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March 9, 2007

Your environmentally friendly community newspaper

Volume 5, Issue 15



Natasha Côté (ringette), Rachel Homan (curling) and Ivanie Blondin (short track speed skating) show off their gold medals after returning home from the Canada Winter Games last weekend. Fred Sherwin/Photo

Orléans athletes strike gold at Canada Games

By Fred Sherwin
The Eastender

If you happen to be a friend of Ashley Rheume, Natasha Côté, Ivanie Blondin or Rachel Homan and had trouble trying to get ahold of them on Sunday, it was probably because they were catching up on some well deserved sleep after returning home the Canada Winter Games.

All four local athletes lived the Canada Games experience to the fullest, including meeting other athletes from all over the country and attending other sports to cheer on their Team

Ontario teammates.

By the time Côté and Rheume arrived back in Ottawa last Saturday night, Côté's voice was barely a whisper having cheered her lungs out at the men's hockey final which was attended by the entire gold medal winning ringette team for good luck.

"We were at all their games and they won so they wanted us to go to the final for good luck," says Côté who scored five goals and assisted on six others during the tournament.

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Board looks to provincial team for financial advice

By Fred Sherwin
The Eastender

After toiling over the budget for five days with questionable success at best, the Ottawa-Carleton District School Board is hoping a provincial assistance team will shed some light on their dire financial situation and convince the province to give them more money.

Heading into this year's budget deliberations the board was facing a \$27.7 million shortfall. That figure has since been whittled down to \$20.8 million after trustees managed to cut 85.7 full-time equivalent positions in teacher overlays and special education.

Some of the reductions include the elimination of four

special support unit classes including the SSU class at Trillium Elementary School in Fallingbrook. In their place, the board is creating two new SSU classes at Jockvale Elementary School in the west end and Henry Munro Middle School in the east end.

They also plan to close two secondary school Special Support Unit classes; an elementary and secondary school Developmental Disabilities Class; and a General Learning Program class – all in the west end. The number of elementary school vice-principals has also been reduced from 45 to 39.

But even with the limited cuts to special education, the board is still in dire straights

which is where the provincial assistance team comes in.

The "team" is actually two people – Joan Green and Brian Cain. Green is the founding CEO of Ontario's Education Quality and Accountability Office and Cain is a former director of finance at the Ontario Public School Boards Association who has held senior financial positions at a number of provincial school boards including the Toronto District School which the two trouble shooters helped get out of financial trouble earlier this year.

The team was appointed by the province at the request of the OCDSB. They're expected to spend the next five to six weeks meeting with finance

staff and going over the board's books.

Orleans Cumberland trustee John Shea is hoping the team will help make the board's case for more funding, especially in the area of teacher salaries where there's a major gap between what the board is spending and what it's receiving from the province.

"We requested the team so that they can come in and take a clear look at the books and see where we're coming from and confirm what we have been telling the province all along," says Shea who voted against many of the proposed cuts to special education. "I wasn't prepared to cut services to our most vulnerable students and I voted accordingly."

Community briefs

St. Patrick's Party to raise money for Food Aid

OTTAWA – Local residents will be able to get an early start on St. Patrick Day celebrations this year while helping to support a great cause. Organizers of the annual Food Aid event are busy putting the finish touches on plans for a St. Patrick's Day Party on March 10 at 8 p.m. at Stanley's Olde Maple Lane Farm near Edwa rds. Tickets to the event are \$25 each and include "food galore" as well as entertainment and dancing with music provided by Newfie Fog and Diamond Heart. The event is the brainchild of Navan resident and Food Aid organizer Wyatt McWilliams. Advance tickets can be purchased at J.T. Bradley's Country Convenience Store in Navan.

Committee votes to extend funding for cycling group

OTTAWA – The city's transportation committee has rejected a staff recommendation not to renew a four year contract with the group Citizens For Safe Cycling which patrols the city's many bike paths. Instead, the committee voted to extend the contract until 2010 at the recommendation of Innes Ward Coun. Rainer Bloess. The group receives roughly \$83,000 a year to promote and teach safe cycling. They also occasionally patrol city and NCC bike paths. The group started receiving funding in 2003 after Ardeth Wood was attacked and murdered while riding her bike along an NCC bike path near the Rockcliffe Parkway.

City launches first ever French-only recreation guide

OTTAWA – The City of Ottawa and five community partners officially unveiled "Mon guide francophone des loisirs". The guide was developed as a pilot project by the city's Parks and Recreation department in partnership with le Patro d'Ottawa, the Ray Friel Complex, the Centre communautaire Franc-Ouest, L'Amicale francophone d'Ottawa and le Mouvement d'implication francophone d'Orléans (MIFO). The guide is being distributed through both local French language school boards, Le Conseil des écoles publiques de l'Est de l'Ontario (CEPEO) and Le Conseil des écoles catholiques de langue française du Centre-Est (CECLFCE). All elementary students will receive a copy of the guide to take home while high school students can pick up copies at their school. Starting March 13, the guide will also be available at all City of Ottawa Client Service Centres and facilities that offer French recreation programs. For more information residents can visit www.ottawa.ca/loisirs.

Orleans athletes win four gold, three silver and a bronze

Cont'd from page 1

Rheume scored seven goals and added 11 assists for 18 points. Ironically, the two girls had less than a week to enjoy their accomplishment.

The two friends are going to be competing against each other at the provincial ringette championships which are being held this weekend in Nepean. Côté plays for the Gloucester Devils, while Rheume is on the host Nepean Ravens squad which also includes fellow Team Ontario member Kaitlyn Youldon.

Several other of the Team Ontario members are on a variety of different teams that will also be vying for the provincial championship.

"We play each other all the time during the regular season, so it won't be that big a deal," says Côté.

While Côté and Rheume arrived back in Ottawa at a fairly reasonable hour last Saturday night, Rachel Homan and the rest of her gold medal winning curling team didn't get in until after midnight – sans their equipment.

"We're not sure where it is," said Homan who is a Grade 12 student at Cairine Wilson Secondary School.

Like Côté and Rheume, Homan says the best thing about competing at the Games – besides winning the gold medal – was being able to meet and socialize with the other athletes.

While competing at the Winter Games the athletes stayed in dormitory style rooms at Yukon College which was converted into a mini athletes village complete with a computer room, a games room and a 24-hour cafeteria.

Some of the rooms even had names like "The Hood" and "The Chill Room".

While Côté and Rheume had a couple of days to re-acclimatize themselves before the provincial ringette championships, short track speed skater Ivania Blondin only got to sleep in her bed two nights before jetting off to Chicoutimi to take part in this weekend's national team selection trials.

The 17-year-old Garneau High School student won a gold medal in the 1500 metres and a pair of silver medals in the 3,000 and the 3,000 metre relay. After getting a good night's sleep Saturday night, Blondin said her Games experience was everything she thought it would be and more.

"It was so much fun. Just to be around all the other people and go to the different sports. It was the best time ever," said Blondin who braved the -35 degree temperatures in Whitehorse to cheer on her long track teammates including fellow Gloucester Concordes member Erin Mitchell who won a silver medal in the women's 2,400 metre relay.

