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HELPING STRAYS

A local animal lover is hosting a fundraiser this weekend in an effort to help stray and injured animals in Laos.

5



GREEN DONATIONS

City shelters hope donations towards energy efficient upgrades will help save costs and help more people in need.

8



PLAYOFF RUN

The Ottawa Fat Cats enjoyed record attendance as the team continues on its path to success this season.

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Year 1, Issue 43

August 18, 2011 | 22 Pages

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Photo by Michelle Nash

A DAY CAMP WITH HEART

Camp Kaleidoscope finished up their first all day summer camp on Friday, Aug. 12 for children diagnosed with Autism Spectrum Disorder. The four week program gave children a chance to enjoy summer in the city. For more on this story, see page 8.

New crosswalk planned for Coventry Road

MICHELLE NASH

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As the last opportunity for written public comment regarding the realignment of Coventry Road draws near, owners of the St. Laurent Shopping Centre don't expect any negative feedback because they're prepared to throw a crosswalk into the deal.

The upcoming expansion of the St. Laurent Shopping Centre will require a shift in where Coventry Road now runs to consoli-

date three properties on the opposite side of the road from the shopping centre.

Morguard, owner of the shopping centre, held public consultations in Sept. 2010 to discuss the expansion and realignment of the road. Hired by Morguard, Miguel Tremblay, a consultant from FoTenn Consultants, said the need for a crosswalk at Hardy Avenue and Coventry Road came up at the meeting.

"The entire meeting was mostly about the crosswalk, something the city was not

sure they would put in place so close to an arterial road. It will be an extra cost to us, but Morguard sees it as important to the community," Tremblay said.

Tremblay said the realignment of Coventry will also bring the road up to municipal standards.

"Once the road comes up to municipal standards, we were told it will benefit from sidewalks and bike lanes," Tremblay added.

See CROSSWALK on page 10

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You don't always get what you pay for, especially when it comes to insurance

Are You Paying Too Much?

The motto "you get what you pay for" used to be true of most things, but the times, they are changin', and this is no longer true for many things, most notably car insurance. In fact, you could be paying hundreds, or even thousands of dollars more than you should for your coverage.

How is this possible? It is somewhat complicated to explain, but, to sum it up: Insurance companies base their rates on their experience with similar driver profiles and cars. Since no two companies' experiences are exactly the same, it is rare that different companies will give you the same potential insurance premium for your profile and car.

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It has been statistically proven that drivers over 50 years of age have fewer accidents and tickets than the average, and this means that there are more potential savings to be found for more experienced drivers. In fact, some companies actually specialize in serving the mature market, so it's definitely worth comparing rates. It's also important to check your rates with InsuranceHotline.com yearly since a company's rates can change quarterly. The company that gave you the best rate last year may not be able to provide the lowest quote again this year.

Loyalty May Not Pay

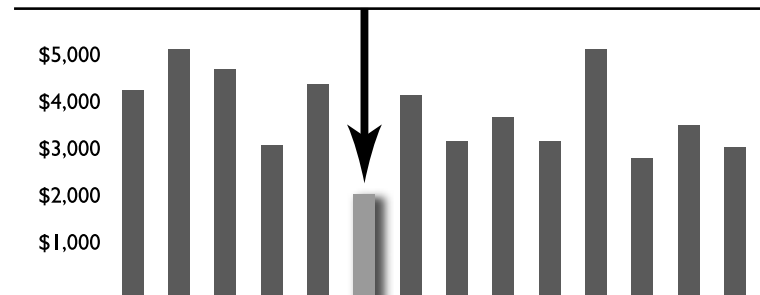
If you are getting a loyalty discount you might be thinking that you are better off staying with your current insurance provider. This might be true, but it's impossible to be certain without doing some research. You just might find that the potential savings far outweigh any loyalty discount being offered. Once again, it's important for the mature driver to shop around, especially if you have been with your current provider for a while – they might not offer special rates that take advantage of your good driving habits.

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City campaign encourages residents to check their bus

EDDIE RWEMA

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Do you know what changes are in store for your bus route come Sept. 4?

To ensure transit riders are able to get to work, school, shopping or appointments once the changes are made, OC Transpo has launched a campaign to help prepare residents.

Transit Commission chairwoman Diane Deans launched the Check Your Route campaign at the Billings Bridge Transitway station on Aug. 10 to encourage users to plan and master their routes in advance.

"A lot of effort has been put into the Check Your Route campaign to ultimately help our customers use the new system well in advance of its actual implementation," said Deans.

Distinctive signs featuring green logos have been posted at bus stops, shelters and Transitway stations that are affected by the new changes.

The commission approved the bus route changes back in April in an effort to save \$22 million annually, as directed by city council.

"The council's direction was in line with all our continuing efforts to find a delicate balance between the fiscal prudence of respecting tax payers' hard earned dollars and at the same time providing the best public transit system possible in the nation's capital," Deans noted.

According to city projections, the changes are expected to help OC Transpo save \$7.3 million in 2011.

The Gloucester-Southgate councillor said the process had been a balancing act between trying to take out parts of the system that were not functioning at capacity and were costing a lot of money.

"No one likes to see empty buses running through the neighbourhood and that is what we have tried to do by increasing efficiency, improve the reliability of the service and ultimately deliver a better service for our customers at an affordable price," said Deans.

The new campaign follows the launch of a new online transit travel planner last month, all with an aim of preparing transit riders changes to their personal travel.

According to Deans, some neighbourhood bus routes have been combined to create a single more frequent route from two or lower frequency roads. She insisted that the vast majority of existing transit riders will be unaffected by the changes.

"Approximately 95 per cent of our riders will use exactly the same transit services they currently use or will use identical service with a different number," said Deans.

"These changes are going to streamline the system, make it faster, more reliable and allow us to do this while ensuring transit system is affordable."



Photo by Eddie Rwema

Transit Commission chairwoman Diane Deans launched the Check Your Route campaign at the Billings Bridge Transitway station on Aug. 10 to encourage users to plan and master their routes in advance.

Though it has been a common practice for OC Transpo to change schedules at least four times a year to accommodate transit demand, this fall's changes are much more extensive, according to Alain Mercier, OC Transpo's general manager.

