

April 2012

NEW EDINBURGH NEWS

www.newedinburgh.ca

Mother's Day Annual

Plant Sale



Stanley Park Fieldhouse
Saturday, May 12
8 am to 4 pm

Hanging baskets, annuals, flats,
organic vegetable and herb seedlings

PARK & RIVERBANK CLEANUP DAY

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

SATURDAY, MAY 12, 2012 (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!

Bike Rodeo

• learn to ride safely • bike check • helmet fitting
• bike decorating station • bike parade



Saturday, May 5, 2012 from 2 pm to 5 pm
Stanley Park Fieldhouse
For children ages 4 -10

Register by email at NEFieldhouse@gmail.com



Sketch courtesy of Domicile and FoTenn Planning and Urban Design
Artist rendering of mixed-used development planned for the current site of Kavanaugh's
Esso on Beechwood Avenue.

The Kavanaugh on Beechwood

By Jane Heintzman

At the end of this year, **Rupert Kavanaugh**, patriarch of the Kavanaugh family and owner/operator of **Kavanaugh's Esso on Beechwood**, plans to retire after a career of nearly six decades in our community. He is closing down his business to make way for a major mixed commercial/residential development to be undertaken by Domicile Developments, a highly regarded, award-winning firm owned by longstanding New Edinburgh resident **John Doran**—well known in our community as the developer of Governor's Gate.

The proposed development, to be named **The Kavanaugh on Beechwood** in honour of the legendary family, currently envisages a two-tiered 4- and 10-storey building with roughly 11,000 square feet of commercial space on the ground level for retail stores and restaurants, and up to 132 residential condominium units above. Marketing of the residential units will begin in earnest in May, and if all goes as planned, construction will start in January 2013.

The long three-year road to consummation of the deal on the Kavanaugh property was not without obstacles. Perhaps chief among these was the issue of hydro servicing for the area—a critical piece of infrastructure upgrading for future development, and one for which the substantial upfront costs (close to a million and a half dollars) would have to be borne by Domicile. Although at one point this threatened to be a deal breaker

for Domicile, in the end, the company decided to “bite the bullet” on the assumption that at least a portion of the initial outlay could be recovered from other future developers in the area making use of the service.

A second unanticipated complication for Domicile resulted from a 2008 amendment to the City of Ottawa Official Plan requiring the protection of sight lines to Parliament Hill from two locations in the Beechwood Cemetery, the Tommy Douglas Memorial and nearby “Poets' Hill”. Within

this protected “viewshed”, which encompasses the portion of the Kavanaugh property closest to Beechwood, building height is restricted to 77 metres above sea level, or roughly 19 metres above grade. Zoning for the two other portions of the project towards the rear of the property along Marquette and Joliet Avenues stipulates height restrictions of 20 metres and 16 metres respectively.

In an effort to comply with

Continued on page 6

Beechwood Village Alliance Takes Shape

By Jane Heintzman

The subject of Beechwood Avenue, its challenges, limitations and enormous unrealized potential as a vibrant and attractive “Main Street” serving at least five communities, is right up there with the weather as a perennial subject of conversation (or more accurately, consternation) among residents of our area. And like the weather, many of us have long felt that there is very little we can do to change the situation. Over the years, considerable effort has been invested in such initiatives as the development of Beechwood Community Design Plan (BCDP) in 2006, and in the active promotion of Beechwood businesses in the pages of the NEN and the *Manor Park Chronicle*.

In recent months, **Tobi Nussbaum**, a Lindenlea resi-

dent (and former President of the Lindenlea Community Association), **Bridgehead** owner **Tracey Clark** and a number of others have collaborated to spearhead a new movement to promote and facilitate the changes required to help Beechwood reach its full potential as a focus for community life, and to breathe some life into the Community Design Plan, by forging a coalition of interested residents, community associations, business owners and others with a stake in Beechwood's future.

The **Beechwood Village Alliance** (BVA) was formally created at a recent public meeting on March 1 at the Bridgehead Coffeehouse on Beechwood. The gathering of about 60 participants, includ-

Continued on page 3



NECA President Joan Mason Reports

We have come through the trials of the past year and are starting to see light at the end of the tunnel.

Working together

Topping my list is the spirit of working together amongst the three community organizations, CCCC/New Edinburgh House, CCC/the Fieldhouse, and NECA. Creativity and cooperation are flowing and we can all look forward to bigger and better events, heritage themes and general community happiness. I know my 'gross community happiness' has certainly shot up. Much appreciation goes to the new Chair of

the CCCC **Bethann Robins** and their Executive Director **Melanie Davis**, and Co-Chairs of the CCC **Caroline Matt** and **Cathy McConkey**.

With this energy comes confidence to face the trials that still beset us. The Beechwood rebuild leaps to mind. I myself never stopped shopping on Beechwood and with the reopening of Nature's Buzz it is starting to feel more like our old street. I know, I know... the hardware store. I am sparingly using the last bit of sand and salt I purchased at Home Hardware. We wait. As far as I know there is nothing definite

happening as yet with regard to the final plan for the rebuild. We are plugged into City Hall, and will monitor and report any movement. Our Task Force is at the ready. We definitely need to see the devastated area beautified.

Protecting our heritage

Early spring always brings developers' plans to NECA's Heritage and Development (H&D) Committee. This is almost always disheartening as they are generally inappropriate and do not follow existing by-laws or respect the Heritage Conservation District (HCD) Guidelines or overlay. This year, the H&D committee has received a number of plans that fall into this category. We will work with the City and our Councillor and will endeavour to effect the necessary changes to the proposed plans. We are committed to protecting the heritage district—as well as other parts of our village community—from inappropriate development despite the many challenges. We call upon council to help us to ensure greater compliance with existing by-laws and guidelines that are meant to encourage the qualities that make our area a desirable place to live.

NECA is committed to our heritage, its preservation and its celebration. We are an old community by Canadian standards, 180 in 2014, and by

telling the stories and honouring the past of our remarkable community in this amazing country we do a service to the future. In this vein, we are beginning the process of applying to have the New Edinburgh HCD recognized in the **Directory of Federal Heritage Designations**. This process starts with the City of Ottawa passing a municipal resolution to support the request. Recently Vancouver's Chinatown and Montreal's Westmount areas have been added to the Directory.

The Federal designation will not afford greater guaranteed protection—that still comes to us under the Ontario Heritage Act, The Heritage Overlay and our HCD Guidelines—but it will give further recognition to a rare 19th century survival with significant history and national importance. If successful, the New Edinburgh HCD will be listed in the Directory and commemorated with a bronze plaque describing our historic significance.

More News...

NECA has asked **Mayor Watson** to proclaim September 1 as **Thomas MacKay Day**. The founder of New Edinburgh will be 220 this year on that date. Celebrations are being planned with the CCC and CCCC; more on this soon.

The **Heritage Day** celebrations at City Hall were a great success. The recently completed **New Edinburgh panels** were not only the most beautiful and informative, they were the tallest. A big thank you to **Martha Edmond, Janet Uren** and **Evolution Design Consultants** for their creation. The next chance to see them is April 13 in Memorial

Hall at **Movie Night in New Edinburgh**. Movie night is another wonderful initiative by New Edinburgh House to entertain and inform. Well done, and thank you.

NECA has been active in speaking out in support of the **Ottawa River Action Plan**. We wrote letters of support to key members of Parliament for implementation of the plan, which will reduce or prevent the pollution of the Ottawa River by sewage from Ottawa.

NECA has been in contact with the Department of Foreign Affairs concerning the issue of employee **parking** on New Edinburgh streets. They report that next year their garage repairs will be complete, making available 150 more spots, which is very good news. For now, we have to rely on the diligent efforts of the parking violation officers.

Look for the May issue of **Ottawa Magazine**—it will have an article on the New Edinburgh HCD written by **Janet Uren**, local resident, impresario, actor and author. It is a timely piece as all of us need to consider the value of the District as it comes under increasing threat. The authority for a HCD comes to us in the *Ontario Heritage Act*. The City and the community, following provincial procedures, formed the New Edinburgh HCD in order to protect our build heritage.

Sadly, New Edinburgh has lost a great friend and champion, **Professor Herb Stovel**, who passed away March 15. Professor Stovel generously provided his time and knowledge, and gave us heart, when we needed it most in the battle for respect and preservation of Canada's heritage.

NEW EDINBURGH NEWS

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Heritage and Development Committee - Comité Patrimoine et Développement

Michael Histed Chair, H&D Committee

Over the past two months there have been a number of new developments on the heritage and development front. Listed below are some of the more recent files:

1. **Doyle Homes** made a submission to the Heritage and Development (H&D) Committee for changes to 61 Queen Victoria Street. The yellow home on Queen Victoria Street between Crichton and River Lane is a beautiful example of New Edinburgh heritage. The developers have put together plans to restore the original property, but also build a 2,500 square foot modern home on the part of the lot facing River lane. A complete lifting of the Heritage Overlay would be required in order to permit access off the lane. Otherwise, access to the new structure would have to be from Queen Victoria. This project will be monitored closely as it could

be precedent-setting for future developments along the lanes of New Edinburgh. This proposal is currently under review by the H&D Committee.

2. 205 Crichton is an unassuming bungalow on the corner of Crichton and Stanley. Vert Design has submitted draft plans to add a second storey on the property. Because this home sits at the entrance to the Heritage District, it is designated as a "Gateway" house, which increases the requirements for development. The developer is also seeking to showcase heritage design with environmental sustainability. This property is also under review by the H&D Committee.

3. 280-282 Crichton has been under discussion for several years. The developer and architect Jane Thompson have now come forward with a revised design for a four-storey apartment building with a set-back roof deck. Although this increases the height above grade by 2.7 metres, the overall building still respects the 14.5 meters height for the zoning in that area. This revised design is currently being reviewed by the immediate neighbours, who signed a letter of agreement with the developer last year for the previous design.

4. Lastly the committee has just received two proposals for severance of properties:

a. 132 Stanley which many may remember from two years ago when the developer submitted plans for six three-storey townhouses. At this time,

the City rejected the proposal. This latest proposal is seeking to sever the property into three lots, one of which would keep the existing bungalow.

b. 192 Stanley. The early proposal is to sever the lot and build a property on the rear of 192 Stanley fronting onto

River Lane.

Both of these proposals are important in terms of their impact on the lanes, which are so important to the heritage and village character of New Edinburgh. The committee will be reviewing these proposals in the coming weeks.

Also in this edition of the *New Edinburgh News* we have included two bulletins about the Heritage Conservation District, as well as information about the City of Ottawa heritage grant program.

Did you also know that New Edinburgh has a heritage walking tour? Take the opportu-

nity to learn more about your community this summer. New Edinburgh has a long and wonderful history that is represented by its buildings (including Rideau Hall) and streetscapes, but is also close to downtown, rivers and parks. It is worth preserving for families today as well as for future generations. Lets work together to make it happen.

We are always looking for volunteers to sit on the heritage and development committee. If you are interested in helping preserve the village of New Edinburgh, call me at (613) 741-1660.

BVA...

Continued from page 1

ing the Councillors for both Vanier and Rideau-Rockcliffe, the Chair of the Vanier BIA and local architect **Jane Thompson** (who was instrumental in the preparation of the BCDP) gave its blessing to a constitution setting out the objectives and structure of the new organization, and launching a process through which to pursue these objectives in the coming months.

Tobi Nussbaum hosted the session, and the two other principal speakers were Bridgehead's Tracey Clark and **Alain Miguelez**, the City planner currently responsible for the Beechwood area. From the Beechwood business community, **Susan Jacobson** of **Jacobson's Gourmet Concepts** and **Mark Kaluski** of **Monson's Deluxe Cleaners** were particularly active contributors to the discussion.

There was a lively and open exchange of views on the issues related to Beechwood revitalization, ranging from the need to create a strong Beechwood focus within an expanded Vanier BIA to developers' response to the Community Design Plan. Promotion of residential intensification along Beechwood; creation of a Beechwood identity or "brand"; resolution of the problems currently posed by derelict buildings, hydro servicing, parking restrictions and traffic congestion; and the need to promote the creation of a "destination" shopping area along Beechwood were discussed.

The **BVA Constitution** approved by those assembled at the meeting defines its core objectives as follows:

1. To promote Beechwood as a place to build community spirit and cohesion;

2. To make Beechwood a more attractive, walkable and inspiring Main Street;

3. To support Beechwood business owners in the establishment of a Business Improvement Area, and once established, to work with the BIA to attract and maintain businesses on Beechwood;

4. To work with property owners, developers and City Hall to encourage the appropriate intensification of Beechwood.

The next step in the process of mobilizing the BVA will involve the creation of a **Steering Committee**. Organizers are inviting to this committee representatives designated by each of the surrounding Community Associations (Manor Park, Lindenlea, Rockcliffe Park, Vanier and New Edinburgh), as well as a representative from the BIA, which will include north-side businesses once the planned expansion of the Vanier BIA comes into effect later this spring.

Two **Task Teams** will also be created, one to be focused on building community spirit through such initiatives as festivals, beautification measures, pop-up parks and street art; and a second to tackle development issues, with a mandate to review existing development applications, advance discussions on bike lanes, and work with the BIA, potential retailers and developers. Task Team Chairs will also sit on the Steering Committee, and if all goes as planned, inaugural Task Team meetings will take place within the next few weeks.

Other plans include the creation of a **BVA website** to keep area residents and businesses up to date on the activities of the new organization, and in the interim, interested readers can get in touch and/or get directly involved on a Task Team or the Steering Committee, by

emailing Tobi at beechwoodvillagealliance@hotmail.ca or joining the BVA Facebook page. Another open meeting or "Assembly" along the lines of the kick-off meeting of March 1 is planned for this fall.

It's no secret that the newly-minted BVA, and all of those groups and individuals with an active interest in the future of Beechwood, have formidable challenges ahead to create the thriving Main Street of our dreams. Not least among these is to ensure that the rebuilding of the commercial core of Beechwood, gutted by fire exactly a year ago, takes place in a manner that respects the "village" character of the neighbourhood and the principles of the Beechwood Community Design Plan, and serves the needs and interests of community residents and businesses alike. At the same time, this challenge affords an extraordinary opportunity to breathe new life into the area through effective collaboration and collective effort, and perhaps to spark a regenerative process that will spread beyond the core to encompass the Beechwood area as a whole.

With the anticipated addition of at least 50,000 new residents to the area in the course of the next decade, attributable in part to the development of the Rockcliffe Air Base, the ongoing intensification along the Vanier Parkway south of Beechwood and the major new Domicile development about to be launched on the Kavanaugh and surrounding properties at Beechwood and Joliet Avenue, there is no question that dramatic changes are coming to Beechwood, and coming soon. Mobilizing the community to be a part of that process of change is in all of our interests, and the new BVA looks forward to providing an important opportunity for broadly-based engagement and positive action.

Deadline
for the next issue of the
New Edinburgh News

→ **May 10** ←

newednews@hotmail.com

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.

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

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 16, 2012, 7:30 pm, at St Bartholomew's
May 28, 2012, 7:30 pm, at St. Bartholomew's
June 18, 2012, 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.



NECE New Edinburgh Committee on the Environment

Working toward a more sustainable future

Solar Power – an Opportunity to Earn a Return on Clean Energy



April 12 workshop at Ashbury College

By Sarah Anson-Cartwright

A bright spring day with a hint of warmth reminds me that we have a great source of clean, renewable energy in the sun. For homeowners, solar power is well worth exploring now that Ontario's *Green Energy Act* has set in place new programs to incent us.

On Thursday, April 12, Ecology Ottawa is hosting an evening presentation at Ashbury College called *Investing in Home Solar Power - How to Profit from the Ontario Green*

Energy Act. Already, 40,000 Ontarians have invested in solar power for a stable, long-term financial return, according to Janice Ashworth, a community organizer with Ecology Ottawa.

If you are homeowner and you have a suitable roof or plot of land, you can arrange for installation of a small solar power system, rely on its energy for your home's needs, and then contract to sell any excess power back to the province's electrical grid.

Through Ontario's MicroFIT program, solar power generated by panels on rooftops can be

sold to the province's electrical grid at rates that are set through the "feed-in tariff" (FIT) program, as established through the new Act. This arrangement allows homeowners to realize a payback on their investments over an approximately 7-10 year period, says Ashworth.

Photovoltaic panels on rooftops collect and convert sunlight into electricity to power a home. Renewable solar energy systems can reduce your energy bills, add value to your home and reduce your impact on the environment by lowering greenhouse gas emissions.

Solar energy is an incredibly low-impact source which does not contribute to pollution, waste or noise. Many people find solar panels aesthetically appealing and they are low-maintenance additions to homes.

To learn the step-by-step plans for installing solar power on your roof, Ecology Ottawa has invited a speaker with hands-on experience, homeowner Dennis Jackson. He will share his experiences with a solar power system, including dealing with solar installers, with Hydro Ottawa, with the Ontario Power Authority, and with squirrels (if you'd like to know).

Mr. Jackson can also explain how he came to the decision to incorporate solar power, what his neighbours think, and what kind of example it is for his children. Not least in importance, he can speak to the financial returns.

If you don't have a suitable rooftop, there will be a discussion of the opportunities for investing in renewable energy through the Ottawa Renewable Energy Cooperative, as presented by its president Roger Peters.

Join us for the free presentation on Investing in Home Solar Power - How to Profit from the Ontario Green Energy Act

Thur., April 12, 7:00-8:30 pm
362 Mariposa Avenue, Ashbury

College.

Co-hosted by Ecology Ottawa, New Edinburgh Committee on Environment, LEAF, Rockcliffe Park Residents Association Environmental Group, and Glenviro.

Speed Humps on Crichton? Have Your Say

The **1997 Traffic Calming Study** conducted by NECA volunteers included a number of traffic calming recommendations, which the City has been implementing in conjunction with regular road works over the past 15 years.

As part of this continuing process, NECA was recently contacted regarding implementation of recommended speed humps on Crichton Street between Queen Victoria and Keefer. Since quite a bit has changed since 1997, **Councillor, Peter Clark** has asked if we would

still like to proceed with the humps, which the report envisages as "approximately 12 feet long and 3 inches high, as opposed to 'speed bumps' which are quite short and sharp."

So, in an effort to check in with the community on this issue, we are asking residents to visit www.newedinburgh.ca and answer the poll question on the main page **by April 15**. Alternatively, members of the community can contact Councillor Clark directly to voice their views.

Park Committee Is Hard at Work and Needs Your Help

By Marci Surkes

The Friends of the Park Committee is gearing up for another busy spring and summer season in our beloved park along the banks of the Rideau River, and we need your help to keep it clean!

The Friends work with City and NCC officials to ensure proper maintenance in the park, including resolving concerns about landscaping and garbage removal.

We feel tremendously privileged to have use of our Park and the spectacular off-leash dog area—but it is incumbent

on all of us to contribute to the Park's well-being so that its beauty can be fully enjoyed.

To that end, the Committee is organizing the annual **Park Cleanup for Saturday, May 12, from 10 am to 1 pm**. We'll supply refreshments and garbage bags, you bring a pair of gardening gloves, and together we can ensure the park is in tip top shape—all are welcome!

For more information about the park or the Park Cleanup event, please contact Committee Chair Marci Surkes at: marci_surkes@gmail.com.



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Analysis of a Flawed Process: The Interprovincial Bridge Study

By Judy Lishman
Member of the Manor Park Community Association Bridge Committee

The Interprovincial Crossings Study was on the agenda of the NCC Board Meeting on January 25, 2012. The consultant outlined the process up until the fall of 2012. Each of the corridors under study has been divided into three segments on each side of the river for a total of 18 segments. Several potential alignments are possible in each corridor. Focused segment design meetings will be held in February with a small group of 10 or so people who are directly affected in each of the 18 segments. The consultants will present the possible designs and mitigations and the people who would be affected can present their concerns and ideas. Round 2 consultations which will be held in April or May will be open to the general public who will have an opportunity to provide input into the weighting factors for the evaluation team.

All of this sounds terrific. True citizen democracy. We are all working together to find the right solution. But alas this

is not the case.

To begin with, if you have a false diagnosis you end up with a false cure. This study began with the wrong question, "Where should a bridge be built?" The right question was, "What are the problems and how can they be solved?" For Ottawa the problem is that the trucks on King Edward have destroyed the neighbourhood. No matter which bridge location currently under study is selected, trucks will remain on King Edward and within a very few years the number of trucks will be the same as today. Not only has the problem not been solved, but if the bridge is built at Kettle Island, our neighbourhood will be destroyed as well.

The mechanistic world view that began in the 17th century and has grown in the western world ever since, has focused on machines as the answer to all our problems. But there are strong signs that this prevailing myth is losing strength and being replaced with an ecological vision that recognizes that everything is connected; nothing exists in isolation. This study which puts vehicles ahead of people is based on a

set of ideas that are no longer current, relevant, productive or good. Therefore the outcome can only thwart rather than aid effective living.

During Phase 1 of the study the public had an opportunity through a survey to rank the importance of the main factors that would be used for the evaluation of the corridors. The public ranked the environmental factors, which included people, as the most important factors and transportation and cost issues as less important. The actual evaluation criteria used were a complete reversal of these factors. As Marie Lemay, CEO of the NCC, said at the NCC Board Meeting in January, "Everyone will have a chance for their say. We may not retain what they want."

All of these public consultations are just a show of democracy. Real democracy is based on principles that are being totally ignored by this process. The first principle is the accountability of leadership to those who have to live with the consequences of their decisions. There is no process by which the NCC can be held accountable to the public. Once again the names of the mem-

bers of the evaluation team will be kept secret and the evaluation will be done behind closed doors. According to Marie Lemay the evaluation team members "must have a safe environment." I only wish she had the same concern for "a safe environment" for the people living along any of the proposed bridge corridors.

The second related principle is that of shared power, perhaps not equally shared but at least shared to the degree that no one is left powerless to protect themselves, their families and their communities. Marie Lemay said at the Board meeting, "The public has asked to be a part of the evaluation process. That can't happen." Instead the NCC has hired an outside auditor who will attend the two-day evaluation meeting. As Ms. Lemay told the NCC Board, "This is a mechanism to avoid criticism from the public."

The two other funding partners, Ontario and Quebec, have environmental legislation to protect their citizens. Quebec is invoking its legislation to protect their citizens. Ontario is not. The NCC has reassured Ontario citizens that the most stringent aspects of the *Ontario Environmental Assessment Act* will be applied "insofar as possible." The point is that all of this is discretionary. One of the

main protections offered by the Ontario EA Act is the right of the public to appeal the decision. We are being denied that right. Ontario by refusing to invoke its EA Act is refusing to be accountable for the process or the decision.

Why has Ontario not invoked their EA Act? The reason they give is that Ontario is not a proponent for this project. Of course, the Ministry of Transportation of Ontario is working on the project, Ontario taxpayers are funding one third of the cost and Ontario politicians will be one third of the decision making team. In my opinion, the real reason for refusing to engage in an Ontario Environmental Assessment, was an attempt to save time and money.

In conclusion, there is no defined method for using any of the public input and no obligation on the consultants, the study team or the proponents to pay any attention to what the public says. Furthermore, there is no legislated environmental protection for Ontario citizens and no opportunity for the public to appeal any decision which is made. As citizens in a democracy, we have the responsibility and the right to act in making society's important decisions. Why are we being denied this opportunity?

