

The Eastender

orleansonline.ca

- local news •
- minor sports •
- community links •
- free classifieds •
- kids stuff •
- parenting •
- crime report •
- arts directory •

April 28, 2009

Your environmentally friendly community newspaper

Volume 8, Issue 14



A young boy gets his hair cut by Lucie Knox during the 8th annual 'Cuts for Cancer' event at Diann's Hair Salon on Saturday. See story page 5. Fred Sherwin/Photo

High school police calls on the decline

By Fred Sherwin
The Eastender

The level of criminal activity within the east end's 11 high schools continued to go down in 2008, with police responding to 327 calls during the year ranging from assault and theft to mischief and suspicious incidents.

According to statistics recently obtained by the *Ottawa Sun*, the number of school visits relating to assault, drugs, theft and weapons continued to go down dramatically in 2008.

In 2007, the Ottawa Police Service responded to 51 alleged

thefts, 39 drug related incidents, 30 assaults and six weapons calls in the 11 east end high schools.

In 2008, those numbers dropped considerably with 29 alleged thefts reported among the 11 schools, 32 drug related incidents, 24 assaults and two weapons related calls.

The top three schools with the least number of reported incidents were all French language schools. Gisele Lalonde and Béatrice-Desloges both only had 12 reported incidents, while Louis Riel had 13.

[CLICK HERE TO CON'T p2>](#)

Local boards to get \$24.2M to make schools more energy efficient

By Fred Sherwin
The Eastender

The region's four boards of education will be getting a total of \$24.2 million over the next two years to help make their schools more energy efficient.

The money is part of the provincial governments new Green Energy initiative which will see a total of \$550 million spent on retrofitting more than 1,000 schools across the province and create over 5,500 jobs.

The lion's share of the money, or \$400 million, will be spent on energy audits of existing schools and retrofitting buildings with new energy efficient heating, ventilation and air conditioning systems. The remaining \$150 million will be used to get rid of aging inefficient portables and replacing them with additions where warranted.

Of the \$24.2 million that will be coming to the local boards, the Ottawa-Carleton

District School Board will be getting a total of \$11,796,296; the Ottawa Catholic School Board will be receiving \$6,689,838; the Conseil scolaire de district catholique de l'est Ontarien will be getting \$3,150,797; and the Conseil des écoles publique de l'Est de l'Ontario will be receiving \$2,592,762.

The Ottawa-Carleton District School Board's funding breaks down as follows: \$743,000 for energy audits; \$2,225,658 for small equipment and minor capital over two years; and \$8,827,438 for capital investments.

The money for capital investments will be used much in the same way that the OCDSB spent \$300,000 to improve the energy efficient at Orleans Wood Elementary School in 2007. As a result of the work that was done on the school, the board is saving about \$10,000-\$12,000 a year.

Cumberland-Orléans trustee John Shea says the money that is being saved will go

to help address some of the board's other maintenance needs. The money announced by the province means the board will be able to expand their energy efficiency program 10 fold.

During an announcement held at Orleans Wood on Friday, Ottawa-Orléans MPP Phil McNeely remained everyone that conservation is the easiest and most effective way of cutting down on greenhouse gas emissions.

"This program will allow the school boards to do just that. By retrofitting our schools right here in Orléans, we're creating jobs while saving energy and money and teaching our children greener ways to live," said McNeely.

Beginning in the fall of 2009, environmental education will be added to the school curriculum at all levels which will help to make young people even more aware of the issue of global warming and what can be done about it.

Community briefs

Residents reminded to take precautions against swine flu

OTTAWA – The Ottawa Public Health department is reminding residents to wash their hands frequently and cover their mouth and nose when sneezing or coughing as concern over the spread of swine flu grows. As of late Tuesday afternoon, there were no reported cases of swine flu in the region. However, there have been eight reported cases in other parts of Canada, all of them mild. Many fear the swine flu influenza, which has so far killed over 180 people in Mexico, will quickly escalate into a pandemic, threatening the lives of hundreds of thousands of people especially in developing countries where hygiene and sanitation are an issue. The swine influenza is a respiratory illness that causes flu-like symptoms. Symptoms may include fever, headache, severe fatigue, lack of appetite, coughing and sore throat. Some of the more serious cases have included severe respiratory distress. For more information visit www.ottawa.ca.

Ontario government passes distracted driving law

QUEENS PARK – The Ontario legislature has passed new legislation aimed at making the province's roads safer by prohibiting the use of hand-held devices to talk, text or e-mail while driving. Drivers will be prohibited from using hand-held cell phones and other hand-held electronic entertainment or communications devices while driving. The use of hands-free devices would be permitted. Emergency calls, such as calls to 911, will not be affected. Transport Canada estimates that driver distraction contributes to about 20 per cent of all collisions. Drivers who use cell phones are four times more likely to be in a crash. The new law will likely come into effect as early as this fall.

Embrun man charged after robbing Orleans pharmacy

OTTAWA – The Ottawa Police Service have charged a 27-year-old Embrun man with holding up the Rexall Pharma Plus store at the corner of Orléans Blvd. and Jeanne d'Arc Blvd. N. on March 18. Sean Corcoran faces one count of robbery and one count of uttering a threat in connection with the incident during which the suspect made off with an undisclosed amount of prescription drugs. Anyone with any information about this or any other robbery is asked to contact the Robbery Section of the Ottawa Police Services at 613-236-1222 ext. 5116 or Crimestoppers at 613-233-8477 (TIPS).

Police calls reflect similar statistics in far east end

> **CONT'D FROM PAGE 1**

The English language school with the least number of incidents was Colonel By with 17. Cairine Wilson had 23, Lester B. Pearson and 28 and St. Peter High School and Gloucester were tied with 47. The two schools with the highest number of reported incidents were St. Matthew and Sir Wilfrid Laurier which both had 50.

After taking the schools respective populations into account, the numbers are adjusted accordingly. Colonel By still has the lowest number of occurrences at 14.4 incidents for every 1,000 students; St. Peter is next with a 24.6 incidents per 1,000; followed by Lester B. Pearson at 26.3; Cairine Wilson at 35.4; St. Matthew at 36; Sir Wilfrid Laurier at 47.6; and Gloucester with 52 reported incidents per 1,000 students.

It is often said that high schools are a reflection of society at large and the statistics would appear to reflect that statement. According to the Ottawa Police Services' most

recent Activity Report, there were three assaults for every 1,000 residents in Orléans in 2008. When the student population for all seven area high schools included in the *Ottawa Sun* report are taken into account, there only two assaults were reported for every 1,000 students.

With just over 12,000 students enrolled in the east end's 11 high schools, the overall number of police calls per one thousand students was 27.25. In 2007, there were 30.5 incidents reported for every 1,000 students.

By far the highest number of police calls were for "suspicious" incidents at 79. The next highest were for "disturbances" at 60. The Ottawa Police Service also responded to 29 thefts, 21 assaults, three sexual assault complaints, five thefts from lockers and 16 stolen bikes.

Every high school in the east end has a safe school policy that includes zero tolerance for carrying weapons and fighting on school property.

All systems go for Shenkman Arts Centre grand opening

By Fred Sherwin
The Eastender

The final plans are being made for the highly-anticipated grand opening of the Shenkman Arts Centre next month.

While the centre will actually be open by the third week of May to allow member groups such as Arts Ottawa East and the Orleans Young Players Theatre School to move in, the official grand opening won't take place until Thursday June 18, followed by three days of festivities.

An open house will also be held to allow members of the general public to get their first look at the 500-seat theatre, studio space, arts galleries

and other facilities.

For those people who wish to get a sneak peak of the arts centre, they have the option of buying a ticket to a performance by comedian Sean Cullen who will Christen the theatre on June 5.

Les Chansonniers will also make a pre-grand opening appearance in the theatre on June 11 and 12.

But things won't really heat up until the Grand Opening Gala on June 18 which will feature a formal reception and a bilingual variety show in the main theatre. The Leonard Cohen Songbook will take to the stage on June 19 and MIFO has organized a program for June 20.