When she arrives in Chicoutimi Blondin will be joined by Orléans only double gold medalist at the Games, Nick Bean. The 19-year-old struck gold in the 1500 and 1000 metre events in Whitehorse along with a bronze in the 500 and a pair of silver medals in the 3,000 metres and the 3,000 metre relay.

Besides the athletes already mentioned, Joel-Colin Demers won a silver medal in the men's 3,000 metre relay along with Bean and fellow Gloucester Concordes teammate Brian Pye who hails from Kingston.

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Protestors force two hour lockdown at Cairine Wilson

By Fred Sherwin
The Eastender

Students at Cairine Wilson Secondary School were forced to stay in their classrooms for two hours on Tuesday after about a dozen protestors stormed the school to try and disrupt a press conference being held by Ontario's Minister of Training, Colleges and Universities Chris Bentley to announce a new post secondary access program.

Although the protestors, who were demonstrating against the cost of tuition fees, didn't gain access to the library where the press conference was being held, they did maintain a vigil outside the library under the watchful eye of school officials and four or five police officers. They eventually agreed to leave peacefully at the conclusion of event.

Inside the press conference, Bentley announced that the provincial government plans to spend \$1.2 million to expand the distance learning site program currently being utilized in the northern part of the province to the rest of Ontario including Ottawa-Orléans where the ministry hopes to establish a centre at Cairine Wilson.

The distance learning sites makes it possible for students to access university and college courses from a remote location.

Students will be able to take university and college courses at the distance learning centre without having to travel to the college. While details about how the program would actually work were few and far

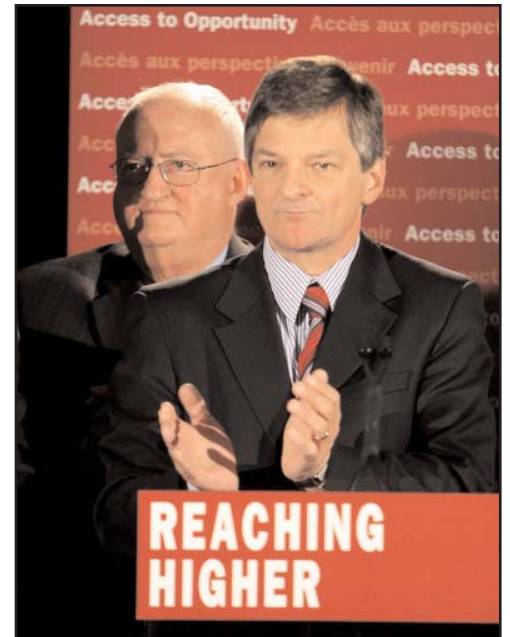
between at the press conference the general intent is to have the courses run in real time over the Internet with a live instructor who can interact with students.

While most colleges and universities already offer courses over the Internet, there are limitations involved especially in terms of real time capabilities. The other problem is that not everyone has a home computer, or if they do, they don't have the technical capabilities in terms of a high speed Internet connection etc.

"A lot of communities in the south are not served by post-secondary education as well as they should. This is going to be very helpful," said Phil McNeely, Ottawa-Orleans MPP, who Bentley credited with being a driving force behind the initiative.

As far as establishing a distance learning centre at Cairine Wilson is concerned, there are a number of details that would have to be worked out before it could become a reality including hours of operation, access and some sort of reciprocal agreement between the ministry and the board in terms of the cost involved. One thing that is for certain is that the centre would operate outside of normal school hours.

Cairine Wilson principal Bruce Whitehead says he looks forward to working with ministry and board officials to help facilitate the initiative. One of the potential benefits for the school is \$100,000 for new computers which students would have access to during the day.



Ontario Minister Training, Colleges and Universities Chris Bentley announces the expansion of the distance learning centre program during at Cairine Wilson Secondary School on Tuesday as Ottawa-Orleans MP Phil McNeely looks on. Fred Sherwin/Photo

As for the lockdown, Whitehead said that it was standard procedure to impose a lockdown whenever there's a concern for the safety of the students.

School ban aimed at preventing misuse of cell phone cameras

By Fred Sherwin
The Eastender

High school administrators are on high alert against the misuse of cell phone cameras in the wake of two recent incidents that have drawn attention to the growing problem.

In the first incident a fight was recorded in the parking lot at Sir Wilfrid Laurier Secondary School on Tenth Line Road and posted on the popular website YouTube. The vice-principal at the school, Barry Armstrong, came across the posting during a random search of the site.

The two minute video clip shows two male students fighting and a group of students gathered around apparently egging them on.

According to school board spokesperson Sharlene Hunter, the two students shown fighting in the clip were suspended for two days. The identity of the person who recorded the fight is still unknown.

Like every other high school in both the public and Catholic boards, Sir Wilfrid Laurier prohibits the use of cell phones on school premises. Students are expected to keep their cell phones out of site, preferably in their lockers. If they're caught using

them, the cell phones are confiscated and returned at the end of the day. If it's an ongoing issue the student's parents are contacted and informed of the problem.

The same ban exists at every high school in the east end and in some cases the ban is extended to the portable classroom areas.

In most cases the ban has been in place for several years now. The original intent of the ban was to prevent disruptions caused by students using the phones for text messaging as well as conducting normal phone conversations, but with the advent of sites like YouTube where anyone with a cell phone camera can post still images and mpeg clips anytime they want and instantly have an audience of thousands, the problem has become much more serious.

In the United States there's a growing trend whereby students organize fights, capture them on camera phones or a digital video cameras, and post them on sites like YouTube.

Even more prevalent is the use of cell phone cameras in capturing incidents involving teachers and students. In some cases teachers have been baited into situations, which are then recorded by a student

and posted on Internet sites without the teacher's knowledge.

Such was the case at Notre Dame High School in the west end where someone recently recorded a confrontation between a teacher and several students in the hallway and posted it on YouTube.

As a result of the incident the principal has banned the use of cell phones both inside and outside the school. The problem with banning cell phone use outside of schools, however, is that it's almost impossible to enforce.

At St. Matthew High School in Orléans, the prohibition is limited to inside the school. Principal Chris Mes says the school made a concerted effort at the beginning of the year to inform both students and parents about the cell phone ban and the reasons behind it.

"It's a concern for everybody, especially when they're being used to manipulate what's happening in the school. It can turn a school upside down," says Mes.

In extreme circumstances some schools have had to purchase special equipment to jam cell phone signals making it impossible to use the phones during school hours.

It's official, Bellemare to seek Liberal nomination

By Fred Sherwin
The Eastender

It's official, Beacon Hill, Cyrville Coun. Michel Bellemare has decided to try and follow in his father's footsteps by seeking the federal Liberal nomination in the riding of Ottawa-Orléans.

The veteran city councillor says he was approached by several prominent Liberal Party members earlier in the year to make a run at the nomination in the riding once held by his father Eugene Bellemare.

In deciding to seek the nomination, Bellemare consulted with his family and a number of close friends.

A lawyer by trade, the 39-year-old Bellemare was first elected to the former regional council in 1994 and was re-elected in 1997. He successfully ran for city council in 2000 and was reelected in 2003 and again this past November.

His father served in the House of Commons from 1988 until 2004 when he lost the Liberal nomination to Marc Godbout who went on to serve in the

Liberal minority government for one year before being defeated by Royal Galipeau last January.

