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The Eastender

April 5, 2009

Your environmentally friendly community newspaper

Volume 8, Issue 12



Grade 10 rock, paper, scissors tournament finalist Kat Wheatcroft prepares to throw down against Grade 10 finalist and eventual tournament champion Cody Lombardo in the finals of the Guinness World Record breaking event at Colonel By Secondary School. Fred Sherwin/Photo

Battle to save Colonel By S.S. begins in earnest

By Fred Sherwin
The Eastender

Close to 300 people, most of them carrying signs that read “Don’t mess with success”, filled the cafetorium at Colonel By Secondary School on Wednesday night to voice their opposition over the possible closure of the school.

The Beacon Hill high school is at the centre of an accommodation review being conducted by the Ottawa-Carleton District School Board along with Gloucester High School and Rideau High School. The aim of the review is to examine the possi-

bility of consolidating space at the three high schools in order to improve the viability of current and future programming.

Both Rideau High School and Gloucester High School are operating well under capacity. Gloucester currently has about 900 students enrolled at the school, which is about 55 per cent of its operational capacity, while Rideau High School, which is located on St. Laurent Blvd. near McArthur Street, is operating at 51 per cent capacity with an enrollment of 521 students.

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

Group builds case against ‘Greenbelt’ bridge options

By Fred Sherwin
The Eastender

Every morning when Louis Caron wakes up and looks out the back window of his home on Voyageur Drive he’s treated to one of the most idyllic views in the east end. Beyond his backyard is about 50 yards of green-space which fronts onto the Ottawa River. On the other side of the river is a wetland that forms part of McLaurin Bay.

It’s not unusual for Caron to spot a fox, rabbits or even the odd deer roaming past as well as the occasional cyclist or jogger who often use the pathway which runs along the Ottawa River all the way to Parliament Hill.

But these days when Caron looks out his back window he can’t help but envision a bridge

spoiling his view and a steady stream of cars and trucks filling the now still air with a constant din.

Such would be the case if Option 7 of the interprovincial bridge study ever came to fruition.

Caron is part of a broad-based coalition of far east end residents and community associations which has dubbed itself “Common Sense Crossings”.

Their mission is to inform, advise and influence the citizens of the National Capital Region, political leaders and the decision-makers against selecting either one of Options 6 or 7 which they feel will not only destroy the Greenbelt, but turn Hwy. 174 into the NCR’s largest parking lot.

Both options have been included in the second phase of the interprovincial bridge study along with Kettle Island which was identified in phase one of the study as the ideal location for a future bridge crossing.

“Common Sense Crossings” plans to reinforce the arguments made by the authors of the first phase of the study which supports Kettle Island as the logical choice for a bridge, but their main focus will be on discrediting and debunking the other two choices which they are calling the “Greenbelt” options because they would slice through the northeast section of the Greenbelt between Green’s Creek and Convent Glen North.

Besides the fact the two options would destroy a large

section of the Greenbelt, the coalition is also concerned about the impact they would have on Hwy. 174 in terms of increased traffic and gridlock, the additional costs that would be incurred by building the bridge in Orléans as opposed to Kettle Island, and the costs that would be incurred in terms of the number of homes that would have to be expropriated on the Quebec side.

Caron says the group has been doing its homework and plans to get involved in the process when it resumes next fall.

Phase 2 of the study will refine all three options and include a detailed Environmental Assessment for all three potential sites. It is expected to take three years to complete.

Community briefs

Multicultural association receives \$25,000 for new seniors program

NAVAN – The Multicultural Association of Orléans will soon be broadening its horizons after receiving a \$25,000 grant from the federal government to launch a new seniors program aimed at bringing seniors and young people together through mentorship. The funds will be used to help pay for a number of activities including an after school reading program that will partner seniors with elementary school children, a computer technology class for seniors taught by university students and community volunteers and a movie on the history of Orléans to coincide with the 150th anniversary of the east end community. Ottawa-Orléans MP Royal Galipeau made the cheque presentation during a ceremony at the Orléans Client Service Centre on March 29.

Green Wellness Expo returns April 19th

ORLEANS – Preparations are well underway for the 3rd annual Green Wellness Expo which will be held on Sunday, April 19 at the MIFO Cultural Centre on Carriere Street. The Green Wellness Expo brings together dozens of exhibitors, sponsors and presentations that are pre-screened by an advisory board to ensure the highest quality event. Everyone who attends the Expo has the opportunity to sample the most innovative health, lifestyle and green enhancing products within their community. The Expo also features a number of demonstrations to educate and entertain the public on different health topics and disciplines. Tickets are \$10 and can be purchased in advance at Beauchamp Chiropractic, 1224 Place d'Orléans Dr. across from Place d'Orléans. Each attendee will receive a bonus bag with complimentary take-home products and information to use and share with family and friends as well as the opportunity to win a variety of door prizes.

Orléans Habitat build in need of volunteers

ORLEANS – Habitat for Humanity is putting a call out for volunteers to help complete their twin build on Tulip Crescent in Chatelaine Village. The two homes are 90 per cent complete. The final phase of the build will take place between April 21 and May 16. To sign up or to get more information visit www.habitatnrc.com.

Over 300 pack Colonel By to protest possible closure

> **CONT'D FROM PAGE 1**

In stark contrast, Colonel By Secondary School is currently operating at 120 per cent capacity with 1,179 students, approximately half of whom are enrolled in the school's International Baccalaureate program.

An Accommodation Review Committee, consisting of representatives from the three high schools, area community associations and affected feeder schools has managed to narrow down the possible solutions to four main options:

- Close Rideau High School and transfer the students to Gloucester High School or Lisgar Collegiate Institute depending on their place of residence.

- Close Gloucester High School and transfer the students to Rideau High School.

- Close Gloucester High School in name only and transfer Colonel By Secondary School to the Gloucester High School site and expand the IB program.

- Or keep all three high schools open and launch an in-study into why the Ottawa-Carleton District School Board has been losing students to the other boards with the goal of developing a plan to stop the bleeding and potentially reverse the situation.

The latter option received the loudest amount of applause from the audience members at the meeting which was organized by the Beacon Hill North Community Association.

The community association's representative on the ARC committee is Evelyne Power Reid. During a 20-minute presentation, she expressed the frustration of several members on the committee over the lack of any information that might help explain why parents have chosen to send their children to the Lester B. Pearson, or the two French language high schools in the area, rather than the three public board high schools.

"There has been no community consultation to identify why more kids are not going to the public board high school," said Reid. "No closure does not mean status quo, it means that the board needs to do something to improve enrollment. It's all about getting the board to do its homework."

At the outset of the meeting, Beacon Hill North Community Association president Tim Tierney presented the results of an online poll conducted on the community association website.

Of the 181 people who responded to the poll, 48 per cent said they would send their kids to Gloucester High School if Colonel By was closed; 22 per cent said they would send their kids to either Lester B. Pearson High School, École secondaire catholique Samuel Genest, or École publique Louis-Riel; 27 indicated they were undecided as to where they would send their kids; and only one per cent said they would send their kids to Rideau High School.

The audience appeared to be unanimous in its opposition to closing Gloucester High School and moving Colonel By Secondary School to the former Gloucester High School site. The overwhelming sentiment of those present was to fight to keep Colonel By the way it is.

"It's unfathomable and unconscionable for this school to go down," said one man who addressed the room. "It's an internationally recognized institution. The board needs more Colonel Bys, not less."

Everyone in the room was encouraged to come to the final public meeting that will be held before the ARC committee must submit its recommendations to the board. The meeting is scheduled for April 21 at Rideau High School.

The committee must make its final recommendation to the board on June 15.

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Colonel By smashes rock, paper, scissors record

By Fred Sherwin
The Eastender

In 2005, Colonel By Secondary School was recognized by Maclean's magazine as the third best academic high school in all of Canada, but now they have another distinction that's arguably even more impressive.