"Today we are here to remind transit customers to check your route before

Sept. 4 to ensure you plan your trip based on the new route and schedule so that you are able to get to where you want to go as efficiently as possible," said Mercier.

Passengers can visit www.checkyourroute.ca to see if their routes will be affected or call OC Transpo customer service at 613-741-4390.

Grant keeps paddles in the water

MICHELLE NASH

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The Ottawa Riverkeeper has received an Ontario Trillium Foundation grant to promote and analyze data from a 900 kilometre trip down the Ottawa River.

Ottawa Riverkeeper Meredith Brown has been leading a team, which includes scientists, canoe experts and historians, on the first river-long study, the Great River Project. The trip began on July 4. The purpose of the three-month trip is to study the state of the Ottawa River from Fort Temiscamingue, Quebec to where the river flows into the Saint Lawrence River in Montréal, Quebec.

Natasha Wilson, executive director of the Ottawa Riverkeeper, said the \$58,000 grant from the Ontario Trillium Foundation will offer the Ottawa Riverkeeper organization the ability to fund the trip as well as have the funds to analyze and educate, once all the data from the journey has been compiled.

"This money will be used to help fund the community events, education and materials needed to complete this journey," Wilson said. "We are very excited to continue to work with the Trillium Foundation."

The Ottawa Riverkeeper has been receiving funding from the Ontario Trillium Foundation since 2002, money Wilson

said is integral to promoting the importance of keeping the watershed safe.

Of the 900 kilometre journey the Ottawa Riverkeeper has embarked on, close to 300 kilometres is already behind the team and now they will be starting their third trip of the five-trip journey on Aug. 13. The funding has made it possible for the Ottawa Riverkeeper to invite 10 students to participate in this leg of the project, Wilson said.

"This money is being used to get students on the water. To make them ambassadors of the Ottawa River and hopefully become future leaders of keeping the watershed safe," Wilson said.

The organization received a number of applicants for the youth-led trip and through a selection process; Wilson said they chose the 10 students who will be accompanying Brown.

"We have a diverse range of students from both Quebec and Ontario and from all areas of the watershed," Wilson explained.

After an information session, the students left on Aug. 13 from Rapides des Joachims in Québec. They will return home and finish their portion of the trip at Portage-du-Fort in Québec on Aug. 20.

It won't be all work for the young travellers; the students will have a day of whitewater rafting with Esprit on Aug. 18.



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Robbery suspects arrested

A man has been arrested in connection to a robbery at a Montreal Road gas station.

On Aug. 16 at 8:05 a.m. a man entered a gas station near Blair and Montreal roads

and passed a note to the clerk asking for cash. The suspect fled after the clerk gave him the money. The suspect was known to police and police arrested him shortly after the robbery.

The man has been charged with robbery and breach of probation.

Meanwhile, another man is in police custody after a clerk escaped from an attempted robbery.

A suspect entered a retail store near Montreal Road and Center Street the evening of Aug. 10 brandishing a fake

handgun. He demanded money from the clerk. The clerk managed to escape and contacted police, leaving the suspect to barricade himself in the store.

Police closed the area to both car and pedestrian traffic during the incident.

The 26-year-old male turned himself in shortly after the incident began.



ARTHRITIS

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#1

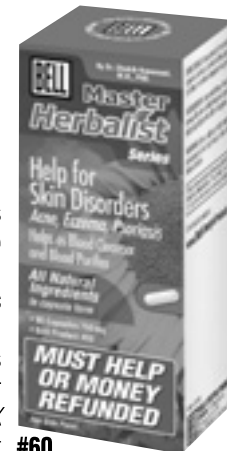
ACNE

Eczema Psoriasis Rosacea Rashes

By Dr. C. Hammoud Ph.D.

I had terrible Acne for 3 years and tried Benzoyl Peroxide, Proactiv, Aloe Vera and others. After 4 days taking the Bell natural product #60 it started to clear up my skin. My skin changed from terrible to beautiful. **Mylene Theriault, 19, Sorel-Tracy, QC** **In 2 days** my son's face completely cleared up of acne. My son is 15 and suffered for 3 years. We used many products like laser, Clean Clear, Neem that did not work or burned his skin. **Veronica Marden, Seminole, TX**

Unbelievable acne free beautiful skin Last couple of years I had acne and tried every product like Murad, Proactiv and antibiotics. Results with #60 were unbelievable. Thanks for giving me beautiful skin and my self-esteem. **Nelisa Royer, 28, Doral, FL** **Within 6 days eczema cleared** up completely. I believe #60 addresses the cause internally instead of the symptoms. **Latifa Boutshik, 43, North York, ON** **I had severe psoriasis** over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell #60, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. **Jessica Shantz, 25, Dawson Creek, BC** **All statements** made on the Bell website are sent by delighted users. All are real people. Most have listed phone numbers and can be called for advice. No money is paid to them. Their reward is the relief they are getting. All say #60 works within days not months, not years. It's more effective than what they used before. It is less expensive (some acne suppliers ship monthly and charge monthly, which may amount to large sums yearly). No side effects were reported on #60. **All true experiences from real people.**



#60

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#24

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It really works! 100% natural. Try it risk free. **Relief Guaranteed or Money Refunded!** **Last 4 years in spring** I had allergy attacks with runny nose, sore throat and headaches. Just 2 capsules Bell Allergy Relief #24 brought relief. **Belinda Wilfong, 41, Hillsboro, MO**

For 20 years my life was miserable with sneezing, watery eyes and sinus pressure year-round on most days. I was amazed. On 3rd day all allergies were gone. It was like magic. **Becky Gerber, 25, Dover, OH** **Golfing without allergy attacks** I tried all the medications and none worked. After taking 1 capsule in the morning I'm completely free of all symptoms. **Richard Gamez, 74, San Antonio, TX** **God bless you** I went from doctor to doctor for years with allergy sinus problems. The medications made me still sicker. After starting Bell Allergy Relief one capsule at night I felt like born again the next morning. **Therese Noto, 58, New York, NY.** **Proof that it really works!**

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Child care advocate confronts federal minister

NEVIL HUNT

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An Alta Vista woman donned a brilliant yellow T-shirt and stepped into the political spotlight on Aug. 10, demanding answers from a federal minister about child care issues.