Coincidentally, Godbout is also seeking the nomination along with Marc Thibault.

Bellemare says that by seeking the nomination he can offer his years of municipal experience at the federal level and lobby for a reduction in the funding gap between all three levels of government.

"There's a lot of issues that overlap both levels of government. Infrastructure funding being one of them. There's a huge infrastructure gap and the property tax base can't do it all to keep up with the growing needs of the cities," says Bellemare who plans to stay on as city councillor until the actual election.

"I would certainly retain my seat until the nomination and until the election. I'm committed to public service and I'm committed to continue to serve the residents of Beacon Hill, Cyrville."

Although municipal politicians are allowed to keep their jobs while campaign-

ing for a federal or provincial seat under the Municipal Act, Bellemare's decision has already drawn fire from his former opponent in the last two municipal elections.

While Frank Reid says he has no problem with Bellemare keeping his seat on city council during the nomination race, he's adamant that he should step down if he wins the nomination.

"Running an election is a full-time job. If he doesn't step down he's not being true to his constituents. He won't be working full-time as a councillor. He'll be working full-time to try and win the riding for the Liberals."

Although a date for the Ottawa-Orléans Liberal nomination meeting has yet to be announced it is widely believed it will be held in the next four to six weeks.



Michel Bellemare

Youth centre organizers seeking involvement from local youth

By Fred Sherwin
The Eastender

The organizers behind a youth centre initiative say they've done as much as they can to get the ball rolling, it's now up to area youth to get involved and make the project a reality.

To that end, local youth are being encouraged to vote for the name of the future youth centre on the project's web site and submit their names to join the youth centre advisory committee.

Co-organizers Michael Bergeron and Andre Brisebois have spent the last four weeks visiting every high school in the east end spreading the word and asking students to submit possible names for the youth centre. After receiving dozens of possible names they have been narrowed down to just five possibilities; Graffiti, Chill Zone, The O, The Spot and

Students can now go on the youth centre website at and vote for their favourite name. Whichever name receives the most will become the official name of the youth centre. But while getting students to submit names has been relatively easy, finding youth to sit on an advisory has been a challenge.

Part of the problem, says Bergeron, is that the youth centre is not an actual building but a concept.

"We call it a youth centre, but it's actual an idea to get youth to come together and organize various activities and events using the resources that already exist out there. The gathering place is actually the website, so in effect it's actually a virtual youth centre," says Bergeron.

The job of the advisory committee will be to brainstorm and come up with activities and events that have a broad base appeal. The advisory committee will then work with the youth centre's board of directors who will give them advice and act as facilitators to help make the projects happen.

The first project organizers have in mind is a battle of the bands type of event aimed at bringing various bands from across the east end together to perform in one location.

The job of the advisory committee will be to come up with an organizing structure for the event. For instance, you might have one sub-committee to look after booking the bands; another sub-committee to organize things like the stage, sound and lighting and ticket sales; and a third sub-committee to look after promoting the event. Each

sub-committee would be headed up by one or two members of the advisory committee and then populated by friends or other youth in the community who would be interested in organizing a battle of the bands.

Other potential projects include a beach volleyball tournament, a skateboard and BMX festival or a video game battlefest. Which projects will be tackled and when will be up to the advisory committee.

While the dream is to eventually have a youth centre built of bricks and mortar, the reality is that the cost of such a facility is prohibitive, especially if there's no backing from the existing levels of government. Bergeron and Brisebois are hoping that by demonstrating youth are ready, willing and able to organize events on their own, the politicians and the community at large will eventually be willing to give them a permanent home.

To vote for the name of the centre visit www.blank.virtuo.ca starting this Monday and click on your favourite selection. Interested youth can also visit the site and submit their name for consideration to be on the youth advisory committee by clicking on the YAC link on the righthand side.



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Fred Sherwin
Editor & Publisher

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Letters should be limited to 250 words.

The Eastender reserves the right to edit correspondence for length with a commitment to maintaining the integrity and spirit of the content.

Banned

It's funny when people talk about bans how their fundamental rights are automatically being violated. Take the movement to broaden cell phone bans in schools. The reaction from most students and even parents is that it somehow infringes upon their right to communication or carry a personal electronic device.

First of all, I thought kids were supposed to be in school to get an education and not text messaging each other while the teacher is giving a lesson.

Secondly, if you want to make a phone call do it the old fashion way and use this thing called the pay phone. It's a silver box type thing on the wall, usually in the school foyer with a black receiver thingy that you put up to your ear and talk into.

I know some kids out there may find it hard to believe, but there was a day not too long ago when we didn't have cell phones, or Game Boys or even pagers. In fact, when most of you parents were kids we had to stick our fingers in little holes and actually use a dial to make a phone call. However did we survive?

There's no question that there's no place for cell phones or PEDs of any kind in the classroom, but cell phones should also be banned in the hallways and other places in the school as well to discouraged them from being used for things other than phone calls like baiting teachers into compromising situations, recording the incident and posting them on the Internet.

As for other PEDs like personal video game devices and I-Pods, I don't see any reason why they shouldn't be allowed in the hallways etc. They don't pose the same distraction and potential problems as cell phones and cell phone cameras.

As for whether or not cell phones should be banned from school property entirely, I don't see why students shouldn't be allowed to use their cell phones outside the school. The only area that's of concern is the growing use of cell phones to record school yard fights and posting them on websites like You Tube. One measure might be to impose an automatic suspension for anyone caught doing it with the threat of a total prohibition for the entire school for a given period such as two weeks.

The one thing that should be made clear in this debate is an understanding of what the primary purpose of schools are and that anything that distracts from that primary purpose should be dealt with and eliminated.

– Fred Sherwin, editor

Standardize tests should be used as a tool, not an excuse

Well it didn't take very long for the e-mails to start rolling in after I wrote a recent story about the Fraser Institute's Report Card on Ontario's Elementary Schools. The comments from area educators were predictable with most saying that it's unfair to compare schools to each other and that the report totally ignores the impact that various socio-economic factors have on the EQAO test results.

And that's all well and nice, but here's what I get out of the EQAO tests and the Fraser Institute report. I see schools in areas that have to deal with a high number of immigrant students and poor families and yet they score much higher than schools in other areas that have to deal with the same factors.

Instead of dismissing the EQAO tests and the Fraser Institute report card, schools, administrators and especially parents should be using them to ask important questions.

For instance, if my child went to a school where 25 per cent of the kids in Grade 6 failed to meet the provincial standard in math the first question I would ask is why? The next words out of my mouth would be, "How do we develop a strategy to bring those kids up to standard and how soon can we implement them?". The first step in that process would be to seek out other schools with the same socio-economic factors that are doing better than the norm, find out what they are doing that my school isn't doing and see if any of their strategies are worth adopting.

When I look at the EQAO test results I really don't care how many kids score at or above the provincial standard. It's the kids that finish below the provincial standard that concern me. But then again I'm one of those crazy people who believe schools and the education

system in general needs to do more to help those kids who are struggling

If I were a teacher, my first task would be to assess the learning capacity of my students, find out who is at the lower end of the spectrum and develop a strategy and environment that addresses their issues and is conducive to their success.