Friday morning, 1,161 students crammed into the school's hallways and common areas to set a new Guinness World Record for staging the largest rock, paper, scissors tournament ever held, pending certification by Guinness.

The current world record is held by Brigham Young University which set the mark on April 11, 2008 with 826 participants.

Besides getting the school's name in the Guinness Book of World Records and promoting school spirit, the event also managed to raise over \$2,000 for the Children's Hospital of Eastern Ontario through student donations.

The eventually winner of the tournament was Grade 10 student Cody Lombardo, who defeated Grade 11 representative Kat Wheatcroft in front of the entire student body which was packed into the school gym for the semi-finals and final.

Lombardo won the first throw down with paper over rock. In the second throw down, Wheatcroft stuck to rock which trumped Lombardo's scissors to force a third and deciding round.

With the tension in the gym at a fevered pitch, Lombardo and Wheatcroft shook their fists up and down three times before revealing their hand symbol of choice. Wheatcroft once again kept her fist clenched indicating rock, while Lombardo

stretched out his fingers palm down to form paper. The championship and title of rock, paper, scissors champion was his.

The gymnasium went wild. Several of Lombardo's classmates stormed the podium and lifted him on their shoulders – their man had won the championship.

Asked afterwards what his strategy was in the final, Lombardo answered matter of factly that he in fact had no strategy.

"I just did whatever popped into my head. It was pretty much luck," said Lombardo as a steady stream of well-wishers patted him on the back.

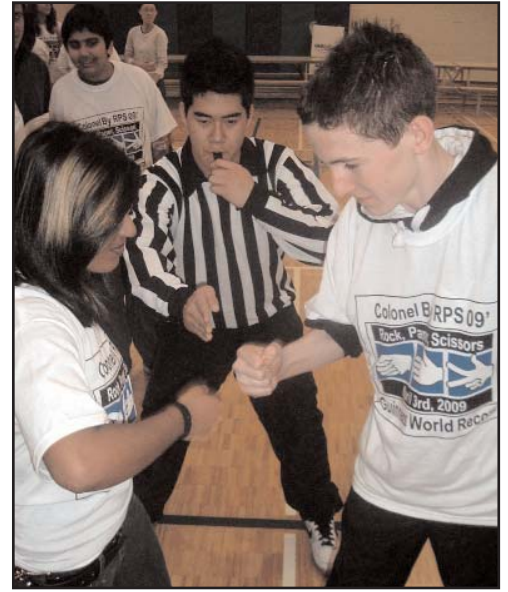
Despite having emerged from the largest rock, paper, scissors tournament ever assembled in the world as the grand champion, Lombardo didn't have much time to savour his big win. After consuming a victory lunch, he had to return to class along with the rest of the participants.

The idea of the record breaking attempt was the brainchild of teacher Cam Baird, who's been trying to organize an Guinness World Record attempt for the past several years.

His first idea was to try and organize the world's largest daisy chain on the Rideau Canal, but the weather never cooperated. Then last fall he saw a story in Maclean's about the World Rock, Paper, Scissors Championship in Toronto, that's when he came up with the idea for the tournament.

Baird enlisted the help of the student council, most notable the assistance of co-student president Mallorie Brodie, and things started to snowball from there.

The tournament was conducted much in the same manner as the NCAA basketball tournament with four brackets made up of



Member of Jeun'Espoir Jamaïque gather in front of a house they built in Kingston, Jamaica during the March Break. Photo supplied

the four different grade levels. The winner of each bracket then represented his or her grade in the semi-finals.

The first semi-final pitted Lombardo against Grade 9 representative Sheng-Yi Liu. After splitting the first two throw downs, Lombardo beat Liu in the final round with paper over rock.

The second semi-final saw Wheatcroft faceoff against Grade 12 winner Eric Koch. After Koch won the first throw down with paper over rock, Wheatcroft came back to win round two with scissors over paper. In the thrilling finale, Wheatcroft used rock to smash Koch's scissors and advance to the historic final.

Ottawa-Orléans passport clinic attracts over 250 people

By Fred Sherwin
The Eastender

More than 250 people flocked to the Orléans Client Service Centre last Saturday to take advantage of a special passport clinic organized by Ottawa-Orléans MP Royal Galipeau.

People started lining up as early as 9 a.m. for the clinic which wasn't advertised to start until 10 a.m. A good number of the people who came out to the special clinic were interested in applying for their passports in anticipation of new border regulations which will require passports for entry into the United States this summer.

Natalie Auger and her husband had been putting off getting passports for themselves and their three children for the past several weeks even though they will soon be leaving for France on a one year sabbatical.

"I was going to go down to the passport office on Albert for a couple of weeks now, but I was putting it off because I didn't want to deal with the parking and everything, but then I saw an ad in the paper for the clinic and I told my husband we had to go. It's so easy we just parked across the street and

walked in. The whole thing took about 15 minutes," said Auger.

After the initial rush between 10 a.m. and noon, the average processing time was about 20 minutes. A crew of about 20 volunteers helped speed things along by checking everyone's paperwork and ensuring all the documents were in order. G.R. Martin Photo Studio was also on hand for people who needed to have their passport pictures taken.

There was the odd hiccup, but for the most part everything went smoothly. Of the 250 people who were processed, all but 40 passed the initial check. Those people who required more information or a proper guarantor who knew them at least two years and held a valid passport, said they planned to either return to the next clinic on April 18 to complete the process, or they will drop off their completed forms at Galipeau's constituency office with is located on the main floor of the Client Service Centre.

Galipeau is already planning to do two more passport clinics on April 17 and 18 for anyone who didn't get a chance to come out on Saturday. He plans to hold additional

clinics next fall for people who plan to go away for the Christmas holidays, and again next January or February for people planning to travel during the March Break.

"You know I had two clinics in 2007 and they were very successful," said Galipeau. "We didn't have any last year, but during the election it was the one of the things that people said they really wanted. They love the fact that it's so convenient and they don't have to take a day off or pay for parking. It's especially convenient for people with families. We even have a television in the theatre with a movie for the little ones."

The next passport clinic will be held on Friday, April 17 from 4:30 p.m. until 9 p.m. and then again on Saturday, April 18 from 10 a.m. to 3 p.m. Anyone applying for a passport is advised to pick up their application forms before hand at any Service Canada desk or Post Office.

When they come to the clinic they must bring a birth certificate, a valid driver's license or health card, two passport photos and a person with a valid passport who has known them for two years or more who can act as a guarantor.

Animal rescue centre back in business three months after tragic fire

By Fred Sherwin
The Eastender

It's been three months since Michelle Mayer's life came crashing down around her when her home and the base of operations for the Navan Animal Rescue Centre was destroyed by a fire early New Year's morning.

Five rabbits, a cat and 13 dogs including her 11-year-old bulldog "Panda" and her Golden Retriever "Moxy" as well as 11 puppies who were born that morning before died in the blaze.

And while no one would have faulted Mayer for taking some time off to grieve her loss, she instead focused all her attention and energy on rebuilding NARC to the point where she could continue to rescue abandoned animals from being euthanized and find them loving homes.

Fortunately, she already had a mobile trailer on her Navan Road property which she had been planning to convert into a shelter for the various animals she took in from as far away as Montreal.

The only problem was that the trailer was basically a shell. It had no insulation, no electricity, no heat and no water. In fact, it didn't even have any rooms. But thanks to the generosity of friends, former clients and even complete strangers who read about her plight in the various media, the trailer began to take form.

By the end of January a wood stove had been installed along with some drywall. By the end of February, two bedrooms had been roughed in for Michelle and her daughter to stay in and the water was hooked up.

For the past six four additional work has been done demolishing what remained of her old bungalow and the debris was cleared away. A contractor hired by her insurance company had also connected the hydro up to the trailer which Mayer is

using as a temporary residence until a new house is built this summer.