DUST EVANS

Lawyers/Avocats 613-837-1010
2589 boul. St. Joseph Blvd., Orléans



Gerry Dust



Bradley Evans



Philippe Grandmaitre

"Providing quality legal service to Orléans and area for the past 30 years."

Orleans salon raises \$5,813 in fight against cancer one snip at a time

By Fred Sherwin
The Eastender

It's been nine years since the mother daughter team of Diann Lalande and Sylvie Simard first took a day out of their busy schedule to raise money for the Ottawa Regional Cancer Foundation.

The owners of Diann's Hair Salon on Trim Road organized the first "Cuts for Cancer" in 2000 as a way to honour one of their clients who had passed away from cancer, as well as a means to support several clients who were either battling the disease, or had family members who were living with cancer.

Since then they've managed to raise over \$22,000, including a whopping \$5,813 which they brought in on Saturday thanks to the generosity of both regulars and strangers alike.

For the first time this year they set up a tent on the front yard and cut hair in the open air, something Sylvie has wanted to do from the beginning.

"She's always wanted to move it outside so people could see it driving by and maybe stop in. I had someone do it all last night and she had no idea. It was a big surprise," said Lalande.

The outdoor salon was a big hit with a number of the clients that dropped by including Ottawa-Orléans MP Royal Galipeau who asked Sylvie to cut his hair "long on the top and short on the side".

The customers kept coming even after the wind picked up later on in the after-

noon. At one point a gust of wind knocked the money jar over and cheques and \$20 bills started blowing across the lawn.

Diann's sister Pat Surprenant immediately sprang into action and started chasing the bills down along with several customers who were waiting to have their hair down.

"Oh my goodness, it was crazy, the cheques and money were blowing all over the place," said Surprenant.

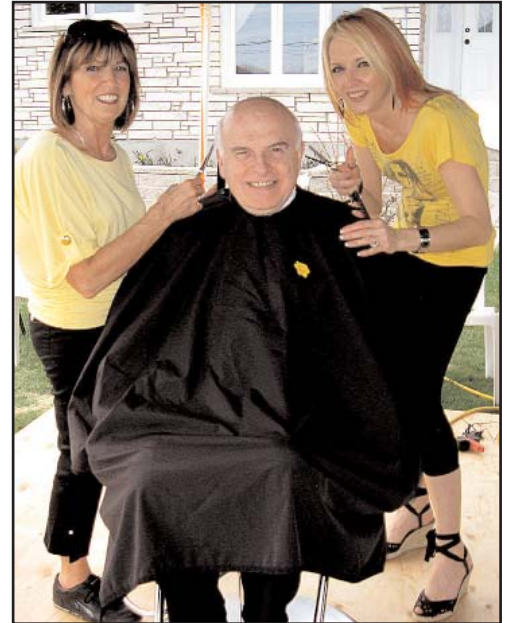
The weather conditions didn't bother Sylvie who kept a steady hand despite the wind whipping the people's hair around as they sat in the chair.

"It's a challenge, but people with cancer face a lot worse challenges all the time," said Sylvie.

As in past years, there were several of heart-warming moments that occurred during the day and served as a reminder as to why the cause is so important.

A number of cancer survivors stopped by to thank Diann and Sylvie for their efforts, but the most emotional moment occurred when a woman who had lost her mother to cancer a year ago at this time dropped by to make a donation and get her hair done in her memory.

Six people had their ponytails cut off and donated their newly shorn locks to the Angel Hair program, which uses the hair to make wigs for cancer patients going through radiation and chemotherapy, and one man who only gave his name as Alistair, dropped off three separate dona-



Ottawa-Orléans MP Royal Galipeau poses for a picture with Diann Lalande and Sylvie Simard before having his hair cut as part of the Cuts for Cancer event at Diann's beauty Salon on Saturday. Photo supplied

tions totaling \$1,655. A young boy from Thurso, Quebec, whose grandfather died from cancer, dropped by earlier in the day to donate \$134. He raised the money by going door to door in his neighbourhood. All the money donated will go to the Ottawa Regional Cancer Foundation.

Visiting Katimavik group draws attention to hazardous situation

By Fred Sherwin
The Eastender

Members of the volunteer youth organization Katimavik are hoping to draw the community's attention to a potentially hazardous situation at Yves Richer Park in Queenswood Heights.

Earlier this month two of the group's members took a get acquainted with their surroundings stroll through the neighbourhood when they happened upon the park located off Des Epinettes St. and noticed that the melting snow had uncovered quite a bit of trash in the form of discarded soft drink cups, wrappers, etc. near the entrance.

When they returned to the home where the group's 11 members are staying until the end of June, they decided they would roll up their sleeves and clean up the trash as a way of saying thank you to their hosts and giving something back to the community they're temporarily calling home.

They returned to the park on Easter Monday and managed to fill up several large, extra-strength garbage bags by cleaning up around the main park and along a nearby pathway that follows Bilberry Creek.

After a short lunch break they resumed their work in the afternoon. Before long one of the members discovered a couple of discarded tires while she was picking up debris in a wooded area beside the path that leads from Des Epinettes to the park itself.

As she extended the area in which she was working, she started pulling items out from the side of the embankment along the entrance way. She found several sections of pipe, some old shingles, broken glass and even some barbed wire. Before long they realized they had unearthed more than they had bargained for.

"It was a little overwhelming to tell you the truth, even for our little group of 12 people," says Hanam. "At first we thought it was a landfill site. Most of the stuff we were finding isn't your regular garbage. It's surprising to see that type of stuff so close to a park where children are playing."

The group is hoping that by bringing the situation to the attention of the local community, something might be done about it on a slightly larger scale.

Al Tweddle is a long time Queenswood Heights resident and a member of the Queenswood Heights Community Association. Before the surrounding houses and the park was built the area was mostly farmland. He believes that much of what's underneath the park was debris that was bulldozed together as the neighbourhood was being built.

In the case of the entrance way, it's possible that a certain amount of debris was mixed with the earth that was used to form the embankment and then covered over with topsoil or some other screened aggregate when the park was built. Unfortunately,



Members of the volunteer youth organization Katimavik gather debris they found along an embankment near the entrance way to Yves Richer Park in Queenswood Heights. Fred Sherwin/Photo

ly, over time, the cover material has slowly eroded away to uncover the debris.

Because of the potential safety issue, Tweddle believes the city should investigate the scope of what the problem is and deal with it accordingly.

Lansdowne Live negotiations given green light

By Fred Sherwin
The Eastender

Ottawa city council has given senior staff the green light to begin negotiations with the group behind the Lansdowne Live proposal which could lead to the redevelopment of Lansdowne Park and the return of CFL football to a refurbished Frank Clair Stadium.

Reports that the Lansdowne Live proposal had enough support on city council to at least get conditional approval began surfacing on Sunday and gathered steam right up until the vote was taken. The motion to accept the Lansdowne Live proposal with a number of conditions attached to it passed by a margin of 14-9.

Among the caveats the proponents must agree to are a commitment to set aside a substantial portion of the site to greenspace and other public uses; keeping the Farmer's Market; no box stores; an increase in the amount of trade space over and above what is in the group's original proposal; a thorough public consultation process; an agreement to limit the cost to taxpayers at \$3.8 million, which is what the city is currently spending on the park, and a provision to prohibit the use of revenues generated from the project to subsidize any professional sports team.

The city will begin negotiations with the development group behind the Lansdowne

Live proposal as soon as possible. The motion calls for staff to come back to council with an agreement within the next 60 days so that it can be voted on..

The motion endorsing the Lansdowne Live proposal came after two attempts to further delay the process failed. Capital Ward Coun. Clive Doucet unsuccessfully tried to convince council to revisit the idea of holding an International Design Competition and Bay Ward Coun. Alex Cullen's attempt to have the current process scuttled in favour of a new process aimed at finding a more suitable location for a sports complex was also defeated.

In the end a majority of councillors were resolute in their desire to address the Lansdowne Park issue once and for all. While a number of the councillors openly favoured the Lansdowne Live proposal to refurbish Frank Clair Stadium and the Ottawa Civic Centre, several councillors who voted in favour of starting negotiations with the group of developers wanted to ensure that taxpayers will be protected from any potential surprises.

