

# The Eastender

March 7, 2009

Your environmentally friendly community newspaper

Volume 8, Issue 10



Members of the St. Peter Knights hockey team celebrate after winning the NCSSAA Tier 1 high school championship on Monday. Fred Sherwin/Photo

## City at risk of spiraling into chaos

By Fred Sherwin  
The Eastender

City council is 'ineffective' and 'dysfunctional' and unless changes are made to the way the city is governed, it will continue to languish in a state of disarray and eventually degenerate into complete chaos, or at least that is the assessment of a taskforce formed by Mayor Larry O'Brien to study how the city is being run.

"Without an effective council, guided by good governance, Ottawa risks becoming a dysfunctional city plagued by

poor long-term planning and rising costs," members of the taskforce conclude in their report released on Thursday. "Over time, ineffectiveness will create a downward spiral which will leave citizens living in a city where the services and infrastructure they rely on do not work properly."

The report goes on to state, city council does not operate effectively and cannot provide the strategic leadership the city needs because of systemic problems with governance.

**CLICK HERE TO CON'T p2>**

## Executive committee recommendation a bad idea

Commentary  
By Fred Sherwin

If you were to boil down the recently released Mayor's Taskforce on Governance report to a simple headline it would read, "Mayor's taskforce recommends Mayor be given more power."

Now there's a shocking revelation. A group of individuals hand-picked by a mayor who has been stymied time and again by certain members of city council believes the man who hand-picked them should be given the tools and the structure necessary to impose his will on the city's strategic planning process.

Stop the presses.

It's funny how Bob Chiarelli never needed an executive committee to see his agenda through, nor did Peter Clark, or Claudette Cain, or Brian Coburn, or Ben Franklin.

The main reason why none of the aforementioned needed an executive committee is because they already knew the importance of consensus building and mastering the art of give and take – both around the council table and behind closed doors.

Unfortunately, O'Brien never took the time to figure it out. He made the very serious strategic mistake of assuming that running a city would be the same as running a business. He assumed that because he had been elected mayor, the rest of city council would automatically fall in line, or at most, put up a token amount of opposition.

The first mistake he made was in not hiring someone with political experience at the municipal level to act as a liaison between the mayor's office and the rest of city council.

The charges he's facing for influence peddling haven't helped either. The situation has emboldened his opponents to take an active and open role in sabotaging his agenda. Unfortunately, he has often been his own worst enemy.

As for the idea that an executive committee would "provide strategic leadership", it is not entirely without merit, but only if the members are elected at large rather than "selected" by the mayor and the city's residents are comfortable with having a two-tier system.

If not – if you were to have the system that is being suggested by the taskforce, whereby city council would either accept or reject a slate of councillors chosen by the mayor – you would have the same level of dysfunction we have today.

First, the mayor would have to pick his slate of candidates and then he would have to convince a majority of councillors to endorse his selection. All the while, the mayor would have to ensure that the committee is split evenly between the east, west, south and centretown and then you would have to throw in a rural councillor or two.

There's also the risk that a group of councillors who are diametrically opposed to the mayor's policies would hijack the selection process and put their own people on the committee. See the problem?

When you get right down to it, the only way to end the dysfunction is to learn to respect your colleagues and take the time and effort needed to build real consensus, rather than expedient alliances.

## Community briefs

### Gloucester Little League in need of new executive

**GLOUCESTER** – Gloucester Little League is holding a special meeting on Sunday, March 8 to try and save the 39-year-old organization from possible extinction. The entire executive has decided to step down after running the GLL for the past 22 years. The hope is that enough parents and will step forward to fill in on the executive so that the league will continue to operate. The meeting is being held at the North Gloucester branch of the Ottawa Library beside Gloucester High School on Ogilvie Road and will begin at 1:30 p.m. The Gloucester Little League draws players from Pineview, Beacon Hill, Cardinal Heights and Blackburn Hamlet.

### Hydro One meeting set for Tuesday, March 17

**ORLEANS** – Local Hydro One customers upset with the recent spat of power outages will have a chance to voice their concerns at a public meeting that is being held on Tuesday, March 17 at the Orleans Client Service Centre starting at 7 p.m. Officials with the hydro utility will be in attendance as will both local members of provincial parliament – Phil McNeely and Jean-Marc Lalonde. The meeting will begin with a short presentation, including an explanation for the power outages, followed by a question and answer session.

### Green Wellness Expo returns to Orléans in April

**ORLEANS** – Preparations are already 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 the Beauchamp Chiropratic, 1224 Place d'Orléans Dr. across from Place d'Orléans. Kids get in for free. 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.

## Councillors take exception to taskforce's assessment

> **CONT'D FROM PAGE 1**

“Without addressing (the city’s) governance shortcomings, council will remain ineffective no matter how hard councillors, the mayor and staff work,” the report states.

The key to fixing the problem, according to the taskforce, is to create a system whereby the Mayor can take on a greater role at the head of the strategic planning process.

One way to do that, the report suggests, is to create an executive committee among council members chosen by the mayor in consultation with his fellow councillors. The members of the committee would also chair the city’s various standing committees and the Mayor would chair the executive committee.

The executive committee would be responsible for establishing a clear vision of the city’s strategic direction that covers the full term of council. The committee would also be responsible for formulating the city budget which would then be submitted to council for final approval.

The executive committee would also review any recommendations that are adopted by the standing committees to ensure that they comply with the city’s strategic direction before they are submitted to council and the body would review and formulate council meeting agendas under the direction of the mayor.

Among the other recommendations the task force is proposing is to adopt a Speaker system to oversee council meetings similar to what’s in place in Toronto. A Speaker and Deputy Speaker chosen from among the councillors would be responsible for running the council meetings which would free up the Mayor to take on more of a role as a strategic thinker and planner.

The taskforce is also recommending the formation of an finance and audit committee which would be charged with keeping track of the city’s finances as they relate to the city budget. The committee would

operate on a high level and provide oversight to the city’s financial operations.