Diane O'Neill, who says she has worked for more than 30 years in child care, confronted Human Resources and Skills Development Minister Diane Finley at a press conference at South Nepean Park in Barrhaven. Finley was there to mark the fifth anniversary of the federal government's universal child care benefit, which currently delivers \$100 per month to about 1.5 million families for each child under age six.

Child care advocates have called for a federal program to provide government-funded care for children across the country. They criticize the current system, saying the money is of little use to parents who can't find a daycare space for their children.

As Finley began to speak inside a small tent set up for the occasion, at least five people, including O'Neill, arrived wearing matching T-shirts bearing the website name ivotechildcare.ca, a grassroots movement to maintain child care spaces for chil-

dren under the age of five.

O'Neill, the executive director of not-for-profit Aladin Child-care Services, managed to speak to Finley after the minister answered questions from the media.

"I'm really surprised that you would come here to Barrhaven," O'Neill said to Finley, adding that many Barrhaven parents can't find daycare space for their children. "There are more and more people waiting for child care in this community."

O'Neill added that "the only daycare spaces being created are for-profit," which she said affects the quality of care, and asked why the federal government won't create a national system.

In response to O'Neill's question, Finley said the federal government knows there is a shortage of child care space.

"That's why we have given an additional \$250 million to the provinces; because we're trying to help," the minister said.

While fielding questions from the media, Finley defended the government's decision to hand out monthly cheques instead of creating a federally-run system. She insisted the issue is choice for parents, and that national daycare would remove that choice. Finley did not address



Photo by Nevil Hunt

Human Resources and Skills Development Minister Diane Finley defended the federal government's child care policy as advocates called for government-funded care for children across the country.

the issue of the cost of a federal program when answering a question about ways to finance a national system.

Asked why the federal government doesn't combine the mon-

ey transferred to the provinces with tax credits provided to businesses and use the funds to create a national child care program, Finley said a government program wouldn't work for all

families. She said rural families may have no local child care options, and that parents who work nights or weekends may have no centre available to care for their children while they are on the job.

Carleton-Mississippi Mills MP Gordon O'Connor, who was on hand to introduce Finley, provided a frank response to a question after the press conference. He said cost is a critical factor in the government's decision.

"I hope I'm not contradicting what Minister Finley said, but we've calculated the cost of a national program to be \$16 billion a year," he said. "That's \$16 billion every year."

"We can't afford that. Governments can't meet every need, everywhere. It's parents that decide to have children, not the government."

The event wrapped up with Finley cutting a cake, with pieces distributed to a crowd of children gathered in the tent for her speech. Some of the people wearing ivotechildcare.ca T-shirts attempted to stand behind Finley to ensure their message was picked up by news cameras, while members of Finley's staff took up positions next to the minister in an effort to block the cameras' view.

Fundraiser to help animals in Laos

MICHELLE NASH

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Local animal lover and traveller Michelle Gauthier was shocked to find stray animals close to death during her visit to Laos last year.

While she was trying to save kittens in the street, two were run over. The two she did save, she brought home with her. However, there are many other animals left uncared for in Laos.

From the moment Gauthier's plane touched down at the Ottawa airport, she was set on starting an organization to help save the malnourished animals.

"Most dogs and cats are severely malnourished, unvaccinated and infected with internal and external parasites. There is limited capacity of veterinary services and little knowledge among the population of how to care for animals. I promised my friends in Laos that I would try to help," Gauthier said.

She started Pet Awareness in



Photo courtesy of Michelle Gauthier

Local animal lover Michelle Gauthier rescued two cats in Laos, but hopes to help many more injured strays in the Asian country.

Laos (PAL), a project that aims to improve animal health. While talking to her veterinarian about the situation, he said he would be happy to offer his services free of charge to work with Gauthier's contacts to head a spay/neuter drive in October.

"My heart was torn about the situation and condition of the animals and when I mentioned it to (my vet); he simply said he would go. I couldn't believe it," Gauthier said.

To fly the veterinarian and an assistant to Laos, Gauthier said her non-profit organization needs to raise close to \$10,000. To help raise money for the trip,

Gauthier has organized an event at her local pub, the New Edinburgh Pub.

"I just walked in and asked Paul, the owner and he said sure," Gauthier said.

For first-time event organizer Gauthier, she said the pub has been a fountain of information about the best ways to raise money during the night.

The Pet Awareness in Laos fundraiser will be held at the New Edinburgh Pub on Saturday, Aug. 20. The event will have performances from local talent, a silent auction and door prizes. The event runs from 6 p.m. to 11 p.m.

Residents asked to pitch in

Following a successful spring effort, the city is challenging groups from communities across Ottawa to sign up for the Fall Cleaning the Capital campaign.

Residents are invited to join the campaign, running from Sept. 15 to Oct. 15, to help make Ottawa a clean, litter and graffiti-free city.

Cleanup efforts can target places such as parks, wooded areas, ravines, shorelines, pathways and schoolyards. Litter often accumulates along fence lines, open spaces with tall grass, the edges of trails and around drainage ditches or catch basins.

In areas maintained by the city however, such as parks and sports fields, residents are encouraged to not clean up leaves as they are mulched by city staff to help fertilize the soil.

Early bird registration starts on Aug. 15. Groups registering before Sept. 14 will be eligible for prizes, as will volunteers who submit their cleanup reports by Oct. 31.

While registering, volunteers can request a cleanup starter kit, which includes disposable vinyl gloves, garbage bags, yard waste bags, campaign posters and safety tips to assist cleanup projects.

Kits may also include graffiti removal supplies if requested.

High school students can use the cleanups as an opportunity to add to their community involvement volunteer hours.

To register or for more information, visit ottawa.ca/clean or call 311.

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Federal child care needed now

The Conservative government has dragged its heels on a federal daycare program for years.

Instead, the government sends a monthly cheque for \$100 to families for every child under age six.

Last week, Human Resources and Skills Development Minister Diane Finley stuck to the party line during a press conference in Barrhaven, saying the \$100 cheques are all about choice for parents, while a federally-managed system would remove that choice.

But what choice does a parent have if there is no child care available to buy? That's the case for thousands of parents on waiting lists in Ottawa. The numbers across the country are staggering.

If you don't think you have a stake in affordable and accessible child care, you are mistaken.

