

April 2011

NEW EDINBURGH NEWS

www.newedinburgh.ca



NECA's New Edinburgh Committee
on the Environment presents

WATER WATCH WATER WISE

Sat. April 9, 2011 at 3:00 pm

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

An information session to learn about:

- **WATER AND CLIMATE CHANGE** – the impact on our water now and in future
- **WATER AND OUR COMMUNITIES** – protecting our Rideau River watershed
- **WATER IN OUR HOMES AND LIVES** – how to reduce, reuse, and why it matters

Speakers include:

- Donald S. Lemmen, Climate Change Impacts and Adaptation Division, Natural Resources Canada
- Dell Hallett, General Manager, Rideau Valley Conservation Authority
- Rick Findlay, Vice-Chair, Canadian Water Network; Member, NeccoE
- Meredith Brown, Ottawa Riverkeeper

Discuss the challenges and opportunities, let the experts answer your questions, and check out the information tables and the tools to make a difference! Visit www.newedinburgh.ca for more information.

Coffee courtesy of:

BRIDGEHEAD

Venue courtesy of: Crichton Cultural Community Centre



WATER EFFICIENCY KITS AVAILABLE
WHILE SUPPLIES LAST

Annual Plant Sale
Saturday, May 7th
at the Stanley Park Fieldhouse



8 am to 4 pm



RIVER CLEANUP DAY

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

SATURDAY, MAY 7, 2011 (RAIN OR SHINE)

VOLUNTEERS NEEDED!!

TIME: 10 am - 1 pm
PLACE: The Fieldhouse at 193 Stanley.
CONTACT: Gemma Kerr newedgem@magma.ca
DRESS: It's a mucky job, so dress for the occasion!
We'll supply garbage bags and equipment

REFRESHMENTS AND T-SHIRTS FOR PARTICIPANTS!



Photo: Louise Imbeault

The March 16 fire began in the basement of Beechwood Home Hardware and quickly spread.

Fiery Tragedy on Beechwood

By Jane Heintzman

What began as an ordinary mid-week workday on Wednesday March 16 rapidly devolved into a day-long nightmare as a raging fire consumed much of block between Hamie's Diner and the UPS store, reducing five of our landmark businesses to piles of rubble, and inflicting serious smoke and water damage on several others.

By the time the dust had settled the following day, a shell-shocked community looked on with sadness and disbelief at a gaping hole in the streetscape where once had stood **Home Hardware**, **Parker Cleaners**, **Time Sharpening** and **Nature's Buzz**. Our beloved neighbourhood institution **Lester's Barbershop** looked perilously close to collapse, and we understand it has since been consigned to demolition due to irreparable structural damage. Still standing, but

much the worse for wear with windows smashed in and extensive interior damage was **The New Edinburgh Art Gallery**, while many of the surrounding businesses, including the **UPS Store**, **Epicuria Fine Foods and Catering**, **The Co-operators** and **Piccolo Grande**, coped with extensive basement flooding, smoke damage and loss of power.

It was a horrifying and heart-breaking day for our entire community: for the business owners and their employees who watched their livelihoods go up in smoke; for the dozen apartment dwellers left homeless by the fire, and for all the residents of New Edinburgh for whom the familiar landscape at the heart of our community had been dramatically disfigured.

Thankfully, there were no casualties of the fire despite its ferocity and the toxicity of the fumes. Fire officials speculate

that a recent (2006) refit of the building to install a fire resistant barrier between the ground level stores and the apartments above may have saved lives in the blaze, as many of the upstairs residents were in their homes when the fire broke out but had time to make a safe exit.

Unhappily, however, the residents of the apartments above the burned out stores lost virtually all of their possessions, relying on help in the immediate aftermath from Red Cross Emergency Services and the Salvation Army to tide them over. At the same time, the inhabitants of the apartments at 409 Mackay Street were also forced out of their homes on account of extensive smoke and water damage, and at the time we went to press, had not yet been able to return.

The fire appears to have started in the basement of the Beechwood Home Hardware close to a stash of barbecue charcoal, escalating rapidly throughout the morning into a six alarm blaze battled by over 100 firefighters, backed by legions of police, paramedics and other support services. Black, white and yellow clouds of highly toxic smoke belched from the burning buildings as a lethal concoction of pesticides, solvents, paints and other chemicals stored at the hardware store were devoured by the fire.

By mid-afternoon, the residents of **New Edinburgh Square** were evacuated to the Good Companions' Centre on



Photo: (c) 2011 Richard Guy Briggs (<http://tricolour.net>)
Firefighters remove the Nature's Buzz sign before demolishing the building.

Continued on page 6



NECA President Joan Mason Reports

The Fire

NECA wishes to convey our community's sincere gratitude to all who came to our aid during the Beechwood fire. Within minutes the fire fighters and police, the Red Cross and the Salvation Army arrived. While we were in shock and dismay, they were prepared to immediately respond and act to protect and to care for those in distress. The Family Shelter was ready to house those who did not have family or friends that they could go to. Clothing and food vouchers were also available.

Calls came in to me immediately from neighbouring communities and many residents asking how they could help, for they know and love the Beechwood merchants. It was a long sad day that slowly destroyed the places we shop at and rely on to meet our needs. The people we know and chat with and care about who would not be there tomorrow.

NECA, the Crichton Cultural Community Centre (4Cs), The Crichton Community Council (3Cs), Lindenlea, Rockcliffe, Vanier, Manor Park and Overbrook, as well as local businesses and individuals are now coordinating relief efforts. Stay tuned!

Let us fast forward and encourage the rebuilding and the swift return to Beechwood

of Home Hardware, Nature's Buzz, Lester's Barbershop, Parker's Dry Cleaning and Time Sharpening Jewellery and Watch Repair. We shall certainly miss you in the meantime as we visit the great shops and services that remain. Go Shopping! Support the Beechwood merchants!

Keep 200 Crichton Public

NECA has not been contacted by the City concerning the fate of 200 Crichton Street into the future as our Community Centre. As we all know, it is the only large building in the area, and has been the hub of the community since 1906. New Edinburgh and surrounding communities rely on the present programs and space, and will benefit greatly when the building is secured and can offer many more services.

One thing we can all do right now is to alert our Councillor that we are solidly behind **Keeping 200 Crichton PUBLIC**. We need more services for our growing population. It would be a tragedy and a travesty for all the surrounding communities to lose this wonderful asset after all these years. Write to Peter.Clark@ottawa.ca.

The Heritage Conservation District

NECA has asked the City to obey its own Bylaws and respect our

Heritage Conservation District Guidelines. This request is now going to the Ontario Municipal Board (OMB) on April 11.

As we celebrate our 10th year as a designated Heritage District, under Part V of the Ontario Heritage Act, as a rare survival of a 19th century village and repository of so much Canadian history, it is distressing that City Planners choose, yet again, to defy the Heritage Overlay and the District Guidelines.

The City recognizes it has problems with its present infill guidelines and held four public meetings last month. The one at St. Bart's Church Hall drew a capacity crowd. So, both within and outside the HCD, there are issues that need addressing. NECA's Heritage and Development Committee is being kept very busy. Join them and help to keep our neighbourhoods charming and livable.

NECA was invited by the Carleton University Heritage Conservation Symposium, March 26, to speak about our HCD, its success and the challenges it faces. A report of the day-long symposium, with Heritage professionals from across the country, will be included in the next edition of the paper.

The Collective Act of

Kindness: 245 Crichton

The word from Jo-Anne Poirier, CEO of Ottawa Community Housing, is that construction is definitely proceeding. The new building will open this summer. NECA has seen the plans and the building is in the same footprint and is the same, or slightly less in height and mass. NECA is being consulted on the facade design, which has not yet been decided.

The Collective Act of Kindness is a partnering of all the trades and services building the Convention Centre, OCH and New Edinburgh in order to create six apartments for those in need of housing.

Latest update: Concrete will be poured next week and completed April 11-18; framing will take a minimum of six weeks

The Beechwood Design Plan

NECA will put a link to the Design Plan on the community website www.newedinburgh.ca. This Plan is for the rejuvena-

tion of Beechwood which was devised years ago. It has never been acted upon or encouraged by the City. As intensification proceeds we need to develop a Main Street that will meet the needs of the growing community and is accessible by foot or bicycle. Have a look at the Plan.

IODE House Tour, June 11

The Laurentian Branch of the IODE is holding its 50th Annual House Tour in conjunction with the celebration of the 10th anniversary of the New Edinburgh Heritage Conservation District by opening six of the district's homes to the public. This is a perfect fit, for while we raise funds for the IODE's charities, we raise awareness of our heritage and history.

Her Excellency, Sharon Johnston, will attend the Celebration Tea at St. Bart's on June 11. Plan to attend and buy a ticket from the Laurentian Chapter of the IODE.

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

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

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

Breezy Bits: Joyce Dubuc, 613-745-9904
breezybits@hotmail.com

Distribution: David Horley, 613-745-6156
horlat@magma.ca

Photographers: Louise Imbeault and Bruce McLaurin

Bookkeeper: Oksana Smerechuk

Proofreader: Sandra Fraser

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Your NECA Representatives 2010-2011

Sarah Anson-Cartwright	745-4194	Neca.enviro@gmail.com	Environment
Roslyn Butler	746-8037	roslynebutler@hotmail.com	Traffic Calming/Secretary
Gemma Kerr	745-7928	newedgem@magma.ca	Membership
Michael Larrass	744-0304	michael.larrass@rogers.com	
Joan Mason	842-8693	apresfou@sympatico.ca	
Paul McConnell	746-4901	paulmcc@magma.ca	Heritage & Development
David Sacks	740-0650	dsacks1776@aol.com	Past President
Ernie Smith	744-8191	ernie414@rocketmail.com	
Jim Watson	745-7928	watamarack@aol.com	Treasurer
Carlo Zambri	744-0773	carlozambri@yahoo.ca	
Ex officio:			
Susan Ashbrook	745-2742	communitycentre@rogers.com	CCCC Program Co-ord
Jill Hardy	746-1323		Fieldhouse Rentals
Michael Histed	741-1660	mhisted@uottawa.ca	Neighbourhood Watch
Cathy McConkey	746-0303	cjmccconkey@sympatico.ca	Crichton Community Council
Cindy Parkanyi	745-8734	newednews@hotmail.com	New Edinburgh News
Johan Rudnik	749-2811	johan.rudnick@gmail.com	CCCC President
Brian Torrie	747-7951	brian.torrie@rogers.com	Crichton Community Council



Geothermal Melt-Down

While visiting friends in Alexandria in the autumn of 2009, the conversation turned to geothermal (ground source) heating. Our friends live in a small, heritage log home on a beautiful 400-acre property. They were considering replacing their oil furnace with a geothermal one, as some of their country neighbours had done. It sounded like an ideal alternative – protecting the environment by drawing heat and cold from deep in the earth rather than using fossil fuels, and saving on heating and air conditioning costs into the bargain.

We knew we would have to replace our mid-efficiency gas furnace sometime in the next couple of years – why not look into geothermal? We had no idea of the cost involved. We had heard of a company who had done work in our area, so we started with them. Their salesperson came to our house, measured floor areas and windows, examined the ductwork and the unfinished basement. We told them that our semi-detached brick house was over 125 yrs. old.

The following week we received the company's estimate. It exceeded the maximum we were willing to spend on a new furnace, and we said so. This is where our relationship with this company should have ended. However, the discussion continued, and the salesperson inquired about the temperature we maintained in our house during the winter. When we replied that we

preferred a moderately warm temperature, he left the office to consult another member of the company.

We later learned, however, that the thermostat reading that one chooses to live with is not relevant to the system design. The system must be designed to a default temperature of 72 degrees Fahrenheit *for the house*. This means the contractor cannot size (or estimate the tonnage of) a system based on the fact that the occupants choose to live at a lower temperature.

When the salesperson returned, we were told that the company could fulfill the requirements for our house with a unit of less tonnage at less cost, this time within our budget. We were assured that the smaller, less expensive furnace would definitely qualify for the two grants that were being offered by the Federal and Provincial governments for conversion to geothermal heating and cooling.

We had not, however sufficiently researched this new technology, but mistakenly trusted the presumed 'experts.' Convinced that this company had the knowledge and expertise to install the appropriate system for our house, we signed a contract. By Christmas 2009, we had a 3-ton geothermal WaterFurnace heating system installed. The cost, including electrical and ducts, came to a little over \$34,000.

It wasn't long before we realized that not only was our house poorly heated, but that

the majority of our heat was being supplied by the electrical backup unit of the furnace. We made an official complaint to the **Canadian GeoExchange Coalition (CGC)**, a private Montreal company contracted by the Department of Natural Resources (NRCan) to train and "certify" geothermal contractors and the heating/cooling systems that they install. The approval of all installations by the CGC is necessary in order for the consumer to receive both the NRCan Retrofit for Homes grant and the matched grant from the Government of Ontario, to a total of \$8,750.

On July 16, the CGC sent us their decision: **they refused to certify our installation on the grounds that it was "significantly undersized"** According to Denis Tanguay, President and CEO of the CGC, the "CSA 448-2.02...requires that the rated capacity is not less than 70% of the design heat loss." In contrast, our new geothermal system was using the electrical backup (auxiliary heat) to supply 70% of the heating and only 30% was geothermal even though we kept our thermostat at a modest 64°F (18° C). Needless to say we did not qualify for the two grants we had been assured we would receive!

In the final analysis we had no option but to replace our grossly undersized geothermal furnace if we were not to continue incurring outlandish hydro costs. So in December 2010, almost one year to the day after our geothermal installation, we had our 3-ton ground source heat pump decommissioned and removed.

With greater care we chose a different company for a high-efficiency gas furnace installation and related ductwork. Their installation went smoothly and has proved effective to date. We would be happy to recommend them for geothermal or

gas installation upon request.

We have written this letter in the hope that by telling our story, others may avoid the mistakes we made. If you are contemplating geothermal heating and cooling, we urge that you do your due diligence *thoroughly* before making any decision. Get a number of estimates. Make sure your *home's* requirements – not yours – comply with the standard of CSA 448 regarding heat loss.

Follow the energy audit process properly – in our case it didn't help.

Finally, you might want to think twice about retrofitting an older home with geothermal. There is no doubt that, until the technology is improved, geothermal is more appropriate for new construction, or smaller, newer houses. Our 19th century brick house is certainly not a candidate!

Gyde and Rosemary Shepherd

From the Editor's Chair



Recent events have highlighted the importance of local access to goods and services. With the destruction of a number of our local businesses by the recent fire on Beechwood, we are feeling quite literally at a loss. Our happy interdependency has been knocked off kilter—but hopefully not for too long.

It is times like these when we really get a sense of what makes a community tick. One of those things is local access to community programs—programs such as the hugely popular ones provided through the Crichton Cultural Community Centre (4Cs) at the old Crichton School. These programs enlighten us and help us keep fit, they encourage our children to develop and explore in a healthy way, and they bring us together and provide a sense of community.

This local access is now under threat. After hav-

ing fought long and hard to KEEP CRICHTON PUBLIC, the New Edinburgh community may soon lose access to its core facility for neighbourhood programs. There is demand for programs, but soon we may have nowhere to house them.

When the old Crichton School goes on the market in the coming weeks, the City of Ottawa may have to decide what role, if any, to play in ensuring that the building is secured as a public asset in our community, and continues to be developed as a community resource. If they choose not to play a role, the school could well be lost to private ownership, and our residents forced to leave the neighbourhood to access community-based programs.

If you are one of those who believe that maintaining access to programs in the community is important, now would be a good time to speak up and take action. To learn more, see the 4Cs article on page 24.



Are we right back where we started? This photo appeared in the April 2000 NEN and shows a dedicated group of residents who came out to demonstrate their support for the campaign to retain 200 Crichton as a community centre. Sound kind of familiar?

NECA MEETINGS: All Welcome

The NECA board meets nine times a year, normally on the **third Monday of each month at 7:30 pm**. No meetings in July, August, or December. NECA's next Annual General Meeting will be in autumn 2011.

Our upcoming board meetings will be held at **St. Bartholomew's Church at 125 MacKay Street**, by kind permission of the church board and warden.

Board meetings are open to all New Edinburgh residents. Anyone wishing to make a presentation to the board should please contact Joan Mason in advance to arrange scheduling. Our next meetings are:

April 18, 2011, 7:30 pm at St. Bartholomew's
May 16, 2011, 7:30 pm at St. Bartholomew's
June 20, 2011, 7:30 pm at St. Bartholomew's

Any changes to this schedule would be posted in advance on the New Edinburgh website, www.newedinburgh.ca.





Reduce your carbon footprint with CSA's produce Organic vegetable baskets returning to New Edinburgh

By Sarah Anson-Cartwright
Local, certified organic vegetables will be available weekly in New Edinburgh, as Ferme Lève-tôt returns to the neighbourhood for a second year of its community-supported agriculture (CSA) program. Seasonal produce direct from a nearby farm is a great way to reduce your carbon footprint, support local sustainable agriculture, and enjoy diversity in varieties of vegetables.

"It surprises people – the true seasonality of vegetables," explains Charlotte Scott, who is one-half of the farming couple called Ferme Lève-tôt. "In June, there are no local tomatoes or beans, so it may be a bit of an education for people," says Scott.

Scott and her husband Richard Williams met Susan Jessup through a mutual acquaintance and that led to arranging their Ottawa weekly drop-off at Susan's 42 Crichton Fine Foods.

Being a partner in a CSA

The CSA program means that customers become partners and share the risk with the farmers. By signing up, customers "meet the farmer in the middle," says Scott. Customers/partners purchase a share of the harvest at the beginning of the season, and the CSA delivers vegetable baskets to a drop-off location every week from late June to mid-October.

Relying on local produce means living with the risks associated with Mother Nature.

Last year, for example, it was very hard to grow spinach and lettuce due to dry conditions, whereas the previous wet summer meant there were fewer tomatoes than usual, explains Scott.

CSAs are a way to connect with local farmers which makes environmental sense. Ferme Lève-tôt uses sustainable agriculture to produce fresh, local, certified organic vegetables. This is in contrast to industrial food production with its reliance on fossil fuels for production and transportation, often over great distances; its use of chemicals, fertilizers, and pesticides; and the loss of genetic diversity and variety that results.

By all accounts, Ferme Lève-tôt exceeded its partners' expectations last summer and earned their respect and admiration.

Selection and quality

"We were very impressed with the selection of produce, some of which we had never had before," says Caroline Matt, of New Edinburgh. "There is nothing like getting farm-fresh, seasonal produce that was harvested just a few hours ago."

Cathy Campbell, in Lindenlea, found the selection to be excellent. "There was enough variety to have a different vegetable every day of the week (or more) and what we got varied from week to week," she says. "There were even some vegetables we'd never tried before."

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The fresh herbs were well liked too by partners.

Quantity in the basket

"We are a family of five with three young children and the basket provided just enough produce for a vegetable with every meal," says Caroline Matt.

Cathy Campbell reports: "There were three adults in our house last summer and there was plenty for us." For those who might be away on summer vacation for a period, Campbell has some advice: "When I went away I just got someone else to pick them up and eat as much as they wanted. Sharing with a friend would be a possibility for someone on their own."

For a couple with a young child, one customer suggests the bi-weekly basket. "I think the less frequent pick-up is a great option for smaller families or couples who might get

overwhelmed with the weekly quantity," says Sarah Mayes, of Beechwood Avenue.

Pleasant surprises

"Each week is a little culinary adventure, because you never know what will be in the basket," says Caroline Matt. "We particularly enjoyed the different varieties of common vegetables. Our children, for example, loved the dinosaur kale."

"Be prepared to be a bit adventurous and ready to enjoy some delicious produce," says Sarah Mayes.

Meet the farmers

Speaking to Scott and hearing from partners, it's evident that she and her husband are on a mission. They are farmers and enthusiasts who share their knowledge whenever they can. Scott, for example, explains about Asian vegetables and how our climate is similar to

northern Japan's. "It really broadens your horizons," she says, mentioning the vegetables that come from acting on that knowledge.

The learning is infectious for their partners too. "We loved the weekly electronic newsletters highlights of some vegetables and giving some recipes on how to prepare them," says Caroline Matt. "Richard and Charlotte are clearly passionate about what they do."

At the time of writing, Ferme Lève-tôt had openings for new partners this coming season. Registrations are accepted on a first come, first basis until the CSA program is full. The first basket of the season is expected the week of June 21st, with weekly drop-offs in New Edinburgh at 42 Crichton Fine Foods. For more information, see Ferme Lève-tôt's website at: <http://fermelevetot.ca/>.

Water Forum to Focus on Climate Change, Watershed Protection and Positive Actions

Most of us take it for granted: water, one of Canada's great natural resources. Yet water is the subject of increasing concern by environmentalists, as well as many sectors of our economy. In our cities, the treatment of water and wastewater uses large amounts of energy. The impact of climate changes on our water supplies warrants increased awareness by public officials, the private sector and citizens, alike. And watershed protection and management is critical to maintaining the supply and quality of water that supports a catchment area.

On Saturday, April 9th, join New Edinburgh Committee on the Environment for Water Watch, Water Wise – a free information session to explore the water conundrum from a few different angles.

New Edinburgh resident and water policy expert Rick Findlay, Vice-Chair of the

Canadian Water Network, came up with the idea to focus on water and watersheds.



Findlay will share his valuable insights, as a former director of the water program at Pollution Probe. (His varied experience includes leading the project that led to the widely replicated Blue Box recycling program.)

The climate change effects on our water are critical. "Most

regions of the country have experienced water-related problems, such as shortages (droughts), excesses (floods) and associated water quality issues," reports Natural Resources Canada (NRCan). An expert in climate change impacts and adaptation at NRCan, Don Lemmen will also explain actions to reduce our vulnerability to climate change.

Given our location alongside the Rideau River and the Ottawa River, we will learn about protecting our local watershed. Speaker Dell Hallett is General Manager of the Rideau Valley Conservation Authority, an agency whose goal is to have clean water, natural shorelines and sustainable land use throughout the Rideau Valley watershed.

Lastly, we will delve into the most effective ways to conserve water at home and how certain actions – like rain water collection – can help ease the impacts of storm-water run-off. And the less wastewater and sewage we create, the lower the energy bills for the City to treat that effluence.

Free water efficiency kits, including low-flow showerheads, will be available to attendees while supplies last, courtesy of the City of Ottawa.

Event info:

Water Watch, Water Wise
Sat. April 9 at 3 pm
Crichton Cultural
Community Centre
200 Crichton St., 2nd floor
(Enter on Avon Lane only)

www.vrtucar.com

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Heritage and Development Committee - Comité Patrimoine et Développement

NECA Invited to Participate in Sixth Carleton Heritage Conservation Symposium

By Gail McEachern

Member, Heritage & Development Committee

The Sixth Carleton Heritage Conservation Symposium is hosted by the Heritage Conservation Programme, School of Canadian Studies, Carleton University. It is a one-day event which will bring together professionals and students of heritage conservation to discuss conservation through designation. Questions to be explored include:

- What is the purpose of designation?
- In what ways does designation meet-or fail-the goals of conservation?
- What are the alternative approaches to remembering the past and conserving heritage?
- What are the common issues with designation?
- What is the future of designation?

Joan Mason, President of NECA and **Gail McEachern**, member of NECA's Heritage and Development Committee will present on the topic: "The New Edinburgh Heritage Conservation District Experience: Benefits, Risks and Action Critically Needed".

The New Edinburgh Heritage Conservation District (HCD)

was established in 2001. The process of 'obtaining designation' was complicated and time-consuming both for the heritage planners from the City of Ottawa as well as for the group of volunteer community members who agreed to be actively involved in the exercise. The community at large was also invited to participate via two public meetings, and requests for comments and household histories in the New Edinburgh News.

The work began in the summer of 1997 under the direction of **Sally Coutts**, Heritage Planner for the City of Ottawa. Phase 1, which involved completing a detailed history of New Edinburgh, including the economic forces which determined the architectural evolution of the neighborhood, was undertaken by **Michael Benson**, a summer student from the Masters in Heritage Conservation Programme at Carleton University. In addition, he began the task of photographing every building in the proposed district, and filling out a Heritage Survey and Evaluation form on each property. **Paul Wear**, a graduate history student at Carleton University completed these forms the following summer. Phase 2, the Evaluation Phase

of the study, began in the fall of 1998. A team of eight residents met on a weekly basis with Sally Coutts well into the Spring of 1999, evaluating each building using the City of Ottawa's "Handbook for Evaluating Heritage Buildings and Areas". 272 houses were reviewed, and each one was rated using a point score system based on the merits of the building in terms of its history (persons of note who had lived there, or its association with important events or trends), its architectural integrity and style, and its compatibility with the heritage environment. The final step was to place the building into one of four categories, with Category 1 having the highest value in terms of heritage significance, and Category 4 being the least important. The results were: Category 1: 19 buildings (14 of which had been individually designated under the Ontario Heritage Act), Category 2: 47 buildings, Category 3: 127 buildings, and Category 4: 79 buildings.

Phase 3 was initiated in 2000 and involved analysis of the findings emerging from Phase 2, and the preparation of a Heritage Conservation District Plan. The plan included:

- recommended boundaries for

the heritage conservation district with the rationale for those boundaries

- conservation guidelines
- design guidelines for alterations & additions to existing buildings
- design guidelines for new construction in the area
- planning and streetscape guidelines
- implementation guidelines

The final plan was then presented to the Local Architectural Conservation Advisory Committee, the Planning & Economic Development Committee, City Council, and finally the Ontario Municipal Board (OMB). It received approval from all four entities, and was legally established by 2001.

New Edinburgh's Heritage Conservation District is based on the original boundaries of

New Edinburgh village when it was incorporated in 1867. It is contained within the borders of Sussex Drive, Mackay Street, Dufferin Road and Stanley Avenue. It is a particular geographical area that has been officially recognized by the city and the province as possessing important architectural and historical significance that merits special protection. The heritage designation encompasses the combination of the scale and design of its buildings, its parks and green spaces, the unique qualities of its lanes, its rich history and special neighborhood ambience. The protection that it offers through the guidelines laid out in the Conservation District Plan, and the Heritage Overlay Zoning Bylaw can ensure the legacy of times past can be respected and preserved for our enjoyment and for future generations.