WANTED: New Tenant for 50 Sussex Drive

By Jane Heintzman

For the first time since the Canada and the World Pavilion closed its doors in 2005, the National Commission (NCC) has reached out beyond the confines of the "federal family" to seek a new tenant for the vacant building. In late February, the NCC issued a nation-wide call in both the private and public sectors for "expressions of interest" in a long-term leasing arrangement for 50 Sussex Drive.

The Commission will accept submissions until April 30, and we gather from NCC officials that the call has already elicited considerable interest. While at this point all bets are off, one might venture to guess that given the federal government's current fiscal crunch and the imminent prospect of deep expenditure cuts, the successful applicant is unlikely to come from within the "federal family," and a better bet may be a fresh face from the private sector.

To the great relief of the com-

munity, the NCC has made public access to the building one of its leading criteria on the basis of which to assess proposals. It has also called for potential uses that have a "national purpose" and that "support the significance of Confederation Boulevard" (Sussex) as the capital's national ceremonial route. In short, fancy restaurants and offices need not apply, and the Commission has also ruled out the possibility of an embassy or high commission on the site. So far, so good!

It seems clear that the successful applicant will need deep pockets, as the estimated annual cost of renting 50 Sussex is in the order of \$254,000, less operating costs and taxes. But the good news is that the building is now declared to be mould free, and as readers are well aware, the site commands the most spectacular view of the Ottawa River and the Gatineau Hills to be found anywhere in the National Capital Region.

NECA President **Joan Mason**

has welcomed the NCC initiative and is hopeful that the building can be adapted for a public purpose such as a gallery, museum or educational centre which takes full advantage of its extraordinary location and vista to showcase both the history of New Edinburgh and the natural beauty of its surroundings.

The NEN looks forward to reporting, at long last, on the selection of a new tenant for 50 Sussex in our next edition in June. If, however, the news is out sooner once the April 30 deadline for expressions of interest has past, interested readers can get the scoop on the community website at www.newedinburgh.ca.

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The Kavanaugh...

Continued from page 1

the special view protection restrictions, as well as with the “traditional mainstreet” zoning guidelines applying to the site and the principles of the Beechwood Community Design Plan (BCDP), Domicile has created a two-tier design for the project, with a proposed U-shaped configuration in which the larger 10-storey portion is to be set back on the rear and south end of the site along Marquette Avenue, with the low rise 4-storey segments fronting on Beechwood and Joliet, and a large, landscaped central courtyard creating an aesthetic and functional focal point along Beechwood. The main entrance for shoppers will be from Beechwood, while building residents will enter from Marquette Avenue.

Domicile is currently seeking a zoning by-law amendment to allow an increase in the maximum building height at the rear portion of the property to 10 storeys (or about 34 metres). The supporting rationale for its application (which is posted on the community website at www.newedinburgh.ca) includes the following considerations:

newedinburgh.ca) includes the following considerations:

- The proposal complies fully with the height restrictions applying to the “view corridor” from Beechwood Cemetery to Parliament Hill, and indeed in the current design, is almost 3 metres below the view plane;
- Because the Beechwood portion of the building is restricted to four storeys within the protected “viewshed”, the 10-storey segment represents a redistribution of total building volume towards the rear of the property, and would not entail a significant increase in overall project density;
- The building design specifically addresses issues related to shadowing and micro-climate, and includes a significant set back from the 10-storey portion to the low-rise residential buildings on the north side of Beechwood in the Rockcliffe sector;
- While the BCDP envisages intensification in the range of 4-6 storeys, it contemplates the allowance of greater height at “nodes,” and characterizes the Kavanaugh site as a “minor node”;

Similarly, the Official Plan provides for greater height on a corner lot or in a “Gateway location,” and Domicile argues that the property could reasonably be characterized as the Northern Gateway to Beechwood; and

- To provide a transition in building height from the 10-storey rear portion of the building to the 2- to 2.5-storey residences along Marquette and Joliet Avenues, Domicile has purchased two additional lots abutting the rear of the property, in keeping with the recommendation of the City’s Urban Design Review Panel.

Representatives of the company have met with the community associations of both Rockcliffe Park and Vanier, and another public meeting was scheduled for Monday, March 19 as we went to press. Not surprisingly in the case of a major project of this scale, there has been some initial community opposition related to such issues as height, density, sightlines and inconsistencies with a number of the development guidelines in the BCDP.

While the Vanier Community Association and Councillor for the area, **Mathieu Fleury**, are enthusiastic about the Domicile proposal as a potential engine

of growth on Beechwood, the Rockcliffe Park Residents’ Association continues to have concerns about the impact of the project on the scale currently envisaged. At the same time, **Grete Hale**, the renowned Chair of the Beechwood Cemetery Foundation, has urged that the City reject any zoning change that would have the effect of compromising the unobstructed view of the Parliament Buildings from the cemetery.

Another obvious concern from the perspective of the community is the potentially precedent-setting effect of allowing the requested zoning by-law amendment for other future developments along Beechwood, including the core area at the site of last year’s fire. Arguably, this “Northern Gateway” project will set the standard for new development on the rest of the street, so it is especially critical that it both reflect and enhance the character of the surrounding area (many-faceted though that character is, encompassing several distinct “sectors”), and the “traditional main street” features set out in the BCDP.

To all appearances, Domicile has been as responsive as possible to community concerns about the project, as it has been

to date in responding to the suggestions of the City and the Urban Design Review Panel.

Architect Rod Lahey has continued to adjust the design plan in the light of concerns, and is currently working on the all-important details of the project (building materials, colour, shape of windows, architectural detailing, landscaping etc.) which, along with its height, mass and configuration, will be a vitally important factor in assessing the overall impact of The Kavanaugh, and its “fit” with the surrounding neighbourhood.

While the 2006 BCDP established a clear framework for the revitalization of Beechwood as a thriving main street and community focus, the Domicile project is the first major project to give life to that framework and, if all goes well, could serve to spark the revitalization process in other, now dormant, sectors of the street.

As always, the devil is in the details, and given its importance as the flagship project in the area, all of the interested parties—Domicile, the City and the community—will be working hard to get it right as consultations continue in the weeks ahead.

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In Our Midst

Louise Imbeault



Strong, Rich and Hardy

This title could read like a tag-line for a business or product, it could even refer to a gourmet cup of coffee or robust micro-brewed beverage but, believe me, it's all about honouring a Burgh lady. I want to share with you a multiple generation STRONG, historically RICH pillar of this community named Jill HARDY!

Picture this—it's 1921 on a transatlantic ship leaving Essex England, Lord and Lady Byng of Vimy heading west to take on a five-year posting as Governor General of Canada accompanied by their trusted chauffeur Arthur Hardy and his wife Alice. They settled into Government House here in the Burgh making a life for themselves. Then in 1925, the couple had their first child, named Richard (Jill's father).

A year later, the new Governor General Viscount Willington took office and retained the services of Arthur as chauffeur. By 1931, the family had moved to Keefer Street and little Richard started learning about a popular European game called "Cricket." At age 15, he became quite an expert and was notorious for his bowling prowess (a photo of him with the team hangs in the New Edinburgh Pub).

The years passed, Richard married, fathered three children, including Jill, who followed in her family's footsteps for awhile joining the first "short-lived" woman's cricket team in the '70s. Her brother Charles (a.k.a. Sam)

still plays at the Rideau Hall Cricket field during the summer months and Jill attends the annual "old boys" game in August.

As destiny would have it, Jill never strayed far from the Burgh. The family did not own a car so she walked to and fro staying close to home for daily activities and educational needs. Jill attended Crichton Public School, then York for grades 7 and 8 (quite the walk to Centretown) then on to Lisgar Collegiate.

Jill had started a career in dentistry administration when her second son was born and was diagnosed with a hearing impediment, forcing this devoted mother to make a radical career change. Spending so much time at the Children's Hospital she decided to register for specialized classes and learned sign language to help her son to achieve proper speech patterns and avoid marginalization in the school system. Jill was so good at it that the Children's Aid Society of Ottawa referred adoptive families of children with hearing difficulties to her for support and tutoring.

In 2012, Jill celebrated 36 years of happy married life with husband Roger, who just happens to have the same last name. That's right she's one of the lucky ladies who, by taking her husband's name, kept her own. How rare is that! This solid couple is very involved in

the community and have been for over three decades.

Jill sits on the "Council", as she calls the Crichton Community Council, and has spearheaded many local activities. These events contribute to beautifying the Burgh and making it pleasant place to live. Who hasn't heard of the Annual Plant Sale (on May 12 this year), the much anticipated mega Garage Sale, the Race Weekend Cheering Station, the June family picnic, the hockey



and skating rinks during winter months, just to name a few.

Did you know that all monies raised go straight back into the community? The funds help purchase kids' playground equipment, maintain a safe and inviting Fieldhouse, which by the way is under renovations... A new stove was just delivered, a second bathroom and more cabinet space is being built and more amenities to come for the comfort and enjoyment of residents and their families.

If you need a special space for an association meeting or to host a birthday party for your child, just contact Jill to rent the Fieldhouse. Everyone is welcome to join the Crichton Community Council. Their motto is FUN FAMILIES FIRST! So please folks, buy your flowers right here in the community and participate in these activities to help sustain the community coffers—we depend on YOU.

As if her life as wife, mother and community "mover and shaker" isn't enough, Jill the woman has aspirations of her own. One of her hobbies is bird-watching—she was privy to a visit from a flock of Ruby Crowned Kinglets during migration and witnessed a Cooper's hawk having a drink of water in her driveway. Where's the darn camera when you need it?

She also sings in two choirs: the Gloucester Songsters who perform for the seniors at the Governor's Walk and the New Edinburgh Square retirement homes and the Ottawa Police Chorus, where she dons full regalia and is absolutely breathtaking in uniform and has a voice to match.

Her gardening hobby started the moment she caught a glimpse of exquisite poppies at an Orleans home. She stopped the car, went to the door and chatted with the owner who gave her a tour of the grounds. Jill experimented with container gardening, shade plants (no Hostas please)

and full sun blooms in her yard on MacKay Street. She grows huge Cana lilies (6'+) and enjoys an exclusive variety of poppy called "shredded or lettuce" native to Victoria BC, grown from seed and not for this zone but for some mysterious reason they thrive in her care. She remains close friends with that generous gardener and they often exchange tips and cuttings, thus continuously expanding the scope of their floral collection.

Jill's true passion lies with her grandchildren, Paige (10) and Meghan (8). She loves being a grandmother and spends much of her spare time in their company.

There's always something new happening, an adventure to seek, a crisis to avert, a need to fulfill, a helping hand to give. Asking Jill how Roger would describe their marriage; she laughed and without hesitation said "It's like going downhill full speed in a car (or motorcycle) without breaks." Now that's an extreme sport!

So what is the next adventure I asked? Animated she replied, "I really look forward to my yearly shopping spree in Arizona. This time it's to buy loads of wedding clothes for an upcoming nuptial in the family." Yes folks, in August 2013, youngest son Ryan and fiancée Sara will be wed. Who knows, maybe another addition to the Hardy Clan will soon follow.

HAPPY EASTER Y'ALL!
Thank you to Sandra Ferguson for her lead on this story. Please continue to share your story ideas via email: louise.imbeault@live.com.

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After the Fire: The First Anniversary

By Jane Heintzman

A bittersweet anniversary came and went without much fanfare on March 16; the first anniversary of the epic fire which gutted the commercial core of Beechwood Avenue, destroying or displacing nearly a dozen businesses, and leaving homeless numerous residents of the apartments on Beechwood and MacKay. Hopes and expectations for a redevelopment of the area have been on a roller coaster ride in the intervening year, with rumours abounding and firm, factual information remaining a scarce and elusive commodity.

While it was widely surmised, and indeed hoped by some in the community, that Minto was on the point of purchasing the property for a major new mixed commercial/residential development, at the time of writing, no firm deal appears to have been reached. We understand that there remain unresolved insurance claims and legal issues (including an ongoing suit initiated by **Lester Clark**), as well as ongoing leases, to be settled prior to the closure of a sale. Unsightly and dispiriting as the site now is, it seems likely that we'll have to live with it for at least some months to come before there are shovels in the

ground and a new development is on the horizon.

As the months have passed and area residents have gradually changed their shopping habits to bypass this stretch of Beechwood, many of the remaining businesses have felt the pinch. **Bill Ross** of **Da Bombe** concedes that weekends have been considerably less lively since the fire, and **Heather Matthews** of the **Scone Witch** has also noticed a decline in drop-in pedestrian traffic. In response to the slump in regular business in the afternoon hours, the Scone Witch recently shortened its hours to introduce a 4 pm closure. Still, however, there is good reason to anticipate that things will pick up with the arrival of warmer spring weather when we emerge from our winter hibernation; particularly if area residents make a point of supporting the remaining businesses in this temporarily beleaguered corner of Beechwood—as we are confident they will!

Business Scorecard:

Over the twelve months since the fire, the NEN has attempted to keep track of the fortunes of the local businesses displaced by the blaze, and at the end of Year One, we can summarize the scorecard as follows:

1. Relocated:

• **Lester's Barber Shop**, which subsequently morphed into **Kelly's** under the ownership of **Kelly Riley**, moved up the street to its attractive new digs at **121 Beechwood**, where Lester himself is now on hand five days a week, reconnecting with his loyal clientele. We understand that his wife **Shabnam** is currently down the street at Beechwood and Springfield working at **BGGO Boutique** on a part-time basis.

• To the relief of her many loyal clients in the community, **Huong Lam** of **Parker Cleaners** swiftly reestablished herself at **Brown's Cleaners** at **71 Beechwood**.

• **Ashkan Zandi**, owner/operator of **Time Sharpening**, has found his feet in a splendid new store at **347 St. Laurent Blvd.** in the **Rockcliffe Crossing** where he has rebuilt his collection of specialized tools of the trade, and continues to serve his former customers and acquire many new ones. Ashkan was recently the subject of a delightful article in the *Ottawa Citizen*.

• Last December, the **Passmore/Phillips** family reopened its popular organic supplies store, **Nature's Buzz**, at **55 Beechwood** (at Douglas Avenue), and the business appears to be thriving in the bright and attractive new facilities. We extend our condolences to co-proprietor Nancy Phillips and her family on the recent death of her father **Allan "Cub" Phillips**.

• **Piccolo Grande** owner **Mohamed Esmail** will not be returning to Beechwood due to the protracted delay in the redevelopment, but has recent-



Photo: Louise Imbeault

On the first anniversary of the devastating fire on Beechwood, Bread and Roses Bakery owner Chris Green presented each customer with a rose. Seen here with regular customer Jaime Steward, a newcomer to the Burgh.

ly opened a new store at **96 Bank Street** (between Queen and Albert) where he is reportedly doing a brisk business serving coffee, soups, chocolates, gelato (of course!) and a selection of prepared foods from Epicuria for the lunch time crowd. We wish him well in his new location and will think wistfully of his former MacKay Street shop when gelato season rolls around!

• **Epicuria** was hoping to reopen in its new digs at **357 St. Laurent Blvd.** in the Rockcliffe Crossing on the anniversary of the fire in mid-March. Owing largely to a delay in the construction permit process, however, the timetable slipped a few weeks, and the Grand Re-Opening is now scheduled to take place in the first week of April. **Tracey** plans to run specials throughout the month of April, with plenty of new product samplings to tempt returning clients. Among the

biggest changes to which we can look forward in the new and improved Epicuria are the sale of hot lunches and coffee, along with a selection of products from such well known artisan suppliers as Seed to Sausage charcuterie, Pascale's Ice Cream, Koko Chocolates, Ishini Indian Foods, Bryson Farms and local artisan cheeses.

After a year's hiatus in temporary quarters, and months of uncertainty about the prospects of returning to MacKay Street, Tracey is eager to welcome clients to her newly-minted premises, designed entirely to her specifications and with features closely resembling those in her kitchen at home. Speaking as one of them, I can attest that her regular clients are equally eager to re-establish their routine of visits to Epicuria, and look forward to admiring the new facilities that Tracey has worked so hard to

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create—not to mention savouring our traditional favourites from Epicuria's gourmet kitchen and sampling new ones!

2. Not Likely to Return:

•Sadly the **UPS Store** appears to have gone for good, as owner **Evan Lee** finally moved his family to Toronto to try his luck in a larger market. As Evan's clients will undoubtedly have discovered, the nearest UPS outlet is not far away at **532 Montreal Road** at St. Laurent, (613-747-9353). In our experience, it's an excellent store with first rate service, (just not within easy walking distance!).

•Much as we have all hoped and prayed for a return of our **Beechwood Home Hardware** store, it now appears that for the foreseeable future at least, that return is highly unlikely. After a grueling year settling insurance claims and considering their options, owners **Marc Clement** and **Isabel Lamarche** have not been able to find another suitable location on or near Beechwood, and are at present planning to purchase another business elsewhere. Both are saddened to have to give up their cherished connection to our community, and Marc emphasizes, "We don't close the door on a future come-back on Beechwood," adding that "we would like

to thank the community, our staff and our family for their great support; that's what gave us the strength to go through all those tough moments." The good news is that Isabel is expecting their second child in September, so with a new baby and a new business in the offing, they'll be a busy pair. We wish them every success in their future endeavours.

3. Still Holding the Fort:

•**Bread and Roses Bakery** scarcely skipped a beat following the fire, reopening within days and continuing to serve the community over the past year with its legendary bounty of freshly baked breads, sweets, savory pies and growing selection of tasty prepared meals. Owner **Chris Green** reports that business has grown steadily since he purchased the bakery several years ago, and despite the dramatic impact of the fire on the surrounding shopping area, last year was reportedly no exception.

Chris is grateful to area residents for sticking with him, and continuing to brave the wasteland on Beechwood to drop in regularly at the store. As many readers will know by now, he marked the anniversary of the fire by presenting each client at the bakery with a single rose, a simple memento of a tragic event and an expres-

sion of gratitude for his clients' loyalty through the ensuing period of upheaval. Despite the uncertainties surrounding the fate of the property, it's steady as she goes, as far as Chris is concerned, and we can look forward to the continuing presence of this popular community haunt as events on Beechwood unfold.

•Like Bread and Roses, **Hamie's Diner** weathered the uncertainties in the wake of the fire and continued to serve their faithful clients throughout the past year. The **Saikaleys** have confirmed, however, that when their lease expires next January, the diner will close for good, and they have no plans to reopen elsewhere.

The NEN will keep its ear to ground in the weeks ahead, and do our best to keep the community informed of any breakthroughs in the molasses-slow progress towards a redevelopment of these critical blocks at the heart of the community. Interested readers can keep an eye on the website for any updates (www.newedinburgh.ca) and you are most welcome to contact the News with your thoughts, suggestions and of course, any new tidbits of information about the post-fire recovery on Beechwood (newednews@hotmail.com or janeheintzman@hotmail.com).



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From the Desk of...



Mauril Bélanger
Member of Parliament for
Ottawa-Vanier



Dealing with Suspect or Fraudulent Calls

I thank the *New Edinburgh News* for the continued opportunity to share news with constituents of the area.

By now you have all heard that more than 31,000 Canadians have lodged complaints with Elections Canada about suspect or even fraudulent calls received during last May's general election.

Ottawa-Vanier was not spared from these calls. In the last week, 6 constituents informed my office of having received such calls. Two have already provided me with a sworn affidavit which I have sent to Elections Canada and to the RCMP for their consideration and follow-up. I will do the same with any additional affidavits received.

Essentially these calls are not robocalls. For instance, one lady received a call at 10 pm by someone identifying himself as calling on my behalf and then proceeding to being very rude and aggressive. Unfortunately, the call was successful because this lady, a liberal supporter, ended up not voting because of the call.

If you know of anyone who has received such calls, have them contact Elections Canada by email at commissionersoffice@elections.ca and fill the following form available online at: <http://www.elections.ca/commissioner/complaint.aspx?lang=e>. I encourage you to also inform the Liberal Party at alert@liberal.ca.

The very bases of our democracy are free and fair elections and the fundamental right to freely cast one's vote without intimidation or fraudulent misinformation. Elections Canada has a monumental task ahead, a task of great importance to the future well being of our country.

Le traitement des appels suspects ou frauduleux

Je remercie le *New Edinburgh News* de l'occasion de partager des nouvelles avec les résidents du quartier.

Vous avez sans doute appris que plus de 31 000 Canadiens ont, jusqu'à maintenant, déposé des plaintes auprès d'Élections Canada au sujet d'appels suspects ou même d'appels frauduleux durant les élections générales de mai dernier.

Ottawa-Vanier n'a pas été épargnée par ces appels. Dans la dernière semaine, 6 commentants ont informé mon bureau avoir reçu de tels appels. Deux m'ont déjà fourni une déclaration sous serment, que j'ai acheminé à Élections Canada et à la GRC pour examen et suivi. Je ferai la même chose avec toute déclaration sous serment additionnelle.

Ces appels ne sont essentiellement pas des appels automatisés. Par exemple, une dame a reçu un appel à 22 h de la part de quelqu'un disant qu'il appelait en mon nom. Il a ensuite été très impoli et agressif avec cette dame. L'appel a malheureusement été un succès parce qu'elle, une sympathisante libérale, n'a pas voté à cause de l'appel reçu.

Si vous connaissez quelqu'un qui a reçu de tels appels, encourager les à communiquer par courriel avec Élections Canada au bureauducommissaire@elections.ca et à remplir le formulaire suivant en ligne au : <http://www.elections.ca/commissioner/complaint.aspx?lang=f>. Je vous incite également à informer le Parti libéral via l'adresse suivante : alerte@liberal.ca.

Les bases mêmes de notre démocratie sont des élections libres et équitables et le droit fondamental de voter sans intimidation ou désinformation frauduleuse. Elections Canada a une tâche monumentale à accomplir, une tâche de grande importance pour l'avenir de notre pays.

Mauril Bélanger

From the Desk of Mayor Jim Watson



Lansdowne

Recently, the updated designs for the Lansdowne revitalization were revealed in the Council Chambers of City Hall. The assembled group of Councillors, residents and interested observers were treated to a vivid animation of what the new Lansdowne will look like when it is completed.

I think the entire city can be very proud of the work that the Lansdowne Design Review Panel, including Councillors Peter Hume and David Chernushenko, has completed. They worked long hours to ensure that the new Lansdowne will become true urban parkland with an appropriate mix of residential and commercial interests to complete the picture.

Well known and very talented building and landscape architects have worked long and hard to create a great addition to the city, while giving new life to the historic Aberdeen Pavilion and Horticulture Building. The new Lansdowne features three main parts:

- A large, urban park;
- A lively mixed-use area; and
- A re-imagined stadium and Civic Centre

The New Lansdowne is all about bringing people together, in big ways and small. There will be one of the most spectacular parks in Canada, something the people of the Glebe and Old Ottawa South will enjoy, alongside residents from across the City and visitors from Canada and the world. There will, of course, be days for football, soccer, hockey and concerts in an innovative recast

of the stadium and arena. And there will be shops, boutiques and places to have a meal.

The Horticulture Building will be more than the storage shed it is today. But, most of all, the new Lansdowne will be green, not shades of black and grey. There will be four times as many trees and three times as much parkland as exist today. There will be 7 kilometres of sidewalks and pathways and more than a kilometre of benches and seating walls where we can sit and rest our feet.

This park—and the whole Lansdowne site—will be a model of best environmental practices as we strive for LEED Neighbourhood Development certification. Lansdowne will be one of only a few developments striving for this new certification in Canada. It will be a place that is oriented to pedestrians, uses green building technologies and a new innovative storm water management system.

