and medical technicians of Role 3 Hospital at their daily work caring for the casualties of the ongoing war. The series was exhibited in the Corridor Gallery of the Crichton Cultural Community Centre last Fall, and went on to become a feature exhibition at the Ottawa School of Art through most of

February, 2010. In the course of its run at the Ottawa School of Art, Karen had the honour of receiving Governor General Michaëlle Jean for a private showing of the paintings. Later this spring, the exhibition will move south of the border to the St. Claude Gallery at the University of New Orleans.

Interspersed among the dramatic images in the book are the moving personal observations of military nurses who served at Role 3 Hospital, and who are themselves depicted in her paintings with extraordinary skill and sensitivity.

The compelling subject matter, Karen's masterful portraits,



Photo: Art Babych  
Karen Bailey and one of the 20 painting features in her new book, *Triage—Karen Bailey, An Artist in Kandahar*.

As the culmination of her ambitious project, Karen has now produced a masterful book, *Triage—Karen Bailey, An Artist in Kandahar*, which was officially launched at the Ottawa School of Art on February 25. The book is beautifully produced, and features full colour reproductions of 20 paintings, as well as numerous sketches.

The text includes Karen's own first hand account of her experiences as a military artist in Role 3 Hospital, and a foreword by Canadian War Museum historian Dr. Laura Brandon who situates Karen's work in the tradition of other female war artists, including Karen's particular inspiration, Pegi Nicol MacLeod.

and the extremely high quality of the production combine to make this book a remarkable achievement. Interested readers can purchase copies (at \$25 plus tax) at the Ottawa School of Art, 35 George Street or at the Dale Smith Gallery, 137 Beechwood Avenue. Karen will also have copies available in her studio at the Crichton Cultural Community Centre, 2nd Floor, or you can email her at [karenartist@sympatico.ca](mailto:karenartist@sympatico.ca).

And this just in: the Council for the Arts in Ottawa (CAO) has short-listed Karen for the CAO Mid-Career Artist Award, a \$5,000 prize to be awarded on April 21 at the CAO Arts Award Luncheon at the Fairmont Chateau Laurier.

ies of water for most of my life, I have always been drawn to paint open spaces. Since I have been in Ottawa now for a few years, I'm noticing the emergence of trees breaking through the horizon line.

**CM:** What are your thoughts while you are painting? Do you listen to music or ...?

**JF:** Lately, I have been listening to a lot of CBC Radio Two. I find this allows me to be attentive to the painting and to let decisions be made without over thinking them. When I'm painting a show I like to listen to the same music to help create a mood.

**CM:** Your colours are so natural and appealing. How do you realize your canvas? What is your process?

**JF:** Thanks. My process

involves working in layers. First, I create a defined under-painting showing the form that I want conveyed in the final image. Then, to create an atmospheric quality in the painting, I apply thin washes of colour usually putting complementary colours over each other. In some areas, the painting is rubbed back to reveal the different layers of colour and form beneath.

Joe Fidia's *The Nearness of Far* is a show worth seeing and he an artist worth watching. Contact Dale Smith Gallery for upcoming exhibits. You'll be pleased you visited her gallery.

**The Nearness of Far**  
**March 5 – April 6, 2010**  
**Dale Smith Gallery**  
**137 Beechwood Avenue**

## Paper-Based Exhibition and Sale at Tea Tyme

April 23 & 24, 2010

Tea Tyme-rs **Dale Simmons, Aimee Britten, Philly Kingsley, Alex Johnston, James Forsyth, Jim Rodger and Michel Bedard** are hosting an exhibition and sale of all “paper-based” items.

All owners, collectors and lovers of antique and modern books, photographs, posters, pictures, cards, post-cards, menus, origami and all paper creations are invited to participate. For as the Tea Tyme-r philosopher says, “All of humanity's cherished treasures – belong to all of humanity!”

No show fees, no commissions, just a gathering and shar-



ing of keepsakes over a cup of tea. If you are interested in exhibiting, please drop in for details at Tea Tyme. Open Tuesday – Saturday, 11 am – 4 pm.

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# BURGH BUSINESS BRIEFS

- By Jane Heintzman -

## New Edinburgh Bed and Breakfast

This time last year, New Edinburgh residents **Noreen** and **Ken Watson** were preparing to launch our community's first B&B, aptly named the New Edinburgh Bed and Breakfast, in their home at 82 Union Street. Prior to the launch, Noreen and Ken had worked many long days and hours making the necessary renovations to their house, creating a comfortable, attractive and beautifully equipped facility which has since become a popular destination for out of town visitors from all over the world.

The New Edinburgh B&B boasts three attractive guest bedrooms with a choice of twin, queen or double beds, as well as a private upstairs sitting room complete with fridge, toaster, microwave and tea and coffee facilities. The B&B is thoroughly child-friendly, and readily accommodates babies and young children with folding cots for



**Ken and Noreen Watson welcome you to the Burgh's first B&B.**

visiting families. (Indeed, at one point last August when a number of young families were in residence, the neighbours suggested to Noreen that she change the name to Bed, Breakfast and Babysitting!)

Noreen reports that the private rear entrance off the back deck has been a popular feature for her guests, many of whom

have also enjoyed a relaxing evening on the upper deck in summer evenings, or a tranquil moment after breakfast when the sound of bagpipes wafts over from Rideau Hall. Interested readers can find all the details about the B&B on the website at [www.newedbb.ca](http://www.newedbb.ca).

Needless to say, the splendid

breakfast is a highlight at the New Edinburgh B&B where Noreen provides a generous spread of traditional home cooked fare, along with orange juice, fresh fruit, yogurt, home baking and of course, fresh tea and coffee. (Fortunately, the majority of her guests are sufficiently active to walk, run or cycle this off in the course of their explorations during the day!) Both Ken and Noreen have greatly enjoyed the sociability with their visitors, many of whom invite them to sit down for a leisurely chat—a great pleasure but occasionally a little hard on the strenuous daily schedule of B&B operators!

One of the greatest assets of the new B&B is its unequalled location here in the heart of the Burgh, just steps from the side gate into the Rideau Hall grounds, and a short walk to some of the capital's leading historic sites, including of course 24 Sussex Drive, the Governor General's residence and the Rideau Falls. Many of the B&B's more energetic clients make use of the Watsons' bicycles to explore the bike trail along the Rideau River, and Noreen reports that the walkers are enchanted by the route along Sussex into the market area and the return trip via the Minto Bridges.

Right from the time they opened their doors last spring, the Watsons have entertained a succession of interesting guests, beginning with a representative of *Cottage Life* magazine who thanked them with a complimentary subscription. Other notables have included a nutritionist catering to L.A. celebrities, along with her documentary film producer partner; an artist attending a function at Rideau Hall where her art was on display; a couple originally from South Africa who had never seen snow, and for whom the Watsons obligingly built a snowman in the front yard; a jazz singer from France who regaled them at

breakfast with a lusty rendering of Edith Piaf; and numerous family members of local New Edinburgh residents, particularly over the Christmas/New Year's period.

After some investigation, it was revealed that one of the Watsons' guests, on a visit early last summer, was in fact the great grandson and namesake of John Frechette, the original owner of the Maison Frechette on Mackay Street (currently the home of **Barbara Laskin** and **Tim Plumptre**), just two doors up the street from the B&B!

In short, it has been a busy and rewarding first year in business for Noreen and Ken, and they are grateful for the ongoing support of residents in our community, many of whom are directing visiting friends and family to their door. As the tourist season approaches, readers may want to take note of the B&B's contact information in preparation for the arrival of "overflow" from out of town. You are welcome to give them a call at 613-741-9951, or e-mail [newedbb@bell.net](mailto:newedbb@bell.net).

On Sunday, April 25, 1-5 pm, Rotary West Ottawa will be leading a B&B Open House Tour, with our New Edinburgh B&B participating as one of the featured destinations. If you're interested, tickets will be available at businesses along Beechwood at \$20 per person.

## The General Studio and Gallery

Old hands in the community will recall that for many years, the expansive front windows of the modest building at **292 Mackay Street** (at Dufferin) were filled with alluring antique furniture, silver and china from the collection of **Ernest Johnson Antiques**, a destination business which attracted a wide-ranging clientele of collectors from throughout the region for well over a decade. Since December 2007, when Ernest moved his collection to its current location at

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Hosts Noreen and Ken Watson look forward to seeing you soon!



1179-A Bank Street, the once treasure-filled windows have been empty and the store unoccupied.

Things changed last November, however, when an aspiring pair of young photographers got possession of 292 Mackay and launched into an extensive renovation of the space to create a combined photography studio and gallery. **John Kealey** and **Chris Schlesak**, co-owners of the recently launched The General Studio and Gallery, have been close friends since their days at St. Pius High School here in Ottawa, and are now enthusiastic collaborators in one of the Burgh's newest businesses.

Both have been keen photographers since their high school days, and following his studies at the School of Visual Arts at the University of Ottawa, John had the extraordinary good fortune (and talent!) to spend two years as an apprentice with the internationally renowned Malak Karsh here in Ottawa, followed by a five year stint

as an intern at the studio of acclaimed American portrait photographer, Annie Leibovitz, in New York City. Chris pursued his photographic training here in Ottawa while working towards a Biology degree at Carleton University.

The pair is offering a full palette of photographic options from landscapes to architecture; still life; family and individual portraits, and even "alternative sports" such as the cricket matches they were delighted to discover across the street in the Rideau Hall grounds when they moved in last fall. Their plan is to use the rear portion of the store for the photographic studio, while devoting the space at the front to an attractively lit public gallery area to showcase not only their own work, but also a variety of other art forms ranging from furniture designs to traditional visual art. At the rear of the building, John and Chris have created a handy work room complete with an ancient cold storage locker, the last remain-

ing relic of the building's early days as a grocery store!

While The General Studio and Gallery has been effectively in operation since early this year, at the time of our interview, John and Chris were planning a **Grand Opening** celebration in mid-March to invite the community into their newly renovated quarters. If you haven't already done so, drop in and say hello, and while you're at it, you may want to line them up for a family or special occasion portrait this spring.

#### André Lefebvre: A. L. Painting

House painter **André Lefebvre** of A. L. Painting, a regular advertiser in the *NEN*, has been in the painting business for 26 years, and brings a wealth of experience and skill to his work with his current clients most of whom are in the Vanier, Rockcliffe and New Edinburgh areas. André grew up in Vanier, where his parents still live, and knows the area very well. With the exception of his ongoing ad in our paper, he relies on word-of-mouth referrals to generate new business, and by all accounts, this system has served him extremely well.

Many of André's referrals come from his association with **Elite Draperies and Home Decorating** (formerly Elite Draperies), a long established business at 1134 Bank Street with which many readers are undoubtedly familiar. For clients whose homes are scheduled for a facelift, André carries out the first step in the



Michael and Gill Toll, owners of Hop 'N Vine.

process, a careful repainting of the interior, with the decorating team from Elite moving in thereafter to complete the job. His aim is to minimize inconvenience for the households in which he works, and his special commercial-grade Shop Vac is a constant companion on his interior assignments to keep the dust at bay.

André has chosen to maintain a strictly solo operation, and prides himself on the quality of his work, taking pains with the all-important prep process, and carrying out any small repairs required along the way, from fixing dry wall or replacing switches to much more ambitious tasks, in one case ordering and installing custom-made planks from a mill in Wakefield to replace some rotted exterior boards. While his preference is interior work (especially in winter!), André also handles exterior jobs for regular clients, taking the special precaution of using tarpaulins in order to

create shade and protection for the areas in question, so that the drying process can run its proper course.

If your house is in need of a touch up as spring approaches, you may want to give André a call at **613-794-0778**. He has a wealth of references from current and previous clients to vouch for his skill and reliability, but you may need to make your booking sooner rather than later, as his agenda for spring is filling up rapidly!

#### HOP 'N VINE

**Michael and Gill Toll**, owners of HOP 'N VINE at 5360 Canotek Road, have been faithful *NEN* advertisers in recent years, and indeed many of their clients are residents of New Edinburgh and Manor Park, as well as Gloucester and points east. The Tolls' business was originally launched in 1988 as a brewing supply emporium known as HOP STOP at the

Continued on page 12



Chris Schlesak (left), John Kealey (right) and canine friends in front of the newly-opened General Studio and Gallery.



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## Continued from page 11

corner of Blair and Montreal Road. Beer lovers in the community may well recall having tried their hand at home brewing during these early years.

Over the years, however, the store has shifted its focus from beer to wine in keeping with contemporary tastes and trends. As its new name implies, HOP 'N VINE currently caters primarily to the growing number of wine-making enthusiasts to whom they offer the option of creating their own custom-made wine at home, or making use of the fully equipped HOP 'N VINE premises on Canotek Road. (Should you be a stalwart beer drinker in this age of wine aficionados, the store continues to offer a range of beer-making products, including a popular Festa Brew Brewmaster's Select supplied by a micro-brewery in Toronto.)

The cost of making your chosen vintage in the store includes a service fee, and is thus slightly higher than the in-home option. The advantage, however, is that you have all the HOP 'N VINE facilities at your disposal, as well as the friendly staff on site to give you a hand if you are a relative novice in the wine-making game. To start the process, you make your selection from a vast range of wine-making

products from suppliers such as *Wine Expert*, *Cellar Craft*, *California Connoisseur* and *European Select* (check out the website at [www.hopnvine.com](http://www.hopnvine.com) for details on the available options), and then purchase a kit which includes not only your grape pack with a standard 23 litre (30 bottle) yield, but also corks and customized labels.

In Step #1, you mix up the ingredients of your wine and add the yeast, a process with which the Tolls and their staff will gladly assist you. Some 5 or 6 weeks later, you return to the store to bottle your elixir, a process which can be facilitated by the Tolls' automated equipment for filling and corking, and then apply the customized labels which give your wine a thoroughly professional look. Michael points out that many of his clients who are building up a cellar of custom-made wines will use their bottling visit to mix up another kit at the same time, just to keep the process rolling. Once bottled, it is another few months before your wine will be ready for consumption, about 1-3 months in the case of most whites, and 3 months and upwards for the more full-bodied reds.

Needless to say, wine lovers will find that the do-it-yourself option afforded by HOP 'N VINE results in consider-

able savings in their budgets for the grape, most notably in the store's **Featured Products** category which you can check out on their website. The Tolls' also offer a **Customer Referral Program**, with a new referred client receiving \$20 off the cost of a kit, while the referring client gets a discount of \$20 on any wine product. Most reassuring of all, the products are all fully guaranteed, so if you're not satisfied with the fruits of your labours, the product will be replaced with no questions asked.

Once a year, on the first Thursday of November, the Tolls host a popular Wine Tasting and Food Matching evening at the Chimo Inn, where guests sample 3 red wines and 2 whites which are paired with gourmet food delicacies. For the past 3 years, this has been a Sold Out event, so if you're interested you may want to mark your calendar well in advance. In the meantime, if you have a wedding, milestone birthday, or other celebratory event on the horizon, give HOP 'N VINE a call at **613-748-1374** or check out the website at [www.hopnvine.com](http://www.hopnvine.com) to find out how you can produce your own special custom-made wine (or port, sherry or ice wine, if that's your preference) in honour of the occasion.

#### Life Organic

In the four short years since Life Organic owner **Tasha Kern** launched her popular organic foods home delivery service in 2006, the availability of high quality organic products has increased enormously, as has the level of public awareness of the environmental benefits of the organic option—in particular, “buying local” whenever possible. Tasha's business



**The Life Organic Team (front to back counterclockwise): Patrick, Mike, Johnny Crash, Luke, Alma, and Ryan (not pictured: Stephanie who is in New Zealand for two months).**

was established on these principles, and while it has evolved somewhat in recent years, it remains true to its commitment to supporting local organic producers, and to supplying busy households throughout the city with the convenience of a weekly delivery of tasty organic supplies.

While Life Organic's product list continues to be focused primarily on farm fresh produce, supplied exclusively by local producers during the growing season, it also offers a range of other items for your larder such as dairy products, (including milk, cream, butter, eggs, cheese and yogurt); freshly roasted fair trade organic coffee beans from a local supplier; bread; and over the winter months, some non-perishables such as dried grains; beans; raisins; sunflower seeds; maple syrup and banana chips. The

latter can be a useful supplement to your **Harvest Box** during weeks when you are in transit and not able to handle a large quantity of fresh produce.

Despite the fact that she has relied almost exclusively on word of mouth to advertise her service, (her regular *NEN* ad being an exception!), the scope of Tasha's delivery routes has continued to expand, and now encompasses virtually the entire region from Orleans in the East to Kanata and Stittsville in the west and Manotick in the south. Needless to say, she still serves her core clientele in our community, and New Edinburgh subscribers now receive their weekly (or bi-weekly) delivery in the early afternoon on Thursdays.

In any small business, there are challenges that have to be confronted on a regular basis, and Life Organic is no exception. In Tasha's case, the sheer physical demands of packing and lifting heavy boxes has resulted in a rapid turnover in her team of packers, and she is currently on the lookout for some new helpers with strength, energy and a willingness to put in the hard work needed to get the job done each week.

Another hazard of her work as a supplier of fresh local produce is the always unpredictable and uncontrollable weather factor. As most of us recall all too well, last summer was a particularly poor growing season for many crops thanks to an over-abundant rainfall, and from Tasha's perspective, the result was a reduced variety in the fresh produce for her Harvest Boxes, though she stuck to her guns and kept the baskets strictly local.

Not surprisingly, some of the households on her delivery list

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may have last minute changes of plan which require the cancellation of their regular Life Organic drop-off. In these cases, Tasha now offers the client the option of having their basket delivered to **Harmony House**, a local shelter for victims of violence; so instead of going to waste, the produce is put to good use in the community. Another community group with which she is currently working is the **Sandy Hill Food Co-op** on Wilbrod Street, and she looks forward to moving towards a closer collaboration in the not too distant future.

With the growing season fast approaching and the *Buy Local* mantra foremost in the minds of many households, you may have an interest in receiving a weekly or biweekly delivery of fresh organic supplies direct to your doorstep. If so, be sure to check out the Life Organic website at [www.lifeorganic.ca](http://www.lifeorganic.ca) for details about the options available, be it a basic Harvest Box; a Custom Harvest Box or an à la carte selection from the weekly product list. The delightful new Life Organic blog (<http://lifeorganicottawa.blogspot.com>) is also well worth a visit, and is loaded with wonderful recipes (many of them child-friendly) to guide you in preparing the fresh produce you'll receive in your Harvest Box.

Best of luck Tasha: our fingers are crossed for an excellent growing season and an abundant harvest!

#### Pamela M. Burns, Interior Designer

We welcome new advertiser **Pamela Burns**, an experienced Interior Designer and a resident of nearby Lindenlea. Pamela studied Interior Design at Ryerson in Toronto, and like every other member of



**Pamela Burns, Interior Designer.**

her profession, continues to be mildly frustrated by the widespread public perception that her expertise is primarily in the domain of fabrics, draperies and wall papers, or in a word, the world of the interior decorator.

As many readers are aware, however, the role of an interior designer is much more closely akin to that of an architect, extending well beyond the aesthetic choices involved in home décor to encompass all aspects of a building's interior from lighting to heating, ventilation and the arrangement of space to create functional, attractive and healthy living or working environments.

Pamela has been in the business for many years, focusing initially on large commercial projects, including retirement homes in Belleville and Ottawa. In recent years, however, she has shifted her focus to the residential sphere where she currently takes on projects of every scale from modest to substantial. In the course of her career, she acquired another closely related expertise in the application of the principles of *Feng Shui* to her work in interior design.

*Feng Shui* is an ancient Chinese art which essentially addresses the relationship

between human beings and their environment, focusing in particular on the placement of built structures and objects to achieve a degree of harmony with the environment, and a corresponding improvement in both the physical and mental well being of those living or working in it.

Pamela's interest in this time-honored theory arose following an illness which obliged her to take a break from her fast-paced work schedule, and to explore in more depth the deeper principles underlying the design of living and working spaces which foster human health, happiness and general fulfillment. Often these principles are in conflict with trends in contemporary design, including the slick, minimalist fashions of the day and general lack of sensitivity to balance and proportion—trends which may have little or nothing to do with the essential question of how people actually feel when they live or work in the spaces in question.

Needless to say, there is a complex and highly developed body of theory associated with *Feng Shui*, much of which Pamela is able to draw upon in her work as an interior designer. Regardless of one's attitude to or understanding of the theory, many of the *Feng Shui* principles are immensely practical, common sense nostrums to which all of us can relate in considering the design of our homes and workplaces.

Its central elements include colours, shapes, orientation, location, lighting, placement of objects and....wait for it....the degree of cleanliness or clutter in a given space. Indeed, one of the first principles of *Feng Shui* is to remove all clutter, which the theory conceives of as a blockage to the free flow

of energy, and which most of us would agree is, on any terms, a serious impediment to the creation of a congenial environment for work, play or daily life.

Many of Pamela's clients draw on her background in *Feng Shui* as a basis for determining the location and orientation of a new house on a country property, or in the design of an addition to an existing house. She is also frequently consulted by clients in the market for a new home, and in need of her guidance on whether a potential prospect meets (or could be adapted to meet) the *Feng Shui* criteria necessary to creating a truly happy, healthy living space for the family in question.