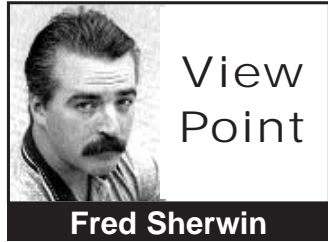
The biggest challenge teachers face today is in trying to engage not just their brightest students, but their entire classroom so that they all benefit. At the same time the province has to open up the purse strings and give the school boards more money so that they can hire teacher assistants to help the teachers do their job.

There's also no question that schools which have a higher rate of parent involvement traditionally score higher on the EQAO tests than schools where there's a lack of parent involvement and in a perfect world 100 per cent of parents would take an active role in their child's learning process, but this isn't a perfect world.

The education of our children starts in the classroom. It is up to the school board, the schools and especially our teachers to do whatever it takes to ensure that students have at least a rudimentary understanding of the curriculum.

If the world was perfect, school administrators and teachers would wake up every single morning with these three questions on their mind – "How can I do what I do the best I possibly can? Who's doing it better? And what can I learn from them that will benefit my students the most?"

I'll end my comments by saying that I believe the vast majority of schools in the east end are doing an excellent job, but let's not negate the fact that there is always room for improvement.



View Point

Fred Sherwin



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Les Sittelles sending five gymnasts to provincials

By Fred Sherwin
The Eastender

The Les Sittelles gymnastics club is on a roll. No fewer than five of the club's members have qualified for the upcoming provincial championships so far this season, while two other members still have an outside shot at earning an invitation.

The five gymnasts who have already qualified are Amélye Paquette, Carina Tremblay, Frédérick Beaulne-Séguin, Stéphanie Bossé and Lindsay Yuen.

To qualify for the provincial championships which are being held in St. Catharines in late April, a gymnast must meet a pre-determined standard using their best two overall scores at a series of qualifying meets.

Paquette, Tremblay and Yuen each qualified after meeting the provincial standard in their first two qualifying meets. Paquette followed up her second place finish in the Level 6, 10-year-old category at the Ottawa qualifier in January with a second silver medal performance in Oshawa last month.

After finishing second and third respectively in the Level 5, 14-and-over category in Ottawa, Tremblay and Yuen pulled off the same feat in Oshawa to earn their tickets to provincials.

Tremblay is currently ranked seventh in the province while Yuen is ranked 11th right behind Genevieve Cyr who trains out of the Gloucester Challengers Gymnastics Centre. Tremblay also has the added distinction of posting the third and fourth best scores on the beam so far this season and the fifth best score on bars.

Paquette is the highest ranked of the five Les Sittelles members. She is currently ranked fifth in the Level 6, 10 year-old category and she's posted the third and fifth best scores on beam so far this year.

Beaulne-Séguin and Bossé both managed to post their first qualifying score in Oshawa. After failing to make the grade in Ottawa, Beaulne-Séguin placed first on vault and second on bars to make the standard in the Level 5, 11-year-old category and Bossé was outstanding in placing first on bars and first on beam to win the overall gold medal in the Level 5, 12- and 13-year-old category. Both girls earned their second qualifying mark at a recent meet in Kingston.

Bossé has the added distinction of posting the top mark in the province on bars with a 12.100 and the third best score on beam. Both scores were turned in at the qualifying meet in Oshawa.

All five girls heading to the provincial championships are coached by Les Sittelles alumni Jocelyne Legault and Mélanie Major.

It's been quite awhile since the small gymnastics club which operates out of a warehouse on Sheffield Road, last sent five gymnasts to the provincial championships. Last year, four members qualified for provincials.

And the Les Sittelles gang may not be done yet. According to Major, the provincial gymnastics federation may lower the qualifying marks in some of the categories where fewer gymnasts have qualified than expected. If they do, Carlyne Savage and



Les Sittelles members (clockwise from front) Amélye Paquette, Stéphanie Bossé, Carina Tremblay, Frédérick Beaulne-Séguin and Lindsay Yuen have all qualified for the provincial gymnastics championships in April. Fred Sherwin/Photo

Émilie Dubuc will likely receive an invitation in the Level 5 14-and-over category and the Level 6, 10-year-old category respectively. If not they will both have to post a second qualifying score at the fourth and final qualifying meet in Mississauga at the end of the month.

GCBA win two of three at junior boys tournament

By Fred Sherwin
The Eastender

When it comes to exciting finishes few sports can hold a candle to basketball where the outcome of a game can turn in a heartbeat. Such was the case at this year's Junior Boys Wolverine Basketball Tournament where the host organization won two of the three finals they were in.

In the Atom 'A' final last Sunday, the Wolverines led by nine points at half-time when the Ottawa Shooting Stars battled back in the third quarter to briefly take the lead. The end result came down to the final minute of play when the Wolverines opened up a six point lead after sinking several clutch free throws.

Yannick Houde was especially effective from the free throw line, sinking all six of his attempts to earn the MVP award. The game high scorer was Keonte Mouaga with 17 points, most of which were scored in the first half.

The GCBA's second title was earned by the GCBA Selects Bantam 'A' squad which never trailed in their game against the Osgoode-Rideau Bedrock. The final score was 65-46 in favour of the Selects.

The game's top scorer was Kyle Johnston who had 12 points and 10

rebounds in the winning effort.

The Selects are an all-star team made up of the Wolverines' top house league players. Picked just three weeks ago, the tournament was the first time the group of 12- and 13-year-olds had played together as a team.

Needless to say, head coach Mike Joy was suitably impressed with his team's play during the tournament which included a six point win over the Wolverines' Bantam 'A' competitive team.

Speaking of the Wolverines Major Bantam 'A' competitive team, they managed to walk away from the tournament with the bronze medal hanging around their necks after knocking off the Nepean Bobcats 50-48 on a last second layup from Mack Wakefield.

The winning basket was created by Pascal Houde who forced the Hornets to turn the ball over with less than three seconds left on the clock. Ben Rozman picked up the loose ball and fed a pass to Houde who layed it in off the backboard.

In the Atom 'AA' final between the Gloucester Wolverines and the West Island Lakers the final outcome came down to an almost identical play as the Bantam 'A' bronze medal game, only it was the

Wolverines who came out on the losing end.

The Wolverines were inbounding the ball with less than two seconds left to go in the game and a one point lead when the Lakers' Liwei Shi tipped the inbound pass to teammate Nish Sutherland who drove to the basket and layed the ball in for the dramatic last second win.

It was a heartbreaking loss for the young Wolverine players who had beaten the Lakers 66-53 in the round robin portion of the tournament and at one point led by 13 points in the final before the Lakers battled back in the opening minutes of the third quarter.

Dylan Goodyear led the Wolverines with 15 points and William Jackson-Munroe added 10. The team is 37-4 overall this year with all four losses coming in tournament finals. The one tournament they did win this year was the Eastern Ontario Basketball Association tournament last month.

Coming into the GCBA tournament, the Wolverines were ranked 22nd in the province. Their goal is to get ranked in the top 16 so they can earn a berth in the Division 2 provincial championship which take place in April.