I am very excited about this plan for our new Lansdowne and believe that it addresses most of the concerns that have been raised about this important city-building project. Lansdowne has been dormant for decades and this plan will see it come back to life as Ottawa's great meeting space, just like it was when it first opened in the 1800s.

To see photos and a video of the proposed site, go www.jim-watsonottawa.ca and click on "The New Lansdowne" banner.

To contact the Mayor:
www.jimwatsonottawa.ca
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Ottawa City Councillor Peter Clark Reports

Ottawa Stadium

This is an important facility for the residents of Rideau-Rockcliffe and for residents across the City.

Council approved the staff recommendation for the City to negotiate a long-term lease for the use of the stadium with Beacon Sports Capital Partners as the authorized representative for a stipulated professional baseball franchise that is a member of the AA Eastern League of Minor League Baseball. This could potentially mean the return of AA baseball to Ottawa as early as the spring of 2013.

In the proposed deal, Beacon Sports proposes a 10-year lease term with two five-year extension options for an AA member club of the Eastern League Minor League Baseball to play at the Ottawa Stadium.

The governance rules of the Eastern League preclude the acknowledgment of a specific franchise and potential Major League affiliation until approvals for the relocation and designation have been sought and secured.

Beacon Sports is proposing to invest approximately \$2,000,000 into the facility for player development improvements and would also lease a new scoreboard that is estimated to cost an additional \$1,000,000. In addition, both Beacon and the City would invest equally towards a life-cycle reserve fund.

Prior to the spring of 2013, the City would need to invest approximately \$2,700,000 for various deferred lifecycle improvements to the stadium as well as \$3,000,000 for various improvements to meet Minor

NEW EDINBURGH NEWS

League Baseball standards. This \$3 million will be fully recovered through increased rentals.

Ottawa's New Police Chief

Charles Bordeleau, Deputy Chief of Operations responsible for patrol and district policing, was selected as Ottawa's next Chief of Police. The position became vacant with the departure of Vern White on February 20 following his appointment to the Senate of Canada. Chief Bordeleau took over on Monday, March 5, 2012.

Chief Bordeleau is a 28-year veteran of the Ottawa Police Service who has deep roots in the community, having spent his entire life in Ottawa. He has served on the boards of numerous community organizations as well as co-chairing the Community Police Action Committee, which has provided him with an excellent understanding and rapport with Ottawa's diverse communities. Chief Bordeleau also has well-established, strong relationships with our public safety partners, including key strategic partners at the City of Ottawa.

New Edinburgh HCD – What is it?

What is the New Edinburgh Heritage Conservation District (HCD)?

- An area of architectural, historical, and cultural significance designated by *Ontario Heritage Act* in 2001
- Located within the old village of New Edinburgh, bordered by Sussex, Stanley, Mackay and Dufferin
- Designed to preserve and enhance the historic village

character of New Edinburgh

- Conserves and maintains the existing historic fabric of buildings and streetscapes
- Ensures new development complements the historic integrity and scale of the village

Want to know more? Visit www.newedinburgh.ca and click on "Conservation District" under the menu bar tab "Our Heritage".

Help from City for Your Home in the New Ed HCD

The City of Ottawa Heritage Grant Program encourages conservation and restoration of original character defining elements of your home by awarding matching grants of up to \$5000.00

Many homes located in the New Edinburgh Heritage Conservation District are eligible for the City of Ottawa matching grants.

- Conserve: original windows; deteriorating brick, stone, mortar; decorative metal work; gingerbread trim.

- Restore missing elements: porches; trim; chimneys; re-roof with original material.

Discuss your project with the City of Ottawa, Office of Planning and Growth Management, Heritage Section. They will advise you on the information required, offer technical advice, assist you in your application process, and ultimately determine your eligibility.

City of Ottawa: telephone 311
http://ottawa.ca/en/city_hall/planningprojectsreports/planning/built_heritage/grants/



Heritage and Development Committee - Comité Patrimoine et Développement

Ottawa New Edinburgh Sports Club

One of the most attractive features of our community is the proximity of the Ottawa New Edinburgh Club (ONEC) located on the Rockcliffe Parkway between the Rockeries and the Ottawa River. With its famous Boathouse and its outstanding natural setting ONEC offers residents low cost and friendly tennis, rowing and sailing opportunities and day camps.

Membership fees can be for just one sport or for a combination of activities.

ONEC is a laid-back and friendly community-based club (no formal dress code). Its members are young, old and in-between, who enjoy combining sporting activities with a relaxed and sociable club



atmosphere. Its young, enthusiastic and experienced coaches run a large junior program in tennis, sailing, and rowing for full days, half days or after-school hours for all skill levels, with certified head instructors.

This year the Club offers the following sporting amenities and day camps:

Tennis - eleven courts, and a

tennis professional in a relaxed open green spot ideal for singles, couples and families, with informal attire encouraged;

Sailing - sailing for members on club owned boats, mooring for privately owned boats, and summer sailing camps for young sailors.

Rowing - clinics and touring opportunities for all levels.

Regardless of your age and experience there is a program for you at ONEC. The Club invites local residents to drop in at any time and informally learn more about the Club's unique facilities.

The Club can be contacted at (613) 746-8540, www.onec.ca, and at onecadmin@gmail.com.

PETER CLARK

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Kavanaugh's Esso: The End of an Era

A momentous event will occur on Beechwood at the end of this year when **Kavanaugh's Esso**, a fixture for over five decades in our community, closes its doors and shuts down its gas pumps to make way for a major new mixed commercial/residential development (appropriately named "The Kavanaugh on Beechwood") to be launched by **Domicile Developments**. For those of us who have valued our connection to the Kavanaugh family over the years, relishing our regular chats at the gas pumps with **Rupert, Clarence and Joey**, or in the service department with the unflappable **Terry** (always ready with a gracious response when I report that this or that "little thingy" in my rickety Golf isn't working), Kavanaugh's closure will be a major blow.

In fact, as many readers may be aware, the sale

of the Kavanaugh properties to Domicile has been in the works for several years, and the final closing of the deal has been among the neighbourhood's worst kept secrets in recent months. At the express request of Kavanaugh's owner and family patriarch Rupert Kavanaugh, however, the NEN has thus far maintained a discreet silence about the sale. But with the recent publication of a marvelous article in the *Manor Park Chronicle* announcing the impending closure and chronicling the long history of the Kavanaugh family business in our community, the cone of silence has at last been lifted. We look forward to catching up with Rupert and the gang in the coming weeks, and providing a fulsome farewell report in the June edition of the NEN.

Studio A Fitness: Sweat, Stretch, Laugh...and Smile! Since opening the doors of

Studio A Fitness at **429 St. Laurent Blvd.** early last fall, owner and Studio Director **Alex MacDonald**—a popular dance/fitness instructor in our community for more than two decades—has assembled an exceptional team of instructors offering a broad range of group fitness classes from Alex's own Dance Fit and Stretch and Strength sessions to Zumba, Yoga, Pilates, Somatics and Cardio and Core Strength Training classes. In a word, there is something for everyone.

It's an important point of principle for Alex to ensure that her hand-picked roster of instructors is properly remunerated, (or in her words, are "Fair Trade instructors"), and able to fully focus their time and talents on the clientele signing up for their classes. Many of the instructors on Alex's team at Studio A are well known in our community, offering both the strong credentials and live-



Alex MacDonald's Studio A Fitness on St. Laurent has something for everyone.

ly personalities to attract and keep a loyal following.

Alex herself is a certified Can Fit Pro Fitness Instructor and Older Adult Specialist with a life-long passion for dance, and a commitment to educating and engaging the community in the importance of maintaining an age- and stage-appropriate fitness régime. The legendary **Joseph Cull** is also prominent on the roster at Studio A where he teaches a popular "**Fabulous and Fit**" class geared to the over 55 crowd, undoubtedly a session

in which laughter accounts for a healthy portion of the participants' exercise. Apart from his irresistibly irreverent sense of humour and zest for life, Joseph brings to bear nearly a decade of experience as a Volunteer Group Fitness Instructor for the Older Adult Program at the YMCA/YWCA.

It would be scarcely an exaggeration to say that Studio A's **Ximena Puente** single-handedly sparked a blaze of enthusiasm for **Zumba** dancing in our community when she began teaching classes several years

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domicile

ago at the Crichton Culture Community Centre. Ximena began her career as a modern dancer in her native Venezuela, and since coming to Ottawa has been a dynamo in the field of dance, with Can Fit Pro credentials and certification as an instructor of Zumbatomic, Zumba Gold and Aqua Zumba. With the growing popularity of Zumba, **Natasha Entwistle** has also joined the team at Studio A as a Zumba instructor with impeccable qualifications, and is enthusiastic about the rollicking party atmosphere in her classes.

While many readers may be acquainted with **Scott Florence** as Artistic Director of The Company of Fools, a popular local theatre company specializing in comic presentations of Shakespeare plays, it is perhaps less widely known that he is a certified instructor in **Hatha Yoga** and currently offers classes in Alex's spotless new 2000-square-foot facilities at Studio A. Another of the studio's yoga instructors is **Richard Hudspith**, a specialist in the field of **Somatics**, a gentle, restorative form of movement which helps to improve postural alignment, increase flexibility in the hips, back, trunk and shoulders, and relieve chronic back, neck and shoulder pain. Along with Pilates and Feldenkreis, Somatics is a therapeutic discipline which, as Alex notes, can be a perfect complement to a cardio session, providing a routine of gentle stretching after a vigorous workout.

Mary Tsai is known to many in our community as the dynamic Executive Director of the Glebe Neighbourhood Activities Group at the Glebe Community Centre, and now teaches a popular "**Retrofit**" course at Studio A, where participants go through their aerobics paces to the strains of retro music from Rock n' Roll to Motown and Disco—what a great way to sweat down memory lane! Rounding out

the Studio A instructors' roster are **Janice Touchette** and **Isobel Wheatcroft**, both of whom offer Pilates courses to the growing number of pilates enthusiasts in the community.

Interested readers can check out the available classes and class schedules on the Studio A website at www.studioafitness.ca. If you aren't certain which is the best fit for your particular needs and interests, give Alex a call at **613-746-3909** or email info@studioafitness.ca. Her aim is to ensure that you find an activity you really enjoy and will stick with for years to come, as well as one which is well suited to your fitness objectives and any aches, pains or limitations you may have. Through Studio A's system of registration, combined with manageable class sizes, Alex and her instructors make a point of getting to know their clients well, and of ensuring that their choice of activity is both a genuine source of fun and satisfaction, and also perfectly safe.

If you'd like to test the waters before committing to a course, give the Studio a call and arrange to drop in and either observe or actually participate in the class in question. Periodically, Alex also hosts Open House afternoons when you can take part in sample classes and meet the team of instructors. Indeed, the latest of these Open Houses took place shortly before our publication time on Sunday, March 25, when participants were able to try out some of the exciting new classes to be introduced in the Spring Session, including **Salsa for Couples** (appropriately scheduled on Saturday nights at 7 pm), **Women on Weights**, **Soma-Yin** and **Yin Yoga**.

By the time this issue of the NEN is on the newsstands, the Studio A Spring Session (which starts on April 2) will be underway, but don't despair! You can still register after the session has begun, and your

fees will be prorated accordingly. Not only that, if you have to miss a class because of a holiday or business commitment, you are welcome to make it up by joining another similar class so there's no need to lose precious momentum in your fitness routine. And if you bring a friend who is new to Studio A, you'll both receive a whopping 25% discount on your class fees provided you register by April 8.

Denys Designs Builds Renovations

Paul Denys is well known in our community, and indeed in the wider Ottawa/Gatineau region, for his skills as a multiple award-winning master carpenter, designer and builder, with a positive genius in the realm of heritage restorations, where he manages to combine a keen eye for historical detail with the newest available technology. We're proud to say that Paul is one of the NEN's longest-standing advertisers, having grown up in nearby Manor



Paul Denys handiwork is seen in the completely restored windows in the Alexandre Taché House in Gatineau.

Park and inherited his mother's enthusiasm for supporting the local community.

While Paul has a special affinity for historic restorations, much of his current business involves more modern renovations, or a fusion of the old and new. He notes that in terms of resale value, the biggest "bang for your buck"

is in kitchen and bathroom renovations, with additions and landscaping trailing far behind. Replacement of windows is at the very bottom of the list with payback only coming after three or four decades.

One of Paul's recent award-winning projects involved the renovation of a small (very small!) bathroom and kitch-

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Continued from page 13

en in MacKay House here in the Burgh—an extraordinary achievement of space-use efficiency and design which you can check out on his website at www.denys.ca. He also reports that after 25 years, he is at last applying himself to the renovation of his wife's 10' by 10' kitchen in their Ottawa East home. While the job is somewhat complicated by the presence of a staircase in the middle of the room, a wrinkle of this kind will no doubt be turned into an advantage by Paul's legendary design ingenuity!

To keep up with the latest green building technologies and renovation/restoration techniques, Paul regularly attends international building and design shows, and every summer makes a pilgrimage to the Westford Symposium on Building Science, better known as "Building Science Summer Camp", where the best and the brightest forensic engineers, scientists and contractors in the commercial and residential building field gather to exchange reports on the latest innovations.

Paul recently acquired his license to work on the Quebec side of the river, and swiftly took on a major project on Champlain Street in Gatineau,

where he completely restored and reinstalled the original windows (wavy glass panes and all!) in the **Alexandre Taché House**, a handsome Beaux-Arts/Italianate duplex built in 1911 by Ottawa contractor Joseph Bourque and acquired in the early 1940's by the Taché family. While the window restoration process was complex and painstaking, Paul notes that it ultimately proved cheaper than the cost of replacing the windows, and the resulting insulation factor is equally high. Perhaps most important of all, the current proud owner of the house has the satisfaction of preserving an important historical feature of the building, thanks to Paul's expertise.

Other recent projects on Paul's agenda have included the replacement of the columns in the exterior portico of David Eaton's **107 Fourth Avenue Wine Bar and Café** in the Glebe, and the restoration of the original windows in three of the six units of **Philomène Terrace** on Daly Avenue, a handsome limestone row house built in 1867, and one of the first heritage designated properties in Ottawa.

Perhaps the jewel in the crown of Paul's restorations, however, is the recreation of an ornate, two-storey porch on the **Rochon House** at 150 St.

Patrick (just off Sussex Drive), a decade-long project the last phase of which wrapped up in 2010. The porch was constructed in 1898 by master woodcarver Alphonse Rochon whose skills were renowned in his day, and who worked with his father Fliven on some of the magnificent wood sculptures in both the Parliament Buildings and Notre Dame Basilica. All that remained after the removal of the porch in the mid-1900's was a black and white photograph taken by the Rochons in 1908, and it was this image that Paul ultimately used as the blueprint for his painstaking reconstruction which began in 2000 and unfolded in stages through the subsequent decade.

The Rochon House may be familiar to some of our readers as the **Galérie d'art Jean-Claude Bergeron**, a small gallery launched in 1992 by Jean-Claude Bergeron, the owner of the building who commissioned construction of the porch, himself an artist and expert printmaker. Aficionados of Canadian art may want to drop by the gallery to view an exhibition of prints by Jean Paul Riopelle which runs until April 15, and while you're there, take a moment to admire Paul's extraordinary handiwork at the front of the house! (Check out www.galeriejean-



Photo: Louise Imbeault

Michele Carini has opened CorSano Pilates, a fitness studio in the heart of the Burgh with a view of the Rideau River.

claudbergeron.ca for exhibition details).

Samples from Paul's impressive portfolio of restorations and renovations, from heritage to modern and everything in between, can be found on his website at www.denys.ca. We wish him well with his home-based kitchen project, and look forward to seeing his ongoing handiwork in and around our neighbourhood.

CorSano Pilates: A Studio with a View!

You would be hard-pressed to find a more charming and superbly located Pilates Studio in all of Canada than **Michele Carini's** new CorSano Pilates at **151 Stanley Avenue**. In 2010, Michele and her husband Gosse Bruinsma purchased the glorious heritage Bell House from the Potter family whose forbear Dr. W. R. Bell originally built the rambling white farm house in 1868. They fell in love with the character of the house, and proceeded to engage in a heroic restoration project involving everything from jacking up the building to rewiring, replacing buckling walls, and renovating the kitchen while preserving its

historic character as an 1800s farm kitchen.

In the course of the renovations, the small apartment annex on the east side of the house was transformed into a beautifully appointed studio where Michele could pursue her vocation as an instructor of STOTT PILATES®. This proved to be no small accomplishment, as the studio floor had to be made perfectly level to accommodate the state-of-the-art STOTT PILATES® equipment associated with Michele's practice, and as she proudly notes, it's now the only level floor in the house! An elegant large bathroom was also added in place of the former kitchen, and by January of this year, Michele began accepting pilates clients for private and semi-private sessions in her new facility. She specializes in working with clients recovering from injuries, as well as with seniors and those with special conditions.

When the discipline of pilates was first developed by Joseph Pilates shortly after World War I, its primary purpose was to promote rehabilitation from injury or illness. It was,



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however, swiftly adopted as an exercise system by athletes and dancers, and is now practiced by millions throughout North America and Europe. The pilates system is focused on building core strength and improving flexibility, agility, posture and overall well-being, as well as on preventing injury. Michele describes it as a "thinking person's exercise" requiring absolute attention to proper techniques of movement and breathing, a discipline which complements yoga but which involves constant motion as opposed to stationary postures.

Michele was first introduced to pilates in the mid-90s, and has since acquired advanced certification in STOTT PILATES®, having studied intensively in Germany; Oxford, England; Tel Aviv and Toronto, and taken certification examinations in each of those locations. She has a solid background knowledge of anatomy and biomechanics, and regularly participates in continuing education courses to keep up with the latest advances in rehabilitation and sports medicine, as well as best teaching practices.

The latest string to her bow was acquiring certification as a **Post-Operative Breast Cancer Exercise Specialist** through the Pink Ribbon Program, and she now offers a pilates-based therapeutic exercise program to help those recovering from breast cancer surgery to regain strength, mobility and quality of life.

Michele offers **private** and **semi-private** sessions at her Stanley Avenue Studio from 9 am to 7 pm, Monday through Saturday. She recommends a 75-minute Foundation Session to start off the process, so that

she can establish a baseline for the client's strength, flexibility and agility, and they in turn can try out the equipment and ask questions about the régime. In her experience, private one-on-one sessions are most effective for making rapid progress in the improvement of techniques, and creating the opportunity for intensive, challenging work-outs. Semi-private sessions can also be a successful option for friends or couples, and allow for a much more personalized approach than group classes.

Interested readers can check out Michele's website at **www.corsanopilates.com** or give her a call at **613-863-3449** for more details about the pilates classes offered at her marvelous new studio at 151 Stanley Avenue. We wish Michele the best of luck, and congratulate the Bruinsma/Carini family for the loving care with which they have beautified and restored one of the heritage jewels of our neighbourhood.

Activa Physiotherapy

For the past seventeen years, physiotherapist **Barbara Stefanska** has served the residents of our community with her skilful treatments for innumerable muscular/skeletal conditions ranging from chronic conditions such as osteoarthritis and back or neck pain, to sports injuries, the after-effects of car accidents such as whiplash, and a host of post-surgical conditions, including those associated with joint replacements, carpal tunnel syndrome and rotator cuff repairs. Since Barbara launched Activa Physiotherapy in the **Champlain Towers at 200 Rideau Terrace** back in January 1995, she has been a faithful advertiser in the NEN, and we are most grateful for

her ongoing loyalty.

The long list of treatment techniques available at Activa includes massage therapy, sport massage, lymphatic drainage, myofascial release, deep tissue massage, reflexology and kinesiaping or K-taping, a simple but extraordinarily effective way of stabilizing and positioning joints and muscles to relieve pain. Barbara reports that lymphatic drainage is a



Photo: Louise Imbeault
THE ACTIVA TEAM:
Owner Barbara Stefanska
(on left), massage therapist
Chris Downar-Zapolski
(middle) and administrator
Renata Samsik.

particularly useful form of massage for reducing swelling and removing toxins from the system, as well as in relieving tension and trauma. She notes, however, that clients are often puzzled by the lack of pressure applied in lymphatic drainage massage, so she takes pains to explain that excessive pressure can actually block the drainage process, and that only a gentle massage in the direction of the lymph nodes is required.

Complementing the "hands-on" emphasis in Activa treatments is a range of electrotherapy techniques such as laser, ultra sound, T.E.N.S., interferential current and muscle stimulation, as well as the time-honoured practice of acupuncture. For her post-surgical patients, Barbara also has access to an excellent pool for rehabilitative aqua-fitness exercises.

Perhaps the most crucial aspect of designing a successful physiotherapy treatment plan is an accurate diagnosis of the problem. Drawing on three decades of experience as a physiotherapist, combined with a Master's Degree in Physical Education which afforded her the skills both to explain a condition to her client and to teach him or her the requisite exercises and movements to address it, Barbara begins each course of treatment with a lengthy 90-minute assessment of the condition. In the vast majority of cases involving progressive pain, the source of the problem is mechanical in nature, often resulting from a muscle imbalance related to patterns of movement and/or

faulty postural alignment. In these cases, Barbara is able to supplement her treatments at the clinic with a régime of supportive exercises to redress the imbalance and gradually rebuild the affected muscles.

Interested readers who would like the benefit of a thoroughly practiced eye to help them address a persistent ache or pain can reach Barbara at **613-744-4188**, or check her website at **www.activa.com** to find out more about the services available at Activa. While she works hard to bring about lasting relief for her clients with a minimum number of return visits, Barbara justifiably takes pride in the large number of repeat customers who have relied on her over the years to address the painful, debilitating effects of an injury or chronic condition.

Governor's Walk

Retirement Residence: A Changing of the Guard

In early March, former Governor's Walk **General Manager Linda Meek** stepped down from the job to take on a challenging new posi-

Continued on page 16

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Continued from Page 15

tion as **Executive Director** of the **Rockcliffe Retirement Residence**, effective March 17. We look forward to introducing the community to her successor **Brian Bruni** in the next edition of the NEN in June, when Brian has had an opportunity to acclimatize himself at Governor's Walk and adjust to his new role.

After seven years at Governor's Walk, most recently as General Manager, Linda is well known to many of our readers for her enthusiastic engagement in the life of our community, where she has served as an active participant on the CCCC Programming Committee, and developed an ambitious outreach program at the residence, a legacy now maintained by energetic **Outreach Coordinator Tara Spour** and **Activities Coordinator Millie Battaion**. The CCCC's Programming Committee Chair **Isobel Bisby** is delighted to report that following her move to the Rockcliffe, Linda will remain on the Programming Committee, and will be joined by the incoming General Manager at Governor's Walk, Brian Bruni.

In keeping with Linda's emphasis on playing an active part in community life, the staff of Governor's Walk did heroic

service at the recent **Zumba Night** on February 17 hosted by the CCCC in its new facilities at Memorial Hall. The residence kitchen supplied delectable chili for the multitudes (roughly 150 participants), and both Tara and Millie were on duty throughout the event from 4 to 8 pm, serving the chili to hungry zumba dancers and cleaning up afterwards. Heroic indeed!

Thursday evenings from 5 to 8 pm. A separate article on the story behind Ivania's arrival at Governor's Walk is included elsewhere in this issue. Suffice it to say that the ever resourceful Linda Meek had a good deal to do with it!