And while there is still a lot of work that needs to be done including finishing the roof on the trailer and clearing away the rest of the debris, Mayer has already rescued six animals from the brink of death including a tiny Chihuahua she named "Pinto" that was going to be put down on Monday before she rescued it on Sunday, and a mother and three puppies that the Cornwall humane society found abandoned on a farm last week.

All four of the abandoned dogs had to be treated for Dhpp at great expense to Mayer, and one of the puppies has to be fed intravenously because it's too weak to eat on its own. Unfortunately, a fourth puppy Mayer tried to rescue died shortly after she brought the animals home.

Mayer is also taking care of two Maltese/Poodle mixes that were given to her by a couple that is getting divorced, a Jack Russell terrier and an older Chihuahua that she rescued from death row in November and was in the trailer when the house burned down.

"It's the animals that keep me going, and the fact that I spent two years building NARC and I'm not about it give up," says Mayer, who pays for most of the vet bills and the traveling back and forth to pick up the animals with the modest income she makes from her full-time job.

Any donations she's received since the fire have been used to help replace equipment and other material lost in the blaze, as well as odds and sods for the trailer and dog food.

A group of NARC supporters recently held a Wine and Cheese fundraiser and silent auction which raised over \$3,000. The money will be used to help cover future vet bills and other unforeseen costs



An upset Orléans resident and Hydro One customer addresses officials from the provincial utility during a public meeting on March 17. File photo

which come with rescuing very sick animals from the brink of death.

Most of the animals Mayer takes in come from local SPCAs and Humane Societies which aren't equipped to care for them because they're either too malnourished, or they've been grossly mistreated and therefore are deemed "unadoptable". As a result the shelters usually end up having to euthanize them unless someone like Mayer arrives on the scene to rescue them.

As part of her efforts, Mayer rehabilitates the dogs to the point where they can be adopted by a caring family. Since she first established NARC in April 2007, Mayer has saved over 200 animals.

To find out more about the Navan Animal Rescue Centre and the work Michelle Mayer does visit www.narc-charity.ca.

Thieves hit Cumberland foodbank for second time in three months

By Fred Sherwin
The Eastender

For the second time in three months the Orléans-Cumberland Community Resource Centre foodbank on Taylor Creek Road has been the target of a break-in.

A thief, or thieves, broke into the Taylor Creek facility sometime last weekend and made off with a PC computer, a 17-inch monitor, a printer and a paper shredder. No food items or other materials were stolen.

The culprits apparently ignored a large sign next to the building that states in large block letters, "This property is under camera surveillance" and used the top of a nearby fire hydrant to smash the front door. Once inside they avoided triggering an infrared sensor by limiting their activities in the front office which is out of the range of the infrared sensor.

Orléans-Cumberland Resource Centre

program director Lilianne Falardeau, says the method of entry and the items that were taken were identical to a similar break-in at the foodbank in early January, only that time the thief was greedy and triggered the infrared sensor when he tried to gain entry to a second office and fled before the police got there.

Falardeau says computer that was stolen contains no sensitive material such as client information on it. All the data that is case sensitive is stored on a server at the Resource Centre's main office on Centrum Blvd. And while the items that were stolen can be replaced, the centre will still have to use precious resources to cover the deductible on the insurance claim and there is a worry that their premiums may go up.

"It's sad really. It's disappointing that this has happened, but that's life. You just have to pick yourself up, dust yourself off

and move on. We're not going to let us get us down," said Falardeau

What made the break-in even more frustrating is the fact that the Falardeau had just purchased the monitor last week. She was also in the process of getting new blinds installed in the windows so people can't see in and adding an additional infrared sensor to cover the front entrance.

She now plans to add a motion detection system on the front windows and she's already been in contact with a contractor to replace the broken glass in the front door with opaque security glass that is virtually impregnable.

"I hope the person doesn't come back, but if they do they're going to have a lot harder time trying to get in," says Falardeau, who spent the better part of Monday and Tuesday contacting the centre's insurance company, repairmen and their computer supplier.

The Eastender

Fred Sherwin
Editor & Publisher

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

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.

OCDSB review fails to address systemic problems

It's been more than 10 years now since the former Carleton and Ottawa Boards of Education were merged into the Ottawa-Carleton District School Board and they still don't get it.

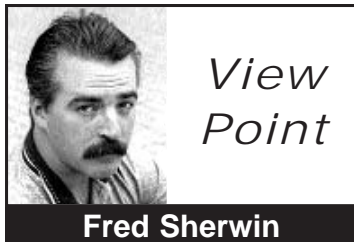
Case in point the ongoing Beacon Hill-Ottawa East Secondary School Accommodation Study. The study was launched last spring to help decide how to consolidate school spaces at three east end high schools, namely Rideau High School, Gloucester High School and Colonel By Secondary School – and by “help decide how to consolidate”, I mean try to figure out which school to close.

Both Rideau and Gloucester are operating at just over 50 per cent capacity, while Colonel By is full to overflowing thanks to the International Baccalaureate program which attracts students from across the city.

The OCDSB schools has been experiencing dwindling enrollment for more than 10 years now as has the Ottawa-Carleton Separate School Board and the French language school boards, but not nearly at the same rate.

For example in Orléans, St. Peter High School and St. Matthew High School are both bursting at the seams. Together they house nearly 3,300 students, 2,300 of whom are in Grades 9-12. By comparison Sir Wilfrid Laurier Secondary School and Cairine Wilson Secondary School, which are both located in the same geographic area as St. Matt's and St. Pete's, have about 1,700 students enrolled in Grades 9-12.

The obvious explanation is that there are more students going to Catholic elementary



schools in Orléans and therefore there are more students moving on to the Catholic high schools, but the reality of the situation is that there are nearly 4,000 students enrolled in JK to Grade 8 at 10 OCDSB elementary schools in Orléans.

By comparison there are only 2,400 students enrolled in JK to Grade 6 at eight Catholic board elementary schools in the area. If you factor in the 1,000 students who are enrolled in Grades 7 and 8 at St. Matt's and St. Pete's, the total number of students enrolled in JK-Grade 8 is about 3,000 students.

In the study area in question, Lester B. Pearson has 1,065 students enrolled in Grade 7-12. It's feeder schools, which include Brother André, Good Shepherd and Thomas d'Arcy McGee, have a combined enrollment of 685 students in JK-Grade 6.

Again by comparison, the four public board elementary schools that feed Gloucester, and to a certain extent Rideau and Colonel By, have a combined student population of 1,366 students in JK-Grade 5. When you factor in the number of students who are going to Grade 6 at Emily Carr and Henry Munro Middle Schools, the total number of students is almost three times that of the Catholic board schools, but yet enrollment at the three public board high schools is on the wane.

In 2000, more than 1,500 students went to Gloucester High School. Today, the average daily enrollment is hovering around 880 students in a school that costs \$235,000 a year to operate.

The situation is no better at Rideau High School where enrollment has gone from a high of 742 students in 1998 to just 521 students today in a school that costs \$219,000 to operate. (By comparison enrollment at Colonel By has never dropped below 1,000 students in a school that costs \$180,000 to operate.)

It's a good thing that Lester B. Pearson doesn't have more space, because if it did the situation would be even worse.

It's obvious that parents are choosing to send their kids to the Catholic board high schools rather than the public board high schools even if they're kids are already going a public board elementary school. The question the OCDSB should be asking itself is WHY?

For the past 10 years, the OCDSB has stubbornly and steadfastly refused to undergo the type of self-examination that might lead to an answer, and by extension, possible solutions. The truth is they are their own worst enemies and now they're forcing the community to go through the painful and divisive process of trying to decide which school to close.

If I was on the Accommodation Review Committee which has been charged with consulting the community and coming up with a recommendation on what should be done, I would simply submit the feedback they've received from the various school communities and let

the trustees decide what to do. After all, that's what they're being paid for – right?

As for the board, they should receive the report from the committee and then suspend the process until they conduct a thorough investigation into why parents are choosing to send their kids to the co-terminus high schools.