In addition to her *Feng Shui* expertise, Pamela is also an experienced practitioner in the realm of **environmentally sustainable design**, an area on which she began to focus in the early '90's when she entered and won a competition for sustainable home and office design. While at that stage, she was slightly ahead of the curve, in recent years, the general level of awareness of, and demand for, environmentally friendly practices in design and construction has increased exponentially, and this is now an important aspect of her current projects.

While Pamela is still work-

ing on the design of a website, interested readers who may be contemplating renovations or additions as the summer approaches can reach her at **613-741-4055** or by email at [pmbfengshui@yahoo.com](mailto:pmbfengshui@yahoo.com).

#### The Cooperators: A Changing of the Guard

A belated welcome to **Mike Pytura** who took over from **Tim Hogue** at The Cooperators outlet at 415 Mackay Street in early January. Mike had been working at another Cooperators office in Orleans, but is currently looking forward to putting down roots in our community and staying awhile!

As its name implies, The Cooperators is an insurance cooperative, originally founded in 1946 by an enterprising group of Saskatchewan wheat farmers. In the intervening six plus decades, it has grown to be the largest 100% Canadian-owned multi-line insurance company in Canada, offering a full repertoire of insurance products from the basics such as Home and Auto to Life and Wealth packages, Group Benefit products, and a range of advice-based services including investments and retirement planning.

Over the years, the company has maintained a tradition of active community involvement, taking the lead in a host of safety-related programs

**Continued on page 14**

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## Continued from page 13

from children's car seat safety to fire safety, safety for Seniors and Block Parent Programs for school aged children. Mike is looking forward to taking part in the life of our neighbourhood, and is on the lookout for sponsorship opportunities to give a boost to community-based activities.

It's worth noting that Mike has talents that extend beyond the world of insurance. Like his father, who was an opera singer performing regularly with Opera Lyra, Mike is also an accomplished singer with a recording to his credit, and has two extremely musical children. Perhaps in the coming months we can look forward to a Pytura family benefit performance in aid of one of our many worthy community causes!?

**Physical Therapy Institute  
and Bread and Roses  
Bakery: A Banana Bread  
Boost**

Two of our neighbouring businesses on Beechwood, The Physical Therapy Institute (PTI) and Bread and Roses Bakery, have teamed up to provide our community with a specially formulated **Post-Workout Recovery Snack** to tackle the problem of fatigue or exhaustion following vigorous exercise.

The inspiration for this project came from **PTI owner/physiotherapist Pam Siekierski** and her accomplished new personal trainer **Eduardo Avila**, who is a dietician with considerable experience with a nutritionally challenged population, having done a portion of his internship in dietetics at an SOS Childrens' Village in Lima, Peru.

Both Pam and Eduardo have regularly encountered clients at the clinic who have a tendency to "crash" after a serious work out, making it difficult to carry on with their normal work routine. Even in the case of the elderly population,



Photo: NEN Staff

(L to R): Chantal Dumoulin, Mike Pytura and Susan Lacasse.

where exercise may be limited to a lengthy walk as opposed to a strenuous drill, the same radical depletion of energy can frequently occur, suggesting the need for a nutritious boost along the lines Pam and Eduardo have devised.



Photo: NEN Staff

(L to R): PTI's Eduardo Avila and Pam Siekierski, and Chris Green from Bread & Roses.

In case you're cringing at the thought confronting some dry, tasteless, seed-laden item to supply your needed carbohydrate/protein boost, have no

fear! Pam and Eduardo's formula is based on Pam's tried and true banana bread recipe, specially adapted to increase the protein content using protein powder and replace the fat with tasty applesauce.

While the PTI duo of nutritional inventors was still perfecting the formula when we went to press, it should soon be ready to turn over to our master baker **Chris Green of Bread and Roses**, who plans to add it to his repertoire of goodies for those in need of a healthy (and tasty) shot of energy after exercising. According to Pam, just one slice of this nutrition-packed snack should do the trick, so if you're putting off a workout because of the impact on your resources to tackle your work life, keep your eye out for this blahs-busting treat on the shelves of Bread and Roses.

And it's not only working out at the gym that takes its toll. Pam is well aware that the physically demanding job of the gourmet chef can call for some expert assistance, and before Christmas, dropped by our local **Fraser Café** to offer **Ross and Simon Gift**

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Certificates for a restorative therapeutic massage at PTI. While the brothers have been fully occupied trying to keep up with the demands of a perpetually full to overflowing restaurant business, she reports that both are looking forward to making use of the certificates when there's a quiet moment on the horizon.

Long time PTI personal trainer **George Chiappa** has acquired an added expertise as a Certified Fascial Stretch Therapist. Fascial Stretch Therapy™ is a form of flexibility therapy which helps to expand and maintain the space between the joints that is eroded by time and overuse, including extended athletic exertion. By loosening the fascial lines running from the head to the feet, the therapy can improve circulation, joint mobility, muscle contraction and body alignment, as well as enhancing overall flexibility, comfort and ease of movement. And the good news is, the treatment is relatively painless! There are two forms of the therapy, Stretch to Win for the elite athlete, and Stretch for Life for the rest of us. To find out more, or to book an appointment, give George a call at **613-740-0380**, or check out [www.StretchtoWin.com](http://www.StretchtoWin.com).

#### Wild Birds Unlimited: Preparing for Spring Migration

If your spirits are lifted by the resurgence of bird song as spring approaches, you may want to equip yourself for the annual influx of the song bird population by paying a visit to Ottawa's leading birding supply store, Wild Birds Unlimited, at **1500 Bank Street in the Blue Heron Mall**. The store is fully stocked with birding equipment from binoculars to bird feeders (including squir-



**House finch enjoying himself at a Wild Birds Unlimited feeder.**

rel-proof models!), bird baths, books, CDs, and an ample supply of high quality bird seed of all imaginable varieties.

Store owner **Eric Garrison**, himself a knowledgeable birder, is also a helpful source of advice if you're a relative novice in this game. At this time of year, Eric warns against prematurely abandoning the care of our backyard feeding stations after the snow disappears, stressing the importance of keeping up our seed supplies through the mating season when the birds are most in need of energy to breed successfully.

He concedes that this past winter has been an unusually slow period for seed sales owing to the comparative scarcity of over-wintering birds (particularly the "irruptive" winter finches such as common redpolls and pine siskins, which failed to arrive in our area this year) and the exceptionally light traffic at backyard feeders. Now that the spring migration is in full swing, however, the hungry hordes will be back in significant numbers, and he recommends that birders keep up healthy stocks of sunflower, safflower and nyjer seed to

attract the long-awaited song bird population, and encourage breeding pairs to make their nests nearby.

If you're developing an interest in the bird life around you, the Wild Birds Unlimited website at <http://ottawa.wbu.com/> is well worth a visit. It not only reviews the products available in the store, but also includes a seasonal Hobby Guide with birding tips for the season, as well as a Bird of the Month profile and an informative Newsletter with a summary of "Nature Happenings" in the offing for the month in question.

#### Sylvie Sauvé Esthetics

Manor Park esthetician/electrologist **Sylvie Sauvé** has an impressive three decades of experience in her chosen field, and for the past six years, has served her clientele from her fully equipped home studio at **54 Dunvegan Road**. Her clients include both men and women, and range in age from 12 to 80 years of age, affording her a unique perspective on the different stages of life's journey.

Sylvie has special expertise in the realm of therapeutic foot care where she is trained as an advanced podologic foot care technician, and deals with the innumerable problems of aging and/or neglected feet, including corns, calluses, cracks, ingrown toenails and chronic foot sores. Her comprehensive two-hour foot care treatments extend well beyond a simple touch up of the toe nail polish (though this too may be part of the process!) to include a herbal foot bath, exfoliation and massage, and many of her elderly clients come at least once a month to avail themselves of these services. Now that sandal weather is on the horizon and our winter-battered feet

are soon to be exposed to public view, you may want to give Sylvie a call at **613-748-0352** to enlist her help repairing the ravages of the past season.

In addition to her foot care expertise, Sylvie offers a full range of beautifying and rejuvenating esthetics treatments, including electrolysis; skin care; spa facials; body waxing; eyebrow design and the application of permanent make up, a special boon to sports enthusiasts and lovers of the outdoors for whom make up is an ongoing challenge. Sylvie's skin care treatments all include a **skin scan analysis** using black light to assess underlying skin problems which require particular attention. She reports that this process is frequently an effective means of com-



**Sylvie Sauvé.**

municating the importance of sun protection, as the scan may reveal sub-surface skin damage that is many times more extensive than a small brown spot on the skin.

As spring is the season of

**Continued on page 16**

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## Continued from page 15

rejuvenation and renewal, what better time to give Sylvie a call for some professional help with your personal “spring tune up!”

## Burgh Business Bits

### Epicuria Fine Food and Catering:

A very **Happy 20th Anniversary** to **Tracy Black** and her team at Epicuria Fine Food and Catering! Since Tracy first joined the business 15 years ago, the store has tripled in size and substantially increased its staff complement to meet the demands of its extensive client base from throughout the region. In making her distinctive mark on the business, Tracy has brought to bear her own convictions as a committed environmentalist, going to great lengths to introduce a range of sustainable practices such as full recycling; reduction of food waste to an

absolute minimum; contracting with local suppliers for fresh seasonal and local produce; and even the cultivation of a small organic vegetable garden on her own property outside of Ottawa. As we approach the height of wedding bells season this spring and summer, the Epicuria website also includes a wealth of ideas to assist in the planning of a “**green wedding**”. Congratulations, and best wishes to all at Epicuria for another successful two decades in Beechwood Village!

### ZaZaZa Pizza:

When we went to press in March, **Ion Aimers**, the mastermind behind the hugely successful chain of **The Works** restaurants, was on the point of opening the doors of ZaZaZa, his new gourmet pizza venture at Putman and Beechwood in the former home of **Fraser Café**. In a brilliant stroke of culinary creativity, Ion has collaborated closely with co-owners **Ross** and **Simon Fraser** to

devise ZaZaZa’s new menu of 25 different thin crust pizzas, featuring an artful layering of ingredients, and available on a take-out or eat in basis. We look forward to providing a full report on the action at ZaZaZa’s in our next edition.

### Beechwood Home Hardware:

Our intrepid photographer **Louise Imbeault** recently captured a light-hearted shot of Burgh resident **Liba Bender** trying her hand at the last remaining snow blower at Beechwood Home Hardware, left over after an unusually mild and snow-free winter. For those with a penchant for judicious forward planning, this shiny new snow blower is now available for \$250 off the regular price, so you can equip yourself for next year’s blizzards and save a bundle in the process. Give owner **Marc Clément** a call at **613-749-5959** or drop by the store at **19 Beechwood**.

### Closures on Beechwood: Victoria’s Salon and Spa and Puzzle Planet

We wish a fond farewell to **Victoria Stoica** who closed the doors of **Victoria’s Salon and Spa** at the end of March, after three years in business at 82 Beechwood Avenue. Victoria worked valiantly to create an attractive storefront in that somewhat problematic location, and we appreciate her efforts to make a go of her business in our community. We wish her the very best in her future endeavours.

Further up the street at 176 Beechwood, **Puzzle Planet** (and the adjacent store, which until last December was the home of **Da Bombe Desserts**), also closed up shop in recent weeks, and we hope that the now vacant space next to **Pet Valu**, **Beechwood Optometry** and **Mood Moss Flowers** will fill up again in the near future.

### Nature’s Buzz: A Brand New Website

Nature’s Buzz regulars, and prospective new clients, should check out the store’s amazing new website at [www.naturebuzz.ca](http://www.naturebuzz.ca). Among its many interesting features, the site includes a natural health



**Photo: Louise Imbeault**  
Burgh resident **Liba Bender** takes a spin on the last remaining snow blower at Beechwood Home Hardware.

**Reference Room** with links to information about a vast range of health conditions, as well as natural remedies to address them.

There are also hundreds of healthful **recipes** on the new site, complete with nutritional information and an ingredient glossary. You can also subscribe to the Nature’s Buzz free email **newsletter** with information on natural products and the latest news about the store.

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**DAY 5**  
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# April 17 Food Matters Workshop

## An information session on making choices for good health and a small footprint

**By Sarah Anson-Cartwright**  
Ah, food, necessary fuel—source of much pleasure, and subject of increasing complexity as we wend our way through the supermarket.

With many of us becoming more curious and concerned about the origins and quality of our food and the impact of food production on our environment, freshness and nutritional value are not the only factors affecting what we buy to eat.

The link between food production and the environment goes back at least as long ago as Rachel Carson's *Silent Spring* in 1962, when she sounded the alarming health concern of pesticide use. Today, we are exploring what it means to buy local, organic, and/or seasonal food. And after cars and houses, our food choices are the next biggest source of an individual's carbon emissions.

On April 17, local neighbourhood environment groups will be spotlighting the link between consumers' food choices and their carbon impacts. NecoE (New Edinburgh Committee on the Environment) and LEAF (Local Eco-Action Families) are co-hosting an information session called Food Matters.

Experts and advocates will share with us their insights and advice in the following areas:

- **The big picture:** The connection between food production and environmental impacts, and why it matters. Speaker: **Robin Turner** of **Just Food Ottawa**.
- **Going local:** How to do it in our community—by means of farmers markets, CSAs and other local sources—and a discussion of organic versus local. Speakers include: **Heather Hossie** of **Savour Ottawa**; and **David Charette**, of **Terre à Terre**, a CSA (community supported agriculture) farmer.
- **A la table:** In groove with the seasons—how to manage (in the culinary sense) without far-flung produce; with tips from a chef who relies on “mostly local” ingredients, without sacrificing flavour or variety. Speaker: **Susan Jessup** of **42 Crichton Street Fine Foods**.

### Just Food Ottawa

Just Food is a local organization whose mission is to

“ensure that Ottawa is Food Secure”.

What does food secure mean? According to Just Food, food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs, as well as to culturally acceptable food preferences for an active and healthy life. Also, foods are produced as locally as possible, so that their production and distribution are environmentally, socially and economically just.

### Savour Ottawa

Savour Ottawa works to develop and promote Ottawa and area as a premier, year-round culinary destination, with robust offerings of local foods and experiences for both locals and visitors to the area.

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### Terre à Terre CSA

Organic grower David Charette was among the first in the Ottawa area to be certified organic back in 1988. Located 70 kilometres from Ottawa, mid-way to Tremblant in Ripon, Quebec, Charette's farm is a CSA (community supported agriculture), delivering local and organic produce to Gatineau and Ottawa families and at his stall on Main Street during the summer. He also sells at the year-round Ottawa Organic Market at Bank Street near Heron Road behind the Canadian Tire store on Saturdays.

Joining David Charette on April 17 will be his daughter, Elise, the next generation of organic farmers in the family.

### 42 Crichton

“Terroir cuisine” at 42 Crichton is aromatically appealing, as savoury flavours waft from the corner at Union Street in New Edinburgh. Owner and Cordon Bleu chef Susan Jessup has created a seasonal kitchen to offer “gourmet take-home cuisine” that relies on the fresh produce of local farmers.

Jessup charms and urges us to join her philosophy to “eat from the dirt we live on, if you can.” It is about creating a more intimate connection with where you're living, in her view. “When we eat seasonally

and locally, we're partaking of an ancient and honorable tradition,” she adds. As local vegetables may arrive early or late in a season, varying from year to year, one has to live with the surprises of what's available. “Pay attention to what's available locally and be creative and fearless” in cooking with seasonal produce, says Jessup.

For an advance taste of our speakers' “food matters”, check their websites:

- Susan Jessup's terroir cuisine kitchen: [www.42finefoods.ca](http://www.42finefoods.ca)
- David Charette: [www.terreaterrebio.com](http://www.terreaterrebio.com)
- Just Food: [www.justfood.ca](http://www.justfood.ca)
- Savour Ottawa: [www.savourottawa.ca](http://www.savourottawa.ca)

At “Food Matters” the workshop format will feature a key speaker on each of the topics, followed by questions and then the chance to explore information tables and have one-on-one discussions with the experts. Food samples will be available, and bring your mug for coffee courtesy of Bridgehead.

Please join us for practical advice and the “why, where and how” to shift to a more environmentally-friendly diet.

Mark your calendar for this

informative and appetizing event:

**Saturday, April 17, 3 - 5 pm**  
Crichton Cultural Community Centre, 200 Crichton Street (enter only on Avon Lane)  
Dufferin Room, Second Floor

For more info, send a note via email to: [neca.enviro@gmail.com](mailto:neca.enviro@gmail.com).

*Sarah Anson-Cartwright chairs NecoE, the New Edinburgh Committee on the Environment, a NECA committee.*

## Update on 50 Sussex Drive

Five years after its closure in 2005, the former Canada and the World Pavilion at 50 Sussex Drive remains without a permanent occupant. The *NEN* was recently assured by an NCC spokesperson that an active search for a “suitable public use” is still underway, but nothing was revealed about the prospective candidates under

consideration. Stay tuned for further developments.



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By Michel Giroux and Catherine McConkey

### Another successful rink season!

Although spring came early we enjoyed 57 days of skating out of a possible 65. To quote **Clare** and **Andrew's** thank you note to the rink team "we enjoyed hours there after school almost every day. We miss it already!" Thanks to our enthusiastic team of Hosers, the rinks opened December 20 and the Fieldhouse was open throughout the Christmas holidays.

We would like to thank the rink attendants; **Aaron** and **Adam Wetzstein**, **Joshua King**, and **Daniel Grainger** responsible for maintaining the rinks and the Fieldhouse. Their help ensured that the ice was shovelled; the fieldhouse was open, and the hot chocolate flowed (thanks to the **New Edinburgh Pub**).

Many, many warm thanks to the volunteer "**New Edinburgh Hosers**" who watered the ice every night, weather permitting. Thanks to their dedication the City gave us an Award of Merit for Outstanding Service. To quote a Lindenlea resident "Mom, I'm going where the good ice is" i.e. Stanley park. We received compliments on just how great the rink was from many young fans in the community—even an ex NHL player.

They say that a picture is worth a thousand words- just

check out the great artwork Michel received showing just how much having and enjoying the rink meant to several kids in the community. We plan to proudly display these "thank-you cards" in the community Fieldhouse.

As New Edinburgh's most valued member of our community during the winter season **Michel Giroux** and his team of "Hosers" were the best volunteers for getting the rinks set-up so quickly and in such great condition even when the weather is against you. Three cheers for Michel and his Hosers!!!

And now that sunnier and warmer weather is with us, it is time to once again remind everyone about upcoming events. A particular favourite

is the **New Edinburgh Plant Sale**. This year it will be held at the Fieldhouse on **Saturday, May 8 from 8 am to 4 pm**. Come out early for the best selection of annuals and hanging baskets.

Our other springtime event is the **New Edinburgh Cheering Station** held during the Ottawa Race Weekend. This year, mark **Sunday, May 30** for this great event. We hear tell of a slight route change so once its confirmed where the Cheering Station will be, we will let you know via the website and posters throughout the neighbourhood.

As always The Fieldhouse is available to rent for your next family event. Please contact **Jill Hardy at 613-746-1323** to reserve.

We are always looking for volunteers to help out at our events. Please contact **Catherine McConkey, 613-746-0303** or **Brian Torrie, 613-747-7951** if you have some free time and want to get involved in our community events.



Photo: Garth Gullekson, Darlington Mediaworks

## Blessed

By Joseph Cull

How lucky we are to live in a Community where Community Spirit is alive and well!!!

The New Edinburgh Winter Carnival was another roaring success. Kudos to all those who braved the wonderful sunny but cold weather to partake in the camaraderie and friendship of the local community carnival of games, sleigh rides and cafe food on January 30 in the Fieldhouse at Stanley Park.

Our Lovely Snow Queen **Amy Hinchey** from the New Edinburgh Square made her Royal entrance on foot while waving to her subjects and stopping to chat along the way. Regaled in a "One of a Kind" dazzling Crown, she cut the ribbon and the games began!

Thanks to the generosity of **Pauline Bogue** and **Catherine Bell** (Royal Lepage), the sleigh ride was a huge hit, and upon the return to the park, young and old got to enjoy the warmth of the Fieldhouse food served in the "BMO Fieldhouse Cafe" (that's right, **Adam Kane** and **Jeff Hill** are at it again supporting the "Lively" in the Hood). We can always count on New Edinburgh Pub Owners **Paul** and **Tracey Williams** to keep us in hot dogs and food finery during the Carnival and throughout the skating Season. This year **Tracey Clark** and **Gina Becker**, owners of Bridgehead kept us warmed up with their gourmet hot choco-

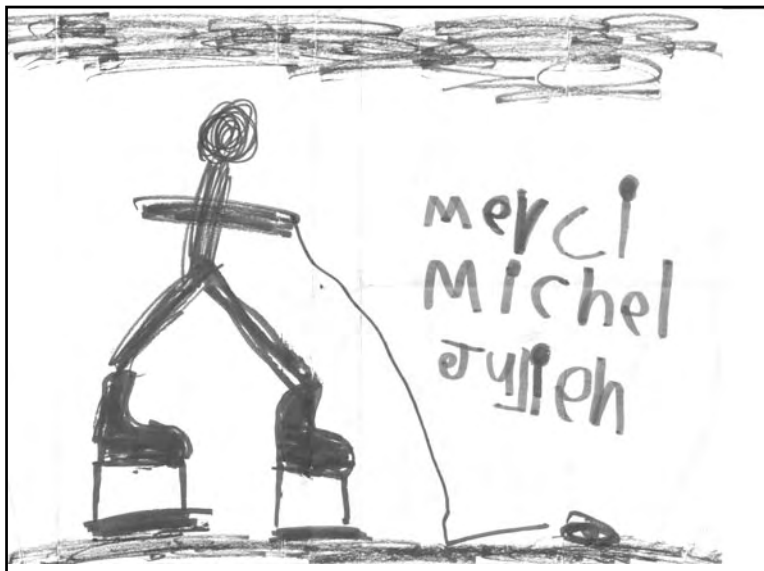
late. We could not keep up with the demand for **Heather Holbrook's** Isobel's Cupcakes, I think a lot more are needed for next year, as each morsel melted like butter, yummy! We also have some great hockey players in the burgh and the winning team from the Home Hardware's Puck Shot really enjoyed winning Hockey Sticks and gear donated by Owners, **Marc Clement** and **Isabelle Lamarche**.