This year marks the **10th Anniversary of Governor's Walk**, and the staff has been busy organizing a series of events to celebrate that mile-



Photo: Louise Imbeault
GOVERNOR'S WALK: (Left to right) Milly Battaion (Activities Coordinator), Brian Bruni (GM) and Tara Spour (Community Outreach manager).

On February 27, hairstylist **Ivania Morales** launched her new Community Hair Cutting/Styling service in the salon at Governor's Walk, and is now receiving clients from both the residence and the community on a drop-in or appointment basis on Mondays and Tuesdays from 9 am to 2 pm, and on

stone. On March 28, the residence hosted its Annual Daffodil Tea in support of the Canadian Cancer Society, and coming up on the spring agenda are a **"Professional Cocktail Party" on May 17, from 5:30-7:30 pm**, with music by the Manotick String Quartet, followed by a **Strawberry**

Social from 2:00 to 3:30 pm on June 16, once again with a musical accompaniment to be supplied on this occasion by Bill Luxton and the Grey Jazz Combo. For details you can give the residence a call at **613-564-9255** or email gwactivities150@gmail.com.

Louis Hutchison: Furniture Repair, Restoration and Refinishing

Louis Hutchison, our community's "furniture guy", has been a faithful NEN advertiser since he first launched his business six years ago, and we're happy to report that over the years, his appearance in these pages has apparently borne fruit in building up his roster of repeat and referral clients. As many readers are already aware, Louis is a versatile expert in the repair, restoration and refinishing of wooden furniture of all types "from antiques to IKEA", and is ready and willing to tackle jobs on every scale from entire dining room or bedroom sets to a single, small item such as the beaten up pine chair he skillfully revived for our household, ("no job is too small," as Louis likes to say!)

While his repertoire is extensive, Louis' special passion is the restoration of antiques, and after launching his business, he established connections with area antique dealers and honed his skills in refinishing and conservation techniques. A recent first for Louis was an exciting assignment involving the refinishing of a century-old Mason and Risch baby grand piano, a job on which he worked in close tandem with a master piano tuner. Apart from its value as a handsome and venerable instrument, this piano apparently has an intriguing history and is currently owned by a friend of the



Photo: Louise Imbeault
Louis Hutchison.

late Pierre Elliot Trudeau who is reported to have played it on a number of occasions- a man of many talents indeed!

Apart from small touch-up jobs which may take place in a client's home, the bulk of Louis' work is carried out in his home workshop, and his services include pick up, delivery and reinstallation of the items for repair. He provides free estimates for prospective projects, and very rarely has to depart from his initial quote, so you can have confidence in what you are committing to in having that rickety chest of drawers or dining room table brought back into working order. Interested readers can get in touch with Louis at **613-850-6707**.

Nest: Moving Home

Lisa di Lorenzo and **John-Paul Gouett**, the Nest family who has owned and operated the enchanting European toy store at **204 Dalhousie Street** for the past three years, has recently announced with some regret that the store will close at the end of April. John-Paul reports that since the arrival of their now ten-month-old son Arthur, he and Lisa have been eager to build in more time together as a family.



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Accordingly, they have opted to close the doors of their magical emporium at Dalhousie and St. Andrew, and continue the business exclusively online at www.nest.ca.

Closing Sale: Month of April!

At some point in the not too distant future, the couple hopes to establish a warehouse/retail location where walk-in customers can peruse the merchandise several days each week. In the interim, however, Nest regulars can look forward to a closing out Sale throughout the month of April when the store's unique collection of wares will be discounted by up to 50%. As the doting great-aunt of a beautiful four month old baby boy, I for one will be there to stock up on wonderful wooden toys, puzzles and irresistible stuffed companions for Oliver's first years! We wish Lisa, John-Paul and Arthur the best as they begin their home-focused life together, and look forward to visiting them again in a new location.

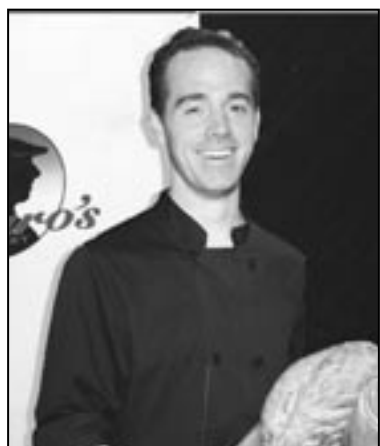


Photo: Louise Imbeault
Sous pastry chef Angus Grant is one of the new arrivals at Arturo's.

Arturo's Market

Since its modest early days as a lunch time deli, business at Arturo's Market has grown steadily to the point that it is now thriving as a bustling full-service casual restaurant with a busy catering operation in the community. Owner **André Cloutier** reports that Arturo's staff team doubled in size in 2011 to keep up with

the expansion of business, and an additional three employees came on board in February. Recent arrivals include head chef **James Urie**; full time cook **Brad Denys**, a former Manor Park resident and dancer with the legendary Cirque du Soleil; sous pastry chef **Angus Grant** and full time server **Tanya Lascelle**.

Perhaps not surprisingly, Friday and Saturday are the busiest days of the week at Arturo's when the 40-seat restaurant is generally hopping at both lunch and dinner, and staff have the added challenge of a fast-paced take out business through the evening hours. While there is a consistently good crowd on other evenings, Andre reports that there is rarely a problem accommodating all comers, as the turnover is reasonably swift. If you're planning a visit with a larger group (five or more), you can also make advance reservations (**613-321-4613**).

As the growing popularity of Arturo's attests, there is a healthy appetite in the community for the restaurant's homemade Italian cooking, including its signature freshly made pastas, pizzas (with a gluten-free option), and continuously changing menu of daily specials. While many regular customers continue to opt for such classic dishes as chicken piccata, spaghetti carbonara, lasagna or the daily pasta special, the chefs at Arturo's have recently created some tempting new possibilities such as penne with pulled pork and dandelion greens, and Andre's personal favourite, a prosciutto/arugula pizza with parmigiano cheese.

The catering side of the business at Arturo's has also been flourishing in recent months, largely on the strength of the office lunches they provide throughout the year. In the holiday season, however, the pace picked up considerably as the Arturo's team whipped up hundreds of lasagna pans and Italian deli platters for families and party gatherings in the

neighbourhood.

André is delighted by the recent reopening of **Nature's Buzz** which moved in next door to Arturo's in December. "I couldn't ask for a better neighbour," he reports enthusiastically. "It's nice to have fellow business owners that truly want to help each other out." He has already developed a collegial relationship with the Passmore/Phillips family, a relationship which recently proved its worth when Nature's Buzz Manager Eric Passmore generously drove an order for André in an emergency situation!

As most readers know, André recently married **Marla Tonon**, the daughter of our community pharmacist **Frank Tonon**, and now a key figure in the management of the merchandising and administrative operations of the New Edinburgh Pharmacy (also featured, not entirely coincidentally, in this column) The couple is currently living on Springfield Road, and according to André, is thoroughly enjoying "being so close to work and in a community we love." We wish them many long years of happiness and prosperity here in the heart of the Burgh.

New Edinburgh Pharmacy: Gifts Galore!

When the New Edinburgh Pharmacy's **Marla Tonon** found herself directing friends



Photo: Louise Imbeault
Marla Tonon is expanding the gift offering at the New Edinburgh Pharmacy.

and clients to other stores to purchase gifts for special occasions, she resolved to take swift action to expand and diversify the pharmacy's own gift selection, and to restore its identity as a giftware destination, as it was for many years in the days when the beloved **Bunny Matheson** kept the shelves well stocked with attractive merchandise for all occasions. While many of us in the community have long relied on the pharmacy for cards to celebrate birthdays, weddings, showers, anniversaries, housewarmings, retirements and every imaginable milestone, Marla's aim is to create a one-stop shop where we can find the perfect gift to accompany those cards.

Marla notes that in smaller centres throughout the

province such as North Bay, Peterborough, Kingston or Sault Ste. Marie, the independent Guardian/IDA pharmacies are well known as excellent gift stores, and she is hard at work to create an extensive and attractive selection at our own New Edinburgh Pharmacy. Earlier this year, she attended a major gift show in Toronto and returned with a wealth of interesting ideas to appeal to a broad range of ages, interests, tastes and pocketbooks, gift items which readers will find gradually appearing on the shelves at the pharmacy.

To help her with the challenges of the lay out at the pharmacy, where the store is effectively split by the two entrances from Crichton and Beechwood, Marla is working with an experienced merchandiser to create eye-catching and appealing display areas for baby gifts, wedding and hostess presents, and accessories such as handbags, jewellery, watches, pashminas and scarves. While she expects that the transformation will be "slow and progressive" as she gradually tests the market and brings in new lines of merchandise, Marla looks forward to creating a fresh, new shopping focus for the community as it rebuilds following the fateful fire last March.

Continued on page 18

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Continued from Page 17

The Scone Witch: The Delights of Afternoon Tea

Many of us with ties to the U.K. or strong family traditions rooted in an earlier, gentler age have fond memories of afternoon teas as both comfortably sociable and gastronomically delightful occasions, often shared with beloved older friends and relations. Sadly, the tradition has all but died out in the hectic, fast-paced culture of 21st century North America, but thanks to the ever-imaginative and resourceful **Heather Matthews**, it's making a comeback at the Scone Witch right here on Beechwood.

From 2 to 4:30 pm on weekday afternoons from Monday to Thursday, Heather is offering a full "cream tea" with a fixed menu consisting of tiny, open-faced sconewitches, fresh fruit and crudités, her signature mouth-watering scones, devon cream, home-made lemon curd, "amazing" Moss Berry jams, and of course, lashings of tea. All she needs is a couple of days advance notice (**613-741-4141**) to prepare the afternoon feast, and if need be, put tables together for larger parties. So if you're celebrating a birthday or special occasion, or simply arranging a gathering with your book club, bridge club or office colleagues, this could be the ideal way to enjoy a brief respite from the rat race and help to revive a delightfully civilized custom here in the Burgh.

Despite the pressures of running two busy restaurants, Heather has recently taken the plunge and acquired an enchanting puppy from the litter of **Sophie**, a beautiful mixed-breed rescued by **Suzanne Hale** and her house mates on Stanley Avenue. Somewhat to the surprise of her new owners, early this year Sophie produced a large brood of nine healthy puppies, eight

black and one yellow, and all apparently resembling their sire who is reported to be a pure bred Labrador retriever. Three of the puppies have been adopted by residents of our community, so in the coming months, Heather and her new pup Chase will almost certainly take part in some lively family reunions in Stanley Park!

Burgh Business Bits**BMO Bank of Montreal, Beechwood Branch: A Fond Farewell**

We bid farewell to former BMO Branch Manager **Adam Kane** who left the branch in February to take on a new challenge at the TD Bank Financial Group. We understand that Adam has been assigned to a branch on Wellington West, so perhaps he'll be able to keep in touch with **Chris Green** of **Bread and Roses Bakery**, his former collaborator on Beechwood, who owns and runs a second business, **The Harvest Loaf**, in that bustling community.

Adam has been a strong and loyal supporter of our community and an active member of the Vanier BIA, whose cheerful presence will be greatly missed. Acting Manager pending the appointment of a permanent replacement is **Richard Bradford**.

El Meson: Happy 25th Anniversary!

We wish a very happy 25th Anniversary on Beechwood to **Maria** and **José Alves**, owners of El Meson Restaurant at **94 Beechwood**. Acclaimed *Ottawa Citizen* restaurant reviewer **Anne Desbrisay** (now sadly retired from the role) was recently full of praise for this longstanding institution in our community, commending its warm hospitality, gracious service, flavourful Spanish and Portuguese cuisine ("served generously"), and ample selection of Spanish and Portuguese wines.

NEW! Community Hair Salon Launched at Governor's Walk

By Jane Heintzman

On Monday, February 27, Nicaraguan-born hairstylist **Ivania Morales** received her first client in the bright and pleasant hair salon in the **Governor's Walk Retirement Residence** at **150 Stanley Avenue**. Ivania is now available to cut, style and beautify the locks of men, women and children in the community on a drop in basis every Monday and Tuesday from 9 am to 2 pm, and for busy working households, on Thursdays from 5 to 8 pm, as well as on Fridays by appointment.

Not entirely coincidentally, Ivania's first client was **Isobel Bisby**, a pillar of our community simultaneously working on the Boards of both the CCC and the CCCC, and a longstanding acquaintance of Ivania both through her work in the Adult Literacy program (ALSO) at Heartwood House, and in the context of the Pathway to Employment program, a project to help the under-employed find jobs appropriately matched to their skills and qualifications.

It has been 18 years since Ivania fled Nicaragua and arrived in Canada with her family, settling initially in Winnipeg where she met her Salvadoran-born husband **Moses**. While in Winnipeg, she took her first hairstyling courses and landed a job working in a studio run by her sister. Although the Nicaraguan city of her birth, Matagalpa, is among the coolest spots in the country, it was no preparation

for the frigid cold and snow for which Winnipeg is legendary. Twelve years ago she and her husband and young daughter Erica moved on to Ottawa where one of her brothers was already well established.

Once settled in Ottawa, Ivania was encouraged to seek English language training, in part to equip her for the rigorous examination required to become a licensed hairstylist; an examination which ultimately

fully through the complex sets of questions to acquire the long-coveted license.

Through her ongoing association with Heartwood House, Ivania has been providing affordable hair cuts to low income clients and staff at that organization, but once having earned her licence, the time had come to take the next step towards her ultimate aim of acquiring her own studio. It was thanks to the sharp eye and abundant goodwill of Isobel, who first took note of the attractive hair salon at Governor's Walk while taking an art course at the residence, that the opportunity for Ivania first presented itself. Isobel subsequently approached former General Manager **Linda Meek** with a proposal to engage Ivania as a hairstylist for the community at Governor's Walk. In her characteristically community-minded and positive fashion, Linda welcomed the idea with enthusiasm.

The rest, as they say, is history, and Ivania is now happily ensconced in the salon at 150 Stanley Avenue, ready and willing to greet clients from the residence and the community alike. With her radiant, warm smile, delightful sense of fun, and obvious commitment to providing her clients with a pleasant experience and a first rate hair cut, it seems pretty certain that Ivania will soon acquire a faithful clientele in the neighbourhood, and we wish her every success in her new venture. It's been a long and challenging road, and that success is well deserved!



Photo: Louise Imbeault
Ivania Morales offers hair styling services for the whole family at Governor's Walk Retirement Residence.

ly proved to have less to do with her skills as a stylist than with her competency in English. Having met and worked with Isobel at Heartwood House, when the time came to try the licensing examination, Ivania enlisted the assistance of Isobel who made a first, but sadly not quite successful, attempt to help her through it. Ultimately, after several false starts, Ivania's resourceful 15-year-old daughter **Erica**, now a student at St. Patrick's High School, guided her success-



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What's Up at New Edinburgh House

Celebrating Volunteerism!

April 15 to 21 is National Volunteer Week. Volunteers make a vital contribution to our community and have played an invaluable role the life of the Crichton Cultural Community Centre (CCCC) over the past few months as we moved into our new digs at New Edinburgh House and Memorial Hall. A heartfelt thank you to all of the volunteers who put their heart, soul and elbow grease into helping the CCCC, and ensuring that our programs and special events are a success. People working together—that's what community is all about. THANK YOU!

The CCCC is a volunteer-based organization, and is always eager to recruit newcomers representing a broad cross-section of backgrounds, talents and interests in our community. We also actively seek those with professional expertise. This includes people of all ages; accountants, facilities managers, artists, musicians, parents, environmentalists, HR managers, yogis, marketing and communication professionals, recreational coordinators and so on. The CCCC is governed by a volunteer Board of Directors, and operates through a number of committees and sub-committees, also comprised of volunteers from both the Board and the wider community.

Join the Team! Please email CCCC Executive Director Melanie Davis (or just drop by New Edinburgh House at 255 MacKay Street) and let her know if you're able to help out. Melanie.Davis@crichtonccc.ca.

Fun Upcoming Events!

Artistic Performance Series:

The CCCC is delighted to announce the concluding event in our Artistic Performances Series: Where Community and the Arts Connect. The Artistic Performances series was conceived and organized by event manager and CCCC volunteer, Alison Melia. The January and February performances were very successful, and we are looking forward to our March production which promises to be a lively evening. We hope to see you there!

•**March 30, An Evening of Contemporary and Hip Hop Dance** with Erika Mills, Danielle Duchesne, Brad Denys and the Flavor Factory. Tickets are available at New Edinburgh House or by calling the CCCC at (613) 745-2742.

(\$10 in advance or \$15 at the door.) Detailed information can be found on our website at www.crichtonccc.ca or on Alison Melia's blog at <http://irenemelia.wordpress.com/>

Friday Night Movie Series:

Former NFB Executive Producer Jack Horwitz picks his personal favourites, including shorts like Normal McLaren's Academy Award winning animation "Neighbours" shot in Rockcliffe Park, and Paul Anka in "Lonely Boy."

The series began with a successful show on March 9. The next two shows are scheduled for April 13 and May 11. Doors open at 6:30 pm, movies at 7 pm. Cost per night/series: Family: \$10/\$25. Seniors and Students: \$5/\$12. Individuals: \$8/\$20. Tickets will be available at New Edinburgh House or at Books on Beechwood.

Earth Day Clean Up:

Plans are already under way for our **1st annual Earth Day Clean Up on Saturday, April 21 from 11 am to 1 pm** at the New Edinburgh House. Garbage bags will be provided as well as refreshments and a light snack. Bring out the whole family! The Clean Up will focus on the New Edinburgh House grounds and surrounding area.

The birds are chirping, the ground is thawing and the sun is calling you outdoors and back to the excitement and mystery of a season in the garden. The daffodils are nodding, "Yes, come and help build a shared garden at New Edinburgh House." Join us in planting seeds and bulbs this spring and be amazed at the fruits (or flowers!) of your labours all spring and summer long. Meet new neighbours, make new friends, donate cuttings and prepare to enjoy our re-vitalized New Edinburgh garden. Call New Edinburgh House to sign up or for more information on our **Gardening Day** 613-745-2742.

A Face Lift Coming at NEH:

Inside the house, we are happy to announce that designs have been approved for upgrades to the yoga studio, washrooms and fire alarm system. We are extremely grateful to the MacKay United Church Council, our instructors and artists for accommodating the CCCC while we carry out the planning and construction at New Edinburgh House. Construction is slated to take place during the summer after the spring programming winds up. Programming in Memorial

Hall will not be affected by the renovations.

Happenings at the CCCC

1 New Edinburgh House. The CCCC continues to work with MacKay United Church representatives to finalize the purchase of the New Edinburgh House (the former Manse) by the end of April 2012. In the meantime, we continue to lease both NEH and Memorial Hall and we are working with the Church to renovate and update New Edinburgh house over the course the Spring and Summer to ensure it is arranged optimally for public programming.

2. After-School Care. We've had many parents express interest in the After-School Care Program to begin at Memorial Hall in September 2012. We are anticipating formal approval of our after school plan in late March 2012 and we will have information sessions with parents to finalize planning in April. We're confident that NEH and Memorial Hall will become a hub for our children, safe places that are fun and rewarding to visit.

3. Annual General Meeting. Our AGM is coming up on **Sunday, June 3, at 4 pm.** (Details of location to be confirmed in light of the renovation work schedule at NEH). Please make a point of joining us to celebrate the completion of the NEH purchase. We all have a stake in the ongoing development of our community centre, and we welcome your ideas, your support and your presence!

Programming

Please let us know what you'd like to see on the list of CCCC programs, classes and events. We're trying our best to ensure that the programs and events we offer are focused on what you'd like, and when you'd like it! With your help and input, we can achieve our objective of getting better every session!

Do you have a great idea for a class? Know of a violin, piano or guitar teacher interested in offering lessons in New Edinburgh? Are you an instructor—of art, music or fitness programs? How about a French or Spanish teacher? Math tutor? Have other cool ideas? Please get in touch with us and let's discuss the possibility of offering classes at NEH or Memorial Hall. Pass along your great ideas to the program and event coordinator at New Edinburgh House, or by email to communitycentre@rogers.com.

Zumba! 2nd Annual Community Dance and Chili Supper Was a Gas!



Zumba fun at Memorial Hall.

Photo: Milly Battaion

Another vibrant evening in the community

By Isobel Bisby and Paula Thompson, Program Committee Co-Chairs

On the evening of Friday February 17 the Memorial Hall at 39 Dufferin Road was alive with the sounds of music and dancing feet at the Second Annual Zumba Community Dance. Over 130 adults and children, came out for another evening of fiery zumba dancing led by the very talented and energetic **Ximena Puente**. After forty-five minutes of dancing everyone enjoyed a delicious Chili Supper, again donated by the **Governor's Walk Retirement Residence**. Desserts were donated by residents **Sandra Ferguson** and **Paula Pincombe**, and coffee was enjoyed thanks to **Bridgehead**. After supper the dancing continued and ended with the children up on the stage, excitedly stomping on a floor covered with bubble wrap. What a racket! The **Scone Witch** provided the grand door prize—our beautiful coffee mugs surrounded by fresh scones, and **Books on Beechwood** provided children's books. We also thank **Metro** for their contribution towards the food.

The evening could not have happened without our team of invaluable volunteers; **Lisa Coy**, **Susan Harper**, **Margo**

Silver, **Sharon Collins**, **Alison Melia**, and **Mwaka Hamweetwa**. An extra big round of applause goes to the Governor's Walk Retirement Residence team, **Linda Meek**, **Milly Battaion**, **Tara Spour**, and chef, **Avi Choudhury** who provided the wonderful chili. And a big THANK YOU to everyone who helped with the cleanup at the end!

Community spirit was bright on the evening of February 17. It was delightful to see so many people of all ages...the youngest participant being eight weeks old, and the oldest...well we won't mention the exact age! The community met our new Executive Director, **Melanie Davis and her family**, who were enchanted by their first community event in New Edinburgh.

It was another successful event for the CCCC Program Committee, who meet once a month to guide and advise program development. The committee has representation from parents, seniors, the arts, **Lumière**, and **Mackay United Church**. Recently it has welcomed the **Playgroup**. Presently, we are looking for someone to represent health and fitness. If you would like to join the committee, and have a keen interest in any aspect of our community programs please call **613-745-2742** or email: melanie.davis@crichtonccc.ca.



CRICHTON CULTURAL COMMUNITY CENTRE
CENTRE CULTURAL COMMUNAUTAIRE CRICHTON

Spring Programs and Events

Visit our website (www.crichtonccc.ca)
for more detailed information on our upcoming
programs, or contact us at 613-745-2742 or
communitycentre@rogers.com.

Arts & Gen'l Interest

SALT AND PEPPER WORKSHOPS

Mon 1 – 4 PM (10 wks.)
Apr 16 – Jun 25 (10 wks.)
No class May 21

Every week join our group for a theme related art project or craft from printmaking to silk painting in a relaxed environment. It is in part to enjoy a creative activity but also it's an opportunity to socialize. Those with little 'artmaking' experience will be guided through each new project and those with more experience can let their talents fly.
Instructor: Suzanne Valois
Fee: \$165 (\$20 drop in fee).

FIGURE DRAWING & PAINTING WORKSHOP

Wed 9:30 AM – 12:30 PM
May 2 to Jun 20 (8 wks)
In this workshop, participants work in a variety of media... pencil, charcoal, pastel, water based paints, acrylics or oils... the choice is up to the individual. Easels are provided. There is no instructor in this workshop. The learning is in the doing and in the exchange of ideas among the participants. This is an extended pose workshop. The model starts each session with five short warm-up poses followed by an extended pose. Beginners are welcome.
Facilitator: John Jarrett 613-594-0182, jwjarrett@sympatico.ca
Fee: \$65 per session.