If it's because parents like the idea of having their kids go to Grade 7 and 8 in a high school environment then the board should consider closing Emily Carr and Henry Munro and redirect the students to Cairine Wilson and Gloucester.

If ultimately they decided to stick with the status quo, they should close Rideau High School and redirect the majority of the students to Gloucester, if for no other reason than the pure economics of the situation.

Under no circumstances should they even consider closing Colonel By. It's the one success story the board can be truly proud of. In 2005, Maclean's ranked Colonel By as the third best academic high school in the country.

Personally, I'd love to know how many of the students enrolled in the school's IB program have come from a Catholic board elementary school? I think the answer would surprise a lot of people.

The answers to all these questions are out there somewhere, but before you find out the answer you need to at least ask the question? It's about time the OCDSB started asking the right questions.

(If you would like to comment on this or any other View Point column e-mail Fred Sherwin at fsherwin@magma.ca)



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Emotional baggage can have a profound impact on your health

Special to The Eastender

I had a patient come to see me recently about chronic arthritis in her hands.

The knuckles on both of her hands were profoundly swollen into what looked like hot, red golf balls.

Her goal was to reduce the chronic pain so that she could hold her baby, and eventually get off her allopathic medication.

After the first month of Heilkunst treatment, she had a bout of the “flu” and called me to see if there was anything I could do about her symptoms of vomiting and diarrhea.

When we discussed her present condition at length, she let me know that she was feeling so poorly that she was obligated to call her mother to come and help her look after her infant daughter and toddler son. I could sense how much she hated being at the mercy of her mother whose dysfunctional relationship she had not yet wholly reconciled with herself. The vomiting and diarrhea were symptoms of a healing reaction indicating the need for her to “let go” of the control.

I found the first clue as to why this individual was suffering so much with this condition in “The Healing Power of Illness” by Thorwald Dethlefsen.

In the book Dethlefsen states, “The personal history of nearly all rheumatic patients reveals excessive activity and mobility. It is

thus on active, mobile, agile, restless people that polyarthritis inflicts its long-term stiffness and rigidity, right up to the point where disablement finally forces them to keep still.

What seems to be happening here, in other words, is that excessive movement and activity is being corrected for by means of rigidity, which makes sense for the diagnosis (Greek: “dia” means “through”, gnosis means “knowing”)

Arthritis is like a mineralization that usually begins in the extremities where the individual is not wholly incarnated consciously.

Arms and hands are the purveyors of giving and receiving, and legs and feet are the instruments we use to move forward in our lives.

Nature takes notice when we are “doing” out of obligation as opposed to love, and she begins to deposit salts that begin to cement in the joints over time. I often tell patients that it is a bit like having to dust and vacuum your home once a week, as nature needs to be wholly convinced that we are occupying space, otherwise her job is to take back what she claims is rightfully hers. If you’ve ever seen a person rigidified after death, you know how effective she can be in realizing her goal. Ashes to ashes, dust to dust... our job is to convince her we are fully and wholly occupying our domain, out of love, and that she had better back off!

In his book “Messages From The Body”,

Narayan Singh, describes the condition as a “hardening of the attitudes.” Concerning arthritis, he goes on to say, “they have a pronounced tendency to immobilization, self-criticism, lack of self-worth, fear, anger, and a feeling of being tied down, restricted and confined. They feel unloved, with a resulting resentful bitterness and judgmental nature.”

Apparently these individuals suffered a gloomy and despairing childhood where they never knew when the next thing would go wrong, just that it would. They felt forsaken as the scaffolding (bones, joints, tendons, and muscles) of pure love, without attachment, was not established in childhood. Bingo... we have the whole truth now.

This was indicative of my patient’s case and over time, she has come to know this. The pain and swelling has diminished, her hands look as normal as mine now and she has reached her first two goals. The last will be achieved with our continuing program of homeopathic remedies, and emotional education. The lesson she learned: a true mother just is, she doesn’t feel the need to justify herself to any perceived authority!

(Allyson McQuinn is a Doctor of Medical Heilkunst along with her husband Jeff Korentayer. Together they own and operate the Arcanum Wholistic Clinic. For consultations by phone or in person call 613-234-4604, or visit www.arcanum.ca.)

Kiwanis Club of Orléans on the lookout for new members

Special to The Eastender

Who created the adventure playground in Millennium Park? Who organizes the huge Halloween event sKreamers at the Proulx Berry Farm? Who has helped over 100 high school students get their required volunteer hours as scary actors at sKreamers?

If you answered the Kiwanis Club of Orléans, you’re right.

Kiwanis is a world wide organization created to form community ties among local individuals and to help the children of their neighbourhood.

The Kiwanis Club of Orléans was established in 1988 and currently has 18 members, all of whom are involved in community projects of all sorts.

Being a member of Kiwanis is a commitment, but not an overwhelming one. There are monthly meetings at a local

restaurant from 6:30 p.m. to 8:00 p.m. and monthly participation in a community event. Some examples of projects with which we have been involved include:

- World Trivia Night at Lansdowne Park in support of the Children’s Aid Society’s Champions for Children.
- Delivery of Christmas food baskets in conjunction with the Orléans-Cumberland Community Resource Centre.
- The Canada-wide collection of school supplies for kids with the support of Staples
- Assistance in the organization of the Terry Fox Run at Sir Wilfrid Laurier Secondary School every September.
- Gloucester Fair Special Needs Day
- Canada Day festivities at Petrie Island.
- Entry in the bed race at Winterlude.

There is no fee to join the Kiwanis Club of Orléans. The only cost is what you order

for dinner at the monthly meetings. Instead, we ask for a commitment of 25 hours participation in the club’s various projects throughout the year.

Do you want to become an integral part of the Orleans community?


Do you have an interest in helping children in your neighbourhood?

Do you have an interest in having fun and meeting interesting people all while helping others?

If so, consider joining us as our guest at our next monthly meeting to see what we are all about. Upcoming meetings are scheduled for April 7 and May 5.

For more information about the Kiwanis Club of Orléans, e-mail or telephone Marilyn Dow at mdow@rogers.com (613-834-0199), or Eileen Blair at Eileen.blair@sympatico.ca (613-830-3163).

Serving the Children of the World™ / Au service des enfants du monde



Kiwanis Club of Orléans, Ontario, Canada

Local Sports

Gudbranson to play in World U18 Championships

By Fred Sherwin
The Eastender

It's hard to believe that just 12 months ago, Erik Gudbranson was packing away his hockey equipment after playing his final game with the Ottawa Jr. 67's Minor Midget AAA team.

After scoring 15 goals and 55 points playing right defence for the 67's, he was projected by many to go in the first round of the OHL Priority Selection Draft, which he did. He was selected 4th overall by the Kingston Frontenacs.

Despite the Frontenacs dismal start to the season, the 6-foot-four, 185 pounder was selected to play for Team Ontario at the World U17 Championships in Port Alberni, B.C. where he helped lead the team to a gold medal.

As the Frontenacs continued to flounder in the basement of the OHL's Eastern Conference, Gudbranson continued to attract the attention of Hockey Canada officials who selected him to play for the U18 team despite the fact that he's only 17-years-old, having celebrated his birthday on Jan. 7.

According to his mother Donna, Gudbranson got the call from Hockey Canada a couple of weeks ago after he had moved

back to Orléans at the end of the regular season. He had transferred to École secondaire Louis Riel and was preparing to play in the francophone secondary school provincial championships, when the phone rang with the news.