The developers, Roger Greenberg of Minto, John Ruddy of Trinity, and Bill Shenkman of the Shenkman Corp., want the city to fix the crumbling Frank Clair Stadium and refurbish the Ottawa Civic Centre. They estimate the cost will be about \$97 million. City staff believe the

price tag will be closer to \$125 million when you factor in the need for additional parking and greenspace.

In exchange for the city covering the construction costs, the Lansdowne Live group will cover the annual operating costs which are estimated to be about \$1.4 million and invest \$100 million in commercial and residential development on the site currently occupied by the coliseum building.

By refurbishing Frank Clair Stadium and the Civic Centre the city will avoid having to pay \$2.4 million a year in annual upkeep costs which are currently needed to maintain public access to the facilities. When combined with the operating costs, the city will save about \$3.8 million a year. One of the motions agreed to by council would limit the city's financial commitment to \$3,8 million a year in debt financing charges on their capital investment.

Orléans Ward Coun. Bob Monette spoke very passionately during the meeting about the need to redevelop Lansdowne Park and once again making it a people place which the whole city could be proud of.

Of the four east end councillors, Monette, Rainer Bloess and Rob Jellett all voted in favour of the Lansdowne Live proposal. Beacon Hill-Cyrville Ward Coun. Michel Bellemare voted against it.

Provincial ban on cosmetic use of pesticides now in place

By Fred Sherwin
The Eastender

J.A. Laporte's Flowers and Nursery owner Estelle Laporte has a heightened level of anxiety these days and it's not because she's nervous about a late start to the growing season or another unseasonably cold summer.

She's worried about the provincial ban on the cosmetic use of pesticides which came into effect last Wednesday.

According to Laporte, very few people are aware of the ban.

"No one knows anything about it," says Laporte who has mixed reservations about the new legislation which places a ban on the purchase and sale of hundreds of chemical-based pesticides and herbicides limits the sale of certain other herbicides to be used on poison ivy only.

Publicity about the pesticide ban has been slow in making it into the mainstream media. Although most major media outlets ran stories that the ban came into effect on Wednesday, very few if any of them had any information about what sort of alternatives are out there.

Laporte is worried the ban is going to lead to a lot of confusion among property owners and gardeners about what they can and can not use.

"When people come to buy a product and it's not on the shelf, who do you think is going to hear about it? I've talked to some dealers in Quebec where they've had

a ban for the past three and they said they heard about it from customers for a year a half," says Laporte.

The Ontario ban follows closely on the heels of similar prohibitions imposed by local municipalities including Toronto which banned the cosmetic use of pesticides in 2007. Ottawa has been toying with the idea of ban for a couple of years now, but one never got passed even though the city has its own internal policy against the cosmetic use of pesticides.

The ban is part of a growing trend in North America and elsewhere to curb the use of chemical-based pesticides which studies indicate are especially harmful to children and pregnant women and may lead to birth defects and learning disabilities. There is also evidence to suggest that prolonged exposure may cause certain cancers.

The Cosmetic Pesticides Ban Act will prohibit the sale of over 250 products and limit the use of over 80 pesticide ingredients for non-cosmetic purposes such as controlling poison ivy, flying insects that may be carrying diseases, such as mosquitoes, and insects or plants that may cause damage to a structure or infrastructure, such as termites.

Ontario farmers are exempt from the new legislation and golf courses will still be able to use pesticides, although certain conditions must be met to ensure a minimal impact on the environment. Indoor pesticides such as "Off" and "Raid" are also still legal.

Probably the most confusing part of the legislation is the partial ban it imposes on the use certain products like Round Up.

Up until now, many people have been using Round Up as a quick and easy solution to get rid of those small weeds that grow in the crevices between patio stones and interlock bricks.

The new ban now prohibits the use of Round Up on anything except to combat noxious plants like Poison Ivy. In fact, dealers such as Laporte's must ensure that any customer who wants to buy Round Up, or any other product that is partially banned, a handout which the customer must read before purchasing the product. Fortunately, vinegar works just as well when it comes to getting rid of weeds growing in small crevices.

The provincial government plans to spend over \$10 million to implement the ban and educate the public on the dangers of pesticides through point of sale information such brochures and posters, and educational seminars which will be conducted around the province in collaboration with Communities in Bloom.

The Ministry of Environment also has a website at www.additupontario.ca, which among other things, lists advice on how to maintain healthy lawns and gardens naturally. People like Estelle Laporte and the folks at Budd Gardens in Blackburn Hamlet are also a wonderful source of great advice.

Pair of east end high schools make Top 10 list

By Fred Sherwin
The Eastender

The far east end can lay claim to having two of the top 10 high schools in the province, according to the latest Report Card on Ontario's Secondary Schools released by the Fraser Institute.

Colonel By Secondary School and École secondaire catholique Garneau ranked 6th and 10th respectively out of the 718 schools that were included in the report card which takes the results from the province-wide EQAO tests in Grade 9 and 10 and then analyzes them against a number of socio-economic indicators.

Colonel By improved its ranking by 92 positions over last year's report card, largely based on the fact that 96.8 per cent of the students who took the EQAO test last year scored at or above the provincial standard.

By comparison, the school with the next best test results last year was École secondaire publique Gisèle Lalonde where 84.6 per cent of the students who took the test scored at or above the provincial standard.

Colonel By's overall rating of 9.6 out of 10 is the highest rating the school has received since 2004. When compared with the average rating of 658 other schools over the past five years, Colonel By sits 12th.

École secondaire catholique Garneau is ranked 25th in comparing their average rating over the past five years to the other schools, and their overall rating of 9.4 out of 10 in 2009 was good enough for 10th in the province.

The next two ranked schools in the far east end are both French. École secondaire publique Louis-Riel not only has the most improved ranking in the city, but they are one of the most improved schools in the province over the past three years going from an overall rating of 4.1 in 2006 to 8.9.

To get a grasp on how much the school has improved its position compared to the province's other secondary schools over the past five years, they have gone from an average rank of 440th out of 680 schools to 25th in the province last year.

Perhaps the most striking statistic is that nearly twice as many students who took the EQAO test last year scored at or above the provincial average when compared to the number of students who scored at or above the provincial standard in 2006.

École secondaire publique Gisèle Lalonde and École secondaire catholique Béatrice-Desloges placed third and fourth respectively in the far east end to round out the top five. Gisèle Lalonde was ranked 44th in the province out of the 718 secondary schools included in the report card and Béatrice-Desloges was ranked 177th.

Cairine Wilson improved its overall rating for the third year in a row, going from 5.1 in 2004 to 7.4 last year, which placed them sixth among the far east end schools. The next two places on the list are occupied by two English Catholic board schools.

St. Peter High School received an overall rating of 7.1, while St. Matthew High School received a 6.7. Both schools' provincial rankings are off considerably from their average ranking over the past five years.

St. Pete's is ranked 243rd on this year's report card, compared to its average rank of 105th for the past five years. St. Matt's, meanwhile, is ranked 318th, which is well off its average rank of 143rd.

Sir Wilfrid Laurier Secondary School has the largest discrepancy between its ranking in 2008 and its average rank for the past five years. The school's overall rating last year was 6.2 which placed it 407th on the list of 618 secondary schools on the report card. That's well off the school's five year average which puts it 80th on the list.

The two schools ranked at the bottom of the list of local high schools, also happen to be the two schools that have the lowest average parental income and the highest number of ESL students. They are Gloucester High School and Lester B. Pearson Catholic High School.

Both schools are managing to maintain their report card rankings, with Lester B. Pearson actually having improved their

overall rating from 3.3 in 2007 to 4.6 in 2008.

The Fraser Institute Report Cards remain highly controversial in pretty well every province in which they are compiled. Many educators either dismiss them entirely, or downplay their relevance.

The Institute goes to great pains to try and answer its critics, including a page on their website that answers frequently asked questions such as "Isn't the report card just a way to distinguish the 'have' schools from the 'have not' schools" and, "Can I choose a school based on the report card alone?"