Mystery House Contest: We Have a Winner!

And the winner is... Louise Imbeault, who successfully identified the location of the mysterious hidden house.

In the spirit of maintaining the mysterious and hidden nature of the house, we will not be divulging the street address. The prize is a \$100 gift certificate from a local business. Louise has chosen Pet Value.

This win is yet another demonstration of Louise's fine eye.

Louise is an excellent freelance photographer. She is available for personal, pet, and house portraits or to record special events.

Her co-ordinates: Louise Imbeault, 613.741.3292, www.louiseimbeault.webs.com.

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Beechwood Fire...

Continued from page 1

Albert Street as a precaution against inhalation of the toxic smoke which wafted relentlessly towards the areas east and south of the fire, and households in the vicinity were instructed to stay indoors, close their chimney flues and turn off their furnaces to avoid exposure to the chemical cocktail.

In a particularly cruel twist of fate, **Home Hardware** owners **Marc Clément** and **Isabelle Lamarche** had just finished restocking the store with a full load of merchandise for spring and summer, including all the painting, gardening and barbecuing supplies on which we rely as the warm weather approaches. The couple was energetically preparing for a Spring Sale in mid-May to celebrate their third anniversary on Beechwood, and our NEN news team had prepared a cheerful photo story to mark the occasion. Needless to say, the fire was a devastating blow to their hopes and dreams, and our thoughts are with them as they endure the gruelling process of taking stock of their losses and assessing their prospects for recovery.

The hardware store on Beechwood Avenue is, of course, infinitely more than

simply a depot for household supplies: it is an institution in this community that has been at the heart of our collective life for six decades and counting. Until 2008, the store was owned and operated by successive generations of the legendary **Jolicoeur** family, most recently by the late **Claude** and subsequently by his wife **Christine Jolicoeur**, who were valued friends to many of us, and who worked tirelessly to see us through two previous crises, keeping us equipped with emergency supplies during the Ice Storm of 1998 and the Great Power Blackout of 2003.

For 'lifers' in New Edinburgh such as Heather Matthews, the hardware store is the source of fond memories dating back to her childhood when she accompanied her father on his regular visits for household supplies and neighbourly conversation. Its loss to the community is incalculable, and it seems safe to say that we are united in the fervent hope that Marc and Isabelle are able to recover and rebuild on Beechwood.

In the days following the fire, Marc and Isabel sent a grateful message to the community: "We'd like to express our sincerest appreciation to everyone in the community, our customers and our family and friends

for their support and kindness during this difficult time. In particular, we want to thank the phenomenal efforts of the firefighters, paramedics and police who ensured everyone was safe. With the continued dedication of our staff, family and friends, we're looking forward to being back up and running and serving our customers again very soon." They are reportedly working hard to put in place a recovery plan, and in the interim, regular customers are welcome to contact them by leaving a message at 613-749-5959 or by email at beechwoodhh@lamarco.ca.

Another cherished neighbourhood institution damaged by the fire was **Lester's Barbershop**, owned and operated for over 30 years by **Lester Clark**, a friend to us all, and in many respects the soul of our community. Lester's love of life, deep appreciation of the neighbourhood, and unfailingly cheerful and generous nature were a daily tonic to all with whom he came in contact- and that was just about everyone for miles around! Until his business was abruptly cut off by the fire, Lester had been serving no fewer than four generations of regular customers, or in effect, the great-grandchildren of his earliest clients.

It is scarcely an exaggeration to say that our community is unthinkable without Lester,



Photo: Louise Imbeault

Emergency crews 'rescued' over 700 paintings from the New Edinburgh Art Gallery.

and although, as we went to press, he was still contemplating his options, we stand ready as a neighbourhood to provide whatever assistance or encouragement is needed to ensure that he is soon back where he belongs—right here on Beechwood (on his bench, of course!). If you'd like to send Lester your good wishes and encouragement, please drop him a line at lesterclark19@yahoo.com.

As the immediate neighbours of Beechwood Home Hardware where the blaze began, it is perhaps not surprising that **Nature's Buzz** organic food store was an early casualty of the fire. **Nancy Phillips**, the mother of **Eric** and **Chelsea Passmore** who run the business, and who is herself a friendly and familiar presence at the store, reports that the while the loss was a devastating and costly blow to this family enterprise, she has been gratified by the outpouring of support and sympathy from

community members.

Regular client Gaye Taylor spoke eloquently for many of us when she was quoted as saying that Nature's Buzz "embodied the whole ethic of organic and local and walkable." Like the other businesses wiped out by the fire, the Phillips/Passmore family is still taking stock of the situation, and awaiting more information on the estimated timetable for rebuilding the block, a critical factor in their decision about the future. Readers who would like to send a message of support to the Nature's Buzz team are welcome to drop a line to passmoreeric@hotmail.com.

For **Ashkan Zandi**, owner of **Time Sharpening Jewellery and Watch Repair**, the horrific damage wrought by the fire was effectively a loss of his life's work and of all the precision tools he had accumulated over 27 years in the business, as well as the jewellery and watches of over 100 customers. Like so many of the

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other Beechwood merchants, Ashkan had developed a strong attachment to the community and was deeply distressed to watch the building which he shared with **Hung and Koa of Parker Cleaners Alterations** reduced to a pile of debris in the space of five hours. Ashkan can be reached at timesharpening@rogers.com, and would undoubtedly be grateful for supportive messages from the community.

Perhaps the most spectacular "rescue" operation in the course of the fire occurred at **The New Edinburgh Art Gallery** on the Beechwood/Mackay Street corner. When the scale of the fire became clear in late morning on Wednesday, a fire crew carefully and systematically removed close to 700 paintings from the Gallery and loaded them on to an OC Transpo bus commandeered for that purpose. The paintings belong to the collection of area resident **Raymond De Celles**, and the list of artists represents a virtual who's-who of the Canadian art world, including members of the Group of Seven and such notables as Jean Paul Riopelle and Henri Masson.

Mr. De Celles' son **Luc** was on the scene at the time of the fire, and estimated that the value of the collection loaded on to the bus was likely in the order of a million dollars. He was still in the process of assessing the smoke and water damage that may have been incurred before the removal operation got underway, but needless to say, the works are one-of-a-kind and thus irreplaceable, whatever insurance coverage may have been in place. If you'd like to get in touch with the Gallery to express your concern and support, Gallery Director **Joel Pleet** can be reached at joel.pleet@gmail.com.

Like the Gallery, **Evan Lee's UPS Store** sustained significant smoke and water damage, and sadly his printing, copying

and computer equipment was largely destroyed in the process. When we went to press, however, Evan was hoping to get to back into business just as soon as the equipment could be replaced and the damage to his premises repaired. We wish him well in his recovery efforts, and are grateful for all the hard work he has devoted to serving our community.

Even the survivors of the tragedy, including the **New Edinburgh Pharmacy**; the **New Edinburgh Pub**; the **Physical Therapy Institute**; **Hamie's Diner**; **Bread and Roses Bakery**; **Epicuria Fine Foods and Catering** and **Piccolo Grande**, have had to endure their share of trials and dislocations resulting from the fire and its aftermath, and several face many months of interruption to their business as their premises undergo major restoration.

While otherwise unscathed, the **Pharmacy**, **Pub** and **PTI** all lost power as a result of the incident, and were forced to resort to back up generators to support the resumption of operations in their respective businesses. On March 17, the fabled luck of the Irish was in short supply for Pub owner **Paul Williams**, who, due to problems with the power supply, was forced to call off his legendary St. Paddy's Day celebrations (which, in the Pub world, is akin to a retailer losing the Boxing Day sales). When we went to press, it remained unclear how quickly full power could be restored to the three businesses, but here's hoping it's sooner rather than later.

Epicuria and the neighbouring stores on Mackay Street, including **The Co-operators' Insurance**, and **Piccolo Grande**, suffered the effects of a massive flood at the basement level, with water reaching a peak of 5 ½ feet and destroying everything in its wake. Epicuria owner **Tracey Black** reports that by a stroke of good

fortune, she was able to rescue the store's back-up computer drive which was stored at the 7 foot level, just above the flood waters. At the time we went to press, she was assessing the damage to the ground level with her insurance adjustor and contractor in order to determine whether or not a restoration or a total gutting of the interior is in the cards. Regrettably, at last report, it appeared that a complete rebuild will be required.

Tracey is extremely grateful for the many expressions of support she has been receiving from the community, and looks forward to a continuation of that help and support as the long and arduous recovery process takes place in the months ahead. Despite the fact that her business is well insured, one of Tracey's major concerns is to find employment for the displaced part time workers on the Epicuria team, and she hopes to appeal to the community for assistance on that front. Regular clients will soon be able to track her progress, as Tracey is planning to post a blog on the Epicuria website chronicling their return to normal business operations. To lend a hand or express support, you can reach her at tracey@epicurica.ca.

We understand that Co-operators agent **Mike Pytura** is planning to resume operations on Mackay Street just as soon as the necessary restorative work has been completed. In the interim, clients can still get in touch by calling 613-749-5600. We have unfortunately not yet been able to reach **Kauser and Muhamed Yusufali**, the hard working owner/operators of Piccolo Grande, but we wish them well and hope to see them back in the community once the smoke and water damage to their building has been repaired.

Despite the fact that they were adjacent to the row of shops lost in the blaze, neither **Hamie's** nor **Bread and Roses Bakery** sustained much

damage, and following an exhaustive inspection by the Fire Marshall and the health department, bakery owner **Chris Green** was able to get back into business within a few

days of the fire. Hamie's was also up and running in short order.

While Chris is deeply dis-

Continued on page 8



At one time streetcars ran along Beechwood Ave, as depicted in this mural by Karole Marois.

A Short History of Beechwood Avenue

Carleton County was first surveyed in 1799. In 1832, Thomas MacKay subdivided the land around Beechwood Avenue into large parcels, which were originally called the MacKay Estates. By the 1880s, a number of homes and businesses were built on the north side of Beechwood Avenue and along its side streets.

As the Canadian government grew in importance, the area became home to federal and Foreign Service workers. By the 1890s, development started on the south side of Beechwood Avenue, which was part of the small but separate community of Clarkstown. It originally developed, principally as a francophone community, with residents migrating from Lowertown and from various communities in Quebec.

Beechwood Avenue was first built as a winding dirt road to Beechwood Cemetery and, at the time, was referred to as "the road to Beechwood

Cemetery" and later, "Beechwood Cemetery Road". The Hemlock extension, which linked Beechwood Avenue to St. Laurent Boulevard, was built later. Prior to the 2001 municipal amalgamation, Beechwood Avenue marked the boundary between three former municipalities: to the north, the City of Ottawa and the Village of Rockcliffe Park and, to the south, the City of Vanier. Beechwood Avenue itself was designated as a regional road, under the jurisdiction of the former Regional Municipality of Ottawa-Carleton.

Beechwood's rich history is revealed by the style of the older buildings scattered throughout the area. St. Charles Church, El Meson Restaurant and the Video Mondo building at 117 Beechwood Avenue reflect the street's village character.

Source: *Beechwood Community Design Plan* (Ottawa.ca).

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Fire....

Continued from Page 7

tressed by this body blow to the close knit Beechwood business community, and by the devastating losses suffered by his friends and neighbours, he is determined to do his bit to keep commerce alive on Beechwood. As the area struggles to regain its equilibrium and begins the rebuilding process, he stresses that the need for community support for local businesses has never been greater.

What Next and When?

While for the most part, insurance is expected to cover the contents of the stores destroyed or severely damaged by the fire, the crucial question for the business owners is how quickly the rebuilding process will take place, and whether they will be able to withstand what could be a lengthy hiatus in their respective operations.

Building landlord **Helene Carter of New Edinburgh Centre** is reported to have expressed her company's intention to rebuild as quickly as possible, and is no doubt keeping the merchants displaced by the fire up to date on the unfolding of her plans. Tracey Black reports that "I can't say enough about what Helene has done so far and how well she is taking care of us....she wants the community to know that they (the landlord) are actively

working to rebuild and want input from the community."

We are extremely grateful for Mrs. Carter's determination to proceed without delay, and when we went to press, New Edinburgh Community Alliance (NECA) representatives **Joan Mason** and **David Sacks** were looking forward to meeting with her to begin the community consultation process. We understand that she is well aware of the enormous importance our community attaches to the businesses at the heart of New Edinburgh, and appreciate her openness to the concerns of our neighbourhood.

Once the dust has settled and those worst affected have had an opportunity to assess their financial situation and future prospects, NECA also looks forward to meeting with representatives of the business community to discuss the most effective ways of supporting them in the rebuilding process. Many of you have expressed a willingness to offer such support, and we encourage you to stay tuned and check the community website for updates on the next steps on the long road to recovery (www.newedinburgh.ca).

In the meantime, the first and best way to show your support to those businesses that remain is to **Shop Local and Shop Often!** Don't be deterred by debris, construction or any other obstacles: get back to Beechwood and get buying!

How You Can Help

To provide a focus for the innumerable generous offers of concern and support, a dedicated email account, beechwoodfire@crichtonccc.ca, is now in place to receive ideas and suggestions about ways and means of assisting both tenants and businesses, as well as offers of volunteer help; financial donations; or contributions of clothing or household necessities. Representatives of all three community organizations, the CCC, NECA and the CCCC, will be working with other volunteers in the area to build on this base of support to respond to the ongoing needs of those still suffering in the aftermath of the fire.

Computer consultant and Books on Beechwood staffer **David Rostenne** has also established an email list for those who are eager to help and share thoughts and suggestions about rebuilding after the fire. You can sign on at http://lists.theconsultant.net/mailman/listinfo/beechwood_fire/ or by emailing David directly at dave@theconsultant.net.

Interested readers should also check the community website at www.newedinburgh.ca and the CCCC website at www.crichtonccc.ca for updates on events as they unfold in the weeks ahead.

Ours is a community that quite literally has it all: a glorious natural setting bounded by parkland and two magnificent rivers; a rich history and architectural heritage; a diverse population with innumerable talents and a strong sense of civic engagement; and all the amenities of a good life within walking distance of our homes. Our Beechwood businesses are a vital part of the fabric of our daily lives, and we all share in the distress of their devastating losses. In the months ahead, the legendary collective spirit and determination of New Edinburgh must once again come to the fore to ensure that this very sad story has a happy ending, and that our business community is swiftly and successfully re-established.



Photo: Bruce McLaurin

It was standing room only for the **Monkey Rock** performance at the New Edinburgh Pub fundraising event.

New Edinburgh Pub Hosts Fundraiser for Fire Victims

Since the fire, scores of residents from New Edinburgh and the surrounding communities have rallied to offer help and support, both for the tenants left homeless by the blaze and for the local businesses who lost their livelihood altogether, or face a lengthy disruption of their operations while damage to their premises is repaired.

By the time this paper is in circulation, many readers will already have participated in the day-long fundraising event on Saturday, March 26, organized by **Paul and Tracy Williams** and their team at the **New Edinburgh Pub**. Over the years, Paul has been a tireless supporter of community causes, and was first out of the gate to help the Beechwood tenants whose homes and possessions had gone up in smoke. With the assistance of volunteers from the community and beyond, the Pub opened its doors to well-wishers from the neighbourhood, entertaining the kids

during the day with music by **Monkey Rock**, and following up with an evening concert featuring **Gerry Wall**, along with both silent and live auctions to keep the donations rolling in. Paul reports that virtually all the remaining businesses on Beechwood contributed generously to the auctions.

Funds from the Pub's benefit event, along with other donations received in the coming weeks, will be deposited into a dedicated account at the Bank of Montreal set up by the CCCC, and used to meet the continuing needs of the displaced tenants. NECA and the CCC will be actively collaborating with the CCCC on the disposition of help to those most severely affected.

Many thanks to **BMO Manager Adam Kane** for helping with the necessary arrangements and advice, and to the Bank of Montreal for a generous \$5,000 donation to the cause!



Photo: Penny Thompson

Mauril Bélanger kicked off his campaign by attending the fundraiser for tenants displaced by the Beechwood Fire. He is seen here with New Edinburgh Pub owner **Paul Williams**.



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Mark Your Calendars for May 7—River Cleanup Day

By Gemma Kerr

We had a very positive response last year to having the River Cleanup on the Saturday of the Mother's Day weekend rather than the Sunday, so we are going with Saturday again this year—the date will be May 7.

Our meeting point will be, as usual, the Fieldhouse at 193 Stanley Avenue. We will be sharing this location with Crichton Community Council (3Cs), whose annual Plant Sale takes place the same day. However, we won't be in their way, you will find our table under the overhang at the back of the building (near the spray pad).

As in previous years, the **Cleanup event will run from 10 am until 1 pm**. Please stop by the Fieldhouse to get garbage and recycle bags provided by the City of Ottawa. Hopefully the City will also be able to lend us some pickers for tweaking garbage out of hard-to-reach spots under bushes etc. and work gloves for those who need them. We will also be providing coffee, snacks and juice at the Fieldhouse to help keep our volunteers energized.

The cleanup will focus on

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. Dress for mucky conditions and

bring work gloves if you have them. We will be asking people to sign a waiver, and this will include more tips for cleaning up safely.

We are still looking for co-ordinators to take care of the volunteers and the table of supplies during the cleanup. If you are willing to help us out with this, please contact Gemma Kerr at newedgem@magma.ca.

As we get everything finalized, we will post new information on the NECA website at www.newedinburgh.ca. For information on other Ottawa locations where riverbank cleanups are taking place on May 7, check out the Urban Rideau Conservationists at www.urbanrideauconserve.blogspot.com.

Keep your fingers crossed for sunshine as we get the park ready for summer!



New Edinburgh Players Present Their 32nd Season

BUSYBODY, A Comedy by Jack Popplewell

April 7-9; 14-16
MacKay United Church
Memorial Hall
Curtain: 7:30 pm
Admission: \$20.00

Detective Superintendent Harry Baxter (**Anthony Pearson**) is plagued by a head cold and two busybodies—a corpse that vanishes and the officious office cleaner, Mrs. Piper (**Linda Barber**), who found it. Trying to glean facts from the morass of Mrs. Piper's chatty verbosity requires Baxter's never large store of tact and patience. Motives for murder abound—all the office staff (**Sonja Lishchynski**, **Angela Sutcliffe**, **Larry Swain**) and the corpse's wife (**Isobel Adams Kanellos**) are suspect. Although the body has disappeared, Mrs. Piper still insists that there was a body, though she no longer knows whose. Baxter is persuaded to continue his investigation, enthusiastically hindered by Mrs. Piper. **David Anderson**, playing the role of Richard Marshall and **Kevin Gehrels** as Detective Constable Goddard, complete the cast.

Tickets may be purchased at Rockcliffe Photo Image, 18 Beechwood Avenue, Tel: 613-747-6259 or at the door;

or reserved by either calling 613-860-2371 or by email: ingrid.mc@sympatico.ca. It is strongly recommended to purchase your tickets in advance.

As always, the hall will be set up cabaret-style with tables for four, six and eight, and refreshments will be served.

Set during the 1950's (costumes by **Jane Caskey** and **Genevieve Hone**), the murder mystery is sheer comedy from beginning to end.



Director **Ingrid McCarthy**, Assistant Director **Pamela Harrod** and the backstage crew, **Barbara Merriam**, **Bob McKellar** and **Stefan Dumas**, are looking forward to seeing you at the show!



Photo: Ryszard Mrugalski, Zoomexposure
Front row, from left to right: **Linda Barber**, **Isobel Adams Kanellos**, **Sonja Lishchynski**, **Kevin Gehrels**, **Angela Sutcliffe**. Second row, from left to right: **Larry Swain**, **David Anderson**, **Anthony Pearson**.

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Moss Berry Farm jams, Devon Cream
or homemade Lemon Curd.



Ottawa City Councillor Peter Clark Reports

Speed Bumps

Speed bumps were installed on Springfield in November, and I have had many complaints about them being unnecessary. The traffic study (1996) showed an average speed of 47 km in a 50 km zone, so I am at a loss to understand why they were installed. A similar hump was installed on MacKay where average speed was 44km.....Your thoughts would be appreciated.

Proposed Bike Lanes on Hemlock/Beechwood

This proposal is to configure bike lanes along both sides of Hemlock, from St. Laurent to Beechwood, and on Beechwood from Marier to Hemlock.

Painted bike lanes (both sides of the road) would be added along the Beechwood/Hemlock corridor, from Marier to St. Laurent. On Beechwood between Marier and St. Patrick small adjustments to intersections will be investigated to improve over-all safety for everyone. Minimal or no changes to on street parking

are anticipated on this section. Further improvements to existing cycling facilities will be investigated across the St. Patrick bridge up to Coburg Street.

On street parking will be eliminated along the stretch of Beechwood (Marier east to Hemlock) and along Hemlock (from Beechwood to St. Laurent).

This is the primary cycling route from the north-east of the city to the downtown core via Laurier. This route was designated for future bike lanes in the approved Ottawa Cycling Plan of 2008.

For further information and comments please contact Zlatko Krstulich email at Kzlatko.Krstulich@ottawa.ca or call 613-580-2424, Ext. 21827.

Friends of the Ottawa Public Library – Book Sale

The Friends of the Ottawa Public Library Association (FOPLA) will be holding its 16th annual Mammoth Used Book Sale at the Nepean Sportsplex, on Saturday, April

16 from 10 am until 5 pm, and on Sunday, April 17th from 10 am until 3 pm.

The event is always popular and draws in shoppers from all over the city as there will be a variety of materials including: classics, children's books, all types of fiction and non-fiction, and books in French and other languages. There will also be used CDs, DVDs, videos, and large print books.

Last year the sale grossed about \$14,000. The funds raised went to the Ottawa Public Library to pay for materials, spaces, and services that the regular budget can't cover. Thanks to the Mammoth sale, and 14 bookstores in libraries across the city, the Friends are able to raise approximately \$300,000 annually for our libraries.

Over 20 thousand used books will be available at the sale, with prices starting at \$1 for pocketbooks and \$2 for hardcover and trade paperbacks. (Sets and special books will be priced individually.) And admission and parking will be free!

Because the proceeds help support the Ottawa Public Library, book lovers can support their library and get a great deal at the same time.

Turn off your lights for Earth Hour

The City of Ottawa is proud to participate in Earth Hour 2011 and once again is encouraging every individual and business to take part on Saturday, March 26 from 8:30 to 9:30 pm.

What better way to demonstrate the power of collective action for a more sustainable future than by joining forces with over a billion people in more than 4,000 cities around the world in turning off your lights for one hour. It's a chance to take responsibility, get involved and lead the global journey to a sustainable future. After the lights go back on, think about what you can change in your daily life that

From the Desk of Mayor Jim Watson



100 Days

March 10 will mark 100 days since the new council began work in December. This strikes me as an appropriate opportunity to evaluate the progress we have made together during this time.

I have used these first few months to deliver on many of the promises I made during the campaign, as well as working with councillors to find ways of improving city services and controlling costs. Thanks to support from the community, city staff and my colleagues on council, I am pleased to say we have made great progress.

In our draft budget we have:

- Capped the Tax Rate at 2.45% (2.4% for rural residents)
- Frozen Recreational Fees
- Delivered \$14 Million for Housing and Homelessness Initiatives
- Capped Bus Fare Increases at 2.5%
- Created a Transit Commission
- Provided New Funding for Cycling Initiatives

- Extended Free Senior's Bus Travel to Monday and Friday Afternoons
- Capped Water and Sewage Rates (lowest in 8 years)
- Hosted a Spending Control Summit at City Hall
- Created an Environmentally Sensitive Land Fund
- Biggest Increase in Funding to Make Ottawa More Accessible
- Created a Business Improvement Area (BIA) Council

If the first 100 days are any indication of the kind of work Ottawa residents can expect from their council, I am confident that the next four years will bring great things for our city.

Our taxpayers want greater efficiency and better service. They have a right to expect this from us and to see it done responsibly. It is clear to me that we are off to a good start.

The First 100 Days have been marked by greater stability and predictability at City Hall and a true desire to work together on behalf of our fellow residents.

will benefit the planet.

Sign up online at earthhour-canada.org, and register your support in the fight against climate change. Encourage your friends and family to participate. Get your business or workplace involved. The Earth Hour site also has material available for you to download (<http://www.earth-hour.org/downloads/>) to help in your efforts.

Initiated by the World Wildlife

Fund in Sydney, Australia in 2007, Earth Hour encourages individuals and businesses to join together in turning off their lights in order to demonstrate the need for action on climate change initiatives. Earth Hour is a message of hope and action. Everyone can make a difference and help us achieve a more sustainable community.

Visit ottawa.ca for more information.



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Saturday, April 9, 10 am - 6 pm
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From the Desk of...



Mauril Bélanger
Member of Parliament for
Ottawa-Vanier



NEW EDINBURGH NEWS

library staff and strengthened standing committees.

During these same years, I have also witnessed deterioration with the decorum practiced by Members, especially during Question Period. Given the likelihood of more minority Parliaments, and the need therefore for true collaboration, I believe a number of things will have to change.

First, what constitutes a confidence vote will have to be better defined so that the House can vote “yes” or “no” without necessarily triggering an election. Second, the ability of committees to consider and amend proposed legislations will have to be strengthened. Finally, M.P.’s will have to demonstrate greater decorum and respect towards each other and towards Parliament itself.

I was fortunate to have as my political mentor the Right Honourable Jean-Luc Pepin, a scholar and a gentleman. In my daily efforts, I try to emulate his dedicated spirit and respectful approach towards politics and towards our federal public service.

*Mauril Bélanger, M.P.
Ottawa-Vanier*

Decline of Parliamentary Democracy

By the time you read this, a riveting week of high contention will have unfolded in Parliament and we will be into Canada’s 41st General Election. Throughout these tumultuous days, our democratic institutions will have been tested and have prevailed. That is not to say that collectively we need not be concerned. Au contraire!