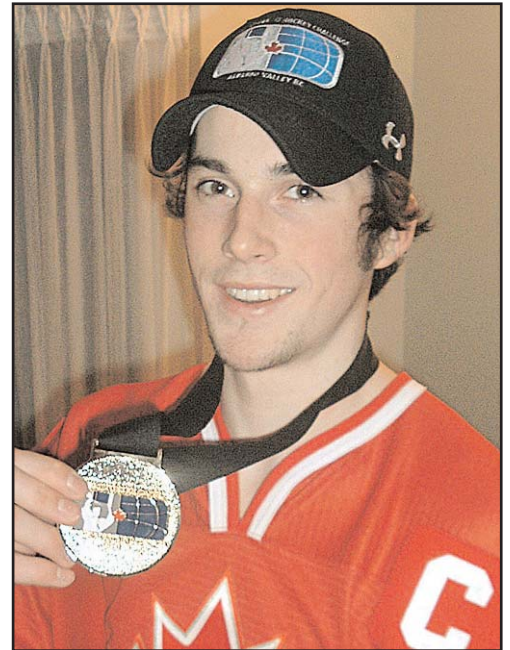
"Oh my goodness, he was absolutely thrilled," says his mother. "It's huge. It's not just another feather in your cap. To get a chance to play for your country in the World Championships is incredible."

The team flew to Minneapolis together on April 2 for a mini-camp and a pair of exhibition games against Slovakia and Germany. They will be traveling to Fargo on Wednesday in anticipation of their first game against Germany on Thursday.

Gudbranson is hoping to have a good showing at the tournament which would put him in good stead when Hockey Canada gets around to sending out the first invitations to the World Junior team development camp which is traditionally held at the end of July.

He will also be high on the list when Hockey Canada puts together the U18 team for Ivan Hlinka Tournament in August.

Although Gudbranson is not draft eligible until 2010, he's already attracted the interest of a number of NHL teams. Some



Chapel Hill native Eric Gudbranson will be playing for Team Canada in the upcoming World U18 Championships in Fargo, North Dakota. File photo

hockey oriented websites are predicting he could go as high as eighth overall if he stays healthy and continues to work on his game.

Cowick's golden opportunity ends before it even starts

By Fred Sherwin
The Eastender

The past week has been a roller coaster ride for Gloucester native Corey Cowick. It started out with the news that the New York Rangers wanted to sign him to an amateur tryout with their AHL affiliate Hartford Wolf Pack.

Although it meant that he would have to miss out on attending the Ottawa 67's year end banquet, he jumped at the opportunity to showcase his talents at the next level.

He flew down to Hartford on Thursday night with the expectation that he would be in the Wolf Pack lineup for their game against the Providence Bruins on Friday.

But unfortunately he would never get a chance to step on the ice and today he's back home in Beacon Hill, having failed to pass a medical examination due to a shoulder injury that he managed to play with during most of the OHL season including the first round of the playoffs where he scored six goals and two assists against the Niagara IceDogs.

On Friday morning, a chauffeur driven limousine was sent to his hotel to pick him up for his medical.

During the examination the doctor noticed that one shoulder was loser than the

other and after consulting with the Wolf Pack management it was determined that Cowick would be better off returning to Ottawa to get the injury properly assessed rather than risk further aggravating it.

For Cowick it was a cruel turn of events. He went from being on cloud nine, anticipating his first game in the AHL, to utter disappointment.

The 19-year-old is now back in Ottawa awaiting an appointment with Dr. Mark Aubry who is Hockey Canada's Chief Medical Officer and the Ottawa Senators team physician.

The hope is that he will be able to strengthen the shoulder to the point that it won't hinder his chances of getting selected in the NHL entry draft, or signing on as a free agent with a team should he get passed over during the draft. Both the New York Rangers and the Boston Bruins have shown a great deal of interest in acquiring his services.

While Cowick and his agent Rollie Hedges are putting on a brave face, the reality is that news of the injury could hurt his chances of getting drafted. Nineteen-year-olds rarely get drafted as it is. Last year only 22 19-year-olds were selected in the draft. The more likely scenario is that

he will end up signing with a club as a free agent. What's not known is how the injury might effect the terms and dollar amount of a potential contract.

Cowick's father Dwayne was on his way to Hartford when his wife called him with the news. Corey then called him a short while later and was justifiable upset over what had transpired.

"He was devastated and he couldn't believe it. He really doesn't think it's a problem," says Dwayne. "He

injured the shoulder a couple of months ago after hitting a guy and he had an MRI done, but it didn't seem like that big a deal. He kept playing and it didn't really bother him that much. But that's the type of game he plays. He's physical and he likes to hit guys."

Dwayne is confident that once they go see Dr. Aubry, the injury will be properly assessed and Corey will be given a physio program to get his shoulder back in shape in time for the draft.



Corey Cowick

Local Sports

Gloucester Rangers capture Minor Midget AA championship

By Fred Sherwin
The Eastender

The Gloucester Rangers are the OEMHL Minor Midget AA champions after downing the Rideau St. Lawrence Kings 5-1 last Saturday to capture the first to seven points final series eight points to four.

The third seeded Rangers put themselves in a position to win the title after skating to a 2-0 win over the Kings in Prescott on Thursday. Needing a win to clinch the championship, the Rangers came out flying own home ice Saturday and completely dominated the first five minutes of play with the Kings barely getting out of their own end.

Unfortunately the lopsided play on the ice failed to reflect itself on the scoresheet as Kings' goalie Dallas Slack made several key saves to keep his team in the game including an act of highway robbery on Scott McIlroy who had rattled a shot off the post earlier in the period.

The Rangers finally got on the scoreboard with 1:22 left to go in the opening stanza when Matthew Shaheen beat Slack five hole on a backhand shot.

The Kings responded with under a minute to play in the period when Brett Costello intercepted a pass at the blueline and then outmuscled the defenceman on the play to break in on Rangers' goalie Philip Eberley before using his long reach to wedge the puck between the far post and Eberley's outstretched leg.

Considering the Rangers dominated the balance of play in the first period, the Kings were fortunate to escape with the score tied 1-1.

The tie held up for all of one minute and

27 seconds in the second stanza before the Rangers scored the go ahead goal on the power play thanks to Ryan Nugent who banged in a pass from Cameron Bakker from the side of the net.

Eberley made a great toe save off a shot from Matt Jarvis a little over a minute later to keep the Rangers in front. Then with 6:08 left in the period McIlroy made up for his earlier missed opportunity by banging home a rebound after Slack failed to gather in a shot from Shaheen.

Less than two minutes later, Bakker intercepted a clearing attempt in the Kings' end and then fired a wrist shot that beat Slack stick side to put the Rangers up 4-1. From there the game degenerated into a head-hunting exhibition as the Kings ignored the score in favour of taking repeated runs at the Rangers.

The final period took nearly 40 minutes to play before the referee finally called the game with 2:13 left on the clock. In the end, the Rangers outshot the Kings 47-22.

Rangers head coach Paul Eberley, credited the team's success to their work ethic both during the games and at practice.

"These guys were committed to winning the championship from the get go. They sacrificed a lot. In fact, no one went away for the March break. They all decided to stay home and practice so they'd be ready once the finals resumed on Thursday," said Eberley who coached the Minor Midget Rangers to the AA championship last year.

The Rangers finished the regular season with a record of 16-8-8 which was good enough for third place. They knocked off the sixth seed Kanata Blazers in four games in the quarterfinals, including a pair of ties, before dispatching the second seed Nepean



The Gloucester Rangers pose for a picture with the championship trophy after downing the Rideau St. Lawrence Kings 5-1 on Saturday to win the OEMHL Minor Midget AA title. Fred Sherwin/Photo

Raiders in just three games in the semi-finals.

Gloucester opened the finals with a pair of wins on March 9 and 11 to take a commanding four points to none lead in the series before Rideau St. Lawrence fought back to win games three and four by identical scores of 3-2.

The turnaround game was on Thursday night when Louis Nadeau and Jamie Quinn both scored for the Rangers and Eberley posted the goose egg.

Orleans Blues sweep to Minor Midget RepB championship

By Fred Sherwin
The Eastender

The Orleans Blues Minor Midget RepB team have added the league championship to their regular season title after downing the Gloucester Blackhawks 2-0 last weekend to complete the difficult double.

After failing to make the playoffs last year, the Blues were nothing short of dominating during the regular season in racking up a 23-4-3 record to finish in first place by 10 points. Their goals against average was a paltry 1.67, which was a full goal a game better than their next rivals.