By stepping up with a federal child care system, the government would immediately free up a huge chunk of our potential workforce. Suddenly parents working part-time would be able to work full-time. Other parents who stay home today would immediately have time to work some of the time outside the home.

One government minister at the Barrhaven event last week said cost – not parental choice – is the key issue. Carleton-Mississippi Mills MP Gordon O'Connor said the price tag for federal daycare would be \$16 billion annually.

But that number – which sounds inflated – would be in part offset by other savings. Add up all the \$100 cheques, many of which go to families that don't need the financial help. Cut out the cheques each month and the government saves about \$2.4 billion annually.

Remove the tax credit companies receive if they create child care spaces today. The government could also expect an expanded tax base as more people hit the labour market, freed from stay-at-home care.

A YWCA report issued in March reviews prior research that concludes that “over the long term, every public dollar invested in quality early learning and child care programs returns \$2.54 in benefits to society,” mainly through improving cognitive abilities.

The federal government can take the easy way out and insist we can't afford to have national child care. But really we can't afford not to.



COLUMN

A guest book for the Trans-Canada Highway

For the last 20 summers, ever since the train ceased to be an affordable option, we have driven the Trans-Canada Highway across northern Ontario to Kenora and sometimes beyond.

It's a trip not enough people take, as you can tell by the increasing number of closed restaurants, motels and gas stations along the way. Last year's casualty was the Busy Bee, a homey restaurant-gift shop at Nairn Centre, west of Sudbury. This year it's the Rosspoint Inn, an adornment to the former fishing village on Lake Superior since 1884.

Border hassles and our rising dollar have cut into tourism from the U.S. The economic decline of Northern Ontario, particularly in the pulp and paper towns, is reflected along the highway. Yet it is a highway well worth taking – a very drivable road with many passing lanes and breathtaking views along the north shore of Superior. Fortunately – or not, depending on how you look at it – it is never crowded.

Always on the lookout for meaningful trends along the highway, I am somewhat pleased to be able to report that the Ontario government has put shiny new outhouses at rest stops along the



CHARLES GORDON

Funny Town

highway. Oh, and people painting their names on rock faces is back.

For some reason, the more beautiful the setting, the more people feel a need to make their mark on it. After a while, the writing on the rocks took a back seat to the building of inukshuks. This was nice at first, but got to be a bit annoying.

You remember how cute it was back in the 1980s when people began doing The Wave at football, baseball and hockey games. It seemed then like a nice bit of audience participation but the copycat syndrome took over and The Wave became a cliché. You couldn't escape it. Amazingly, it persists to this day in some backwaters.

The inukshuk, a few rocks piled together in a certain way, was a beauti-

ful idea in its original context, but has now become so widely imitated as to become meaningless. Inukshuks are everywhere along the northern Ontario Trans-Canada. Some of them live up to their meaning in Inuit, “in the likeness of a human.” Most of them do not. Most of them look like somebody started to pile up some rocks in a certain way, then get bored and went off to do something else.

In the old days, people used to paint their names on the rockfaces along the highway. “Joe loves Irma, July 6, 1978.” This wasn't pretty and it's just as well that it doesn't happen everywhere. On the other hand, the tops of the rockfaces were left pretty much as God made them. Now, it's pretty well impossible to find a rockface along the Trans Canada Highway that doesn't have a pile of rocks on top of it. And the piles don't look like anything except other piles, other clichés. “Joe loves Irma” may be a cliché too, but not to Joe and Irma and at least the painted message allows us to think fond thoughts about the moment they may have had before the paint can came out.

Now, bright new fluorescences tell the 2011 story of Joe and Irma and others of

their ilk. Maybe that's for the best. It's probably a bit nannyish to worry about piles of rocks falling on somebody's head (but what a uniquely Canadian story it would be!). The real problem is that there is no longer a rock surface along the Trans-Canada that somebody has not piled rocks on. And how many of them even know why?

Since the Ontario government can spend all that money on fancy new outhouses, maybe it can funnel some more funds on finding constructive ways for people to make their mark – a guest book? It's probably too much to hope that people will some day decide to leave no mark at all.

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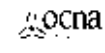
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In our own backyards

Since the days of Samuel de Champlain, Canada has had the opportunity to learn great things from our First Peoples. As we look for solutions to tackle the increasing rates of overweight and obesity in this country, it's time once again to look to the successes and failures of our native population. As they have moved by choice or by necessity toward a typically North American diet, First Nation, Metis and Inuit communities have experienced unprecedented rates of overweight and obesity, multiple times the national average. Among the many negative health side effects, one of the most profound is the incidence of diabetes. Among Canada's Metis it is estimated to be three to five times that of the general population.

At a pow-wow in Saskatchewan this month, leaders and health care providers from across the country are holding a series of workshops on Aboriginal nutrition and health. While there will be much talk on the scope and source of the problems, it's also an opportunity for some Aboriginal communities to highlight and share successful solutions, many of which they've found in their own backyards.

In one Ontario community, for example, ceremonial dancing has been incorporated into the gym curriculum at the local school, tying physical activity to the tribe's vibrant history. In another, elders are teaching young people how to hunt and fish, reconnecting youth with the land. As a result, they are acting as positive mentors, incorporating exercise into their daily routines, while at the same time returning to the consumption of staple foods of the traditional Aboriginal diet. In areas where hunting and fishing isn't possible or desirable, home gardens are being developed to grow plants for edible or medicinal purposes.

It's an interesting lesson for us all. What if we, too, looked for more localized solutions to this continental health problem? We are a fast-paced society looking too often for convenience foods and pack-



**BRYNNA
LESLIE**

Capital Muse

aged exercise programs. Convenience foods are often packed with sugar, salt and fat, three things that do bad things to our bodies and sever our connection with our food source.

Ottawa is a first-rate city in which to find local solutions. For one, there are multiple ways to include exercise in our daily routines without having to purchase expensive equipment or gym memberships.

This summer, for example, I opted to take my children downtown to their day camp on the bus and walk the four kilometres back home where I work each morning. My husband cycles the few kilometres to and from the office daily, and I've found a local swimming hole that can't be beat. Surrounded by rivers and on the edge of Gatineau Park, Ottawa is a place where the more adventurous can get in a canoe or kayak and row their way to fitness. In the winter it's always more difficult, but the city has an abundance of outdoor skating rinks – including the longest rink in the world – and over 170 kilometres of bike trails for cross-country skiing or snowshoeing.