Local sports

Orleans Blues advance to Major Peewee RepB final

By Fred Sherwin
The Eastender

The Orleans Blues are heading to the Major Peewee RepB final after beating the Gloucester Blackhawks 1-0 on Thursday to win their first to four points semi-final series four points to two.

The Blues must now wait until the March Break is over before they can take on the West Carleton Warriors in another first to four points format series for all the marbles.

The hero not only of the hour on Wednesday night, but of the last two games of the series was Blues forward Chris Sawyer who was forced to miss the better part of the first half of the season with a perforated kidney.

After losing the opening game of the series 1-0, the Blues bounced back to win Game 2 by a score of 2-1 on Sawyer's game winning goal.

In Wednesday night's game, Sawyer scored at the 4:23 mark of the first period. The lone goal of the contest would turn out to be the series winner.

On the play in question, Sawyer took control of the puck in the neutral zone and then carried it across the blueline before firing a seeing eye shot that managed to sneak between Dana Pollex's legs in the Blackhawks' net.

"I shot it off the heel of my stick and then fell over. I think it got tipped a few times on the way in," said Sawyer in describing the play after the game.

Going into the series the Blackhawks were the prohibitive favourites having finished the regular season in first place with a record of 22-5-3. The Blues on the other hand, finished in fourth place with a record

of 14-11-5. Offensively, the Blackhawks scored 41 goals more than the Blues over the course of the season while allowing 20 fewer goals.

Not surprisingly after seeing his team give up just two goals in five playoff games so far, Blues head coach Jim Cooke is a big believer in the age old axiom that defence and great goaltending wins championships.

"Our goaltending has been solid. Tonight, Kyle (Cooke) kept us in there with a couple of great saves and Mathieu (Lemyre-Nadeau) has come up big for us too," said Cooke.

Besides great goaltending and superb checking, the series was marked by fair play and a lack of penalties. Despite the level of intensity in the final game, the referee only called six infractions which is a testament to sportsmanship possessed by the players and coaches on both teams.

"We're one of the bigger teams around, but we're able to play very clean," says Cooke.

Blackhawks head coach Jamie Belair was understandably proud of how his players conducted themselves as well. Not just during the playoffs, but throughout the entire season.

"At the beginning of the season we focused a lot on team building. In the pre-season we gave all the guys purple sweaters and purple socks and they called themselves the Killer Grapes," says Belair. "They've really bonded well together and they've had a great season. We managed to finish in first place, we won three tournaments and we finished third out of 33 teams at the Bell Capital Cup."

Unfortunately for the Blackhawks, they lost their top scorer Daniel Giguere in the



Gloucester Blackhawks captain Stephane Routhier tries to score against Orleans Blues goalie Kyle Cooke in the dying seconds of their Major Peewee RepB tilt on Wednesday. Fred Sherwin/Photo

final game of the regular season when he suffered a broken collar bone. They also couldn't overcome their Earl Armstrong jinx. The Blackhawks have not won at the arena all season.

Having dispatched Gloucester in three games, the Blues must now set their sights on the Wolverines and a chance to avenge their loss to the Goulbourn Ras in the Minor Peewee RepB championship last year.

"That's been our goal right from day one of training. To get back to the final and win it all," says Cooke.

Cumberland Grads ruin Blues hopes of fourth place finish

By Fred Sherwin
The Eastender

Heading into their final game of the season against the Cumberland Grads on Thursday, the task facing the Orleans Blues was clear – win and have a shot at finishing no worse than fourth, or lose and end up in fifth place.

For the Grads, the game was their final opportunity to play spoiler after missing the playoffs for the first time in two years.

As one might imagine the Blues came out of the gate with a purpose, drawing first blood at the 9:45 mark of the first period on a shot from Justin Beeby. It would be the only goal Matthew Fiander would give up the entire game. The Grads netminder was especially sharp in the second period, turning away 10 shots to keep the score the close.

After being outshot 10-2 in the second period, the Grads began taking the play to the Blues in the third, especially after

Michael Rowbotham and Pierre-Luc Patenaude were called for back to back penalties just after the two minute mark to give Cumberland a two man advantage for a minute and 51 seconds.

After successfully killing off the five-on-three, the Blues penalty killers had to keep the Grads powerplay at bay for another 1:43 after Shane Bakker was sent off for roughing after the whistle at the 6:50 mark of the third period.

Cumberland finally made the Blues pay for their transgressions at the 11:55 mark of the period when Eric Beamish scored a powerplay marker to tie the game at a goal apiece.

Orleans would have a golden opportunity to regain the lead less than a minute later after Jeff Clarke was sent off for checking from behind, but Fiander continued to frustrate the Blues shooters. Their frustration only escalated late in the the third period when they failed to come up with the game

winning goal despite the luxury of having yet another powerplay opportunity when Andrew Klaasen was sent off for an instigator penalty.

Orleans would have one last chance to win the game in overtime, but it was not to be as Fiander stood his ground stopping all five shots directed his way. For his efforts, the Grads' goalie was named the game's first star.

For their efforts, the Blues finished the regular season tied for fourth place in the overall standings with the Nepean Raiders at 60 points each. Unfortunately for the Blues, the Raiders are the one team in the CJHL that has generally had their way with the club. In the six games they've faced each other so far this season the Raiders are 5-1, having outscored the Blues 23-6. All of which means the Raiders will have home ice advantage when the two teams hook up in the first round of the playoffs which get underway on Sunday.

Local sports

Rangers earn berth in Major Peewee 'AA' final

By Fred Sherwin
The Eastender

The Gloucester Rangers have advanced to the Major Peewee 'AA' finals for the second year in a row after making short work of the Cumberland Barons.

The Rangers capped a three game sweep of their arch rivals in the semi-finals with a convincing 9-3 win over the Barons on Sunday.

Nathan Pancel opened the scoring for the Rangers at the 13:26 mark of the first period when he flipped a shot into the top of the net over Barons' goalie Zach Cuillerier who had already made a pair of spectacular saves on the play.

Cuillerier did his best to keep the score close early on in the game, making a number of highlight reel saves including a pair of stops on Jamie Molinski and Brandon Belding at the 8:47 mark of the first period. After stopping the first shot from Molinski with his trapper, Cuillerier stuck out his right pad to stop Belding from scoring on the rebound.

Despite Cuillerier's efforts the Rangers eventually went up 2-0 when Molinski scored off a face-off to the left of the Barons' net.

Cumberland finally got on the scoreboard at the 10:05 mark of the second period on a nice play that was set up by one of the Barons players diving to get back onside which allowed Philippe Drouin to streak on Rangers' goalie Tyler Amey-Legault and slip a backhand between his goals.

Déric Boudreau would give the Cumberland fans a reason to cheer later on in the period when he scored a pair of shorthanded goals just 21 seconds apart. The first goal was scored into the far side of the net from a tight angle after Boudreau streaked down the left boards. On the second goal he used the Rangers' defender as a screen on the play before once again scoring into the far side of the net.

After changing goalies, the Rangers once again took the play to the Barons. With 2:50 left in the period Alex Gudbranson banged in a rebound off the end boards to tie the score at 3-3. Less than a minute, later Daniel Walsh scored a pretty goal when he flipped the puck high over Couerrier's right shoulder to give the

Rangers a 4-3 lead heading into the third period.