While a number of the councillors present at the unveiling of the taskforce report were receptive to the idea of creating a finance and audit committee, they were less than enthusiastic about creating another layer of governance charged with driving the citywide political agenda at council.

Although Innes Ward Coun. Rainer Bloess agreed with the taskforce assessment that councillors often can’t see the forest for the trees, he questioned the wisdom of placing so much power in the hands of a few hand-picked councillors.

“I’m concerned there would be a big concentration of power in an executive committee, and I’m not sure that’s a good thing,” said Bloess.

Many of the councillors took exception to some of the language used by the taskforce, particularly in its description of the current state of city council.

Bay Wade Coun. Alex Cullen was especially upset with taskforce chair David Zussman who warned of impending chaos unless the changes are made as soon as possible.

“I find it arrogant to say that if we don’t accept the plan there will be chaos. There are some good things in (the report) that we should look at, but it’s overselling it to say, ‘This way, or chaos,’” Cullen told Zussman.

After the meeting, the veteran councillor, who is an occasional thorn in Larry O’Brien’s side, hinted to members of the media that the current level of dysfunction had more to do with the Mayor and his management style than the way the current system of governance.

“The level of considerable dysfunction has to do with the players who are at the table than the actual system,” said Cullen.

Ottawa residents can read the report and provide their feedback by visiting [www.governance-ottawa.ca](http://www.governance-ottawa.ca).

# DUST EVANS

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



Gerry Dust



Bradley Evans



Philippe Grandmaitre



Martin Mills

*“Providing quality legal service to Orléans and area for the past 30 years.”*

# English schools fail to measure up to French counterparts

By Fred Sherwin  
The Eastender

The east end's English elementary schools are still trailing their French language counterparts when it comes to teaching their students the three-Rs.

According to the most recent Report Card on Ontario's Elementary Schools compiled by the Vancouver-based Fraser Institute, students at the French language schools scored higher on average than their peers

enrolled at English language schools and a greater number of the students scored at or higher than the provincial standard on their EQAO tests.

The Report Card lists standardized-test results in reading, writing and math for Grades 3 and 6 from 2004 to 2008 and then uses the data to rate and rank the 2,806 elementary schools included in the study.

Of the top five schools in Ottawa, three are French lan-

guage institutions located in Orléans. They are Des Sentiers (1st – 10.0), L'Étoile-de-l'Est (3rd – 9.8) and La Prélude (5th – 9.6).

The scores are based on a combination of factors including the results of last year's EQAO scores in reading, writing and math for Grades 3 and 6; the gap between the male and female results (the wider gap the lower the score); and the percentage of students who failed to meet the minimum provincial standard.

Compared to last year's rankings when two English language schools managed to make it in the Top 10, only one managed to crack this year's 10 best.

The top seven spots are all occupied by French language schools and all but one of them is a French Catholic board school, including this year's top ranked school Des Sentiers in Fallingbrook which received a perfect rating of 10 out of 10, knocking last year's co-leader L'Étoile de l'Est to second place with a 9.8. Last year's other co-leader, Le Prélude, is in third place with a 9.6.

Des Sentiers not only had the highest score last year, they also had the most improved score, going from a 6.4 in 2007 to a 10 in 2008, based largely on the fact that only 6.6 per cent of the students who took the EQAO test last year finished below the provincial standard.

Of the 33 east end schools listed on the report card only 14 improved their rating from 2007 to 2008 and only four of those were English elementary schools – Fallingbrook Community Elementary School went from 6.2 out of 10 to 8.2; St. Clare Catholic School went from 6.1 to 6.8; Heritage Elementary School went from 5.1 to 6.5; and Brother André Catholic School in Beacon Hill went from a 2.7 to 4.3.

The most improved English language school in the east end was Fallingbrook which went from 6.2 in 2007 to 8.2. The school also received a value added rating of A in both reading and math.

The rating is an attempt by the Fraser Institute to quantify a school's contribution to the education of its students beyond socio-economic factors and the student's own abilities.

Overall, 25 of the 33 east end schools scored above the provincial average which was 6.0. Of that number all 15 French language schools in the east end scored above the provincial average, while only four of the eight English public board schools included in the study achieved the same distinction. As for the English Catholic board, all but four of the 10 schools included in the report card scored above the provincial average.

As a group the English Catholic board schools received an average mark of 5.9, while the English public board schools received an average mark of 6.2. By comparison, the 10 French Catholic board schools received an average mark of 8.0 and the five French public board schools received an average mark of 8.1.

Province-wide, students in Ontario are showing a gradual improvement on the annual EQAO tests.

"We're seeing a continuous trend towards improvement across the board," says Peter Crowley, the director of school performance studies at the Fraser Institute. "The indications are that more and more kids are performing above the provincial standard at both the Grade 3 and Grade 6 levels."

The scores for the 33 east end schools included in the report are listed in the colour coded chart below. The full report card can be viewed at [www.fraserinstitute.ca](http://www.fraserinstitute.ca).

School Ottawa ranking (Out of 169)	2008 Rating	2007 Rating	EQAO tests below standard	Value added reading	Value added math
Des Sentiers	10.0	6.4	6.6	A	A
L'Etoile de l'Est	9.8	10.0	8.6	A	A
Le Prélude	9.6	10.0	10.6	A	A
Des Pionniers	9.0	7.8	10.6	A	A
De la Découverte	8.9	6.8	10.3	A	A
Des Pins	8.8	7.7	13.4	A	A
St-Joseph d'Orléans	8.7	8.0	14.8	A	A
Fallingbrook C.E.S.	8.2	6.2	16.4	A	A
L'Odyssee	7.5	7.9	23.2	A	B
Jeanne-Sauvé	7.4	6.3	23.6	A	A
Sainte-Marie	7.4	7.1	24.4	A	A
Convent Glen Catholic	7.3	8.1	18.8	B	A
Orleans Wood E.S.	7.3	7.3	22.4	A	C
La Vérendrye	7.1	8.4	20.1	A	A
Des Voyageur	7.0	7.9	25.3	B	A
Reine-des-Bois	6.9	6.7	24.0	B	A
St. Clare	6.8	6.1	28.7	C	C
Divine Infant	6.7	7.6	28.0	C	C
Arc-en-Ciel	6.7	6.6	27.8	A	A
Heritage E.S.	6.5	5.1	28.4	C	B
St. Francis Assisi	6.4	7.2	28.5	D	B
Henry Larsen	6.3	6.3	30.7	C	C
Good Shepherd	6.1	6.8	31.9	C	B
St. Theresa	6.1	7.3	30.6	C	D
Séraphin-Marion	6.0	8.7	34.7	A	A
Maple Ridge E.S.	5.9	5.8	34.6	C	C
Chapel Hill Catholic	5.8	8.1	31.7	D	D
Trillium E.S.	5.8	6.5	33.3	C	B
Terry Fox E.S.	5.7	6.2	37.0	C	D
Blessed Kateri Tekakwitha	5.0	5.7	41.8	D	D
Our Lady of Wisdom	4.9	5.7	35.6	D	D
Queenswood P.S.	4.3	5.6	44.8	B	B
Brother André	4.3	2.7	41.4	D	D