With the growing popularity of the 100-Mile Diet, there has emerged in this city many markets, shops and restaurants featuring local foods. One of my newfound favourites is Murray's Market on Dalhousie, which specializes in Canadian meats, cheeses, as well as local produce and sauces.

A map on the wall shows where the food comes from and, you know what, if you live within 10 kilometres of downtown, you can walk or bike there for free.

Web Poll

THIS WEEK'S POLL QUESTION

What is Canada's way forward in the daycare debate?

- A)** Keep the status quo. Universal childcare is too expensive and limiting.
- B)** Create a universal childcare program to reduce costs and get kids off waiting lists.
- C)** Create a partial universal program that helps low-income families and stops sending cheques to those that don't need it.
- D)** Scrap all daycare subsidies and

LAST WEEK'S POLL SUMMARY

Are you ready for OC Transpo's sweeping bus route changes?

- A)** Yes. I've already planned out my route. **56%**
- B)** No. I'll figure it out when it happens. **22%**
- C)** I didn't even know they were changing any of the routes. **0%**
- D)** I don't care – I don't take the bus. **22%**

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Shelters aim to go green

LAURA MUELLER

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Homeless shelters want to go green, but donors just don't have that warm, fuzzy feeling they get from giving when they know the money is being spent on thermostats and insulation, according to shelter operators.

Shelters can help get more people off the streets if they are saving money because their buildings are more energy efficient, which makes shelters some of the best places to use "green" technologies.

The Ottawa Mission is trying to prove this through leading by example.

Over the past year, the 107-year-old shelter has saved thousands of dollars by becoming more environmentally conscious and it is poised to save another \$25,000 next year thanks to even more green initiatives.

Often, philanthropy is focused on creating new beds in shelters or providing meals, but becoming more energy efficient is a means to that end, said Diane Morrison, executive director of the Ottawa Mission.

Putting new, better-insulated windows or a programmable thermostat can have an even bigger impact in the long term, she said.

"These are the hard things that when you ask donors, they don't really think about that. They want to help people,"

Morrison said. "So it's easier to raise money for people to help people than to raise money for new windows, or insulation or a hot water heater. All of those things that are really needed here."

The Mission recently replaced more than 100 of its 175 old, leaky windows with newer versions that seal in warmth and reduce the cost to heat the Waller Street building. Add that to other initiatives, such as an energy-efficient dishwasher that uses 50 per cent less electricity, reducing the amount of paper the mission uses and switching to fluorescent light bulbs, and the mission will cut its costs by an estimated \$25,000 this year.

That money will be put back into programs that can help clients get off the streets and into stable housing, Morrison said.

"If we can get money to help make us more energy efficient, the money we save goes back into the clients," Morrison said. "That's a real bonus."

An extra benefit of replacing the roof is that the Mission will be able to add more beds where it used to have to leave space for buckets to collect the leaks. Not to mention, clients will be warmer and more comfortable, Morrison said.

Hydro Ottawa and the United Way contributed \$20,300 to replace the roof and 25 of the windows at the Mission, but that is just one part of a culture shift at the organization, said Meghan Adams, the manager of volunteer services who also



Photo by Laura Mueller

Meghan Adams (right), chair of the Ottawa Mission's "green team" and Diane Morrison, the Mission's executive director, pose with one of the shelter's 102 old windows that were replaced with energy-efficient windows to reduce electricity costs.

leads the shelter's "green team."

The list of achievements reads like the improvements people would make in their own homes to conserve energy: turn off lights and heaters or air conditioners when not in use, limit print-outs, eliminate bottled water and unrecyclable materials such as Styrofoam and install

more energy-efficient appliances such as water heaters or dishwashers.

And on a larger scale, the impacts are the same: big savings, Adams said.

The Mission is collaborating with shelters and organizations to show how they can apply the same principles to their operations and reap the same rewards.

**Unfortunately, we
couldn't fit everyone
in the picture.**



**THIS YEAR, ONTARIO CREATED MORE JOBS
THAN ALL OTHER PROVINCES COMBINED.**

Source: Statistics Canada.

Madeleine Meilleur, MPP

www.Madeleine.meilleur.mpp.on.ca | facebook.com/Madeleine.meilleur | 613-744-4484

Crosswalk important for Overbrook

From COVENTRY on page 1

The community didn't express concern about the expansion of the mall itself, however, it was important to members of Overbrook that a place for residents to cross at Hardy Avenue be a main priority.

"It was important for us to ensure the area remains pedestrian friendly," said Sheila Perry, president of the Overbrook Community Council.

Perry said she is pleased Morguard will be putting in the crosswalk.

"This is really good news that they are listening to what the community wants," Perry said.

In a letter sent to the city and Morguard in Nov. 2010, the Overbrook Community Council supported the 170,000 square metre expansion of the St. Laurent Shopping Centre as long as certain concerns, such as the pedestrian crossing, were taken into consideration.

"A safe crossing with signals is needed to connect pedestrians from Hardy Street, across Coventry Road to St. Laurent Centre. Currently, there are no signals nor a safe crosswalk. Recent sidewalk construction has improved pedestrian safety along the north side of Coventry Road," the letter stated.

Perry said she feels creating a livable community has become a top priority for Overbrook Community Council, which hopes that open dialogue with the city and Morguard will keep the interests of Overbrook in mind.

Residents can look at the shopping



Photo by Michelle Nash

The new expansion of the St. Laurent Shopping Centre will realign Coventry Road. The last date for public comment on the issue is Aug. 26. Site plans can be found at the St. Laurent Branch, Ottawa Public Library on Coté Street or at FoTenn Consultants Inc. offices at 223 McLeod St.

centre's expansion plans either at the St. Laurent branch of the Ottawa Public Library on Coté Street or at FoTenn Consultants Inc. offices at 223 McLeod St. Residents have until Aug. 26 to submit their comments.

Camp offers summer fun for autistic children

MICHELLE NASH

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Beyond plain school walls, a new camp was born this summer that gave autistic children from the age of four to 18 a chance to feel just like any other kid, with trips to the Museum of Nature, Pirate Adventures, a local farm and swimming at a city-run pool.