Of course, we could not have truly captured the essence of this wonderful afternoon if it were not for **Garth Gullekson** of Darlington Mediaworks who captured some 80 pictures of this incredible community at play.

Last but certainly by no means least, the Gang of Volunteers who cheered, cooked, cleaned, set-up, tore down and energized all those who came out: **Jill Hardy**, **Melodie Salter**, **Steven Gilmour**, **Susan O'Gorman**, **Cathy McConkey**, **Debra Conner**, **Caroline Matt**, **Roger Hardy**, **Brian Loney**, **Helene Cohen**, **Steve Grabner**, and **Ian Engelberg**.

A special presentation by Crichton Community Council Chair, **Cathy McConkey** was made to **Paul** and **Tracey Williams** for the gift of \$6,000 raised from the Golf tournament they hosted in the summer with proceeds directed to the park.

We look forward to seeing you all out to cheer on the Race weekend Runners in May at the Fieldhouse in Stanley park!



One of the many wonderful thank you pictures sent to Rink Manager Michel Giroux by young rink goers.



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# IN OUR MIDST – Henrietta of Troy

By Louise Imbeault

Salutations Readers and welcome to the spring edition of *NEN*.

It is with great pride that I introduce: **Ms Henrietta Louise Thiessen**. Interviewed on March 8 (International Women's Day), this is the profile of a woman and media pioneer whose life story reads like an adventure novel.

Let me take you back to the turn of the 20th century, in a small but booming Quebec town called Shawinigan. Many foreigners attracted by employment came to work and build their industries around the project to harness the Shawinigan falls. Local residents opened their homes to accommodate the newcomers with room and board. One of these homes belonged to Philippe Lord and Louise Rémillard with daughter Blanche lending a hand.

One day, a young American engineer came to town and roomed at the Lord's abode. He caught the attention of young Blanche, as he was quite animated and boisterous in the dining room, disrupting other lodgers. This feisty young woman, in her very French-Canadian manner spoke to Mr. Henry Louis Thiessen with a few choice English words and asked him to "pipe down". That day, they fell in love.

Henry and Blanche's romance flourished, they were married and had their first child, a daughter named Nina Marie. A few years later, Henry's contract ended and he and Blanche, expecting their second child, decided to move back to his native Troy, New York (a few miles from the state capital of Albany) where in 1919 Henrietta was born.

The family was settled and the girls thrived in a loving home. Suddenly that same year, at age 33, Henry succumbed to the Spanish influenza and died leaving his young widow, in a new country, alone to raise the girls still in diapers. A second tragedy hit in 1920—the market crashed—it was the beginning of the Great Depression.

Hearing of her aging mother's illness at home, Blanche packed her belongings and took the girls back to Canada and tended to her mother's care. It was 1922.

The Thiessen's lives became stable and the girls attended school in Grand-Mère (a short distance from Shawinigan) where they received a classical education by the Ursuline nuns and enjoyed their summer vacations in Lake George, south of Lake Champlain, at the Thiessen family cottage. Nina became a School Teacher, while Henrietta, upon graduation in 1938, was destined (yet unbeknownst to her) for an uncharted and stellar career.

World War II broke out; the men were being shipped to battle in Europe while the women stayed behind, rallying together to support the War Effort, and so did Henrietta. This event forever changed women's roles in society... they now became primary breadwinners working in the factories and local commerce to survive. There was no looking back.

Finally in 1946 at age 25, Henrietta made a bold move that would change her life. Encouraged by her uncle, she went to the big city, Montreal, seeking employment. She confidently walked into the CBC/CBF radio station, then

on Sainte-Catherine Street, applied for an office clerk position and was hired on the spot. Her fully bilingual qualifications were in great demand at the time.

was frontline for the opening ceremonies of the St-Lawrence Seaway. She saw Queen Elizabeth II and President Eisenhower live, and was part of the historical transmission of the moon landing in the early sixties. Those were exciting times.



Ms. Thiessen thus embarked on a career in radio broadcasting, becoming a Canadian citizen in 1948 with the support of her then boss, Roger Beaulieu. She was in the right place, at the right time, embracing her role as script reviser for the French Radio programming of "Un homme et son péché".

In the early fifties, television revolutionized the media and Henrietta was at the forefront. Soon after, the first satellite transmissions became available with the collaborative effort of France, England, USA and Canada sharing the signal. She was part of history in the making.

Hers was a "round robin" existence. She translated and interpreted in French the ground breaking news stories coming from remote transmission posts across Canada. She

Henrietta worked closely with such TV personalities as Henri Bergeron, Jane Davidson, René Lévesque (former QPM) and Roméo Leblanc (former GG) just to name a few. She traveled extensively across Canada and abroad during her 35 year career.

Her professional life was a whirlwind, witnessing technological change, innovation and the birth of the computer era. What a career! Henrietta of Troy became Lady Media.

Still, she remained very close to her family and every year spent her vacation time in Florida near Tampa on the Thiessen family Orange Grove helping with the crops until her uncle passed away.

She decided to retire in 1979 at age 60. She moved into a condominium with her sister Nina Marie where they lived

together in Amberwood Village, Stittsville for 21 years.

Finally, Henrietta arrived at the New Edinburgh Square in 2000 and she has been living in our midst for a decade.

Before closing the interview I had to ask Ms Thiessen how she felt looking back on her accomplishments. Did she miss being married? Or regret not having children? She smiled and responded "Oh no, no regrets, there was no time. I was having too much fun!"

This prompted another question about her adaptation to retirement. What do you do all day to keep busy? Henrietta pondered a minute then answered simply, "I'm so busy with all the activities and outings organized by the staff at NES, making new friends, playing cards and social games, reading and doing crosswords that I barely have time to email my relatives".

Yes, you read correctly, Henrietta hasn't stopped innovating and recycling herself at age 90. She has a powder blue laptop on her desk loaded with high speed internet just waiting for her capable hands to write to her loved ones.

Nothing seems impossible for this witty, intelligent, vivacious, open-minded American-Canadian woman... a real trail-blazer. I'm sure she'll be on SKYPE before her 91st birthday next August.

Merci beaucoup Henrietta Louise Thiessen for sharing your life story with our readers and we all look forward to a community celebration of your 100th birthday in 2019.

*If you enjoyed this profile and would like to read more, please send your suggestions and I'll be glad to invite another wonderful person to share their story with you. Contact me at: [louise.imbeault@live.com](mailto:louise.imbeault@live.com).*



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# Almost Ten Years and Counting CCCC Befriended and Crichton Defended

It is now almost a decade since a determined little group from our neighbourhood launched a valiant effort to save the former Crichton Street Public School from sale to a private developer, and to secure the building for continuing public use as a hub for community life. The saga of the intervening 10 years is well known to most readers, and over the years, has been chronicled in detail in the pages of this paper.

Suffice it to say that the chapters of the CCCC narrative have unfolded in roller-coaster fashion, with wild swings from episodes of struggle and crisis, notably TSOD management's attempted eviction of the Centre and subsequent court actions, to moments of triumph and achievement, as when the court, on two occasions, clearly validated the CCCC's interest in the building. All the while, CCCC programs have steadily expanded and diversified to attract a growing community of participants from through-

out the region.

Throughout this wild ride, the CCCC has relied heavily on the hard work of dedicated volunteers to navigate the rough waters, and to pilot the Centre towards its objective of becoming a thriving arts, culture and community hub. Unlike many other community centres in Ottawa, it has received no operating support from the City, but has nonetheless managed to operate in the black, despite the challenging environment of recessionary times, combined with the ongoing stresses of extraordinary costs related to its legal struggle with TSOD management.

Both in moments of crisis and in times of triumph or celebration, the community has rallied to lend its support, financially and in the form of volunteer time and effort. Over the years, this has kept the CCCC in the game, and saved the school from slipping inexorably out of community hands. For this,

all those associated with the Centre remain profoundly grateful. It must be said, however, that the lion's share of the burden has been borne by a comparatively small group of extraordinarily loyal and hard-working volunteers, several of whom have been a part of this heroic project since day one.

## Help Inspire What We Do!

After nearly 10 years and an uncountable number of volunteer hours, days and months, our dedicated team is urgently in need of new volunteers to inject fresh ideas, imagination and energy into the operations of the CCCC, and to definitively secure its future as a public space through a final push to acquire the building.

If you care about having a thriving community centre in the years ahead, there are an almost unlimited number of ways in which you can contribute your time and skills to advance the work of the Centre. Thanks to the special efforts of Board member **Carol West**, the CCCC Board has recently restructured its operations through the creation of a series of new working Committees to deal with the various aspects of its agenda, including **Programming, Operations, Fundraising, Finance, Communications, and Legal Matters**. The Committees will have considerable autonomy to prepare the groundwork, and develop detailed policies and project proposals in their respective areas of activity. Most importantly, their membership will extend beyond the CCCC Board to engage members of the community with relevant experience, interest and expertise in the areas in question. Here's where you fit in.

Several of the Committees have already been launched, and are hard at work developing new proposals for consideration by the Board, but **new members are always welcome**. If you have fundraising expertise, communications savvy, legal background, administrative talents, ideas for new programming or an interest in running a special program yourself, we need you! Or perhaps you're a heritage buff with an interest in historic buildings: if so, we need you too! You can become a valued part of our all-out, community-wide effort to really make a go of our community centre as we approach the Ten Year



milestone.

Just give the Office a call at **613-745-2742**. Our capable new staff team, **Susan Ashbrook** and **Kiki Cliff**, (profiled in a separate article in this issue), will be happy to welcome you, and to make sure that your time and talents are put to good use.

## And On the Agenda

**AGM 2010:** On **Sunday, April 25**, the CCCC will hold its Annual General Meeting in the Dufferin Room from **3 to 4 pm**. This meeting typically addresses the CCCC financials, elects Board members, and gives the CCCC a chance to answer any questions from the community. All members of the community are welcome to attend the meeting, and to remain afterwards when the AGM will be followed by a CCCC Board Meeting which is open to the public. If you're new to the neighbourhood and would like to find out more about our operations and future aspirations, please join us. Who knows, you may find yourself joining the team to *Keep Crichton Public* for the generations to come!

**New Edinburgh Players' Benefit Performance, Wednesday, April 28, Mackay United Church Hall:** Mark your calendars for **Wednesday, April 28** when the New Edinburgh Players will stage a special benefit performance for the CCCC, featuring this year's lively production of George Bernard Shaw's *Getting Married-A Conversation*, billed as a "singularly unconventional comedy" which was reportedly the talk of the town when it first opened at London's Haymarket Theatre in 1908. For the first time in many years, the Players' accomplished Director, **Ingrid McCarthy**, will be performing

in the play, and we have no hesitation in predicting a thoroughly entertaining evening. Tickets are \$20 each, and will be available at the Office, so please give the CCCC a call at **613-745-2742** and help out the CCCC while you wrap up the month of April with an evening of laughter.

**Art Exhibit and Sale, Rockcliffe Retirement Residence, May 14 - 16:** Seven local artists, including our own multi-talented **Ingrid McCarthy**, will exhibit their works at the Rockcliffe Retirement Residence over the weekend. 15% of the proceeds of this sale will go to support the work of the CCCC so art lovers should plan to drop by and celebrate spring with a new acquisition!

**Taste of Spring:** In early June, the Friends of Crichton, capably captained by CCCC loyalists **Barbara Laskin** and **Margot Silver**, will host another Taste of Spring event, with gourmet fare and matching libations on the menu in a variety of attractive New Edinburgh homes. Watch for details about this popular evening in the next issue of the *NEN*.

**Corridor Gallery:** The CCCC's enterprising Gallery Committee has a full slate of exhibitions on the agenda extending throughout the remainder of this year.

The Committee is also in the process of considering ways and means to recast the annual **Lumière Festival** this year, (Stanley Park conditions permitting). More details should be forthcoming in June, and depending on the outcome of its work, this too could be an exciting outlet for the time and talents of volunteers in the community.



## Art Exhibit & Sale

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The Premises and refreshments for this exhibition have very generously been made available by the Rockcliffe Retirement Residence Management and 15% of sales will be donated to the **Crichton Cultural Community Centre**.

For information contact Ingrid McCarthy 613 860-2371

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# Crichton Cultural Community Centre



## Spring Programs

*Please contact instructors to get course details and to register. For most of our courses, registration is ongoing.*

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The fast-paced yet sedentary nature of modern life often results in stress and lack of sufficient physical activity. Many have found the movements of the Taoist Tai Chi™ internal art of taijiquan to be an effective way to counteract these pressures and to cultivate health.

Although not a substitute for proper medical treatment, the taijiquan that we offer can help to improve the health and quality of life for people dealing with health conditions such as poor circulation, high blood pressure, arthritis, back pain, joint immobility, respiratory problems, digestive disorders, Parkinson's disease, multiple sclerosis, fibromyalgia and many others.

#### DANCEFIT

Alex MacDonald  
Register at (613) 748-0870  
April 5 to June 25 *No class May 24*  
Monday & Friday  
10 - 11 am  
1 class/week \$12/class,  
2 classes/week \$10/class  
Registration for term only. No drops-ins. Late registration available.

A fun way to dance yourself into shape! The class will begin with an extensive warm-up to get the body moving, corner to corner combinations to build stamina, muscle and balance and a dance number to ensure a good cardio workout and some fun. The class finishes with a 15-minute stretch and relaxation period leaving you feeling calm, centered and rejuvenated.

No dance ability required just a love of dancing!

#### FITMOM POSTNATAL FITNESS

Cassandra Mactavish  
Register at (613) 884-7800  
[www.fitmomcanada.com](http://www.fitmomcanada.com)  
Thursday, 11:15 am - 12:15 pm  
\$180+GST for one class per week, \$280+gst for 2 classes a week

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 Hannant  
Register at (613) 747-1514  
[golouise@rogers.com](mailto:golouise@rogers.com) or at  
Sharon Collins (613) 816-4307  
[info@sharonhealthpromotion.com](mailto:info@sharonhealthpromotion.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 \$300  
Unlimited classes over the 14 weeks \$400.00. Drop in \$10.

Early Bird Total Body Work-Out  
Monday & Thursday  
7:30 - 8:30 am

A dynamic warm up followed by 20 minutes of cardiovascular work, 20 min of strength exercises using balls, weights and toning bands to build muscular and core strength as well as improving balance and posture. Finish with a stretch and cool down to leave you fit and focused to face the day

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

A total body workout using the stability ball, hand held weights and toning bands and pilates balls. This class focuses on overall functional strength and core stability. We will end this class with an extended stretch and deep relaxation.

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

The focus here is functional fitness beginning with a 15min extended cardiovascular warm up move into a fusion of Pilates, strength exercises and yoga. We will use exercise balls, weights, and toning bands and 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.

ZUMBA: a Latin-based aerobics dance class  
Wednesday 9 - 10 am

We are proud to introduce Xemina Puente who teaches

Zumba, the hottest new way to exercise. Zumba is a dynamic work out designed to be fun and easy to do. It combines simple dance steps with a Latin flavor that anyone can do! Zumba will help you sculpt your body, burn calories and is great for both body as well as the mind. It is a fun workout for any age.

Core Training: Physical Strength Comes from Our Centre  
Thursday, 8:45 - 9:45 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 Relaxation  
Friday, 7:30 - 8:30 am

Start your week-end with a release of your tension as well as relaxing your mind and body using soft music to encourage 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 week-end!

#### FITWOMAN BOOTCAMP

Cassandra Mactavish  
Register at (613) 884-7800  
[www.fitmomcanada.com](http://www.fitmomcanada.com)  
Mondays, 8 - 9 pm  
\$180+GST for one class per week, \$280+gst for 2 classes a week

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  
Register at [socaramba@gmail.com](mailto:socaramba@gmail.com)  
Saturdays, March 6 to May 1;  
May 8 to June 26 (8 weeks)  
10 - 11 am  
\$80+GST for 8 weeks. Drop-in \$12.

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

Master group fitness instructor, nutrition and wellness specialist, and personal trainer, Alex

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

#### STOTT PILATES

Stuart Maskell  
(613) 796-3476  
[Stuart@Firmfit.ca](mailto:Stuart@Firmfit.ca)  
Tuesday, Friday 9 - 10 am  
Wednesday 6 - 7 pm  
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 the mid-section. **SOLD OUT** Pilates focuses on increasing abdominal and back strength and mobilizing the spine! Variations and modifications are given to accommodate all levels and abilities. For best results, join us twice a week

Join anytime with one of our flexible drop in packages.

#### STRETCH & STRENGTH

Alex MacDonald  
Register at (613) 748-0870  
April 6 to June 24  
Tuesday & Thursday 6-7 pm  
Wednesday 10 - 11 am  
1 x week: \$12 per class  
2 x week: \$10 per class  
Registration for term only. No drops-ins. Late registration available.

Celebrating 20 years in the Burgh!

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.

Instructor, Alex MacDonald, has trained extensively as a dancer in ballet, modern and jazz and is a certified Fitness Instructor Specialist with Can-Fit-Pro.

### Yoga & Meditation

#### IYENGAR YOGA

Barbara Young  
Register at (613) 728-8647  
[b-young@rogers.com](mailto:b-young@rogers.com)  
March 1 to April 26; *No class April 5*; May 3 to June 21 (8 weeks)  
Monday, 9:00-10:30 am, *Level II*  
Karin Holtkamp

## GET MOVING!



## DANCEFIT

Mondays - 10am  
Fridays - 10am

Crichton Cultural Community Centre  
200 Crichton Street, 2nd Floor

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



Register at (613) 422-8384  
[daveandkarin@rogers.com](mailto:daveandkarin@rogers.com)  
 March 2 to April 27; May 4 to  
 June 22 (8 weeks)  
 Tuesday, 6:30-8:00 pm, *Level I*  
 Thursday, 9:00-10:30 am  
*Level I/Gentle Yoga*

\$80 for 1 x week or \$128 for  
 2 x week

Iyengar yoga teaches postures,  
 or asanas, that bring flex-  
 ibility, strength and endurance.  
 Awareness deepens as students  
 learn to practice with precision  
 and subtlety. Standing poses are  
 incorporated to improve bal-  
 ance, posture and strength. Slow  
 stretching improves flexibility,  
 and a guided relaxation helps  
 reduce stress and tension. Classes  
 build over time, 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  
 Register at (613) 747-8111  
[john.yazbeck@sympatico.ca](mailto:john.yazbeck@sympatico.ca)  
 Monday, 7:30 - 9:00 pm

Flex, stretch, connect, focus  
 and relax. The benefits of Yoga  
 are well documented and well  
 known. Dynamic exercises com-  
 bined with relaxation and medita-  
 tion techniques help you:

- create a calm mind and stay cen-  
 tered 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!

### SAHAJ MARG - HEART CENTRE MEDITATION \*\*NEW

Janet, (613) 261-2261  
[www.sahajmarg.org](http://www.sahajmarg.org)  
 Sunday 7:00-8:30 am  
 No cost. Before attending Sunday  
 morning meditation, please call.

Sahaj Marg is a Sanskrit term  
 meaning 'Natural Path'. While  
 this system of meditation origi-  
 nated in India, its purpose is  
 spiritual and universal, without  
 religious or cultural bias. As  
 its name implies, it is a simple  
 and natural practice. Moreover,  
 it offers a means by which we  
 can, with capable guidance and  
 self-effort, evolve from our pres-  
 ent condition towards a future  
 that realizes our full spiritual  
 potential. The method is taught

worldwide at no cost, the only  
 qualification being an individu-  
 al's willingness to follow a daily  
 meditation practice.

## Dance

### SCHOOL OF AFRO CARIBBEAN DANCE

Suzane Lavertu  
 Artistic Director  
 (613) 863-3493  
[afrocaribdance@videotron.ca](mailto:afrocaribdance@videotron.ca)

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

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

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

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

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

**IRISH DANCE LESSONS** with  
 the Taylor School of Irish Dance  
 Suzanne Taylor T.C.R.G  
 Register at (613) 231-1215  
[suzanne@tayloririshdance.com](mailto:suzanne@tayloririshdance.com)  
[www.tayloririshdance.com](http://www.tayloririshdance.com)  
 Thursdays to June 3, 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 coordi-  
 nation and to learn about the  
 Irish culture through its tradition  
 of dance.

### ROMANIAN DANCE

Sandra Cocea  
 Register at 613-724-0159  
[romaniandt@gmail.com](mailto:romaniandt@gmail.com)  
 Saturday, 2:00-4:30 pm

Our members have the oppor-  
 tunity to learn Romanian folk  
 dance as they are taken from  
 basics towards becoming per-  
 formers. Our goal is to promote  
 and present Romanian dance,  
 and thereby promote awareness  
 of Romanian art and culture. We  
 grow as a pillar in the Romanian  
 community of Ottawa-Gatineau.  
 The Troupe is open for anyone to

join, no previous experience or  
 background required!