During my years in the House of Commons, both on the Government and Opposition sides, I have witnessed a growing concentration of authority in the Prime Minister’s Office and, correspondingly, a weakening of the authority exercised by Parliament.

Most of this is the fault

of Parliamentarians themselves who, over the past three or four decades, have let slip their authority. Even as Parliamentarians decide to reclaim some of their authority, it will be a long and difficult exercise. Another explanation of this trend is the growing complexity of the Government apparatus and therefore the lack of clear understanding by Parliamentarians of how the system works, or is supposed to work.

The answer there is quite straight forward. Equip Parliament with the “know-how” required so that Parliamentarians can readily call upon it. This means, among other things, more

IODE House and Garden Tour Celebrates 50th Anniversary June 11

By Elanor Brodie

2011 represents another very special year in the proud history of Laurentian Chapter IODE, as we present our **50th Annual House and Garden Tour on Saturday June 11, 2011.**

This year, in co-operation with the New Edinburgh Community Association, which is celebrating the 10th anniversary of the designation of the area’s Heritage status, we will feature only properties in this neighbourhood.

The houses being featured on this year’s tour include:

- 184 River Lane: A wonderful example of a creative infill project
- 10 The Mews: The old “Bakery”, and
- 90 Queen Victoria: A stately

half double with a fabulous interior

Along with the six houses open on the House and Garden tour, others will be included in guided walking tours, led by members of NECA.

Everyone interested in neighbourhood history, architecture, decor, artworks and gardens is invited to join us for this event.

Tickets will be available from late April at retailers across the city including **Mood Moss Flowers** on Beechwood Avenue. Tickets are \$25.00 each. For more information about the tour or to reserve tickets in advance, please contact Jo Brodie, Tour Convenor, at 613-842-5304.

Proceeds of the IODE Laurentian Chapter 50th

Annual House and Garden Tour will be directed to a Prevention of Violence Against Women project this year, as well as other IODE projects which help to improve the quality of life for children, youth and others in need.

For more information on IODE please visit our website at: <http://laurentian.iodc.ca>.



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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Home Hardware Fire Takes Heavy Toll on Beechwood Businesses

Not long before we went to press, Beechwood Village was ravaged by a major fire which started in the basement of **Home Hardware**, and spread rapidly throughout the block, consuming Nature's Buzz, and inflicting major smoke and water damage on many of the other businesses in the immediate area.

By mid-afternoon on the day following the fire, **Parker Cleaners Alterations, Time Sharpening, Nature's Buzz** and **Home Hardware** had been reduced to a pile of rubble, Lester's Barbershop was on the point of collapse, and the **New Edinburgh Art Gallery, the UPS Store, Epicuria, Co-operators Insurance** and **Piccolo Grande** had all sustained serious smoke and water damage. About a dozen residents of the apartments above the stores were left homeless by the fire, and many others were forced to remain sealed in their homes because of the toxic cloud of smoke which spewed for many hours from the burning building, blanketing the area east and south of the fire.

A separate article on the horrific blaze and its aftermath has been prepared for this issue. Suffice it to say in this Business Briefs column that our community is deeply saddened by this tragic event at

the heart of New Edinburgh, and extends its sincere sympathies to all of the businesses and residents affected by the fire. As the clean up and restoration process unfolds in the coming months, we look forward to doing everything possible to support our highly valued local businesses as they struggle to rebuild and resume their operations. As **Bread and Roses Bakery** owner **Chris Green** stressed after the fire, "If ever there was a need for community support, the time is NOW." When the doors reopen on Beechwood, *please make a point of dropping in and buying local*: this is the heart of our community and it's ours to rebuild and renew.

New Edinburgh Pharmacy: 33 Years and Counting

By the grace of God, the pharmacy building was spared the worst ravages of the Beechwood fire, but the power supply was cut and when we went to press, it was still operating on a back-up generator, with hopes of getting back to normal shortly. The New Edinburgh Pharmacy has a long history in our community. It was back in 1977, long before most of our readers had moved into the area, or in many cases, were even born, that our community pharmacist **Frank Tonon** first arrived on the scene to take over the former **Hart's Pharmacy** at 33 Beechwood (now the New

Edinburgh Square building).

Frank inherited Mr. Hart's large and loyal following established over many years, and proceeded to freshen up the interior of the store and adopt the Guardian banner (which was black and yellow back then), becoming the first Guardian pharmacy in Ottawa. Since those early days, Frank has participated on the Guardian Committee for Canada, and remains involved with Guardian at the national level as the association of inde-

pendently-owned pharmacies continues to grow.

When the original building was demolished to make way for New Edinburgh Square, Frank moved the pharmacy across the road into the former home of **Sportable Cycle** at Mackay and Beechwood, where it remained for several years before relocating back to 35 Beechwood in the newly built New Edinburgh Square. When it ultimately proved impossible for Frank to secure a long-term arrangement in that location, the pharmacy changed headquarters once again, moving to its present

spot at 5 Beechwood Avenue at the infamous Vanier Parkway/Beechwood intersection. Like most observers of the scene, Frank anticipates major changes coming to our area in the next ten years. He is keenly aware of the prime nature of the location he currently occupies, in the midst of a rapidly expanding community, and close to the Vanier Parkway with ready access to major hospitals and medical facilities. He looks forward to playing a role in the development of future plans for the area, including the possible attraction of other health professionals to his corner at Crichton and Beechwood.



Photo: Louise Imbeault

Left to right: **Frank Tonon** (owner and pharmacist), **Dima** (pharmacist), **Marla** (Frank's daughter and wife of **André Cloutier's Arturos**) (assistant), **Maha** (assistant), **Roger** (pharmacist) and assistants **Josée** (front), **Christine** and **Sara**.

he was still comparatively green. All these years later, Frank captains an impressive team in the dispensary, most of whom have now become familiar faces to our readers. In addition to Frank himself, the pharmacists include **Dima**, who is behind the counter in the daytime hours welcoming clients with her magnificent, warm smile; **Roger**, who takes over in the afternoon and evening; **Riad**, who helps out in the dispensary two days each week, and **Stephen**, a student intern who will shortly be joining the team on a full time basis.

Also behind the counter is

Frank's daughter **Marla** (the recent bride of Arturo's owner **André Cloutier**, featured in this edition!) Marla is currently the Senior Pharmacists' Assistant, and if things go as planned, she will eventually take over all of the administrative aspects of the dispensary. She works with **Josée**, a second assistant to the pharmacists; **Maha**, the operative responsible for all special packaging, and Maha's helper **Joanne**.

By the Fall of 2012, Frank's son **Matthew** will have graduated from pharmacy school in Boston Massachusetts, where he is currently in his second last year. Frank is hopeful that after graduation, Matthew will return to Ontario, acquire the necessary local credentials (which entail the writing of a Canadian national pharmacy exam and an Ontario Pharmacy Law exam, as well as an Ontario internship), and eventually, join his Dad behind the dispensary counter at 5 Beechwood Avenue to round out the Tonon family enterprise.

As most readers know, in addition to the all-important dispensary, the New Edinburgh Pharmacy also has an extensive section devoted to non-prescription medications, as well as cosmetic and personal care supplies of all descriptions. **Sue Lascelle** is the Manager overseeing this large operation, and supervising the sales staff (easily recognizable in their dark green pharmacy golf shirts). Many (if not most) of the staff are university or high school students. Frank makes a point of hiring these young people in order to give them much needed experience in retail sales and the operation of a small business, as well as exposure to the work of the dispensary in the case of those with aspirations in the health professions. (Several of these students have in fact gone on to pursue pharmacy studies or nursing.)

Along with the much-heralded aging of the Baby Boom generation has come a proliferation of the prescription medications now in regular use among residents of our community. In an effort help

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Doug Mair of Mair Oriental Rug Services will often work at the client's site.

his clients faithfully maintain their respective pill-taking regimens, Frank is on the point of offering a free pre-packaging service to assist clients in keeping track of the appropriate daily, weekly or monthly dosages of their medications. The pharmacy also is about to introduce an automated telephone system which will offer the option of an automatic prescription renewal system, so if you sign up for the service, you receive a friendly phone reminder when a medication is due for renewal.

Both Frank and Dima are extremely keen to introduce a full scale, regular Medication Review service for patients with three or more prescription medications. Regrettably, however, the impact of the province's recent changes to the generic drug pricing regime, combined with the termination of the "professional allowances" system on which many pharmacies depended to finance such patient services, has meant that for now, these plans are on hold pending a comprehensive review of all pricing structures at the pharmacy.

In the short-term, watch for a modest "makeover" of the dispensary area, and the introduction of some new interior and exterior signage to spruce things up at the pharmacy just in time for spring!

Douglas Mair Oriental Rug Service

We wish a warm welcome to new advertiser **Douglas Mair**, owner of **Mair Oriental Rug Services**, a highly regarded small business specializing in fine repairs and restoration for all types of area rugs, as well as in evaluation and appraisals, proper washing (including pick up and reinstallation), and rug hanging and mounting, using expert techniques to museum conservator standards.

Douglas is an artist by training, with a background in Visual Art from York University. He has been in the rug business for nearly three decades, having begun in the wholesale and retail end before honing in on his current vocation as a repair and restoration specialist. It was the lessons learned while working with an Armenian master weaver at a Westboro rug import company which initially triggered his interest in the field. He went on to develop these skills and parlay them into his present successful business, so successful in fact, that he's been booked solid for ten years!

Douglas operates from a large basement workshop in his Manor Park home where he is surrounded by literally millions of types of yarn and string from all over the world, not only from major centres such as Paris, London, New

York and locations in Pakistan and Afghanistan, but also from old mills and shoemakers, and even from "Grandma's attic" where he is frequently able to rescue cast off treasures.

His clients range from such distinguished residences as Rideau Hall, the British High Commission at Earncliffe and the Chateau Montebello, to ordinary households where rugs have suffered from predictable hazards such as chewing-obsessed puppies, the wear and tear of high traffic, and all manner of stains and discolorations. Douglas is also a favourite among rug connoisseurs in the area, and has a number of Iranian clients with considerable expertise in the world of oriental rugs.

Before embarking on a repair or restoration, Douglas pays each client a visit, and offers a free assessment of the value of the rug (which in many cases, may be purely sentimental, though significant nonetheless), along with a review of the options available to address the specific problem involved. Interestingly enough, the estimated cost of a needed repair is often less than the client anticipated (now there's a concept!). He is generally able to supply clients with e-mail photos of the types of work he can do as a guide to the choice of a suitable repair option.

Though Douglas has operated solo for much of the time since he launched his business, he now has a helper with extraordinary credentials in the field. His assistant is a recent immigrant from Tabriz in Iran, where his father worked as a carpet maker and a rug restoration specialist, passing the skills along to his son whose assistance has proven invaluable to Douglas.

If you have a rug that's seen better days but is, perhaps, a much loved fixture in your household, give Douglas a call at **613-741-7806** to arrange an appointment (free of charge by the way) to obtain his expert opinion on what might be done to bring it back to life at a cost that is reasonable in relation to its worth.

Mackay Street Patisserie
It's a highly competitive world



Photo: Louise Imbeault
Keth Garrison and Hélène Payette.

out there, and it's an axiom of businesses, large and small, that clearly defining a market niche for one's product or service is essential to success. New Edinburgh residents **Keith Garrison** and his new bride **Hélène Payette** have followed that formula to the letter in establishing their new home-based business, the **Mackay Street Patisserie**, which specializes in the creation of superb, custom-made wedding cakes. (We're assuming they made their own when they married last October!)

Before honing in on this unique culinary art, Keith worked as a cordon bleu chef for close to three decades. While Hélène continues to pursue a day job with Radio Canada, she too is an accomplished baker, and has spent years perfecting specific skills under the tutelage of internationally renowned master chefs. The couple's principal mentor and model in their specialty cake business is **Ron Ben-Israel**, cake maker extraordinaire in New York City who was initially discovered by the legendary Martha Stewart, and later cemented his stellar reputation when he caught the eye of Oprah Winfrey.

Keith and Hélène's custom-made wedding cakes are

created by hand in their own kitchen at 319 Mackay Street, and elaborately decorated to the precise specifications of the bride-to-be, often matching her bridal bouquet in every detail of colour and design. Keith revels in the creation of roses, lilies, peonies and flowers of every description, which are made entirely of sugar, and dusted or painted to produce the desired look and texture. As a life-long lover of nature, Keith is delighted to have the opportunity to combine his two passions—baking and natural beauty—in the preparation of his cakes.

Those with food sensitivities need not miss out on the glories of a special occasion cake from the new patisserie. Keith and Hélène are happy to provide tasty alternatives to the classic sugar/butter/cream formula that are suitable for diabetics and those with gluten and peanut allergies.

At the time of our interview, Keith and Hélène were working on a series of spectacular cakes for the magazine produced by CakeCentral.com, the online hub for all the latest news, recipes and photo galleries related to the world of specialty cakes. Some weeks earlier, four of their cakes had been posted on the CakeCentral website, and numbered among the six most downloaded images on the site at that time—clearly a testament to their eye appeal! Keith and Hélène have just launched their new website, so interested readers now can find images of their remarkable cakes at www.mackaycakes.com.

If there is a wedding on the horizon in your family, or indeed a special anniversary, birthday or celebration of any sort, you may want to give the

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new Mackay Street Patisserie a call at **613-321-3202** or drop them a line at mackaystreetpatisserie@yahoo.com. Needless to say, as June is traditionally a busy bridal season, the more notice you can provide to Keith and Hélène, the better. Hand-crafted perfection takes time, and perfection is what they're after!

Fresh Hair Salon

Since her arrival in the community last year, **Margot Robinson**, owner/operator of Fresh Hair Salon, has transformed the premises at **75 Beechwood** (former headquarters of the ill-fated bicycle repair emporium) from a rather dingy and unprepossessing storefront into a spotlessly clean and welcoming salon, so eye-catching and appealing to passers by that the volume of walk-in traffic from Beechwood ultimately occasioned the hiring of a second stylist, **Neil**, to help her out!

Margot has been in the hair-dressing business for 15 years, working for much of that time in small, high-end salons. When she began her search for a niche of her own, she honed in on this neighbourhood as she lives nearby and, like so many others, is smitten by the friendly atmosphere and many



Photo: Louise Imbeault

Margot Robinson of Fresh Hair Salon.

charms of our community. Her timing proved to be perfect, as 75 Beechwood had just come on to the market, and was ideally suited to her needs. She is delighted to be part of the Beechwood business community, and has been thoroughly enjoying the friendly and collaborative atmosphere among the local merchants and service providers.

In keeping with the small and intimate character of her salon, Margot places great stock in establishing solid relationships with her clients, many of whom have been with her since she joined the profession 15 years ago, and have followed her to the Beechwood studio. Over the years, she has worked not only on her artistry as a stylist, but also on her communication skills, which she considers essential to providing her clients with the most rewarding possible experience on their regular visits.

Ever had the feeling that it's time to do something a little different to your crowning glory, but haven't a clue what to ask for? Margot is well

acquainted with this predicament. She spends considerable time in preliminary chats with her clients, discussing the possible options for anything from a modest tweaking of an existing hair style, in the case of her more conservative clients, to dramatic changes of style, length and colour for more adventurous types, aiming for a whole new look.

This can often be a challenging process, as clients may at first have difficulty accepting the fact that their basic hair type, or perhaps their life style (or both), are just not suited to the hair style that initially appeals to them. However, as her loyal following attests, Margot has an excellent track record of successfully guiding her clients through this process and producing a result they find thoroughly gratifying.

You won't find stacks of glossy glamour magazines lying around the premises at Fresh, as Margot is sceptical that the "overdone", lavishly made up young models can be a helpful guide to the selection of a "do" suitable for her

clients. She prefers to stick to the realities of each individual—age, stage, hair type, life style—as a more reliable foundation upon which to decide the most attractive option for the client in question.

While the Easter bonnet may have fallen out of fashion in the 21st century, the quest for a new spring "look" is eternal. If that new look is on your to do list this month, you may want to drop by Fresh Hair Salon at 75 Beechwood, or give Margot a call at **613-680-6315**.

Functional Health and Fitness: Let the Gym Come to You!

If you'd like to get into better shape to greet the arrival of spring, but find that there's simply no time in the day for a trip to the gym once you've dealt with the demands of work and family life, our new advertisers at **Functional Health and Fitness (FHF)** may have a solution for you. The FHF team, which is composed of certified personal trainers, strength coaches, physicians, dieticians, psychologists and related health professionals, offers a **mobile personal training and lifestyle management service**, which comes right to your home or office to provide you with a customized fitness program tailored to suit your individual needs, abilities and objectives.

The first step in the process involves a comprehensive assessment of your health status, and any functional weaknesses or limitations you may have which must be factored into the design of your fit-

ness plan. The overall objective of the plan is to increase your strength, mobility, and cardiovascular fitness, while at the same time reducing the risk of any injury and damage which could lead to degenerative change. At the same time, the FHF team may recommend changes in your diet and lifestyle to support the fitness plan, address a chronic health problem, or in general, bring about improvements to your overall health and well-being.

One of the tools employed by the FHF team as a basis for the design of a fitness program is the **Functional Movement Screen (FMS)**, a technique devised by two leading American kinesiologists to gather data for a statistical analysis of human movement patterns. While most of the existing tests had been geared to high performance athletes or specific skills, the FMS is a more broadly-based scan of ordinary human movements. It is intended for use in the design of exercise programs to deal with the kind of asymmetries or limitations in range of motion which could (and frequently do) lead to injury.

The captain of the FHF team is Medical Director **Dr. Don Wilson**, a local family physician who has been in general practice in Ottawa for 20 years, and has developed a special expertise in the realm of personal training, and the broad range of nutritional, medical, and behavioural services required to support it. Other team members include **Gary Pitts**, Director of Personal Training,

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Aidian Thomas, Hilda Siegel and **Peter Henein**, all certified Personal Trainers, and Registered Dietician, **Hélène Charlebois**. You can meet them all and find out more about the FHF approach by checking the website at www.functionalhealth.ca.

Clients **Nicolas** and **Gerda Genty** were initially attracted to the FHF service by the convenience of having home visits from a Personal Trainer, saving the time-consuming hassle of a trip out to the gym after a busy day. The couple is delighted with their trainer **Peter Henein**, and have much appreciated his scheduling flexibility and the punctuality of his regular visits. They have found it extremely helpful to have the preliminary FHF assessment as a basis for measuring their progress, and focusing on specific weaknesses to be overcome in achieving their fitness objectives.

Nicolas notes that Peter's approach allows each of them to progress at their own pace, gradually raising the bar as they master a specific level: "(he) is able to personalize the training according to our own capabilities. The exercises are very progressive, so as soon he sees that it becomes too easy for one of us, he can adjust

the level of difficulty." They have high praise for Peter's patience, and readiness to explain the rationale behind each aspect of their exercise program, and have found the FHF office team "competent and very cheerful." Nicolas concludes that while he and Gerda have not yet had the opportunity to recommend the service, "(we) would certainly do so if we could."

If the idea of home (or office) visits from a knowledgeable Personal Trainer appeals to you, but you're concerned about having to equip your household with all the trappings of the gym, fear not. Functional Health and Fitness trainers supply virtually all of the equipment required for a good work out, and they tailor their schedules to suit yours, whether you're an early bird or a busy professional with no free time until after hours. If you'd like to test the waters before committing to an FHF program, give them a call at **613-237-4609** to arrange a free consultation.

Thyme and Times Past

After nine years as a popular antique and gift emporium on Beechwood, **Thyme and Times Past** finally closed



Photo: Louise Imbeault

Linda Meek, Director singing along with E.I.O. George "When Irish Eyes are Smiling".... during the weekly Friday afternoon entertainment in the dining room.

its doors in the first week of February. We say farewell to owner **Lynda Brown**, whose long-term plans may involve a relocation of her business to Prince Edward County once she has addressed some difficult health challenges in the coming months.

For those who have developed a taste for Lynda's eclectic collection of teapots, china, linens, vintage ornaments and handsome Emma Bridgewater pottery, the good news is that you will still be able to place online orders at the Thyme

and Times Past website at www.thymetimespast.com, or make inquiries by email at info@thymetimespast.com. Lynda is also hoping to arrange special showings of her wares at area craft markets, so keep an eye on the website for notices of dates and locations. We wish Lynda well in her future endeavours, and thank her for her presence on Beechwood over the past decade, where her store invariably caught the eye with its alluring display of unique and interesting treasures.

Governor's Walk

Far from being a quiet little island on Stanley Avenue, keeping to itself as the bustle of the neighbourhood swirls around it, **Governor's Walk** is deeply and happily engaged in the life of our community, hosting events and activities that are open to all residents of the Burgh, and actively participating in community projects for all ages.

Through their popular Respite Program, which offers short-term care to those recuperating from an illness or surgery, Governor's Walk welcomes many community members into the life of the residence, including husbands or wives who are encouraged to stay for meals while paying a visit to their partners.

General Manager **Linda Meek**, who is the moving spirit behind the program of outreach to the community, is now an active participant on the Programming Committee of the Crichton Cultural Community Centre (CCCC), and also a member of the organizing team behind the CCCC's enormously successful Zumba Dance family evening on February 26. To feed the hungry hordes

Continued on page 16

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Live Entertainment Saturdays at 9 pm

Continued from Page 15

of Zumba dancers, Governor's Walk generously donated a large quantity of chili, which was prepared in its kitchens and undoubtedly much enjoyed by the crowd.

Linda and her team work hard to ensure that there is never a dull moment at the residence, planning an ongoing series of events to celebrate special occasions and welcome the neighbours. On Valentine's Day, they hosted a lively afternoon of square dancing, welcoming a number of keen participants from the community. Later this spring, there is music in the air at Governor's Walk, with **Lady of the Day Barbershop Choir** performing on Wednesday March 30 at 2:00 pm, followed by the annual **Daffodil Tea** on Thursday, March 31 at 2:30 pm.

Easter will be especially festive this year, with an **Easter Bonnet Parade** on Thursday, April 21 at 2:30 pm, so dust off your bonnets and boaters and join the fun. Other upcoming events on the Governor's Walk calendar include a visit from the **University Women's Choir** on Wednesday, April 27 at 10:30 am; a **Mother's Day Brunch** on Sunday, May 8, and the **Summer Concert**

Series, (to be held outdoors, weather permitting!), featuring the **Gloucester Community Band** on Tuesday, May 31 at 7:00 pm; the **Manotick Brass Ensemble** on Sunday, June 12 at 2:00 pm, and **Andrew Snow** and **Alex Tsertsuadze** on Sunday, July 17 at 2:00 pm. This year's **Strawberry Social** on Saturday, June 18 from 2-4 pm will also feature musical accompaniment with the **Grey Jazz Combo**.

If you'd like more details about events at the residence, feel free to give them a call at **613-564-9255**; the community is always welcome!

Bread and Roses Bakery: A Fire Survivor and Now Open on Mondays!

Thankfully, it appears that our landmark bakery, **Bread and Roses**, was spared major fire damage, and following the all clear from a structural engineer with Ottawa Fire Services and the Fire Marshall, it was back in operation within a couple of days of the horrific event. *Keep Calm and Carry On* was clearly the mantra of bakery owner **Chris Green**, and once the dust had settled and the necessary health inspections had been carried out on the premises, Chris and his team were back at it, supplying our shell-shocked community

with their signature sweet and savoury comfort foods.

If your household is like ours, and the cupboard tends to be bare after a weekend of visitors and hearty eating, you'll be happy to learn that **Bread and Roses is now open on Mondays**, so you can replenish the larder in preparation for the work week ahead. As we head into the Easter season, their delectable hot cross buns are bound to be flying off the shelves, along with decorative Easter cookies and other treats for the holiday.

In addition to their signature breads, scones, and tempting cookies and squares, Bread and Roses now stocks its shelves and freezers with a wide variety of tasty savoury items, such as mini-pizzas, quiches, and frozen pies for both the meat eaters in your family (try their Aussie pie or traditional tortière), and the committed vegetarians who (speaking from extensive personal experience!) are guaranteed to get hooked on their Curry Sweet Potato Pie and Lentil Tortière.

Needless to say, for Bread and Roses and the other surviving businesses, the impact of the sudden and devastating loss of their neighbouring merchants could be perilous if their clients opt to avoid the incon-



Michael Farber and Anna March.

veniences of the reconstruction on Beechwood and take their business elsewhere. We hope that all our readers will make a point of being more assiduous and loyal than ever, and give our Beechwood businesses the support they need and deserve in the months ahead.

Farb's Kitchen and Wine Bar: Chef Michael Farber Prepares for a Culinary Duel!

For the second consecutive year, **Richard Nigro**, the founding chef of Juniper Kitchen and Wine Bar, has challenged a number of the top chefs in

Ottawa to a series of culinary duels to raise money for charitable causes in the area. 11 such duels have been scheduled between February and June of this year, one of which will feature New Edinburgh's own **Michael Farber**, owner and principal chef at **Farb's Kitchen and Wine Bar** at Beechwood and Charlevoix.

On May 30, Michael will go head to head with Richard Nigro's team from Juniper, pitting his formidable culinary imagination against one of the best in the business for a group of very worthy causes. In each of these duels, both teams are

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Photo: Louise Imbeault

Arturo's owner André Cloutier with new Chef Jamie Urie.

required to produce a four course dinner, with at least two of the courses containing a specific "secret ingredient" revealed only two days before the event. While Michael is not a fan of cooking competitions, in which speed tends inevitably to trump culinary artistry, he has thrown his hat into the ring this year in hopes of achieving the Duelling Chefs' fundraising target of \$40,000. And who knows, perhaps if he's lucky, the secret ingredient on May 30 will be his own personal favourite: Jack Daniels whiskey!

Six charitable causes will each receive an equal share of the proceeds from the competition: The 3C Foundation of Ottawa (Chron's, Colitis and Colorectal Cancer); JSU Hillel; Postmedia Raise-A-Reader; Thirteen Strings Chamber Orchestra; Quick Start (early intervention for children with Autism); and the Huntington Society of Canada (Ottawa Chapter). Tickets to each of the duels are \$200, including food, wine, service and all taxes, and if you're interested in savouring the gourmet results of one

of these culinary challenges, they can be purchased on line at www.duellingchefs.com.