No data available: Forest Valley, Dunning Foubert, Convent Glen Public, Thomas D'Arcy McGee, Robert Hopkins, Le Phare and Carson Grove.



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 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.orelsonline.ca/AZDaycare](http://www.orelsonline.ca/AZDaycare)



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

# Orleans Online publisher gets Media Hall of Fame nod

By Patrick Meikle  
Special to The Eastender

As a former award-winning photographer and community journalist over the past 19 years, *Orleans Online* publisher Fred Sherwin has received a number of accolades during his career, but none is more special than the honour he will receive on March 11.

Six years after launching the popular local news and information web site and its sister publication *The Eastender*, Mr. Sherwin is being inducted into the Algonquin College Media Hall of Fame for his work in e-publishing.

Now in its second year of existence, the Hall of Fame recognizes individuals in the local media industry who have earned a reputation for excellence and innovation, while making significant contributions to his or her industry and community.

When Mr. Sherwin receives the award he will be coming full circle. It was 27 years ago this April that he graduated from the school's photography program to pursue a career in photojournalism.

During the mid-1980s he worked as a freelance photographer for the *Ottawa Citizen* and the *Toronto Star*. In 1988 he moved to Montreal, where he worked at the *Montreal Daily News* until it folded in December 1989. When he returned to Ottawa, he worked as a contract photographer for the *Toronto Star* on Parliament Hill and in 1994 he was hired as a staff photographer at the *Ottawa Sun* where he won a National Newspaper Award for Spot News Photography in 1996.

During this same period of time, Mr. Sherwin was also employed at the *Orleans Star* where he began writing a popular column in 1989.

He would end up leaving the *Star* in July of 2001, after a career that spanned nearly 12 years, and in December launched *Orleans Online* and *The Eastender* with very little resources except for a desk top computer and a small camera. It was a risky move, but one in which he had complete confidence.

"Some people were a little skeptical, but I received a lot of support from old readers and people like (former Cumberland mayor) Brian Coburn and (former Gloucester mayor Claudette Cain)," says Sherwin. "But the man who really made it possible was Lionel Laurin who owns Ace Body Shop in Orléans. He believed in me and what I was doing and he kicked me in the rear end whenever I started to doubt myself."

At the time there were very few community publications that were using the Internet in an aggressive manner.

"No one else had a community news and information website that provided visitors with a constant flow of information," Sherwin recalls. "My position then, and still is to this day, is that if you go out in the community and write about what's going on, whether it be at city hall or the local arena, people will want to read about it."

Sherwin can still remember the first time he got 1,000 visits in a week. Today, the site averages 10 times that number. In January the website set records for most visits in a day (7,361), most visits in a month (58,085) and most page views in a month (560,111).

Visitors are also spending a lot more time on the site with the average duration coming in at around 10-11 minutes per visit.

While Sherwin is by no means getting rich off the website, he is doing something he enjoys and which he believes has a positive impact on the community.

"To be honest the primary purpose of the website is to provide positive reinforcement to young people out there. That's why you see so much minor sports coverage on the website and stories about young artists, or just young people doing great things in general. The news stuff is just a bonus for people who don't have kids," says Sherwin who not only practices what he preaches on the website, but also in the community through the creation of the Orleans Online Outstanding Youth Awards which he started in 2002.

He also helped convince Ottawa city council about the need for a community arts facility in the east end back in 2003, which turned into the Shenkman Arts Centre and he is the founder and lead organizer of the Greater Orléans Canada Day Celebration on Petrie Island.

Not bad considering what he started out with. As for being recognized as a positive role model for graduating media arts students, Sherwin says they need all the role models then can get.

"The media and news business is going through some tough times. It's contracting all across the board whether it be traditional print publications, radio or television. There are people out there looking for jobs who might have just been laid off who have 15 or 20 years experience," says Sherwin.

"In order to succeed you either have to develop your own niche or pick a subject that you love and do it to the best of your ability. Because one thing that will never change is that people appreciate and will pay for a quality product. It doesn't matter whether it's a car, a computer or access to news and information. Believe in yourself, work hard, have fun and the rest will take care of itself."

## Committee votes to cancel bus purchases to cover shortfall

By Fred Sherwin  
The Eastender

OC Transpo officials are starting to get a better picture of the long term impact of the seven week long bus strike and it isn't pretty.

According to projections released by the transit service last week, total ridership is expected to be down 20 per cent this year from what had been estimated during the the 2009 budget process.

OC Transpo was hoping for a five per cent increase in ridership this year which would have amounted to 104 million trips, but the strike and the delay in restoring bus service has forced them to revise their projection and now they are only expecting 80 million riders.

The decline in ridership will result in a

\$31.4 million drop in revenue. When combined with the \$5.6 million pricetag for incentives aimed at bringing riders back and mitigation measures taken during the strike, the impact in terms of a reduction in projected revenue is about \$37 million.