## Infants & Children

### BABY SENSORY

Clarissa Mason  
 Register at (613) 424-4710  
[ottawa@babysensory.ca](mailto:ottawa@babysensory.ca)  
 Tuesday, 1-2 pm  
 \$125.00/10 week session.

Baby Sensory's award win-  
 ning baby development classes  
 are now running in your area!  
 You and your baby will experi-  
 ence different sensory activities  
 designed to support your baby's  
 sensory development every week.  
 Activities include: light shows,  
 baby signing, music, infant  
 massage, and puppetry. Baby  
 Sensory is an extremely popular  
 baby development program and  
 many of our classes are fully  
 booked. It is advisable to book  
 early. For more information,  
 visit [www.babysensory.com](http://www.babysensory.com).

### HUSH-A-BYE BABIES

**\*\*NEW**  
 Alice Davidson  
 Register at (613) 235-6025  
[hushabyebabies@sympatico.ca](mailto:hushabyebabies@sympatico.ca)  
[www.hushabyebabies.ca](http://www.hushabyebabies.ca)  
 March 15 to May 10; *No class on*  
*April 5*  
 Monday, 10:30-noon  
 \$87 for an 8 week program

A song and rhyme program  
 for parent and baby (1 to 12  
 months). Learn a wide variety of  
 tickles, rhymes, bounces, songs  
 and lullabies to enrich your day  
 to day activities with your baby.  
 Discover the delight and magic  
 that comes with sharing songs  
 and rhymes together. The Hush-  
 a-Bye Babies program is relaxed  
 and inviting, nurturing both child  
 and parent. No props or toys are  
 needed.

### INFANT & CHILD CPR

(Level 'F')  
 Erin Shaheen  
 Register at (613) 260-7309  
 \$35 per person  
 Sundays on March 28, April 25  
 1:30 - 4:30 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

John King and Sheryl Parks  
 Reigster at (613) 421-0590  
[www.monkeyrockmusic.com](http://www.monkeyrockmusic.com)  
 Wednesday, April 7 to June 23  
 (12 weeks), 4-5 pm  
 Friday, April 9 to June 25 (12  
 weeks), 10:00-10:45, 10:45-  
 11:30, 11:30-12:12  
 Monkey Rock Music is now  
 offering classes for older children  
 and their caregivers!

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

## Visual Arts

### PLEIN AIR SUNSETS IN WATERCOLOUR

Leslie Anderson-Dorofi  
 Wednesdays, June 2, 9, 16 and  
 23 (4 weeks), 7:00 – 9:30 pm  
 Fee: \$84  
 Register at CCCC.

We will visit various local venues  
 and paint the sunsets. This plein  
 air course is for intermediate  
 watercolour painters who have  
 not painted outdoors, or those  
 with limited outdoor experience,  
 using your existing supplies. The  
 first class will be held indoors to  
 discuss supplies and equipment  
 requirements. A list of locations  
 will be provided to participants,  
 via email, after the first class.  
 In case of rain, we will meet at  
 CCCC and paint inside, using  
 preferably your own photos, not  
 those from commercial publica-  
 tions.

### DRAWING WITH THE RIGHT SIDE OF THE BRAIN

Jinny Slyfield

Wednesdays, Apr 14 to May 20  
 (6 weeks)  
 1:00 – 3:30 pm  
 Fee: \$115  
 Register at CCCC.

Learn to see and then to draw,  
 with proven techniques taught by  
 this teacher for the last 20 years.  
 Hundreds of satisfied students  
 will attest that this is a class  
 worth taking to set them on the  
 road to drawing and then paint-  
 ing with no inhibitions. All ages  
 are welcome from 18 up and you  
 need not know how to "draw a  
 straight line". There will be a  
 nude model in class four.

### PORTRAITS

Jinny Slyfield  
 Thursdays, Apr 15 to Jun 3 (8  
 weeks), 7:00 – 9:30 pm  
 Fee: \$223  
 Register at CCCC.

The human head is an interesting  
 study.. So many different com-  
 ponents... Take a nose here, an  
 eyebrow there and place them in  
 proportion. Voila! a portrait! This  
 class is for all levels, from begin-  
 ner to advanced, and we will  
 have a live model in each class,  
 wearing interesting costumes.  
 Learn the basics of structure and  
 relationships, then paint or draw  
 the unique character of each  
 model, with the help of an expe-  
 rienced and dynamic teacher. All  
 media except watercolour.

### ORIENTAL BRUSH - PAINTING & CALLIGRAPHY

Heather MacDonald  
 Mondays, Apr 12 to Jun 7 (8  
 weeks), 1:00 – 3:00 pm  
 Fee: \$116  
 Register at CCCC.

Students will learn to create the  
 unique strokes that combine to  
 produce ink paintings, also called  
 "Sumi-e". As they progress, they  
 will understand how this innova-  
 tive new method makes it easy

Continued on page 24

## STRETCH & STRENGTH



*A neighbourhood favourite for 20 years!*

**Tuesdays & Thursdays - 6pm  
 Wednesdays - 10am**

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

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



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

*For more information  
 about the Centre call  
 745-2742.  
 To register for a specific  
 program please call  
 the instructor.*

# CCCC Spring Programs...

## Continued from Page 23

for westerners to create beautiful ink works. Traditional and contemporary methods will be explored. This course is open to all levels.

### ACRYLICS À LA CARTE

Susan Ashbrook

Tuesdays, April 13 to June 15 (10 weeks), 9:30 am – 12:00 pm  
Fee: \$204.75

Register at CCCC.

Using acrylic paint and media, this course offers a smorgasbord of creative ideas and neat things to stretch your mind and artistic skills, including: stretching and painting on raw linen; photo transfers; texture media and extrusion; interference and iridescent colours; mono-prints; faux metallics and more. Students will require their own basic acrylic painting supplies, a variety of acrylic mediums, found items (feathers, shells, etc) as well as resource photos. Some supplies will be provided. This program is suitable for all levels of students.

### ACRYLIC PAINTING

Susan Ashbrook

Tuesdays, April 13 to June 15 (10 weeks), 1:00 – 3:30 pm  
Fee: \$173.25  
Drop-in fee: \$20 per class

Register at CCCC.

A relaxed painting environment for those who wish to develop their artistic skills at their own pace. Open to all levels of painters, instruction is individual, although if the group wishes, any number of skills and techniques can be addressed as class exercises.

### ACRYLIC PAINTING

Matt Gale

Fridays, April 16 to June 18 (10 weeks), 1:00-3:30 pm  
Fee: \$173.25

Register at CCCC.

If you've always wanted to learn to paint then this course is for you! You will learn about the wonderfully versatile medium of acrylic paint, "tools of the trade" and a variety of painting techniques. You will also learn how colour, value, composition and perspective can improve your paintings, as well as some of the unique things you can do with acrylic paints. Each week will consist of a brief lesson and exercise and then students will work on their own paintings.

### MICHAEL WILCOX SCHOOL OF COLOR – COLOUR MIXING

Susan Ashbrook

Saturdays, April 17 to June 12, 2010 (8 weeks) No class May 22 1:30 to 4:00 pm  
Fee: \$275 CAN (\$260 US)

Register online at [www.schoolorcolor.com](http://www.schoolorcolor.com). Click on USA and then on Upcoming Workshops. Save 20% on supplies purchased from the School of Color website when you register. Registration Deadline: April 7 Alternatively, you may register by calling Maria or Doug at 919-744-8723.

The workshop will impart a clear understanding of the science and physics of light and colour as it applies to the artist. Participants will achieve an in-depth knowledge of colour mixing, colour harmony, and colour contrast as well as discussing artist's pigments and techniques. This approach to colour mixing is widely recognized today as the only way for artists to accurately select and mix colours.

This workshop is intended for fine artists, graphic artists, designers – interior and exterior, fabric artists, and teachers of all levels who strive to gain a better

understanding and control over colour use in their work.

### GETTING TO KNOW YOU: COLLAGE PORTRAITS WORKSHOP

Michelle Casey

Sunday, May 23, 2010 1:00-3:30 pm

Fee: \$57.75

Register at CCCC.

Ever wonder if you could capture the many facets of your personality in a portrait? In this two and a half hour workshop, you will learn how to create a self-portrait using collage and mixed media techniques to reveal multiple layers of yourself. I will provide you with collaging tips and reading sources to inspire future portrait making – why not use this skill to make portraits of your loved ones as well! Most materials will be supplied.

### JOURNALING YOUR LIFE WORKSHOP

Michelle Casey

Sunday June 13, 2010 1:00-3:00 pm

Fee: \$52.50

Register at CCCC 613-745-2742 or [communitycentre@rogers.com](mailto:communitycentre@rogers.com)

In this two-hour journaling workshop, you will use acrylics paints, magazine images, inks, rubber stamps, pens/markers, lettering and other ephemera to create a journal page that captures your feelings and reflections on a specific life experience. I will demonstrate painting, collaging and rubber stamping techniques to help you along. As well, I will give you tips on creating an ongoing journal to document your life, travels or any special time period you want to preserve memories for. I will also provide you with sources to inspire journal making for future reference. Most materials will be supplied.

### VISIONING YOUR DREAMS WORKSHOP

Michelle Casey

Sunday June 27, 2010 1:00-3:30

Fee: \$63

Register at CCCC.

In this two and a half hour workshop, you will learn to use collage to bring your dreams and visions for future projects to life. This project could be anything: your dream house; a garden you'd love to have; the body you'd like to have, a vacation you'd like to go on; a new career you'd like to pursue, etc.. By the end of the workshop you will know how to create a 2D collage touchstone from which to be inspired to acquire that vision. I will also give you some tips and reading sources to help you realize your dreams. The rest is up to you! Most materials will be supplied.

### CREATIVE BOOKBINDING FOR ADULTS

Mary Kritz

Thursdays, April 15 to June 17 (10 weeks), 1:00-4:00 PM

Fee: \$225.75

Register at CCCC 613-745-2742 or [communitycentre@rogers.com](mailto:communitycentre@rogers.com).

Learn the basics of bookbinding, starting with book parts, tools and creating a single signature book. Dabble in the creation of artist trading cards and use them to create a multiple flag book. Soft and hard cover books, folding books, pop-ups, tunnel, slide and tassel books will challenge your creativity and engage you in different paper use, and a variety of stitches and hinges.

### DRAWING FOR 9-12 YEAR OLDS

Mondays, April 12 to June 21 No class May 24 (10 weeks)

4:00-5:30 pm

Fee: \$131.25

Register at CCCC.

Students will be taught fundamental drawing skills and it is also a great refresher course for those who already love to draw. We will explore subjects such as perspective, proportion, drawing skills and techniques. Materials supplied.

### PAINTING FOR 9-12 YEAR OLDS

Tuesdays, April 13 to June 15 (10 weeks), 4:00-5:30 pm

Fee: \$131.25

Register at CCCC.

Students become experienced in the handling of water-based paint, colour mixing and various application techniques, and learn lots of tips to improve their painting skills. Materials supplied.

### CARTOONING FOR 9-12 YEAR OLDS

Thursdays, April 15 to June 17 (10 weeks), 4:00-5:30 pm

Fee: \$131.25

Register at CCCC.

Students learn to apply the shapes and forms of caricature and cartooning and to show action and emotion. Participants will develop their own cartoon strip characters and comic books. Materials supplied.

### KALARTASCOPE – ART FOR 6-8 YEAR OLDS

Fridays, April 16 to June 18 (10 weeks), 4:00-5:30 pm

Fee: \$131.25

Register at CCCC.

This is a busy program, with explorations into all sorts of art, intended to spark the student's imagination. Different projects each class. Be prepared to have lots of fun, and dress for mess! Materials supplied.

### FIGURE PAINTING AND DRAWING

John Jarrett

Register at (613) 594-0182

[jwjarrett@sympatico.ca](mailto:jwjarrett@sympatico.ca)

Wednesdays, March 3 to April 21; April 28 to June 16 (8 weeks) \$45 for eight 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

### CANINE OBEDIENCE

Chantal Mills

Register at 613-296-dog-e (3643)

[dog\\_trainer@rogers.com](mailto:dog_trainer@rogers.com)

[www.ottawak9school.com](http://www.ottawak9school.com)

Sunday 10 am - 2 pm

Monday 6 - 7 pm

Tuesday 7 - 9 pm

8 weeks cost \$75 or drop in class \$12

#### 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.

### SPANISH - BEGINNER

Vida Cuadra Language Services

Register at (613) 738-1956 or

(613) 266-5655 or

[vcuadra@magma.ca](mailto:vcuadra@magma.ca)

Wednesdays, April 14 to June 23

(11 weeks), 7 - 9 pm

\$195.00 (11 classes)

Learn the basic skills of speaking Spanish in a very friendly atmosphere. Introduction to Spanish 1. Basic studies, varied practical exercises with emphasis on vocabulary and grammar (theory and practice). No prerequisites.

Cancellations – The Spanish course may be cancelled due to insufficient registration. To avoid disappointment, register early!



**MAURIL BÉLANGER**  
MP / DÉPUTÉ  
OTTAWA-VANIER

**House of Commons / Chambre des communes**  
649-D, Centre Block / 649-D, Édifice du centre  
Ottawa (Ontario) K1A 0A6  
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[belanm@parl.gc.ca](mailto:belanm@parl.gc.ca)

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





# New Team at the Helm at the CCCC

## Introducing Susan Ashbrook and Kiki Cliff

By Jane Heintzman

Early in the New Year, the CCCC welcomed **Susan Ashbrook**, Director of Programming, and **Kiki Cliff**, Administrative Assistant, the new staff team who took over in the CCCC Office at 200 Crichton Street following Joanne Hughes' departure. Since their arrival in January, both have plunged enthusiastically into the job, and we look forward to further reporting on their activities as the year unfolds.

In addition to being an accomplished visual artist and art instructor, specializing in acrylic painting, Susan has a variety of other strings to her bow, having worked in a range of areas from graphic design to publishing, advertising, trade exhibits, program development and arts administration. For close to ten years, she served as Executive Director of the Visual Arts Centre Orleans (VACO) where she acquired valuable experience in many of the tasks that confront her in her new role at the CCCC, notably the development and implementation of programs for community members of all ages, interests and skill levels.

Susan continues to be a practising artist, and offers workshops in acrylic painting, colour techniques and business of art throughout the city, as well as in her home studio in Cumberland. She recalls that her artistic career was sparked

in elementary school when her Gold-starred paintings were regularly put on display, much to her gratification and delight! After studying oil painting at Mount Allison University in New Brunswick, she went on to graduate from Algonquin College as a commercial artist. In the early 1990's she switched medium from oil painting to acrylic, and currently produces abstract and semi-abstract works focused on such themes as Natural Elements; Florals; Landscapes and what she refers to as "Industrials"—a product of her fascination with the construction process in general and hardware stores in particular! Interested readers can view her work at [www.susanashbrook.com](http://www.susanashbrook.com).

One of Susan's first priorities since her arrival at the CCCC has been the task of filling the "dark hours" when the community rooms at the Centre are not in use. Thanks to her network of connections, particularly in the realm of Visual Art, several new programs will be introduced this month and there will be more to follow in September. She looks forward to playing an active role supporting the work of the CCCC's new Programming Committee, a recently constituted group which includes representation from throughout the community, and she hopes to focus in particular on developing outreach programs, including activities for the large and growing population of seniors. If you have pro-

gramming ideas or interests, feel free to give Susan a call at 613-745-2742 or e-mail her at [communitycentre@rogers.com](mailto:communitycentre@rogers.com).

Kiki Cliff, the CCCC's new Administrative Assistant, is no stranger to our community, and indeed has lived in the Burgh (never more than a block or two from 200 Crichton!) since she moved from England to Canada in 1996. It might be said that in some sense, Kiki's engagement with the CCCC was meant to be, as she originally chose New Edinburgh as her new home base because of the presence of Crichton School, which her young son attended until its closure in 1999. She adores the school building, and as a member of the community, feels a strong commitment to making the Centre a thriving and successful operation.

Kiki grew up in England, and after a decade working as a gardener in that "green and pleasant land", acquired a Social Science degree at the University of Westminster in London. She then went on to pursue a training program for mature students through which she landed a work placement with the Royal Society for the Prevention of Cruelty to Animals (RSPCA). Readers who use the Centre regularly will be well aware that Kiki is a devoted animal lover, and is frequently accompanied in the office by her enchanting canine companion Mojita, rescued last year from a beach in

Cuba!

It was through a contact at the RSPCA that she found a job here in Ottawa with the International Fund for Animal Welfare, and eventually emigrated in 1996. In addition to her British heritage, Kiki is also a Canadian citizen whose mother was born in the Gaspé and now lives in Montreal. After her arrival in Canada, it was not long before she took steps to equip herself with some highly marketable skills, acquiring a solid grounding in accounting and computer applications, and graduating with a Certificate in Bookkeeping from Algonquin College. She soon parlayed these credentials into a variety of jobs, building up a list of private clients including the Ottawa Fringe Festival, a small charitable theatre group, a home for refugee women, and a housing cooperative. She also spent several years as an Administrator with the Great Canadian Theatre Company (GCTC), and has served as a volunteer with the Ottawa Folk Festival, the Jazz Festival and Blues Fest.

Like Susan, Kiki is brimming with ideas about possible new

programming and other initiatives at the Centre, and with her extensive network of connections to the theatre community, is particularly excited by the prospect of having first class rehearsal and performance facilities available on the first floor, should the CCCC ultimately attain its goal of acquiring the whole building.

In the interim, Kiki is collaborating closely with Susan to keep the Centre running smoothly, and to do her part in injecting new energy and ideas into its daily operations. Many CCCC regulars may already have enjoyed a cookie and a fresh coffee (or tea, in deference to Kiki's British heritage!), thanks to the "mini-bistro" recently launched by Kiki and Susan to reinforce the Centre's role and presence as a hub for community life.

We wish Susan and Kiki a very warm welcome to the CCCC, and wish them luck in their new roles helping to pilot the Centre through the next stages of growth and development. There seems little doubt that they will, as the infamous Chinese proverb would have it, live in interesting times!

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## Brahms Sextet to Close Chamber Series Third Season on May 2

By **Linda Roininen, Sherri Sauvé and Carolyn Bowker**

With MacKay United Church's Chamber Music Series third season coming to a close on May 2, 2010, we are ahead of schedule and just \$7,000 shy of our fundraising goal

to purchase the Yamaha C7 Grand Piano—a goal we hope to reach by the end of the year. We at MacKay must thank all those who have supported and who will continue to support our fundraising, namely: MacKay's congregation; the community that have rallied to help by way of attending concerts; **Books on Beechwood** and **Leading Note** for selling tickets; **Bridgehead Coffee** for supplying copious cups of coffee and tea for the post concert receptions; *New Edinburgh News*, *Manor Park Chronicle*, *Ottawa Citizen* and the CBC for taking such an interest in our Concert Series and our quest for a new grand piano. Of course, none of this would have been possible without the talents and vision of **Leah Roseman** who along with her NACO colleagues have raised a large portion of the funds needed for the piano. It is Leah's intent to continue the series once our goal is reached.

Which brings us to our next concert on May 2, 2010 at 7:30 pm. Leah will be joined by **Mark Friedman, Sally Benson, Lisa Moody, Leah Wyber** and **Margaret Munro Tobolowska** to perform the magnificent Brahms' String Sextet No.2 in G major, Op.36. When I asked Leah why she chose the Brahms Sextet, this was her response:

It's a work of stunning beauty, and great exuberance, and seemed a great fit for our spring concert. The added depth of the extra viola and cello parts make a string sextet a rare pleasure

to perform. There have been very few pieces written for this combination of instruments, and I feel privileged to live in a community with such amazing colleagues that we can perform this repertoire. Haydn's Op. 20 #5 String Quartet in F minor will open the program. It is one of his most haunting and intense works, and is an interesting contrast to the sunny Brahms sextet. It's kind



From left to right **Lisa Moody, Leah Roseman, Mark Friedman, Sally Benson**. Not pictured are the two cellists, **Margaret Munro Tobolowska** and **Leah Wyber**.

of an interesting role-reversal for these two composers!

The concert starts at 7:30 pm and will be held at MacKay United Church, 39 Dufferin Street. Tickets are \$20 adults, \$15 students and seniors at the door or at the Leading Note on Elgin or at Books on Beechwood. A reception follows the concert. For more information contact the Church office at **613-749-8727** or go to [www.mackayunitedchurch.com](http://www.mackayunitedchurch.com).

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# Gardening in the Burgh

## Easy Annuals from Seed

By Kathryn McKeen

Everybody knows that the Victoria Day weekend is planting time, time to pick up all those flats of annuals and shove them into the ground. Petunias, Impatiens, Marigolds, Geraniums, maybe a few others. Not much of a choice, is there? And at \$4 a flat or more, maybe it's time to look at those seed racks a little more closely.



Photo: Wikipedia  
California Poppy.

The thing about going the seed route is that you can decide what level of commitment you want to give. I'm going to deal with the old 'sticking the seeds in the ground' method, which is of course the easiest.

Probably the easiest of all are the annual poppies -

**California Poppies, Opium Poppies, Peony Poppies, Corn Poppies, Shirley Poppies, Iceland Poppies.** All you do is take your packet of seed, and sprinkle the fine seeds around a sunny spot in the garden. April is a good time to do it, as they like a cool start. These do so well that you'll probably end up having to pull up the extras. Don't try to move the little plants, though. They don't take kindly to it.