ACRYLIC & OIL PAINTING

Thurs 1 – 3:30 PM
Apr 12 – Jun 14 (10 wks.)
A relaxed painting environment for those who wish to develop their artistic skills at their own pace with individual instruction. Open to all levels of painters, instruction is individual. At the beginning of each class we will look at new techniques, media, products and creative exercises that may be of interest to the students in expanding their knowledge and skills.
Instructor: Susan Ashbrook
Fee: \$165 Drop-in: \$20/class

NEW! INTRODUCTION TO DRAWING & WATERCOLOUR

Monday 10:30 AM – 12 PM

April 2nd to June 11th (10 wks)
No Class April 9th

This course is for people interested in learning and improving their drawing and watercolour skills. Drawing is the most direct route from the mind's eye to expression. Covered in this course are the fundamentals of drawing, line variation, positive and negative space, the use of tonal gradations to create form and aerial perspective. Over the first five weeks, students will be introduced to drawing and composition by means of drawing "still life". Over the second five weeks of the class, students will study watercolour techniques and composition by means of painting "still life". You will learn sure-fire ways to stretch your paper and achieve a finished result in one sitting. Basic composition, color theory and tonal structure will be covered in a creative and inspirational environment.
Instructor: Christopher James
Fee: \$165.

LEARN TO PLAY BRIDGE – BASICS 3

Tues 1:00 – 3:00 PM
Apr 17 – Jun 5 (8 wks)
This class is suitable for graduates of Basics 2, offered in Jan 2012, or those who want to refresh their skills.
Instructor: Gordon Fazil
Fee: \$106.

Adult Fitness

AT MEMORIAL HALL STOTT PILATES

Mon 8:30 – 9:30 AM (10 wks.)
Apr 16 – Jun 25 No class May 21
Fri 8:30 – 9:30 AM (10 wks.)
Apr 13 – Jun 15
Stuart's Pilates classes are suitable for all ages. This is demonstrated in the classroom where the age of participants can range from 18 to 89 years old! Come for a low impact workout that will assist your movement through all aspects of your life. From the garden to the golf course, you'll move with freedom. All classes taught by Stuart at 4Cs are at an Intermediate level. For your safety, Pilates experience is necessary.
Instructor: Stuart Maskell
Fee: Drop-in: \$17.

10 Classes: \$169.50
20 Classes: \$305.10. Prices include HST.
Register: Stuart Maskell at 613-796-3476 or stuart.maskell@gmail.com

MONDAYS FITNESS FUSION: A REJUVENATION OF BODY AND SPIRIT

Mon 7:25 – 8:25 AM
Apr 2 – Jun 18 (12 wks.)
No class Apr 9 & May 21
Target: core strength, flexibility, stress control.

The focus is on functional fitness. We begin with an extended cardiovascular warm up. Then it's a fusion of Pilates, strength exercises and yoga. We use small and big exercise balls, toning bands and a variety of breathing techniques and balance exercises. The class finishes with an extended stretch and deep relaxation for the tranquility of the soul.
Instructor: Louise Lettstrom-Hannant
Fee: \$120 Drop-in: \$12
Register: Louise Lettstrom-Hannant at 613-747-1514 or golouise@rogers.com.

WEDNESDAYS CARDIO CORE LIGHT

Wed 7:55 – 8:55 AM
Apr 4 – Jun 20 (12 wks.)
After a 10 minute full body warm up we progress to a moderate cardio work-out that will work the heart for 30 minutes building cardiovascular strength and endurance. A moderate core training component will focus on our stability muscles, postural alignment and balance. We will end this workout with a stretch that targets the muscles surrounding the core and pelvic region.
Instructor: Sharon Collins
Fee: \$120 Drop-in: \$12
Register: Sharon Collins at 613-816-4307 or info@sharonhealthpromotion.com.

WEDNESDAYS ZUMBA

Wed 9 - 10 AM
Apr 4 - Jun 20 (12 wks.)
Zumba is a fusion of Latin and international music and dance

that creates a dynamic, exciting and effective cardio workout. Zumba Gold is for the active older adult. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Instructor: Ximena Puente
Fee: \$120 Drop-in: \$12
Register: Ximena Puente at 613-830 5839 ximenap@rogers.com.

THURSDAYS MORNING FITNESS: TOTAL BODY WORK-OUT

Thurs 7:30 - 8:30 AM
Apr 5 – Jun 21 (12 wks.)
A dynamic warm up followed by 20 minutes of cardiovascular work, 20 min of strength exercises using balls, weights and toning bands to build muscular and core strength as well as improving balance and posture. Targets the heart / cardiovascular health, bone health, and muscle strength. Finish with a stretch and cool down to leave you ready and focused to face the day.
Instructor: Louise Lettstrom-Hannant
Fee: \$120 Drop-in: \$12
Register: Louise Lettstrom-Hannant at 613-747-1514 or golouise@rogers.com.

THURSDAYS INTENSIVE CORE TRAINING

Thurs 8:55 – 9:55 AM
Apr 5 – Jun 21 (12 wks.)
This class focuses on gaining power in the core of our body. Through dynamic movement and concentrated work we will achieve abdominal strength resulting in improved posture. The class has been developed using Pilates as well as sports conditioning techniques. The class will end with a complete stretch, leaving you relaxed and rejuvenated!
Instructor: Sharon Collins
Fee: \$120 Drop-in: \$12
Register: Sharon Collins at 613-816-4307 or info@sharonhealthpromotion.com.

FRIDAYS STRETCH

Fri 7:25 – 8:25 AM
Apr 13 – Jun 22
Start your week-end with a release of your tension as well as relaxing our mind and body using soft music to encourage breath and full body movements. This class will continue with a generous stretch component reaching all of the sections of the body and devoting enough time to attain our full stretching potential. We will end this delicious hour with a total body relaxation. Now we are ready for the week-end!
Instructor: Sharon Collins
Fee: \$120 Drop-in: \$12
Register: Sharon Collins at 613-816-4307 or info@sharonhealthpromotion.com.

Combine any adult fitness classes: Cardio Core, Intensive Core, Stretch, Fitness Fusion, Morning Fitness, and Zumba and receive a discount: 2 classes/week: \$230 / 3 classes or unlimited/week: \$300

FITMOM 2B/PRENATAL YOGA

Mon 6:45 - 7:45 PM
Apr 2 – Apr 23
Join FITMOM 2B/Prenatal Yoga to get a great combination of strength training and yoga poses to help open, stretch and strengthen your changing body and prepare you for labour. Registration is rolling so you can begin at any time.
Instructor: Susan MacDonald
Fee: Drop In \$14
Questions? Ask at: fitmomottawa2010@rogers.com
Register at: www.fitmomcanada.com/ottawa

FITMOM AND BABY

Thurs 11:00 am - 12:00 pm
Apr 5 – Apr 26
An indoor workout designed to help you get fit, meet new moms, bond with baby and have FUN! This class is suitable for all levels of fitness, from beginner to advanced. Please bring a structured baby carrier (front carrier for younger babies and back car-

SUMMER CAMPS 2012

Make it a healthy and creative summer for your kids at New Edinburgh House!

July 16 - 20: The July camp is designed for girls and boys between the ages of 6 and 9 who may be interested in a foolishly fun week of theater, dance, art...games and outdoor activities.

August 13 - 17: The August camp is designed for girls and boys between the ages of 10 and 13 who may be interested in acquiring new skills in improvisational theater, clowning, dance, art...games and outdoor activities.

With memorable activities and outstanding arts programs, Lumière hosts a nurturing camp, where talented professional, caring counsellors and kids come together to share an exciting and unique summer experience. Call New Edinburgh House for more information and to register. \$240/week.

Wednesday Family Fun Drop In Camp

The Infant, Toddler & Preschool Playgroup is extending their program during the summer months. Program will have structured and unstructured activities for younger children and their older siblings. Wednesday's 9:30 – 11:30 AM, starts July 4.

rier for older babies) to this class. Registration is rolling so you can begin at any time. Classes resume on January 5th.

Instructor: Susan McDonald

Fee: Drop In \$14

Questions? Ask at:

fitmomottawa2010@rogers.com

Register at: www.fitmomcanada.com/ottawa

Yoga

YOU ARE WELCOME TO JOIN ANYTIME

GENTLE HATHA YOGA

Tues 9:30 – 11 AM

April 3 to June 5 (10 wks)

Fri 1:30 PM – 3 PM

April 13 to June 15 (10 wks)

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. Yoga teacher Heather MacDonald has had experience in coping with injuries and teaches with an attitude of understanding and caring.

Instructor: Heather MacDonald

Fee: \$120 Drop in: \$14

Register: CCCC.

IYENGAR YOGA LEVEL 1

Tues 6:30 – 8 PM All Levels

Mar 6 to Apr 24 (8 wks)

Thurs 9 – 10:30 AM Level 1

Mar 8 to Apr 26 (8 wks)

Practicing Iyengar yoga helps to build mobility, stability and strength physically as well as mentally. A variety of yoga asanas (postures) will be explored while paying attention to correct body alignment. When practicing with awareness, the effect of the asanas deepens, promoting good health and well being. Please inform your teacher if you are working with injuries or health restrictions.

Instructor: Karin Holtkamp

Fees: 1 class/week: \$96 2 classes/

week: \$160 Drop in: \$14

Register: Karin Holtkamp

at 613-422-8384 or

daveandkarin@rogers.com.

IYENGAR YOGA LEVEL 2

Iyengar Yoga is challenging and endlessly fascinating, refreshing and relaxing. Each class is unique and builds on what has come before. It can benefit all kinds of people – young and old, stiff and flexible, weak and strong. Students who attend level II classes understand the foundational asanas and are alert to their limitations. They are ready for the challenge of more complex postures.

Instructor: Barbara Young

Mon 9 – 10:30 AM

April 2 – 30 (5 wks.)

Fee: \$60

Drop-in: \$14

Register: Barbara Young at 613-728-8647 or b-young@rogers.com.

RAJA YOGA – OPEN CLASSES

Wed 6:30 – 7:30 PM

Apr 4 to May 23 (8 wks)

The Open Class is an intermediate level 60-minute long class, covering: relaxation, basic postures, breathing techniques and concentration techniques. Whatever your level, you will find that the instructor has the ability to accommodate you by always including a variety of options for each posture or practice. Because there is no competition in Yoga, not even with yourself, you will learn to enjoy much more than just a healthy body and mind from the practice.

Instructor: Michael Burlacu

Fee: \$90 Drop-in: \$15

Register: Michael Burlacu at

info@burlacuyoga.ca or CCCC.

Kids, Tweens & Teens

NEW! LITTLE SMARTIES – EARLY CHILDHOOD ART PROGRAM

(2 – 4 years)

Tues 10 - 11:30 AM

Apr 17 - Jun 19 (10 wks.)

Tapping into their creative energy, children in this class listen to music and play with different materials and textures. The focus is on allowing children and parents to bond while enjoying structured creative time together. Hands-on art activities with fun areas to do what your child desires: children get to manipulate traditional materials like paint and clay as well as less-expected ones, such as twigs, recycled foam, sand and dough. The process, not the final product, is the heart of this program.

Instructor: Zaneta Pernicova

Fee: \$125

MONKEY ROCK MUSIC

Thurs 10 AM 1 – 2 yrs.

Thurs 10:45 AM 2 – 4 yrs.

Thurs 11:30 AM 2 – 4 yrs.

Apr 12 – Jun 28

Fri 10 AM 1 – 2 yrs.

Fri 10:45 AM 2 – 4 yrs.

Fri 11:30 AM 0 – 1 yrs.

Apr 13 – Jun 29

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!

Instructor: John King

Fee: \$144

For full schedule details and

to register please contact

John King at www.monkeyrockmusic.com or email

monkeyrockmusic@gmail.com.

PLAYGROUP

Infant, Toddler & Preschool

Indoor Playgroup Ages 0 – 5

years

NEW EDINBURGH NEWS

Infants, toddlers and preschoolers, along with their parents and caregivers, are invited to participate in a fun-filled morning of free play, crafts and musical circle time. Adults are responsible for supervising their own children and for set-up and take-down of all toys and equipment. Healthy snacks are provided for the children, and coffee for the adults, on a cooperative basis.

Mon 9:30 – 11:30 AM

Fri 9:30 – 11:30 AM

Apr 2 - Jun 29 No playgroup

Apr 6, Apr 9 or May 21

Fee: \$55/family for one morning only or \$110/family for both

Monday and Friday mornings

To register please contact Anne

Tardif at annetardif@gmail.com.

NEW! THURSDAY NIGHT DROP-IN ARTS

(8 - 12 years)

Thurs 5:00 - 7:00 PM

Apr 12 to Jun 14 (10 wks.)

Through a series of projects that fosters creativity and nurtures self-esteem each participant will learn and explore their creative side. Activities include t-shirt design and painting to dance, mask making, cake decorating and more! Plus you get to hang out with friends every Thursday and have a great time in a pressure-free, positive environment. Bring a snack.

Facilitator: Zaneta Pernicova

Fee: \$125 Drop in - \$12

NEW! LEGO CLUB®

Wed 5:30 - 6:30 PM

Apr 4 - 25 (4 weeks)

Open ended fun with LEGO.

Develop your own creations using a wide variety of LEGO Technic pieces including gears and motors. Unique building instructions and tips available to guide you. Lego provided.

Instructor: Ian Dudley

Fee: \$80

NEW! LEGO® CONTRAPTIONS

(6 -12 years)

Sat, May 28 1 – 4 PM

Build contraptions, vehicles and machines that move. Learn about special LEGO Technic gears, beams, pulleys, wheels, axels, pieces and motors. Everything you need to know to invent cool things that move using LEGO. Lego provided.

Instructor: Ian Dudley

Fee: \$15

NEW! CAPTURING THE POSSIBILITIES: PHOTOGRAPHY WORKSHOP FOR YOUTH

(13 – 17 years)

Sat 9 AM - 4 PM

May 5, 12 & 26

How do I fit in? How can I

explain how I feel?

Three one day workshops will

help youth interpret the world

from their perspective. Using photography as a means to explore, and small groups to encourage growth and sharing, participants will begin to understand their environment, their community and themselves in a unique process. This workshop is about creativity and discovery. Cameras supplied.

Instructor: Chrystia Mycyk

Fee: Free - Class size is limited

Register: chrystia@oneinkling.com.

SPILLING OPEN – A CREATIVE WRITING ADVENTURE FOR GIRLS

(8 - 12 years)

Mon 5 – 7 PM

Apr 16 - Jun 11 (8 wks)

No class May 21

Spilling Open is all about finding our own voice and using it to tell our stories, our ideas, our hopes and our fears. It's about playing with words to create poems, stories and songs and about bringing those words to life through the use of paint, pastels and collage. In this artistic journey you will create some mind-bending work, we will be poets and painters, writers and artists exploring the corners of our imaginations and finding fun ways to let our stories be heard.

Instructor: Suzanne Valois

Fee: \$125

KALARTASCOPE

(6 - 9 years)

Sat 9 – 10:30 AM

Apr 14 to Jun 16 (10 wks.)

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.

Instructor: Zaneta Pernicova

Fee: \$125

IRISH DANCE

Suzanne Taylor

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. New beginner class open on Thursday evenings from 6 to 7 PM.

Tues 6 – 9 PM

Thurs 6 – 9 PM

Mar 6 to May 17

Fee: \$170

For more info and to register please contact Suzanne

Taylor at 613-231-1215 or

suzanne@tayloririshdance.com

www.tayloririshdance.com.

OH, THE DRAMA!

(6 - 9 years)

Sat 1 – 2 PM

Apr 14 to Jun 16 (10 wks)

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! Includes a Saturday afternoon performance. Instructor: Suzanne Valois

Fee: \$125

TAKE PART

(9 – 12 years)

Sat 11 AM – 12:30 PM

Apr 14 to Jun 16 (10 wks)

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

Come to learn and dress for mess! Materials supplied.

Instructor: Zaneta Pernicova

Fee: \$125 (plus \$10 for materials)

THEATRE STORIES

(8 - 12 years)

Sat 2 – 3:30 PM

Apr 14 to Jun 16 (10 wks.)

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!

Instructor: Suzanne Valois

Fee: \$125

JAMMIN' WITH GRAEME

Sun 2 – 2:45 (7 – 9 years)

Sun 3 – 3:45 PM (4 - 6 years)

Apr 14 to Jun 16 (10 wks.)

Graeme Danko (Accredited Music Therapist) will lead the group using guitar and rhythmic instruments. Activities will include performance of popular songs with voice and rhythmic instruments, drumming, improv games, movement activities, and leadership opportunities. No music experience necessary.

Instructor: Graeme Danko

Fee: \$125.

KIDS HIP HOP

(9 – 12 years)

Thurs 4:30 – 5:30 PM

Apr 12 – Jun 14 (10 wks.)

Learn various styles of hip hop moves in this fun, energetic dance class through choreography to the latest hits. Get fit and hip at the same time!

Instructor: Alexa Therien

Fee: \$125.

KIDS HIP HOP

(6 – 8 years)

Wed 4:30 – 5:30 PM

Apr 11 – Jun 13 (10 wks.)

Learn various styles of hip hop moves in this fun, energetic dance class through choreography to the latest hits. Get fit and hip at the same time!

Instructor: TBD

Fee: \$125.



On March 9, Jack Horowitz led a group of 'filmizens and families' on a journey of discovery of the many treasures produced by the National Film Board. Photo: John Arnold

Night of Fun and Film at New Edinburgh House

By Jack Horowitz

It's not every night you get to provide a resumé of twenty-five years of working in film, but I was lucky enough to meet **Isobel Bisby** (Co-chair of the CCCC Program Committee) who combined her subtle wits with **Ellen Goodman**, to get me to agree to provide three evenings of my selections from the NFB treasure chest of films. What a lucky guy!

So what I decided to do was to find those films that provided a look at the politics, the history and the location of Ottawa as the backdrop for a selection of gripping, fun, and short ("thank heavens," I heard them mutter) films produced by the NFB from its founding to the present.

The first evening was nerve-racking. Trying to screen with some finesse in Memorial Hall looked difficult. But Roger Wilson (local filmmaker and technical wizard) and Isobel ended up constructing a most unusual artefact—a screen

made from a bed sheet that worked perfectly. It was large enough to have a brilliant clean image, and the speakers were close to perfect. Chairs were spaced so as to ensure good viewpoints and comfort (albeit on wood bottoms). Then the challenge was to construct a program that provided a perspective on the Board's early history with films that fit the bill.

In the end, I chose samples from styles and moments that tied it all together. From WWII to the Cold War and the red scare, and then to the swinging sixties; the six short films gave perspective and scope. Refer to the Board's excellent website www.nfb.ca to view these and many others.

From all reports the evening was a success, partly due to a great audience who went along with this fancy, but also the volunteers who manned the doors, made the popcorn, served the drinks, and stacked the chairs. All I can say is a

good time appears to be had by all...unless there are letters to the editor...shudder.

SO Calling All 'Filmizens'

No, this is not an ad for the *Citizen*, it's for you our local cinephiles. Make and take the time to come **April 13, at 7 pm** for a fun-filled evening of wacky and wonderful animation from the NFB in a program designed around living in Ottawa, and bring the whole family. This is a program suitable for all ages. The selection will have you laughing, dancing, singing, and swooning, while taking you on a tour of New Edinburgh, our rivers and lakes, right down to the neutrons in your skin!

After twenty years of working for NFB, I've picked a peck of pickled pictures, so come out and enjoy...plus you get to vote on upcoming film programs...and you can win door prizes too.

I suggest you consider bringing your own folding canvas chair for softer more comfort-

Inaugural Spring Locavore Artisan Food Fair in New Edinburgh

Saturday, May 12, 10 am - 4 pm

Crichton Cultural Community Centre
Memorial Hall, 39 Dufferin
Admission is free.

Event highlights:

- Over 20 celebrated food artisans from Ottawa and environs.
- Hot delicious soup from **Stone Soup Foodworks** and wood-fired pizzas from **The Flatbread Pizza**

Company will be served all day.

- A silent auction with products donated by the vendors. The proceeds will go to the School Breakfast Program which feeds 11,000 children in Ottawa every day.

Information:

- www.ottawalaff.ca
- info@ottawalaff.ca

able seating! Doors open at 6:30 pm. Show starts at 7 pm. The film list is posted at www.crichtonccc.ca or call New Edinburgh House 613-745-2742. See you there...

Crichton Cultural Community Centre THANKS all the volunteers who made the movie night happen:

Roger Wilson and family
Jack Horowitz
Ellen Goodman
Mwaka Hamweetwa
Venn Jagannathan
Mark Bisby
John Arnold

Milly Battaion and son Corry Burke

We also THANK:

Governor's Walk Retirement Residence for popcorn machine and popcorn

The **Bytowne Cinema** for popcorn, and door prize of a membership/ticket gift package

42 Crichton Fine Foods for the door prize of gift voucher and goodies

Bridgehead for their fine coffee.



Friday Night at the Movies Fun for Filmizens & Families from NFB

In 1939 the National Film Board of Canada began its life on John Street. Jack Horowitz, former NFB executive producer, picks his personal favourites from this internationally acclaimed public agency. From shorts like Norman McLaren's Academy Award animation "Neighbours" shot in Rockcliffe Park, to Paul Anka in "Lonely Boy", take a whirlwind trip from the past to the present of this iconic media innovator.

Where: Memorial Hall, 39 Dufferin Road
When: March 9th, April 13th, May 11th 2012
Doors open at 6:30 pm. Movies at 7:00pm.
Cost: Per night: Family \$10, Individuals \$8, Seniors/Students \$5
Series: Family \$25, Individual \$20, Seniors/Students \$12
Tickets: New Edinburgh House - 255 MacKay St., Books on Beechwood or by phone at 613-745-2742.

Please bring any snaps of old New Edinburgh (people, buildings, events): originals to be scanned to add to the New Edinburgh News archives.



CRICHTON CULTURAL COMMUNITY CENTRE
CENTRE CULTUREL COMMUNAUTAIRE CRICHTON

www.crichtonccc.ca



HEAR YE, HEAR YE!

In Celebration of Her Majesty's 60th Jubilee please join
Crichton Community Council

On

Sunday, May 27, 2012

Come welcome thousands of runners as they travel through our wonderful neighbourhood. New Edinburgh will mark the 36-kilometre point for runners from around the world. Dress in your "Royal" finest to welcome these athletes to our 'burgh.

Please be at the Fieldhouse on Stanley by 8-8:15 am to socialize with your neighbors and help prepare for a huge community welcome. Yes, the theme is ROYALTY, so tiaras, crowns, and all things royal will be de rigueur!!

Coffee and breakfast munchies will be provided, and there will be music to inspire all these brave folks to journey onward to realize their dream!!





By Catherine McConkey

I hope that everyone has had a great week with all the hot spring weather. Sadly, with hot weather comes the end of the rink season. Thank you to **Brian Torrie** and **Michel Giroux** and their team of **Hosers** for their gallant efforts to maintain a rink surface over what was probably the most difficult winter season I have experienced in awhile.