In terms of the impact the strike has had on the expenditure side of the budget, it has wiped out any hope the city had of saving money by making adjustments to scheduling. The financial impact is \$5.6 million. The city also had to spend \$2.5 million on mitigation measures during the strike that hadn't been budgeted for. On a positive note, the city saved \$24.5 million by not having to provide transit services during the strike.

The net impact on the expenditure side of the budget amounts to \$15.3 million in

savings, which will only partially cover the loss in projected revenue.

In the end, the strike and subsequent drop in ridership will result in a \$22.7 million shortfall.

In order to eliminate the shortfall, the transit committee endorsed a staff recommendation to defer the purchase of 25 buses until next year.

Twenty of the buses won't be needed because of the decline in ridership. The other five buses will be offset by extending the life of five vehicles until the end of the year.

The committee also recommended to defer a planned 4.5 per cent fare increase from April to June.

City council will vote on the recommendations next Wednesday.

# The Eastender

## Fraud

This past Tuesday the city's transit committee heard that hundreds of people are taking the city for a ride by traveling on OC Transpo buses without paying. Fare fraud is so rampant that OC Transpo general manager Alain Lalonde estimated that the transit service is losing five per cent of its potential revenue every day.

The admission had at least one councillor calling for the city auditor to get involved to try and get a handle on exactly how much the city is losing to fare fraud and how to stop it.

That's all nice and well, but there are much more bigger fish the auditor should be frying. Fare fraud is just the tip of the iceberg when it comes to how much OC Transpo is costing taxpayers.

The real fraud is that city council has so far refused to turn city auditor Alain Lalonde loose on the transit service. Instead he's been looking into how much the city is earning per parking meter and whether or not the assistant deputy associate planning department official is getting free tickets to a Sens game.

City council should have appointed Lalonde to examine OC Transpo as soon as the strike ended. There are so many questions that need to be answered, facts uncovered and fiction debunked that it will take a team of auditors months to get to the bottom of it.

With the recent revelations over fare fraud, there should no longer be any question that council needs to let Lalonde go through the transit service from top to bottom.

Among the many items that warrant scrutiny is the scheduling system, including work-rest practices, overtime abuse; allegations of driver vandalism; passenger vandalism; contracting out of maintenance services; management practices as they pertain to maintenance and scheduling and the procurement of parts, equipment and buses.

Lalonde should also look into the mounting cost of the strike and the decision making that was done from the moment the previous collective bargaining agreement expired to the present day. Not three weeks ago the officials were telling us that the strike will only cost the city \$2.5 million. Problem is, they didn't take into account the impact the work stoppage would have on ridership. Now OC Transpo estimates the cost will be closer to \$22.7 million and they still haven't factored taken into account the potential cost of the arbitrated settlement.

The list of issues that need to be looked into is incredibly long, but the job is at least as important as finding out the net income of parking meters.

Council must act now and direct Lalonde to help untangle the mess over at OC Transpo so that we have a full accounting of the transit service and its practices both past and present. With every minute that goes by, taxpayer money is being needlessly wasted.

– Fred Sherwin, editor

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.

## Municipal election changes key to providing real reform

This past week the issue of reforming municipal government was front and centre, first with the suggestion made by long-time Conservative MPP Norm Sterling that the province needs to seriously look at bringing in term limits for municipal councillors and the formation of a municipal party system, and second by the Mayor's Taskforce on Governance which stated in their report that the current system is dire need of some changes.

I'll begin by commenting on Sterling's suggestions. It is my sincere belief that a municipal party system would only further politicize a body that has far too many politicians sitting around the table as it is.

If we had fewer career politicians on council who are more worried about how their decisions might effect their popularity than they are about making this city a better place to live for all its residents, we would be a heck of a lot better off.

As for term limits, I can sum up my views on them in one simple phrase – they're great if your councillor sucks and they suck if your councillor is great. Enough said. It's all nice and well for people to say that if you want a better city council you need to elect better councillors, but without better candidates it's little more than a catch phrase.

The only way to truly reform municipal politics and encourage more people to run for city council is to level the playing field, because right now it is completely tilted in favour of the incumbent.

Perhaps the biggest advantage an incumbent has, besides name recognition, is the fact that they can campaign without having to give up their day jobs or their income.

Most challengers are lucky to get a couple weeks off from work. Some will bank their holidays to run, while the truly lucky ones can negotiate a one month leave of absence. The only challengers who can afford to hit the campaign trail for six to eight weeks are either unemployed or independently wealthy.

Which brings me to the other huge advantage incumbents have over their would-be challengers and that's financial. Incumbents tend to benefit from

the generosity of local developers and homebuilders like Urbandale, Minto and Trinity.

Bob Monette pulled in \$8,250 from developers and home builders in the last election. Rainer Bloess got over \$9,600 and Rob Jellett received a whopping \$16,600.

The spending limit in all three east end wards was between \$25,000 and \$30,000 and the incumbents had no problem raising the maximum.

One way to level the playing would be to lower the spending limit to about \$10,000 to make

it affordable to more people and prohibit any company that does business with the city, or their officers, from contributing to municipal election campaigns. For one thing, it would eliminate the clear financial advantage incumbents enjoy and for another it's just plain wrong to allow developers and consultants to bankroll city council campaigns.

Get rid of them. Adios. And while you're at it, put an end to the practice of incumbents being able to carry over their unspent contributions from one election to the next.

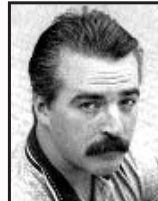
Before the next election even starts, Rob Jellett has \$10,000 sitting in the bank that was leftover from the last election. You would have to be a complete masochist to want to take on an incumbent who is already \$10,000 ahead of the game before you put up your first lawn sign.

Last but by no means least, the province should move up the registration date from Jan. 1 to the day after Labour Day.

In most instances, your average would-be challenger doesn't bother registering until September at the earliest and in a lot of cases they wait until the deadline. In the meantime, the incumbent has been raising money and organizing their campaign teams for a good eight months.

If the registration date was moved up to Labour Day, the playing field in would be much more level.