Another good seed that should be planted early is **Cleome**. A fairly unusual, tall and dramatic annual, it's quite tough and will bloom all summer and into the fall. The most common colours are pink, purple and white. You can plant these directly into the garden in April, covering the seed lightly, or, to protect them from the elements, you can plant them outside in a container in some potting soil and transplant them later. Covering the container with clear plastic will raise the humidity and increase germination rates, but remember to remove it when the weather warms up and the seedlings appear. (I use clear

plastic containers with lids, stolen from the blue boxes, and punch a few holes in the bottom for drainage.)

Another good choice for early sowing is the **Calendula**, or Pot Marigold. Its gorgeous shades of orange I think outshine the usual marigolds. It's happy being planted out in April, but it likes to be started in darkness, so plant your seed fairly deeply in the garden, or cover up your container. Once the seeds are up, of course, they need light. These tough guys are perfect for planting directly in a nice pot.



Photo: Symbolofhope.com  
White Four O'clocks.

Another seed that works well when directly planted in the garden or in a pot is the **Four O'clock**. This old-fashioned



Photo: Daniel Paquette  
Nasturtium.

annual comes in a variety of colours, including some with variegated blooms. The end of April is a good time to sow these seeds. They'll be up in a couple of weeks.

There are lots of other seeds that can be sown directly into the garden and still give you a summer's worth of pleasure. Good examples of these are the **Sunflower**, which now comes in many different shades and sizes, the **Nasturtium**, which loves poor soil, comes in short or trailing varieties, grows quickly and gives you a load of brilliant colour all summer, and the **Morning Glory**, which will quickly climb any sort of trellis or even trees and shrubs.

Morning Glory seeds should be soaked in water for a day before planting, but otherwise all three of these beauties just needs to be pushed into the dirt. The Sunflowers do well if planted in early May, the other

two later in May. These are great for kids to plant, easy and gratifying.

The only preparation you might want to consider before planting directly in the garden is throwing a little compost down first. Sheep manure compost is a popular one that I often use, but other types, including homemade compost from your kitchen scraps, work just as well. I don't normally bother to work it into the soil - too much effort, when nature will do the work for you!

Of course, starting from seed can be as complicated as you want to make it, but it doesn't have to be. It can be a lot of fun for the price of a couple of seed packets, and your successes will be all yours. The flowers I've mentioned are only a few of the possibilities, and experimenting is all part of the fun!



Photo: Daniel Paquette  
Sunflower.



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## Distracted Drivers

We all love the skit where Mr. Bean is late for work and he changes from his pajamas to his business suit while driving. Or the movie *Sideways*, where Paul Giamatti is reading the book while driving down a California highway. These are examples of *Distracted Driving* and they are now illegal in Ontario. Since October of 2009, when the law was enacted, police in Ontario had been issuing warnings to motorists found doing things that distract their attention while driving. **As of February 1, 2010 the warnings have been discontinued and fines will be issued.**

### What is Distracted Driving?

Distracted driving is when a driver on a roadway in Ontario is doing anything that directs attention away from proper operation of the motor vehicle.

Some think that this is a cell phone law but it covers much more than that. Eating, reading, drinking, applying makeup, checking the baby in the back seat, setting the GPS and setting the radio are examples of things that can distract and that may be enforced.

Heavy fines and demerit points accompany convictions.

If the need arises for a driver

to do something that distracts operation of the motor vehicle they must pull over to the curb



**Driving while distracted is now illegal in the Province of Ontario. Be safe and pull over.**

and park, finish the task and then drive off.

Safer roadways are a priority and the Distracted Driving laws are enabling safety.

For more information on this and any other safety concern call the Ottawa Police at 613-236-1222 or search online at [ottawapolice.ca](http://ottawapolice.ca) or [mto.gov.on.ca](http://mto.gov.on.ca).

*Rockcliffe Community Police Centre*

**By Gemma Kerr**

Spring is in the air, and the time for park and river cleanup is fast approaching. This year we have switched the clean-up to Saturday, May 8—the day before Mother's Day, in response to concerns about the difficulty of getting volunteers to come out on Mother's Day itself.

We will be sharing the Fieldhouse location at 193 Stanley Avenue with Crichton Community Council, who are running their annual Plant Sale on the same day, so we won't be able to spread out as much as last year. You will find us under the overhang at the back of the building near the sprinkle pad.

As in previous years, the cleanup event will run from **10 am until 1 pm**. Please check in with us at the Fieldhouse to pick up garbage/recycle bags provided by the City of Ottawa. To help you on the job, there will be refreshments available. Bridgehead is donating coffee, and snacks and juice will also be provided.

Please do not go through the fences erected by contractors working on remediation of the park (an area approximately from Keefer to Union Street). By May 8, the new grass should be germinating and needs to be left in peace to grow.

### Riverbank Cleanup

New Edinburgh is one of several

communities where the **Urban Rideau Conservationists (URC)** are facilitating riverbank cleanups. We do not have a co-ordinator for the NE Fieldhouse yet, as **Andrew Kerr**, who has provided sterling leadership for the past few years, is unavailable on that day. If anyone is prepared to help us out with this (mostly it involves setting up in advance, and looking after supplies and volunteers during the cleanup) please contact **Gemma Kerr** at [newedgem@magma.ca](mailto:newedgem@magma.ca).

The riverbank volunteers will take care of a strip about ten metres wide along the shoreline of the river (in several areas this strip is divided from the rest of the park by a walking or bicycle path). Be very careful, as parts of the riverbank may still be slippery from the spring floods. We will be asking people working on the riverbank to sign a waiver.

Dress for mucky conditions and bring work gloves if you have them. The City will be providing disposable gloves, and hopefully lending us some stronger gloves and long-han-

dled pickers for getting at hard-to-reach debris.

We appreciate the support of the **Monterey Inn** which is donating lunch packs for the riverbank workers.

For information on other Ottawa locations where URC is coordinating riverbank cleanups on May 8, check out [urbanrideauconserve.blogspot.com](http://urbanrideauconserve.blogspot.com).

### Park Cleanup

**Vickie Brennan**, our new Friends of NE Park Chair, and **Sarah Anson-Cartwright** from NECA's Environment Committee will manage the park side of the event. Families with young children may want to focus on the park effort, as some parts of the river bank are quite steep and slippery.

As we get everything finalized, we will post new information on the NECA website at [www.newedinburgh.ca](http://www.newedinburgh.ca). You can also contact Vickie for help at [neparkfriends@live.ca](mailto:neparkfriends@live.ca).

Come out and join us on Saturday May 8! Let's start the summer with a clean and safe park and riverbank.

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## Local Police Centre Boundary Changes Cause Concern in the Community

By Michael Histed

Last month, the communities of Rockcliffe, Manor Park and New Edinburgh celebrated the well deserved retirement of **Officer Tom Mosco**. We all wish him well.

Starting Monday March 15, **Constable Chris Cochrane** will replace Tom at the Vanier Police Centre. We welcome him to the neighbourhood and look forward to a long collaborative relationship to fight crime in our neighbourhood.

At the same time, however, we have been advised that the Ottawa Police is contemplating significant changes to the boundaries of the Rockcliffe and Vanier Police Centres. For New Edinburgh there are two potential options:

1. Remaining with the Rockcliffe Police Centre but also being amalgamated with the Byward Market, Lowertown and Sandy Hill

2. Being amalgamated with the Vanier Police Centre,

along with Manor Park and other neighbourhoods along St. Laurent.

What are the implications for New Edinburgh? We have spent many years developing a collaborative relationship with our neighbouring communities that have a like-minded approach to community policing. These proposals potentially jeopardize the excellent work that has been accomplished thus far, by refocusing attention on neighbourhoods with very different policing needs.

Each of the neighbourhoods has collectively co-signed a letter sent to the Ottawa Police dated February 23, 2010 with a copy to our local counsellor Jacques Legendre. Below is a quote of two keys paragraphs from the letter:

*"Community involvement in crime prevention and pro-active community policing has been successful for our communities. We have greatly benefited from*

*the existing arrangement and we are clearly convinced of its advantages. These include cost savings for the OPS and the community that flow from an active community involvement in Neighbourhood Watch and related crime prevention programs over the years. Another shared benefit that we clearly appreciate is an active local community Police Officer who is integrated into our community and its institutions and who is also part of an effective city-wide police network.*

*Our communities are strongly committed to these programs. We have become more cohesive in part as a result of the empowerment that they have brought over the years to individuals and groups in our neighbourhoods. We do not wish to lose this momentum. Successful crime prevention relies on ongoing and open information exchange and pro-active effort by the community Police Officer working with Neighbourhood Watch groups and other community institutions like schools and churches."*

These concerns are universally shared by Rockcliffe, Manor Park, Cardinal Glen as well as New Edinburgh. On March 16, all four neighbourhoods will be meeting with the



Photo: NEN Staff

**NECA board member Ernie Smith signs the guest book at Officer Tom Mosco's retirement send off in early February.**

Ottawa Police to review their plans, and for making a case to keep things the way they are. We will keep you apprised of developments.

In the meantime continue

reporting any crimes in the New Edinburgh. Remember, it is always better to report. The Ottawa Police can only tackle crime if they know about it, so please, make that call.

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# Robert James Curry: An Urban Farmer in Victorian New Edinburgh

By Robert Currie

Growing up I would frequently be asked if it was “with a y” or “with an ie” whenever having to identify myself. I recall my annoyance whenever the “y” version was assumed to be the default spelling of my surname. The “y” rendering in my eyes seemed the lesser of the two as if the holders of that moniker were either too lazy or simply incapable of spelling it properly. It would never have occurred to me that I might actually be one. It was awkward and sobering to discover the “y” version to be the true rendering of my family name and the “ie” a later self-conscious adaptation.

*Curry* was how it was spelt on a 1866 Loyal Orange Order document before Robert James Curry, my great-grandfather, even arrived in New Edinburgh in 1866; *Curry* was how it was spelt on the deed when property was purchased from the McKay estate in 1872; *Curry* was how it was spelt on the inauguration plaque at Mutchmoor Public School when he was a School Trustee in 1895; *Curry* was how it was spelt in all documentation throughout his life. And, indeed, *Curry* was how he signed his own name. But mysteriously, virtually from the day of Robert’s death in 1901, the surname became *Currie*, for every family member then and thereafter. Something similar happened following the death of the founding father of the Village of New Edinburgh when the spelling of the family name became *MacKay*, decidedly more Scottish and less Irish, more Protestant and

less Catholic, more acceptable, more respectable, perhaps. There is no evidence of a formal and legal name change in either case if such a process was existent, even necessary, in those times.

The Victorian age was a time of unprecedented social, economic and technological change, a modern age that saw expanded industry, commerce and finance, the introduction of photography, cinema, railroads, telephones and the automobile, all integral and refined parts of society even today. The lifespan of Robert James Curry coincided with the reign of Queen Victoria almost exactly – he was but a two-year-old toddler when she ascended the throne in 1837 and their deaths in 1901 occurred only nine months apart.

The Curry (Currie) connection to Ottawa began in 1866 in the newly-incorporated Village of New Edinburgh, a working-class community on the eastern outskirts of Ottawa founded in 1832 by Scottish stonemason and entrepreneur, Thomas McKay.

McKay had been a major contractor for the Rideau Canal locks who, upon the canal’s completion, had turned his attention, and directed his considerable profits, to his numerous mills adjacent to the industrialized Rideau Falls. He was “the laird of the land” who planned and built a thriving community for his mill workers, naming the streets after his wife and children. True, the actual spot where the Curry family settled that year was located most distant from the

Falls, adjacent to Lindenlea, but it was with no little foresight that Robert Curry set-

Robert James Curry, had been living in Brockville, Ontario, prior to moving north to the



Photo courtesy of Robert Currie

Margaret and Robert Curry c. 1866.

tled on a prime parcel of land at what is now the corner of Rideau Terrace and Dufferin Road – adjacent to the McKay estate which, after McKay’s death in 1855, had been renamed Rideau Hall and, in 1864, became the official residence of the Governor-General of Canada.

Irish-born newlyweds, Margaret Jane Miller and

recently re-named city (Bytown became Ottawa in 1855) and even more recently proclaimed Capital of Canada in 1857.

Where Robert lived, worked and played the dozen years spent in Brockville between leaving Ireland and settling in New Edinburgh cannot be known beyond that he was at some point accepted into the 1st Loyal Orange Lodge in Canada. He would not have been able to miss the Royal Visit of the Prince of Wales (later King Edward VII) who in 1860 laid the cornerstone

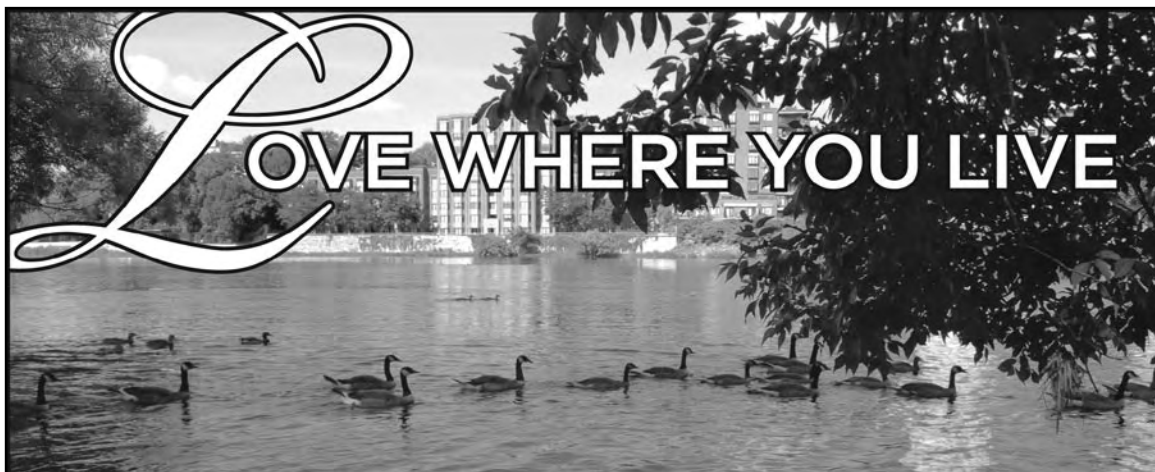
for the new Parliamentary Buildings in Ottawa.

Forty-one years later King Edward VII would visit Ottawa on a Royal Tour and stay briefly at Rideau Hall directly across the street from Robert’s home. Did Robert perhaps catch a glimpse of this Royal, as Prince, then as King, on either occasion? I like to think he did on both.

Though 1866 was a year of Fenian (Irish nationalist) threats and raids across the border from New York state, there is no way of knowing the motivation that brought them north, though recent re-established rail links to Ottawa from Brockville on the Ottawa & St. Lawrence Railroad would not have discouraged them. They could very well have taken a steamship from Kingston, on the Great Lakes, through the Rideau waterway and canal system [built for militarily strategic purposes by Colonel John By and the Royal Engineers] arriving in a few days in downtown Ottawa. A trip by train would seem more likely though since, thanks to McKay’s influence and connivance, the rail line actually passed through New Edinburgh before it even reached downtown Ottawa. By whatever means the young couple travelled from Brockville to Ottawa the fact remains that they were to settle in the somewhat remote location of New Edinburgh, acquire property, build a home, raise a family, manage a fledgling urban-farm and never leave.

Both Robert and Margaret had originally come to Brockville from Protestant Ulster – he from County Tyrone (1854), likely the vicinity of Clogher, she from Newtownards, County Down (1863), she with her family, at age 20, and he alone, at age 19.

Little is known of Robert’s Irish roots, of his parents, James and Eliza, other than their names, or of his siblings, other than a (suspected) brother James. The worst of the Great



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Irish Famine had passed by the time both left but fear of its return continued to send many abroad. Margaret's father, Alexander Miller, on the other hand, according to his obituary, is known to have "amassed a competence" (an apparent complement in those days) in construction and bridge building before leaving the old sod and subsequently was to apply that expertise, with more than a little success, in Brockville for the rest of his life. The original Miller Brockville homestead, backing on the St. Lawrence River, still stands on the main road to Prescott, across from what was once the *Asylum for the Insane*. Margaret's mother, Susanna, was born either a Rankin (according to the obituary published in the *Brockville Recorder*) or a Kelly (according to the baptismal register of Ballyblack Presbyterian Church). Alexander and Margaret Miller were to have eleven children and a marriage that lasted 67 years, until they died a week apart in 1905, she on Christmas Eve, following a long illness, he on New Year's Eve, in apparent robust health. They'd been together for almost seventy years and so it was not surprising that he was unable, or disinclined, to live more than a week without her. Both are buried beneath an impressive monument in the Oakland Cemetery, Brockville.

A Certificate issued by the Loyal Orange Lodge #1 in Brockville, 23 May 1866 confirms Robert's presence in Brockville at that time while implying that he was not far from leaving by decreeing "...that all Regular Lodges of the Universe do recognize and admit him." Their marriage would have taken place before leaving Brockville (unwed couples would not have travelled together at that time) probably at St. John's Church (where all records for the period were destroyed in a fire, along with the church, in 1899). The move to Ottawa must have occurred shortly thereafter for the *Ottawa Times* reported on 17 September 1866 that Robert was already receiving many 1sts and 2nds for flowers and vegetables at the Horticultural Society's Exhibition in Ottawa. Their first-born child, a daughter Mary Ann, was born 18 July 1867 and would have been among the first born in the nascent country.

The city of Ottawa, designated the Capital by Queen Victoria less than a decade earlier, was in transition from a rough and tumble lumber town with a population of 14,000 to the seat of the federal gov-



Photo courtesy of Robert Currie  
The Curry farm house at Rideau Terrace and Noel.

ernment. In 1866, the *Ottawa Directory* proudly proclaimed Ottawa to be the "chief city of Canada and perhaps of British North America." The directory said the town was destined to be the Birmingham of Canada with deposits of iron, lead, and marble. The new neo-Gothic Parliament Buildings marked Ottawa as a site of great architectural interest and a newly-enlarged Russell House the city's grandest hotel now had space for 300 guests. There were 14 churches, four Fire Companies, and six banks. There were 10 sawmills hiring 649 men and 70 lumber merchants as well as various other manufactories. There was even a theatre!

At the birth of the new country, Robert and Margaret were residing in the newly-incorporated village of New Edinburgh (to be annexed by Ottawa in 1887) and beginning to raise a family. The *1868 City Directory* lists Robert as a 'gardener' living in Gloucester Township. The family attended St. Bartholomew's Anglican Church until the more appropriate Presbyterian Church could be built down the block on McKay Street in 1875. Additional children came at regular intervals ('69, '71, '73, '75, '77, '79, '80 & '82) sup-

ported by a gardener father who worked his modest market gardens and, afterwards, plied his harvested wares at the Byward Market. There are turn-of-the-century photographs that portray a potato patch but not much more evidence remains of what crops he would have planted, grown, harvested and sold. We know there was the requisite ice-house, and there would have been need for a horse and wagon to transport goods to market. One can imagine a vast array of fruits and vegetables being cultivated on the sloping property and suppose that there must have been some livestock and poultry as well on site. No doubt the family ate well and ate healthily. The household, as defined in the *Census of 1871*, swelled to include two toddlers, another older male, James Curry (a brother?) and a young male servant.

In late 1872 the six-acre property, adjacent to Rideau Hall, was purchased from Thomas Keefer, McKay's son-in-law and manager/executor of the McKay estate, for \$1155.25, a not inconsiderable sum for the time. The farm house, that still stands at 20 Rideau Terrace, corner of Noel Street, would have been built around that time.

Robert was, according to his *Ottawa Journal* obituary, a "well-known market gardener", a "leading member of the Horticultural Society" [sitting on the Board of Directors from 1872 and winning many honours each year at the Central Canada Exhibition], an "enthusiastic Orangeman & Conservative" and an elected school trustee for Rideau Ward (1894-6). His name stands inscribed on the inaugural [1895] plaque inside Mutchmoor Public School in the Glebe.

The city was expanding and modernizing though, by the time of Robert's death in 1901, the entire population could still have been easily accommodated in the present-day Olympic Stadium in Montreal.

Robert's time in Ottawa spanned the service of eight name-worthy, some noteworthy, Governors-General: Monck (Street), Lisgar (Collegiate), Dufferin (Road), Lorne (Greene), Lansdowne (Park), Stanley (Cup), Aberdeen (Pavilion) and Minto (Follies) and all post-Confederation Prime Ministers from Sir John A MacDonald to Sir Wilfred Laurier.

Robert and Margaret had nine children, six boys and three girls, all living to adulthood save one. Two of the daughters married the same man (though not at the same time, of course) and produced eleven Powers children.

The obituary in the *Ottawa Journal* was newsworthy, running under the by-line A Well-Known Gardener Dead on page 8 of the 10 Oct 1901 issue.

The wake and funeral of Robert Curry were held at the farm house on Rideau Terrace and officiated by Rev. Norman MacLeod of Mackay Presbyterian Church.

Orangemen sent a beautiful wreath and marched "as one" with the funeral procession to Beechwood Cemetery. The Orange Burial Service was read at the graveside as well. Robert joined his brother James. And the family name Curry became Currie almost overnight.