Any hope of a Barons regaining the lead and possibly winning the game were dealt a serious blow when Jesse Meilleur was sent off for a two minute minor and a 10 minute misconduct for delivering a head shot to a Rangers' defenceman with only 39 seconds left in the period. At the time, Yannick Plante was already sitting in the penalty box after being assessed a boarding penalty with 1:15 left in the period.

Playing with two extra attackers, the Rangers took full advantage of the situation, scoring less a minute into the third period.

Down 5-3 at that point the Barons failed to learn their lesson. Five seconds after play resumed, another Cumberland player was sent off for boarding. On the resulting power play Pancel scored his second goal of the game to put the Rangers up 6-3 and end any chances the Barons might have had of getting back into the game.

Gloucester would add two more goals in the third period by Molinski and Adam Lloyd to make the final score 8-3.

Coming into the series both teams were thought to be evenly matched. In head to head action, the Barons held a slight edge having won four times and losing twice. They were also the higher seeded team having finished five points ahead of the Rangers in second place.

The Rangers, on the other hand, won the Bell Capital Cup over the holidays and they've always played the Barons tough. That being said, no one expected the Rangers would dominate in their semi-final series they way they did, especially in the first game which they won 9-1.

When asked whether his team coming into the series as the lower seed may have provided his players with a little extra incentive, Rangers head coach Sean O'Connor admitted that it probably didn't hurt, but only in reverse.

"I think Cumberland may have come into the services feeling pretty good about their chances, but that 9-1 win in the opening game sent a message that we were in this to win," said O'Connor. "After we lost our first playoff game to the Sting (in the quarterfinals) our guys have really come together as a team and they just keep get-



Cumberland Barons goalie Zach Cuillerier dives backwards to stop Gloucester Rangers forward Shawn Ennis in the third period of their Major Peewee AA semi-final game on Sunday. Fred Sherwin/Photo

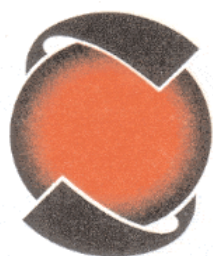
ting stronger with every game."

Outside the Barons' dressing room, Cumberland head coach Shaun Harkin focused on the positives of the past season including their highest regular season finish in the past three years.

"Usually, it's Valley and the Rangers and everybody else, but we came on and held our own and grabbed second place," said Harkin.

The Rangers must now take on the Ottawa Valley Titans in the finals. In last year's Minor Peewee 'AA' final, the Titans beat the Rangers seven points to three. This year the Rangers are hoping for a much better result.

Meanwhile, for many of the Barons players, Sunday's game will be the last time some of them will ever play together after wearing a Barons jersey since Minor Atom. Their age group is the first that will be moving up to the 'AAA' level next year. Under the new structure, the Minor Bantam 'AAA' team will be made up of players from the Barons organization as well as from the Eastern Ontario Cobras and Seaway Valley.



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Local sports

St. Matt's wins junior boys high school hoops crown

By Fred Sherwin
The Eastender

The St. Matt's Tigers added the junior boys basketball championship to the junior girls title the school won earlier this year by downing the Sir Robert Borden Bengals 55-44 on Monday.

The Bengals were down 9-0 before the game was even three minutes old and at one point the Tigers held a 14-1 lead before Borden started to claw their way back into the game.

By the end of the first quarter the Bengals had cut the deficit to seven points at 16-9. In the second quarter both teams held their own and the Bengals were unable to close the gap any further. At halftime the score was 24-17 in favour of the Bengals.

After the break, the Bengals drained three of their first four shots to close the gap to a single point at 24-23 at which point Kyle Ring hit a huge three point shot to take the wind out of Sir Robert Borden's sails.

Ring went on to drain three more shots beyond the three

point arc in the third quarter to help his team keep pace with the hard charging Bengals. Going into the fourth quarter the Tigers still held a five point lead at 35-30, but it was tentative at best.

Another three pointer from Ring would extend St. Matt's lead to eight points, but still the Bengals refused to rollover. The final six minutes of the game turned into a free throw shooting contest with the Tigers emerging the victor sinking all 10 of their free throw attempts down the stretch to claim their first junior boys championship in four years.

Tyson Hinz led the way for the Tigers with 19 points despite being double and triple teamed throughout most of the game by the biggest bodies the Bengals could through at him.

Kyle Ring had 17 points including five three point shots and twin brother Scott scored 15 points after going seven for eight from the free throw line.

When you include the city championship and the various tournaments they competed in



Members of the St. Matt's Tigers pose with the championship trophy after downing the Sir Robert Borden Bengals 55-44 in the National Capital secondary school junior boys basketball championship on Monday. Fred Sherwin/Photo

this season, the Tigers won a total of 35 games against only two losses.

After the trophy presentation, Tigers co-coach Will Hinz couldn't say enough about how the team managed to maintain their composure after the Bengals stormed back at the opening of the third quarter to

cut the deficit to a point.

"Those three pointers by Kyle Ring were huge. They deflated the other team and they kept us in the game," said Hinz. "The kids have been amazing all year. Whenever the chips are down they seemed to always find a way to pull through."M

St. Matt's wins junior boys high school hoops crown

By Fred Sherwin
The Eastender

At the beginning of the season, the Gisele Lalonde Titans senior girls volleyball team decided to set themselves a very realistic goal of making the Tier 2 playoffs. After all, they had finished in last place the year before, so to make the post season would represent an incredible achievement for the young team.

It didn't take long, however, for the girls to set their sights a little bit higher. After losing to the defending champion Lester B. Pearson Panthers three sets to zero in their opening game of the season, the Titans reeled off nine straight wins including a three set to one defeat of the Panthers in the final week.

With only two matches standing between themselves and a possible berth in the National Capital championship game, the Titans easily dis-

patched the Rideau Rams in the quarterfinals in three straight sets before repeating their late season win over Lester. B. Pearson in the semi-finals.

In the other semi-final the Holy Trinity Tornados, who had finished atop the West Conference standings with a perfect 10-0 record, easily beat Immaculata in three sets 25-14, 25-12, 25-15.

In the city championship, the Tornados took advantage of playing in front of an enthusiastic crowd in their home gym and attacked the slightly intimidated Titans from the opening serve. The end result was a 25-15 win that was not as close as the score would indicate.

After changing sides, Holy Trinity continued to pour it on in the second set led by their six-foot-three middle blocker Laura Ledas who racked up five kills and served 10 straight points in leading the Tornados

to a 25-17 win and a two set to none lead in the match.

In the third and final set, the Titans scored the first two points before the Tornados stormed back to take a 9-3 lead.

After Gisele Lalonde won the serve back on an unforced error, Holy Trinity scored four more unanswered points to go up 12-4. The Titans then closed the gap to five points at 14-9 and eventually cut the deficit to three points at 16-13.

The two teams exchanged the next four points to get to 18-15, before Holy Trinity went on a 5-1 run to go up 23-16. After a service error on the part of the Tornados slightly opened the door for the Titans, the East Conference champions relinquished the next two points to give Holy Trinity the set and the championship.

After the game, Titans' head coach Louise Gratton told her team to hold their heads high.