Those are just a few ideas that would at least improve the odds for challengers that are easily doable and would make a huge difference in terms of their potential impact on future elections.



View  
Point

Fred Sherwin

# Local company gets grant for entrepreneurship program

By Patty Smith-Verspoor  
Special to The Eastender

One of the advantages of the Internet is that it gives us access to information that can help us get healthier, without any expert advice. It's ours for free, a gift from the Creator. Our parents had the responsibility to remind us of this inner wisdom and to awaken in us good habits.

These are some of the basic rules of a healthy life that my parents taught me:

- The fresher it is the better it tastes and the better it tastes, the better it is for you.
- Local fruit is generally fresher and riper and healthier.
- Vegetables are good for you.
- The more processed and milled it is, the less the food value.
- The more packaging it has, the less food value it contains.
- If you can't identify the ingredients on the label, then it probably isn't real food.
- All the real food is along the outside walls of the supermarket; all the non-food is on the shelves in the middle.
- Grass-fed meat is better than grain-fed meat.
- Organic is better; whether meat, fruits, nuts, seeds, grains or vegetables.
- Food from your own garden is best.
- Avoid everything that has anything to do with herbicides or pesticides.
- Every now and then a little dirt is good

for the septic system and for your digestive and immune systems.

- Lots of clean water, fresh air and sunshine are good for you. When we were kids the TV got unplugged in the summer, and we had to work around the house and garden for exercise - after all the chores we could play with our friends.

- Our parents were concerned about the use of synthetic chemicals; fertilizers - herbicides, pesticides, and preservatives - long before Rachel Carson and Silent Spring. They preferred organic before this was a cool thing to do and when it was generally the way food used to be grown. They knew that the problem was not bugs and germs, but our ability to stop them from getting inside our bodies by being healthy.

- You only went to the doctor if you were really sick. The usual childhood fevers and sniffles were treated with nourishing soups, rest, extra vitamins, and sponge baths if necessary. Fevers and simple "colds" were seen as the body's attempt to cleanse and heal.

Our parents weren't perfect, of course. They bought into the idea that milk was good for you (even when pasteurized), although they preferred buttermilk and yogurt, and that margarine is healthier than butter (when it is one step away from a plastic, and definitely not a food) and they

didn't allow us to eat white bread.

Most of us have a general sense of what's bad for us, but the pace of commercial "food" products and the bewildering variety of new substances being put into our food make it difficult at times.

Take sugar, for instance. Refined sugar is bad for your health. The body needs sugar, but nature never intended for it to be the kind that came out of a factory. Eating processed white cane sugar, or corn syrup derivatives, is like mainlining cocaine - both can be deadly.

Most of the white sugar and corn syrup is hidden in foods. One slice of commercial apple pie can contain 3-7 tablespoons of sugar.

Sugar consumption has skyrocketed over the last century and it is mostly hidden in processed foods. The average person consumes 140lbs of sugar a year without ever realizing it.

Sugar reduces your immune system's ability to react. Just a few tablespoons of refined sugar and your immune system drops by at least 25 per cent for several hours. So do your homework. Check the label and reduce the amount of sugar you consume.

*(Patty Smith-Verspoor is a doctor of Homeopathic Medicine and Medical Heilkunst. For more information visit [www.heilkunst.com](http://www.heilkunst.com))*

## Local business

# Small country shop a haven for the underdog since 1966

By Fred Sherwin  
The Eastender

It's hard to tell which is the greater of two local legends: Ace Body Shop, known throughout the Ottawa Valley for top quality work and honest service; or its owner, Lionel Laurin, widely known as a straight-talker who champions with zeal and compassion the rights of his clients, friends and fellow citizens.

Posted on the walls of Ace Body Shop's entranceway are dozens of written testimonials thanking Laurin for his help in dealing with insurance companies and accident claims and attesting to the quality work done by the craftsmen who work at the body shop.

What makes the sheer number of letters even more amazing is the fact that 95 per cent of the shop's clientele are either repeat customers or referrals.

"We're just a small country shop here, but we manage to do okay," says Laurin.

A visit to Ace Body Shop on virtually any day of the week is an experience in itself - a buzz of purposeful activity, a constant stream of walk-in clients and phone calls, petitioners seeking help and advice on insurance-related and other issues, good friends and neighbours dropping in with humorous tidbits and goodies.

At the centre of all this activity is Laurin

and his partner, Theresa. The pair have been working together for some 35 years.

Hanging above the office window as you walk through the front door are the shop's three rules: Rule #1: "In this shop the customer is right when he's right. He is wrong when he is wrong."

Rule #2: "In this shop BRIBES, KICKBACKS and EXTORTION are not appreciated and will not be tolerated."

Rule #3 "In this shop we afford everyone the same courtesy that we receive. Please afford us the time and the understanding to give you the service and quality work you deserve."

"The rules are there for a reason," says Laurin. "We know our business and we take all necessary steps to protect the customer confidence we've built up over the years."

If you're lucky enough to get a tour of the shop, it will become clear that Ace Body Shop is a place where workmanship is a matter of intense pride.

Any number of vehicles can be found in various stages of preparation and completion as they are moved from one of the shop's 25 bays to another.

"Taking care of people is also part and

parcel of what we do," says Laurin. "Having an accident can be a traumatic experience. For many, their car represents a substantial investment and people can be very attached to their vehicle. Also, in many cases you have insurance companies taking advantage of people's vulnerability. You simply wouldn't believe what we see coming through here."

It's obvious that the state of the automobile insurance industry is an issue about which Laurin is very passionate.

"We're in the business; we see what happens to good, law-abiding folks. In this shop, we've made it our business to help our customers fight for their rights. We have literally hundreds of files that confirm the horrible story - consumer beware when dealing with insurance companies."

It's little wonder that Laurin's biggest hero is Terry Fox.

"Terry Fox succeeded against all odds through perseverance, hard work and tremendous single-mindedness to help his fellow citizens," says Laurin.

Laurin's description of his hero could be equally applied to the man himself; a symbol of perseverance and a champion for the underdog.