Best of luck Michael: if the quality of the cuisine at Farb's is any guide, you'll be a hands-down winner on May 30!

Arturo's Market

Since acquiring its liquor licence last April, **Arturo's Market** has undergone a major transition from a cosy lunch-time deli to a 32 seat, full-service dining establishment with a cordon bleu chef at work in the kitchen preparing, among other things, a nightly pasta special to highlight the evening menu.

Owner **André Cloutier** has had a busy year presiding over this transition, which included significant upgrades to the kitchen facilities at Arturo's, as well as numerous additions to his staff team and a steady growth in his catering business from a routine of simple office lunches to a full-scale service for weddings and parties. All of this *and* he managed to fit in a significant wedding—his own!—in late summer, followed by a honeymoon with his beautiful new bride, **Marla**

Tonon.

The new chef at Arturo's is New Edinburgh resident **James Urie**, a Cordon Bleu graduate with a background in Italian cooking, ideally suited to the preparation of Arturo's specialties, including their signature lasagnas, ravioli and other pastas, as well as freshly made pizzas. In response to the growing awareness of food sensitivities, and in particular gluten allergies, André and James have recently introduced gluten-free pastas and pizza, so if you're an allergy sufferer, here's a local safe haven for your next dinner out.

Arturo's is open from **Monday through Saturday from 11:00 am to 10:00 pm**, with dinner service between 5 and 10:00 pm. So whether you're in search of a quick lunch at the noon hour or a quiet, candlelit supper after a hard day's work, drop in at Arturo's at 49 Beechwood, sample the tasty Italian fare, and enjoy a relaxed and companionable neighbourhood experience.

On a sad final note, André's remarkable grandfather Arturo, in whose honour the restaurant is named, died last Fall in his 103rd year, but not before he had received the news of his grandson's joyous wedding. We extend our sympathies to André and his family on the passing of their much loved and revered patriarch.

The Works Manor Park

If you're addicted to The Works' legendary Tower-O-Rings onion rings, for another month until May 1st you can feast to your heart's content with the assurance that the proceeds from your order will directly benefit the Boys and Girls' Club of Ottawa. More specifically, the funds gener-

ated through the sale of these tasty Works' snacks will be used to purchase kitchen supplies for the McCann Club House Cooking Club in the Boys' and Girls' Club McArthur Avenue location. The scheme is part of a city-wide Works' community initiative, with each Works' location raising funds to benefit a charity in the immediate neighbourhood. So the next time you drop by for a gourmet burger, go for the rings: it's for a good cause, after all!

Randy Charron, the Water Wizzard

New NEN advertiser **Randy Charron** has a good many strings to his bow, including two busy local businesses, **Expert Plumbing & Drain** and **Charron & Company Foundation Repairs**, both of which might reasonably be characterized as water-focused. Randy's residential plumbing service, **Expert Plumbing & Drain**, deals with everything from the installation of water-conserving toilets, shower heads, kitchen faucets and washing machines, to the replacement of aging lead

pipes, sewer and water main repairs, hot water heating and tank replacement, and complete bathroom renovations. The company also offers camera inspection of sewer lines leading into the home to check for collapsed parts or in some cases, tree damage.

Charron & Company Foundation Repairs also handles water-related problems of all descriptions, including the repair of cracks and waterproofing of foundations; weeping tile replacement and repairs; repair of improperly installed window wells and cracks in brick siding; and grading adjustments to backyards and lanes to prevent moisture build up. The company uses an eco-friendly sealant called Rubber Wall which is sprayed on to foundations to provide a protective moisture barrier. If the ravages of constant temperature fluctuations and heavy rainfall have taken a toll on your home, you might want to give Randy a call at **613-220-5631**, and arrange for an inspection to determine the cause of your water problem(s), and get a free estimate of the

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For the Birds



By Jane Heintzman

Migration Menaces

Every year at this time, those of us who are fascinated by the world of birds wait with mounting anticipation for the return of the spring migrants from their warmer wintering grounds in the south. Increasingly though, that anticipation is mixed with apprehension about the many threats to that migrant population, ranging from widespread habitat destruction to pesticides, environmental contamination (notably the recent spectacular Gulf oil spill), urban hazards such as skyscrapers, and now climate change, which threatens to upset the delicate balance between the birds' time of arrival on northern breeding grounds and the availability of their food supply.

While songbirds' bodies are hard-wired to respond to the length of daylight hours with the hormonal changes that lead to breeding and nesting behaviour, because of our warmer winters, this light-related timetable may no longer coincide with the emergence of the insect population on which these breeding birds rely. While some species have proven flexible enough to adjust their breeding timetables in sync with the early emergence of the caterpillars or flies that sustain them at this critical time, noted Canadian ornithologist **Bridget Stutchbury** believes there is a finite limit to this flexibility which could lead to species' extinctions as climate change continues to advance.

Professor Stutchbury is the Canada Research Chair in Ecology and Conservation

Biology at York University. Her first book, *Silence of the Songbirds*, was a finalist for the Governor's General's Award in 2008, and her newest publication, *The Bird Detective: Investigating the Secret Lives of Birds*, is a must for all serious birders, exploring such engaging topics as "Philandering Flycatchers: Why Females Cheat on their Mates"; "Avian Operas: Mate Choice by Ear"; and "Bird Cities: Why Birds Live in Groups". You can also hear her discussing the wonders of bird migration with Silver Donald Cameron at <http://www.thegreeninterview.com/Bridget-Stutchbury-interview>.

"Storms of Angels": Spring Migration on the Radar

Back in the early days of radar in the 1940s, weather radar operators would marvel as their screens lit up during the spring migration, when massive waves of migrating birds created brilliant red, tempest-like radar images. About this time of year, literally billions of birds ride the warm southerly winds north to their breeding grounds, and in North America, the eastern seaboard is awash in migrant bird populations. (Our Jekyll Island birding reporter **Vicki Metcalfe** is right in the flight path!)

Astonishing as it is to imagine, there are tiny song birds that fly 18-20 hours non-stop all the way from the tip of the Yucatan Peninsula to New Orleans, where they finally make landfall. Needless to say, the energy required to fuel this prodigious effort requires them to bulk up before the flight, and then again at their stop-over points en route north. While it is largely fat that they burn to power their flight muscles, if the fat supply runs out before they reach a refuelling station, their bodies may resort to burning muscle mass, at some risk

to their health and survival.

The comparatively high metabolic rate of birds is well suited to these epic migratory journeys. In addition to their very rapid heart rate (up to 500 beats/minute in the case of some smaller birds), they have extremely efficient lungs which function like a straw (as opposed to our bellows) with a one-way air flow that allows birds to extract the maximum oxygen from each breath to power their flight. Professor Stutchbury's research into the speed of these migratory flights indicates that the trip north in the Spring takes place at significantly higher speeds than the return journey in the Fall, presumably because of the reproductive imperative that is spurring them on to reach their breeding grounds!



Photo: Ken Thomas
Male house finch.

Signs of Spring in the Burgh

By late January, our resident **Northern cardinals** had already begun their spring serenading, and shortly thereafter the chorus was joined by the sing-song whistles of **black-capped chickadees**, the cheerful warbling of **house finches** and **purple finches**, and the characteristic drumming of the **woodpecker** population, the percussionists of the bird world.

While the chickadees and cardinals have been a daily presence at our feeders all winter long, the finches were quite a different story. They have descended on the feeders only very sporadically, but in each case, they arrived in significant numbers and in

mixed flocks of **house finches**, **American goldfinches**, **purple finches**, and **common redpolls**. Catching sight of them on these occasions was truly a matter of luck, as they arrived and departed within less than 15 minutes, giving a whole new meaning to the phrase "flying visit." (Having a pair of binoculars permanently at the ready at our kitchen window proved a useful strategy in this case!)

Not far from our garden, however, I have had much better luck spotting winter finches, particularly **house finches** which can reliably be found in the tree tops around Governor's Walk Retirement Residence on Stanley Avenue or hiding in the lush blue spruce on the residence lawn, and in the lilac bushes in the green space at Thomas and John Streets. From time to time, these local finch flocks can also be seen at **Philip MacAdam's** "Avian Bistro" at John and Alexander Streets, where a fulsome cedar provides welcome shelter to the visitors around his feeders. The rosy male finches are easiest to spot, and as noted above, now that spring is approaching, they are in full throat, making their presence known with their warbling song.

Ornithological research suggests that the song of the male of the species is only one of the important characteristics guiding the female in her choice of a suitable mate. Others include the **colour of the plumage** and the vigour of the male's **courtship display**, a ritual which, depending on the species, ranges from a stately pavane around the female to a series of death-defying aerial dives reminiscent of the Snowbirds on Canada Day.

In the red/orange/yellow coloured species such as our familiar **Northern cardinals**, **house finches**, **purple finches** and **American goldfinches**, the colour is supplied by pigments called *carotenoids* which are stored in the birds' bodies and

also play an important role in supporting their immune systems. According to ornithological research, the individuals with the brightest plumage have an especially abundant supply of carotenoids, with plenty left over after performing their immune support function to enhance the colour of the birds' feathers. Since the females of these species tend to be attracted to the most brilliant males, researchers have concluded that this preference is rooted in an intuitive assessment that these movie-star types are actually the strongest and healthiest birds, best suited to producing and defending the next generation.

Should you be interested in going the extra mile to help the finches at your feeders brighten up their plumage in time for the breeding season, you might try adding some finely-shredded, carotenoid-rich carrot to your sunflower or nyjer seed feeders: apparently the finches love it even if your kids don't!

Bird's Eye Spy

If you've had a chance to visit the Bird Exhibition at the newly renovated Canadian Museum of Nature, you'll be aware that "bird vision" is dramatically different from human visual experience. Birds' eyes possess ultraviolet light-sensitive receptors which produce brilliant luminous images that are critically important tools in the spotting of prey or predators. At the same time, this UV sensitivity apparently helps to make the plumage of some breeding males even more impressive to the female, and even some of the humble sparrows which appear a drab brown to the human eye (including my favourite **white crowned sparrows**) are perceived as positively psychedelic by their prospective mates.

Not-So-Little Drummer Boy: The Pileated Woodpecker

As mentioned earlier, the woodpecker population (principally the **pileated**, **downy**



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and **hairy** in our neck of the woods) is much in evidence at this time of year as the males noisily stake out their breeding territory. The large **pileated woodpecker** is admirably monogamous, mating for life and sticking with his mate all year round. While he tolerates the occasional male “floater” on his turf in the non-breeding season, it’s a very different story in the spring when he aggressively drives out intruders. I actually witnessed such a chase in the Rockcliffe area in late February, and was amazed by the speed and missile-like trajectory of the two birds’ flight in comparison with their accustomed, rather laborious, undulating progress over the tree tops.

In the ritual courtship dance of the pileated woodpecker, the male may bow, scrape and side-step in a circle around the female. (Mike Leveillé’s science class at St. Laurent Academy were lucky enough to witness this stately routine at the Macoun Marsh several years ago.) Over the course of a 4-6 week period, the pair excavates their nest cavity in the trunk of a dead tree, and indeed, the deader and more decayed the better, as the birds can then expend less energy on nest-making, and more on foraging and feeding their young. Gender equity is strictly observed in the pileateds’ woodland household, with both male and female taking turns to incubate the eggs, and later to feed the nestlings until they fledge about a month later.

Pileated woodpeckers depend for both food and shelter on old growth forests where large, partially decaying trees afford ideal habitat, and indeed, they are considered an “indicator species” of the presence of old growth. At this point, the main threat to their survival is the widespread destruction of old growth areas in favour of younger forests with smaller trees, a threat which is of considerable significance given the important role of this wood-

pecker (of “Woody” fame) as an “ecosystem engineer,” creating nesting cavities and unearthing rich food sources for many other bird and animal species, as well as helping to control insect populations.

Waves of Waxwings

Throughout February and early March, large flocks of **Bohemian waxwings** remained in our area to scour the bushes for any remaining (though presumably frozen) berries or crab apples. While I saw nothing on the epic scale of the flock of 1,000 that descended on Macoun Marsh late last year, on several occasions I saw groups of between 50 and 100 in the scrub off Sussex Drive close to the guard house at 24 Sussex Drive, as well as in parts of Rockcliffe and, most recently, in tree tops along River Lane between School Lane and Union Street.



Photo: Louise Imbeault
American crow enjoying a doggie treat.

Calculating Crows

Despite the fact that they are by far and away the most ubiquitous species in our urban environment, **American crows** get short shrift on the lists of most local bird watchers; at least in part due to their singularly uningratiating habits, combined with the fact that they are so numerous as to be scarcely worth a mention. To my chagrin, they have been fairly frequent visitors to our garden this year, sending any smaller songbirds at the feeders flying off in all directions. While the crows appear to have the good sense not to try the feeders given their size

and weight, they have busily consumed all the cedar berries beneath the evergreens at the back of the garden.

As March is their breeding season, they have become even more vocal (make that downright raucous) than usual in recent weeks. They are natural enemies of such raptors as hawks and owls, and judging by the raging mobs of crow around the Pine Hill Woods periodically this winter, it seems likely that a **Great-horned** or **Barred Owl** may have been hanging out in the vicinity, as has been the case in previous years. On one occasion in late February, we watched as a group of screeching crows chased a **sharp-shinned hawk** from the garden at Stornaway, the residence of the Leader of the Opposition on Acacia Avenue.

Ottawa Citizen Birding Columnist Elizabeth Le Geyt points out that the increasing abundance of crows could pose a serious threat to songbird populations. Non-breeding crows apparently scour the countryside for songbird nests which they then pillage, consuming the eggs or the nestlings, and generally making life difficult for the breeding pairs. Crows eat virtually anything, alive or dead, and according to Mrs. Le Geyt, are sufficiently intelligent to keep track of garbage collection schedules in specific areas, and to turn up on the appointed day to raid any garbage bags left unprotected.

Reports from Our Readers

In late February, a tiny **Northern Saw-whet Owl** turned up at the Macoun Marsh off St. Laurent Boulevard. Science teacher **Mike Leveillé** managed to get an excellent photograph of the little guy, who appeared unfazed by the presence of human company, though admittedly a bit drowsy in the daylight hours! Northern Saw-whets are very small owls (only about 7-8 inches long, and less than 5 oz in weight), and their defence if spotted



Photo: Mike Leveillé
Sleepy Northern Saw-whet Owl at Macoun Marsh.

is to sit quite still rather than take flight, to the extent that some birding enthusiasts consider them almost tame. Their preferred prey are deer mice, but due to the owls’ diminutive size, they can’t devour their captive all in one go, but are obliged to divide the meal in two, or face dire digestive consequences, or even death.

More recently at the Marsh, Mike and his science class spotted a set of tell-tale tracks in the fresh snow. After some detailed detective work, they arrived at the conclusion that the tracks and wing marks were evidence of a **Cooper’s hawk** successfully taking down a **short-tailed shrew** for its next meal.

Birding reporter **Dave Collyer** has had an eventful winter on his property in Central Alberta. The regulars at his feeders have included **common redpolls** in significant numbers, along with a solitary **hoary redpoll**; **black-capped chickadees**; **blue jays**; **white-breasted nuthatches**; **magpies**; **downy**, **hairy**- and **pileated woodpeckers**; plenty of **common ravens**, and a visiting **great-horned owl**. Perhaps the most exciting sighting of the season was a group of **spruce grouse** which turned up one day to consume the remaining berries on the bushes close to Dave’s feeders, and obligingly stuck around long enough for him to retrieve his camera equipment

and catch them on film.

Once again this spring, **Vicki Metcalfe** is reporting from her birding haven on Jekyll Island, Georgia. This year, however, an epic 15-hour day excursion took her considerably farther south to the Viera Wetlands, a sewage lagoon complex south of Orlando, Florida, and then on to the Merritt Island National Wildlife Refuge at Cape Canaveral (where, incidentally, her party heard the sonic boom of a space shuttle re-entering the atmosphere!)

At Viera, Vicki and her companions spotted an amazing 39 different species, some of them familiar to birders in our neck of the woods, such as **osprey**, **yellow-rumped warblers**, **cormorants**, **turkey vultures**, **common yellowthroats**, **great blue herons**, **red-winged blackbirds** and **hooded mergansers**, while others such as **glossy ibis**, **anhinga**, **wood storks** and **white pelicans** are considerably less so!

In the same gruelling day, Vicki’s group went on to spot a further 17 species on Merritt Island, including two “life birds” for Vicki, the **painted bunting** and the **reddish egret** which she describes as “a large egret with very strange behaviour—it dashes about crazily in the shallows with wings spread out to create shade”.

The complete list of species encountered on Vicki’s Florida excursion will be posted on the community website at www.newedinburgh.ca as soon as the glitches on the site have been resolved.



Photo: Wade Clare
Spruce grouse.



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By Cathy McConkey

Despite a valiant effort on the part of the New Edinburgh *Hosers*, the rink attendants and others, **Rink Manager Michel Giroux** made the decision to close the rink for the 2011 season on March 7 this year. The goal is to have the rink open to the end of March Break but as we all know it's 'weather dependent'! We would like to thank ALL the Hosers for coming out each and every night to sweep, shovel, snow blow, patch, chip and water the rink. Thank you to the rink attendants, **Adam and Aaron Wetzstein, Joshua King and Anthony Funicello** who keep the fieldhouse open and hot chocolate hot; also a special nod to **Ben Sandeman**, our local rink rat who is always there. Thank you to **The New Edinburgh Pub** for supplying us with the hot chocolate that we all enjoy so much.

Plant Sale May 7

With the warmer weather com-

ing soon, our next event is the New Edinburgh Plant Sale. Please mark **Saturday, May 7 from 8 to 4 pm** for this leafy event. The flower baskets are beautifully refreshing at this time of year and make a great gift for Mother's Day which is the following day.

Cheering Station

Joseph Cull will be leading The New Edinburgh Cheering Station on **Sunday, May 29** to support the Ottawa Marathoners. Be at the fieldhouse before 8:30 to witness the speed of the elite runners. These world class athletes are amazing to see. With this year's route changes for the marathon, the fieldhouse is at the 29 km mark for the marathoners. At this point in the race, runners are facing the challenging final kilometres and these athletes will need a boost of energy from our neighbourhood, which has been voted the best cheering station four years running.

We will have more competition this year as the new route passes through Little Italy and Westboro. Come on out in your best cheering costume to enjoy the coffee and treats and cheer the runners on!!

Summer Jobs Program

The CCC has once again applied to the Canada Summer Jobs program in order to hire a student for the summer months. Last year, we were able to open the fieldhouse for 35 hours every week during July and August, providing access to the snack bar, the toilets, and a place to cool off during the heat waves. Local families enjoyed the facilities as well as the organized activities and we hope that this becomes a new tradition in the neighbourhood. If you are a high school student looking for work this summer, please note that we are currently accepting applications for the position of Fieldhouse Manager. If you are interested, please email caroline@lectern.ca for more information.

The Pub Pitches In

It goes without saying, the Beechwood Fire has made a huge impact on the neighbourhood; today and in the future. I want to thank **Paul and Tracy Williams** and the **New Edinburgh Pub** for their

contribution to the tenants who lost everything in the fire.

Despite their business suffering a great loss, they are still putting other's needs ahead of their own. Small things they say. Over the years, the 3C's have been at the receiving end of Paul and Tracy's acts of kindness and I encourage you

to drop into the pub and thank them for everything they have done.

Fieldhouse Rental

Now that the rink is closed, the fieldhouse is available for rent for your next birthday party or family event. Contact **Jill Hardy** at 613-746-1323 for more information.



Dress up in your best Cheering Station outfit and join us on May 29 at the Fieldhouse!

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Winter Carnival: What a Spectacular Day

By Joseph Cull

Event Chair, New Edinburgh Winter Carnival 2011

The New Edinburgh Winter Carnival welcomed a beautiful sunny day when our Community met outdoors with family and friends to partake in some good old fashioned community spirit. The kids, young or old, enjoyed assorted games and basked in the glory of being a participant or someone who got to cheer on in the activities.

This year marked the first time the Snow Queen arrived by horse-drawn sleigh to mark the beginning of the Carnival. What a breathtaking vision she was, dressed in her cascading white ensemble; she was a glamorous gift for the eyes. A special thanks to **Eugeniya Tsetlin** from the **BMO Group** who bedazzled the crowd with her grace, elegance and showmanship as the beautiful Snow Queen.

A huge thank you to **Pauline Bogue** and **Catherine Bell** from **Royal Lepage Realty** for sponsoring the horse-drawn sleigh. Many families got to have a lovely tour of this wonderful community by this old-fashioned conveyance.

Thank you to all our Community Business Partners who donated great items for



Photo: Caroline Matt
Lots of fun was had for all at this year's Winter Carnival in Stanley Park.

the draw; **The New Edinburgh Pub** for their constant support of our winter carnival and rink needs; **Adam Kane** and **Jeff Hill** from **BMO Group** for the BMO Cafe which was a huge success and the furry blue stuffed bear prizes which the kids loved; and to **Caroline Matt**, our Photographer/Stereo DJ/Multi-tasker, you made it run so smoothly, and next year's event Organizer!

These events are successful because people get involved and ensure we keep the community spirit alive. **Melodie Salter**, **Mohamed Docrat**,

Steven Gilmour, you make slaving away in the kitchen look so easy when feeding the masses. **Susan Gilmour** for keeping the kids and parents safe as they boarded the horse drawn carriage. **Clocktower Brew Pub**, all those Gift Certificates will be enjoyed !!! I may have forgotten someone, but please know how important each of you are in making these family days successful and important!

Please continue supporting all the men and women who make up our business community here in New Edinburgh, they help keep us connected! Congratulations to all the winners from the Draw of Gift Certificates to our local establishments.

Rockcliffe/Lindenlea Soccer League Signups

While some of us are sad to see the ice melt on the outdoor rinks, I'm sure everyone is looking forward to another great soccer season in the RPL Soccer League. For those of you new to the community or new to soccer, the RPL League is our community's most popular sports program and runs for two months from late April to the end of June.

The league is organized by volunteers in the community and is divided up into five groups in this way...

1. **PeeWee** (ages 4-5): Saturday mornings from 9:30-10:30 am at Rockcliffe Park Public School soccer pitch

2. **PeeWee** (ages 6-7): Saturday mornings from 10:30-11:30 am at RPPS School soccer pitch

3. **Junior** (ages 7-9): Tuesday evenings from 6:00-7:30 p.m. at either Hillsdale Field (next to the Rockeries) or RPPS soccer pitch

4. **Intermediate** (ages 9-11): Wednesday evenings from 6:00-7:30 pm at either Hillsdale

Field (next to the Rockeries) or RPPS soccer pitch

5. **Senior** (ages 11-14) – Thursday evenings from 6:30-8:00 pm at either Hillsdale Field (next to the Rockeries) or RPPS soccer pitch

Registration forms will be available to download online (check under RPL Soccer at www.rockcliffepark.ca or www.lindenlea.ca). Forms can also be picked up from the Lindenlea and Rockcliffe Park Community Centres, and will also be sent out to last year's participants.

Completed 2011 forms can be mailed or delivered to the Lindenlea Community Centre at 15 Rockcliffe Way, K1M 1A4, or come to either of the scheduled registration nights on **Tuesday, 29 March** or **Tuesday, 5 April** from 6:00-8:30 pm. There will be a limit on team sizes, so sign up early to avoid disappointment. The deadline for soccer registration is **Saturday, 9 April**.

Thanks and see you at the pitch!

The Crichton Community Council is currently accepting applications for the position of

Fieldhouse Manager

This is a part-time, seasonal position (7 weeks, 30-35 hours/week) starting at the end of June. The Fieldhouse Manager will oversee the facilities at the Stanley Park fieldhouse and manage the Snack Bar. Other duties include planning and implementing community events such as the New Edinburgh Picnic and weekly children's activities.

Successful applicants must be:

- enrolled in high school (15+)
- independent and reliable
- comfortable working with children
- creative and pro-active

Members of visible minority communities are encouraged to apply.

For further information or to submit an application, email caroline@lectern.ca. The application deadline is **Friday, May 27**.

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Burgh Arts Scene

The Electric Street Studio: A Warm Welcome to Clara Hirsch and Jane Burnstein

By Jane Heintzman

In our last issue, we reported that the **Electric Street Studio** is now inhabited by two working visual artists, **Clara Hirsch** and **Jane Burnstein**, who moved in earlier this year, and whose works are now enlivening the large studio windows at 299 Crichton with a welcome display of colour and form.

As it happens, Clara and Jane are long-time friends, having lived on the same street in Ottawa South some years ago and worked as ESL teachers for the Ottawa School Board. Both were also members of the CCCC-based MainWorks Artists Co-operative while it was still in its original location on Main Street.

As Jane was considering a move from her Nepean studio in an effort to be closer to her home in the downtown core, Clara discovered that the Electric Street Studio was available for rent, and was eager to vouch for “the perfect landlords”, owners **Peter Honeywell** and **Rosemary Chapman**, who have been Clara’s good friends (and one-time babysitters!) for close to 30 years. The two artists are now happily ensconced in the studio, and are delighted by the

neighbourhood and the spontaneous interest of passers by, many of whom have dropped in with their comments and questions about the works in progress.

Clara has only recently returned to Ottawa after a six year absence in Washington and later in Tel Aviv, Israel, where her husband **Jon Allen** served as Canada’s Ambassador. She has a Fine Arts degree from the University of Manitoba, and specialized initially in ceramics, exhibiting at the former Hiberna Gallery on Sussex Drive. At one point nearly 30 years ago, she actually worked in the back portion of the Electric Street Studio when it was a pottery emporium!