Bike Rodeo

The warmer weather has made us at the 3Cs think of all the good things to come to the neighbourhood. One of these is a new event we are hosting this spring. The 3Cs in conjunction with the Ottawa Safety Council will be hosting a Bike Rodeo. This new community event will be held **Saturday, May 5 from 2 to 5 pm at the Stanley Park Fieldhouse**. It will be for children ages 4 to 10 (must be able to ride a bike unassisted). The activities planned include how to ride your bike safely, a bike check, correct helmet fittings, an obstacle course, bike decorating and a parade!! It will be a fun opportunity to spend a meaningful afternoon with your children and learn about bikes and bike safety too. Please have your children bring their own bike and helmet. **To register, email nefieldhouse@gmail.com by April 23.** Thank you to **Debra Connor** for organizing the

Bike Rodeo. Let's hope for good weather!

Annual Plant Sale

On the following weekend, on **Saturday, May 12, from 8 am to 4 pm** we will be hosting the New Edinburgh Annual Plant Sale. As always this will happen at the **Fieldhouse, 193 Stanley Ave.** 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. Once again by special request we will have tomatoes, cherry tomatoes, lettuce starter packs and herbs, all local, all fresh, and all supplied by **Ferme Lève-Tôt**. Thank you to **Mary Grainger** for organizing this great event each year.

New Ed Cheering Station

Joseph Cull has once again agreed to organize New Edinburgh's Cheering Station during Ottawa's Race Weekend. He just loves this so much, the neighbourhood and the 3Cs are certainly the beneficiaries. **Sunday, May 27 at about 8 am** is the time to come to the Fieldhouse to watch this amazing event. This year we are positioned at the 36-km mark and with 6 km to go before the participants reach the finish line; so they need every one of us in the neighbourhood to cheer them through the last kilometers. Come on out and help raise their spirits to 'get it done!' Morning coffee will be

supplied as well as a few other goodies. This is truly an exciting event to watch!!

Canada Summer Jobs

The CCC has applied to the Canada Summer Jobs program 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, toilets, and a place to cool off during the heat waves. If you are a high school student looking for work this summer; we are currently accepting applications for the position of **Fieldhouse Manager**. If you are interested, please email Caroline Matt at caroline@lectern.ca for more information.

If you are interested in volunteering with the 3Cs, please contact me at cjmccconkey@sympatico.ca or phone 613-746-0303. If you have experience in organizing events, or are family oriented, we have a place for you. If you would like to be a volunteer at an event 'on the ground' we have a place for you too. If you have a wish list for events that you would like to see happen, please contact us and we can discuss them. We meet on the second Monday of each month at the Fieldhouse at 7:30 pm. Come and see us; we are very friendly!!

The Fieldhouse is undergoing a few minor renovations and upgrades. I would like thank Jill Hardy for coordinating this with the city. The Fieldhouse will be available for rent starting May 1 for your next birthday party or family event. Contact Jill Hardy at 613-746-1323 for more information.

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Coming home

- diplomatic clause
- notice to tenants
- repairs

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www.ottawalittletheatre.com

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Fabienne Duffet: Profile of a New Edinburgh Artist

By Christopher Chang-Duffet

Fabienne Duffet has been a New Edinburgh resident for almost five years now. It is in this time period that she has discovered her passion and natural abilities as a painter. After attending a few classes at the **Ottawa School of Art** in 2008, it became clear to her that painting is her way to discover and share beauty and peace in the world. She has been steadily expanding her

collection since then, squeezing in time to paint between a full-time job at Parks Canada and raising her twin daughters **Estelle** and **Charlotte** together with her husband **Christopher**. She is now getting ready for her first art show in the spring of 2012.

A native of France, Fabienne has had a desire to pursue art from a young age, but was dissuaded from it as the focus of her post-secondary studies and instead chose an international



Fabienne Duffet, born and raised in southeastern France, infuses the paintings in her *Lavendar* series with reminiscences of the vibrance of the Provence landscape.



Fabienne's abstract series are an invitation to play and dance with life and its unpredictable nature. Dynamic circles and curves energize the viewer with their bright colours and multidimensional relief.

commerce exchange program that was established between Reims Management School in Champagne and the University of Ottawa. She notes that "while I would have liked to have started painting earlier, Ottawa has given me the environment I needed to discover myself and see clearly the art I most desire to share with the world. New Edinburgh is a unique environment and I'm thrilled to be raising our family here and sharing my art with the community."

Fabienne grew up in Provence and was deeply influenced by the vibrant colours of the surrounding landscapes. She has a natural gift for combining and contrasting colours on the canvas. She expresses her passion

in both landscape and abstract genres. Although quite different, they both bring a sense of aliveness and contemplation to the viewer.

In her *Lavender* series, Fabienne enjoyed reminiscing about past memories of growing up in the southeast of France and delights in sharing a flavour of the rich countryside. She has also just recently started a new collection of Ottawa landscapes. She says she finds peace in acknowledging the beauty and power of nature in her paintings.

Fabienne's abstract series are an invitation to play and dance with life and its unpredictable nature. In contrast with the background, dynamic circles and curves energize the viewer

with their bright colours and multidimensional relief. They challenge the viewer's sense of depth and presence with her unique approach to superimposing patterns and different textures and scratched layers on the canvas.

Having recently begun selling pieces into private collections, Fabienne is now searching for studio space where she can expand the size and number of canvases she can work on at any given time.

Fabienne's collection will be on exhibit later in 2012. You may see her work at www.fabienneduffet.com; follow updates about her upcoming show or contact her via her website for a private viewing.

New Edinburgh			Beechwood Village	Rockcliffe Park
102-39 Vaughan St. \$525,000	146 Union St. \$995,000		403-40 Landry St. \$439,000	85 Lakeway Dr. \$1,775,000
126 Crichton St. \$849,000	201-39 Vaughan St. \$555,000	214 Crichton St. \$565,000	66,70,72 Barrette St. Lot 105x99 \$1,150,000	95 Lakeway Dr. \$1,390,000
Cumberland - 1111 Moffatt Drive			19-100 Hillside Dr.	14 Sawgrass Circle
 \$995,000		 \$555,000	 \$314,500	 \$529,000
Michael Valiquette Sales Representative Direct: 613.255.7779 michael@victoriaisland.ca		Lada Matlak Sales Representative Direct: 613.266.1057 lada@victoriaisland.ca		Victoria Island .ca Office: 613.742.9319 39 Vaughan Street, Suite 200 Ottawa ON K1W 1W9



Photo: Ryszard Mrugalski, www.zoomexposure.com

NEW EDINBURGH PLAYERS CAST - Back row (from l to r): Kevin Anderson, Walter Belyea, Stefan Dumas; middle row: Sonja Lishchynski (with Montecristo), Ronald Miller, Elizabeth Chan; front row, on the floor: Emma Drouin, David Bromley.

New Ed Players Present *The Liar*

By Ingrid McCarthy

The New Edinburgh Players present their 33rd Season, **April 19-21; 26-28, 2012**; MacKay United Memorial Hall, 39 Dufferin Street. Curtain: 7:30 pm. Admission: \$20.

The Liar, adapted by David Ives from the farce by Pierre Corneille.

Paris, one fine spring day in 1643. Dorante is charming, handsome... and a pathological liar. When he arrives in Paris, Dorante's outlandish tales amaze and convince all who hear them, but for each problem his clever lying solves, it creates two new ones. Will

he manage to keep his stories straight, his dupes none the wiser and somehow still get the girl? Fencing foils, Musketeer hats, stunning costumes, ringlets and wigs - this joyful French farce sparkles with witty dialogue and hilarious twists and turns in situations of glorious absurdity. Who, in search of an evening's entertainment could ask for more?

As usual, the hall will be set up cabaret-style with tables for groups of four and six. Refreshments will be served.

Tickets will be available starting March 15 at Rockcliffe Photo, 18 Beechwood Avenue

(613 747 6259); the Gordon Harrison Gallery, 495 Sussex Drive (613 746 6853) or at the door. For info and reservations please call 613 860 2371.

See you at the show!

Residents Make a Difference with Sole Responsibility

By Alison Wesley-James

For those of us who often wonder what we can do to make a difference in the lives of the less fortunate, witness what a group of former New Edinburgh residents have accomplished. They transformed a simple idea into an annual event that has made a difference in the lives of thousands of refugees around the world.

It began as a discussion at their regular Friday morning run: the fact that they changed running shoes approximately every six weeks, and yet the shoes they were discarding had miles left in them. From a practical perspective it didn't make sense and from an ecological perspective it was just not reasonable to send the used shoes to landfill. A call to the **United Nations High Commissioner**

for Refugees and the distribution network was established. A call to the **National Capital Race Weekend** and local retailers and collection sites were established. **Sole Responsibility** was born. Over the past six years, over 15,000 pairs of gently-used shoes have been donated to refugees in Africa. Shoes have made a difference in the lives of refugees in Rwanda, Ethiopia, Namibia, Chad, Lesotho, Cameroon and

Djibouti. In Lesotho the day the shoes were delivered, there was quite a bit of singing and dancing, as that is how they say thanks. It is amazing how much joy a pair of shoes can bring.

In Ottawa, shoes have been donated to the new running program at the Ottawa Shelter. One participant said when he received the pair of shoes donated by Sole Responsibility he felt like a new man. "I've stayed clean. I am an addict and jogging has helped me to escape."

Kudos to **Jennifer North** and **Tracey Clark**, former residents of Stanley Avenue and Crichton Street. They still run together every Friday and they still marvel about how a small idea can make a world of difference.

This year, shoe collections will run from May 6 to June 8. Drop shoes off locally at **Bridgehead Coffeehouse** on Beechwood Avenue. Remember to leave a toonie per pair to help cover the cost of shipping! Both adult and children's shoes welcome.

With a bit of energy and perseverance this group has managed to tap into the generosity of the running community and the citizens of Ottawa.

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India as Inspiration for Mixed Media: Anjali and Company, April 13-14 at Arts Court

Anjali and Company
April 13-14 Arts Court
7:30 pm

December saw long-time New Edinburgh residents **Anne-Marie** and **Tony Gaston** returning to India to collect new material for their annual mixed-media event. After many years of travelling, studying and performing classical Indian dance in India and Canada, the inspiration and muse for their next production has struck again. The results will premiere as a celebration of *Vasant*, the Indian spring festival, here in Ottawa at Arts Court (2 Daly) on April 13-14. Dances will be performed in front of images and videos of temples, sculptures and nature from India and Canada.

While India, as a surging global power, is firmly embedded in the 21st century, it also offers a unique and colourful artistic history that is still alive and vibrant. The country has a huge amount to offer the curious traveller because no other place has such a diversity of performing arts, antiquities, curiosities and traditional life as India. The artistic activity of the sub-continent continues to amaze. Temples, sculpture, painting and classical dance-theatre traditions are not just alive but expanding and reinventing themselves with changing technology and global influences. The Gastons feel very privileged to have experienced over so many years the exotic beauty and profound philosophy which underlies

this ancient culture.

The riot of colour, the strange arts and rituals and stranger sounds that permeate the great temple cities of India can seem overwhelming to a naive visi-

tor. In reality, however, there are a small number of major themes and motifs that are repeated in different styles and formats throughout the arts of India and which, with a

and enjoyable, the presentation takes you on a journey through India to marvel at the 10th and 11th century images which record the exploits of Hindu gods. Their stories are danced using rhythmic and intricate movements which bring these amazing sculptures to life. *Rasa*, that unique quality of Indian art, is revealed through the nine moods delineated in codified intricate facial expressions and hand gestures.

In the second half of the evening, the theatricality of Indian dance intersects with the movement of *Qigong*, a Chinese movement system performed in front of images and video of majestic Himalayan scenery and esoteric paintings from Tibetan monasteries. The evening ends with the Mesopotamian epic of *Ishtar and Gilgamesh*, performed in front of desert forts of Rajasthan and images of pristine forests. These images create a lush visual context for the retelling of an ancient story, containing a surprisingly modern environmental message.

What to expect: a sensory explosion, with the magic and colour of the costumes, vibrant beating of feet, body and facial expressions, pulsating rhythms, all wrapped in a package that provides sensitive explanations and background on the arts displayed. Anjali is joined by **Devin Johnstone** (Qigong) and **Chris Burling** (Percussion). The performance will be followed by a reception to meet the artists. Indian snacks are included in the cost of the tickets. www.culturalhorizons.ca or www.anjalidance.ca.

Tickets are \$25, \$22 for students, cash at the door, info/reservation 613-745-1368.



little background, can be easily recognised and appreciated. In particular, the god *Shiva* is a ubiquitous feature in South Indian arts, so to make sense of what is going on it helps to know something about this most fascinating deity. The first half of this year's presentation includes dances based on the myths and legends of Shiva, accompanied by a sensitive commentary that allows even those unfamiliar with Indian arts to come away with, not only an outward impression of the visual delights, but with some understanding of the underlying themes and ideas.

It is always a challenge to present traditional work in a manner that is both approachable and authentic. Bollywood has done much to confuse the general public about Indian dance. This is not Bollywood but traditional classical dances studied from hereditary masters.

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Nutritional Powerhouses: Hummus and Dips for Spring

By Christina Keys,
R.H.N.

With spring in the air, many of us are turning away from the heavier, warmer foods of winter. Our bodies are naturally craving more fresh vegetables, fruits, and lighter proteins. A great way to continue to eat high quality protein while also eating a little lighter is to incorporate more vegetarian proteins into your diet such as beans, peas, lentils, nuts, and seeds. Combined with fresh vegetables, the following dips can be a great snack or even a part of a healthy meal. They are simple to make by blending or mashing a few spices, oil, garlic, and maybe a little lemon juice with a legume. A food processor makes a smooth, creamy dip. A small blender like a Magic Bullet can be used too if you blend a little at a time. A potato masher or a fork makes for a chunkier dip and saves on dishes!

High Protein Hemp Hummus

Hemp seeds have an impressive nutritional profile. They are a complete protein, containing all nine essential amino acids. They have the elusive anti-inflammatory omega-3 essential fatty acids. They are also high in fibre, magnesium, and zinc, which are deficient from many diets, especially among women.

Buy in bulk for great prices, and store in the fridge. Together with chickpeas, which are high in protein and fibre, this hummus is a nutritional powerhouse. Pair the hummus with an array of vegetables like celery, red peppers, carrots, snap peas, cauliflower, broccoli, and



even radishes for a great snack. Add it to a sandwich or mix into salad.

- 1/4 cup shelled or hulled hemp seeds
- 1 can organic chickpeas, drained and rinsed, or 2 cups freshly cooked
- 1/2 tsp sea salt (or to taste)
- 2 tbsp freshly squeezed lemon juice
- 1 small clove garlic
- 1 tbsp tahini or olive oil
- 1/2 tsp cumin
- Water

If using a food processor, grind the hemp seeds for a few seconds until powdery. Add all ingredients except water and begin to process.

Add water in a thin stream (stopping to scrape the bowl a few times) until the mixture is smooth and creamy.

Garnish with hemp seeds (or basil like in the photo) and serve.

Optional: For those cooler

spring days, try heating the chickpeas before blending. This makes the final product nice and warm and also helps to create a wonderful consistency.

Basic Warm Bean Dip

This dip is a great basic recipe for any type of bean. Vary it any way you like using different beans and your favourite spices. Cilantro, basil, thyme, or even ginger are great ideas.

If beans don't tend to agree with you, try Eden brand canned beans from **Nature's Buzz**. Eden beans are cooked and canned with kombu, a type of seaweed. Don't worry, it's tasteless! The kombu breaks down the oligosaccharides in the beans that can upset your stomach, so you will be less likely to have those symptoms.

Pair this protein- and fibre-rich dip with vegetables, whole grain tortillas, or whole grain crackers for a great snack. Or add it to a whole grain wrap with lettuce, sprouts, and salsa for a delicious Mexican style meal.

- 1/2 tbsp olive oil
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 1 can organic beans, drained and rinsed, or 2 cups freshly cooked beans (pinto, kidney, black, etc)
- 1 tsp cumin
- 1/4 cup water or vegetable stock
- 1/2 tsp sea salt or to taste (omit if using stock)
- 1/2 tbsp lime juice (optional)

In a small pot, heat olive oil over medium-low and add onion.

Sauté for about three minutes before adding garlic. Continue to sauté until onions are soft and translucent.

Add the beans, cumin, and stock (or water and sea salt). Heat for a few minutes until beans are warm.

Mash with fork or potato masher or blend in food processor for an extra smooth consistency. Stir in the lime juice (optional). Serve.

Christina Keys is a Registered Holistic Nutritionist based out of Align Massage Therapy on Beechwood Ave. www.christinakeys.com.



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Building a Kitchen Garden



By Alex Rice

Besides proper care and placement of plants there are no rules in gardening. It is a form of art that can be solely functional, or just for fun. It can be ornamental or edible. I would like to inspire you to meld practical and pretty so your yard offers a feast for the eyes

as well as the belly.

A potager is a French style of garden, also known as a kitchen garden, that offers edible flowers, fruit and vegetables, but not in the traditional row-style garden. Instead, edible and ornamental plants share the same place and are chosen to complement each other.

The first step in building a kitchen garden is knowing the plants you already have thriving in your space. You may be surprised to know that flowers of peony, *Phlox paniculata*, primrose, hemerocallis (daylilies) and violets are among several edible flora that you might be growing already. There are many websites that share information on edible flowers as well as precautions that should be taken before eating (there's a long list at www.garden.org/ediblelandscaping). Just simply looking at a bouquet of flowers is therapeutic—imagine the boost eating them would give to your body!

To add some substance to your kitchen garden, consider planting heirloom vegetables. Heirloom vegetables are vegetables that have not been developed for commercial agricultural use, but rather have been saved for their exquisite taste and/or for the attractiveness of the plant. These special veggies are usually only found as seeds, so to have them in your garden this season you'll



Phlox paniculata is one of many flowers that can be added to your favourite recipes.

have to start propagating soon. (I have already sown my red stalk celery, which I plan to use as one of my main focal points in the garden.)

If you enjoy tomatoes, switch it up a bit by growing dark purple beefsteaks, or ghost white cherries. Even a three sisters garden (i.e., corn, beans, and squash) can be elaborated on with multi-coloured corn, speckled Dragon's tongue long beans, and serpent squash, and would really introduce a 'wow' factor. Even rex begonias can

be enjoyed in salads so don't think that just because your space is in the shade you can't have edible fun.

Research is a very important tool in making a great edible garden. So empower yourself with knowledge, throw out the rulebook, and have fun creating a kitchen garden.

Alex Rice is a horticulture technician. Contact him with questions or ideas for future articles at horticultural01@gmail.com.

Centre Encourages Early Learning and Welcomes Parents into the Classroom

York Street School's new **Parenting and Family Literacy Centre** invites parents and caregivers to spend time in a classroom with their young children. The centre helps prepare children from babies up to six years of age for school and encourages families to be a part of their children's learning.

The centre helps children build language, numbers and social skills through stories, music, reading and playing. Family members and caregivers stay at the centre with their chil-



dren and are actively involved in a number of activities. In addition, staff can link families with appropriate community

resources for health and other related services.

The centre will also help children and their families become more familiar with school routines before children enter kindergarten. The centre is free to attend and no pre-registration is required.

The centre will open in the coming weeks from Mondays to Thursdays 8:30 am to 1:30 pm. Come and meet Becky Cronin for information or call 613-596-8211 ext. 3207.

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Memories of Firecracker Day

By Douglas Cornish

When looking back I have fond memories of my school days in the month of May on the Victoria Day weekend, known in my youth as Firecracker Day. I still smile when I think of those days before political correctness moulded the times. Today children are somewhat restricted and discouraged from an unstructured play life.

When I was a kid we grew up the hard way, by making mistakes, and getting into trouble. In those days if I stuck a firecracker in the back of someone's pocket, and lit it, it was funny as the unsuspecting culprit jumped half way off the ground. Today I'd probably be thrown in jail.

The authorities seemed more tolerant in those days—it was just called growing up. This was long before September 11, before frequent world assassinations were publicly broadcast around the world and then repeated umpteen times until the image is permanently embedded in your brain forever. This was before children were driven to school in SUVs because they might be molested on the way to school.

Today it makes sense to not have a childhood, not to play just for play's sake, to be highly structured. Indeed the earth has moved, the world changed. It has become more global, more 24 hours news based, more cynical (or is it "sin"-ical). It is less innocent. I'm sure each generation says

that, but growing up today is different, and firecrackers are a good example of this. I still can't believe when I was a kid, you could buy firecrackers at the corner store. A week before Firecracker Day the

gerous fun). These firecrackers were dangerous, but I never lost an eye. I was scared out of my pants many times when someone came up behind me and lit one, or someone placed one quietly under my shoe



store would sell an assortment of firecrackers, from big cigar-like firecrackers, to little "finger" crackers which came in a row, and when lit, would go off like a miniature machine gun.

I still can't believe that the authorities let school children buy these things and let them off in the streets, in school yards, in front of door steps after ringing the door and hiding in nearby bushes.

In those days the authorities momentarily turned their backs while kids had fun (albeit dan-

in the schoolyard, then lit it. For some reason in those days there was an accepted notion that boys had to be boys that children had to be children; it was just part of their growing up.

Those notions, though, eventually fell by the wayside. Firecrackers were no longer sold to school children. They were carefully controlled, and neighbourhoods began taking over, having a neighbourhood display. Then municipalities got into the act, holding dis-

plays at outdoor stadiums, or such places. Then the designer fireworks displays, choreographed with music took over. It is not fun anymore, now it is considered art. There are prizes and international competitions. Tickets are sold.

Fireworks for individuals are probably not sold at all, or are most likely severely frowned upon. The world has, indeed, come full circle from Guy Fawkes Day and Firecracker Day to the stage we're at now where firecrackers are considered dangerous and explosive. And you know what? They probably are. But I still thank my lucky stars that I grew up in an unpolitically-correct time when Firecracker Day was the next best thing to Christmas

for a starry eyed, innocent kid.

Firecracker Day has gone the route of everything else today—it's been sanitized, institutionalized, politicized, and has even gone designer. Nowadays, it is not considered to be simply fun; it's entertainment in a packaged form. It's organized and controlled. It has been de-individualized. The Firecracker Day I knew as a kid is now just a corporate or government sponsored whimper.

But in my salad days, when I was young and green and foolish, it was reckless. It was wild, unleashed, and sort of pseudo-delinquency. It was a blast. It was, of course, a big bang.

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By Liba Bender

They say teachers have eyes in the back of their heads from recess patrol. They also have to have them to view the children while writing lessons on the board at the front of the class. It is true.

Whoever they are they do have insight about that. My teaching experience has provided me insight on the importance of being vigilant. And that is exactly what neighbourhood watch is all about: insight into the neighbourhood, or "hood." Our little area of Ottawa has quite a history. When you read all about it you will discover who built what, when and why. You will also learn that some is protected by heritage designation and other parts are not.

The area we live in is historic and desirable, and as such, it is a magnet for new development. At this very moment on Ivy and Putman, for example, houses are being torn down and others being built.

And that is precisely why I contacted our OCP officer (Cnst. Ryan Pierce), to get information on how to start a neighbourhood watch in our area. With multi construction sites, people coming and going, new and old neighbours need to watch out for things. Children are very good watchers, and most report to their households. Others tell others and they might report to their households. Think you get the picture. We all need to know what is going on.