Ace Body Shop is located on Old Montreal Road just east of Trim Road. For more information on this and other local businesses visit [www.oreansonline.ca](http://www.oreansonline.ca).



Lionel Laurin

## Local sports

# St. Peter Knights win school's first ever ice hockey championship

By Fred Sherwin  
The Eastender

In the gym at St. Peter High School hangs several dozen championship banners. A number of them have been won by the school's various football teams over the years. Several more have been won by the school's rugby program and the girls basketball team, but not one of them has been won by the boys hockey team.

The closest the Knights got to lifting the championship trophy was last year when they made it to the semi-finals. That experience provided them with the extra motivation they needed to get back to the playoffs this year and try and win it all.

After losing to the Hillcrest Hawks in the second game of the season, the Knights reeled off eight straight wins to qualify for the playoffs as the third seed behind the Hawks, who went undefeated in 10 regular season games, and All Saints who finished on top of the West Division with a record of 9-1.

After beating the Merivale Marauders 5-2 in the quarterfinals, the Knights doubled up All Saints 4-2 in the semi-finals to earn a date in the NCSSAA championships against the Colonel By Cougars who lost three times during the regular season, once to St. Pete's and twice to Hillcrest, all by one goal.

In high school hockey, the finals are a best two out of three affair. The Knights needed overtime to win the series opener against Colonel By after the Cougars scored a controversial goal that appeared to slide under the bottom of the net during as it was lifted off the ice during a wraparound play.

Trailing 1-0 in the series, the Cougars came out flying to start Game 2 at the Earl Armstrong Arena on Monday. They had the Knights pinned in their own end for the better part of five minutes.

The extra energy paid off in the game's first goal as Matt Cornick scored from just outside the Knights' crease on what appeared to be a harmless backhand that caught the inside of the far post.

The Cougars remained on top until the later stages of the opening period when the Knights looked to turn things around. St. Pete's first goal came on a terrific pass from Peter Cook, who was positioned behind the net, out to Sean Adams who fired the puck into the top corner glove side.

Less than three minutes later, Knights' captain Sam McLaughlin scored on his own rebound to give St. Pete's a 2-1 lead. With 41 seconds left in the first period, Cook made a nifty play, banking the puck off the boards near his own blue line to Steve Masterton who swept over the Cougars blueline before passing the puck back to Cook who scored his second of the game to give the Knights a 3-1 lead heading into the intermission.

St. Pete's went up 4-1 at the 9:41 mark of the second period on a goal by Marcus Heinonen that was set up by McLaughlin.

The Cougars would get a goal back with 2:19 left to play in the period when Kyle Forrest chipped the puck past Knights' starting goaltender Marc Berube.

The Knights took all of 34 seconds to re-establish their three goal lead on a goal by Curtis Craney-Plouffe. Then, with time winding down in the second period, Nick Martin scored for the Cougars to narrow the deficit to 5-3.

The third period was dragged out by a malfunctioning scoreboard. Unfortunately for the Cougars, they were unable to capitalize on the extra time and the Knights were able to hold on for a 5-3 win and earn the school's first ever city championship in varsity hockey.

After the game Knights co-coach Phil Cossette praised his players for responding well after their sluggish start.

"It's was pretty worrisome at the beginning, but the guys eventually came around and started opening things up. Our big players went at them in their zone and some great chances on two on ones," said Cossette.

McLaughlin was one of the players who was looking to win it all after last seasons disappointing loss in the semi-finals.



Members of the St. Peter Knights celebrate after winning the NCSSAA AAA/AAAA hockey championship by sweeping the Colonel By Cougars in the finals. Fred Sherwin/Photo

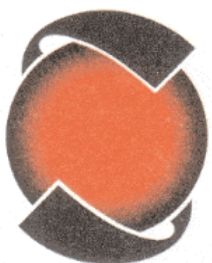
"This is my second year with the team I didn't want to lose again. I thought last year we had a chance to win it all, but it didn't happen so this is pretty nice," said McLaughlin who is on the Cumberland Grads Midget AA team.

After the game, Cougars head coach Greg Crossett admitted they were beaten by the better team.

"They're a resilient, strong club and they took advantage of their opportunities. They got a lot of odd man rushes and they finished their chances. The buried us," said Crossett.

In other boys contact hockey action on Monday, the Garneau Gaulois downed Holy Trinity 6-1 to wrap up the A/AA championship in two games. The Gaulois won the first game 3-0.

Stéphane Paquette and Adam Lloyd each had a pair of goals for Garneau in the final game, while Simon Paquette and Alex Monette also scored for the Gaulois.



**LACROIX ORLÉANS**  
**Source**  
*for sports.*



**2062 Boul. St-Joseph Blvd, Orléans**

**Tel / tél: 613-824-5196**

## Local sports

# Orléans native is making noise in the bluegrass state

By Fred Sherwin  
The Eastender

It's been almost two years since Orléans native Chris Bisson followed his dream of playing professional baseball to the University of Kentucky where he plays a variety of infield positions for the Kentucky Wildcats.

While most kids barely get off the bench during their freshman year, Bisson, who went to Béatrice-Desloges high school, started in 15 games and got to the plate 51 times. Although his batting average was only .157, he stole three of six bases and had a .920 fielding average primarily at second and third base.

During the summer he played in the New York Collegiate Baseball League and put up impressive numbers including a .301 batting average. He had eight extra base hits including three homers and 18 RBI. He also stole 17 of 18 bases and led his team in drawing walks with 25.

The experience did wonders for his confidence and coming into the Wildcats training camp he was determined to make a much larger contribution to the club offensively.

Through the first six games of the season, which opened on Feb. 20, he had eight hits in 23 at bats for a .348 batting average. He also had seven RBIs.

In a game against Western Michigan on March 1, he went 3-for-6 with a double, an RBI and a stolen base. But the best was yet to come. Three days later he went 3-for-4

against Eastern Kentucky and hit a two out, two run walk-off dinger in the bottom of the ninth inning to lift the Wildcats to a 9-8 win over the Colonels.

It was Bisson's first career homerun for the Wildcats and it couldn't have come at a better moment.