"You know we had a wonderful season. It was an intense experience coming here and playing in front of a big crowd like this. I think we were a little nervous in the first two sets, but in the third set I think we started to get over it. It's just a matter of maturity and experience playing in these types of situations," said Gratton who will lose four players to graduation this year including Veronique Perrier who was arguably the Titans best player on the court in the final.

The other graduating players are Karyne Guindon, Joelle Franche and Johanne Henri. Those girls returning are libero Isabelle Mercier, Natasha Rizk, Melissa Menard, Genevieve Carrier, Michelle McElligot and Angela Labelle. They'll be joined in their quest to repeat as East Conference champs by several players from the junior team.

Artscetera

St. Peter Players continue to set gold standard

By Fred Sherwin
The Eastender

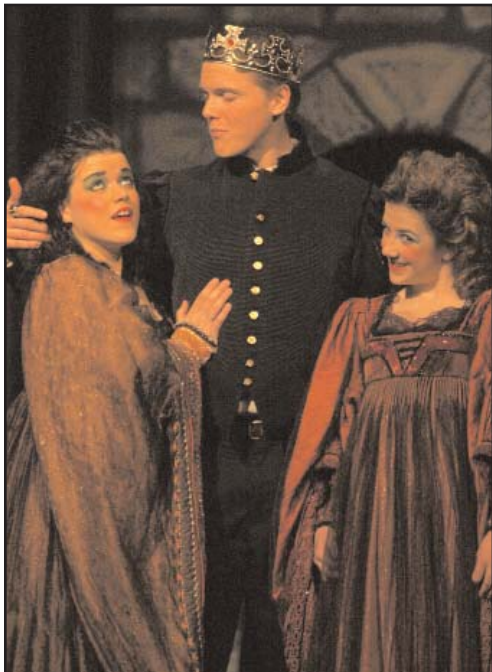
The St. Peter Player's have become well known over the past few years for delivering a series of impressive musicals including "Les Miserables" in 2004 and "West Side Story" in 2003.

Last year they tackled Gilbert & Sullivan's famous Broadway production "Pirates of Penzance". The problem with staging musicals, however, is that you end up having to omit talented actors who may not be blessed with the most talented voices.

This year the St. Peter Players guiding force, drama teacher Bernie Leger, decided to go in a different direction by producing a musical non-musical of sorts to give students who can't sing a chance to share the limelight. The result was a fresh take on Shakespeare's classic "Hamlet", complete with a live soundtrack that includes several pieces sung off stage by Keena Eloise and the incomparable Katrina Watters, accompanied on piano by Emilie Gauthier who also provided most of the sound effects.

One of the challenges in putting on "Hamlet", or almost any other play written by Shakespeare, is that most of the audience already knows the ending as well as most of the lines, having had the play drummed into their heads during English literature class back in high school.

The trick is in the acting and how the lines are delivered. Shakespeare is all about



King Claudius, played by Jason Lajoie, asks Rozencrantz and Guildenstern, played by Sarah Doyle and Sarah MacDonald, to keep an eye on Hamlet.

Fred Sherwin/Photo

the drama, and the St. Peter Players' production of "Hamlet" delivered drama in spades.

Jason Lajoie was superb as King Claudius when the play opened last Wednesday, as was Alicia Bacile in the role of Ophelia, but the strongest performance of the night was delivered by Shane Houlston in the lead role of Hamlet.

One of the neat things for me, having gone to successive St. Peter Player productions over the years, is the ability to witness firsthand the development of the student players into accomplished actors from year to year.

After seeing "Hamlet", I went back to see what I had written about Houlston in my review of "Pirates of Penzance" in which he played the Sergeant. As it turned out, I failed to even mention his name which tells me that his performance didn't particularly stand out. Not so in this year's play. Hamlet was a wonderful production and Houlston was the play's star.

But then again, that's the beauty of the St. Peter Players' productions. Bacile played Police Officer #5 in "Pirates" last year. In "Hamlet" she's brilliant as Ophelia. Lajoie auditioned for the last two St. Peter Players productions without success before finally landing the role of King Claudius in this year's play. Thank goodness for perseverance.

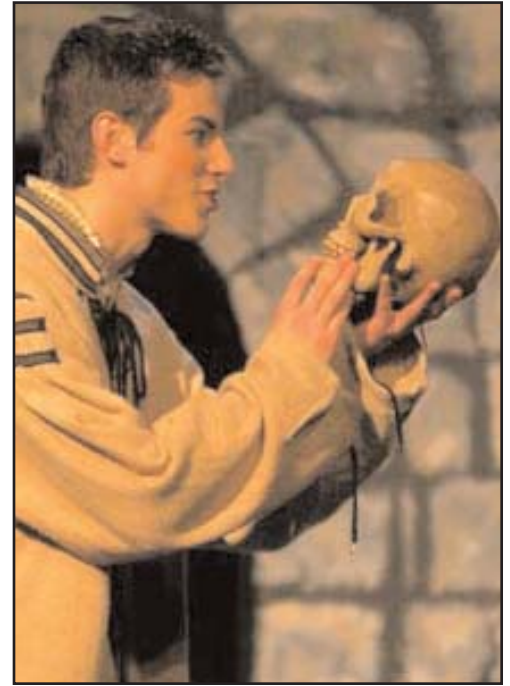
Getting back to the play, Greg Lowe provided a moderm of comic relief as Ophelia's father Polonius. Although I found his performance on opening night even more over the top than is normally called for in the role, he did an admirable job. My only criticism, and it's a minor one, is that he didn't try to engage the audience more with his sly asides.

Of the supporting roles, my favourite by far was the performance of Sarah MacDonald as Guildenstern. The casting of Guildenstern and Rozencrantz, played by Sarah Doyle, as two women rather than two men was sheer brilliance.

Even though I was sitting near the back of the room, I could easily make out MacDonald's hilarious facial expressions and body language, especially when the two women were flirting with several of the male leads at different points in the play.

Other performances of note were turned in by St. Peter Players veteran Mike Molinski who played Ophelia's brother Laertes; Elyse Gagne as Hamlet's mother Queen Gertrude; and Ben Robinson as Horatio.

Ironically one of the highlights of the St. Peter Players first non-musical play was the singing of Katrina Watters, who played the lead role of Mabel in last year's pro-



Shane Houlston played the lead role in this St. Peter Players production of 'Hamlet'. Fred Sherwin/Photo

duction of "Pirates", and her duet partner Keena Eloise. The two young women shared the vocal duties in relative anonymity and they were nothing short of brilliant.

Watters' operatic style was especially well suited to the song choices. Accompanying them both on piano was Emilie Gauthier who set the tone throughout the play with her timely sound effects.

The supporting cast included Lydia Barrett, Danny Bettencourt, Erin Ciona, Mary Doyle, Alex Dupuis, Amber Forgie, Christina Franc, Sean Goetz, Jessyca Lalumiere, Nicole Perera, Bryan Ladds, Robert Guenette and Ryan Buffone as the Ghost of Hamlet's father.

Supporting the 25-member cast were co-producers Carla Boyle and Kathy Clark; stage manager Amanda Ross; lighting technician William Knutson; creative consultants Melody Lavictoire and Wade Muir; sound technician Tony Mungham; set decorator Rachel Struthers; teacher supervisors Shannon Capstick and Scott Searle; stage hands Clare Knutson and Sean Payton-Stewart; and prop co-ordinators Mya Madere and Athena Tzivanopoulos.