After sweeping past the Kanata Blazers in the opening round of the playoffs 3-0 and 5-2, they knocked off the Ottawa in two straight games 4-2 and 6-4 to earn a berth in the finals against the Gloucester Blackhawks who are a great story in their own right.

After patching together a roster that included seven House League players and a bantam aged call-up, the Blackhawks were wallowing in 10th place by mid-

December. They then went on a six game winning streak, sparked by a 3-1 win over Casselman on Dec. 10.

After suffering a pair of losses on Jan. 31 and Feb. 9, they wrapped up their regular season schedule with four wins and a tie to finish in sixth place. They then knocked off the third and second place teams in the first two rounds of the playoffs to earn a berth in the finals.

After losing the first game 5-1, they gutted out a 1-1 tie in Game 2 to extend the series an extra game. Their lack of offence combined with the Blues stingy defence would catch up to the Blackhawks, however, and Orleans would end up winning the title on goals from Curtis Smith and Phillip David. Chris Collins picked up the shutout playing in net for the Blues.

Despite the loss, Blackhawks head coach Jim Walker was justifiably proud of his team for making it as far as they did.

"Before the season started no one even expected us to make the playoffs. We had seven guys come out to the first week of

tryouts, but we went out and found some boys and they managed to jell together as a team and they came a long way," said Walker. "For a lot of these guys this is the only time they'll get to play together."

Outside the Blues' dressing room, Orleans head coach Kevin Gallagher couldn't say enough about the job his players did on defence

"There's no question our defensive play won us the championship. Once we got up two goals, we just grinded it out and that's the way it's been all year. These guys just worked hard and stuck to the system. They were very easy to coach," said Gallagher who also credited the team's veteran leadership with keeping everyone focused on the task at hand, especially team captain Justin Tourigny.

And the Blues aren't finished yet. They'll play in the Tournament of Champions this weekend and then they're scheduled to play in a season ending tournament in Pickering during the Easter weekend.

Local Sports

Jr. Grads repeat as ODMHL Major Midget RepB champs

By Fred Sherwin
The Eastender

After taking four games to get past the Orleans Blues in the Major Midget RepB semi-finals, the Cumberland Jr. Grads took just two games to sweep past the Ottawa West Golden Knights to win the ODMHL championship.

The fourth seeded Jr. Grads pounded the seventh seeded Golden Knights 6-1 on home ice Sunday to take a 2-0 lead in the first to four points final series.

Playing in a hostile environment at the Barbara Ann Scott Arena on Wednesday, the Jr. Grads jumped out to a 1-0 first period lead on a goal by Matthieu Gagné who was set up on the play by Keith Burns and Jordan Highley.

The Golden Knights would eventually tie the game at the 11:21 mark of the second period on a goal by Joey Motta who fired a shot from the high slot that managed to elude Jr. Grads goalie Jeremy Chubbs.

The score remained tied 1-1 until the 9:37 mark of the third period when Burns stayed with the puck and scored off his own rebound after Golden Knights goalie David Clouthier made the initial save.

Ottawa West took all of 29 seconds to re-tie the game on Motta's second goal of

the game. Chubbs tried to clear the puck on the play by backhanding it along the boards behind the net when it was intercepted by Tommy Shabinsky whose quick shot grazed the post and sat in the crease for a split second before Motta pounced on it.

Just under two minutes later, Gagné would score his second of the night on a pass from Burns to give the Jr. Grads the lead for good. Lee McCann's empty net goal in the dying seconds would seal the fate of the Golden Knights and give Cumberland the ODMHL championship.

The line of Burns, Gagné and Highley accounted for three of the Jr. Grads four goals in a game that had very little flow to it thanks to a steady stream of players to the penalty box. Five minor infractions were called in each of the second and third periods. Whenever the two teams were at even strength, the play was often choppy and disjointed.

After the game, Jr. Grads' head coach Mike Highley chocked up the sloppy play to an understanding by both teams of the importance of the game and what was at stake.

"The goals weren't pretty, but that's playoff hockey," said Highley. "I think both teams realized how much was at stake and



Members of the Cumberland Jr. Grads celebrate after winning the ODMHL Major Midget RepB championship on Wednesday. Fred Sherwin/Photo it showed in how they played."

For many of the players who were on the Cumberland Barons Major Midget RepB team last year it was their second championship in as many years.

Major Atom Jr. Grads added AA title to list of accomplishments

By Fred Sherwin
The Eastender

It took them seven games to do it, but the Cumberland Jr. Grads have finally captured the Ontario East Minor Hockey League Major Atom AA championship after downing a stubborn Ottawa Valley Titans team 2-1 at the Ray Friel Centre on Monday night.

The Jr. Grads were up 6-2 in the first to seven points series at one point before the Titans manufactured back-to-back wins on the weekend to force a seventh and deciding game.

In Monday night's winner-take-all rubber match, the Jr. Grads managed to draw first blood with a goal early in the first period off the stick of Jordan Pedlar who was set up on the play by Nicholas Lapointe.

Cumberland appeared to take a 2-0 lead several minutes later off a scramble in front of the net, but the referee never saw the puck cross the goal line and the score remained 1-0.

One of the key moments in the game came midway through the opening period when a pair of Jr. Grads were sent off on back-to-back penalties which gave the Titans a two man advantage for nearly two full minutes. Try as they might, however, the Ottawa Valley team could not manage any sort of sustained pressure against Cumberland's aggressive penalty kill and the threat passed without any damage

being done.

It wasn't until the final minute of the period that the Titans finally managed to get on the scoreboard on a shot from Tye Felhaber that squeaked past Jr. Grads' goalie Miguel D'Aoust. It would be the only goal the young netminder would let in the entire game.

After the two teams switched ends, the Jr. Grads swarmed the Titans' zone in the opening moments of the second period which resulted in a goal by Marc Bertrand just one minute and 29 seconds after play had resumed.

The play was set up by Jr. Grads captain Cole Carter who corralled the puck off a scramble in front of the net and threw it back to Bertrand who fired a blistering shot from the point that just caught the inside of the post. It was the young defenceman's first and only goal of the season and it would prove to be the game winner.

D'Aoust stopped everything the Titans threw at him the rest of the way in picking up the win including a number of difficult saves in the final 1:45 of the game which was almost entirely played in the Jr. Grads end after the Titans had pulled their goalie for an extra attacker.

The Jr. Grads can now add the OEMHL championship banner to their regular season banner they earned for finishing in first place.

The win was especially sweet for the

D'Aoust, who was handcuffed on the game winning goal in the Jr. Grads 3-2 loss to the Titans on Sunday that forced the seventh game.

Pedlar led the way offensively for the Jr. Grads in the final series with six goals and four assists, while Carter contributed four goals and three assists. In 16 playoff games the pair scored 22 goals between them.

Jr. Grads' head coach Mike Carter was especially happy for D'Aoust who managed to bounce back from Sunday's defeat with flying colours.

"Miguel is a fierce competitor and I knew he'd come back to play in Game 7 with his game face on. He let in the one goal but it was a dandy, so you can't fault him for that and he managed to keep the puck out of the net in the final minute and 45 seconds to preserve the win," said Carter. "Our motto is 'We are one' and that's how we played. There are no individuals on the team. In the end it came down to a guy who hadn't scored all season and he unloaded a canon."

Besides finishing the regular season in first place and winning the OEMHL championship, the Jr. Grads also won three tournaments this season including the Oktoberfest Atom Tournament in Kitchener-Waterloo in October and the CAN/AM Challenge Cup in Lake Placid in December.

Local Sports

Jr. Grads come up short in bid for Major Midget AA title

By Fred Sherwin
The Eastender

Playing 11 games in 12 days with a depleted lineup and a shortened bench finally caught up to the Cumberland Jr. Grads on Friday as they were unable to raise the level of their play in the critical third period of Game 7 in their Major Midget championship series against the Nepean Raiders.