The name, whichever way it's spelt, is nowhere commemorated, recorded or remembered in New Edinburgh. This should not be surprising since by the First World War Robert and Margaret were both gone from this earth, the farm house had changed hands and most married offspring had moved elsewhere. Although son Edward and his family remained on Noel Street on the original Curry property until the 1950's and a granddaughter, Dorothy Sleeman (Powers) resided on Stanley Avenue until the 1970's the name and legacy of Robert and Margaret is evident only in the buildings that remain. The farm house, of course, is the oldest reminder of the family presence but all the red-brick homes east from (and including) 180 Dufferin Road continuing around the corner and along the west side of Rideau Terrace, past Noel Street, half way to Springfield Avenue, were built by his sons.

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# Lesotho Project 2010 - Rockcliffe Park Twinned with Moekoena School

**By Zoe Argiropoulos-Hunter  
Grade 6 student at RPPS**

Located in the mountains of southern Africa sits the small country of Lesotho, a country filled with poverty, disease, limited amounts of food, and orphaned children. Despite these terrible traits the country is full of love. Lesotho rests in the high mountains surrounded by South Africa. The climate in Lesotho is sunny except for the winter season when it snows. In Lesotho they speak their own language, Sesotho.

Lesotho is one of the poorest countries in the world, where most money is made by mining for diamonds, which have lagged in the world's markets in the last few years. Sadly this country has many unsolved problems: for example, 25% of Lesotho's people are infected with HIV/AIDS, which leaves the average lifespan of Lesotho's people to be

only thirty seven years of age. These diseases also lead to lost family members and orphaned children. Lesotho is suffering from a poor health care system and malnutrition from the minimum amount of food and fresh water available. Lesotho also has a lot of unemployed citizens.

**Help Lesotho**, is an organization that was founded in 2005 by Peg Herbert and is located in Ottawa. Today Help Lesotho

is an enormous team of hard-working participants and committed schools in the Ottawa area. Our own Rockcliffe Park Public School (RPPS) was the first school to enter the twinned school program where a school in Canada helps a school in Lesotho. The first school RPPS was twinned with was Guardian

Angel School. Since being twinned, Rockcliffe's amazing staff, students, and parent volunteers have been organizing charitable events. For several



**Students at Moekoena School in Lesotho.**

years, we had pen pals, which was a wonderful experience. I remember how much fun it was to read the stories and life of my pen pal. I also remember all the events that the school planned; we raised and collected so much cash and items and we all knew it was being given to a very special cause.

RPPS donated school supplies to help the children learn and even a cow, which later delivered a new baby calf! I think it's important to help these children open up a bright future, to keep them in school and let them shine. From their pen pal letters, I could really tell these children were a bright bunch of students and that they all loved school.

They were so grateful for the privilege of going to school and were working so, so hard.

When the director of Help Lesotho, **Stephen Kendall**, came to visit us this year he explained that it was important to keep these children in school and give them a good education, so that they could have a future and no longer suffer from poverty.

This year and last at RPPS we

have twinned with Moekoena School in Lesotho. I have participated in the charities that Help Lesotho and the school has organized, like volunteering at the school's annual book fair, buying cupcakes at the Lesotho bake sale, and I'll be volunteering at the Help Lesotho dance to support our friends in Moekoena. Our school has already donated lots of money, and things like socks and toothbrushes to the school.

So as you can see, in order to help the children of Lesotho it is important to PARTICIPATE! In what? Possibly the many events that RPPS has organized. Like me, many people have realized that you can help Moekoena's children by doing anything from buying a cupcake at bake sale to attending a dance. You just have to open your heart and realize that this is for a tremendous cause.

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## The Mighty Popo Performs at RPPS Family Dance for Lesotho

**By William Handfield-Jones  
Grade 6 student at RPPS**

Think about one of the 7th poorest countries in the world, 25% of the people are sick or dying. There are no wild animals left in the country other than the stray animals or rats. 50% of the people in the area of Moekoena are sick. The International Health Organization once predicted that the population of the country would be wiped out by 2015.

This is Lesotho.

Lesotho is one of the most desperate, dire countries in need on the planet. There are many different diseases in Lesotho including HIV/AIDS and TB. Rockcliffe Park is one of the many schools twinned with schools in Lesotho. Our main focus is Moekoena School. In that area of Lesotho the

schools and houses are falling apart and everyone there is in great need.

Fortunately for them they have different schools including Rockcliffe Park to help. But still many people there die on a regular basis. The average life expectancy in Canada is above the age of 80, in Lesotho the average life expectancy is the age of 37. So in other words I would be approaching the middle age of my life.

Moekoena School is in need and any contribution can help support our friends there. So we are having a Family Dance on March 26, 2010 at our school. We are busy doing publicity, making decorations, and volunteering at the dance. It will be great to see The Mighty Popo too. It should be great fun and all money will go to our twin school Moekoena.



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# Racing for Literacy and Fun

By Isobel Bisby

The starter pistol hasn't been pulled but the Amazing Book Race has begun. The annual fundraising event, which ends in Stanley Park, is currently looking for sponsors as they gear up for the event on June 5, 2010.

The race is a local fundraising event that will help fund Ottawa-based family literacy programs offered by non-profit Alternative Learning Styles and Outlooks (ALSO).

"The Amazing Book Race is our most important fundraising event," said ALSO Executive Director Kim Oastler. "It's a fun day for everyone involved and the money raised goes to providing needed services in our community."

"For sponsors, it's a great

opportunity to attach themselves to a fun, high-profile event while also showing their support for a valuable community program," says Oastler.

ALSO has been providing free literacy services to adults and families living in downtown Ottawa, including pre-employment training and job readiness, for the past 28 years. The family literacy program provides fun and educational services to over 200 local families each year, relying solely on donations and sponsors. In October 2009, they expanded their services to deaf and hard of hearing adults and families in Ottawa.

The race is a fun-packed day of teams of four to five people racing on foot and by bus to various checkpoints in Ottawa.

These will include libraries, bookstores and other public venues. In order to move to the next checkpoint, each team must perform an entertaining literacy activity. The first team back wins the race. The event will start and end in New Edinburgh's Stanley Park, with a barbecue, award celebration, music and an inspirational talk by a local celebrity.

There are a range of sponsorship opportunities available. Anyone interested should contact Sparrow McGowan at [bookrace@also-ottawa.org](mailto:bookrace@also-ottawa.org) or 613-261-3217. For more information about ALSO, visit [www.also-ottawa.org](http://www.also-ottawa.org).

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For more information about the tour, or how to purchase tickets, please contact **Carolina McLaughlin** at 613-748-3869 or by email: [iode.laurentian.chapter.ottawa@gmail.com](mailto:iode.laurentian.chapter.ottawa@gmail.com).

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# Rideau High School Hosts Breakfast for Haiti Relief

By Ben Kennedy, Grade 11 Rideau H.S student

You know what they say. When the going gets tough, the tough get going.

Things have certainly been tough for Haiti lately. And Rideau staff and students wanted to help.

And so, on Thursday, February 4, on one of those bone-biting mid-winter mornings, they held a pancake breakfast in Rideau's bright and spacious cafeteria to benefit the Red Cross' **Haiti Relief Fund**.

Oh, the things we do for humanity! Getting to the school for the start time of 8:00 was certainly a challenge for some (parents included!), but hey, our hearts—and our appetites—were strong. And our efforts were well rewarded as we were quickly fortified by coffee, juice and delicious pancakes.

Not only was everything beautifully organized, but we certainly had good company. Rideau High School students, staff and community members, along with the always-

warm and enthusiastic staff of Rideau's two daycares, came out in strong numbers to support this good cause. Four students even braved the cold outside the school, holding signs on the sidewalks, inviting passersby to come in. Vice-principals **Monica Leonhardt** and **Paul Hutton** had a slightly warmer job, greeting one and all inside.

A donations table manned

by students and staff gratefully accepted contributions, large and small. The final count was indeed respectable. Rideau raised \$2,200—a great feat for a school of just over 500 students. This sum will be matched by the federal government, so altogether \$4,400 will be heading to Haiti to help it rebuild thanks to Rideau's efforts.

Way to go Rideau!



Rideau High School students Aawo Farah (left) and Sumeya Osman working hard to help Haiti.

# The Rockcliffe Responds to Disaster in Haiti

By Mary Albota RN

Initially we learned about the event as did most people, from the awful reports on television that had started to trickle in on January 12, the day of the disaster. We were horrified, residents and staff alike. The disaster took on a special immediacy knowing that our chef, **Josette Paul**, had family in Port-au-Prince. On the following day, a giant pickle jar, duly cleaned and prepared by the kitchen crew, was installed at the reception desk ready for donations. They started pouring in immediately, quarters, loonies, toonies, and five dollar bills. However, word of mouth consensus judged this measure to be insufficient given the magnitude of the event. The Rockcliffe could, and should, do better.

So better it shall be, we decided, and began to mobilize. An official Red Cross station was the way to go. First responder was **Mrs. Joy Maclaren**, no stranger to organising for worthy causes. Joy in no time had gotten in touch with a contact known to her at The Red Cross, and within two days we were in possession of an official blanket bearing the Red Cross insignia, the flag, the posters and the record sheets for income tax purposes. A call over the PA system requesting volunteers to man the station yielded 14 residents ready to take up their posts in the lobby. We sat around tables in the cocktail lounge and made up teams of two volunteers to cover the station at mealtimes, which we agreed was the best time to see the most people. Residents **Dr. Bill Jeanes, Bill Van, Peter Martin, Marlis Blackstock,**

**Syd Davie, Margaret Thomas, Marie-Josée O'Sullivan, Joy Maclaren, Bev Dewar,** and staff in the persons of Activity Director **Catherine Bourque** and Executive Director **Mary Albota**, put their collective shoulders to the wheel and pushed. We had decided that every effort must be made to help neighbours in our own hemisphere, in effect the people down the street.

The response was astonishing! In a mere two and a half days we collected the sum of \$23,400 which we proudly turned over to The Red Cross. By this time the Government of Canada had pledged to match the funds. As a community we were gratified and deeply happy that we were able to help in a substantial way to relieve the misery and suffering of our Haitian neighbours.

It is with great pride that I offer this small account of a group of people with generous hearts, motivated by kindness, decency and compassion, who joined together to help as best they could and thus make a difference. Such people are found at The Rockcliffe Retirement Residence, and I thank them.

Note: The pickle jar remains in its place at reception, and donations continue to be received.

*Editor's Note: In early March, Mary Albota took early retirement from The Rockcliffe and we hope is now enjoying some well earned rest. We wish her the very best in her future endeavours, and thank her for her outstanding contribution to the retirement community in our area during her years with The Edinburgh and The Rockcliffe Retirement Residences.*



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## Int'l Youth Accord on Biodiversity Official Launch Takes Place at St. Laurent Academy

The *International Youth Accord on Biodiversity* was officially released for signing and support from the public on Wednesday, March 3, at St-Laurent Academy Elementary and Junior High School in Ottawa, with representatives from **Environment Canada**, the **Museum of Nature**, and **Jane Goodall's Roots and Shoots** in attendance. The accord was created by a group of young people from around the world, with some core leaders from St-Laurent Academy under the direction of **Michael Leveillé**, Science Teacher

and Executive Director of *Biodiversity Matters*.

The *International Youth Accord on Biodiversity* has been welcomed by Dr. Ahmed Djoghla, the Executive Secretary of the Convention and will be presented at the tenth meeting of the Conference of the Parties (COP 10) of the Convention on Biological Diversity in Nagoya, Japan in October of this year.

Many of the youth who created this collective youth statement on biodiversity directed at the world leaders, attended the Second International Youth

Accord on Biodiversity this past July in Ottawa, Canada. Countries represented on the steering committee formed from this symposium include the United States, Uganda, Barbados, Mexico, Indonesia, Australia, and Canada. Several other countries, including Cameroon, Spain, India, Sri Lanka, and Honduras, are also involved.

**Eric Gauthier**, a Grade 6 student at St-Laurent Academy explained the significance of the Accord: "The International Youth Accord on Biodiversity is important because it empowers us, the youth of the world, to speak and have a voice.... in our future and our children's future. It gives us the right to speak for the world, the environment, and its beautiful ecosystems. It gives a chance to the world's species to survive." The young organizers are attempting to get as many signatures of support from around the world as possible via their online forum at [www.biodiversitymatters.org](http://www.biodiversitymatters.org).

More information about the accord can be found at [www.biodiversitymatters.org](http://www.biodiversitymatters.org) which is hosting the youth accord, and

background on the Convention on Biological Diversity is also available at <http://www.cbd.int/>. This accord is an opportunity for both youth and adults to sign on to help conserve and promote Biodiversity during the International Year for Biodiversity. The Accord aims to promote the work of the convention among young people around the world, and will

serve as a means of bridging the gap between those from all generations who are committed to the preservation of biodiversity.

### Contact Information:

Michael Leveillé, Executive Director, Biodiversity Matters  
415 St. Laurent Boulevard,  
Ottawa, Ontario, K1K 2Z8  
613-842-9989  
[www.biodiversitymatters.org](http://www.biodiversitymatters.org)



Celebrating youth and biodiversity during the International year for Biodiversity.



## Laughter Yoga at Governor's Walk

The residents at Governor's Walk Retirement Residence would like to thank instructor **Sylvie Dagenais** for giving us a great session of laughter yoga. We also enjoyed sharing our laughs with CTV who filmed our session for their noon hour news program

with **Leanne Cusack**. All the residents had a lot of fun and look forward to Sylvie coming back for more laughter yoga in the spring.

To attend laughter yoga at Governor's Walk or for more information please call 613-564-9255.

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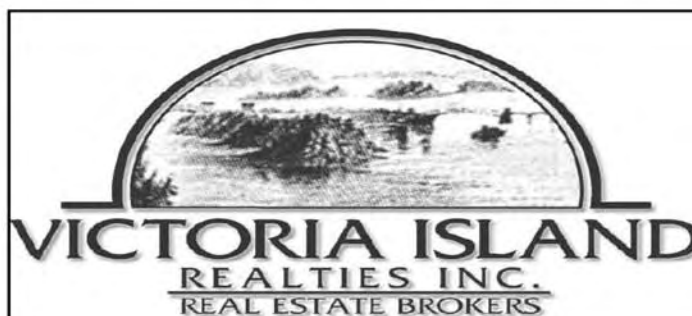
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# Yoga Meets Dance in *The Goddess Revealed*

By Anjali

Inspiration for Yoga meets Dance, has been incubating over many years. My love of Indian art and culture began when I was working with Canadian University Service (CUSO), teaching and living for two years in Chennai. At that time Krishnamacharya, the yoga master who taught both BKS Iyengar and Pattabhi Jois, now famous for their own unique systems of Yoga, was teaching in Chennai along with his son Desikachar. All classes were individual and usually concluded with a cup of hot Madras coffee.

The arts and philosophy of India are interlinked, and dance and yoga are no excep-

tion. It is inspiring to recognize the similarity in certain poses. One important example, the pose known as *alidha* in dance and sculpture appears in yoga as *warrior pose virabhadrasana*. In our creation of "Yoga meets Dance", Basia Going of Adishesha Yoga and I explored yoga poses and how they are reflected in the body language of South Indian dance. We also carefully examined Indian temple carvings, inspired by the interconnection between dance, sculpture, art, yoga, myth, philosophy and music. In dance, the rich language of hand gestures and facial expressions brought a new dynamic to yoga postures. Both arts emerged as an

integral part of ancient Indian thought. As Basia and I developed the dance we were struck by the power and wisdom that these two ancient forms were revealing for us.

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For Basia, the greatest challenge was to move exactly according the rhythm (*tala*): to count and keep track of the number of repetitions; to hit the high point of the posture at the same moment as the music; to make sure that the transition was completed after a certain number of rhythmic cycles. For me, the challenge was to design movements that would complement the graceful and strong poses that Basia presented—for example, as she lifted her leg in *padangusthasana*, holding it aloft while gripping her toe.

**Yoga meets Dance** will premiere at Arts Court Theatre on April 9-10 at 7:30 pm as part of *The Goddess Revealed*, a mixed-media event with dance, video and masks.

"Journey back in time to savour the classical arts of

## The programme includes:

### Prayer to the Goddess

In India, the Goddess takes a myriad of diverse forms. Her beauty, benevolence and power demand attention. Performed before temple images which capture the lushness and joy of life in which *kama* (desire) is an accepted pursuit.

### Nava Rasa

The unique aspect of India dance is the nine emotions (*Nava Rasa*). To master these emotions Anjali practised for innumerable hours over many years, in front of her teacher PV Balakrishnan, with clarified butter in her eyes, moving them to exact counts in specific rhythms.

### Bhima goes to the mountains

An insight into the ancient vision of the forest in traditional Indian thought. The choreography is perceptive of how elephants, tigers, snakes, peacocks and deer inhabit the natural world. Tinged with humour and the fantastic it culminates with a snake swallowing an elephant. Breathtaking video of Himalayan peaks, and wild animals in the jungles of India are backdrops.

### I Know all Your Secrets (Poem)

Taught to Anjali by a former temple dancer, it reveals much about Indian society, as the dancer complains about the wayward actions of her husband.

Play and performed to an original score by the percussionist **Paul Vaillancourt**. The Sun Goddess, offended, withdraws into a cave, plunging the world into unknowable darkness. Unable to endure this, the gods place a mirror in front of the cave and lure her out by laughing. The Sun Goddess emerges and is transfixed by her beauty reflected in the mirror.

### Teyyam (Video)

An elaborate ritual of possession and prophesy connected to the Goddess has persisted for millennia. The mediums wear extravagant costumes and immense headdresses, whirling, leaping, and at times rolling on hot coals. This video, shot during several all-night *Teyyams* in Kerala gives a fascinating glimpse of this extraordinary ritual.

### Yoga Meets Dance

Yoga *asanas* (postures) and the *adavus* (steps) of Indian dance reflect the *Mandukya Upanishad*: "The past, the present, the future—everything is within the word Om."

### Anjali and Company: Dance Video, Masks

### The Goddess Revealed

Arts Court Theatre (2 Daly Ave)

April 9-10, 7:30 pm

A reception with Indian snacks follows (Included in the price of admission)

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# CERP Workshop: Energy Efficiency Fixes for Every Type of Home

**By Sarah Anson-Cartwright**

Figuring out what we can do to improve the energy efficiency in our homes is an ongoing exercise for many of us. Yes, we realize there might be a few changes here or there that might make a difference to our heating or electricity use. Yet we might not be sure about what's really needed or if the changes we have in mind are the best ones to pursue.

Enter the experts. Local contractors **Adam Gooderham** of The Renovators and **Franklin Menendez** of One Quarter Saw were on hand at a recent discussion session hosted by **Jane Thompson**, Architect. Jane and her staff are leading the year-long **Community Environmental Reduction Program (CERP)**, with community workshops planned throughout the year to help residents determine how to reduce their carbon footprints in a variety of areas starting with home energy use.

Adam's philosophy is to reduce our energy needs by sealing our houses. The first and the most helpful step is usually to insulate. There may be several areas where you

will need to add insulation. Experts such as Franklin or Adam can make these assessments. (Franklin also conducts home energy audits and is familiar with all the existing grants available through the ecoENERGY program.)

Often what is needed is to insulate at the ceiling level, plus at the roof all around. If you have an attic, that may be another prime location for insulation. Seal holes with caulking too; sounds simple, but it is well worth tending to. For those looking for a "green" insulating material, consider cellulose, whose cost can be covered in part by grants, according to Franklin.

Others like myself may have to consider the basement, where insulation may help improve the temperature in the living room in wintertime. Semi-detached homes may have a shared wall that can be an issue; or as Adam says, "It's one giant chimney."

As I listened to residents' questions and the experts' answers, I realized that every home is a little bit different, and each home requires its own "fixes for efficiency," so

to speak.

Here are a few additional thoughts from Adam and Franklin on a range of topics:

**Turn down your thermostat** – good advice for those of us with forced air systems. But if you have cast iron radiator systems, don't turn it down more than 2 degrees, says these experts

**High-efficiency furnaces** – Franklin sees lots of 20-year-old high-efficiency furnaces and "some are good." Again, an expert's opinion may help you decide whether to change your furnace.

**Hot water tanks** – on-demand tanks tends to be more efficient due to being more modern in design. A typical heater is running 24/7 and losing heat all the time.

**Mini-split units** – these are air source heat pumps. They are a new technology that are an option for homes heated with radiators (hot water heating), since they do not need a duct system. They run on electricity and can be very efficient. Units run about \$3,000 each.

**Geothermal heating systems**

– Franklin notes that most buildings are too small for this approach.

**Solar hot water heating** – remember that your hot water needs are greatest when available water is least likely to be warmed by the sun, i.e. winter

Franklin also recommends checking out the website [www.BuildingScience.com](http://www.BuildingScience.com) for information from retrofit guru Joe Lstiburek. [In the section

on Energy Efficient Retrofits, check out Lstiburek's article called "We need to do it different this time," a wide-ranging review of the last energy crisis in the 1970s and some good advice for issues in homes today.]

For more info on the ecoENERGY program and the grants available, check out the Natural Resources Canada website at: <http://oee.nrcan.gc.ca/residential/personal/grants.cfm>.

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# For the Birds



By Jane Heintzman

## Migration Miracles

By the time this edition reaches our readers in April, the spring migration will be well underway, and the long winter's song bird drought will thankfully be at an end, as the **red-winged blackbirds**, **American robins**, **song sparrows** and other early arrivals flock into our area to begin their important work of creating the next generation.



American Robin.