In the world of high school drama productions, the St. Peter Players are the gold standard with their attention to detail, terrific sound, and beautiful costumes which this year were rented from the Stratford Festival.

Kudos to the cast and crew of "Hamlet" for putting on yet another highly entertaining production.

Anti-spam solution both inexpensive and effective

After dealing with many questions about spam at the Service Counter, I've decided to publish my homegrown (but very effective) "Poor Man's Anti-Spam". This is a beautiful-simple solution that leaves you firmly in control.

Unlike many of the spam blockers, my solution focuses on mail from sources you know and want, rather than just blocking the garbage (which sometimes doesn't work).

Please note this solution was created using Microsoft Outlook so you may have to incorporate slight changes to accommodate your e-mail program of choice. (Outlook Express has far less options so e-mail me for alternate instructions)

Start by creating a new folder called 'Junk' in your 'Personal Folders' area. We are now going to create a RULE or a filter that tests each received e-mail and deals with it based on criteria that you set. Under TOOLS, find the RULES option and using the wizard, create a new rule called 'JUNK'



Harley Bloom

Guest column

that checks the name of the sender and compares it to a list of known e-mail addresses that you will create.

The first time you create the rule you only need to input one address. To add more addresses later, just edit the rule and put in as many as you wish. You can do this as many times as you need to. Use the rule to send all other e-mails to the 'Junk' folder.

Now all e-mails that are not listed will automatically go to the Junk folder and all your recognized ones should go to your Inbox. As your Inbox now contains e-mails that you're interested in viewing and the Junk box has mostly garbage we can focus on the junk because here's where the real benefits of the

program are.

Open the Junk folder and click on the TO bar at the top, sorting all the junk emails by recipient. If the TO bar isn't there, right click on the top bar and pick "Field Chooser" from the drop-down menu. Use the slider and find the TO option. Click on it and drag it up into the top bar position. You may wish to adjust the width of the field for better viewing.

You'll probably have a bunch of junk mail that appears before the ones that are specifically addressed to you, and a bunch that appear after.

Using your PAGE UP key, zoom to the top and with your ARROW-DOWN or PAGE-DOWN and SHIFT keys, highlight all the emails that are not addressed to you and delete. Quickly verify that some of the multi-addressed e-mails are not being sent to you as part of a group before deleting. Now zoom to the bottom and use your PAGE-UP and SHIFT keys to do the same in reverse.

You should now have emails

that are only addressed to you. Resort them by SUBJECT (click on the column title at the top) and now you can start at the bottom and clean them off if the subjects don't apply to you.

You'll find that this process gets faster and faster as you quickly weed out the duplicate subject emails and become more familiar with the other subjects of the junk mail you regularly get.

After doing all this, right click on any remaining emails you're still suspicious of and click on PROPERTIES. This will show you the real address of the sender and you can determine whether you want to open them or not. Uh... why not open them? Because unknown e-mails can contain viruses or adware/spyware. If you never open them, they never have a chance to launch. And everybody's happy.

(Harley Bloom is the owner of Bloom MicroTech located in the Canotek Business Park. To find out more visit their website at www.bmtnet.com.)

Community calendar

SATURDAY, MARCH 10

BUFFET STYLE BREAKFAST served from 9 a.m. to 12 p.m. at the Orléans Legion, 800 Taylor Creek Rd. This is a fundraising event for the Orleans Legion.

OPEN MUSICAL JAM SESSION from 2 p.m. to 5 p.m. at the Orléans Legion, 800 Taylor Creek Rd. All entertainers welcome.

JACQUES' TRAP ROADHOUSE in Carlsbad Springs presents "The Edge" 1st anniversary party. From 7:30 p.m. to 12:30 a.m. For more information visit www.jacques-trap.ca.

ST. PATRICK'S PARTY in support of FOOD AID starting at 8 p.m. at Stanley's Olde Maple Lane Farm near Edwards featuring music by "Newfie Fog" and "Diamond Heart". Grub galore. Tickets

\$25 per person. Proceeds to support the Food Aid initiative in support of the Ottawa Food Bank. The Olde Maple Lane Farm is located at 2452 Yorks Corners Rd. just south of Edwards.

SUNDAY, MARCH 11

SUNDAY BRUNCH at the Bearbrook Resort on Russell Road. Menu includes game meat as well as regular breakfast items, special salads and deserts. Bring the family and enjoy your Sunday at the farm. Three seatings at 11 a.m., noon and 1 p.m. Cost is \$18.69 plus taxes for adults and \$9.35 plus taxes for children age 4 to 14. Children under four eat for free. By reservations only. Call 613-835-2227.

ORLEANS LITTLE LEAGUE BASEBALL REGISTRATION from 11 a.m. to 5 p.m. across from The Gap at the Place d'Orléans shopping centre. For kids 5-18.

The OLLB also has a Challenger league for children with physical or mental challenges. For more information visit www.orleanslitttle-league.ca.

MONDAY, MARCH 12

WOMEN MOVING FORWARD INTERNET RADIO SHOW with host Pierrette Raymond at www.womenmovingforward.com. Live webcast at 10 a.m. featuring special guest Barbara Best from Virtual Works Administrative Solutions.

TUESDAY, MARCH 13

POVERTY ISSUES ADVISORY COMMITTEE MEETING at 6:30 p.m. in the Champlain Room at Ottawa City Hall.

THURSDAY, MARCH 15

COMMUNITY AND PROTECTIVE SERVICES COMMITTEE MEETING beginning

at 9:30 a.m. in the Champlain Room at Ottawa City Hall.

BLACKBURN HAMLET COMMUNITY ASSOCIATION MEETING beginning at 7:30 p.m. in the Blackburn Hamlet Library. For more information visit www.blackburnhamlet.ca.

FRIDAY, MARCH 16

MECHOUIS from 6:30 p.m. to 8 p.m. at the Ottawa-Gloucester Sports Club on Youville Drive. The cost is \$25 per person followed by entertainment. For more information call 613-837-6366.

SATURDAY, MARCH 17

BUFFET STYLE BREAKFAST served from 9 a.m. to 12 p.m. at the Orléans Legion, 800 Taylor Creek Rd.

OPEN MUSICAL JAM SESSION from 2 p.m. to 5 p.m. at the

Orléans Legion, 800 Taylor Creek Rd. All entertainers welcome.

ST. PATRICK'S DAY PARTY at Jacques' Trap Roadhouse in Carlsbad Springs featuring the Dukes of Haggis. For more information visit www.jacquestrap.ca.

THURSDAY, MARCH 22

LINE DANCING at the Orleans Legion, 800 Taylor Creek Rd. New sessions starting March 22 from 9:30 a.m. to 10:45 a.m. every Thursday for 10 weeks. Session costs \$45 for all 10 lessons or \$6 per session.

SATURDAY, MARCH 24

ORLEANS AMATEUR FASTBALL ASSOCIATION (aka Orleans Softball) walk-in registration at the Ray Friel Centre and Terry Fox Elementary School from 9 a.m. to 2 p.m. For more information visit www.oafa.org