As he strolled to the plate he thought back to a game last year in which a teammate hit a walk-off homerun.

"That kind of inspired me because I got to sit and be a part of that last year," Bisson told reporters after the game. "I really wanted to come in and just put a good swing on the ball."

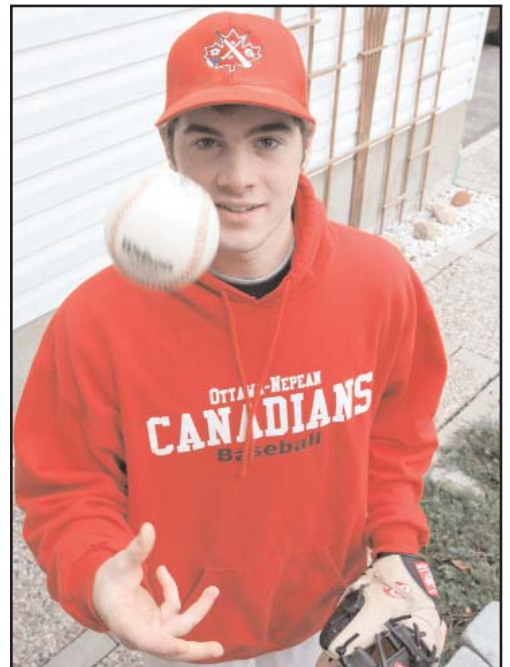
Just 19-years-old and all of 5-foot-11 and 185 lbs., Bisson absolutely hammered the first pitch.

"He crushed it," Wildcats' head coach Gary Henderson said after the game. "That was a no-doubt home run, a ball that gets out of any park in the nation, not just ours."

Bisson followed up his impressive performance against Eastern Kentucky, by going 4-for-5 in a win over Indiana State on Thursday and improving his hitting streak to eight games since the start of the season.

Unfortunately, the streak came to an end against ISU yesterday when he failed to get a hit in five at bats, although he did contribute an RBI in the Wildcats 5-0 win.

Bisson would no doubt love to one day represent his country at the World Baseball



Former Béatrice-Desloges graduate Chris Bisson is the starting second basemen and lead-off hitter in only his second year at the University of Kentucky. Fred Sherwin/Photo

Classic, which is being played out this month in the United States, but for now he's concentrating on helping the Wildcats make it to the Southeast Conference Championship and a berth in the NCAA Regional tournament which is something a Wildcat team hasn't done since 2006

## Rangers make playoffs with win over Brockville Braves

By Fred Sherwin  
The Eastender

The Gloucester Rangers have made the playoffs for the first time in two years after downing the Brockville Braves 4-1 in their final regular season game Friday night.

The Rangers were trailing the Kanata Stallions by a point for the eighth and final playoff spot and needed a win over the fourth place Braves to get into the post season. A point by way of an overtime loss or shootout loss would not have been enough because the Stallions had the edge in a tiebreaker situation with more wins.

With their playoffs hopes at stake and starting netminder Francis Dupuis still on the sidelines, the Rangers went with call-up goalie Morgan Hudson against the Braves who decided to sit out seven of their regular starters.

The Stittsville Royals goalie was nothing short of spectacular in net, stopping all 30 shots he faced through the first two periods of the game.

The only shot that got by him was called back on a hand pass.

After a scoreless first period, the Rangers' Jamie Begin scored just 25 seconds into the

second stanza on a pass from Corey Frizell and Brandon Edge.

The rest of the period was pretty much all Brockville as the Braves peppered Hudson with 20 shots. They finally beat the Gloucester goalie at the 4:36 mark of the third when Stephen Bird converted a pass from Nathan Slack.

The Braves continued to outshoot the Rangers by a margin of 2:1, but it was the Rangers that managed to break the tie on a goal by Jason McCarthy at the 6:10 mark of the final period.

Nick Vidoni then gave the Rangers some much needed breathing room with a goal three minutes later that was set up by Jamie Collins and Eric Clitsome.

Hudson and the Rangers defensive corps continued to keep the Braves at bay through the rest of the period until Edge salted the game away with an empty net goal with 12 seconds left on the clock.

Hudson was full measure for the win stopping 38 of 39 shots to pick the first star of the game honours.

The Rangers must now prepare for a first round match-up against the league leading Nepean Raiders who they were 4-2 against

during the regular season including a pair of lopsided losses in their final two meetings.

It will be a tall order indeed against a Raiders team that has only lost four times at home this season, including a pair of shootout losses, and has scored a league leading 261 times.

The two teams open the playoffs on Sunday at the Nepean Sportsplex. Game time is 2:30 p.m.

In other action on Friday the Cumberland Grads warmed up for their opening round match-up against the Ottawa Jr. Senators by laying a 10-6 licking on the Hawkesbury Hawks.

Matt Miller, Marc-Andre Labelle and David Pacan each had a pair of goals for the Grads while Jeffrey Clarke, Kevin Lough, Mathieu Ouellette and Daniel Sauve had a goal apiece.

The only troubling aspect of the game was the fact that they allowed six goals against the last place team in the league.

The Grads will have to tighten up substantially on defence against the Jr. Sens who they face in Game 1 of their quarter-final series at the Navan Aren on Sunday. Game time is 3 p.m.

# Artscetera

## St. Peter Players production a musical feast

By Fred Sherwin  
The Eastender

Before I get to my review of the St. Peter Players production of "Beauty and the Beast", I should admit that I am one of the few parents of multiple children who has never read the book or seen the movie.

I knew "about" the story, of course, but I had never actually read it or seen it until Wednesday night when I went to the opening of the St. Peter Players production of the Disney musical.

For those of you who don't know, the story of "Beauty and the Beast" revolves around two main characters – the beautiful Belle and the prince who has been turned into a hideous beast by an enchantress who he rebuffed when she asked to take shelter in his castle in exchange for a rose. The spell cast on the prince extended to everyone living in the castle who were slowly turning into inanimate objects.

After casting the spell, the enchantress left behind a rose. If the prince could somehow convince someone to fall in love with him before the last petal fell off the rose, the spell would be broken.