About five years ago, Clara turned her attention to visual art, and while in Israel, exhibited her works in shows in both Tel Aviv and Jerusalem. In both of these shows, the dominant theme was intensely personal, focusing on the immigrant experience of her family. Her parents were both Holocaust survivors, moving first from Poland to Vienna, and then later to Canada where Clara grew up. She works in mixed media, combining photography with acrylic painting



Photo: Louise Imbeault

From left to right: Electric Street Studio artists Clara Hirsch and Jane Burnstein.

superimposed on the photographic images. Her current project is a series of works on the theme of *Trees as Silent Witnesses*, samples of which will be visible to passers by in the windows of the Electric Street Studio. If you haven’t time to drop by the studio or peek in the window, you can check out samples of Clara’s work at <http://www.flickr.com/clarart>.

It might be said that Jane’s artistic vocation is quite literally a part of her DNA. She comes from a family immersed in the arts, from painting to costume design, jewellery making, sculpture and the management of art galleries. Her formal training began at the ripe old age of 12, when she studied art at the renowned Albright Knox Art Gallery in Buffalo, New York. Throughout her high school years, she continued her art studies at the Detroit Institute of the Arts, and later graduated in Painting and Art History from Wayne State University in Detroit.

Jane’s imaginative “magic

realist” work, which explores such themes as destabilization, ambivalence and continuous change, is rich in movement and colourful imagery. In Ottawa, she has exhibited her paintings in such venues as Ottawa City Hall in the Mayor’s Art Festival; La Petite Mort

Gallery; the Old Cumberland Gallery; Saw Gallery; Cube Gallery; Ottawa University; Stafford Studios in Nepean and Arts Court. She has also had exhibits in Toronto at both the De Long Gallery and the Brush Gallery in the legendary Distillery District.

While Jane was obliged to downsize fairly dramatically when she made the move to the Electric Street Studio, she is delighted by her new location, and in particular by the close connection to the neighbourhood that the two artists have been able to establish through the eye-catching display of their works in the large picture windows facing Crichton Street.

At some point later this spring, Clara and Jane hope to host an open house event for the community in their new quarters, so art lovers, be sure to stay tuned. Welcome, Clara and Jane: we are delighted to have you as part of our ever-growing and greatly valued community of local artists!

Ottawa Alleyways

They can be quaint or grotty, neat as a pin or sketchy and scary. These are Ottawa’s back alleys —those surprising service lanes and discretely annexed arteries that harken back to an era when kids, delivery boys and repair men were politely but firmly instructed to use the rear entrance, please. A place for a quiet puff, a bird’s eye view of the back yards and back doors of the nation’s capital.

See how eight Ottawa artists explore and depict the back alleys of our city. Hard on the heels of last year’s hugely successful show, “*Champlain*

Lookout,” the same group of painters spent the past 52 weeks walking, haunting and exploring Ottawa’s alleyways. Their unique portrayals of the urban landscape are every bit as skillful, sensitive and intriguing.

Featuring the work of: John Jarrett, Jay Anderson, Strachan Johnston, Olaf Krassnitzky, Pina Manoni-Rennick, Karole Marois, Paul Schibli, and Karl Schutt.

**Cube Gallery, 1285
Wellington West
March 29 to May 1
Vernissage: April 7
6-9:30 pm**



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Diana Bates, MainWorks Artist

By Karen Bailey

On the first day Diana Bates entered studio 301 at MainWorks Artists Studios in the former Crichton Street School, she felt she was standing on a mountaintop with uninhibited light pouring in—and nothing in the way. “A paradise” is how she describes it. This became another transformative moment in her rich and varied life.

United Nations as a linguist.

A few years later, a diploma in Interior Design from the Inchbald School of Design, London fueled her passion for colour. Transformation, as a theme, flows through all aspects of her life.

In 1996 she moved to the United States, where, while studying with painter Bill Griffiths in Worcester, Massachusetts, she discovered

lance translation work, completing an MA thesis at the University of Ottawa, managing an art gallery part-time and painting at her studio. All these facets of Diana’s life are intertwined. “We translate ourselves through our experiences” is not only her philosophy of life but the topic of her MA thesis:

“The transformation of self through a spiritual journey compared to a transformation of a text through translation.”

New Edinburgh plays a vital role in Diana’s life: she lives on Crichton Street, sits as an ex-officio board member of the Crichton Cultural Community Centre, and she paints from MainWorks Studios at 200 Crichton Street. For five years she taught French at ICL on Beechwood Avenue. Living in New Edinburgh with its varied heritage architecture and myriad dogs reminds Diana of her years in England. As well, she adores the spirit of the local shops, suggestive of her youth in France.

The falls at Iguazu on the border of Argentina and Brazil, those featured in the film “The Mission”, are the inspiration for Diana’s current series of paintings. She sees the falls as a transformative metaphor for life—with a message not to resist but rather to go with the movement. Diana’s passion for colour and the movement towards transformation are evident. Watch Diana paint in Studio 301 at the MainWorks Open Studios, April 16 and 17.



Diana Bates in her studio at MainWorks.

Of Armenian heritage, Diana Bates was born in Besançon, France near the Swiss border. She lived twenty-three years in London, England, where following a degree in French and Spanish literature at the London University, she worked at the

her love of oils. During classes at the Cape Cod School of Art in Provincetown she was inspired by the American impressionists and learned to interpret colour and light in her landscape painting.

Currently she balances free-

MainWorks Hosts ‘Open Studios’ on April 16 & 17

The Mainworks Artists Group will be holding a special Open Studios on Saturday April 16 and Sunday April 17 from noon to 5 pm. This event is organized as part of an awareness and fund raising initiative to allow the Crichton Cultural Community Centre (CCCC) to continue to operate and support the cultural life of our community. Artists will be donating part of the proceeds to the CCCC. The April Open Studios weekend will offer you a glimpse of the artists at work in their

Studios, and give you a chance to show your support for Mainworks Studio Artists who have been contributing to the mandate of the CCCC for the past 10 years. So please join us on April 16 and 17 at the Crichton Cultural Community Centre, 200 Crichton Street (please use the Avon Lane entrance) and allow us to demonstrate not only what we do and where we do it, but also the importance of the Crichton Cultural Community Centre to the community as a whole.

Call to Artists

6th International Digital Miniprint Exhibition

This is an invitation to all professional artists to participate in the **Sixth International Digital Miniprint Exhibition**, to be held in Ottawa from November 5 to December 10, 2011.

Artists should submit works of 25 cm by 20 cm (a maximum of two per artist) **no later than June 30, 2011**.

Le corps transformé (The Transformed Body) is the theme of the 2011 edition of the exhibition. The text pertaining to the theme can be found on the Web page mentioned below. Artists are required to write a

short text linking the submitted artwork to the theme.

The curator, **Katy Le Van**, will select the works to be included in the exhibit and a jury comprised of three reputable artists will decide on the cash prize winners and the honourable mentions.

Details and entry forms can be found on the website: www.voixvisuelle.ca.

The exhibition is free to attend and will be held at the Centre d’artistes Voix Visuelle:


81 Beechwood Ave

Tel: 613-748-6954

voix_visuelle@hotmail.com.


Dr. John Martins
Dr. Patricia Prud'homme

Dentistry



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THE SCENE

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SIGNATURE DISHES

- Pan-seared sweetbreads with Vermouth and St. Augustine honey
- AAA filet mignon with five-peppercorn sauce with Armagnac and Roquefort butter
- Duck confit spring roll with caramelized onions, cassis syrup and exotic fruit salsa
- Trio of crème brûlée: basil, mango and lychee, rum and blueberry



communitycentre@rogers.com 613-745-2742



CRICHTON CULTURAL COMMUNITY CENTRE
CENTRE CULTUREL COMMUNAUTAIRE CRICHTON


ANNUAL GENERAL MEETING
Sunday, May 1st, 2011, 3:00 p.m.
200 Crichton Street, 2nd Floor
(Please Enter by Avon Lane)

It's Decision Time for 200 Crichton:

- Hear the latest news on the community campaign to buy the building
- Share your comments, questions and suggestions
- Show your support for the all out effort to *Keep Crichton Public*

Everyone Welcome!

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* St. Brigid and Manor Park schools

Last Chance to *Keep Crichton Public*

This is a spring unlike any other for our community. On March 16, New Edinburgh suffered the devastating loss of a major portion of its business community following an appalling fire on Beechwood. And later this spring, we face another potential loss of major significance as our historic community centre at 200 Crichton is listed for sale, and could slip permanently into private hands if the all-out effort to preserve it as a public asset ultimately fails.

The tragic fire has elicited an extraordinary outpouring of distress and concern from the community, along with heartfelt expressions of support for the local businesses and residents most severely affected by the epic blaze. In our unique and tightly-knit community, most of us place a high value on the relationships we have established with local business owners, sometimes over many years and even many generations, and the bond of client loyalty in our village-like shopping area is exceptionally strong.

The Crichton Cultural Community Centre (CCCC) has an especially compelling reason for its appreciation of our local businesses. In the 12 years of its existence, the CCCC has operated entirely without operational funding from the City and as a consequence, has often had the begging bowl out. In response, the business community has consistently come forward with generous donations of goods, services and funding, all of which have helped the CCCC to keep growing as a hub for community programs, events and activities.

In the wake of the fire, it's pay back time. Now it is the CCCC's turn to support the business community as it begins the rebuilding and recovery process, and we look forward to doing our part by offering our facilities, staff and volunteer resources in a collective community effort to assist local businesses and displaced residents to get back on their feet. In late March, the CCCC opened a dedicated account at the Bank of Montreal to receive donations for those most severely affected by the fire, and will be working with NECA and the CCC to offer ongoing assistance in the months ahead. Please keep an eye on our website for notices of future benefit events (www.crichtonccc.ca), and send us your ideas, suggestions and offers of assistance to our new dedicated e-mail account at [\[chwoodfire@crichtonccc.ca\]\(mailto:chwoodfire@crichtonccc.ca\).](mailto:bee</p>
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It seems an ironic twist of fate that New Edinburgh should be faced with the loss of the heart of our business community at precisely the time that urgent efforts are underway to avoid the permanent loss of our community centre. Both institutions are critical to the enviable reputation New Edinburgh has enjoyed as one of the finest and most liveable communities in Ontario, and arguably in the country. But that is the reality with which we are confront-

community to ensure that this decade-long story has a happy ending, and our beloved school building is secured for ongoing public use. For many months we have reported on our efforts to put together a successful bid to acquire 200 Crichton, and many of you have participated in discussions with our Capital Campaign team, **Colin Goodfellow**, **Carol Burchill** and **Jennifer Barbarie**. We have worked hard with Deloitte and Touche to develop a sound Business Plan which demon-



ed, and the challenge we will need to surmount to rebuild and renew our business community, and to *Keep Crichton Public* for the generations to come.

At the time of writing in late March, our former neighbourhood school at 200 Crichton Street is about to go on the market, and is expected to be sold. The School of Dance (TSOD) has asked that the sale be closed on Aug 31 2011. While you may not see any bold FOR SALE signs on the property as you pass by, make no mistake about it: the court-ordered sale process will unfold in the next few months, and the CCCC has one chance left to acquire the building

for the community. TSOD believes that it can bid on the building and has officially declared its intention to do so. As the current owner with an over 80% interest in 200 Crichton as ruled by the court in March 2009, TSOD will clearly have an extraordinary advantage over any other bidder in the sale process.

All is by no means lost, however, and as the saying goes, it ain't over 'til the fat lady sings. We continue to work hard with our partners in the

strates that we can successfully acquire and operate the building, and have made a number of refinements and adjustments to the plan in response to suggestions from knowledgeable advisors.

Regrettably, because the court-ordered sale is a result of a lengthy litigation process involving The School of Dance (TSOD) vs. the CCCC and the City of Ottawa, we have been under serious constraints on the amount of information we have been able to provide to the community. We have been grateful for the continuing engagement and support, despite these uncertainties, of so many individuals and groups concerned about the future of the building, from our partner community organizations NECA and the CCC, to our very active Parents' Steering Committee, our resident MainWorks Artists' co-operative, and our team of independent instructors at the Centre.

The Costs of Failure: Lost Opportunity

If, in the coming weeks, the campaign to *Keep Crichton Public* does not succeed, and building ultimately falls into

private hands, the cost of that failure will be borne not only by our community, but also by the City of Ottawa, whose obligation it will be to provide the rapidly growing population of this area, including the many young families with children in need of programming and child care, with the same level and quality of services it affords to other communities throughout the region.

200 Crichton is right at the heart of this fast-growing community. With its school-based infrastructure, including a gymnasium, an auditorium, a basement and an ample supply of multi-purpose and office spaces of various dimensions, the building is ideally suited to serving the needs of local residents as a venue for their community life, and indeed, is the only facility in the area with the capacity to do so.

In the absence of any other existing facility capable of serving community needs, the only other serious option would seem to be construction of an entirely new facility, an option which is likely to entail a significantly higher cost than retaining the former school as a public asset for this purpose. In a climate of fiscal discipline and belt tightening across the system, pursuing this option, effectively by default, would seem to be, at best, ill-advised.

From a public policy perspective, the case for *Keeping Crichton Public* is difficult to dispute:

- **COST:** It is by far the most cost effective option for delivering much needed programming and community activities to the residents of New Edinburgh and the surrounding communities;
- **SUSTAINABLE COMMUNITY:** It reinforces the development of the area as a sustainable community with readily accessible services for local residents, and reduced dependence on private cars;
- **HERITAGE:** It retains an important heritage-designated building as the focal point of the Heritage Conservation District of New Edinburgh, and as a centre for the heritage preservation and education efforts of the New Edinburgh Community Alliance;
- **REGIONAL ARTS HUB:** It has the infrastructure and facilities to serve the wider community as a regional arts hub with unique studio, exhibition and performance spaces;
- **EXISTING PROGRAMMING:** It builds on the ever-expanding range of programs,

activities, events and community facilities currently offered by the CCCC, and steadily developed over a decade long period, without a single dollar of operational support from the City;

- **EMERGENCY PREPAREDNESS:** As the recent fire on Beechwood serves to forcefully remind us, in the case of emergencies involving building evacuations and/or the requirement to swiftly put in place a headquarters for emergency operations, the building is ideally located and equipped to fulfill these functions, and should be a critical part of our neighbourhood Emergency Preparedness Plan, and
- **THE MORAL ARGUMENT:** Last but by

no means least, from the standpoint of natural justice and fairness, to *Keep Crichton Public* is simply the right thing to do for a community that has fought so long and so hard to preserve it.

How You Can Help

STAY INFORMED about Events at 200 Crichton - Keep track of developments relating to the sale of the building on our website at www.crichtonccc.ca, and join us at our Annual General Meeting on Sunday, May 1, at 3:00 pm.

DONATE to Support our Programs and Activities for the Community - Donate online with Paypal or by mail to: 200 Crichton Street, (2nd Floor), Ottawa, ON K1M 1W2.

INVEST in Your Community



CRICHTON CULTURAL COMMUNITY CENTRE
CENTRE CULTUREL COMMUNAUTAIRE CRICHTON

It's Show Time Again!

New Edinburgh Players' Benefit Performance for the CCCC
Wednesday, April 13th, 2011, at 7:30 p.m.
Mackay United Church Hall
Dufferin Road and Avon Lane

Tickets: \$20
(Available at the CCCC Office, 613-745-2742, and Books on Beechwood)

Join us for a thoroughly comic evening featuring Jack Popplewell's hilarious murder mystery, *Busybody*, starring Anthony Pearson and Linda Barber.

Through our Capital Campaign - Contact the CCCC office at: 613-745-2742 or communitycentre@rogers.com.

THE PLAY'S THE THING!

Be sure to attend the New Edinburgh Players' Annual CCCC Benefit Performance on Wednesday, April 13 at 7:30 pm at Mackay United Church Hall. (Tickets available at the CCCC Office and Books on Beechwood.)

PARTICIPATE in CCCC Programs and Activities: Sign up for a course, attend a special event, take part in the life of the Centre!

VOLUNTEER Your Time, Talents and Expertise. Contact our Office at 613-745-2742 or communitycentre@rogers.com.

Exercise, Create, Learn, and Grow: Register Now for Upcoming CCCC Programs!

As you can see from the insert in this paper, the CCCC has added new and diverse programming in response to the community input we have received from our recent programming survey, and from the excellent involvement of stakeholders on the CCCC Programming Committee and Parents Steering Committee. Thank you all for helping us to offer the programs you want at the CCCC!

Children and Families

Two hundred community members attended our hugely successful all-ages **Zumba Dance Night** earlier this month and danced up a storm! By popular demand, we are offering several other family-friendly events for weekend evenings in the coming months (see notices in this paper), the **Festi-Fool!** on **April 1** and the **Harry Potter Movie Night** on **May 13**.

At the same time, we are taking registrations for two terrific summer camps, a one week **ARTS summer camp July 4-8**, and a two week **LUMIERE summer camp**

Aug 8-12 and 15-20. Please ensure we have sufficient registrants to run these programs by signing up early and getting your friends and neighbours to join you!

We also intend to offer **After-School Care** starting **Sept 1** and are circulating a registration form for families to express their interest in this 5 day per week program. We realize there is currently uncertainty about the future of the building, but we're trying our hardest to secure all of 200 Crichton for public use in perpetuity, and we want your help to do so. We're hoping you are willing to express your interest in after-school care by provisionally signing up your children now, so we can contact you if and when we are ready to offer it.

55+ Adults

There are growing numbers of older adults in New Edinburgh, including us baby boomers living in our own homes, or those in the four seniors residences in the Burgh. We want to provide interesting, healthful programs for people of all ages and abilities. We

are running a free introduction to **chair fitness** at Crichton by the exuberant **Joseph Cull** on **April 8** (see notice in this paper), and are also considering offering the same program off-site at **Governor's Walk** if there is sufficient interest. Let's hope we can finally own the whole building soon, so we can put in a much-needed elevator!

We are also starting **bridge lessons** by a local expert, **Gordon Fazil**, and **storytelling** by the talented writer-performer, **Kim Kilpatrick**.

There are many other excellent arts, fitness and wellness programs on offer, so check out our schedule of courses in this paper and register by calling, emailing or visiting the CCCC office.

This is YOUR community centre: help us to preserve it by joining us for some wonderful spring and summer activities, all in your own neighbourhood!



MAINWORKS ARTISTS STUDIOS / LES ATELIERS D'ARTISTES

200 rue Crichton Street Ottawa
Avon Lane Entrance/Entrée par la rue Avon

2011 Open House / Porte Ouverte

Saturday April 16th, noon - 5 pm
Sunday April 17th, noon - 5 pm

Samedi le 16 avril de midi à 17h
Dimanche le 17 avril de midi à 17h

Crichton Cultural Community Centre



Spring Programs

Unless otherwise indicated, register for programs at the CCCC at 613-745-2742 or communitycentre@rogers.com.

Pilot Project: Chair Fitness Class for the Young at Heart

Strengthen your muscles, improve your range of motion, mobility, balance and get your heart rate up while sitting in a chair!

Great for those with some physical limits who are not comfortable standing for a 1 hour fitness class. Come prepared to sweat and be rejuvenated. Workout gear required - running shoes, loose clothing, and a happy disposition.

FREE-Complimentary Class Date: **Friday, April 8, 11:30 am to 12:30 pm**, in the Dufferin Room at 200 Crichton. Please enter the centre by the back door on Avon Lane.

Joseph Cull: YMCA/YWCA Certified - Older Adult Fitness Instructor

Joseph feels very fortunate to work at a job he loves. He has a proven ability to motivate clients to achieve, maintain, or renew their personal fitness goals. His client base is dynamic and committed to their personal well being and being active in the Community. He currently teaches a variety of classes around the city and has been an active Volunteer Group Fitness Instructor for the Older Adult Program for the National Capital YMCA/YWCA since 2003. He embraces the philosophy that being fit can be a fun journey and we can achieve that by remaining physically active and engaged in life.

His personal motto is "Be engaged in Living Well".

Families & Children

Register at CCCC 613-745-2742 or communitycentre@rogers.com.

APRIL FESTI-FOOLS

April 1, 6:00 – 8:30 pm

Fee: \$20 per family, \$5 per person.

Ever felt like a Fool? Now's your chance to perfect that feeling! Join us at the CCCC for an evening of playing the Fool!

The evening begins with workshops in Circus Arts, Clown, and Mask, where you play with all the skills that it takes to be a successful Fool: juggling, clowning and a daring mask to unleash your mischievous self. Then finish the evening with fabulous performances by Circus Montreal and Ottawa's own A Company of Fools. Light refreshments served during the evening and clown nose provided! Fun for the family!

Space is limited in the workshops. Circus workshops aged 6+, clown workshops 4+, masks can be built by all ages!

KALARTASCOPE

Art for 6-8 year olds

Fridays 4 – 5:30 pm

April 15 to June 24 (10 wks)

No class April 22

Fee: \$125

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.

TAKE PART

Art for 9-12 year olds

Tuesdays 4 – 5:30 pm

April 12- June 14 (10 wks)

Fee: \$135

Students will explore a variety of media, with new projects each week. Drawing, painting and three dimensional work will be included. Materials supplied.

PASSION FOR ART

Art for 13-16 year olds

Wednesdays 4 – 5:30 pm

April 13 - June 15 (10 wks)

Fee: \$135

Students will explore a variety of media, with new projects each week. Drawing, painting and printmaking will be included. Materials supplied.

JUST DANCE!

Have a ton of fun learning the dance steps and moves for a variety of different dance styles.

For 6-8 year olds

Thursdays 4 – 5 pm

April 14 – June 16 (10 wks)

For 9-12 year olds

Thursdays 5 – 6 pm

April 14 – June 16 (10 wks)

Fee: \$105



THEATRE STORIES

For 10-12 year olds

Mondays 5 – 6 pm

April 11 – June 20 (10 wks)

No class April 25

Fee: \$105

Drama is the art of creative storytelling. Explore storytelling through improvisation, movement, theme, character and voice. We begin with myths, fairytales and classic stories, and then move on to creating original tales!

OH, THE DRAMA!

For 6-9 year olds

Mondays 4 – 5 pm

April 11 – June 20 (10 wks)

No class April 25

Fee: \$105

Come and explore your creative side through theatre. Using improvisation, acting, character, poems and plays, you will unleash your creativity and discover the star within!

HUSH-A-BYE BABIES

Alice Davidson,

Mondays, 10:30 am -12 pm

Register at 613-235-6025

hushabyebabies@sympatico.ca; www.hushabyebabies.ca.

A song and rhyme program for parent and baby (1mos. to 12mos). 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.

MONKEY ROCK

John King

Wednesdays: 4 - 4:45 pm

(3-6 yrs)

Fridays: 10 - 10:45 (1-2 yrs)

10:45 - 11:30 (2-4 yrs)

11:30 - 12:15 (0-1 yrs)

Register at www.monkey-rockmusic.com or email monkeyrockmusic@gmail.com.

Monkey Rock Music is a fun, entertaining and creative participatory music program for young children and their adult caregivers. Our primary goal is to instill a love of creating and experiencing music that will last a lifetime!

Wellness/Fitness

TAOIST TAI CHI INTERNAL ARTS OF HEALTH

Tuesdays 11am – 12:30 pm

April 12- June 14 (10 wks)

Fee: \$126

The Taoist Tai Chi™ internal arts of health help people of all ages relieve stress. Regular practice of these arts leads to improved balance, coordination and ability to focus. The gentle stretching and turning movements promote relaxation of muscles, ligaments and tendons, thereby improving circulation.

TARGETING THE STRESS TRAP

Sharon Collins

Thursdays, 1 – 2 pm

April 14- June 2

Register at 613-816-4307 or sharon@sonassolutions.com.

Chronic stress can result in heart disease, stroke, diabetes, weakened immune system, impaired memory, digestive or sleeping difficulties along with a host of other physical symptoms. This workshop was developed using the latest research in behavior change and teaches individuals tools to help them identify and cope with stress.

DANCEFIT

Alex MacDonald

Mondays, Fridays: 10 -11 am

Wednesdays: 7 - 8 pm

Register at 613-748-0870.

A fun way to dance yourself into shape! No dance ability required just a love of dancing!

STRETCH AND STRENGTH

Alex MacDonald

Tuesdays, Thursdays : 6 - 7 pm

Mondays 11 am -12 pm

Wednesdays: 10 -11 am

Register at 613-748-0870.

Suitable for a wide range of abilities and ages, this unique class combines dance, movement and yoga exercises to improve strength, flexibility, balance and co-ordination.

BRIGHT AND EARLY FITNESS

Register with Louise Hannant at 613-747-1514, golouise@rogers.com OR Sharon Collins at

613-816-4307 info@sharonhealthpromotion.com OR Ximena Puente at 613-830-5839 ximenap@rogers.com.

Early bird: total body work-out Tuesdays & Thursdays 7:30 - 8:30 am

A dynamic warm up followed by 20 minutes of cardiovascular work, 20 min of strength exercises. Finish with a stretch and cool down to leave you fit and focused to face the day.



Fusion on the ball: have a blast! Mondays 9 - 10 am

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 Mondays 7:55 -8:55 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.

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

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! It is a fun work-out for any age.

Core training: Physical strength comes from our centre Thursdays 8:55 – 9:55 am

This class focuses on gaining power in the core of our body. The class has been developed using Pilates as well as sports conditioning techniques.

Stretch: A delicious hour of stretch, release, and relaxation Fridays 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.

CARDIO CORE LIGHT

Wednesdays 7:55-8:55 am

A moderate cardio work-out that will work the heart for 30 minutes building cardiovascular strength and endurance.

SOCARAMBA

Alex Eloise

Saturdays 10 - 11 am

Mondays 6:15 - 7:15 pm

Register at socaramba@gmail.com.

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!!!

STOTT PILATES

Stuart Maskell
Tuesday, Friday 9- 10 am
Wednesday 6- 7 pm
Register at Stuart@Firmfit.ca,
613-796-3476.

As a certified STOTT Pilates Instructor, Stuart bases his mat classes on the principles of posture. This is effective, especially for toning the mid-section. Pilates Matwork focuses on increasing abdominal and back strength and mobilizing the spine!

FITWOMAN BOOTCAMP

Susan McDonald. Register at:
www.fitmomcanada.com/ottawa,
fitmomottawa2010@rogers.com,
613-617-4537.