Camp Kaleidoscope is the first all-day summer camp offered by Children at Risk. It took nearly four years of work to make the camp possible. The camp offers a one-to-one ratio of councillors to children. In some cases, it is a two-to-one ratio.

"We wanted to accommodate all the children and do what all other camps do," said Brenda Reisch, executive director of Children at Risk in Ottawa.

Held at John Paul II Elementary School at 1500 Beaverpond Dr. in Pineview, the non-profit organization has wanted to offer families of ASD children a chance to take their children to a camp just like any other. They finally had a chance to make it possible after receiving a donation for the use of the school from the school board and funding from King's Daughters & Sons (Ottawa City Union), The Unity for Autism Foundation and the City of Ottawa Community Project.

Reisch found the camp's success shows on their camper's faces.

"Parents who drop their kids have tears in their eyes when they tell us how much this camp means to them and their child," Reisch said.

Project Clear Skies, a funding program through the Ottawa International Airport Authority, donated materials for the camp, such as art supplies, video games and toys.

The camp ran for four weeks, ending on Friday, Aug. 12.

The funding through the City

of Ottawa, Reisch explained, was a one-time funding opportunity that made it possible for the camp to run all day long.

Parents and their children went through a long intake meeting before camp began, which served to better prepare the camp councillors with how to take care of each child.

"We needed to know if their child had sensitivity issues, fears and specific diets. We needed to be prepared and to better understand what was going to happen with their child," Reisch said.

Reisch explained autistic children can have behaviour problems and the more the camp knew about the child the better the councillors would be at diffusing a situation.

On the first day of camp, one camper was involved in seven different incidents. Reisch said at any other camp the camper would not have survived the first hour, let alone the first day. By working with the mother, Camp Kaleidoscope kept that camper for the entire run of the camp.

"We have very experienced staff and we put all our heads together to see what it would take to keep him there," Reisch said. "It was important to make the camp work for the campers and not the other way around."

The passion for the camp comes from the close connection everyone involved in Camp Kaleidoscope has with autism.

Reisch has a 20-year-old who never really had an opportunity such as this camp has given. Camp director Deb Lacroix's son is on the spectrum. She works at the camp along with her husband and daughter Rachel.

"My brother is my brother. I wouldn't have him any other way; and working here, with these kids, I just love them and love to be here for them," Rachel said.

Lacroix, who ensured the day-



Photo by Michelle Nash

Camp Kaleidoscope just finished their inaugural season as a full day summer camp for children with Autism Spectrum Disorder. The camp ran from July 18 to Aug. 12 with four weekly camps. The camp had a one-to-one ratio of councillor to camper and accepted children from four to 18.

to-day programming continued on the path to success, said the camp would not be possible if it weren't for the amazing and gifted staff.

"Everyone works hard and is so gentle and patient with the campers," Lacroix said.

Kirk Henderson, who works for the Ottawa Carleton District School Board, is one of those gifted councillors Lacroix said she could not do without.

"His face lights up when he works with the students, you can see just how much he cares," Lacroix said.

Henderson and his wife Kelly both have extensive knowledge and training when it comes to

working with ASD children. Reisch explained this was an absolute must when it came to hiring councillors for the camp.

"It was integral that the councillors be patient, dependable and dedicated," Reisch said.

The camp activities not only included trips outside of the school, but also included karate and yoga instructors as well as a number of donated items from families, neighbours and businesses.

Reisch would like to see the camp run all summer; but knows, that for this to happen, she must start finding funding partners now for next summer.

During the last week of camp,

there were about 26 youth present, six more than the camp originally planned, but Reisch said it was hard to turn away parents.

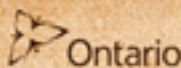
"This camp is for kids who can't or haven't attended camp before," Reisch said. "And although we tried hard to stay with the 20 kids minimum, it became hard to say no when parents pleaded and we knew their child had been enjoying themselves."

Each camper will leave the camp with a memory book filled with pictures of themselves and all the activities and milestones they achieved during their stay at the camp.

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Cooking class for students goes beyond pizza and beer

MICHELLE NASH

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A new cooking class for university students is intended to broaden taste buds beyond pizza and beer.

Organized through the Manor Park Community Council and run by two local moms, Beyond Pizza and Beer is designed specifically with university students in mind. Offered at Manor Park Public School on Aug. 22, the cooking course will teach students basic cooking skills and terms. It will also promote healthy nutritional options. Cary Willis and Julie McInnes of Upbeet Nutrition will be running the course.

"The main focus is to give them cooking skills. There is a need to learn cooking skills while away at school. To learn to make healthy choices, whether they are at the cafeteria or cooking for themselves and the most important thing we hope to accomplish with this course is to give students confidence and enthusiasm and the want to look after themselves," Willis said.

Manor Park Community Council is hosting the event at the community centre at 100

Thornwood Dr.

In addition to learning a range of quick and healthy meals the \$40 three-hour class will give tips for the students to figure out how to choose healthy options from the cafeteria.

Willis said the best outcome for the students would be that they learn eating well will keep their brains sharp and give them the energy to function properly and study for school.

"When you don't eat well, it adds stress to an already stressful time," Willis said.

They both live in the community and have been connected to the Manor Park Community Council on and off for a number of years. It was through the council that the Willis and McInnes began their path of promoting nutrition at Manor Park Public School. And, Willis said it worked out great when their children were younger. They continued to teach the children in the school about nutritional snacks to promote healthy learning at lunch time until they both decided to go back to school to become even better acquainted with food and nutrition.

"We have always enjoyed working together. We have



Submitted photo

Best friends Cary Willis and Julie McInnes are partners in a new nutrition business that hopes to promote healthy eating. Their first step into the nutrition world is with their first class, Beyond Pizza and Beer, being offered to students through the Manor Park Community Council on Aug. 22.

known each other for years through our children. We both loved cooking and decided it would be great to learn more about it," Willis said.

The two year course had the

mature students working hard and Willis said they never really planned on starting up a business; it just became part of the plan.

"It was a great experience,"

Willis said.

As a slow start to the hopefully growing nutritional business, they connected once again with the community council to run this course.

"I remember the first time I was in school, how great it was to cook with everyone and how social an event it became," Willis said. "We hope this will be the case for these young students."

Willis and McInnes have no intention to get the young students to make gourmet meals, but instead want to let them know there are options.