The Fraser Institute's director of school performance studies, Peter Cowley, says that while many educators have dismissed the report cards as a waste of time, just as many, if not more, appreciate the ability to use them as a barometer with which they can measure the progress, or lack of, their programs. The report cards are especially popular among parents.

"The report card allows parents to quickly and easily determine if their child's school is improving or regressing academically. It gives parents information they can use in discussions with teachers and principals," says Crowley.

Cowley says critics of the report cards too often excuse a school's poor results by blaming them on socio-economic factors. By doing so, he believes the critics are essentially writing off a student's chances of success based on a family's economic standing.

"Every school should ensure that all its students meet the provincial standard in literacy and mathematics, no matter where the student lives or how much their parents earn," he says.

The Fraser Institute is a conservative minded think tank that believes in a parent's right to choose which school they should send their children to.

The scores for the 11 east end high schools are listed in the colour coded chart below. The full report card can be viewed at www.fraserinstitute.ca.

Crown appeals to extend Khawaja sentence

By Fred Sherwin
The Eastender

The federal Crown Attorney's office is appealing the 10 1/2 year sentence handed down to convicted Orléans terrorist Momin Khawaja for his involvement with a London terrorist cell in 2003 and 2004.

The notice of appeal was filed with the Ontario Court of Appeal on Tuesday less than a week after Khawaja's lawyers announced their intentions to appeal both the conviction and the sentence in the hope that the court will reduce the length of the sentence to time served.

During the trial, the Crown argued that Khawaja be given consecutive life sentences for facilitating and financing terrorist activities under Canada's Anti-Terrorism

Act as well as an additional 58 years for a string of Criminal Code offences he was found guilty on, including possession of an explosive device.

After the trial, the Crown expressed disappointment that Justice Douglas Rutherford did not hand down a stiffer sentence to send out a stronger message to terrorist organizations which operate on a need to know basis.

In fact, the Crown used the same premise in arguing for a conviction on the more serious charge of having a direct involvement in the London bomb plot. Khawaja's defence lawyer, Lawrence Greenspon, made a case that the 29-year-old computer programmer had no direct knowledge that the device he was working on was going to

be used to bomb civilian targets in London.

The Crown argued that it shouldn't matter whether Khawaja had a direct knowledge of the intended use of the detonation device, or not. The very fact that he knew what the London bomb plotters were capable of, and that he never established in his own mind what his terrorist colleagues had in mind, made him guilty by association.

Part of the Crown's case was built on the contention that terrorist cells often operate on a need-to-know basis as part of the covert nature of their activities.

In the end, the judge ruled in Khawaja's favour on the two more serious charges and sentenced him to a total of 10 1/2 years with no chance of parole for five years on the remaining seven counts

The Eastender

Fred Sherwin
Editor & Publisher

Letters should be limited to 250 words.

To submit a letter to the editor to *The Eastender* e-mail the-eastender@orleansonline.ca.

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

Fellowship

In an age when the home computer has become an integral part of the education of our young people, there are still many young students who don't have access to a home computer because of their families financial position.

Many financially-challenged families simply cannot afford even the least expensive computer systems, let alone the latest software or Internet service. For the children who grow up in these families there is no such thing as a level playing field. They are already functioning at a distinct disadvantage due to their economic status. Without unfettered access to a home computer and the Internet, their's is an uphill battle.

But there's an organization in our community and one man in particular is trying to change all that one computer at a time. The organization is the Knights of Columbus and the man is Doug Douillard who four months ago came up with the idea to collect cast-off computers from the local community, refurbish them and then donate them to the Orleans-Cumberland Community Resource Centre who will distribute them to families in the community who need them.

It's a simple enough concept, but it takes a small army of volunteers to pull off and someone with immense passion and energy get everyone pulling in the same direction.

Drouillard's initial goal was to donate 20 computer systems to the Resource Centre by the end of the year, but thanks to the generosity of a great many people who dropped off a steady stream of computers components at the Divine Infant Church Hall on the weekend, he's now hoping to put together 75 computer systems, complete with Windows 2000 software and dial-up connections donated by National Capital FreeNet.

There are really no words to adequately say how incredibly important this initiative is to the kids who will be receiving the computers. The entire community should be indebted to Drouillard and his fellow Knights of Columbus members for their efforts which will have long-lasting and far-reaching ramifications.

Hopefully, other Knights of Columbus Councils will pick up on their initiative and launch similar programs in other centres, thus creating a lasting legacy of community stewardship.

— Fred Sherwin, editor

Battle brewing over east urban expansion plans

Recently, over 200 people packed into the Lions Maple Hall in Cumberland Village to voice their displeasure over a proposal to expand the city's east urban boundary to include an additional 337 hectares in an area bordered by Innes Road to the south, Cardinal Creek to the west, Hwy. 174 to the north and Frank Kenny Road to the west.

Tamarack Homes has purchased options on much of the land which they plan to turn into a massive subdivision on the scale of a second Avalon. According to city planners, Tamarack will be able to build up to 4,280 homes in the area once they get the land rezoned, which will be little more than a formality if city council decides to expand the urban boundary eastward.

The packed hall heard speaker after speaker reel off a long list of reasons why they're opposed to the move. The most common reason was the impact the expansion and additional housing will have on the existing infrastructure.

They questioned the impact 4,280 additional homes would have on their well water and whether or not the road network would be able to handle the increase in traffic. They were especially concerned about the impact the additional vehicles would have on Hwy. 174. According to the city's criteria, roads and transportation scored a zero on a scale of zero to four in assessing the area.

Unfortunately, none of that matters when it comes to trying to stop the proposed expansion. With 10 other areas also up for consideration, it's going to come down to who does the best job lobbying city councillors to reject the expansion plans in their community, because you can bet Tamarack Homes and the other developers who stand to gain should the urban boundary be

expanded will be lobbying hard themselves.

Cumberland Ward Coun. Rob Jellett is hoping to convince his fellow councillors to at least place a five-year moratorium on expanding the urban boundary. The city currently has enough vacant land to satisfy demand for the next 13 years.

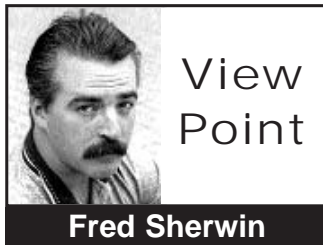
He agrees with those who are questioning why the city is in such a hurry to expand the urban boundary given the current economic climate, and would prefer the city defer expansion for five years and concentrate on intensification while improving and

expanding the existing infrastructure. The best way opponents of the expansion can support their councillor and help their cause is to establish an e-mail campaign with a clear and concise message based on one central argument.

Staff are hoping to establish a framework within the Official Plan to address concerns over premature development. The framework will contain a specific set of guidelines that will have to be met before development can proceed.

The framework is long overdue as long as the city sticks to it. The problem is that if the city approves the framework at the same time they approve the urban boundary expansion, and then tries to get Tamarack to follow the new guidelines, Tamarack will no doubt file an appeal with the Ontario Municipal Board on the basis that the city has placed an unfair incumbrance on their plans – and they might very well win.

The most prudent course of action would be to place the framework in the Official Plan first and then wait three to five years before expanding the urban boundary. Which is why getting the rest of council to support Jellett and agree to a five year moratorium is so crucial.



View Point

Fred Sherwin



Quality childcare at affordable prices

If your child is between 2 and 5 years of age and you're looking for a group setting with stimulating activities and caring, qualified staff, call Karen today at 613-824-1330.

Subsidized full- and part-time and half-day spaces available. To find out more click on this ad with the hand tool or visit: www.orleansonline.ca/AZDaycare



A-Z Daycare • 1145 St. Pierre St., Orléans • 613-824-1330

Knights of Columbus spearheads effort to refurbish computers for community resource centre

By Fred Sherwin
The Eastender

About four months ago, Divine Infant Knights of Columbus Council member Doug Drouillard came up with an idea to collect used computer systems, refurbish them and then hand them over to the Orléans-Cumberland Community Resource Centre which could give them to their clients.