Well, information I have. The initial Neighbourhood Watch

meeting with our city constable took place on February 5, and what comes next depends on all of us. We do have some block captains already, but it would be great to get more people involved. In fact, it would be great to have the entire neighbourhood involved. That is the big plan, but tough to achieve. Are you with me?

Neighbourhood Watch in Ottawa started in the Alta Vista area in the winter of 1979-80 after a bunch of break and enters. Then Sergeant Brian Skinner developed it using the Seattle Neighbourhood Watch concept. It seems to work when groups get together to protect their areas.

At present we are developing a website, which may be separate or part of the www.newed-inburgh.ca website. Only time will tell. Not everything is clear yet.

What is clear, however, is that we need it. A Neighbourhood Watch that is.

The days of borrowing a cup of sugar from across the street, making soup for a sick neighbour, and meeting up with those on your block are back. Don't get us wrong. We all respect privacy, and we don't want to intrude. We just want the watch to work. And that does involve you.

If you see trouble call 911.

If you have trouble call 911.

Want more information about our new expanding Neighbourhood Watch? Email me: libabender@yahoo.ca.

Remember, when you go out of town make sure that you

have lights going on and off, have called to stop the paper delivery, have someone pick up your mail, and in winter shovel, but also always have a person put out your garbage. A sure sign of someone out of town is no garbage out on garbage day.

Also, please be aware of the following warning from the City of Ottawa, which was released at the beginning of March:

False house calls prompt warning from City

The City of Ottawa has received reports of unknown salespeople approaching the homes of residents and identifying themselves as City employees. They claim the city requires access to the home to perform water quality tests.

Any visits by City staff that may require access to homes or businesses are scheduled in advance unless an emergency situation exists. Residents are also provided with advance notice of projects that might impact them.

Residents are reminded that all employees requesting access must show City-issued photo identification.

Residents who are directly contacted by persons claiming to be City employees for City business are asked to check identification, and, if concerns remain, contact 3-1-1 before allowing access. Residents are also asked to report to police any suspicious phone calls or visits.

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Rideau Riverbank Cleanup May 12



By Gemma Kerr

Rivers have nurtured the human race for millennia, and the **Urban Rideau Conservationists** seek to return the favour each year by clearing the banks of all the rubbish that has been dropped on land or washed down by the spring floods. Usually we hold the cleanup on the Mother's Day weekend. Saturday seems to be the more popular day, so our cleanup this year will run on **Saturday May 12, so mark your calendars!**

Our meeting point will be, as usual, the **Fieldhouse at 193 Stanley Avenue**. Crichton Community Council is holding its annual **Plant Sale on May 12**, and will use the area in front of the building. You will find us under the overhang at the back, near the spray pad, along with **Friends of the Park**, who will be working on cleaning up our park areas on the same day.

Our joint Cleanup event will run from **10 am until 1 pm**. Please stop by the back of the Fieldhouse, meet **Clare Robertson** who will be coordinating the riverbank volunteers, and get your 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. We will be providing coffee, snacks and juice at the Fieldhouse to help keep people energized, and T-shirts for participants.

The cleanup will focus on the shoreline of the river between the water and the bicycle and walking paths. We urge you to be very careful, as parts of the riverbank are quite steep and may be slippery from spring floods or rain. **Dress for mucky conditions and bring work**

gloves if you have them.

As we get everything finalized, new information will be posted on the New Edinburgh website at **www.newedinburgh.ca**. Please come out and help on May 12. We are lucky to have a wonderful park and river right where we live. Let's make an effort to get everything clean and tidy so we can enjoy it.



Photo: Debra Conner

Each year, the Rideau River becomes ground zero for a major ice-clearing operation that involves city workers, boats, lots of tools and equipment, and DYNAMITE.



Photo: Susan Rodocanachi

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XV Climate Change: Mitigation or Adaptation?

Editor's Note: The following article is the fifteenth in a series of articles on climate change by environmentalist Hugh Robertson. All the articles have been published in past editions of the New Edinburgh News (NEN) and can be found at www.newedinburgh.ca where previous issues of the NEN are now available online.

In this essay, Mr. Robertson highlights the significant decline in media reporting on climate change issues since 2007, despite the fact that the evidence of climate change continues to mount and meteorological records are shattered as ghg emissions rise at an unprecedented rate, temperature and rainfall records are broken, the thinning of the Arctic ice pack continues at an alarming rate, and catastrophic weather events drive insurance claims to unprecedented levels. His analysis concludes that we are now faced with the dual options of mitigation and adaptation to address the reality of climate change, and of these, he argues that our primary responsibility lies in pursuing the route of mitigation through reduced consumption. The next article in the series will address A Mitigation Plan.

By Hugh Robertson

The danger posed to the world by unrestricted emissions of greenhouse gases is truly the greatest story never told.

Douglas Fischer: *Daily Climate*.

Although 2011 was a year of meteorological records, media reporting on environmental issues followed the downward trend of the past few years. Global warming and climate change have been steadily sliding off the radar screen of the popular media in North America.

Andrew Weaver, one of Canada's best known scientists, examined climate reporting in five daily newspapers. He noted a sharp decline in the number of articles and editorials published since 2007. Tom Spears of *The Ottawa Citizen* discovered that references to Kyoto have dropped off since 2008 when the treaty came into effect. Not even the recent Durban conference in December on the future of the Kyoto Protocol generated much coverage.

In the U.S., media coverage—both print and broadcast—of climate issues has dropped even more precipitously: down by 42 percent since 2009. Joe Romm, a senior energy official in the Clinton

administration, and now editor of *Climate Progress*, suggests that the decline in environmental reporting is driven, not by reporters, but by editors, which in turn raises other questions about the selection and impartiality of climate news stories.

More disturbing are claims emerging from the recent conference of the American Academy for the Advancement of Science in Vancouver that Canadian government scientists are being muzzled. Even *The Globe and Mail* lent its support to the scientists in an editorial, arguing that political and bureaucratic interference has no place in the world of science. The drop in media coverage of climate change that has taken place since 2007 appears to have been accentuated by restrictive policies imposed by the government.

Fortunately, scientific journals continue to publish articles that are both evidence-based and peer-reviewed, but, unfortunately, they seldom find their way into the popular press. As a consequence, the public are denied important current information and, thereby, cocooned in confusion and shielded from the implications of climate change.

Indifference, apathy and

doubt, however, do not stop the records from rolling along:

- Both the International Energy Agency and the Global Carbon Project have confirmed that 2010 set a record for global greenhouse gas (ghg) emissions: a total of 10 billion tonnes. This represents a 50 percent increase in overall emissions in the past 20 years.

- Besides total tonnage, ghg are also measured in parts per million (ppm) in the atmosphere. In 1880 the figure stood at 285 ppm and had been constant for 10,000 years. It now stands at 392 ppm—probably the highest level in 15 million years—and increasing steadily.

- Ghgs, whether measured in tonnes or ppm, are escalating rapidly and driving up planetary temperatures. 2011 was the 35th consecutive year since 1976 that the annual global temperature was above average. Moreover, nine of the ten warmest years since 1880 have occurred in this century.

- 2010 holds top spot for the warmest year on record while 2011 has its own special niche. La Niña currents force cooler water to the surface of the eastern Pacific which in turn moderates global temperatures. 2011 was the hottest La Niña

year ever documented.

- The Berkeley Earth Project, the most comprehensive independent review of temperature records, has confirmed the findings of the major climate organizations that average global temperatures have risen by nearly 1 degree since 1950. Rapidly increasing ghg emissions combined with existing accumulations in the atmosphere, puts us on track to exceed the critical 2 degree threshold well in advance of 2050.

- Global warming is increasing the levels of water vapour in the atmosphere and, as a consequence, producing more rainfall. 2010 and 2011 were the wettest years recorded over land.

- Ottawa experienced its warmest fall in 2011.

- 2011 was the hottest year ever in the Arctic. Not surprisingly, the ice is thinning and disappearing faster than anticipated, far faster than the UN's Intergovernmental Panel on Climate Change expected.

- Deforestation is pushing the Amazon basin past a tipping point. For eons the forests have acted as a carbon sink as trees absorbed carbon dioxide through photosynthesis and released oxygen. Cutting, burning and ploughing is now returning huge quantities of carbon to the atmosphere.

- The oceans are on life support. Water temperatures are warming, acidity levels are increasing and sea levels are slowly rising. More ominous is the sharp decline in the phytoplankton, not only an important part of the ocean food chain but critical in the creation of life-sustaining oxygen.

- The Amazon basin and the oceans are the lungs of planetary life. Nature does not do double lung transplants.

- According to the insurance industry, 2011 was the costliest year world-wide in history: \$380 billion in losses, mostly climate related. The National Oceanic and Atmospheric Administration reported that 2011 set a record for the most billion dollar disasters ever in a

single year in the US.

The pattern is clear: the temperature trajectory is ever upward and so is the fall-out. These statistics are not doom and gloom prophecies or gratuitous alarmism. Global warming is scientific fact. We can no longer deny climate reality. "Mother Nature is just warming up," as a recent NBC newscast described the freakish winter tornadoes in the US mid west.

The question facing us now is how we respond to the challenges posed by rapidly changing conditions. We have basically three choices: inaction, mitigation and adaptation.

Mark Hertsgaard has written on environmental issues for the past two decades. His recent book *Hot: Living through the next fifty years on earth* addresses the problems that his daughter Chiarra (born in 2005) will face in her lifetime. Hertsgaard argues that the twin imperatives of the climate battle are reversing global warming before the tipping points kick in (mitigation) and preparing for the longer term impacts (adaptation).

Environmentalists have been reluctant to endorse adaptation, believing that acceptance of the inevitability of climate change and then actively preparing for the changes is an admission of failure. Furthermore, they contend that adaptation will divert efforts from the more urgent task of mitigating the threats to climate stability.

Inaction is not an option and ignorance and confusion is no excuse. Inaction in the face of conclusive climate evidence is a moral cop-out. We have an ethical duty to future generations to act now.

We are faced, then, with the dual responses of mitigation and adaptation. The responsibility of our generation is to focus, by curtailing our excessive consumption, on mitigation. Our failure will bequeath to future generations the greater burden of adaptation for which they will understandably denounce us.

Next: A mitigation plan.



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Workshops in March include; Sensing the Sacred; March 24th facilitated by Lench Archuleta a Yaquii shaman from Arizona; www.windspiritteaching.com; Journey into Past Lives; March 30th Chris Lee; Canadian Hypnotherapist and Past Life Regressionist www.pastliferegressionandprogression.com

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Otesha Project Celebrates 10 Years of Cycling to Inspire Canadians



Otesha's cycling and performing tours aim to inform, inspire, entertain and advocate for conscientious lifestyle and consumer choices.

Ten years ago, Jessica Lax and Jocelyn Land-Murphy were sitting below a tree in Kitale, Kenya. The two Ottawa women were frustrated; water flowed freely from the taps in their student residence, while steps beyond the walls of their compound village children wandered with parched lips. Overwhelmed by the inequality between life in North America and the lives of many Kenyans, they were moved to take action. The Otesha Project was born.

Since 2002, the youth-led Ottawa charity has been on the leading edge of sustainability

and social justice education. Upwards of 25 bike tours have criss-crossed Canada, inspiring Canadians with travelling theatre presentations that advocate conscientious lifestyle and consumer choices. More than 500 individuals have saddled up to spin the wheels of change on Otesha's Cycling and Performing Tours; informing, inspiring and entertaining over 150,000 audience members.

Nurtured by a strong community in the National Capital Region, the charity relies on the support of its hundreds of volunteers and inter-genera-

tional community members to deliver its cycling and performing tours. If that weren't enough, the organization has also published two inspiring books, sprouted grassroots sister organizations in the United Kingdom and Australia, and launched a brand new social venture program to support energized youth in their change-making endeavors.

In February, the Otesha Project celebrated its 10th Birthday with laughter, games, cake, and the musical stylings of Marnie Johnstone and Urban Static at the Raw Sugar Café. More information about the Otesha Project and how to join one of the upcoming 2012 tours can be found at **Otesha.ca**.

Pedal with a hopeful, energetic team of changemakers that "walks the talk" as a mobile sustainable community. Deliver a thought-provoking play and present workshops that empower us all to live more sustainably. Teams are now being assembled, with a handful of spaces left for energized individuals who would like to saddle up!



Photos: Amy Jane Lawes

ON THE WILD SIDE: These photos of a camera-friendly red fox were taken in Pine Hill woods, the small wooded area just off Lisgar Road in Rockcliffe Park.



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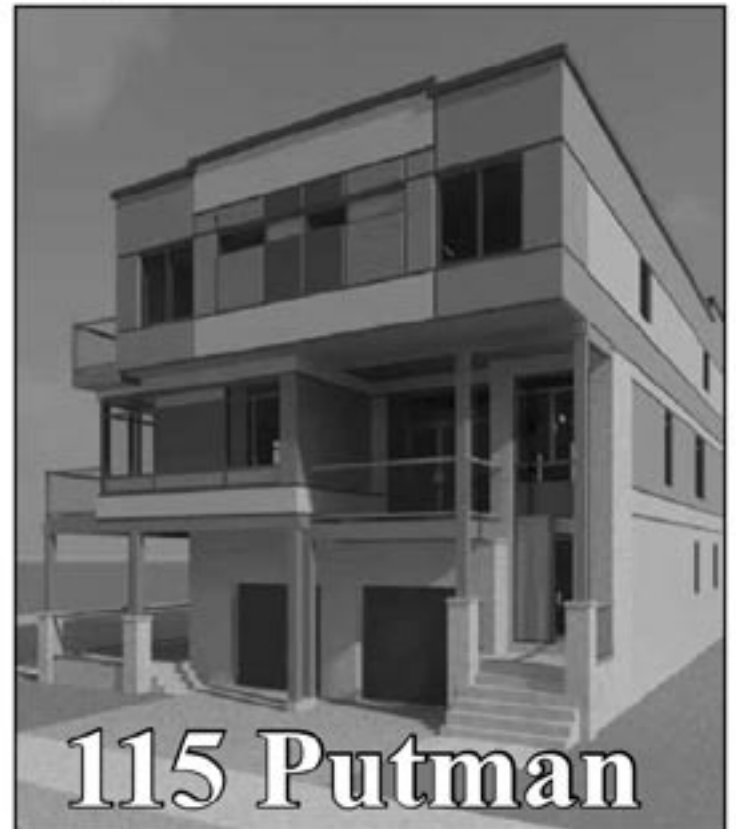
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For the Birds



By Jane Heintzman

Not long after I submitted my column for February, reporting happily on the continuing brisk business at our backyard feeders, our garden was all but abandoned by the local bird population, with only our resident **Northern cardinal** pair and a few hardy **black-capped chickadees** turning up occasionally to break the silence. In this part of the world at least, **Ron Pittaway's Winter Finch Forecast**, which called for very low numbers of irruptive species such as **purple finches**, **red- and white-winged crossbills**, and **common and hoary redpolls**, proved to be depressingly accurate. Even the **American goldfinches**, our regular customers at the nyjer feeders earlier in the winter, departed the scene, reappearing on only a few occasions (one of them Valentine's Day when no fewer than a dozen descended for a fleeting moment), and in each case, making a hasty exit.

While New Edinburgh and environs appear to have been a finch-free zone, the Ottawa Field Naturalists Club reports that Eardley-Masham Road area in West Quebec was a hive of finch activity, with **red crossbills**, **pine siskins**, **purple finches** and **common redpolls** spotted throughout the month of February, along with a small population of **bald eagles**. (Check out www.ofnc.ca for the latest sightings around the region).

What we lacked in the winter finch department was at least partly compensated for by the massive flocks of **American robins**, **European starlings**, and **Bohemian and cedar waxwings** which have been in evidence throughout the community in recent weeks, feasting on the abundant supplies of buckthorn, mountain ash, and cedar berries, along with the squashed remnants of a bumper crabapple crop.

On one occasion in mid-February, an immense mixed flock of **American robins** and **Bohemian waxwings** had gathered along the periphery of the Pine Hill Woods in Rockcliffe, extending from the Sussex Drive border all the way up Princess Avenue. Another favourite haunt for the **Bohemian waxwings** was

directly behind our house along River Lane where groups of 50 or 60 regularly gathered in the tree tops, with small clusters of 4 or 5 occasionally diving into our garden to take a run at the mountain ash berries. There were reportedly also significant (though smaller) numbers of **cedar waxwings** in the area. Recently, I have encountered several noisy groups of about 25 in the bushes at the edge of the Rockeries, as well as a handful in our own garden, picking at the mountain ash berries.

The robust and colourful **Bohemian waxwing** gets its name from its nomadic, gypsy-like way of life, as it moves in large flocks from one region of abundance to another. Because it lives on fruits which are in limited supply in any given area, forcing it to move on once supplies run out, the species does not establish clearly defined breeding territories. An intriguing consequence of this pattern is that the bird has no true song since it has no need to defend its turf. It's hard to imagine a more stunning contrast to such resident species as the **Northern cardinal** and the **black-capped chickadee** which, as I write on the cusp of the breeding season in March, are in full throat from dawn to dusk, staking out their territories and (presumably!) driving off all interlopers.

The **Bohemian** is distinguishable from its close cousin the **cedar waxwing** by three readily visible differences in their markings:

- The **Bohemian** has a prominent rusty reddish patch under its tail which the **cedar waxwing** lacks;
- The **Bohemian's** wings have white and yellow feather edging not found in the **cedar waxwing**; and
- The **Bohemian** is predominantly brownish-gray, whereas the **cedar waxwing** has a lovely lemon yellow belly.

Both birds have brilliant red "wax" droplets on their wing tips, and yellow tail tips, although the latter may be almost orange in the case of some birds that have feasted on honeysuckle berries and picked up a healthy dose of red pig-



Photo: Amy Jane Lawes

Cedar waxwing and American robin.

ment. Waxwings are among the few species in North America that live on a predominantly fruit diet, and in occasional cases, run the risk of intoxication when overripe berries have begun to ferment!

European starling flocks have also been in evidence around the community, with groups of 20-30 noisy birds periodically invading our garden to attack the remnants of the mountain ash berries. Whatever their virtues in removing slugs and other undesirables from our lawns, starlings have a richly deserved reputation as noisy, unattractive avian pests. With an estimated population of 200 million, they are now among the most numerous songbirds in North America, and just how they got here is a fascinating story.

In 1890, a devotee of Shakespeare by the name of Eugene Schieffelin, a Bronx resident, drug manufacturer and President of "the American Acclimatization Society", undertook to introduce every bird species mentioned in the works of William Shakespeare into North America. In *Henry IV, Part I*, Hotspur conspires to harass King Henry by teaching a starling to incessantly repeat the name of his brother-in-law Mortimer, a prisoner for whom the King refuses to pay a ransom: "Nay, I'll have a starling shall be taught to speak noth-

ing but 'Mortimer.'" Between 1890 and 1891, a group of 60-100 starlings was accordingly imported by Schieffelin and released in New York's Central Park. In the 120 years since that fateful day, the starlings' population growth has been of biblical proportions to the point that in 2008, the U.S. government took the dramatic step of trapping, poisoning or shooting 1.7 million of the birds in the largest cull in history.


The Art of the Bird Count:

Estimating the number of birds in a sizeable flock is a tricky business, and the enthusiastic birder may frequently be tempted to adopt the fisherman's legendary tendency to wild exaggeration. The common sense method recommended by ornithologists begins with a "Blocking" process. (You can check it out on the Project Feeder Watch website at www.birds.cornell.edu.)

Very simply, blocking involves counting a small, manageable number of the birds in the flock (perhaps 10 or 20) and then estimating the number of times this "block" or sub-set fits into the overall mass of the entire flock, i.e. if your chosen sub-set of 10 seems to fit into the whole flock about 6 times, you've spotted about 60 birds.

The process is a bit more complicated in the case of mixed species flocks. The rec-

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ommended procedure in these cases is along the following lines:

- Estimate the total number in the flock using the Blocking method described above;

- Take a small "sample" group from the total flock, e.g. a readily visible group under/on a feeder or tree, and estimate the proportion of each species in the sample group.

- Apply the calculated proportions in the sample group to the overall group along the lines used in the Blocking process described above.

Needless to say, the whole process is immeasurably more difficult when the flocks are in continuous motion, as they frequently are. I have been particularly struck by the change in the behavior of flocks of **American robins** in the winter months when they appear to be in constant, almost frenetic motion, by contrast to their unhurried, languid aspect in the spring and summer when the worm pickins' are good and they need no longer compete for a diminishing supply of winter berries.

No discussion of bird flocks is complete without mention of the ubiquitous **American crow** population which is a year-round fixture in our part of the world. Crows, along with **common ravens**, **jack daws**, **jays**, **magpies** and **rooks**, are members of the avian family *Corvidae*, a group noted for its intelligence, long memories, sociability and problem-solving abilities, (though decidedly not for its dulcet singing tones!) Crows are ubiquitous in our community, but perhaps nowhere so raucous a presence as in the area of Pine Hill Woods, where noisy groups can often be found mobbing a hapless **great-horned owl** or other natural enemy.

The crow's close cousin, the **common raven**, is a far more solitary creature, often spotted alone or in pairs. In recent months, a raven family has inhabited the area around the Rockcliffe Park Pavilion overlooking the Ottawa River, and we frequently hear its deep-throated *gronk* in the course of our dog walks in the area. While crows and ravens have

many similarities in appearance, there are important differences to help you distinguish the two, notably:

- **Size:** the common raven is considerably larger than the American crow (27" vs. 17");

- **Tail Feathers:** the raven has wedge shaped tail feathers, in contrast to the crow's which are fan-shaped;

- **Throat Feathers:** while the crow's neck is sleek, the raven's throat feathers tend to be shaggy and fluffed out (a feature most easily seen in profile);

- **Wing Shape:** if you catch sight of the common raven in flight, its wings have a considerably sharper bend than the crow's;

- **Flight Patterns:** while crows flap their wings in flight, ravens tend to soar majestically, often doing spectacular acrobatics in flight, though I've never had the luck to observe this!

- **Voice:** while neither corvid has what can be described as a sweet song, the raven's sonorous, low-pitched gronk is perhaps less grating than the crow's familiar nasal caw;

- **Behaviour:** as mentioned earlier, the raven is a much more solitary creature than the crow, which favours the company of large flocks.

Reports from Our Readers:

We're delighted to have a new birding reporter on our roster for this issue, and a talented wildlife photographer in the bargain! My neighbor **Amy Jane Lawes** spotted a large group of **cedar waxwings** in the course of a dog walk along the Ottawa River, (as well as an apparently camera-loving red fox which posed for a marvelous photo). Amy has also noticed the dearth of **winter finches** and the corresponding increase in the **American robin** population in recent months. Her window sill on River Lane has been hopping with **house sparrows**, **white-breasted nuthatches** and **black-capped chickadees**, while a **pileated woodpecker** has been at work on a tree in her back yard. Amy has also spotted the groups of **Bohemian waxwings** which have periodically gathered in

the tree tops on River Lane this winter, as I noted earlier.

Our Alberta-based birding reporter **Dave Collyer** has had better luck with **winter finches** than those of us in these parts, reporting groups of up to 25 **common redpolls** (along with a few **hoary redpolls**) at his backyard feeders, along with **black-capped chickadees**, **downy-**, **hairy-** and **pileated woodpeckers**, **magpies**, and **white-breasted nuthatches**. He also reports an abundance of **snowy owls** in the vicinity, and spotted two beauties on a recent drive to Camrose. With the recent spring-like weather in Central Alberta, Dave is looking forward to the imminent return of the migrant songbirds to his area.