"Even peanut butter and jam is not a bad snack," Willis said.

The course includes handouts for the students to take home. They hope to have at least a dozen students who come out to the one night course, which runs from 6 p.m. to 9 p.m.

"This is a start, we will see how it goes with this course and go from there," Willis said.

Upbeet Nutrition is still being established and hopes to focus in education, product development and nutrition labelling. For information about the food course contact the Manor Park Community Council at 613-741-4778.

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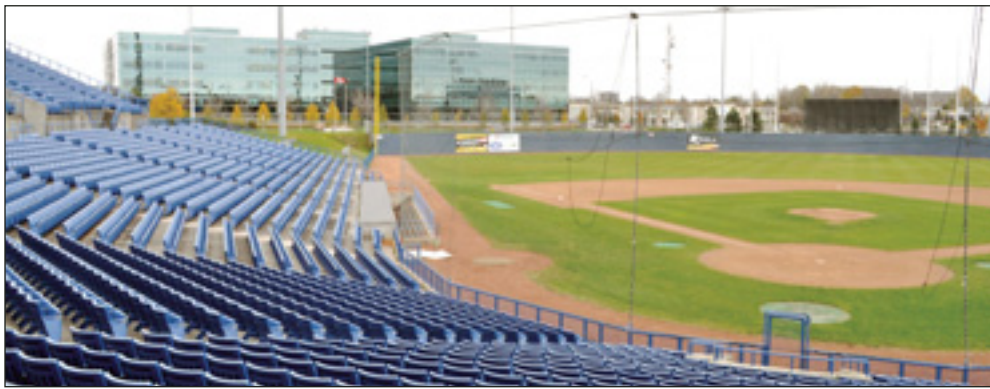
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File photo

The Ottawa Fat Cats have been on a great winning streak, the team qualified for the Intercounty Baseball League Championship Series after successfully winning the series against the Barrie Baycats on the weekend of Saturday, Aug. 13.

Fat Cats take on the county

MICHELLE NASH

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After sweeping the series against the Barrie Baycats, the Ottawa Fat Cats are heading to the Intercounty Baseball League Championship Series this week.

In a packed stadium, the team won 8-5 on Sunday, Aug. 14 against the Baycats, having already won the past three games. General manager Duncan MacDonald said he believes the team has come into their own.

"They are gelling as a team and I think they have been tired of being the underdogs," MacDonald said.

He added that Ottawa has long deserved a win after the years of uncertainty the

city has had around baseball.

The games on the weekend had record attendance. Over 4,000 fans went out to cheer on the hometown team on Saturday, Aug. 13, while the Sunday, Aug. 14 drew in over 3,000 baseball aficionados.

This is the first time in the young franchise's history that the team has made it to the IBL playoffs.

"They may be the new kids on the block but they play incredibly well," MacDonald said.

The Fat Cats continue on their path to success when they go up against the winner of the playoff series between the Toronto Maple Leafs and the Brantford Red Sox to compete for the championship.

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Home energy audit 101

(NC)—Homeowners across Canada will once again have the chance to qualify for federal energy rebates when completing an energy audit and energy efficiency upgrades to their homes. Some may even qualify for provincial rebates, depending on the province in which they reside.

But what is a home energy audit really? A home energy audit can also be referred to as a home energy assessment or whole energy assessment.

Dave Walton, director of home ideas at Direct Energy explains that a home energy audit helps identify areas in the home which can be upgraded to a more energy efficient standard. Areas for improvement can include anything from upgrading insulation in the attic and basement, to sealing basic air leaks—like drafty front doors or weather stripping around windows—to upgrading heating and cooling appliances to a more energy efficiency standard. A Direct Energy home energy assessment will result in a tailored list of suggested energy efficiency upgrades specific to the home.

The energy assessment will be comprised of either one or two assessments. For homeowners wishing to qualify for federal or provincial rebates, they will need to complete the first audit, implement the suggested retrofits and then schedule the final energy audit. Homeowners who are not applying for associated rebates are only required to undergo the initial home energy audit.

More information on the benefit of home energy audits can be found online at www.directenergy.com or call toll-free at 1-866-479-8518.

Select the best green options for you

Source: News Canada

(NC)—For new homeowners it's a win-win-win. Building codes in many parts of Canada are mandating the use of greener methods and materials. This means that as early as next year, the occupants in a newly constructed house can expect to save substantially on utility and maintenance bills; will live more comfortably in a healthier environment; and will be assured of far better resale value in the future. Be sure to talk to your builder about the right green options for you. For example, the choice to build with concrete walls is now replacing the old wood frame method. Not

only do you save forests and trees but certain concrete wall systems deliver savings up to 50 per cent on household energy bills. When you opt for the faster, builder-friendly system of pre-assembled insulated concrete forms, your home stands to be stronger, provide greater safety, and more sound resistance – and is far less prone to mould, cold spots and drafts. More information is online at www.nudura.com. Other green options when building include solar power, water management, drainage, windows, siding, heating/cooling, ventilation, electrical, and outdoor irrigation.

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Ottawa This Week

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Deputy fire chief heads to Windsor

LAURA MUELLER

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Deputy Fire Chief Bruce Montone is the latest Ottawa firefighter to sign on as the chief of a smaller municipality's fire service.

Montone, who helped build the Ottawa Fire Service after amalgamation when he became deputy chief in 2002, will start his new job as chief of Windsor's fire department on Sept. 6.

Montone follows two other city sector chiefs who achieved the top position in other municipalities: Paul Hutt was recently

hired as the chief for Kemptville, and Terry Gervais got the top job in Napanee.

"We're building the right people here, I guess," Montone said with a laugh.

Montone was born in Westboro, but spent many of his formative years in Kanata, where he also served as a firefighter for several years. He currently lives in Carp.

Montone has also worked as a volunteer firefighter in the northern Ontario town of Elliot Lake and at the provincial fire marshal's office.

"I'm very excited," Montone said of his new role in Windsor. "It will cap off my career."