While I did spot a pair of **American robins**, sharing a large poplar tree with several **downy woodpeckers** on February 20, my suspicion is that these were among the small contingent of over-wintering robins in this area, and that the migrant population is yet to come. My neighbour **Sue Abbott** confirmed this hypothesis when in late February,

she reported seeing literally thousands of American robins roosting near her winter abode in Charleston, South Carolina, and (I hope!) en route to these parts.

As we reported in this column last April, a recent York University study on the Spring Migration, published in *Science* magazine last year, revealed that a test population of **purple martins** and **wood thrushes** were able to cover an astonishing *500 miles per day* in the course of their return trip north, travelling at speeds about three times higher than previously estimated. An even more fascinating twist to these test results is the fact that the flying speed of these migrants is between 2 and 6 times faster on the spring migration than on the trip south in the fall, suggesting that the breeding imperative is a powerful instinct indeed!

## Woodpecker World

As I write in early March, however, it is still early days in the migration season, and the overwhelming ornithological phenomenon out there is the **woodpecker** world that is noisily going about its spring rituals in the wooded areas of our community. Lovers of a tranquil stroll around the woods in Rockcliffe will find little in the way of quiet serenity these days, as the incessant drumming, whinnying and squeaky calling of **downy**, **hairy** and **pileated woodpeckers** fills the

air. While woodpeckers have been in evidence throughout the winter, in recent days, their numbers appear to have exploded, and their activity levels escalated to a positively frenzied pace as they stake out their nesting territory.

In the course of my daily dog walks, I've encountered a seemingly endless parade of **hairy** and **downy woodpeckers** flitting furiously from the Pine Hill Woods into the Rideau Hall grounds and back again, whinnying raucously as they go. When they come to rest on the trunk or branch of a tree, they set to work drumming out their resonant tattoo which, at this time of year, is likely to be an exercise aimed at claiming territory or attracting a mate, as opposed to an excavation for insects. The two sound patterns are apparently distinguished by the speed



Photo: Francine Ouellette  
Downy Woodpecker.

of the tapping, which in the breeding context is considerably more rapid than when the bird is drilling for food.

For the novice birder, the **downy** and **hairy woodpeck-**

**ers** are devilishly similar, both sporting contrasting black and white colouring, including black wings checkered with white, and in the case of the male, a red splash on the back of the head. There are some noticeable differences, however, which can help to distinguish the two look-alikes. At 7-10" in length, the hairy is considerably larger than the downy which is a more diminutive 5-6 1/2", and sometimes easy to mistake for a song bird (until you hear the noise it makes!)

The hairy's prominent bill, which is very nearly the same length as its head, is noticeably longer than the downy's modest thorn-like beak, and its markings include a longer and more distinct black mark



Photo: Louise Imbeault  
Hairy Woodpecker.

on its shoulders. There is also a slight difference in the whinnying call of the two species, with the downy's call dropping perceptibly in pitch at the end of a sequence, while the hairy's does not. The distinctive feeding habits of hairy and downy are another useful clue in their identification, as the hairy tends to forage along the trunk and main branches of a tree, while the downy mines the smaller twigs and branches, and even goes after the insects living in the stems of dried weeds.

The much larger, almost crow-sized **pileated woodpecker**, the inspiration for the legendary Woody Woodpecker of cartoon fame, needs no introduction to most readers. With its lumpish black body and brilliant red crested head, combined with its penchant for the machine-like excavation of anything from dead or dying trees to telephone poles, it's never difficult to spot. Nor is its telltale legacy of cavernous rectangular holes in trees throughout the woods. The pileated has been much in evidence around the Rockcliffe area this spring, and in the course of my walks, I have regularly watched its distinctive, almost drunkenly undulating



Photo: Wade Clare  
Great Horned Owl.

flight pattern, and been regaled by the raucous *kuk kuk kuk* call which reverberates in its wake. Like its downy and hairy cousins, the pileated stakes out its nesting territory in the early spring in preparation for the lengthy (3-6 week) process of excavating its nesting cavity.

## The Owl And The...Skunk?!

On numerous occasions between mid-February and early March, I heard (but never actually saw) a **Great Horned Owl** in the Pine Hill Woods in Rockcliffe. For a variety of reasons, I am pretty confident of this identification despite the absence of visual confirmation. To begin with, the Great Horned Owl has been a regular resident in those woods since I first moved into this area thirty years ago. More importantly however, I was able to precisely match its distinctive (and haunting!) "*Hoo-h' Hoo-Hoo-Hoo*" call to the call recorded on the Cornell website, and eliminate a number of the other possibilities, such as the **Barred Owl**, in the process. An even more definitive clue to its identity was the powerful smell of skunk that on several occasions coincided with the owl's calling.

The Great Horned Owl, so named because of its distinctive "ear" tufts, is notorious as the only creature that regularly consumes skunks, along with the other items on its extensive dietary repertoire, including crows, peregrine falcons, osprey and other large prey. It is among the most widespread and commonly seen owls in North America, as well as one of the earliest to breed, beginning the process in late January and early February. In keeping with its other domineering habits, it rarely makes its own nest, but instead takes over the nests of other large birds such as crows, red-tailed hawks, ravens and even squirrels. As the most important predator of **American crows**, the **Great Horned Owl** has earned a deservedly bad rap in that

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community, and is regularly mobbed by flocks of screaming crows, (which is how I was first able to spot one in the woods many years ago).

#### Finch Facts

While the population of **winter finches** was dramatically reduced this past winter, owing largely to a failure of the spruce cone crop in our area, I did discover a lively flock of 20-30 **house finches** along Stanley Avenue, on some occasions clustered in the gorgeous blue spruce in front Governor's Walk Retirement Residence, and on others, congregating at the edge of Stanley Park near the Keefer Street entrance. In the drab landscape of the late winter, the rosy red colour of the male house finch is a welcome sight, and reportedly comes from the pigment contained in its food during the moulting season. Perhaps not surprisingly, the female of the species selects the reddest male she can get during the breeding season, presumably calculating that a brightly coloured mate should be a bold defender of the nest.



**House finch.**

House finches were originally introduced to Eastern North America in the 1940's when a group of them was turned loose in Long Island, New York after an abortive attempt to sell them as caged birds, or "Hollywood Finches." Since then, their numbers have exploded, with the population across North America now estimated at up to 1.4 billion birds. As I noted in my recent encounters, they are extremely sociable birds, and tend to hang out in large flocks of a hundred or more. A helpful clue to their identification, if you aren't close enough to spot the red heads and breasts of the males, is that they tend to perch at the highest point in the tree, frequently drawing attention to themselves with their cheerful warbling song.

Thankfully **American goldfinches** also stayed around this winter, though until recently, did not deign to visit my lonely backyard nyjer seed feeders, possibly because of the lack of protective cover around the leafless mountain ash where the feeders hang. Now, how-



**American Goldfinch.**

ever, the goldfinches are back with a vengeance, and I can regularly count a dozen at a time at my feeding stations. As I write in early March, the males are still in their dull, olive-coloured winter plumage, but in the coming weeks will begin their spring moult, when the old feathers are pushed out and replaced by the brilliant yellow and black plumage of the breeding season. Ornithologists conclude that the purpose of this transformation is like that of the male house finch, i.e. to attract a mate, and it is speculated that the goldfinch's unusually late breeding season (July to September) is dictated by the timing of the moulting process.

By now most readers will have had the pleasure of hearing the melodious conjugal duet of mating **Northern cardinals**. While they too have been around throughout the winter, they have only recently resumed their glorious vocalising as the breeding season gets underway, and their territory is staked out and fiercely defended. Like the house finch, cardinals were also exploited as a valuable caged bird in the 19th Century, when thousands were trapped in their southern range and shipped to northern markets, as well as to Europe. The practice eventually came to an end with the passage of the *Migratory Birds Act* in 1918, and in the course of the last century, the cardinal's range has steadily expanded north, following the Mississippi River and its tributaries. They are now widespread in this region, and a welcome yearlong presence in our urban landscape.

#### Counting Crows

No survey of the birds in our community would be complete without mention of the ubiquitous **American crow**, which has been around this winter and early spring in significant numbers. Much like the ever-present **black-capped chickadee**, the crow is perpetually vocalising and most often in motion, but unlike its more diminutive counterpart, its presence is anything but cheerful and beguiling!

**Reports from Our Readers:** Manor Park naturalist **Dave Collyer** reports that in the

course of his recent birding rambles at Macoun Marsh, he spotted 7 **black-capped chickadees**, 2 **Northern cardinals**, 12 **American crows**, 3 **woodpeckers** - a **pileated**, a **downy** and a **hairy** - and 10 **slate coloured juncos**. (St. Laurent Academy's **Mike Leveillé** also reported large numbers of juncos around the Marsh on a regular basis, so possibly the New Edinburgh junco population - which was non-existent this year, at least in my experience - relocated down the road to the Manor Park area!)

In his own neighbourhood in Manor Park, Dave encountered 2 **American robins** and several **European starlings**, while in the area around the Rockcliffe Airport, he came across a **Northern shrike**, a.k.a. the "Butcher Bird" thanks to its particularly brutal feeding habits.



Photo: ecobirder  
**Northern shrike.**

The Northern shrike is a predatory song bird, which breeds in the Arctic taiga and tundra, but spends its winters in this part of the world. At first glance, it is relatively innocuous in appearance, with a gray back, whitish throat and chest, black wings and tail marked with white patches, and (a first clue perhaps!) a bandit's black mask. On closer inspection, however, it has a thick, menacing bill which is notched at the end to tear the flesh of its prey. It feeds on smaller birds, small mammals and insects, often impaling them on thorns, spines or barbed wire (sometimes while they are still alive...) to be consumed later when other food supplies run out. Like the **American kestrel**, the shrike will sit for hours on an exposed perch waiting and watching for its next meal, swooping down to seize its prey near the ground and killing the hapless victim by biting through its neck. Its call is as unattractive as its feeding habits, consisting of a barrage of harsh, rasping notes, trills and whistles.

Expert birder **Edwin Daudrich**, following up my tip about the **Great Horned Owl** in Pine Hill Woods, discovered instead a **Barred Owl** in the middle of the woods,

surrounded by an angry mob of **American crows**. While the Barred Owl is occasionally among the prey of its Great Horned cousin, the two species quite frequently co-exist in the same territory.

**Philip MacAdam** reports that his feeders have been inundated by **American goldfinches**, along with numerous **black-capped chickadees** in the early stages of moulting, **Northern cardinals** and a pair of what he tentatively identifies as **purple finches**, though he concedes that given the relative rarity of this species these days, the may in fact be **house finches** (which are anything but rare!)

**Vicki Metcalfe**, our regular "Foreign Correspondent," spent part of February on Jekyll Island off the coast of Georgia, a magnificent birding site from which she has reported each winter for several years. Thanks in part to the unseasonably cold weather this year, the bird population on Jekyll itself was less abundant than usual, although Vicki did spot **hooded mergansers**, a **juvenile bald eagle** on the hunt, several flocks of **mourning doves**, and numerous **red-tailed hawks**, which she picked out on the road trip down to Georgia.

The birding highlight of her

trip, however, was a day long excursion, with a naturalist guide, to **Little Saint Simon's Island**, a private preserve that is open to day trips by groups of wildlife enthusiasts. Vicki's full report will be posted on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca), but suffice it to say that in the course of the day, she saw 51 species of birds ranging from the **American white pelican** to 4 species of **heron** - the **Great Blue**, the **Little Blue**, the **Tricoloured** and the **Black-crowned Night heron**, the **white** and the **glossy Ibis**, the **roseate Spoonbill**, the **Green-winged** and the **Blue-winged Teal**, the **Common Moorhen**, the **American Coot**, the **Greater** and the **Lesser Yellowlegs** and the **Marbled Godwit**. Interested birders should check out all the details on the website.

#### Where the Birds Are

Energetic birders, who want to make the most of the exciting spring migration season by moving beyond their backyards and our immediate neighbourhood, can find a comprehensive list of the best birding locations in the region (as well as maps of how to get there, and lists of the species likely to be found at each location) on the Ottawa Field Naturalists' Club website at [www.ofnc.ca/birding/wheretogo/index.html](http://www.ofnc.ca/birding/wheretogo/index.html).

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# Catch Up at Any Age for Retirement

By Paul James

WOW. You have a wonderful life, with great friends, a caring family and a job you actually enjoy. You have been working relentlessly the past years to please others around you, most of the time at your expense. But now you've realized that you have to make it for yourself, you need a plan, a retirement plan; but haven't started saving. The question is how can you catch up; how can you make up for all those years? The answer is relatively simple: a solid plan and a set of goals (not to mention an advisor you can trust). It will

likely take some time before you achieve your goals (especially if you have started in your 40's or later), but it surely can be done.

Now that you have decided to save for retirement you need to put into place a plan and a set of goals. Your goals will be the key to your success because you need to know what you want and how to achieve it (realistically). People with a clear picture of what they want have better odds of achieving their goals: outline the actions to be taken and a deadline to achieve them. WRITE IT DOWN! The power of the written word is priceless. Once you have all of this, you can build a plan to catch up and pave the way towards a comfortable retirement. You may have to consider the following in order to save effectively.

## Slash Spending

This is probably the most important element and likely the difference between a successful and a failed retirement plan. You might tell yourself that if you make a lot of money, you need not worry about your spending; but remember, building wealth is not about making a lot of money but how you manage the money you have. The real issue is how to avoid burning every dollar you earn

on things that are not essential. Everyone has something they can give up to save money: e.g. cut extra TV channels, smoking, or even driving to work. The results can be BIG: if you and your spouse manage to save \$15 (each) a day by cutting on unnecessary spending at age 50, by the time you reach 70, these savings invested at 8% per year could amount to around \$500,000!

## Eliminate debt

OMG I have to have it, now! This should no longer be followed by the sound of a credit card slapped onto the counter. The crippling interest that we pay on credit card and other loan balances can amount to more than the price of the items we purchased if we carry the balance indefinitely. Get away from high interest rate by consolidating your debt onto a lower interest rate like a line of credit or mortgage.

## Save like a squirrel

Well you don't actually have to store your money in a tree but the next best thing is likely a high interest savings account or tax-deferred investment account. You should make this process as easy as possible to increase your chances of success. Choosing an automatic saving plan that matches your

paycheque dates is often the right choice. The point is to stash your savings where you "can't touch it" and spend the rest guilt free. Send your money to registered tax deferred plans first like RRSPs and TFSA's and then into saving accounts and non-registered accounts.

## Invest in growth

Because you started a little late we need to speed up the process. This is achieved by investing in tax deferred plans and in stocks (as opposed to bonds). Stocks tend to keep up with the cost of living and can provide income at lower tax rates. Follow proper investing by putting "your eggs in different baskets", split between stocks and bonds, and consider risk for return. Consult a good investment advisor if this is too much for you to undertake.

## Own your house outright

Housing cost will be your biggest expense so paying it off as soon as possible will provide you with the most breathing room. Servicing a \$200,000 mortgage could cost you as much as \$700,000 before taxes. This figure contains the cost of the interest on the loan and the money you made and paid on taxes. Retiring in your debt-free home is key because you might experience lower income and struggle paying for the home. If you own your home already, become a land-

lord and collect cheques from paying tenants.

The advice in this article is the same advice I give to all my clients looking to build their wealth. The only difference is that if you are a late starter, you may have to put in more effort and discipline. Use all the tools at your disposal like tax-deferred accounts, automatic savings, low-risk investing, and appreciating real estate. Once your plan is in place you will feel a greater sense of control over your future.

*Paul James is a financial advisor with Ten Star Financial Inc.*



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# A Dinner Fit for Royalty

By Joseph Cull

Hats off to **Cindy Ryley**, Queen of the Kitchen, along with her merry-makers and conspirators **Catherine** and **Jonathan Blake** (Cindy's daughter and son-in-law), and neighbouring sommeliers, **Pierre Deschamps** and **Nicole Vallée**! In late January, this talented crew prepared an extravagant evening of mouth-watering gourmet dishes chosen in tribute to Julia Child, along with carefully selected wine pairings which greatly enriched the dining experience at Catherine and Jonathan's lovely house at 185 Stanley Avenue here in New Edinburgh.

This evening of fine dining and revelry was Cindy's generous donation to the hugely successful *Cocktails for Crichton* auction last October. As most readers know, Cindy was a founding partner of **Ryley MacLachlan Caterers** (the precursor of **Epicuria**), and offered her legendary cooking skills in the preparation of a six course dinner for eight people.

Auction Committee stalwart **Hilary Armstrong** was the lucky winner of the bidding for this item, and generously chose to invite the other members of the Committee to the feast. As mentioned earlier, the menu was carefully chosen from the cookbooks of Julia Child, including both volumes of the legendary *Mastering the*



From l to r: Cindy Ryley, Pierre Deschamps, Catherine Blake, Jonathon Blake and Nicole Vallée.

*Art of French Cooking*, with each course expertly paired with wines chosen by Pierre and Nicole. While this obliging duo of qualified sommeliers offered commentaries on each of the wines and its contribution to the meal, Cindy and her helpers were hard at work in the kitchen, and the results did not disappoint.

It was truly an evening filled with heart, passion for food, much laughter and lively conversation—all of it rooted in a collective commitment to the continued viability of the Crichton Cultural Community Centre, for whose benefit the event was organized. Cindy and her gang of foodies spared no expense in preparing and hosting this unforgettable evening, and all the guests left

feeling immensely grateful, exhilarated and ...well okay, tipsy! Heartfelt thanks to Cindy and her team for an evening to remember, and all in a worthy cause!

## 7th Annual Ottawa Eco-Stewardship Fair

There is no better place to celebrate Earth Week than at the **7th Annual Ottawa Eco-Stewardship Fair on Saturday, April 24 at the RA Centre**.

You will get to sample some wonderful local food along with a taste of the best in local wine and beer. See some of the unique and creative pieces by area eco-artists and check out dozens of practical innovations for green living that will save you money and help the planet.

There is something for everyone with exhibits in Health, Beauty and Fashion, Energy, Home and Garden, Nature, Mom and Babies, Eco-Tourism and Recreation.

New this year is a Bike Festival. Ride your bike to the EcoFair and reduce your ecological footprint! After you lock up, you can stop by the tents set up outside the north entrance and check out the variety of bikes on display and stay for a bike repair and safety demonstration.

The 2010 Ottawa Eco-Stewardship Fair is the region's longest-standing environmental event. Each year, it has grown in popularity. Last year's event was a major success with over 100 exhibitors and activities that attracted close to 5,000 visitors. Yet it still has that laid back and friendly atmosphere that brings many people back year after year.

When it comes to the environment and the health of our families, we can't do everything, but each of us can do something. Finding out how has become an annual tradition

## Antiques Appraisal at MacKay United Church

On Saturday April 24 MacKay United will be holding an **Antiques Appraisal Day**. **Janet Carlile**, an independent and accredited antiques valuer will be on site to evaluate items brought in by the general public.

Ms. Carlile's expertise is in appraising fine art, furniture and decorative arts with an emphasis on European and Canadian antiques and fine art. She has undertaken appraisals of government department collections and is an appraiser for the Canadian Museum of Civilization, the Redpath Museum in Montreal and the House of Commons, among others. She currently writes the Antiques at Home column for the *Canadian House and Home* magazine and appears as an expert appraiser on the CBC's *Canadian Antiques Roadshow*.

There will be a morning and an afternoon session where Ms.

Carlile will give the history of each item along with the market value/ estate value/ insurance value and she will explain the difference.

The morning session is from 9:00 am – 12:30 pm with a half hour break.

The afternoon session is from 2:00 pm – 4:30 pm.

There will be a charge of \$25 for 1 item, and \$15 for 1 additional item. There is a limit of 2 items per registrant. Fee includes light lunch. Please note that large furniture cannot be accommodated.

Cost to attend as a spectator only is \$10 per session or \$15 which includes a light lunch.

This is a wonderful opportunity to solve the mystery of a family heirloom or just to come and learn more about the world of antiques.

For more information please call either: 613-749-8707 or 613-741-8835.

## Classified Ads

**RATES: \$10, first 25 words; \$5, each additional 25 words, payable on submission of ad. Public service ads (such as lost & found) free. Call Cindy Parkanyi, 745-8734 or email [newednews@hotmail.com](mailto:newednews@hotmail.com).**

**NEW PARENTS!** I am a brand new parent and new to New Edinburgh and I would love to plan meet-ups or stroller walks with others in the area. If interested, give a call: (613) 858 4381.

**APT CHIHUAHUA PUPPY** for sale. 3 months old. Litter trained and ready to go home with you now! Shots are up-to-date. Call Sandra at 613-738-2231.

**DOG/CAT WALKING AND SITTING** - Your house plants are also safe with me! Emergency and regular daily walking. References. Liba Bender: 613-746-4884.

**LUNENBURG RENTAL** Large 5 bedroom house on Lunenburg harbour in Nova Scotia. Flexible weekly/monthly rentals. Call 613-232-4921 or email [headofthelock@hotmail.com](mailto:headofthelock@hotmail.com).



Last year's Eco-Stewardship Fair attracted close to 5,000 visitors who came to see the latest in environment-friendly products and services showcased by over 100 exhibitors.

at the Ottawa EcoFair.

This grassroots, community event continues to build on those traditions. It will feature food demonstrations by local chef, Jacqueline Jolliffe of the Red Apron, a popular fresh meal service that offers sophisticated comfort food, a Taste of Ottawa's Countryside offering sweet and savoury treats from the Valley and back by popular demand the 100 Mile lunch, created by talented RA Centre Chef, Darcy Ryman.