After losing the first three games of the series, the Jr. Grads traveled to Prescott last weekend to take part in the Leo Boivin AA/AAA Midget Tournament and ended up making it all the way to the final before losing 3-2 in overtime to York Simcoe.

When the series resumed on Monday, the Grads used the positive experience they gained from the tournament to spur them to a 4-0 win over the Raiders. They followed that up with a 2-1 win on Tuesday to keep their championship hopes alive.

Playing in front of their family and friends at the Ray Friel Centre on Thursday night, the Jr. Grads once again dug deep to manufacture a 4-1 win despite playing most of the game with four defencemen and three call-up players. Unfortunately, they lost two more of their regular starting defencemen when Patrick Milligan and Kurtis Craney-Plouffe both had to leave the game with injuries.

With Game 7 scheduled to go less than 24 hours later, Grads' head coach Bob Paquette had no choice but to add another affiliated player to his lineup in David Labelle who was called up from the Jr. Grads' Major Midget RepB team.

The Jr. Grads got off on the right foot by scoring the first goal of the game midway through the opening period. Unfortunately, it took the Raiders less than two minutes to respond. After Eric Witzel was sent off for slashing, Mark Vradenburg scored during the man advantage on a pass from teammate Chris Shepherd.

After the two teams changed ends to start the second period, the Jr. Grads had a diffi-

cult time maintaining any sort of sustained pressure in the offensive zone. The Raiders, meanwhile, had several excellent chances but couldn't score the go ahead goal until Pat Cameron used Shepherd as a decoy on a 2-on-1 break and fired a shot that beat Martin Parent low glove side.

The goal lit a brief fire under the Jr. Grads who tied the game 19 seconds later on a shot from David Perron who benefited from a rebound off a shot from Matthieu Mombourquette. Twenty-six seconds later, the Jr. Grads forced the Raiders to turn the puck over in the neutral zone which they immediately turned into a scoring opportunity.

Michael Desjardins' initial shot ricocheted off the far post right to Nicholas Ziebell who simply had to redirect the puck into a wide open net to give the Jr. Grads a 3-2 lead heading into the third period.

Things started to go terribly wrong for the Jr. Grads six minutes and 29 seconds into the third when the Raiders' Pat Cameron made a great move to get around call-up defenceman Josh Derouchie before firing a bullet that caught the inside of the far post to tie the game at 3-3.

The Raiders took the lead four minutes later on a goal by Kyle Drisdelle that Parent would dearly love to have back. Drisdelle's wrist shot from the top of the right face off circle eluded Parent's outstretched trapper and sailed into the back of the net.

Trailing 4-3, the Grads still had plenty of time to comeback against the Raiders, but their overtaxed bodies just couldn't switch into another gear.

Even so, Desjardins had a glorious opportunity to tie the game at the 8:15 mark of the third period but his shot from about 20 feet out rang off the left post after it had clearly beaten Allard.

The Jr. Grads would get still other opportunities thanks to a trio of penalties assessed to the Raiders, but they squandered the first one by taken a bonehead

penalty 50 seconds into the man advantage; they only mustered two shots during the second power play and they were unable to control the puck during the last 1:37 seconds of the game after Vradenburg was sent off for roughing.

When the final whistle blew, several of the Jr. Grads slumped to the ice in total exhaustion while the Raiders celebrated their victory.

Following the trophy presentations, Jr. Grads head coach Bob Paquette admitted that the team's grueling schedule over the past two weeks had taken its toll on the team.

"We definitely had the desire to win. The kids really wanted it, but they just didn't have anything left in their legs. The combination of fatigue and a short bench took its toll on a couple of shifts here and there and it cost us," said Paquette. "The kids were exhausted."

The coach singled out his depleted defensive unit for special praise for hanging in as long as they did, despite putting in an extended amount of minutes. He also praised his young coaching staff who are all from the Hearst area.

Asked to pick out the highlight of the season, Paquette said it was definitely their sweep of the Kanata Blazers in the semi-finals. The Blazers have been the Jr. Grads nemesis for the past four or five years, especially in the playoffs where they've provided the team with early round exit after early round exit.

"That was the highlight of the year. The fact that we eliminated the Blazers after they had eliminated us so many times," said Paquette. "They've had our number for so many years. It was nice to finally turn the tables on them."

The Jr. Grads will now get a week off before wrapping up their season with an exhibition game against a team from Sweden at the Ray Friel Centre on Saturday, April 11 at 7 p.m.

Jr. 67s make it to semifinals of All-Ontario Bantam championship

By Fred Sherwin
The Eastender

The Ottawa Jr. 67s, made up of players from across the city including seven local athletes, managed to make it to the semi-finals of the All-Ontario AAA Bantam Championships in Sault Ste. Marie last weekend before losing to the London Jr. Knights.

After getting knocked out in the semi-finals, the Jr. 67s lost 4-3 to the York Simcoe Express in the bronze medal game the next day on late goal in the third period.

Those players with an east end connection on the team included Alex Gudbranson

from Chapel Hill South who was named to the First Team All-Star squad on defence; Alex Boivin from Orléans; Daniel Walsh and Justin Millson from Gloucester Centre; and Adam Lloyd, Jamie Molinski and Nathan Pancel who are all products of the Blackburn Minor Hockey Association.

Pancel had two goals and an assist in the game against York Simcoe, while Boivin had a goal and Lloyd added a helper. Walsh had the lone goal in the semifinal loss to the Jr. Knights, with the assist going to Lloyd.

Just making the semi-finals was an accomplishment in itself for the Jr. 67s who

have only been in existence for two years since the ODMHL decided to establish AAA teams at the bantam and midget levels.

They qualified for the playoffs after racking up a 4-1-1 record during the round robin portion of the tournament. After opening the tournament with a 3-2 lose to the eventual champion Toronto Marlies, they registered wins over York Simcoe and the Nickel City Sons before tying the Jr. Knights 2-2. They then went on to beat the Thunder Bay Kings 4-3 and the Soo Greyhounds 4-2 to finish second in the standings.

Local Sports

Rangers clinch Minor Peeewe 'A' banner with 4-1 win

By Fred Sherwin
The Eastender

The Gloucester Rangers put together back-to-back wins over the Ottawa Silver 7 White team last weekend to capture the OEMHL Minor Peeewe A championship.

The Rangers were down 4-2 in the first to seven points final series before reeling off three straight wins starting with a 2-0 victory over the Silver 7 on March 26 in which Andrew Burke and Jeremy Barrie both scored for Gloucester while goalie Jacob Yeomans picked up the shutout in net for the Rangers.

With the series tied at four points apiece, Gloucester put themselves squarely in the driver's seat by squeaking out a 2-1 win over the Silver 7 last Saturday. Up six points to four at that point, the Rangers only needed a tie in Sunday's game to win the championship.

Rather than play conservatively, the Rangers left nothing up to chance and instead came out flying. Playing on home ice at the Earl Armstrong Arena, they jumped out to a 3-0 first period lead on a goal from Justin Shimizu and helper from Burke and never looked back.

The Silver 7 managed to cut the lead to 3-1 with a goal in the second period, but a

goal by Charles Roberge late in the third would kibosh any chance of a miracle comeback on the part of the west end team and bring a happy ending to the Rangers' championship quest.

The win is especially noteworthy given the fact that the Rangers had not beaten the Silver 7 White squad heading into the finals. In five regular season games, the Silver 7 were 2-0-3.

For a number of the Rangers, the Minor Peeewe A championship is their second OEMHL title in as many years. The core of the team graduated from the Major Atom A team that won the league championship last year.

Head coach Mitch Geerts says the team owes its success to the players willingness to stick to their game plan which calls on the defence to take care of the puck and play responsibly in their own end while the forwards take care of business in their opponent's end. In other words the best defence is a good offence.

"Were a puck possession team and we're a very skilled that works incredibly hard. Today they came out strong and hard, but we stuck with our game and it paid off," Geerts said after the big win.