After talking to the folks at the Community Resource Centre, Drouillard's idea quickly evolved into a one day effort to collect as many computers and peripherals as possible, have volunteer technicians fix them up and reload them with software before handing them over to the OCCRC.

"The Resource Centre tried to start a program before, but it was too expensive between getting them fixed up and buying the licenses for the software," says Drouillard who may have to rethink his original target after a steady stream of people dropped off dozens upon dozens of cast off computers, monitors, CD drives and keyboards at Divine Infant Church on Saturday.

Inside the church hall, a small army of volunteers first cleaned the various computer components, weeded out the stuff that was beyond repair and then put together systems using Linux operating systems and fax modem software so that the recipients will be able to access the Internet using a dial up connection and service provided free of charge by National Capital Freenet.

The idea for the initiative was born out of hobby/small business venture Drouillard started a couple of years ago whereby he would acquire cast-off computers from the federal government, refurbish them and then resell them on the Internet through websites like Kajiji.

"One day I got a call from a university student who couldn't afford a computer even at the low price I was selling them for and I started thinking that if a university student couldn't afford a computer, then how many other students can't afford a computer and what about our seniors," says Drouillard who first contacted a local com-

puter recycling company and then the city's social service department.

When the social services department didn't respond quickly enough, he contacted Orléans Coun. Bob Monette who hooked him up with the Orléans-Cumberland Community Resource Centre, and thus the idea for the Knights of Columbus initiative was born.

OCCRC in-take worker Isabelle Diotte says the new program will be a godsend for financially challenged families who can't afford to buy their children even the cheapest computers.

"We know a lot of people who are in those circumstances," says Diotte. "They have kids in school and they need a computer for them to keep up with the other kids. It's essential these days."

Leveling the education playing field for children in financially-challenged families is one of the prime goals behind the Knights of Columbus initiative as is supplying computers to seniors who may not be able to afford them but would like to be able to communicate with family member over the Internet.

"There's a ton of old computers out there and probably a ton of people who need them, all it takes is building a bridge and we're just a bunch of old fogeys who can do that," says Drouillard, who figures they will be able to put together 75 systems with the components they received on Saturday.

That means they should be able to get Windows 2000 software from Microsoft for \$5 a system. In receiving enough components for 75 systems, they also received a pile of stuff that is beyond repair. More than two tonnes worth to be exact.

Fortunately, 1-800-GOT-JUNK was holding an e-recycling drop-off event in front of the Pet Smart store on Innes Road. The aim of the event was to collect unwanted computer components from members of the public and deliver them to a licensed computer and electronics recycling company in Bells Corners, thus diverting the material from the city's landfill site.

When 1-800-GOT-JUNK owners Pierrette and Luc Raymond got wind of the Knights



Members of the public drop off their used computers outside the Divine Infant Church Hall where they were being collected by the Knights of Columbus to be refurbished before being donated to the Orleans-Cumberland Community Resource Centre. Fred Sherwin/Photo

of Columbus event, they offered to swing by and take as much of the material with them to Bells Corners as possible, which amounted to approximately two tonnes.

By the time the day ended, Drouillard was walking around on cloud nine despite being close to exhaustion.

"It was four times more than we ever expected," said Drouillard who was bursting with his immense pride over what his fellow Knights of Columbus Council members had managed to accomplish. "Actually, the nicest thing I got today was when one of the young recipients from the Resource Centre had a sparkle in her eye when she found out she was taking home one of the home computer systems. Wow, that made the whole thing worthwhile."

Multicultural Association pitches in to help clean up Petrie Island

By Fred Sherwin
The Eastender

Members of the Multicultural Association of Orléans rolled up their sleeves to help clean up Petrie Island on Sunday as part of the organization's ongoing effort to have a positive impact in the local community.

This is actually the second year the association has done a Spring Cleaning event on Petrie Island. The group's president Qamar Masood, says the association has been making a concerted effort to be a positive force in the community.

"The involvement has been getting stronger and stronger," says Masood. "We have a relationship with the east end."

As for the task of cleaning up Petrie Island, Masood was surprised with the lack of garbage the group found.

"Last year we had a lot more garbage. The people of Orléans have done a very good job looking after the park," said Masood. "It's important to take of Mother Earth, because she takes care of all of us."

Ottawa-Orléans MPP Phil McNeely joined the effort for the first hour before he had to leave for another engagement.

"You know this is my special spot. I'll always have a special place in my heart for Petrie Island," said McNeely who played a lead role in creating the beach and park while he was on city council from 2000 to 2003. "This is an absolute jewel, we just need more people to come down and see it for themselves."

The Multicultural Association volunteers stuck to picking up discarded garbage like cups, wrappers and other assorted trash. The Friends of Petrie Island will be holding their annual Spring Cleaning event on the island on May 9 from 9 a.m. to noon.

Third annual Green Wellness Expo a huge success

By Fred Sherwin
The Eastender

I believe it was Kermit the frog who once sang, "It's not easy being green." It's too bad the fuzzy muppet wasn't around to drop by the Green Wellness Expo on Sunday where he would have discovered that being green is a lot easier than most people think.

More than 45 exhibitors and presenters were gathered at the MIFO Cultural Centre on Carriere Street to offer tips, ideas, products and services aimed at making the world healthier, safer, cleaner and of course greener.

A steady stream of people filed through the Green Wellness Expo which offered everything from nutritional advice and massages, to information on safe and environmentally friendly cleaning products and organic esthetics.

The Expo is the brainchild of Orléans chiropractor and wellness expert Dr. Nathalie Beauchamp along with her partner in crime, health and wellness consultant Deborah MacDonald.

During the first two years the event focused on helping visitors achieve personal wellness. This is the first year that the two women added a "green" element to the proceedings. It's also the first year that Dr. Beauchamp decided to interview all the exhibitors on stage à la Oprah.

"My goal was to develop a show focused on healthy lifestyle choices," said Dr. Beauchamp during a break in the proceedings.

The inspiration for the show came as a direct result of her patients who often asked her to recommend products and treatments that were outside of her immediate area of expertise. If she didn't have an answer, she did her own research which opened up a number of doors and windows to other health and wellness practitioners and products.

The Green Wellness Expo was a way to bring as many like-minded and similarly motivated people under one roof as possi-

ble and each year it's grown in both participation and popularity.

Dr. Beauchamp said she's definitely seen an increase in people's desire to be healthier, fitter and greener.

"The interest has definitely been growing since I opened my clinic 12 years ago, especially among women. They're more conscious about their own actions and decisions, and they want to set a good example for their kids. They want to be part of the solution," said Dr. Beauchamp who split her time between interviewing exhibitors on stage and autographing copies of her new book "Wellness On the Go: The secret to creating wellness and balance in your busy life (with time to spare!)" which she co-authored with friend and colleague Andrée Benson.

Among the many presenters at the Expo was Laura Booker who was promoting the upcoming Earth Run which will take place at Vincent Massey Park on April 26.

The international event is being organized to raise money for local environmental programs. Each registrant must pay an entrance fee of \$25 which will go to support a number of initiatives including Just Food, The Tucker House, The David Suzuki Foundation and Evergreen.

"This is the first year we're holding an Earth Run in Ottawa and we're inviting anyone who's passionate about the environment, the planet and green space to come out and support some of the things that are going on in Ottawa," said Booker.

Registration will open at 9 a.m. followed by the run at 10 a.m. For more information about the event visit www.earthrun.com.

Ottawa-Orléans MPP Phil McNeely also dropped by the Expo to promote the Ontario government's new Green Energy Act which was introduced in the Ontario Legislature in February.

The Act aims to boost efforts to develop community power initiatives and renewable energy sources such as solar energy, wind turbines, methane and river currents, while promoting conservation through ini-



Andrée Benson (left) and Dr. Nathalie Beauchamp autograph copies of their book 'Wellness On The Go: The secret to creating wellness and balance in your busy life (with time to spare!)' during a break at the Green Wellness Expo on Sunday. Fred Sherwin/Photo

tiatives such as home energy audits which the legislation would require prior to all home sales.