Over at the **Macoun Marsh**



Photo: Mike Leveillé
Northern saw whet owl.

off St. Laurent Blvd., **Mike Leveillé** and his team of student naturalists at St. Laurent Academy have been enjoying the presence of an **American robin** which has overwintered at the Marsh, along with such regulars as **juncos**, **American goldfinches**, **black-capped chickadees**, **Northern cardinals**, and **hairy-**, **downy-** and **pileated woodpeckers**. A **Northern saw whet owl** recently turned up at the Marsh and was apparently unperturbed by the excited chatter of 4 **chickadees**, 2 **juncos**, a female **cardinal** and an **American goldfinch**, all expressing their displeasure at its presence.

Our roving reporter **Vicki Metcalfe** is currently enjoying her annual winter pilgrimage to **Jekyll Island** off the coast

of Georgia, a birding haven on one of the routes of the Atlantic flyway. On a recent walk with a birding companion, she proudly reports that they scored 46 species!

Vicki's report from a later excursion shortly before our NEN deadline upped the ante still further, with a tally of 51 species including several new entries. She has many more birding excursions planned during her stay on Jekyll, so no doubt this epic list will continue to expand in the coming weeks. For a detailed listing of Vicki's bird sighting, visit www.newedinburgh.ca and click on "Burgh Pastimes" to find this and other birding reports.

Closer to home, **Philip Macadam** recently encountered a large flock of **Bohemian waxwings** gorging themselves on buckthorn berries behind the former City Hall close to the Minto Bridges. On the same occasion, he spotted a large bird with a speckled breast which may have been a **Northern Flicker**. The regulars at "Phil's Avian Bistro" at Thomas and Alexander Streets have included **black-capped chickadees**, **Northern cardinals**, and much to Philip's delight, groups of **American goldfinches** turning up to sample the pickins at his new nyjer feeder. Like Amy Jane, Philip has also encountered a bold red fox in the course of his rambles, and surmises that there is once again an active den in the Pine Hill Woods. As the warm spring weather arrived in mid-March, he heard the familiar

Oh Canada, Canada call of a returning white throated sparrow during an early morning ramble in the vicinity of Pine Hill woods.

Spring is Here!

In the coming days and weeks, migrant species will be returning in droves as the breeding season shifts into high gear. As I write in the third week of March, spring has arrived with a sudden burst of warmth. Our garden is once again abuzz with **house-** and **goldfinches** (some almost restored to the brilliant yellow of their breeding plumage), fat **American robins** are foraging lazily on the lawn, and the mating songs of **Northern cardinals**, **black-capped chickadees**, returning **song sparrows**, and **hairy-**, **downy-** and **pileated woodpeckers** are resonating throughout the community. In the past two days, we've been regaled by the honking of **Canada geese** overhead, and the **ducks** are back on the Rideau River, including six beautiful **common golden-eye** plying the waters directly across the street from our front door. Ah spring!

If you're interested in venturing beyond our neighbourhood to take full advantage of the approaching season when the avian world comes alive again in our area, you may want check out the **Ottawa Field Naturalists Club** website which includes a list of the top birding locations in the region, as well as links to Mapquest to help you get there: www.ofnc.ca/birding/.

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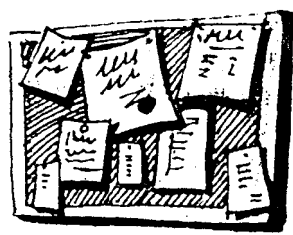
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April Events

Thu., April 5, 12:30 pm

SPEAKER'S LUNCH at the Rockcliffe Park Community Hall, 380 Springfield Rd. Julie Jacobson, the wife of the U.S. ambassador, will speak about a "Day in my Life" and her work as a volunteer. Tickets (\$20) are available at 360 Springfield Rd and should be purchased by April 3.

Thu., April 12, 7 - 8:30 pm

SOLAR POWER WORKSHOP Ecology Ottawa and local community environmental groups are hosting an evening presentation at Ashbury College called *Investing in Home Solar Power - How to Profit from the Ontario Green Energy Act*. See article on page 4.

Fri., April 13, 7 pm

FRIDAY NIGHT MOVIE at Memorial Hall, 39 Dufferin Road. A fun-filled evening of wacky and wonderful animation from the NFB in a pro-

gram designed around living in Ottawa. See article on page 22.

April 13-14, 7:30 pm

ANJALI AND COMPANY PRESENT a celebration of *Vasant*, the Indian spring festival, here in Ottawa at Arts Court (2 Daly). See article on page 26.

Sat., April 14, 10 am - 6 pm

Sun., April 15, noon - 5 pm

ANNUAL SPRING BOOK SALE at the Rockcliffe Park branch of the Ottawa Public Library (OPL).

Sat., April 14 and Sun., April 15

SWING INTO SPRING CONCERT - Celadon Salon & Spa is pleased to sponsor Kim Kaskiw, local jazz singer, voice teacher and CELADON hair stylist, at her upcoming concert at the NAC's 4th Stage. Tickets are still only \$20, available from the NAC box office and every ticket holder is entitled to 15% off a CELADON spa or salon

service. Offer is good until June 30.

April 19-21; 26-28, 7:30 pm

THE NEW EDINBURGH PLAYERS present *The Liar*, adapted by David Ives from the farce by Pierre Corneille. Memorial Hall, 39 Dufferin Street. Admission: \$20. See article on page 25.

April 21 & 22, 10 am - 4 pm

ECO EXPO Ottawa healthy living show at the RA Centre, 2451 Riverside Drive. Admission by donation. Free parking. ecoexpo.ca.

Sat., April 21, 11am - 1 pm

EARTH DAY CLEANUP at New Edinburgh House, 255 MacKay Street. See article on page 19.

Thu., April 26, 7:30 pm

ROCKCLIFFE PARK GARDEN CLUB speaker series. Virginia Vince of Bloomfields Flowers shares ideas and techniques for creating colourful containers for Spring and Summer. Demonstration arrangements to be raffled off. 380 Springfield Road. Visitors \$7; annual membership \$35 (single), \$50 (couple). Information: Frances Phillips. Tel: 613 745 2551.

Sun., April 29, 3 pm

CHOIR: Carmina Burana by Carl Orff. Joint concert presented by Ottawa Brahms Choir and Harmonia Choir of Ottawa with guest choir Cross Town Youth Chorus under the direction of Kurt Ala-Kantti, accompanied by two pianos and percussion. St. Thomas

the Apostle Anglican Church. 2345 Alta Vista Drive. Tickets: \$10 for students, \$20 advance, \$25 at the door. Advance sale at Leading Note and Compact Music on Bank. Contact: 613-749-2391; www.ottawabrahmschoir.ca; www.harmoniachoir.com.

April 28 & 29, 8:30 am

EVER CONSIDER UMPIRING? Softball Ontario is hosting a Level-I clinic on April 28th and a Level-II clinic April 29th at the RA Centre in Ottawa. New recruits always welcome. Please call George Findley at 613-722-2620 for more information and to register.

May Events

Sat., May 5, 2 to 5 pm

BOKE RODEO at the Stanley Park Fieldhouse. See article on page 23.

Fri., May 11, 7 pm

FRIDAY NIGHT MOVIE at Memorial Hall, 39 Dufferin Road. See article on page 22.

Sat., May 12, 10 am to 1 pm

PARK AND RIVERBANK CLEANUP - Meet at Stanley Park Fieldhouse. Dress for mucky conditions and bring work gloves if you have them. See article on page 31.

Sat., May 12, 8 am to 4 pm

ANNUAL PLANT SALE at Stanley Park Fieldhouse. See article on page 23.

Sat., May 12, 10 am to 4 pm

LOCAVORE ARTISAN FOOD FAIR (LAFF) at Memorial Hall, 39 Dufferin

Road. See article on page 22.

Sat., May 12, 1 to 5 pm

You are invited to celebrate CELADON Salon & Spa's 5th anniversary. Sensational specials! Free mini-services! Discounts and draws! Refreshments and more! Check our Facebook page or Website (www.celadonspa.ca) regularly in May for weekly anniversary specials.

Thu., May 17, 5:30 pm

PROFESSIONAL COCKTAIL PARTY at the Governor's Walk Retirement Residence, with music by the Manotck String Quartet. Call 613-564-9255 or email gwactivites150@gmail.com.

Sat., May 26, 10 am - 2 pm

MAY FAIR at Manor Park Public School. For more information contact manorparkschoolcouncil@yahoo.ca.

Sun., May 27, 8 am

NEW EDINBURGH CHEERING STATION at the Stanley Park Fieldhouse. Come cheer on the runners!

May 30 - June 3

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Sophie and Her Pups

By Derrick Fuller

It all started last fall, when Suzanne's friend Roger called to say he had found a dog on the First Nations Reserve in Maniwaki. A gas station attendant had told him about a stray dog she had discovered in the field behind the station. For three days, she had been taking it food but it was unable to eat because it had a snout full of porcupine quills.

Roger estimated that the dog had over 150 quills in its snout. He and a friend pulled them out. Suzanne and I agreed that Roger could bring the dog to us temporarily until he could find her a home, but the moment we saw her it was love at first sight.

When I got home from work that first day, she immediately came to greet me with tail wagging. My first question was... "What's his name?" to which Suzanne replied... "C'est une fille." (It's a girl) I thought I heard her say "Sophie," so **Sophie** she became. Our best guess is that she's part Labrador and part Border Collie.

It soon became apparent that we were getting more than we bargained for: Sophie was pregnant. We checked with the vet before we headed to Toronto for Christmas and were lulled into a false sense of security by his assurance that Sophie wasn't due until mid-January.

By Christmas Eve, Sophie was looking extremely pregnant. She was so big in fact that she could no longer lie on her tummy. Instead, she slept on her back. About 3 am I woke up to find her on my bed. She was extremely restless and kept waking me up. I was about to shoo her off, when I heard a tiny whimper that quite obviously hadn't come from Sophie. I turned on the light and was greeted by the vision of a golden-haired puppy. I quickly retreated to the couch where I witnessed a kind of nativity scene taking place on my bed.

It was quite a privilege to witness the birth of nine puppies. Each puppy was born inside a transparent, membrane-like sack shaped like a sock. I could see them swimming around inside. Sophie tore each sack open and then ate everything right down to the last inch



Sophie has settled into her new home in the Burgh.

of umbilical cord. Then she licked each puppy clean and nudged it into nursing position, just in time for the next puppy to arrive.

Interestingly only the first puppy was golden. I expected a lot of variety and imagined that if I watched closely, I would be able to keep track of their birth order by their markings. But as the remaining eight puppies were all born black with very little to distinguish them,

I soon gave up my mission as a lost cause.

Their first home was our big linen closet, and Sophie was a devoted mother. Once the pups could walk we gave them a bedroom, then a second bedroom. Then we began carrying them downstairs so they could have the fun of running up again. They loved their first short visits to the front garden—and so did our neighbours. The front lawn outings proved a great marketing strategy. Word-of-mouth soon found them all good homes. Three of the pups are still in the neighbourhood: **Kimo** with **Julie Nightingale** in Lindenlea; **Bentley** with **Maggie and Jeff Smith** on Stanley; and **Chase** with **Heather Matthews** and **Harvey** on Union.

After a stressful half-year, Sophie is a new dog: rested and active and on the lookout for squirrels. She loves to run into her puppies in the park but always gives them a nip and a cuff to make sure they mind their manners.



Four of Sophie's pup experience snow first hand.

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Maundy Thursday, April 5

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Good Friday, April 6

10 am. Good Friday Liturgy

Easter Sunday, April 8

8:15 am Holy Communion
10:30 am Holy Eucharist

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39 Dufferin Road

Palm Sunday, April 1

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Easter Sunday, April 8

10:30 am Easter Sunday Communion Service

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326 MacKay Street
www.saintlukelutheran.ca

Maundy Thursday, April 5, 7:30 pm

Good Friday, April 6 10:30 am

Easter Sunday, April 8

SonRise Service 7:30 am
Easter Breakfast 8:45 am
Worship Service 10:30 am

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270 Crichton Street

Maundy Thursday, April 5 7:30 pm. Worship Service

Good Friday, April 6 11 am. Worship Service

Easter Sunday, April 8

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8:30 am Breakfast
10 am Communion Service

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St-Laurent Academy Students Attend Green Schools Conference in U.S.

By Mike Leveille

St-Laurent Academy

Recently, a group of students and teachers from the newly formed Ottawa **Biodiversity School Alliance** attended the **Green Schools Conference** in Denver Colorado. The Ottawa students attending were the only students from Canada. Most were from St-Laurent Academy Elementary and Junior High. The project they were promoting was the **Macoun Marsh Biodiversity Project** with the collaboration of the **Beechwood Cemetery Foundation**. The marsh is on the property of the cemetery.

Attended by about 2,000 education and student participants, this three-day event celebrated the amazing achievements of environmentally-focused schools, from amazing three-tier sewage designs to organic vegetable gardens in schools.

"The part I liked the best was discussing solutions with a boy about the crisis of the lionfish in the Bahamas," commented Ben Kennedy (Grade 7 student

from St-Laurent Academy). "His grandfather has seen his fishing village suffer from this invasive species. We had some great solutions for him to investigate."

We all know our planet is in need of some love and care. We have certainly treated our life-giving planet like a giant garbage can for too long. This conference discussed some of the biggest threats to human long-term survival and health. Sustainability is the way of the future if we are to keep this planet liveable for our children and for the species we share our world with.

The students at the Conference met **Peter Byck**, Director and Producer of *Carbon Nation*, a film about sustainable solutions to our global problems. The film offers an optimistic view, showcasing the amazing work of people from all walks of life. The element that connects all these people is a passion for protecting our world for future generations. The team also attended a special breakfast meeting with **Manitoba Education Deputy Minister Gerald Farthing** where they discussed the contribution Canada can make to future conferences.

Farewell to a Heritage Hero: Herb Stovel

By Barbara Benoit and Paul McConnell

The New Edinburgh heritage community was saddened to learn of the passing of Herb Stovel in March.

Herb, most recently an associate professor at Carleton University, had a contagious passion for heritage. He was recognized worldwide as one of the foremost experts in the conservation field, with experience as a trainer, educator, facilitator, adviser, negotiator and conflict manager. He authored over 800 books, articles, editorials and reports on various facets of heritage conservation.

As a former resident on Dufferin, Herb had a soft spot for New Edinburgh and was generous with his time and advice in helping NECA. A natural teacher, he was always patient with the enthusiastic but untrained volunteers on the NE Heritage and Development Committee. This support was consistent with his view that

heritage is important to everyone, and is not some abstract concern of an elite group of specialists. He was always keen to encourage heritage awareness and protection at the grassroots level. Through his effective input on a range of specific heritage planning issues, by his enthusiastic participation in the NE Heritage Fora, and with his unfailing readiness to respond to requests for advice, Herb proved a wise, steadfast, and much-appreciated friend to New Edinburgh.

Herb is survived by his wife Meryl and children Colin and Ginny. A scholarship is being created in his name. If you wish to donate, please make your cheque payable to the Heritage Canada Foundation and indicate "Herb Stovel scholarship" on the memo line. Cheques can be mailed to Heritage Canada Foundation, 190 Bronson Avenue, Ottawa K1R 6H4. If you have questions, please contact Colin at estovel@gmail.com.

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Births

Mark Shelford and **Marie Eve Roy Marcoux** of Crichton Street are proud to announce the birth of their first child, **Camile Rose Shelford-Roy**, who was born on February 18, 2012. Congratulations to you all!



Camile Rose Shelford-Roy.

Congratulations go to **Adam Kane** and his wife **Trina** on the birth of their son (toying with the name Joseph). This beautiful baby gets to hang out with his older brother **Jaresse** and two sisters, **Lauryn** and **Victoria**.

Congratulations to **Bread and Roses'** owner **Chris Green** and his wife **Emily** on

the arrival of their beautiful daughter, **Ella Jade**, who was born at home on March 15, the eve of the first anniversary of the Great Beechwood Fire. We look forward to greeting Ella Jade when she makes her debut at the bakery this spring!

Congratulations

Congrats to **Adam Kane** on his new job a TD Bank Financial Group. Your community minded spirit and support of so many things in New Edinburgh/Vanier will be missed and we wish you well with your new job.

Ross Torrie (Noel Street) received MVP for floor hockey from his team in Manor Park. Bravo!

Kudos to **Trish Roche** (Noel Street) on receiving the Golden Apple teaching award.

Richard Kennedy and **Jen Menzies** of Ivy Crescent are expecting their first child for August 6. It's a girl (per the ultrasound) and the first grandchild for both families. We wish them a great summer of rest and relaxation (get it while you can).

Ian and Melissa Doherty of Putman Street are expecting their first baby girl for Easter. We want to wish this first-time mom a healthy and happy delivery.

Birthdays

Congratulations to **Susan King** (Noel Street) who celebrated a very special 50th birthday.

Resident architect **Jane Thompson** (MacKay Street) celebrated 'the big 5-0' in March by throwing a big party for her friends. Way to go!

We wish a belated but very Happy Birthday to **Rory Hutchison**, son of our community's furniture repair and restoration wizard Louis Hutchison. Rory turned 6 on March 15, the Ides of March!

Condolences

Barbara Elizabeth Rowley of Noel Street passed away in February. Barbara touched so many people with her wonderful sense of humour and her wise outlook on life. She was an active golfer, skier, and the Canadian Women's Canadian



Trishe Roche won a Golden Apple teaching award.



Susan King celebrates her 50th.

Skeet Shooting Champion in 1957. Our thoughts and sympathies are with her children and grandchildren.



Photo: Louise Imbeault

Local socialite Liba Bender attended the Ottawa Humane Society's signature Annual Fur Ball, on March 24.

Condolences go the family of **Erin Vance**, who was struck and killed while she was walking home from a St. Patrick's Day party in Constance bay. Erin was the single mother of twin 5-year-old boys. She was only 26 and as a young single mother is leaving a family with many challenges. Erin's, friends and family have set up the Erin Vance Memorial fund.

hosted a luncheon reception at Earncliffe in support of the grandmothers in Africa who look after children made orphans by HIV/AIDS. The event—attended by 100 women featured beautiful hat designs by Ottawa-based milliner **Alan White** and Kazuri jewellery from Kenya.

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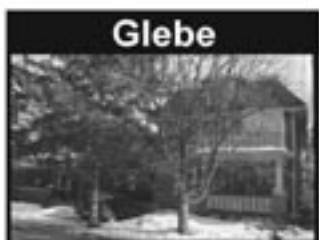
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NEW EDINBURGH NEWS

April 1, 1912



New Edinburgh Son Heads to Summer Olympics 1912

By I.M. Roe, Sculler

I have been asked to express my thoughts as I look ahead to rowing for Canada this summer at the Olympic Games in Stockholm.

As a diamond sculler, I always await the arrival of training season with great anticipation. However, it seems as though winter is getting longer and colder with each passing year. If this trend continues, I would not be surprised to see skating season lasting well into the summer! Perhaps this was reason for the decision not to award the games to Canada, and more specifically, to Ottawa.

Nevertheless, the Ottawa River would have been a perfect site for rowing and sailing

events, all centred around the jewel of the Ottawa River, the New Edinburgh Yacht Club. And what better location for "au naturel" diving events than the Rideau Falls? The Rideau Hall cricket grounds would have made a capital spot for many of the track and field events.

Well, I guess in a hundred years' time, this will all seem like an ancient fantasy.

All reverie aside, and with the ice at long last cleared out of the Ottawa River, I am taking up my training in earnest and with full intensity. I shall be dipping my oars for hours on end, only stopping for occasional sustenance at the local watering hole—the Creighton Street Pub. See you there. Skol!

By Hazel Hearsay

Though blessed spring is here at last, the neighbourhood is still abuzz with talk of the thrilling skating party at Rideau Hall in February, graciously hosted by Their Royal Highnesses The Duke and Duchess of Connaught, accompanied by their splendid daughter, Princess Patricia, herself a zealous skater during her sojourn in Canada. There was great excitement when Prime Minister Borden took a turn on the rink, gallantly venturing forth to engage the Princess in a lilting skater's waltz to the delight of the rosy-cheeked throngs of spectators.

It must be said that his foray was not an entire success, though it is still not clear whether Princess Patricia's untimely tumble to the ice was a consequence of the Prime Minister's two left feet or the constraints of her fashionable hobble skirt, or both. "My bottom is rather sore," she conceded, stoically adding, "but one's duty is to carry on." No doubt Prime Minister Borden's solicitude for the Princess' bruised royal extremity occasioned the very friendly pat he was seen to bestow in that vicinity.

Like his daughter, our Governor General is a passionate skating enthusiast, and indeed, so great is his enjoyment of all the pleasures of the Canadian winter that he has embraced the national sport of hockey with enthusiasm, following the fortunes of the capital's *Ottawa Senators* with keen interest. Unhappily, these fortunes can only be described as abysmal, with the lackluster *Senators* trailing all but

the utterly hopeless *Toronto Tecumsehs*, who once again are dead last. It is rumoured that His (thoroughly disgruntled) Royal Highness, noted for a mean competitive streak, is quietly threatening to decamp permanently to the Citadel in Quebec City where the legendary *Quebec Bulldogs* are covering themselves with glory as the top team in the league.

But all is not sport at Rideau Hall, and since their arrival, Their Excellencies have lost no time in energetically commissioning improvements to the residence. Ottawa society awaits with bated breath the glorious additions to the greenhouses which are the special delight of The Duchess, who is understandably desperate for something in bloom through the long bleak months of the Canadian winter. ("My kingdom for a primrose or a patch of green grass," she was recently overheard to have hissed to Princess Patricia.)

The jewel in the crown of these beautifying measures was to be the creation of a new façade for Rideau Hall with the Royal Coat of Arms carved in stone atop a majestic central arch in fitting tribute to His Royal Highness' pedigree as a son of our Queen. Most unfortunately, however, this noble project encountered an unforeseen mishap which occasioned more than a few heated words in the Royal apartments.

While hopes were high for an unveiling of the Coat of Arms at the Governor General's Annual Garden Party this spring, such was not to be. Functionaries at Rideau Hall remain tight-lipped about the whole fias-

co, but rumour has it that the stone carver, a Mr. P. O'Malley, was in the habit of fulsomely indulging in the products of the local (and all too convenient) distillery. When the time came to inspect the fruits of his labours, that august royal emblem was found to have been carved wildly askew, with the lion and the unicorn seemingly in the act of plunging headlong towards the ground, clutching the shield in their claws to buffer the impact of the crash.

A shockingly unrepentant Mr. O'Malley suggested that this being Ottawa, few visitors would be sober enough to notice and those that were could always tilt their heads sharply to read the writing. Their Highnesses were not amused by this cheeky riposte, summarily ordering that the work be done all over again. On this second attempt, however, a new artisan of high repute (a teetotaler, as well as a stone carver) is arriving later this month from the Mother Country (on the inaugural voyage of the *Titanic*, no less) to replace the disgraced Mr. O'Malley, who is said to be cooling his heels and most reluctantly drying out in the Nicholas Street Jail.

Don't miss my next report on the splendid Annual Strawberry Tea at Rideau Hall in June, sure to be a well-attended event this year, as all await with anxious anticipation a possible recurrence of last year's alarming spectacle when the Governor General was stricken with a raging attack of hives after indulging in a too-generous share of that juicy seasonal delight.

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