The main man all season for the Rangers



The Gloucester Rangers pose for a team photo after winning the OEMHL Minor Peeewe 'A' championship last weekend. Photo supplier

was Tristan Picketts, who scored 29 goals and added 14 assists in 41 games. But in the finals it was the dynamic duo of Philippe Geerts and Andrew Burke who lit up the scoreboard with five goals and nine assists between them in four games. (The stats for Game 5 aren't available.)

Yeomans gave up four goals in three games for Gloucester including wins in Games 4 and 6, while his battery mate Colin Murray gave up five goals in three games including wins in Game 1 and 5.

Orléans skier holds her own at K2 ski championships

By Fred Sherwin
The Eastender

Orléans alpine skiing sensation Stéphanie Gould proved that she is one of the top 14-year-old skiers in the entire country this past week by skiing to three Top 12 finishes at the K2 President's Choice Canadian Ski Championships at the Silver Star Mountain Resort in Vernon, B.C.

Gould went into the championships as somewhat of a dark horse after her surprise gold medal performance at the K2 Quebec championships in early March.

After failing to break the Top 20 in the Quebec championships last year, Stéphanie was hoping to crack the benchmark this time around and earn a ticket to the K2 nationals. She ended up surpassing even her wildest expectations by placing first in the super-G and giant slalom events and sixth in the slalom to capture the overall title.

With the added pressure and expectations of being the Quebec champion on her tiny shoulders, Gould flew out to British Columbia with the goal of placing in the top 10 and possibly winning a medal.

She started off the competition with a

respectable 11th place finish in the Super Combined in which the competitors complete one super-G run and one slalom run and combine the times.

On Tuesday, she placed sixth in the super-G which put her in the Top 10 overall. The next day, the Silver Star Resort got hit with a severe snowstorm that dumped more than 30-centimetres on the mountain in less than 24 hours.

Whether it was the conditions or a lack of concentration, Stéphanie had a disastrous first run in the giant slalom that put her at the bottom of the standings. Although she managed to rebound with a terrific second run, the damage had already been done and she placed 63rd.

Showing a tenacity and resiliency that is the by-product of her other athletic passion triathlon, she bounced back the next day to end the championships on high note with a 10th place performance in the slalom.

Gould plans to spend the next several days relaxing in the Rockies with her teammates before they must gather in Whistler for the start of the Whistler Cup on Friday.

The Whistler Cup is regarded as one of



Orléans skier Stéphanie Gould recently placed in the top 12 in three different events at the K2 President's Choice Canadian Ski Championships in Vernon, B.C. File photo

the top events in the world for 11- to 14-year-olds.

Artscetera

Young musicians use GMC recital to prep for Kiwanis Music Festival

By Fred Sherwin
The Eastender

For the past six years the Gloucester Music Teachers Association has been organizing a series of recitals at the Orléans Client Service Centre theatre to give their students and other budding musicians a chance to play in front of a live audience.

For many of the kids, some of whom are as young as six and seven years of age, the Gloucester Music Club recitals play an important role in building up their confidence. The recitals are doubly important at this time of year when many of the young performers are preparing for the annual Kiwanis Music Festival which takes place every spring in over a dozen venues across the city.

The interest in the Festival is evident by the fact that over 60 youngsters applied to play in this weekend's Gloucester Music Club recitals, the first of which was held ON March 27.

The lineup of 32 performers featured some familiar names as well as 10 newcomers who were performing on the Orléans Theatre stage for the first time.

On of the newbies was Erica Bergado from Orléans who performed "Fantasy Bossa" by Christopher Norton. Listening to her play the bossa nova piece with an incredible delicateness that belied her 13 years, it was had to believe that she was trembling with nervousness before settling in behind the piano.

"I was a little scared. It was my first time playing in front of an audience that paid to be there so I was pretty nervous," said Bergado who will be playing the Grade 7 piece at the Kiwanis Music Festival despite the fact that she has only completed her Grade 5 Royal Conservatory of Music exam and she'll be competing at the Music Festival for the first time. "I hope I'll do well."

Friday night's recital was kicked off by an impressive performance by seven-year-old Kevin Yang, who played a lengthy and near flawless rendition of Clementi's "Sonatina in C+ Op. 36 No. 3".

While Yang had one or two bobbles during his performance, he more than made up for the miscues with moments of sheer brilliance. Like Bergado, Yang will also be competing at the Kiwanis Music Festival.

His mother Tong Jing says Kevin has been practicing about two hours a day in preparation for his recital and the upcoming music festival. When he's not preparing for his live performances or practicing for his Grade 5 RCM exam which he will be taking this summer, young Master Yang will often flip through a Grade 8 or 9 song book in search of a challenge.

There were a number of highlights during the Friday night recital, including a vocal performance by Lindsay White who was accompanied on piano by Gloucester Music Club veteran and multiple Kiwanis Music Festival award recipient Mimi Lam.

White's spirited and campy rendition of "Cruella de Vil" was a real treat. After performing in the "Pop Music" and "Musical Theatre" categories at last year's Kiwanis Music Festival in which she finished first in her class, the 12-year-old vocalist plans to stick to "Musical Theatre" this year with the hope of earning an invitation to sing in the Highlights Concert on May 15.

Judging by her performance of Mozart's "Sonatina in C K309 3rd Mvt." on Friday night, Naomi Ng should also impress the adjudicators at this year's Music Festival.

The third movement of Mozart's Sonatina is a challenging piece on its own, but when coupled with the second movement which Ng plans to perform at the Music Festival, it's even more so, especially when you consider that Ng has to perform the piece completely by memory.

"I find if I play the piece one note at a time, it's a lot easier than trying to think about the entire thing," said Ng after wow-ing the audience with her incredible dexterity and musicality.

What made Ng's performance even more amazing is that fact that she doesn't have a regular practice regimen. The gifted student has a heavy study load and she's also active in drama.



Lindsay White performs "Cruella de Vil" during the Gloucester Music Club recital at the Orleans Client Service Centre on March 27 accompanied by Mimi Lam. Fred Sherwin/Photo

"I sort of practice whenever I can find the time," said Ng.

Among the many other highlights was Aris Penny's beautiful rendition of "Totems" by Edwin McLean; Felix Lu's performance of "Milonga del angel" by Argentine composer Astor Piazzolla; Grace Tang's performance of "Fantasia in C+" by Telemann; Vanessa Tanner's rendition of "Romance" by Reinhold Glière; and Amy Li's performance of Clementi's "Sonatina in G+ Op. 36 No 2" which made the perfect bookend to Kevin Yang's performance.

Among the other performers on the program were Trisha Kandiah, Nicolas Cosenza, Jacqueline Chau, Michael Mofina, Tiffany Hnatiw, Eric Kingsbury, Robyn Moke, Lauren Kingsbury, Isabelle Filion, Sebastien Roy, Michelle Song, Joshua Kandiah, Pamela Ng, Oliver Ng, Philip Chau, Charles Li, Alexandre Cosenza, Jonathan Kandiah and Julia Lemieux. Isabelle Desjardins and Gabrielle Monette also performed on the recorder.

Community calendar

MONDAY, APRIL 6

PLANNING AND ENVIRONMENT COMMITTEE MEETING starting at 9:30 a.m. in the Champlain Room at Ottawa City Hall.

TUESDAY, APRIL 7

HOMEWORK CLUB at the Blackburn Hamlet Library, 199 Glen Park Rd. 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.

THURSDAY, APRIL 9

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, APRIL 10

JOHN HENRY 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. Visit <http://www.rcl632.com> for more information.

SATURDAY, APRIL 11

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.

SUNDAY, APRIL 12

EASTER BRUNCH at

the Bearbrook Resort. Menu includes game meat as well as regular breakfast items, special salads and deserts. Bring the family and enjoy your Sunday at the farm. 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 4 to 14. Kids under four eat for free. By reservations only. Call 613-835-2227.