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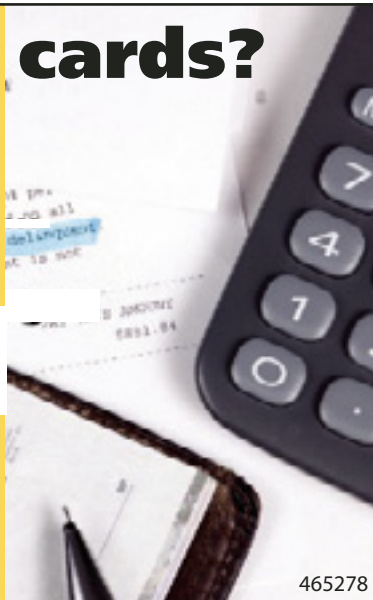
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Source: Ontario Medical Association, 2011.

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AVIS est donné à la partie défenderesse que la partie demanderesse a déposé au greffe de la Cour du Québec du district de Hull, une requête introductive d'instance. Une copie de cette requête et de l'avis aux défendeurs ont été laissés à l'intention de la partie défenderesse au greffe du tribunal, au palais de Justice de Gatineau, situé au 17 rue Laurier, bureau 0.210. Il est ordonné à la partie défenderesse de comparaître dans un délai de 30 jours de la date de la publication de la présente ordonnance.
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Soyez aussi avisé que la requête introductive d'instance sera présentée pour décision devant le tribunal le 20 septembre 2011 à 9h00 a.m. en la salle no 10 du Palais de Justice de Gatineau.
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- Being part of Metroland's adventure in the online and offline world
- Working in a fast paced innovative working environment
- Advising clients on cutting edge technologies and industry trends
- Becoming an expert in the Web, publishing, and delivery
- Self-directed earnings potential

In this position, you will be called upon to:

- Identify and discuss advertising needs with prospective customers
- Understand and promote METROLAND MEDIA products and services relevant to each new potential client acquisition
- Design proposals for customers based on needs assessment
- Maintain positive and effective customer relationships

Requirements:

- A can-do attitude with a drive for success
- Good Internet skills
- The desire to earn the income you want based on sales results
- Excellent communication skills
- Media experience is an asset, but not required.
- Valid driver's license and ability to provide his/her own transportation

Metroland Media attributes its success and winning culture to its dedicated employees. We are committed to offering you a best-in-class total rewards package, ongoing growth and development opportunities, plus a dynamic and innovative working environment.

Forward your resume in confidence to Nancy Gour (ngour@metroland.com) by August 31, 2011.

We thank all applicants, however, only those selected for an interview will be contacted.



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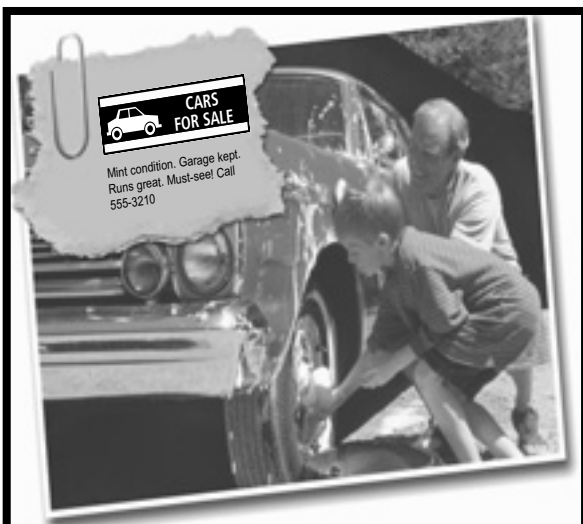
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PINEVIEW BBQ BRINGS COMMUNITY TOGETHER

Beacon Hill-Cyrville Coun. Tim Tierney's first Pineview barbecue, held on Sunday, Aug. 14, was a success. Pineview residents came out to meet with the local councillor and Ottawa-Vanier MPP Madeliene Mielleur. Tierney held the barbecue to reach out to the Pineview community and listen to their concerns.

Community calendar

We welcome your submissions of upcoming community, non-profit events. Please email events to OTWevents@metroland.com by 4:30 p.m. Friday.

at 12:00 p.m. \$25.00, Finals at 7:00 pm \$35.00 or both shows for \$45.00. Special Guest Artists are Ivan & Vivian Hicks from New Brunswick. You will see top Fiddlers from across Canada. For tickets call 613-580-2700, www.shenkmanarts.ca or in person at the Theatre box office. More info at www.Canadiangrandmasters.ca

• SATURDAY, AUG. 20

Grand Re-opening of the Overbrook Community Centre. Come and join your neighbours for the event of the year! Overbrook Community Day, Saturday, 20 August 2011, 11 a.m. to 3 p.m.

Art on the Farm will take place off the west exit of the Prince of Wales traffic circle at the corner of the NCC Driveway and Maple Drive. Various local artists will have art on display from 10 a.m. to 4 p.m., but there is also a rain date of Aug. 21. For more information, call the Friends of the Farm at 613-230-3276 or email: info@friendsofthefarm.ca.

• SATURDAY, AUG. 27

Shenkman Art Centre Orleans, the Canadian Grandmasters Fiddling Competition and Show. Preliminaries

• SUNDAY, SEPT. 18

Friends of the Farm is offering a bus tour to the heart of 1000 Islands to enjoy an enchanting cruise and castle tours. The bus departs at 8 a.m. and returns in the evening. For more information call 613-230-3276 or visit: www.friendsofthefarm.ca

• ONGOING

The Eastern Ontario Umpires Association is looking for men and women aged 18 and over who are interested in officiating fast- and slo-pitch softball. The EOUA is affiliated with Softball Canada, Softball Ontario, and other groups. Training and clinics are provided. Please call Stuart at 613-744-3967 or Dave 613-791-6767.

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In-house design capability covers the full range from basic stairs, to "showcase" systems involving exotic species, unusual materials or complex design elements.

StairWorld is looking for:

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- Experience in all: prep work, sanding, staining, and spraying clear lacquers.
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- Good verbal skills and problem solving

Stair Assemblers

The Stair Assembler is responsible for:

- Assembling stairs
- Millwork assembly
- Fulfilling orders as need

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- Carpentry, framing, or stair building experience,
- Able to problem solve in a fast-paced environment
- Good Leadership and teamwork skills.

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- A minimum of 3 years of work related experience in either truss, wall or floor design. Experience in all areas of truss, wall or floor design would be an asset.
- Strong attention to detail and the ability to work in a fast paced environment
- Excellent professional work ethic
- Strong communication and organizational skills
- Verifiable professional references

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