Thursdays 11 am - 12 pm

A challenging program for women who want to work out without their little ones. The class works to maximize your metabolism by combining various strength and cardiovascular techniques.

FITMOM AND BABY

Susan McDonald. Register at:
www.fitmomcanada.com/ottawa,
fitmomottawa2010@rogers.com,
613-617-4537.

Wednesdays 8 - 9 pm

This is an indoor workout for you and your baby. This program will help you lose your baby weight, bond with your baby and meet other new moms. Please bring a structured baby carrier (front carrier for younger babies and back carrier for older babies) to this class.

Yoga/Meditation

GENTLE HATHA YOGA

Heather MacDonald
Tuesdays 9:30 - 11 am
April 12- June 14 (10 wks)
Fee: \$100

Sundays 11:30 am - 1 pm
April 10 - June 26
No classes April 24 or May 22.
Fee: \$100

A class for everyone, which incorporates easy and soft movements designed to create relaxation of the body and mind and provide a restorative experience even for those with limited physical capabilities.

IYENGAR YOGA

Barbara Young
Register at 613-728-8647.
b-young@rogers.com.
Mondays, 9 - 10:30 am, *Level 2*
April 4 to May 23
Thursdays 5:30-7 pm, *Level 2/3*

April 7 to May 19
Fridays 12:30-2:30 pm, *Level 3/4*
April 1 to May 20
Fridays 2:30-4 pm, *Level 1*
April 1 to May 20

Karin Holtkamp
Register at 613-422-8384
daveandkarin@rogers.com.
Tuesdays, 6:30 - 8 pm, *All Levels*
Thursdays, 9 -10:30 am, *Level 1*

Iyengar yoga teaches postures that bring flexibility, strength and endurance. Awareness deepens as students learn to practice with precision and subtlety. Slow stretching improves flexibility, and a guided relaxation helps reduce stress and tension.

Dance

AFRO CARIBBEAN DANCE

Suzan Lavertu, Artistic Director, 863-3493,
afrocaribdance@videotron.ca
Saturdays:
Ballet Racine: 10 - 11 am adult dance class
Dance Racine: 11 am -12 pm children ages 4-6
Mouvement Kwèyol: 12-1 pm children ages 7-12
Kubuli Dance Company
Program: 1 - 2 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.

IRISH DANCE LESSONS

with the Taylor School of Irish Dance, Suzanne Taylor T.C.R.G,
Thursdays 7 - 9 pm
Register at 613-231-1215,
suzanne@tayloririshdance.com
www.tayloririshdance.com.

Irish dance lessons are available to girls and boys of all ages. Irish dance is an excellent and fun way to strengthen and develop skills in music, tempo and rhythm, improve physical coordination and to learn about the Irish culture through its tradition of dance.

Visual Arts

SPIRIT OF DRAWING

Heather MacDonald
Tuesdays, 7 - 9 pm
April 12 – June 15 (10 weeks)
Fee: \$132

A course in the fundamentals of drawing which gives participants the opportunity to discover the joy of drawing by practicing the techniques all artists need to know. Students gain a better understanding of how they perceive their environment, in order to translate what they experience to paper. Developing skills in achieving linear expression, value, or shape-mapping are essential to other mediums of expression, such as painting or collage. .

NEW EDINBURGH NEWS

ORIENTAL BRUSH

- **PAINTING & CALLIGRAPHY**
Heather MacDonald
Fridays, 1:30 - 3:30 pm
April 15 – June 10 (8 weeks)
No class April 22
Fee: \$115

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 innovative new method makes it easy to create beautiful ink works. Traditional and contemporary methods will be explored.



ACRYLIC & OIL PAINTING

Susan Ashbrook
Thursdays, 1 - 3:30 pm
April 14 – June 16 (10 wks)
Fee: \$165
Drop-in fee: \$20 per class

A relaxed painting environment for those who wish to develop 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.

WATERCOLOUR: BEG/INT

Leslie Anderson-Dorofi
Thursdays, 7 - 9:30 pm
April 7 – May 26 (8 wks)
Fee: \$132

Learn/improve the basics of watercolour and explore the development of your individual style through the application of compositional elements, design, colour and lighting.

JOURNALING

Michelle Casey
Saturdays, 6:30 – 9:30 pm
April 9 – June 25 (10 wks)
No classes April 22 or May 21
Fee: \$195

In this course we will use collage and mixed media techniques to express ourselves visually and through writing, in many unique ways. No special skills are needed to participate, just a desire to create a record of something that is important. The resulting journals can be formed into a book or single sheets can also be framed. Both can be kept as memorabilia or given as gifts.

ACRYLIC MEDIUMS WORKSHOP

Susan Ashbrook
Sunday, 9:30 - 3:30 pm
May 1
Fee: \$95

Ever stand in front of rows and rows of acrylic mediums in an

art store and wonder what they are all for? Now you can find out by trying them! This workshop allows you to work with a number of the most popular and productive mediums, to decide what might work best for you in your own work. Students will need to bring a couple of paint brushes, and a regular palette knife. Everything else will be supplied.

HERON GARDEN SCULPTURE WORKSHOP

Herman Kluck
Saturday 10 am - 4 pm
May 15
\$125

In this workshop you will work with T-shirts, tin foil, wire and a fabric hardener to create a delightful heron garden sculpture. No previous sculpting experience is necessary and you will be amazed at what you can create!

COLOUR MIXING WORKSHOP

Susan Ashbrook
Sunday, 9:30 - 3:30 pm
June 12
Fee: \$75

Based on the Michael Wilcox School of Colour theory, this workshop goes beyond the basic colour wheel and teaches you how to mix the precise colour you need the first time! No more trying various combinations of blues and yellows to get the green you want. This colour mixing workshop can be used in all mediums, including glass, pastels and coloured pencils.

COLOUR HARMONY & CONTRAST WORKSHOP

Susan Ashbrook
Sunday, 9:30 - 3:30 pm
June 19
Fee: \$75

This workshop explores the use of colour combinations to create harmonious paintings. We also look at creating visual contrast through the use of colour temperature, saturation, complimentary colours, hue and value. These colour techniques can be applied in any artistic medium to make the work more exciting and unified.

FIGURE PAINTING AND DRAWING WORKSHOP

John Jarrett
Wednesdays, 9:30 -12:30 pm
Register at 613-594-0182,
jwjarrett@sympatico.ca.

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.

General

DESIGN YOUR OWN GARDEN

Cheryl Green
Saturdays, 2 - 4:30 pm

April 9 – June 25 (10 wks)
No classes April 23 or May 21
Fee: \$165

Looking at the garden that you have - making a list of the problems and, more excitingly, a ‘wish’ list. We then progress to trying out different layout plans. Planting plans will also be discussed.

WRITING YOUR MEMOIR

Glynis Ellens
Mondays, 1 - 3:30 pm
April 11 – June 27 (10 wks)
No classes April 23 or May 23
Fee: \$165

Shape your personal experiences together with a little research to craft your own memoir. Using published memoirs and fictional techniques such as characterization, description, setting, dialogue, learn how to give voice to your own life stories to make them universal and touch readers.

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Mondays & Wednesdays
8 - 10 pm

Mike Marshall 613-276-3944 or
marshallmike@rogers.com or
info@tridentjiu-jitsu.com.

Summer Camps

SUMMER ARTS DAY CAMP

Ages 6-8 and 9-12
Monday - Friday, 9 am -4 pm
July 4 - 8
Fee: \$235

Experience the arts! This day camp offers participants the chance to sample visual arts, theatre, dance and music all in a whirlwind week! Activities will include clowning, printmaking, new dance steps and, of course, all with lots of drama! Lots of indoor and outdoor fun for everyone.

Before and after care is available for those families who require it.

LUMIÈRE SUMMER CAMP

Ages 12 and up
Mon-Fri 9 am - 4 pm
August 8-12 and 15-19 and Sat,
August 20, culminating in the showcase at the Ottawa Lumière Festival.
Fee: \$399

This summer, take an exciting two week journey of arts activities, creative inspiration, personal growth and summer fun. Join the Lumière team on a fantastical art adventure, exploring your imagination through visual art, drama and music. Guided by Artistic Director, Scott Florence, (A Company of Fools), and with guest instructors from all artistic disciplines, camp participants will create an original lantern installation and original performance piece which will be showcased at the Ottawa Lumière Festival on August 20.

ZUMBA Dance at 200 Crichton at Hit!

By Isobel Bisby

What a wonderful, vibrant evening for families, filled with good food, dancing and joie de vivre!

On the evening of Saturday, February 26 Crichton Cultural Community Centre was alive with the sounds of music and dancing feet at the Zumba Community Dance. Two hundred people, adults and children of all ages, turned out for this first of many family events planned for the centre at 200 Crichton.

The evening began with a welcome provided by Master of Ceremonies **Corry Burke** and Chair of the Crichton Cultural Community Centre Board **Johan Rudnick**. They were followed by a fiery zumba dancing lesson taught by the very talented **Ximena Puente**. Then everyone enjoyed a delicious Chili Supper donated by **The Governor's Walk Retirement Residence**, with homemade desserts donated by **The Rockcliffe Retirement Residence**, and scones and bread given by **The Scone Witch, Bread and Roses Bakery**, and **Metro**. **Tara's Tea**, owned and operated by Keefer Street resident, **Tara McKenzie**, provided cold



drinks for the very thirsty dancers, as well as tea and coffee for those sitting on the sidelines. After supper the dancing continued in the Dufferin Room and ended with the children excitedly stomping on a floor covered with bubble wrap. What a noise!

Bridgehead generously provided a gift basket as a door prize, which was drawn from the surveys filled out during the evening. These surveys asked parents to express interest regarding two Summer Camps and After School Programming in September, both to be operated out of 200 Crichton. The evening was organized by an enthusiastic team of volunteers who constitute the CCCC's Community Events Committee: **Ellen Goodman, Carol Burchill, Isobel Bisby, Gillian Campbell, Linda Meek, Corry Burke, Marta Reyes Lipman, Elizabeth**

Gray, Sharon Collins, and Sandra Ferguson. Thanks are also extended to volunteers **Joseph Cull, Fawzia Docrat, Kathy Godding, Susan and Emily Harper, Margo Silver, Maurice Hladik, Noreen Watson, Anny Huber** and Governor's Walk staff **Milly Battaion** and her daughter **Hannah**. A fantastic team!

The event highlighted the tremendous role the magnificent structure, that is 200 Crichton, can play in our neighbourhood. Nights such as this can be, and will be, commonplace, when the facility is finally put into the hands of this community. Bringing the community together is our ultimate goal. We welcome all feedback and participation.

If you would like to fill out the Parent Interest Survey or join the Community Events Committee call 613-745-2742 or email communitycentre@rogers.com.



CRICHTON CULTURAL COMMUNITY CENTRE
CENTRE CULTUREL COMMUNAUTAIRE CRICHTON

FAMILY NIGHT AT THE MOVIES

Friday May 13th, 6:30 – 9pm



Harry Potter (6 yrs. +)
Wizards and witches encouraged to attend!
& Madagascar (2-6 yrs.)

Children must be accompanied by an adult.
Popcorn and drinks provided.

Tickets: \$20 per family or \$5 per person
Available at the CCCC Office or Books on Beechwood
Information: 613-745-2742
200 Crichton Street (Avon Lane entrance)



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A Company of Fools: A New Home in New Edinburgh

By Gertrude Wilkes

A Company of Fools is delighted to announce they have taken up residence at the Crichton Cultural Community Centre (CCCC) where our esteemed Director, Big Fool **Scott Florence** is now Director of the CCCC's annual Lumière Festival. In case you're not yet a Fool follower, the Company is a family-oriented community group that prides itself in being Ottawa's only professional summer Shakespeare troupe. Fools' productions combine physical theatre techniques such as clown, mask, and puppetry with classical text, and their aim is to make Shakespeare accessible and fun to audiences of all ages.

We're now located on the second floor of the historic Crichton Street School at 200 Crichton Street at Dufferin Road. To be precise, we're actually buried away at floor 2 1/4 (an extra 5 stairs above the second floor) in the former CCCC office. Fools' Business Hours are random and by chance, except for Tuesday and Wednesday, when we promise to have someone there—unless we don't! We can always be reached at info@fools.ca or by calling 613-421-2720.

And to celebrate our new digs at the CCCC, we are hosting a thoroughly Foolish event for the community: April Fools Family Fun with the Fools! (No fooling...)

Festi-Fool

Friday, April 1, 6 - 9 pm
at the CCCC (access from Avon Lane)
\$5/person, \$20/family



Circus workshops (6yrs+); Clown workshops (4yrs+); Masks can be built by all ages.

Ever felt like a Fool? Now's your chance to perfect that feeling! Join us at the CCCC for an evening of playing the Fool! The evening begins with workshops in Circus Arts, Clown, and Mask, where you play with all the skills that it takes to be a successful Fool—juggling, clowning and a daring mask

to unleash your mischievous self. Then finish the evening with fabulous performances by **Circus Montreal** and Ottawa's own A Company of Fools. Light refreshments will be served during the evening—clown nose provided! Fun for the family!

And, we look forward to seeing you all at our **Torchlight Shakespeare production of Antony and Cleopatra** in Stanley Park later this year—(date to be announced). Antony and Cleopatra is hands down Shakespeare's funniest tragedy. It's hard to believe the Fools have never tackled this dramatic duo before. After all, the famous lovers are as worthy of mockery as any Hollywood couple (Clantony? Antopatira? TMZ is still working on the nickname). Cleo is queen of the divas. Tony is the Roman Empire's answer to South Carolina Governor Mark Sanford. He neglects his wife and his state for the love of a seductress from way down south. Their Foolish philandering is not to be missed, so be sure to check www.Fools.ca later this spring for the details on our visit to New Edinburgh Park during the summer season. The show is produced by **David Whiteley** and will run from **July 4-August 19, 2011** in parks across the region.

(Photo credit: Andrew Alexander)

New Edinburgh Residents Spell it out for Charity

By Isobel Bisby

A number of New Edinburgh residents put their Scrabble skills to a speed test for local literacy charity, Alternative Styles and Outlooks (ALSO) during January's Family Literacy Week. ALSO held their first Amazing Speed Scrabble Race fundraiser at the Glebe's Arrow and Loon restaurant on January 29 to raise money for their Family Literacy Program.

Fifty participants put their literacy skills to the test and competed in a series of five-minute, one-on-one rounds of Speed Scrabble. Speed Scrabble is a variation on the traditional board game which involves no board and rewards quick thinking and a broad vocabulary. The top prize was taken home by **Ron Shutter**, who out-Scrabbled his opponents in a final three-way match.

New Edinburgh residents **Cindy Parkanyi, Jennifer Barbarie, Isobel and Mark Bisby, Marion Haunton, Mimi and Bruce Wilson** took part in the tournament: "A challenging and fun social event with friends and neighbours, all for a good cause," said Mark Bisby.

All of the competition was in good spirits and for a great cause. ALSO's Family Literacy program is a grassroots, community-based initiative that has been in operation since 2002, and serves over 200 low-income, high-risk families in Lowertown, Sandy Hill and Vanier each year. The program focuses on families who lack reading skills and confidence, young single parents, and multicultural families. It operates

through various outreach sites in the community.

"There is no government funding to support Family Literacy," explained **Kim Oastler**, Executive Director of ALSO. "That is why events like this and the generous support of both participants and donors is so essential."



For a number of years, ALSO held their **Amazing Book Race** at New Edinburgh's Stanley Park. "We decided to try something different this year and were amazed at the positive response. The Speed Scrabble fundraiser raised \$3,000 for the Family Literacy Program and the feedback was so good that we're planning to hold another similar event in the fall."

In addition to the Scrabble Tournament, the event also included a silent auction with paintings by a number of local artists, as well as a range of other items from local shops, restaurants and individual donors.

If you're interested in the next Amazing Speed Scrabble Race, you can follow ALSO on Facebook or email kim@also-ottawa.org.

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In Our Midst

Louise Imbeault



Thy Kingdom Come

What better way during Lent, than to share with you a truly inspiring story that will elevate your spirits. God works in mysterious ways and little did I know while preparing for this interview that it would impact my life and renew my faith like never before. This profile features the personal spiritual journey of one devoted woman, **Ms. Peg Herbert**.

I had the privilege of meeting Ms. Herbert for a casual coffee in order to conduct this interview by asking the usual questions about her person, life, achievements and goals but what awaited me was a total about face. Once she answered a few preliminary questions, I felt a bit uneasy noticing she was getting uncomfortable and asked if anything was wrong? She assertively replied: "It's not about me"!

Immediately my jaw dropped and so did my pen, this had never happened before, so I said: "Well then who is it about?" "It's about God and his Work" she replied. This petite, blonde, sparkling blue-eyed lady has a sacred fire in her belly. She speaks with the confidence and authority of a true disciple of Jesus Christ. Peg wants to share this poignant testimonial of faith with us and with the world. I agreed to keep her personal background short and to the point.

Peg Herbert was born in London Ontario; she earned a degree in Education Psychology at Queen's University in Kingston; worked ten years in Edmonton, Alberta; married, had 3 children all boys who are now adults. Then the family relocated here in Alta Vista and thrived for 27 years while she taught at a graduate level for the University of Ottawa.

Unbeknownst to her, Peg was being groomed under God's paternal eye for a specific moment in time. His plans matured in her fifth decade of life and through an unsuspected source, a major turning point was revealed. She was now ready to hear the call and choose to accept (or decline) the divine mission offered from above. This is her story.

In 1999 her family life changed dramatically. She had to move taking residence in New Edinburgh on Keefer Street where she is still

to this day. While teaching, Ms. Herbert met in her classroom a student named Sister Alice whom she coached and supervised during her graduate studies. This encounter set the stage for the next phase in God's plan.



Peg Herbert

You see, Alice is a catholic nun (Sisters of Charity) and a native of Africa, from Lesotho (pronounced Lesutu). This small inland country surrounded by South Africa is nestled in rugged terrain and very mountainous regions, it became a Kingdom in 1966 (how befitting). Sister Alice invited Peg to visit her homeland and in the year 2000, they flew into Maseru, the capital for the trip of a lifetime. The divine wheels were in motion and Peg would never be the same again.

One day, arriving at a local village, Ms Herbert was greeted by a group of orphaned children, singing to welcome her while standing on the side of a steep hill, the bright sun shining on their smiling faces

- this was Peg's awakening. Right now was the time God had chosen to ask her to HELP LESOTHO. Her soul whole heartedly resounded a firm YES - Thy will be done!

From that revelation day forward, Peg completely handed her life over to the entrusted mission. She started by founding a charity thus putting into action the Gospel of Matthew chapter 25 verses 31-45 which she lives by: "Truly I say onto you, as you did it for the least of these my brethren, as you did it to me".

Determined to help these poor children and grandmothers left behind when HIV/AIDS eradicated a whole generation, she mobilized volunteers on-site to hold the fort until the time she could plan her return. Peg arrived in Canada with one goal in mind, inform, educate and sensitize everyone she met to the plight of this small and unfortunate nation.

Ms Herbert spoke in local churches like St-Bartholomew and MacKay United in the Burgh and in many others across the city. People listened, joined in and sponsored children, schools twined-up with those abroad to support them with letters and prayers. She organized fundraisers to reach the goal of building a "safe house" called SEOTLONG (meaning a place to share ideas) which now proudly stands in Lesotho thanks to many Canadian supporters.

Every year she spends at least four months over there to coordinate, administer, write project proposals and conduct workshops to help build the community. Peg wants to keep everything "local" in order to develop sustainability and leadership - skills that are vital to the longevity of this work. She is adamant about the donations received, they go toward buying local goods, employ and train workers to build schools, purchase supplies and bring back dignity to the families.

Already, within a ten year

span, a huge sigh of relief resounds as the girls, boys and grandmothers know they belong and are productive in the villages. Isolation is broken! With the proper tools of education and empowering awareness accompanied with a large dose of love, compassion, patience and hope this humble population has many reasons to cheer, sing and praise the Lord.

Ms Herbert's faith, strength, conviction, courage, selflessness and influence, has branded her as an awesome "force of nature"! She has witnessed many miracles over the years and her experiences would easily fill numerous volumes glorifying the living presence of the Creator and the powerful action of his Spirit in this day and age.

Once she concluded I took a deep breath, wiped my tears then asked: "Will you ever retire some day?" A very definite "NO" she uttered softly. Peg's is a lifetime commitment; she will not stop writing, speaking, promoting and informing all who will listen with an open heart. She leaves us with a wise message: "Friends, strive for internal coherence, pray and praise daily, love unconditionally, give with a generous heart and most importantly, please remember...it's not about you"!

For a full account of her story, to subscribe to the newsletters or to sponsor a child and grandmother, please visit: www.helplesotho.ca.

Rejoice with your family and friends, for He has risen. Happy Easter, Alleluia!



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Reduce Domestic Water Consumption

By Hugh Robertson

"Ottawa River level lowest in a century." *The Ottawa Citizen* (17/7/10).

Although our domestic water consumption constitutes only about ten percent of our overall waterprint, it is one area where we have direct control and where we can effect change as individuals and families within our communities. This article will suggest ways to reduce our residential water use.

Indoor water consumption for Ottawa is broken down approximately as follows:

- Toilet flushing 38%
- Showers/baths 32%
- Clothes washing 15%
- Cooking/drinking 6%
- Washing dishes 6%
- Bathroom sink 3%

Water use in Ottawa is lower than the national average. The per capita daily water

consumption for an Ottawa resident is about 250 litres, while the Canadian average is approximately 330 litres per day. Despite its green credentials, Vancouver residents use almost 400 litres of water each day.

Determining our residential water consumption precisely—and then taking steps to reduce it—requires reading the meter regularly, preferably on the first day of each month. Set up a spreadsheet or use graph paper to plot your monthly readings.

The meter, usually located in the basement, indicates water use in cubic metres (M3). A cubic metre of water is 1,000 litres. Water meters are calibrated to two decimal points and so your first personal reading might appear as follows: 3012.60. The latter two digits in this reading represent 600 litres which is actually the

average daily consumption for an Ottawa household.

You will notice on your water bill that the City only reads meters to the nearest cubic metre so the official readings will not be as detailed as your own monthly recordings. You will also notice that an official

There is an economic reason as well as an ecological one to reduce your consumption: sewer bills are based on the volume of water consumed in each household. The charge for sewer services is roughly equal to what we are billed for water use. Use less water, pay less for sewer use.

reading only takes place every four months and an estimate is made between readings so that a water bill can be issued every two months.

You can ensure that you are only billed for water that you actually used by reading your meter at the time of estimation and phoning in the figure at (613) 580-2727. It is a good idea to mark your calendar so

that you are prepared when the City undertakes its bi-monthly estimates.

Check for hidden leaks by reading your meter if you are leaving the house for a few hours and no appliances will be operating in your absence. Then read it immediately on your return. Any change indicates water loss somewhere in your system.

of water.

Toilets

Toilets represent the major use of water in our homes. It is estimated that one quarter of all the water distributed across the city of Ottawa, is flushed into the sewers. Not only do we have a responsibility to reduce the amount of water flushed down the toilet, we

also have a responsibility not to flush toxic materials and drugs away. What is poured down toilets and sinks, will reappear somewhere, perhaps in some one else's drinking water, because treatment plants cannot eliminate all the toxins and chemicals in wastewater.

Tips:

- Install low flow, dual flush toilets.
- Test toilets for leaks by pouring a few drops of food colouring in to the tank. If any colouring appears in the bowl, there is a leak.
- Where possible try to use biodegradable cleaners or make your own.
- Unused drugs can be returned to pharmacies for safe disposal.
- The City organizes hazardous waste days for depositing harmful material.
- If you have an older model toilet and cannot afford to replace it at present, half fill a plastic bottle with gravel and top it up with water. Set it in the tank.
- "If it's yellow, let it mellow; if it's brown, flush it down."

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Showers/Baths

If we include toilets, almost three quarters of our indoor water is used in the bathroom. This is dramatically more than in the “golden olden days” but then nobody wants to return to outdoor toilets and all the family sharing the same bath water.

A standard bath will require about 70 litres of water while a five minute shower with a regular shower head will consume approximately 100 litres of water. You can calculate how efficient your shower is by holding a 9 litre plastic bucket under the showerhead and running the water for one minute and measuring the quantity. If your shower is discharging more than 6 litres a minute, consider installing a more efficient showerhead.

Tips:

- Install low flow showerheads.
- Turn off the shower when soaping.
- Spend less time in the shower.
- Slow flow in the shower.
- The gold standard for showering, the so called “navy shower” is a 10 litre wash.
- Siphon your bathwater onto trees and plants but only if you use non-toxic, biodegradable soaps and shampoos.
- In winter, let bathwater stand for a few hours to recover the heat and humidity.
- When running water for a shower, capture the cold water in a bucket for flushing toilets and watering house plants.

Washing clothes

Tips:

- Install an Energy Star clothes washer.
- Use biodegradable soaps.
- Wash clothes in cold water.
- Run full loads.

Kitchen

Tips:

- Steam or minimize the use of water when cooking vegetables. Save the left over water, with all its nutrients, for soups.
- High efficiency dishwashers use less water than washing dishes by hand.
- Always run full loads in your dishwasher.
- Air dry the contents at the end of the wash cycle.
- Install aerators on faucets.
- Repair dripping faucets.
- If washing by hand, do not run the water continuously.

Fill a second basin for rinsing and then use the water for flushing toilets.

- Keep a jug of water in the fridge instead of running the tap for cold drinking water.

Summer

Summer use of water increases consumption substantially because of washing cars and gardening. Another summer problem is the volume of rainwater that flows into the storm sewers, washing with it animal feces, oil residues and all manner of pollutants. You can reduce storm water flow by implementing conservation practices on your property.