Similar legislation in Germany and the United Kingdom has resulted in a sizable decrease in residential energy demands as well as a huge increase in cost savings.

McNeely says the energy audits, combined with funds available through the Ontario Energy Retrofit Program, will not only help homeowners conserve energy and save money, but help employ hundreds of workers as well.

"Between the energy savings and the rebates which will pay homeowners up to \$9,000, it won't cost a cent. It will save money, create jobs in our neighborhood and help cut down on greenhouse gas ambitions," says McNeely.



**ROBERTSON
FITNESS EQUIP.**

END OF SEASON

BLOWOUT

• Sales • Rentals • New & Used • Weights & Benches

CHECK OUT OUR UNIQUE
TRY BEFORE YOU BUY PROGRAM

Treadmills
from **\$699.99**

Minimum 10 years motor warranty
Fold-up design



Bikes
from **\$299.99**

10 programs magnetic resistance



Ellipticals
from **\$499.99**

All programmable models and some with fold-away design



Best Deals in Ottawa
GUARANTEED!!

No charge for delivery and set up

SAVE UP TO 60%

4380 Innes Road at 10th Line • 613-834-1077 • www.robertsonrentall.com

Local Sports

Young skier returns from experience of a lifetime

By Fred Sherwin
The Eastender

For a young skier, having a chance to compete in the K2 National Championships can often be the highlight of their careers. Having the opportunity to take part in the national championships and the Whistler Cup, which brings together the best young skiers in the world, in back-to-back competitions is often the highlight of their lives.

Orléans resident Stéphanie Gould, 14, recently returned from an extended trip to the Rockies where she took part in both events as the reigning Quebec K2 champion.

At the K2 President's Choice National Championships at the Silver Mountain Resort in Vernon, B.C., she finished 11th in the Super Combined event, sixth in the super-G and 10th in the slalom.

She was in position to finish in the top 10 overall, but a bad gate on her first run in the giant slalom doomed her chances. Although she rebounded with a terrific second run, the damage had already been done.

After spending a few days with her parents who made the trip out west to be with their daughter, she arrived in Whistler to take part in the Whistler Cup.

After finishing a disappointing 23rd in

the super-G on the opening day of the event – she placed 14th among the Canadians in the race – Gould failed to complete her second run in the slalom. She then placed 29th in the giant slalom on the last day of the event

While the Grade 9, Louis Riel student wasn't overly thrilled with her results, they were impressive nonetheless, especially when you consider that she didn't even crack the top 20 at last year's K2 Quebec Championships.

Back home in Orléans, the disappointment has already worn off.

"It was so much fun being around other kids my age. It was amazing," says Gould, who is a gifted road racer, as well as a former top flight triathlete. "It was so nice to meet new people from different provinces and different countries."

While Gould has skied in the Rockies several times in the past, it was always recreational. Having to compete brought a whole new level to the experience. Most of the competitors from Ontario and Quebec were at an distinct disadvantage compared to their peers from out west, especially in the first couple of races.

"It was totally different. Here we usual race on ice and there you're always skiing on powder. A lot of the guys had hard time setting their skis up," says Gould who plans



Orléans skier Stéphanie Gould recently returned from out west where she competed in the K2 National Championships and the Whistler Cup in B.C.
File photo

to take the summer off before deciding whether or not she'll continue with competitive skiing.

"We'll see. Competing (in B.C.) was a once in a lifetime experience. I'm never going to be able to compete at this level again."

Local gymnasts put their best foot forward at provincial championships

By Fred Sherwin
The Eastender

Seven of the east end's top gymnasts traveled to Windsor on the weekend to compete in the Ontario Women's Artistic Gymnastic Championships.

Of the seven gymnasts, two finished in the top 10 in their respective divisions and one managed to medal on one of the four apparatus used by the women.

Kaitlyn John from the Gloucester Tumblers won a bronze medal in the vault which helped propel her to a seventh place performance in the Level 7 (12- and 13-year-old division).

She tied for sixth on floor, placed eighth on beam and was a disappointing 16th on the bars.

Lindsay Yuen from Les Sittelles also placed seventh overall in the Level 7, 14 and over age group. She tied for sixth on bars, seventh on vault, 10th on beam and 13 on floor.

Yuen's Les Sittelles teammate Carolyne Savage placed 13th overall in the Level 6

14 and over age group. She tied for seventh on the beam which was her best apparatus, and placed 16th on bars. She also tied for 17th on vault and placed 21st on floor.

Emily MacDougall from the Tumblers finished one spot behind Savage in 14th place. She tied for eighth in vault and came 12th on beam. She also tied for 15th place on floor and was 21st on bars.

Kaitlin Neifer from the Tumblers tied for 17th in the Level 6, 10 and 11 age group thanks in large part to an impressive sixth place performance on vault. She finished 13th on floor, tied 15th on bars and tied for 20th on beam.

Veteran Melissa Mojsej from the Tumblers decided to specialize on bars this year and placed fifth in the event final in the Level 8, 14 and over age group with a score of 13.350.

Frédéric Beaulne-Séguin from Les Sittelles had a disappointing meet, placing 24th on the beam and floor to finish 24th overall. She tied for 10th on vault which was her best event and tied for 16th on bars.



Lindsay Yuen (foreground) and Frederick Beaulne-Séguin recently competed at the Ontario Women's Artistic Gymnastics Championships.
File photo

www.orleansonline.ca

www.orleansonline.ca

Bédard gets plenty of run support in win over L.A. Angels

By Fred Sherwin
The Eastender

During his tenure in the MLB, Erik Bédard has not always received a lot of run support. It was an issue in Baltimore where the Orioles were one of the worst teams in the American League and it was an issue in a couple of starts last year after he joined the Seattle Mariners.

Run support, or a lack thereof, was also a factor in his last two starts this season – a 1-0 win over the Oakland A’s and 2-0 loss to the Detroit Tigers.

But runs weren’t an issue against the Los Angeles Angels on Friday. The Mariners were nursing a 1-0 lead heading into the fifth inning when they exploded for six runs on six hits and a walk. That was more than enough for Bédard who had things in cruise control until the bottom of the fifth when he allowed three runs on three hits including the first homerun he’s given up this season.

Prior to the fifth inning, the Navan native retired 11 of the 12 batters he faced. The only Angel who managed to get a hit off him was Erick Aybar who got a double in the fourth inning.

After the fifth in which he threw 24

pitches, Bédard breezed through the sixth inning, retiring the three batters he faced on nine pitches. In the seventh, he got the lead-off hitter to fly out to centre and then gave up a single up the middle. The third batter ran the count to full when Bédard threw a wild pitch that allowed the runner to advance to second. On his next pitch he struck the batter out looking for his sixth punch out of the game and was then pulled in favour of a reliever having thrown over 100 pitches.

Bédard got high praise from Angel veteran Tori Hunter who said the big leftie was using his curveball to full advantage.

“We got beat by a good pitcher tonight,” Hunter told reporters after the game. “We’ve been hitting pretty well until we faced Bédard. His curveball was A-1. He had that curveball really working today.”

Bédard (2-1) allowed three runs – two earned – and five hits in 6 2/3 innings for Seattle. His ERA after four starts stands at 2.08. But his most impressive start by far is the fact that he didn’t allow a walk for the second time this season. In fact, he’s only allowed three walks in 26 innings of work while striking out 29 for an impressive strike to walks ratio of almost 10:1.



Navan native Erik Bédard allowed three runs, two of them earned, in 6 2/3 innings to pick up his second win of the season against the Los Angeles Angels on Friday. File photo

Bédard’s next start will be against the Chicago White Sox next Wednesday. The game will be televised on Sportsnet Ontario at 2 p.m.

B-D’s ‘other’ Erik signs professional soccer contract

By Fred Sherwin
The Eastender

At present, former Orléans resident Erik Lefebvre is the second most successful athlete to ever graduate from Béatrice-Desloges high school. The first is another Erik, that being Erik Bédard, who is currently making \$7.75 million as a starting pitcher with the Seattle Mariners.