This free event is made pos-

sible by community volunteers and the generous sponsorship support of the TD Friends of the Environment Foundation, the *Ottawa Citizen*, Enbridge Gas Distribution Inc., the City of Ottawa and Rogers TV.

Mark it in your calendar now. The Ottawa EcoFair will take place on Saturday, April 24, 2010 from 10 am to 5 pm at the RA Centre, 2451 Riverside Drive, with free admission and parking. For more information visit [www.ottawaecofair.ca](http://www.ottawaecofair.ca).

**MACKAY UNITED CHURCH**  
Minister: Rev. Dr. John Montgomery

**Sunday Worship with Sunday School & Nursery**  
10:30 a.m.

39 Dufferin Road at MacKay Street  
613-749-8727

[admin@mackayunitedchurch.com](mailto:admin@mackayunitedchurch.com) [www.mackayunited.ca](http://www.mackayunited.ca)



## Burgh Bulletin Board

**Thur, April 8 & Fri, April 9, 7:30 pm**

LISGAR DRAMA CLUB production, *The Imaginary Invalid*, will be presented in the Lisgar Auditorium. Tickets available at the door, \$10 Adults, \$5 Students. This 17th-century satire of the medical profession, was first performed in February 1673 in Paris to amuse King Louis XIV. Don't miss this chance to see a great classic comedy!

**Fri, April 9 & Sat, April 10, 7:30 pm**

ANJALI & COMPANY: Dance Video, Masks *The Goddess Revealed* - Arts Court Theatre (2 Daly Ave) April 9-10, 7.30 pm A reception with Indian snacks follows (Included in the price of admission) \$25 adults \$22 seniors and students (613) 564-7240 [www.culturalhorizons.ca](http://www.culturalhorizons.ca).

**Sat, April 10, 10 am - 6 pm**  
**Sun, April 11, noon - 5 pm**

BOOK SALE - Donated books, collectors table, DVDs, CDs, Videos, Tapes, LPs. Rockcliffe Park Community Hall, 380 Springfield Rd. Proceeds support the Rockcliffe Park Branch of the Ottawa Public Library. Cash and cheques only please.

**Sat, April 15, 3 - 5 pm**

FOOD MATTERS a community workshop on making food choices for good health and a small footprint. Hosted by NecoE and Leaf, two local environmental groups. Dufferin Room of 200 Crichton.

**Sat, April 17, 8 am to 5 pm**

SOFTBALL ONTARIO CERTIFIED FAST PITCH OR SLO-PITCH UMPIRE. The Level-I clinic will be held on Saturday and the Level-II clinic is scheduled for Sunday April 18, 8 am to 5 pm. All clinics will take place at the RA Centre on Riverside Drive. To register please contact George Findley at 613-722-2620 or Gary Callaghan at 613-599-8933.

**April 22-24, 29-30, 7:30 pm**

NEW EDINBURGH PLAYERS present Shaw's *Getting Married* at MacKay United Church Memorial Hall.

Tickets are \$20 and can be reserved at 613-860-2371 or purchased at Rockcliffe Photo on Beechwood.

**Sat, April 24**

ANTIQUES EVALUATION DAY with Janet Carlile at MacKay United Church.

**Sat, April 24**

ECO-STEWARDSHIP FAIR Check out the latest and greenest in health and beauty, energy, food, transportation, recreation and lots more. RA Centre, 2451 Riverside Dr., 613-321-6193. [www.ottawaecofair.ca](http://www.ottawaecofair.ca).

**Sun, April 25**

OTTAWA B&B AND INN TOUR - Check out some of Ottawa's most beautiful and historic buildings. Call 613-237-6089 for more info.

**Sun, April 25, noon - 4 pm**

DIVA DELITE FOR DIABETES FUNDRAISER. Richelieu Vanier Community Centre. Catering by David Smith; personal pampering courtesy of Celadon Spa, Narimane Hair Design and James Pickard, RMT; "Runway Fashion" and Silent Auction. Dan "Elvis" Burgess performing! Tickets: \$47 with \$27 tax receipt from the Canadian Diabetes Assoc. Contact 613-521-1978 or [diabetesdivadelite@gmail.com](mailto:diabetesdivadelite@gmail.com).

**Sun, May 2, 7:30 pm**

MACKAY UNITED CHURCH CHAMBER MUSIC series final concert will present Brahms' String Sextet No.2 in G major, Op.36. Tickets are \$20 adults, \$15 students and seniors at the door or at the Leading Note on Elgin or at Books on Beechwood.

**Sat, May 8, 8 am - 4 pm**

ANNUAL PLANT SALE organized by the Crichton Community Council at the Stanley Park Fieldhouse.

**Sat, May 8, 10 am - 4 pm**

PARK & RIVER CLEANUP Meet at the Stanley Park Fieldhouse for this annual event. Sturdy shoes or boots and work gloves recommended.

## Easter and Lenten Services

**ST. LUKE LUTHERAN CHURCH**

326 MacKay Street

**Maundy Thursday, April 1**  
7:30 am

**Good Friday, April 2**  
10:30 am

**Easter Sunday, April 4**  
Sunrise Service 7:30 am  
Easter Worship 10:45 am.

**ST. ANDREW'S PRESBYTERIAN CHURCH**

Wellington at Kent

**Good Friday, April 2**  
11 am. A traditional service of readings and choral music, including the premiere of *Christus factus est* by Gilles Leclerc.

**Easter Sunday, April 4**

One combined service at 11:00 am ONLY.

As we joyfully celebrate the resurrection together, come early (9:30 a.m.) for Easter Breakfast!

**ST. JOHN LUTHERAN CHURCH**

270 Crichton Street

**Maundy Thursday, April 1**  
7:30 pm

**Good Friday, April 2**  
11 am

**Easter Sunday, April 4**  
Morning Devotions 8:00 am  
Worship Service 10:00 am

**ST. BARTHOLOMEW'S CHURCH**

125 MacKay Street

**Maundy Thursday, April 1**  
7:30 pm. Holy Eucharist

**Good Friday, April 2**  
10 am. The Celebration of Lord's Passion.

**Easter Sunday, April 4**  
8:15 am. Holy Communion  
10:30 am. Holy Eucharist

**MACKAY UNITED CHURCH**

39 Dufferin Road (at MacKay Street)

**Easter Sunday, April 4**  
10:30 am with Communion

**Fri, May 14, 7 - 9 pm**

WINE & CHEESE GATHERING for Art Exhibit and Sale at the Rockcliffe Retirement Residence. 15% of sales will be donated to the Crichton Cultural Community Centre. For info contact Ingrid McCarthy at 613-860-2371.

**Sat, May 15, 8:30 pm**

JUST DANCE *FUN*Raiser for the YM YWCA at the Glebe Community Centre, 175 Third Ave. Tickets are \$50 at the YM YWCA.

**Wed, May 19, 7 pm**

HERITAGE LECTURE entitled *The Dismantling of the Concrete World* by Michael Larass at the Edinburgh Retirement Residence. Open to the public.

**Thur, May 27, 10 am - 4 pm**

IODE Laurentian Chapter's 49th annual House and Garden Tour. 6 beautiful homes and gardens will be on display. Tickets are \$25.00 each. Available as of mid-April at retailers across Ottawa including Mood Moss Flowers on Beechwood and Thyme and Times Past on MacKay St.

**Sun, May 30**

RACE WEEKEND CHEERING STATION - Come out and cheer on thousands of runners as they pass through our great Community. The theme of our cheering station this year is Disco, so wigs, silver, gold, bright colors, platform shoes, have fun with it!!! Festivities begin at 8:15 am. Location to be determined. Check the website and bulletin boards for updates.

**Sat, June 5**

GOOD COMPANIONS WALK OF AGES. Join us at our upcoming walking event to raise funds to help seniors age well. You can walk for our organization or another charity that you wish to support. For more info go to <http://thegoodcompanions.ca/documents/WOApledgeform.pdf> or call 613-236-0428. Come out, have breakfast, and listen to the music of our very own Grey Jazz Big Band. Big prizes and lots of fun!

**Fri, June 11, 7:30 pm**

SPRING CONCERT: From Ave Maria to Amazing Grace - An Evening of Favourite Sacred Music at MacKay United Church. Featuring: Soprano Parvaneh Eshghi, Mezzo Soprano Sheryn Sauvé, Piano Accompanist Frédéric Lacroix. Tickets: Adults \$15, Seniors and Students \$10. Proceeds for MacKay's new grand piano.

**Ongoing until Apr 20**

ART EXHIBITION - **Izabel Barsive**, visual artist, indepen-

dant video maker and professor, questions the fragile relationship she maintains with the broadcasting industry and its platforms, in her exhibition *Une minute pour un carré blanc* (One minute for a white square), presented at Centre d'artistes Voix Visuelle, 81 Beechwood Avenue. 11 am to 4 pm, from Tuesday to Saturday.

**Ongoing**

COMMUNITY BULLETIN BOARD Do you have a notice you would like posted in the Display Case outside the CCCC's at 200 Crichton? Contact Isobel Bisby by email ([ibisby@sympatico.ca](mailto:ibisby@sympatico.ca)) or leave the notice in her mailbox at 143 Crichton. Please indicate for how long you wish the posting to last.

DIRECTORY OF RESOURCES FOR SENIOR CITIZENS of Ottawa for 2010 is now available at the Senior Citizens Council of Ottawa, 250 City Centre Ave, Ste 302, for \$5 (\$4 for individual members of Council) or by mail for \$8. 613-234-8044.



**St. John Lutheran Church**

*Feed the Need*

*Find Purpose*

*Be the Change*

**Sunday Mornings ~ 10 am**

Rev. Joel Crouse

270 Crichton Street  
613-749-6953

[stjohnlutheran@bellnet.ca](mailto:stjohnlutheran@bellnet.ca)

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



# Burgh Breezy Bits

## Farewell

**Jeannine Salisbury** (Vaughan) passed away on March 19. Janine was predeceased by her husband Brian and daughter Carol. Our condolences to her sons, **Rob** and **David** and her grandchildren.

**Margaret Mary Roche** passed peacefully on March 15, 2010 – Our condolences to her daughter **Patricia Roche** (Noel), son-in-law **Pat Woodcock** and grandchildren, **Charlie** and **Anna**.

Mackay United mourned the loss of two of their longest and most faithful members with the deaths of **Arthur Menzies** and **Graham Hudson**.

## Congratulations

**Denise Belanger** (MacKay), **Paul Chedore** (Crichton Street) and **Inge Vander Horst** (Springfield) all recently turned 40. Congratulations.

51 candles for **Pat Imbeault** the little leprechaun of Ivy crescent, fondly known as ROCKY by the neighbours. No traditional cake for this St Patrick's Day baby, just a huge caramel-chocolate covered apple on a stick - his favourite treat. Bonne Fête Patrice.



Photo: Louise Imbeault  
**Pat Imbeault turned 51!**

Happy 14<sup>th</sup> birthday to **Nicholas Parkanyi** of Avon Lane who is now the proud owner of a vintage 1911 Heintzman Baby Grand upright piano.

Happy Birthday to Queen Victoria Ave resident **Elizabeth Jorgensen** whose birthday cel-

ebration was pre-empted by a trip to emerg. Not to worry, we are assured that a new celebration is 'in the works'!

**Martin Lipman** (Ivy Crescent) has been photographing the Canadian artist winners of the Governor General's Visual and Media Awards (VAMA) for the past 6 years. His work will be featured on the March 25 online edition of *Guerrilla Magazine*; a magazine about cultural issues and artists. Martin's work will be shown at the National Gallery at an event hosted by Guerrilla on March 25. In addition to still photographs, this year Martin also shot videos of the artists. These videos will be shown during the opening of the Awards also at the National Gallery on March 31, hosted by the Canada Council for the Arts.

**Cameron Smith** and **Renata Frankovich** (Vaughan) celebrated the Olympics by volunteering. Renata was selected to be Assistant Chief Medical Officer for the Canadian Team. Cameron was working with the Biathlon events, even having a chance to ski in a television test event with many of the athletes and other support staff.

Best wishes to **Pierre** and **Elaine Fuoco** (Vaughan) who celebrated their 30th anniversary in March by taking a Caribbean cruise.

## Welcome

**Seanna** and **Mike Kreager**, their children **Bryan** and **Amelia** and their little dog named **Klover** moved to 55 Queen Victoria from Orillia Ontario and are all loving the Burgh. Seanna is a professional photographer who photographs anything, but mostly specializes in weddings and family portraits. Seanna Kreager Photography <http://www.skphoto.ca/>.

## NEW EDINBURGH NEWS

The **Chedore** family on Crichton Street welcomes their new cat, 3 year old **Gilbert** (adopted from the Ottawa Humane Society).

**Raymond** and **Joyce Dubuc** (Vaughan) are proud to announce the birth of their third granddaughter, **Grace Rae Sloan Dubuc**, who was born February 2, 2010. Parents are **Pascal Dubuc** and **Roxy Clark**. Big sisters, **Harmony** and **Maya** are thrilled.



Welcome Rae Sloan Dubuc.

## Comings & Goings

**Paula Pincombe** and **Roland Legault** (Noel) travelled to New Zealand for 10 days – Paula's Mom stayed with **Louisa** and **Charlotte** and the **Torrie** clan was a great help to her.

**Princesses Alice** and **Louisa** (Noel) saw Disney on Ice and thought that it was wonderful.

A well known comedian (well-known on a certain block anyway) reported that neighbourhood snowmen had started disappearing mid-March.

The coach of a West Virginia hockey team in town for a tournament wanted his young hockey players to experience a true outdoor hockey game (no boards). Of course, our rink was perfect for this. Thanks to **Roger Hardy** who helped out and the CCC who provided the team with hot chocolate for a perfect ending to the day.

**David Tobin** reports that daughter **Emilie**, a journalism graduate, is leaving in early



The Chedore chillins' hanging loose with newcomer to the family, Gilbert the cat.



Photo: Louise Imbeault  
**Elvis** (Del MacMillan of Tweed Ontario, 75 years old) with NES Jailhouse rockers at the New Edinburgh Square Rock-a-Thon for the the Heart and Stroke Foundation.

April for a two year stint in Botswana where she will be doing good work and promises to report back to the Burgh on her adventures.



Mrs. Bryant and Rev. Clunie display the new pew cushions.

**Mrs Joyce Bryant** a long time resident of New Edinburgh and now living at the Edinburgh Retirement Residence donated crimson red velvet seat cushions for all the pews of St. Bartholomew's church. Mrs Bryant said she made the donation because the church and especially **Reverend David Clunie** had been so kind to her during her illness last year. The cushions were custom made and fitted by a company from Texas. A special ceremony was held at the church on Sunday, December 27 indicating that the cushions were dedicated to the church from Joyce Bryant.

## Pets

The cat came back – **Simon** (Noel) that is. After the neighbourhood had been plastered with posters, Simon was located at the Humane Society. Somehow he had ended up at Bank and Kilborne.

**Keenan Wellar** (Stanley Ave) filed this report: "I had a **HILARIOUS Duncan The Dog** sighting recently...I could see him from my window very agitated at something coming up the street; he was literally bouncing up and down and back and forth with his face jutting between the iron bars - turned out it was a skateboarder on the other side of the street. Freaked him right out. Duncan's owner came out and they had a conversation that ended with a pointed finger to the door and Duncan sniffed and went inside with an indignant trot. Duncan...a true neighbourhood eccentric!"



Photo: Louise Imbeault  
**Liba Bender**, on her way to the Humane Society Fur Ball fundraiser.

**Deadline for submissions is**

**May 10**

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



Not the...

# NEW EDINBURGH NEWS

April 1, 2010



Photo: NTNEN Staff

Ward Councillor Jacques Legendre came out to see what the Burgh's newest tourist event was all about and ended up lending a hand to the hard-working blasting crew.

## Tourism "Boom" in the Burgh

By NTNEN Staff

If you have been wondering about the camera-toting swarms that have descended on the Burgh of late, wonder no more. Tourism is up in New Edinburgh, way up. In fact, business has been so brisk that Kate Croissant of Ned's Bed & Breakfast can't keep up. When asked why they come here she replied, "They come for the spectacle. The annual blasting on the Rideau has become the seminal spring event. People come from all over the world to witness this unique and mesmerizing spectacular. It is the first stop of a larger spring holiday tour that includes sugar-bushing in Vermont and concludes with the Cherry Blossom festival in Washington DC."

In fact, the event has garnered so much interest that the City is contemplating erecting temporary viewing stands beginning next year to make visitors more comfortable. There is even talk of creating a special 'Blasting the Rideau' Festival

to bring some added pomp and ceremony to the event. When asked about this possibility, a Tourism Ottawa spokesperson commented, "It is definitely something we are looking at. Ottawa is known for its festivals and early spring tends to be lacking in that regard. This could nicely bridge the gap between February's Winterlude and April's Tulip Festival."

When asked by reporters what it's like to blast the Rideau, Tom Mortimer (retired) of the blasting crew had this to say, "Well, it's pretty much like any other regular job eh, except maybe for the explosions and being out on the ice. And it's something you get the feel for after a while. In my day the new guys learned fast enough—like not to start from shore going outward. A couple of times over the falls and a guy generally starts to get the hang of it. It's one thing to land in ordinary water when you do go over—quite another when it's a big honkin' ice jam."

Another, lesser known reason

for the upsurge in visitors to our corner of Ottawa is that the local pub is fast becoming a mecca of sorts for Buzztime Trivia gamers around North America.

Buzztime is a live online trivia game that pits players from establishments across the continent against each other. "They come to meet and test their skill against one of the reigning champions of the game," explains Pub Manager Paul O'Pint. Using the moniker 'gargoyle' our neighbourhood luminary has been quietly ascending the Buzztime world rankings and is now "the one to beat".

Not everyone is pleased that New Edinburgh is now 'on the map'. Some local community groups are worried that the higher visibility will bring other problems such as increased traffic congestion, noise pollution (what with whirlygigs and horns and all) and littering. They will be working with the City to develop an appropriate mitigation plan so stay tuned.

## Canadians Prorogue Income Taxes

By Naughton Peyroal

The Revenue Accounting Office (RAO) is finding itself in uncharted waters these days. With the deadline for filing income taxes fast approaching, the revenue office reports it has received just one return as of March 31.

RAO spokesperson Donny de L'Argent revealed today that the office was seeking advice from "some very important consultants" to ascertain which course of action to take

to encourage Canadians to pay their taxes. De L'Argent went on to say, "Obviously we can't throw everyone in jail, but just what we can do is being discussed in-camera. That is the normal process we follow in dealing with public issues in an open and transparent way."

Meanwhile Hugh Kinbightme of the Organisation for Canadians Rejecting Arbitrary Proroguing of Parliaments (OCRAPP) wished the government "all the luck in the world"

in its campaign to convince Canadians to pay their taxes by the April 30 deadline. "The fact of the matter is that Canadians have had enough of being told what to do and when to do it by governments, bureaucrats and bailed-out corporations who seemed to rewrite the rules whenever it suits them," he added.

The Revenue Office Minister was unavailable for comment while he "awaits instructions from a higher authority."

## Feathered Follies

By Tammy Tweet  
NTNEN's Birding Chick

Spring is here folks, and those feathered friends of ours are returning to the neighbourhood in droves. Readers can't fail to have spotted the record-breaking numbers of **wild turkeys** which have flooded the area in recent weeks, causing monumental traffic jams on Burgh streets (their disregard for the rules of the road is legendary), and creating chaos in the cat and dog population, which seems torn between the dueling instincts of hunger and horror. As birders are aware, wild turkeys are so named for their distinctive "yee-haw!" vocalisation (song, it isn't), along with their penchant for noisy nocturnal partying.

To the amazement of the RCMP detachment at 24 Sussex, massive flocks of these turkeys converged on the Prime Minister's residence, and were apparently headed for the swimming pool when they were intercepted by beefy bodyguards who (somewhat anomalously) were heard clucking "here, chicky, chicky" in a frantic, but ultimately futile, attempt to redirect the birds back out the gate. In the end, the guards received lightning-speed approval for a Wild Turkey Relocation Project under the Government's Economic Action Plan, and the flock was spirited away in a

van emblazoned with the signature green EAP logo.

Once again our faithful readers have sent us loads of interesting sightings in the neighbourhood, notably the very rare **Podium Warbler** with its remarkable gold, silver and bronze-coloured plumage. Coincidentally, this little beauty showed up on the day of the final Canada/US Men's Hockey Game, apparently attempting to look through a picture window at the flat screen TV in bird-er Frankie Feathers' Mackay Street residence.

Other notable finds included a pair of **Plaid-breasted Boobies**, foraging at the base of the Thomas Mackay historic plaque on Sussex; a small flock of charming little **tufted tartlets** outside the bakery on Beechwood; a **ceramic-crowned kinglet**, and its mate, the less flashy **queenlet**, nesting on the window sill of the local dental clinic; and of course, large numbers of **O Canada Geese** swarming the banks of the Rideau River, and regaling area residents with their signature National Anthem-like call (traditional version). As always, there was no shortage of **sleazy starlings**, **flighty finches**, **wobble-necked woodpeckers** and **bad-assed blackbirds** (sorry, but they eat their young—what else would you call them?)

Ah, Spring!

Annual Weed Sale  
April 1 Only!!!

in the Park ... Be there or be square

1 to 6 am