Tips:

- Install a barrel to capture rainwater from your roof.
- Use drip irrigation for your lawn and garden.
- Water at off peak times.
- Avoid chemicals, such as weed killers on your lawn and garden as they wash into the storm sewers with negative effects on aquatic life.
- Wash your car on the lawn rather than on the driveway and use a bucket not a hose.
- If you have to replace your driveway, consider permeable interlocking concrete or alternatively a plastic grid system with grass or gravel. These systems reduce storm water run-off and do not absorb summer heat.
- Never hose down your driveway.

Plot your consumption

Read your water meter regularly and record and plot your consumption. Unless you have a clear sense of the volume of water you use, it is difficult to establish your waterprint and to undertake remedial action. Take the following Rs and try to assign a water conservation activity to each one: Reduce, repair, retrofit, reuse, refill, refuse, resist, reject, and recycle. Even better, expand this list and create your own repertoire of Rs with corresponding conservation initiatives. A goal of 100 litres per person per day per household could be a New Edinburgh community target.

Useful websites:

- <http://h2ouse.org>
- www.ecomall.com
- http://www.ottawa.ca/residents/water/index_en.html
- <http://www.h2oconserve.org>
- <http://www.wateruseitwisely.com/100-ways-to-conserve/index.php>
- <http://ottawariverkeeper.ca>

Passive House, Active Builder

By Jane Heintzman

New Edinburgh resident **Chris Straka**, a principal in local “green” planning and architectural firm, **Vert Design**, has a new distinction to his credit as the designer and builder of Canada’s first certified Passive House at 279 Crichton Street. According to the standards established by the official Passive House Institute, certification requires that a home be 5 to 10 times more airtight than a conventional new house built to Ontario Building Code specifications, and consume roughly 90% less energy for heating and cooling. And the pay off for building to passive house standards: Chris’ anticipated heating bill for this winter is roughly \$400!

Passive houses remain a rarity in North America, but are

so would require the import of costly materials and systems from Europe, with the attendant complications related to any needed repairs down the road.

Instead, he went ahead with construction of the duplex using locally sourced building materials, and applying the expertise he has acquired in recent years through Vert Design’s 35 green projects in the area. When certifying agent Ross Elliott, President of Homesol Building Solutions, carried out an inspection of the house early in 2011, and officially certified 279 Crichton as a ground-breaking Passive House, it came as a surprise to Chris, albeit a pleasant one!

The real secret of heat retention in the Passive House starts with the building envelope, and



Chris Straka of Vert Design



View from sunny side of Chris Strakas’ passive solar house.

rapidly becoming the standard in Europe where there are some 30,000 of them, and where the European Union has decreed that all new construction must conform to near zero energy standards by 2020. Somewhat ironically, Chris had no expectation of building his 3 storey duplex to Passive House specifications, as he was advised by experts in the field that to do

in Chris’ home, the important features include:

- Triple glazed windows
- A combination of highly efficient foam insulations
- Careful sealing to avoid the creation of “thermal bridges” transferring heat across the outside walls, and
- A rear wall of south-facing windows overlooking the Rideau River, capturing the

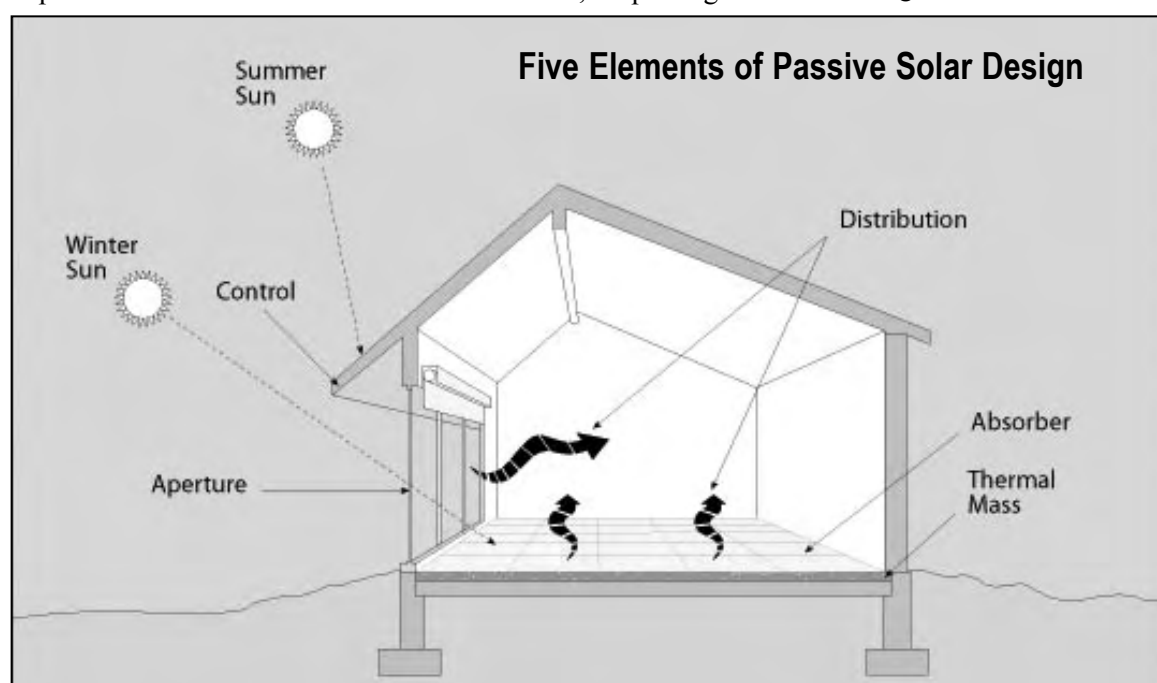
warmth of the sun while keeping the cold at bay.

There are three principal components of his highly efficient heating system:

- Radiant heat floors
- A geothermal system, and
- A high efficiency heat recovery ventilation system.

Interestingly enough, Chris’ home is so airtight, and has such remarkable sun exposure and retention, that he is now wondering whether he needed to invest in the geothermal unit after all, and speculates that he might well have got by with a few baseboard heaters!

Next on the list of his green projects at 279 Crichton Street is the installation of rooftop solar panels to generate electricity and to heat household water, as well as the cultivation of a 500 square foot green roof garden, where he plans to grow vegetables this summer. To find out more about the energy efficient design features of 279 Crichton, you can check out Chris’ website at <http://vertdesign.ca/rideau.html>.



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Kathryn Verey of Vaughan Street will be a crew member this June in support of her cousins' team in the Race Across America (www.racecrossamerica.org), widely considered the world's toughest endurance cycling race. They are racing in memory of their brother, James Joshua Bowman, a British army major killed in Afghanistan last summer. The 4-person team of cyclists will relay a baton made out of a stretcher used in Afghanistan across the USA from Oceanside, CA to Annapolis, MD, aiming to complete the 3000-mile race in 7 days. They are grateful for all donations, large or small, which will go to three of the charities James supported. Please visit the team's website at www.teamswiftandbold.com to make a donation, or contact Kathryn at 741-1736 if you wish to donate but are unable to do so online.

The team is also seeking corporate sponsorship in varying degrees, from direct donations to help with transport to supplying equipment. This will minimise the cost of competing in the race and ensure that all personal donations go directly to the chosen charities. For smaller corporate donations and the supply/loan of equipment, the organisation's logo and a link to their website would be included on the team website, which can be accessed from the main RAAM website. The latter received 20 million page views during the two-week period of the 2010 race, and RAAM organisers plan to further enhance the



real-time coverage of the 2011 race, deploying reporters, photographers and videographers along the route and feeding current race information (writ-

ten reports, photos and video clips) to the website on an hourly basis during the entire race. For larger donations, the logo would also appear on the cyclists' clothing and support vehicles. Race organisers have suggested to the team that they are likely to receive more than the average media coverage due to the motivation for their participation. If you work for an organisation that might benefit from such

publicity across the US, please contact Kathryn at kathryn.verey@teamswiftandbold.com.



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By Constable Ryan Pierce

I would like to take this opportunity to introduce myself, my name is Constable Ryan Pierce and I am the new Community Police Officer at the Rockcliffe Community Police Center (CPC). CPC's provide a direct link between the community and the Ottawa Police Service (OPS). Volunteers at the CPC assist in delivering OPS core Crime Prevention Programs such as Neighbourhood Watch and Home Security Inspections. We are currently recruiting new volunteers who want to join our team to proactively reduce criminal activity.

In order for police to effectively combat criminal activity we rely on your assistance. Did you see something suspicious? Did someone enter your vehicle and ruffle through your

glove compartment overnight? Was your vehicle broken into and items were stolen? If so, we need to know. When criminal trends and occurrences are identified in certain areas, we as an organization are better able to deploy resources and attempt to stop such activity. You can report several criminal occurrences over the phone through our call center at 613-236-1222 ext. 7300.

I look forward to meeting and working with you in the community. If there is an upcoming event or a meeting that you think I could provide assistance with or if you want further information on volunteering at the CPC please contact me at 613-236-1222 ext. 8520 or through email at piercer@ottawapolice.ca.

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New Edinburgh Square Well Prepared for Emergency

By Louise Imbeault

What an ordeal. The raging fire was bad enough, but when the toxic fumes started to move downwind toward the **New Edinburgh Square Retirement Residence**, "evacuation" was the only option.

Luckily, they were ready. The Square's staff and administration's primary concern is the safety and comfort of their residents. They are fully prepared to handle emergency situations in a way that causes minimal disruption and impact by conducting regular monthly fire drills, as well as annual zone and building evacuation drills. The residence has a comprehensive emergency response plan in place, and their trained staff is fully prepared to execute it at any time.

So when the Fire Chief **John DeHooge** gave the order at 2:35 pm to remove all staff and residents from the site, the work was already well underway. **Cindy Hunt**, the Regional Director, had started around noon hour putting measures into place, and her intuition that there was a very real possibility of total evacuation eventually paid off.

All residents were first bussed to **Good Companions Long Term Care Centre** on Albert Street, where they were greeted with cookies, coffee and tea. There was no way they could return to the residence that night, so some of residents spent the night with family and others were checked into the Marriott Hotel close by, where the NES nursing staff were

available to offer extra support. Everyone involved is reported to have done a wonderful job to make the situation as seamless as it possibly could be for the seniors, ensuring every minute detail was looked after.

Of course no amount of preparation can entirely diminish the impact on those afflicted. Some seniors were understandably a little frightened, and one gentleman reported feeling a bit weak having just recovered from surgery, although he did put on a brave face. But as with many unsettling incidents, a

Swiss Chalet dinner. Her positive attitude was very reassuring to the family members accompanying her, and when she arrived at her daughter's home, she calmly propped herself up on the couch, and relaxed in front of the television set to watch her favorite show, Steve Paikin, while sipping coffee and eating pie. Now that's the resilience of some remarkable folks during the crisis! (Oh, and did we mention that this spirited lady is 100 years old!)

All the residents finally



Photo: Louise Imbeault

high spirited story stands out.

One resident in particular took the crisis in her stride and made the event into an adventure. After taking her seat in the bus, she started singing, trying to encourage others to participate: sadly there were no takers so she kept up a solo performance! After arriving at the centre, she was thrilled to eat a rare treat, a delicious

returned to New Edinburgh Square by about 2:30 pm the next afternoon and by 5:30 pm, were enjoying their dinners and swapping stories of this thoroughly well-handled evacuation.

Kudos to all involved for their preparedness, and for keeping residents safe, comfortable, and so well looked after throughout this crisis.



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The News from Botswana: A Move Deeper into the Bush

Editor's Note: This is Emilie Tobin's fourth report to the NEN from Botswana, where she is completing a two year assignment. Emilie is a former Ivy Crescent resident and a graduate of the Carleton School of Journalism.

By Emilie Tobin

In mid-February, I left Maun and headed to the settlement of D'Kar about 300 km away. I knew this was going to happen. I knew I'd have to leave the relative comfort of Maun and head out to the bush. I won't lie; I was apprehensive. I've had it pretty easy in Maun. Sure, I didn't have any water my last two and a half weeks in town, but I had friends who thankfully let me shower at their place. I also always had access to a grocery store, ATM, restaurants and friends; all things I would be lacking in D'Kar.

Despite my reservations, I arrived in D'Kar with a positive attitude, ready to immerse myself in work and my new community. My first day went well. I arrived around noon after an uneventful bus ride from Maun. Laura, my new boss picked me up on the side of the road and took me to my new house. I don't know what I was expecting, but I was pleasantly surprised. I've got a

good sized kitchen, a big room and decent facilities. I even have water most of the time. And sometimes it's hot! It's like heaven!

I'm working at Letloa Trust, one of the trusts that make up the Kuru Family of Organizations. The main goal of Kuru is to build the capacity of the San (they are also called Bushmen or Basarwa). The San were hunters who switched to agriculture as the result of government-mandated modernization schemes between 1950 and 1990. In the mid-90s, they were forced off their ancestral land by the government who then used the land for tourism. They were forced to give up their traditional livelihood and move to settlements. The relocation of the San has been a great debate in Botswana with support from some and disdain from others. Kuru aims to empower the San and teach others about tolerance and acceptance.

I'm working with the Community Health Program which aims to prevent and treat TB. Although TB is curable, it is a lengthy treatment process and since many people live in isolated communities with no access to health care, it is a major killer in this part of the country. There is only a 59 percent cure rate in Ghanzi

District where I work.

Letloa aims to raise that number to 75 percent in the next year. The first step is to bring the treatment to the affected communities. Through Community TB Care (CTBC), people in isolated settlements are gaining access to much needed health care. Not only do they have access to health care in their communities, but they are receiving it in their local language.

There has long been a linguistic barrier between the health care workers and the communities they serve, as many doctors speak English or Setswana and the San speak numerous traditional languages. If, for example, a San from D'kar makes it to the hospital in Ghanzi, there is a strong possibility that they will not be able to communicate with the nurse or doctor. For a short period of time, the government sponsored translators but this role was deemed unnecessary, and it was decided that translators should be volunteering their services instead of getting paid. The program was killed.

In partnership with local nurses and clinics, CTBC promoters ensure that TB patients receive and take their drugs daily. There are many patients who default on their treatment because they cannot make it to

the nearest clinic to take their tablets. CTBC promoters bring medicine to the patient in their homes. It is still a difficult task as many patients are not settled and move to farms or other settlements without telling the CTBC promoters. But it's a start.

The CTBC promoters do so much more than simply hand out tablets. They provide health talks to patients, family members and the community about TB transmission, symptoms, prevention and treatment, healthy living, the negative effects of alcohol while taking TB treatment and the link between HIV and TB to name a few. They test people for TB and encourage patients to test for HIV.

Community TB Care is working. Like any program, it has its

challenges. We lack transportation to make it to the extremely rural settlements every month, there are still TB tablet shortages in the district as well as bottle and glove shortages to take samples. However, the program is growing and continues to improve. I am proud to be a part of its growth.

I used to fear coming to D'kar. I used to think this city girl couldn't handle herself in the bush. But I've surprised myself. Not only am I adapting, I would say I'm thriving. I don't even dread the nights as I've become accustomed to my nightly routine of running, showering, cooking, working and reading. It's not even that repetitive to me. It might be a new found maturity (I recently turned 29), but I think it has more to do with accepting my situation and going for it.



The Community Health Programme received a vehicle from Orange Botswana, one of the country's largest telecommunications companies, which raised the funds through a concert held in November 2010.

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Wilderness – A Celebration

Your India correspondents, long-time Burg residents: **Anne-Marie and Tony Gaston** were back in Delhi in January where they were invited to present their new multi-media recital "*Wilderness – a celebration: dance, video, images and reminiscences of Himalaya, in honour of the Great Himalayan National Park*".

In the 1970s Tony and Anne-Marie (Anjali) were fortunate to make many long treks through the sublime tranquility and awesome splendour of some of the remote mountainous regions of Himachal Pradesh, part of the Western Himalayas. In 1978, inspired by their travels, Tony initiated and directed the Himachal Wildlife Project to survey wildlife in the State. His dream culminated in the founding of the Great Himalayan National Park, protecting one of the finest natural areas in the Indian Himalayas. This year the area is being proposed as an UNESCO World Heritage Site.

The Ottawa show will include dances presented from the traditional classical Indian repertoire, studied in India with some of the most famous masters, and innovative choreography on the Earth, inspired by the poetry of the Nobel Laureate Rabindranath Tagore. Evocative images and video projected as part of this mixed-



media performance showcase the unique culture and environment of the Western Himalayas.

Anjali will be presenting a show based on parts of their critically acclaimed Delhi recital at **Ottawa Arts Court Theatre** on **April 15 and 16**, including collaborations with **Blair Miller** on Tabla, highlighting Anjali's dance in the Kathak and Sufi Dance traditions. The evening concludes with a unique collaboration with **Basia Going** (Adishesha Yoga), one of Ottawa's leading yoga teachers. They will explore the rich mythology of the God Shiva through dance and yoga.

An after-show reception with

Indian snacks is included in the price of the ticket.

"This is art without borders. Anjali and Tony [Gaston] are part of an international group of artists whose artistic expression belongs to world art. This is transnational work and resonates with diverse audiences be they from India Canada or elsewhere. At this moment in history when trade barriers are breaking down, these artists are speaking globally." Arshiya Sethi Kri Foundation, New Delhi, India.

April 15-16, 2011 7:30 pm
ANJALI and CompanyArts
Court Theatre, 2 Daly Ave.
Ottawa info and tickets \$25
and \$22 613-564-7240
www.culturalhorizons.ca

Maple Sugar Fest at Richlieu Park

Home to North America's Only Urban Sugar Bush

This year's Maple Sugar Fest took place from March 21 to 27 at Richelieu Park, 300 Des Peres Blancs ave. Throughout the 7-day event, event goers could enjoy the great maple products of North America's one and only urban sugar bush.



Photo: Louise Imbeault
Sampling the maple taffy at the Maple Sugar Fest.

This 17.5-acre parkland features several varieties of Canada's wonderful maple trees. The maples are tapped and used to produce the syrup served at the events that take place during the festival.

The Maple Sugar Festival has become a Vanier tradition, having been celebrated for many years now. The first sugar shack was built by the White Fathers who made syrup for their religious community. The order left Vanier in the mid-1970s. After their departure, a group called Action Vanier took over the tradition and rebuilt the sugar shack on the same site as the White Father's original sugar shack. The Richelieu Park's sugar shack continues to carry on the tradition of the maple sugar season. The new sugar shack as we know it today was inaugurated in 1998. Each year, 1,000 trees are tapped in the traditional way to produce about 400 litres of maple syrup. The sugar shack can accommodate up to



Photo: Louise Imbeault
Tapped trees at the Vanier Sugar Bush

40 people where a team of volunteers explains the whole maple syrup process.

The Sugar Shack is open during the sugar season by reservation. Typical Sugar Shack meals are available. For reservations call 613.746.KBAN (5226) or email info@festivaldessucres.ca.

Do You Have an Ash Tree? Read Here to Save It.

If you have an ash tree, you face two propositions: (1) inoculate it to save it against the wood-boring beetle, the emerald ash borer (EAB); or (2) let it risk fatal infection by the EAB and then arrange the costly process of having it removed or risk it falling on your house.

NECA is pleased to offer the chance to participate in a group inoculation of trees in New Edinburgh, Rockcliffe Park, Lindenlea and Manor Park. A collective effort will help to save as many trees as possible, and to investigate a group rate for inoculation of trees by a licensed applicator.

If you are uncertain if you have ash trees on your property, take a look at the photos and descriptions on the City's Forestry Services webpage at ottawa.ca (or you can search

on the terms "City of Ottawa ash tree" to locate the link). Or contact NECA's Environment Committee via email at: neca.enviro@gmail.com. We can arrange for someone to verify if your trees are ash variety.

Trees offer shade, add value to a property and they absorb carbon monoxide to the benefit of our environment.

If you are interested in exploring the treatment offer, please send your name, email address, street address, telephone number and the number of ash trees you would consider protecting and include the circumference of each tree. Please send these details to our email address: neca.enviro@gmail.com at your earliest convenience this spring. Then we can investigate the best offer for preserving our ash trees.



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Emmy's Eulogy

By Karen Leonard

Emmy came into our lives in September of 1999. An unplanned visit to the Humane Society "just to look" changed our lives for the better. We walked in and there were all types of dogs barking and jumping up and down, except one. Unlike all the other dogs, there she was lying quietly

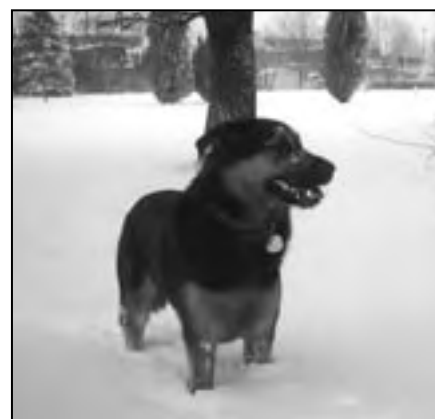
looking up at us with those big brown eyes. It was love at first sight. We were told she had been found wandering the streets of Ottawa with a belt around her neck. They guessed she was about a year old and a Rottweiler/German Shepherd mix, but was pretty big for a "puppy". They took us into a separate room to see if we connected. Emmy went straight for the tennis ball among the pile of doggie toys and totally ignored us regardless of how many times we called out to her. We

could only assume that she had a hearing problem—why else would she be ignoring this amazing couple who wanted to take her home? We asked the vet to check her hearing—it was fine. She was so obsessed with the tennis ball, she wasn't interested in socializing. Didn't matter—she was "the one" and became the love of our lives for the next 12 years.

Everyone who met Emmy loved her and she loved them back giving lots of kisses, wagging her tail and always greeted them with her distinctive hello howl. Emmy's favorite things included eating, especially treats, going for walks, running in the park, riding in the car, treats, playing with her tennis balls, having her bum rubbed, treats, peanut butter, treats (you get the idea – she lived for treats – actually, any kind of food) and watching TV—she loved to growl at the animals that came on the screen, especially dogs. It even got so she knew which commercials had animals in them

and would start to growl before they even appeared on screen. She also loved to hang out with her friends Booka and PJ and especially loved to terrorize her little brother cat Doody. Whether she was chasing her tennis balls, playing in the snow or chasing Doody, she always made us laugh.

On March 6, 2011, our lives were devastated when the blood disease that Emmy had been diagnosed with two years ago returned and, for the second time, she was fighting for her life. Emmy has been on a number of different medications over the past two years, some of which have serious side effects, including



muscle deterioration. With everything she's been through and the fact that she was in constant pain with her arthritis, we had to make the most excruciatingly difficult decision a pet owner ever has to make. Only another pet owner can understand the pain and grief we suffered that day and continue to feel. The past year has been a difficult one, not only because of Emmy's failing health, but because we also lost Emmy's little brother cat Buster, as well as her golden retriever boyfriend, Maverick.

If it weren't for the amazing efforts of the staff at Alta Vista Emergency two years ago and the ongoing loving care of Dr. Marie Haynes and her staff at Beechwood Animal Hospital, we wouldn't have had the extra time that we did with Emmy. We will be forever grateful to them for that.

Emmy was a huge part of our family and losing her has left an emptiness in our hearts. We'll miss her every day and will love her forever.

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Tips for Making Taxes Less Stressful

There's an old adage that there are two givens in life, death and taxes, and both are cause for stress. Few Canadians look forward to doing their annual tax filing, but there are ways to take some of the drudgery out of the season. Cleo Hamel, senior tax analyst at H&R Block Canada, suggests the following simple steps to make tax time less taxing.

Year-round planning: Reducing your taxes owed takes a little bit of planning during the year. Maximize your return by taking advantage of key dates. For example, make your charitable donations before December 31 or, if you have a little bit of extra cash, consider making additional RRSP contributions during the first 60 days of the year to help reduce your tax payable.

Reduce your worries: Several Canadians are fearful of filing their own taxes and making mistakes on their annual return. Hamel suggests buying

tax software products that provide you a step-by-step guide to filing your taxes so that you don't miss any credits or deductions.



Worried about being audited? Some tax packages like H&R Block At Home boxed software offer the peace of mind of free audit assistance. That means you can access a tax professional to help manage correspondence with the Canada Revenue Agency (CRA), should you get an audit

request after doing your taxes yourself.

Keep records in one place: Organization is key to reducing stress at tax time. Keeping all

your receipts (child care costs, RRSP contributions, charitable donations, public transit passes and receipts, medical expenses, etc.) in one place will make filing that much easier. It also ensures that you take advantage of all the credits and deductions available to you.

www.newscanada.com.

James Travers— A Personal Goodbye

By David Horley

When Jim Travers of the Toronto Star died on March 3, Canada lost not only a superb

journalist focussing on political affairs but also a fine person with a quick wit and a wry sense of humour. His career as a distinguished political writer and journalist has been eloquently celebrated by his professional colleagues.

My linkage with Jim instead was personal, as a friend and nearby neighbour. He was quietly but solidly support-

ive of maintaining the quality of New Edinburgh in all aspects. Whenever we met on the street we shared remarks

about current events, politics or—more importantly—about cycling. Jim was an avid and energetic cyclist, readily taking on the demanding paved routes in the

Gatineau Hills. But whatever the topic, Jim's words gracefully blended insight, humour and warmth.

You left much too soon, Jim.



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May 12 *Peace Like a River* by Leif Enger

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April...

By Douglas Cornish

April is the 'promise' month. It is only in April that the promise of spring, of something better than winter, slowly becomes a reality. Even though, technically, the vernal equinox began on March 20, March is not spring. Even April is not spring, but it is a promise that will eventually be fulfilled.

The rains of April wash away the horrible icy traces of winter. April wipes the slate clean, so to speak, so we can begin anew as we do every year. Even though the month of April is not something new each year, people tend to forget what the landscape looked like without snow. People tend to forget what the world looks like underneath the white blanket of winter. And some people are horrified to discover that they left their kid's bike out on the lawn all winter, or the summer hose, or they may even be delighted to discover that toonie they dropped as they hurried into the house to escape the winter chill, or even that expensive diamond ring that somehow slipped off the hand into the white abyss of winter.