For now, Lefebvre can only dream of making one-tenth the money his fellow alumni is making. However, they do have one thing in common. They’re both now professional athletes after Lefebvre was recently signed by the Charlotte Eagles of the United Soccer League, which is one rung below the more well known Major Soccer League.

As a keeper, Lefebvre helped lead the Bulldogs to three straight senior boys Tier 2 soccer championships and was the youngest member of the Ottawa Royals team that made it all the way to the finals of Canadian senior men’s soccer championship.

In his final year at Béatrice-Desloges, he signed a scholarship to play at Houghton College in upstate New York. he earned the starting position in net during his freshman year and eventually became a two-time NAIA All-American.

During his first year at Houghton, he earned a spot on the All-American Mideast Conference First All-Star team and never relinquished it. During his sophomore year he led the Highlanders to the NAIA Region IX tournament where he was selected to the All-NAIA Region IX first team and was named to the NAIA All-American second team.

As a junior, Lefebvre was again an All-

NAIA Region IX first team member, and was named NAIA All-American Honorable Mention.

Saving his best for last, Lefebvre enjoyed a stellar senior season in which he picked up his fourth selection to the All-AMC first team, and was runner up in the voting for the most valuable player in the conference. His final campaign with the purple and gold also landed him back on the NAIA All-American second team.

Highlanders coach Matthew Webb says he’s extremely proud of Lefebvre.

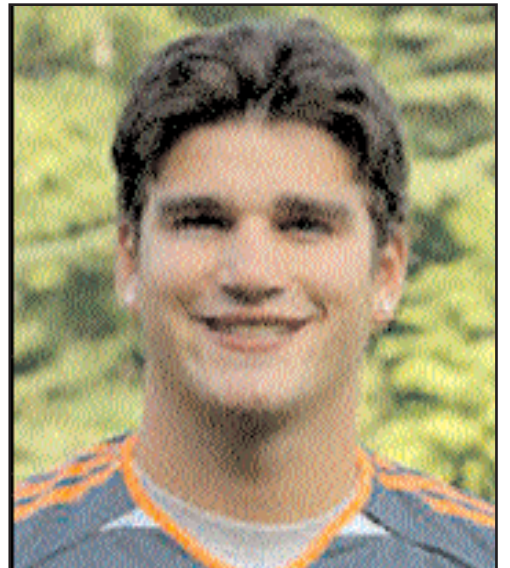
“I couldn’t be happier for him,” says Webb. “Erik has been a stalwart in the net for our program for the last four years. I know I’m biased, but Erik would have to rate as one of the top (goal keepers) to have ever played at Houghton, if not the best to have ever played the position here.”

On top of his personal accomplishments, Lefebvre’s leadership on the field helped the Highlanders win the conference Fair-Play award in three out of his four seasons.

The Charlotte Eagles made it to the USL-2 championship game last season, and are looking to build on their success next season.

Away from the pitch, Lefebvre has had an equally positive effect on the Houghton community. From making house calls for person training sessions with future players to assisting with the community gymnastics program, he has become a familiar face to many Highlander fans.

“Erik has made a significant impact with the young people in the Houghton community. Erik has a knack for working with kids and the young people have been



Former Béatrice-Desloges Bulldog Erik Lefebvre recently signed a professional soccer contract with the Charlotte Eagles of the United Soccer League. File photo

blessed to have Erik around these past four years,” says Webb.

For Erik, signing a contract with the Eagles is just the next step in what he hopes will one day lead him to either the MSL or professional soccer in Europe.

“This is a great opportunity for me, for sure. It will give me a chance to get a taste of what playing professional soccer is like and it will give me a heightened level of exposure,” says Erik, whose ultimate dream is to one day follow in the footsteps of former great Canadian keepers like Pat Dolan and Craig Forrest and one day play on the Canadian men’s team.

Artscetera

Vintage Stock fundraiser celebrates transition from one era to the next

By Fred Sherwin
The Eastender

The Vintage Stock Theatre company recently held a Fashion Show to celebrate the fashion trends of the 1940s while bidding a nostalgic farewell to the Orléans Theatre which will be closing its doors for good next month to make way for the new Shenkman Arts Centre.

The Fashion Show opened with a walk down memory lane as several members of the former Cumberland Town Council who oversaw the construction of the Orléans Client Service Centre in 1989 were called up on the stage.

Many newer residents of Orléans may not realize that the Client Service Centre started out as the Cumberland Town Hall and that the former Cumberland Town Council held their meetings on the Orléans Theatre stage.

Prior to 1989, the council met in the old town hall in Leonard. Former Cumberland mayor and later regional chair Peter Clark led the push for the new building along with former councillors Brian Coburn and Gerry Lalonde who would go on to succeed him as mayor.

The Town Hall became the Orléans Client Service Centre after the former municipalities that made up the Regional Municipality of Ottawa-Carleton were amalgamated in 2000.

As a dual purpose facility, the municipal building and the theatre stage that's at its very core has played host to countless productions over the years. Hundreds of Orleans Young Players alumni grew up acting in plays that were performed on the stage. The old East End Theatre company, the Gloucester Music Club, and, of course, Vintage Stock Theatre have also had a close relationship with the cozy 250-seat theatre.

But with the spanking new, 500-seat Shenkman Arts Centre about to open in June, the Orleans Theatre will soon fall

silent. So it was with a mix of nostalgia for the old and excitement for the new that the Vintage Stock Theatre celebrated the transition with about 70 of its supporters.

The fashion show took the audience on a walk down memory lane starting with the high hemlines of the roaring '20s; through the austere, conservative and functional '30s; to the 1940s in which designers and manufacturers maintained the austere designs of the '30s in an effort to conserve material during the war effort, but ended with the first sparks of a creative revolution.

The highlight of the evening, besides the myriad of hats designed by Paulette, was a figure skating costume modeled by Emma Taylor-Isherwood that was once worn by figure skating legend Barbara Ann Scott.

A number of local personalities took part in the fashion show, including former Orléans Chamber of Commerce president Judith Cane, Arts Ottawa East executive director Christine Tremblay, Cumberland Ward Coun. Rob Jellett, former 'A' Morning host Karen Soloman, and theatre actress and CBC Ottawa News at Six stand-in weather specialist Teri Rata Loretto whose performance of "Summertime" from the Broadway musical "Porgie and Bess" was the musical highlight of the evening.

The fashion show also included a small army of local actors who've been involved in past productions by Vintage Stock, OYP and ENCORE!, as well as scores of volunteers working behind the scenes all led by event organizer, Vintage Stock's founder and former president, Susan Flemming.

Each donor spent \$45 for a ticket to the gala which included a reception and silent auction upstairs complete with gourmet hors d'oeuvres and wine supplied by the Domaine Perrault winery in Navan.

The money raised will go towards rejuvenating and maintaining Vintage Stock Theatre's costume collection, which thanks to the patronage of Dymon Self Storage, is



Emma Taylor-Isherwood models a skating costume once worn by Barbara Ann Scott, while Vintage Stock Theatre Fashion Show organizer Susan Flemming (left) and Vintage Stock president Marni Hunt-Stephens look on. Fred Sherwin/Photo

being properly kept for future performances in their facility on Innes Road.

Speaking of future performances, Vintage Stock Theatre is in the early production stages for their upcoming murder mystery dinner theatre presentation of "Murder by Stitches" which will take place on the grounds of the Cumberland Heritage Village Museum on June 20 and 27.

The production is a slight break from tradition in that it is being held in the spring for the first time, rather than late summer. Over the years, Vintage Stock's highly imaginative series of murder mystery dinner productions have become the highlight of the local theatre scene.

For more information about the upcoming production visit www.vintagestock.on.ca.

Gloucester concert band delivers entertaining performance

By Fred Sherwin
The Eastender

More than 120 music fans were treated to an entertaining performance on Sunday as the Gloucester Community Concert Band took to the stage at Béatrice-Desloges High School for their annual Spring Concert.

The eclectic program offered a mixed bag of tunes from a suite of traditional folk songs to a pair of tributes to Aaron Copland and George Gershwin.

The theme of the concert was "Spring has Sprung" and the lively music certainly suited the spring like weather outside the theatre.