Early on in the play, Belle's father Maurice gets lost on his way to a fair and stumbles upon the prince's castle. When the Beast discovers him inside the castle, he locks him in a dungeon.

When Belle discovers that her father is missing she goes to find him and in doing so stumbles upon the castle as well. In exchange for her father's freedom, Belle agrees to remain at the castle forever.

Belle's presence sends a wave of excitement through the castle's servants who are slowly turning into inanimate objects. They realize that if the prince can somehow fall in love with Belle and she reciprocates his feelings, they will all be freed from the spell. But back in the village, the play's villain, Gaston, has hatched a plan to force Belle to marry him by having Maurice locked in an asylum.

Over the course of time the Beast slowly falls in love with Belle, but he is afraid to tell her for fear that she will reject him.

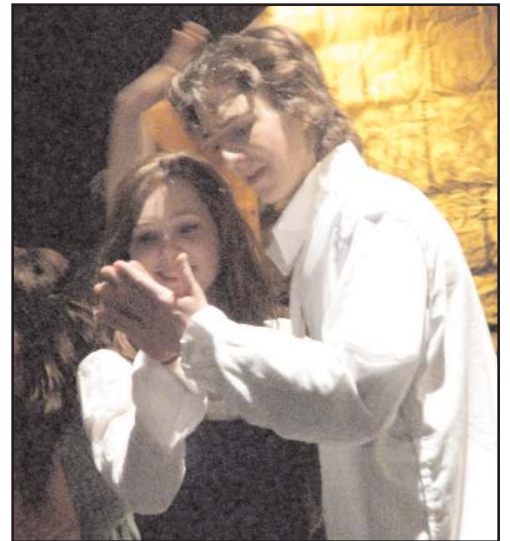
When Gaston finds out about the Beast he rounds up the villagers to go kill him. In the end it is Gaston who is killed and Belle confesses her love for the Beast which immediately breaks the spell.

The story contains all the elements of a classic fairy tale – mystery, suspense, romance, and above all else a happy ending. But to truly bring the story to life you need actors and singers who can deliver. Fortunately the St. Peter Players production was blessed with several outstanding voices starting with Lydia Barrett who played Belle.

Barrett's performance of "A Change in Me" was absolutely spell-binding. Charles Douglas, who plays the Beast, was also superb, although the audience didn't get to hear him until midway through the play. Together the pair were almost as magical as the story itself. Interestingly enough, their two older siblings, Hannah Barrett and Stuart Douglas, played the romantic leads in the St. Peter Players 2004 production of "Les Misérables" which is still one of the best plays the company has ever presented.

Among the other lead actors, Austrian exchange student Robin Jentys was terrific as Lumière, as was Michael Heney, who played Cogsworth, but Amber Forgie was off the charts as Babette. Her performance was deserving of three bravos. And while she doesn't have very many lines, St. Peter Player veteran Sarah MacDonald can be proud of her performance as the wardrobe which was a delight despite its brevity.

Kudos as well to Kyle Aubrecht-Kerr who had the unenviable task of portraying the dastardly Gaston. Of all the roles in "Beauty and the Beast" it is by far the most complex, requiring the right mix of bravado, obnoxiousness and arrogance without being too far over the top. Aubrecht-Kerr played the role to a "T" and was in fine voice as well.



The St. Peter Players are production of 'Beauty and the Beast' featured Lydia Barrett as Belle and Charles Douglas as the Beast. Fred Sherwin/Photo

The remainder of the cast included Sarah Algozino as Mrs. Potts, Eric Kavcic as Chip, Ryan Binsell as Le Fou, Alanna Bale as the Enchantress, Sean Payton-Stewart as Maurice and Jessyca Lalumiere, Denise St. Pierre and Siobhan Kelly as the lovestruck village girls, who did a stellar job as well. But the unsung stars of the production were the members of the orchestra who were on top of their game during Wednesday's performance.

One of the things that has separated past St. Peter productions from other high school plays has been their costuming, set design, and sound which were extraordinary as always.

Finally, no review of "Beauty and the Beast" would be complete without commenting on the big ensemble numbers, "Be Our Guest" and "The Mob Song". The choreography was top notch during both pieces, especially considering the number of people who were on the stage, and the songs were well-delivered by the chorus members.

## Community calendar

SUNDAY, MARCH 8

**GLOUCESTER LITTLE LEAGUE AGM** starting at 1:30 p.m. at the North Gloucester Branch of the Ottawa Library on Ogilvie Rd. (between Gloucester High School and the Splash Wave Pool). The GLL is in need of volunteers to fill various positions on their executive.

WEDNESDAY, MARCH 11

**SMILE THEATRE** presents the play

"Extraordinary" by Jim Betts at the Gloucester Seniors Adults Centre or the second floor of the Earl Armstrong Arena on Ogilvie Road. Tickets \$2 per person. Curtain time is 2 p.m. Call Debbie Trickey at 613-749-1974 to reserve your tickets.

FRIDAY, MARCH 13

**LAUREN HALL** will be performing at the Orléans Legion, 800 Taylor Creek Dr. from 7 p.m. to midnight.

Dinner buffet served from 5-7 p.m. Visit <http://www.rcl632.com> for more information.

**THE NEW OAK TREE GRAND OPENING SALE** – Save up to 50% plus the taxes on every piece of furniture in the store. Open from 9 a.m. to 9 p.m. today and tomorrow and 10 a.m. to 5 p.m. on Sunday. The New Oak Tree furniture store is located at 3495 Trim Rd. in Navan.

SUNDAY, MARCH 15

**SUNDAY 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. Children under four eat for free. By reservation only. Call 613-835-2227.

THURSDAY, MARCH 17

**PUBLIC MEETING** to address recent issues with the delivery of service to Hydro One customers in Ottawa's far east end. Local MPPs Phil McNeely and Jean-Marc Lalonde will be in attendance as will officials with the provincial utility. Location: Orleans Client Service Centre, 255 Centrum Blvd. Time: 7 p.m.