Those with dogs don't relish the task of picking up all the dog poops (your dog's and your neighbours') that have accumulated over the winter months. Everything has its price and dealing with the refuse of winter on lawns, on streets, on sidewalks and lanes is one of those realities. April clean-up is not pleasant (particularly when you didn't get around to doing the fall chores in the first place), but April clean-up is a necessary step towards moving to the next season.

The promise of April is always just that, a "promise", but something that will eventually happen. There are false starts in April such as a last dump of snow, and that can even occur on the 1st of April (which is not viewed upon as funny). As April progresses, though, people realize that the

promise is becoming a reality. Street cafés open, people buy the year's first flowers. People slowly wake up from their winter nightmare and realize that there is another face of Mother Nature. People move

rains are necessary, the washing away of all the dirty, black snow and the grey ice is necessary. April is the cleansing month, the introductory month. Nature now pulls up the curtain on a new stage,

eyes of hibernating creatures (both animal and human), it opens up new vistas. Doors are flung open, windows are left ajar, even human hearts are open to new adventures. April announces to a weary and depressed populace that the world is open now. There is a re-birth, a renaissance, a new landscape to look at.

Even though April and the promise of something better comes every year, the winter months have put some people into a state of denial, to the extent that they've forgotten what a new season looks like. They thought winter would never end (although we have had worse winters), but hope does spring eternal.

So, let's begin this month of promise, this ladder of hope that will lead up to new heights, above the drudgery and coldness of whence we've come. Nature can be cruel at times, but she always keeps her promise of bluer skies, warmer temperatures, a more colourful landscape. April is that contract between people and nature, a promise of hope, of better things to come, of friendlier relations with nature, of dreams, of new horizons, and of promise.



Photo: Bruce McLaurin

Don't you hate it when that happens? March and April can bring surprise thaws, as this car owner on Keefer has discovered.

with a more relaxed walk now. They stop to chat, they park their car outside the garage now. There is hope. There is promise; there is this commitment to change. April ushers in a new point of view, Mother Nature-wise, a new outlook, a new deal, if you like.

April eases the psyche, lessens the stress of nature. The

a new play. Everyone has their exits and their entrances, as Shakespeare noted, and it is old man winter's exit and the promise of youth strolling across the stage.

The word 'April', derived from the Latin, means "to open", and that's exactly what the month of April does - it opens up buds, it opens the

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Canada and the World Pavilion: 16 Years, \$16 Million, and Still Nobody Home

By NTNEN Staff

Coming up this year is the gala 16th Anniversary of the closure of the former Canada and the World Pavilion, an event that is to be celebrated by the community with festivities on the concrete surrounding the still empty building, complete with white elephant balloons and junk food for the multitudes. The kids are certain to have a ball feeding the hordes of squirrels and pigeons that have been nesting in the building since a rogue billiard ball from the French Embassy made an inviting hole in one of the glass panels.

As lucky coincidence would have it, in this 16th Anniversary year, the total cost to the taxpayer of maintaining the empty building, including repeated failed attempts to conquer the pesky mould problem, patch leaks in the roof, and maintain a robust bureaucracy to fend off public queries about what the heck's happening to this dump, while scouring the "federal family" for the elusive perfect renter, has been tallied by the Financial Fiasco Department at an impressive \$16 million. (Officials dispute this figure on the grounds that it fails to take account of the cost savings involved in paving over the former public park at the Rideau Falls, which they claim was a veritable sink hole for grass cutting expenditures.)

Some of the more elderly residents of our local retirement homes can still tell tales of the glory days of this now derelict structure when, for four whole years, the build-

ing housed a rather eclectic (though frankly, pretty lame) exhibition that was open to the public, attracting small crowds of curious tourists until word got around that watching paint dry might be a more interesting pastime, and visitors tapered off to a measly few.



Each year following the Pavilion's closure in 2005, So Not the New Edinburgh Community Alliance (SNNECA) dutifully corresponded with the building's proprietor agency, the Department of Unused Museum Buildings (DUMB), to inquire about future plans for the derelict pavilion. On many occasions, SNNECA took the laudable initiative to propose some imaginative options for its use, notably:

- a museum for obsolete technology, with fascinating displays of primitive devices such as television sets, DVD players, IPADs, iPhones, MP3 Players and other long defunct electronic trappings from the early years of the century;
- an indoor grow-op for the medical marijuana now prescribed to Members of Parliament to keep a lid on

violence in Question Period;

- a laboratory for the analysis of the many intriguing toxigenic moulds still growing there in profusion (with possible chemical warfare applications, but keep that one under your hat); and

- an observation facility for tourists eager for a gander at the site of the former Rideau Falls, the once mighty cataract now reduced to a trickle by the impact of climate change.

Each year, DUMB has politely responded to the community via one of the five form letter variants it developed over a decade and a half, all of which offered the cheery assurance that the announcement of a new and exciting occupant of the building was just around the corner, awaiting only the final crossing of t's and dotting of i's on the contract. As neighbours and dutiful taxpayers, we can only assume that all those years and all those corners have led DUMB around in a futile succession of tight circles, while the ramshackle structure which replaced the once sylvan Rideau Falls Park waits to be put out of its misery.

But hey, now that the whole neighbourhood has been zoned commercial, with mixed high rise development, how about a Tim Horton's drive-thru? We know, we know: there's already a Tim's on the roundabout outside Rideau Hall, but with the traffic on Sussex Drive being what it is these days, it can be an awfully long haul from the vice-regal corner to the bridge....

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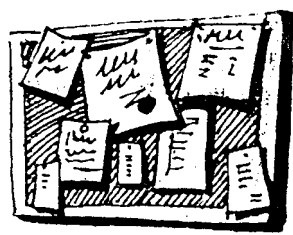
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Burgh Bulletin Board

April Events

Sun., April 3, 7:30 pm

MACKAY CHAMBER MUSIC SERIES concert featuring one of Ottawa's best known musicians, pianist Dina Namer, with violist Sally Benson, violinist Mark Friedman, violinist Leah Roseman, and cellist Margaret Munro Tobolowska.

They will be performing a piano trio by Spanish composer Joaquín Turina, and Antonín Dvořák's Piano Quintet No. 2 in A major, Op. 81, B. 155.

Wed., April 6, 7:30 pm

ARS NOVA Presents Canadian lyric tenor **James McLean** in recital. St. Bartholomew's Church, 125 MacKay St. Presenting an intimate recital of English song by Britten, Finzi and Vaughan Williams. Tickets: General - \$30; Student - \$15 (Ticket includes post concert reception.)

April 7-9 & 14-16, 7:30 pm

NEW EDINBURGH PLAYERS presents *Busybody*, a comedy by Jack Popplewell at MacKay United Church's Memorial Hall. Admission is \$20. Purchase tickets Rockcliffe Photo Image (18 Beechwood) or at the door. 613-860-2371.

Fri., April 8, 6 pm

HELPING WITH FURNITURE annual fund-

raiser gala with cocktails, a three course meal, great entertainment, silent auction, door prizes and 50/50 draw. Eman is our entertainer this year, he is a young man that HWF has helped and is a young student at Carleton University. He was raised in Ethiopia and has survived the 2003 genocide and will tell his story and his feelings through his music. Be prepared to be moved! HWF is a 100% volunteer run grass root organization who welcomes refugees and their families, with furniture and household items. HWF is not funded by money from the government. Tickets are \$50 and are **not sold at the door**; get tickets by calling Nathalie at 613-612-6228.

Sat., April 9, 3 pm

WATER WATCH, WATER WISE - NecoE's community forum in the Dufferin Room of 200 Crichton (enter from Avon Lane). See article on page 4.

April 9 & 10

ROCKCLIFFE BOOK SALE at the Rockcliffe Park Branch of the Ottawa Public Library. For more information call 613-745-2562.

April 9 & 10, 10 am - 4 pm

FRIENDS OF THE FARM CRAFT & BAKE SALE An incredible selection of items to choose from and don't forget to pick up some delicious baked goods. Free. Location: Building 72, C.E.F., east off

Prince of Wales traffic circle

Sat., April 9, 8:30 am - 5 pm

LEVEL-I CLINIC to become a Softball Ontario Certified Fast Pitch or Slo-Pitch Umpire. At the RA Centre on Riverside Drive. To register please contact George Findley at 613-722-2620.

April 16 & 17

MAINWORKS OPEN STUDIO at the Crichton Cultural Community Centre, 200 Crichton (enter off Avon Lane). See article on page 21.

Sat., April 16, 10 am - 5 pm

Sun., April 17, 10 am - 3 pm

USED BOOK SALE held by the Friends of the Ottawa Public Library at the Nepean Sportsplex.

Mon., April 18, 7:30 pm
NECA BOARD MEETING at St. Bartholomew's Church. All welcome.

Tue., April 19, 7:30 pm

DISCOVERING OTTAWA'S ENVIRONMENTAL HISTORY - **Joanna Dean** on Mapping Ottawa's Urban Forest: Lowertown, New Edinburgh. Main Library, 120 Metcalfe St. For more information call InfoService at 613-580-2940 or visit www.BiblioOttawaLibrary.ca.

Until Wed., April 20

VIDEO ART at Centre d'artistes Voix Visuelle. Suzanne Nerbonne unveils a video series that document different time spaces.

André is a video installation that includes five monitors placed one on top of the other, presenting one main character. He is filmed from head to toe, but shown in five different parts. The viewer's perception of the character is thus desynchronized, the latter evolving

in lasting time.

As for *Casier*, it includes 12 monitors showing 12 teenagers filmed for 3 minutes in front of a locker. The artwork, projected repetitively, is seen as a complex mosaic and an original choreography, but the viewer is soon aware of the actors' discomfort, because they are confronted to the camera. Centre d'artistes Voix Visuelle is located at 81 Beechwood Avenue, in Vanier. The gallery is open from 11 am to 4 pm. Tuesday to Saturday.

Wed., April 27, 8:00 pm

MEDIA AND RWANDA GENOCIDE SPEECH Prof. Allan Thompson is the featured speaker for the April 27 edition of the Rockcliffe Park Community Centre's monthly Speaker Series. Thompson will discuss his work with the Rwanda initiative, the NGO he founded in 2004 to help build a free and independent media in Rwanda. In his talk, Thompson will stress the importance of this work given the central role that the media played in the 1994 Genocide. Thompson, a professor of journalism at Carleton University and former Toronto Star foreign and political correspondent, was awarded a Medal of Honour by Governor General Michaëlle Jean in 2010 for his work in Rwanda.

Sat., April 30, 8:30 pm - ?

JUST DANCE...ONE NIGHT ONLY... for the YMCA. Join your favorite hosts, **Joseph Cull** and **Kathy Godding** once again as they welcome the incomparable **Jessica Holmes**, star of *Air Farce*. Savour the fabulous light food fare from Thyme and Again, and make sure you have those dancing shoes on! Prizes to be won! Saint Brigid's Centre for the Arts, 310 St Patrick Street. Tickets are \$75 and are available at all YMCA-YWCA centers, Thyme and Again, or

by calling 613-788-5043. For more information, visit www.ymcaywca.ca.

Sat., April 30

OTTAWA SOLAR POWER FAIR - Like the Beatles' sang: "It's been a long cold, lonely winter here comes the Sun". Come learn about solar power options for your home, business, school, church or community organization. Free, open to the public, kids activities, workshops, meet solar suppliers, go on a solar tour. The Solar Fair is presented by the 1,000 Solar Rooftops Ottawa Network. Stay tuned. A full program will be available in early March. For more information on Solar in Ottawa, go to www.1000solarrooftops.ca.

Sat., April 30, 7:30 pm

OTTAWA BRAHMS CHOIR and guests Harmonia Choir of Ottawa will present *Ein Deutsches Requiem* by Johannes Brahms under the direction of Kurt Ala-Kantti at St. Thomas the Apostle Church on 2345 Alta Vista Drive, with Soloists Bass Jean Sébastien Kennedy, Soprano Devon Wastle; piano four hands Ioulia Blinova & Joanne Moorcroft. Tickets \$20 at door, \$18 advance, students \$10. Available at Leading Note and Compact Music on 190 & 785-A Bank. Contact 613-749-2391. www.OttawaBrahmsChoir.ca. www.HarmoniaChoir.com.

May Events

Ongoing until Sun., May 1

OTTAWA ALLEYWAYS art exhibition at the Cube Gallery, 1285 Wellington West. See article on page 20.

Sun., May 1, 9 am - 12 pm

HIKE FOR HOSPICE 2011, rain or shine. We are expecting 400+ hikers and we have the support of over 75 volunteers. Local VIP's, great

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MACKAY UNITED CHURCH

Minister: Rev. Dr. John Montgomery

Sunday Worship
with Sunday School
& Nursery

39 Dufferin Road
at MacKay Street
613-749-8727

10:30 a.m.

www.mackayunitedchurch.com

musical entertainment and activities for young children. The hike starts and ends on the grounds of the Hospice in Old Ottawa South. Now in its ninth year, this 5 km family friendly neighbourhood Hike for Hospice is The Hospice at May Court's second largest annual fundraiser. Register as a team or as an individual at: www.hospicemaycourt.com.

Sat., May 7, 8 am - 4 pm

ANNUAL PLANT SALE at the Fieldhouse in Stanley Park. This event is organized by the Crichton Community Council.

Sat., May 7, 10 am - 1 pm

RIVER CLEANUP DAY at the Fieldhouse in Stanley Park. See article on page 9.

Sun., May 8, 9 am - 1 pm

FRIENDS OF THE FARM RARE AND UNUSUAL PLANT SALE - Entry Fee: Food Bank Donation or \$5.00. Get everything you need for your garden from the many specialty growers and nurseries gathered for this event. Master Gardeners are available to answer your questions. Location: parking lot beside Tropical Greenhouse on Maple Drive.

Thurs., May 12, 5:30 pm

EVENING IN THE

MARITIMES at the Hilton Lac-Leamy in Gatineau. Join us for a delicious five-course lobster dinner, East Coast entertainment by Vishtèn, as well as a silent auction and raffle full of great items including a \$1000 cash giveaway! It's a festive Maritime party and all for a great cause—supporting Citizen Advocacy of Ottawa, a non-profit agency that matches individuals living with disabilities to volunteers from the community. General admission tickets: \$150.00 each (includes charitable income tax receipt for \$65.00). Visit www.lobstersarecoming.com or call 613-761-9522 for more information.

Sun., May 15 & June 19, 2 pm

PASSPORT DUO Concerts at St Bartholomew's Church. Young musicians Samuel Bisson (cello) and Nadia Boucher (piano) bring their successful concert series to St. Bart's with an inspiring international program. Tickets: \$20 general; \$10 students. Available at the church office.

Ongoing

DIVERTIMENTO ORCHESTRA is an Ottawa-based group of 68 musicians. It began in 1984 as a small

ensemble in someone's basement for their own pleasure and has evolved into a full-fledged community symphony. Divertimento Orchestra is now looking for new string players, especially cellos and doubles basses. Call 613-823-1200. www.divertimento.ca.

Easter and Lenten Services

ST. LUKE LUTHERAN CHURCH

326 MacKay Street
www.saintlukelutheran.ca

Maundy Thursday, April 21
7:30 pm

Good Friday, April 22
10:30 am

Easter Sunday, April 24
SonRise Service 7:30 am
Easter Breakfast 8:45 am
Worship Service 10:30 am

ST. ANDREW'S PRESBYTERIAN CHURCH

82 Kent Street (at Wellington)
613-232-9042, www.StAndrewsOttawa.ca.

Good Friday, April 22
11 am. A service of music and readings.

Easter Sunday, April 24
11:00 am Celebrating the

Resurrection!
Children's programs available. Parking at the Supreme Court.

ST. JOHN LUTHERAN CHURCH

270 Crichton Street

Maundy Thursday, April 21
7:30 pm. Worship Service

Good Friday, April 22
11 am. Worship Service

Easter Sunday, April 24
8:00 am Devotions
8:30 am Breakfast
10:00 am Worship Service

ST. BARTHOLOMEW'S CHURCH

125 MacKay Street

Palm Sunday, April 17
8:15 am Holy Communion
10:30 am Holy Eucharist

Maundy Thursday, April 21
7:30 pm. Holy Eucharist and Stripping of the Altar

Good Friday, April 22
10 am. Good Friday Liturgy

Easter Sunday, April 24
8:15 am Holy Communion
10:30 am Holy Eucharist

MACKAY UNITED CHURCH

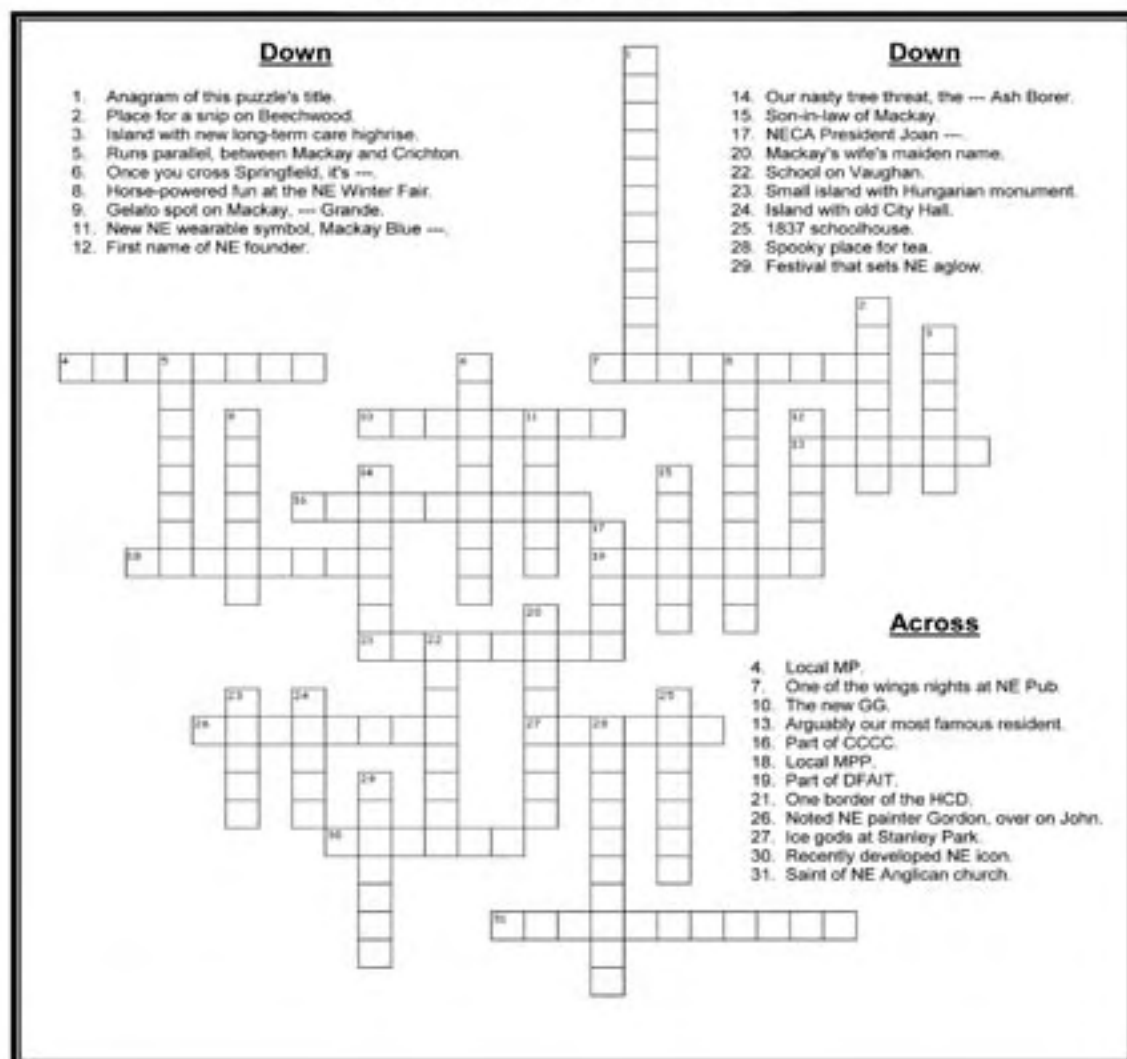
39 Dufferin Road (at MacKay Street)

Palm Sunday, April 17
10:30 am Worship Service

Good Friday, April 22
8:30 am gather at Fieldhouse at Stanley Park (end of Dufferin Road) for procession to Church with cross for 9 am service in the Sanctuary

Easter Sunday, April 24
10:30 am Easter Sunday Communion Service

"Unbend Her Wig"
A curious crossword for New Edinburghers.
by David & Kathryn, 87 Vaughan Street



Answers will appear in the June edition of the New Edinburgh News.



Classified Ads

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

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

CLASSES ON DRAWING, PAINTING & PERSPECTIVE for adults and children in New Edinburgh. Call: Ana Iriondo de Bryson at 613-740-0489 or visit her website at www.anairi-ondodebryson.cjb.net.



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- ✓ A well-developed network of highly trained carpenters and reputable contractors and suppliers
- ✓ Highly efficient team that delivers on a timely manner



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Sandy Hill Construction specializes in whole home renovations that respect your home's original character and are faithful to your neighbourhood's unique building style. For a comprehensive overview of Sandy Hill Construction, please visit our web site, www.sandyhill.ca or contact John at (613) 832-1717

Burgh Breezy bits

breezybits@hotmail.com

Congratulations



Photo: Louise Imbeault
Birthday girl Connie Elton with daughter Jo-Ann Robertson and grandson Mark Robertson.

Congratulations and best wishes to New Edinburgh Square resident **Connie Elton** who celebrated her 100th Birthday in March. Connie's daughter **Jo-Ann Robertson** and her husband **Hugh** (our eloquent and erudite *NEN* commentator on environmental issues) hosted a wonderful party in her honour at New Edinburgh Square on March 19, not long after Connie's return to the residence following an evacuation during the fateful Home Hardware fire.

On Dec. 14, 2010 **Mark Miller** (Noel) had the opportunity to present a fountain pen that he had handcrafted to

the Prime Minister of Canada. Prior to the meeting he was the guest of the PM for question period, and was seated in the Speakers Gallery. The Prime Minister loved the pen, which was crafted from Cocobolo with 24k Gold plating. Further information at www.marksc creativeturnings.com.

On Dec 29, **Mike and Josee** (Ivy) welcomed a baby sister for **Owen and Liam**. As of March 6, the whole family are back in the neighbourhood after an absence while their house was under renovation.

Comings & Goings

We wish a warm welcome to the two new High Commissioners in our neighbourhood, **Dr. Mahau Peko**, the new High Commissioner for South Africa, and **Dr. Andrew Pocock**, the new British High Commissioner who arrived with his wife Julie in January.

At the same time we say farewell to departing High Commissioners, **Dr. Abraham Nkomo** of South Africa, and **Anthony Cary** and his wife **Clare** of the UK. Farewell/adieu too to former French Ambassador **François Delattre** and his family, who recently moved "next door" to the French Embassy in Washington.



Photo: Liba Bender
(l to r) Lois Siegel, Steve McCarthy, Jack Surch, Susan Carlton, Marie Deziel, Dan Perkins of the Lyon Street Celtic Band helped residents of The Edinburgh Retirement Residence celebrate St. Patrick's Day.

Condolences

McClymont, Alice (Alicja) (nee Czajkowska) Peacefully with her family by her side at the Elisabeth Bruyere Hospital on January 29, 2011 after a courageous battle with cancer at the age of 64. Beloved wife and best friend of **Ian McClymont**. Loving mother of **Tanya Guay** (**Michel Giroux**).

Kudos

The photos series, *Melting*, which is currently the feature public art exhibition of the Underpass, was selected by the City of Ottawa as a key contribution to the 2011 Downtown Rideau Retail, Arts and Theatre District. Awards were handed out on February 1st. Congratulations to **Kelly Ann Beaton**.

Events



Photo: Caroline Matt
Winter Carnival's Snow Queen Eugeniya Tsetlin from the BMO Group bedazzled the crowd with her grace, beauty and elegance.

ART GROUP: Would you like to join MINOR WORKS: Beginner Art Group on Tuesday afternoons at the Crichton Cultural Community Centre? Starts in May. Please email ibisby@gmail.com or call Isobel 613 745 2742.

EVOLVE/EVOLEUR: Hosted by Mackay United Church, Evolve/Evoluer is a radically inclusive gathering for not only people of faith but also for spiritual seekers and people without religious identity. Gatherings take place at Mackay United located at 39 Dufferin Road (at MacKay Street) Ottawa, every other Sunday. April 10 will be the next meeting, followed by April 24. Please join us for a drum circle, conversation, paint your faith and singing. Evolve/Evoluer has



Photo: (c) 2011 Richard Guy Briggs (<http://tricolour.net>)
THANK YOU. Firefighters, police, the Red Cross and the Salvation Army sprang into action to protect life and property and assist those in need during the Beechwood fire.

already had the pleasure of hearing from guest speaker Chris Cullens, a reformed crack addict, and hopes to enjoy the participation of more guest speakers to come. Evolve/Evoluer's core aim is to actively embody the ideals of inclusively, diversity, love, respect, justice and peace. The format and the direction of this group is to be, as its name suggests, ever evolving. This is a safe environment for sharing along our respective spiritual journeys. We hope you will visit! (613-749-8727).

Pets

Tanya Guay and Michel Giroux announce the news of their new puppy, named **Pyrha** (pronounced Pee-rah). In Greek mythology, Pyrha is Pandora's daughter. They are seeing similar personality traits already.

Our sincere condolences to **Pauline Whelan** on the recent death of her beloved Basset

Hound **Eve**, the charming and faithful companion of **Marconi**. Eve and Marconi are well known and loved in the Stanley Park dog walking community, and the gentle Eve will be greatly missed.



Photo: Louise Imbeault
Furball Extravaganza: (l to r) Robin Coates (OHS Board of Directors), Bruce Roney (OHS Executive Director) and Burgh resident Liba Bender.



Photo: Penny Thompson
(l to r) NECA's Jim Watson and Gemma Kerr. and CCC's Joseph Cull and Jill Hardy attended and contributed to the fundraiser at the New Edinburgh Pub on March 26.