The program was tied together by a running script featuring two neighbours, Mrs. Smith and Mrs. Jones, who were played by Jolene Savoie and Carole Mongeon who

had to sprint from their positions in the orchestra to the front of the stage between each song.

At one point Mrs. Jones was having a garage sale at which Mrs. Smith bought a copy of "A Tribute to Copland" which led into the Copland tribute.

The Gloucester Community Concert Band was founded as a youth orchestra by Nelson McClinton in 1986. In 1992, McClinton handed his baton over to Lisa Concessi MacLean who has been the orchestra's director and conductor ever since.

Over the years the band has evolved into a true community orchestra with members from both the anglophone and francophone communities. The youngest member is 16 and the oldest member is in his 70s.

The band forms every September and

accepts members of all ages and skill levels. Rehearsals are held every Tuesday night at St. Peter High School. The fall is usually spent learning new arrangements in preparation for their annual Christmas concert.

The spring is by far their busiest time of the year. The season usually kicks off with a performance at the St. Peter Band-A-Thon, followed by their annual Spring Concert.

Over the next six weeks they will play at a number of seniors residences including Amica Bearbrook in Blackburn Hamlet and Résidence St-Louis as well as a special performance on Parliament Hill on May 19. They will then take a well deserved break over the summer before reforming next September. For more information about the Gloucester Community Concert Band visit www.gloucesterband.ca.

Artscetera

Orléans wellness expert co-authors new self help book

By Fred Sherwin
The Eastender

Dr. Nathalie Beauchamp is inquisitive by nature. It's one of the reasons why she ended up becoming a chiropractor and later expanded her practice to encompass a holistic approach to the concept of personal wellness.

As time went by, she gained a great deal of knowledge on a variety of topics that had little to do with chiropractic care, but were still of interest, not only to herself, but to her clients and people in general.

Two years ago she had an idea to host a seminar along with friend and professional life coach Andrée Benson. They never got around to organizing the seminar, but they did decide to put their ideas on paper and eventual formulate them into chapters in their book "Wellness On the Go: The secret to creating wellness and balance in your busy life (with time to spare!)" which hit the book shelves this week, just days before the Green Wellness Expo which Dr. Beauchamp has organized for the past three years.

Dr. Beauchamp's philosophy to maintain wellness is to be able to maintain a balance in your life psychologically, physically and nutritionally. When all three are brought into proper balance the result is personal wellness.

The book itself contains 48 chapters on a variety of subjects ranging from learning to read food labels to the facts about deodorants – "sometimes they stink". There's a chapter about the benefits and detriments of various sources of water and another about the pros and cons of organic food.

Almost all of the topics covered in the book have come up in conversations between Dr. Beauchamp and her patients, or between her and her friends and colleagues. Every time a subject came up that she was not averse in, she researched it until she felt comfortable talking about it with a reasonable amount of authority.

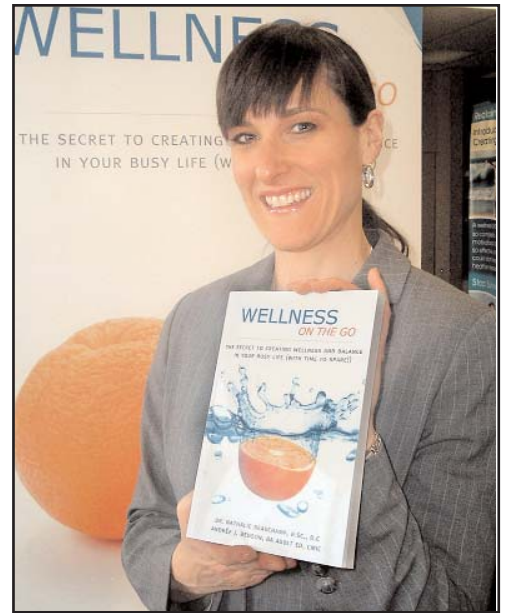
One of the messages in her book is that if you have a question and don't know the answer off hand, seek out sources that can answer your questions for you. One of the things that Dr. Beauchamp has learned is that sometimes trying to find an answer leads to more and more questions. It's the journey of discovery that's both enlightening and fun.

The book, in large part, is for people who may not have time to do as much research as they would like. It's for busy people who want to know what's out there and how to decipher the information.

"It's really about creating awareness and exploring the options," says Dr. Beauchamp. "Each chapter asks questions at the end and offers ideas on how you can take action. Ninety per cent of the time I guide them to the answer, but it's still left open for the reader to make up his or her own mind."

Dr. Beauchamp contends most of us have become the unwitting hostages of the big marketing firms which convince us to buy cosmetics we may or may not need and processed foods that are sexy and convenient, but incredibly unhealthy.

"What we're trying to say in the book is that we all need to start thinking for ourselves and read labels and ask questions.



Dr. Nathalie Beauchamp, owner of the Beauchamp Chiropractic Clinic and Creating Wellness Centre in Orléans, recently co-authored a book entitled 'Wellness On The Go' Fred Sherwin/Photo

Never take the advertising for granted. Be smart," says Dr. Beauchamp. "I've learned so much doing research for the book, it's unbelievable."

The book itself costs \$25 and can be purchased at Beauchamp Chiropractic and Creating Wellness Centre on Place d'Orléans Drive across from the Orléans Urgent Care Clinic.

For more information about the book visit <http://wellnessonthego.com>.

Community calendar

THURSDAY, APRIL 30

SENIORS YOGA CLASS from 11 a.m. to 1 p.m. at the Queenswood Heights Community Centre, 1485 Duford Dr. Open to both male and female participants at no cost. Bring your own mat and join us for a muscle strengthening activities exercise to help you to increase balance and stability. Presented by the Orléans Multicultural Seniors Program. For more information contact Juliet at 613-590-1321 or Susanne at 613-837-7245.

FREE HIP HOP LESSONS at École Sainte-Marie in Blackburn Hamlet from

6 p.m. to 8 p.m. For more information contact Stephanie in the Child and Youth Department at the Eastern Ottawa Resource Centre 613-741-6025 ext. 110.

FRIDAY, MAY 1

SENIORS FITNESS CLASS from 11 a.m. to 1 p.m. at the Queenswood Heights Community Centre, 1485 Duford Dr. Open to both male and female participants at no cost. Bring your own mat and join us for a muscle strengthening activities exercise to help you to increase balance and stability. Presented by the Orléans Multicultural Seniors Program. For more

information contact Juliet at 613-590-1321 or Susanne at 613-837-7245.

GAMES FOR SENIORS from 12 p.m. to 1 p.m. at the Queenswood Heights Community Centre, 1485 Duford Dr. Come and play bridge and other games at the Centre and bring a friend. Light refreshments are free. Presented by the Orléans Multicultural Seniors Program. For more information contact Juliet at 613-590-1321 or Susanne at 613-837-7245.

BLACKBURN DROP-IN at the Blackburn Community

Hall, 190 Glen Park Rd. From 6 p.m. to 8 p.m. for kids age 8 to 12 and from 8 p.m. to 11 p.m. for teens age 13 to 18. For more information contact Stephanie in the Child and Youth Department at the Eastern Ottawa Resource Centre 613-741-6025 ext. 110.

HOWARD DELNICK will be performing at the Orléans Legion, 800 Taylor Creek Dr. from 7 p.m. to midnight. Dinner buffet served from 5 p.m. to 7 p.m. featuring Bonnie's Kitchen.

MONDAY, APRIL 13 COUNTRY STYLE BUFFET BREAKFAST served from 9 a.m. to

11:30 a.m. at the Orléans Legion, 800 Taylor Creek Rd. This is a fundraising event for the Legion. For more information visit www.rcl632.com. Cost \$6 per person.

COMMON SENSE CROSSINGS AVAILABILITY SESSION AND SALEBRATION from 9 a.m. to noon at the Fairwinds Terrace in Orleans. (The Fairwinds Terrace is a small cul de sac off Voyageur Drive, just a few metres from the Greenbelt.) Food and refreshments as well as activities for children. We will also be holding a yard sale as a fundraising event for our group.