# Champlain Park Community Association Association Communautaire du Parc Champlain

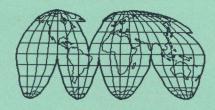
EARTH DAY IS

APR. 22

ACTIVITIES

RELATED TO

EARTH DAY



Would you like to see more trees on your street? Would you be interested in planting a small tree on your lot? If so come down to the Champlain Park Field House, Cowley near Clearview on Sunday, Apr. 25, 1993 between 10:00-11:15 A.M. to sign up for a tree.

# COMMUNITY CLEANUP ! SUNDAY, APR. 25, 1993

OUR MAIN COMMUNITY ACTIVITY FOR EARTH DAY! We have planned a neighbourhood clean-up, picking up discarded paper, drink cans and tabs, etc., to take place on Sunday, Apr. 25. Bring your family and garbage bags and meet at the Champlain Park Field House, Cowley near Clearview at 10:00 A.M. Objective: Clean up park and rest of community. Coffee, juice and doughnuts will be served at the field house (skating change room) at 11:00 A.M. Call Amy Kempster (722-6039) for further information.

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## CHAMPLAIN PARK COMMUNITY GARAGE SALE

RECYCLE YOUR UNWANTED GOODS !!

JOIN IN OUR COMMUNITY GARAGE SALE!!

SATURDAY, MAY 15, 1993 9:00 A.M. - 12:00 NOON PLACE: YOUR DRIVEWAY OR GARAGE

If enough households are interested we will hold our annual garage sale May 15, and advertise it in the Citizen and Pennysaver. Tables for books, records, and tapes will be set up at the Field House for those who are willing to donate and bring them there. Other items, and books and records you wish to sell yourself, to be sold in your driveway. If you wish to participate call Amy Kempster at 722-6039 before April 25. Note: A donation of 10% of your proceeds to the Champlain Park Community Association would be appreciated, to help defray the cost of the advertising and for the benefit of the community association.

#### OTHER COURSES AND ACTIVITIES

#### **AEROBICS**

Flash! We've found an aerobics instructor! An eight week course started Monday Apr. 5. Course will run for eight weeks on Mondays and Thursdays from 7:00 - 8:00 P.M. at the Champlain Park Field House, Cowley at Clearview. We telephoned former members to let them know but if you were not contacted and would like to join go to the class or call Evelyn Sparks at 728-5552. Price: \$32.00 for members, \$35.00 non-members.

#### STRESS MANAGEMENT

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Learn to identify causes of stress, to find creative solutions to stressful situations and the skills of relaxation. A Stress Management course will be given on Tuesday evenings from Apr. 20 to June 8 from 7:30 -9:00 P.M. if we have sufficient interested. Fee:\$40.00 for members, \$43.00 for non-members.

Instructor: Evelyn Sparks, M.B.A. B.SC. O.T. Formerly of Civic Hospital Stress Management Clinic.

To register or for further information call Evelyn Sparks 728-5552.

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#### CHAMPLAIN NATURE WALKING CLUB

Our walking club will begin again on Friday, April 16 at 9:30 A.M. An experienced birder has agreed to join us for our first walk to help us identify the birds we see on our walk. The walking group will meet every Friday at 9:30 A.M. at the Champlain Park park bench off Cowley. Come join us in walking and exploring the nature in our neighbourhood and along NCC paths. For further information call Amy Kempster at 722-6039.

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## DAYTIME YOGA

We did not get enough people to start daytime yoga on April 6. However we're ready to try again, this time for a six week period commencing May 11 and ending June 15. Anne-Mari Aunaste, a Kripalu Certified Yoga instructor would give the classes, Tuesday afternoons from 1:00 to 2:30 P.M. Fee: \$25.00 for members, \$28.00 for non-members. Call Amy Kempster at 722-6039 or Anne-Mari Aunaste at 728-8488 if interested.



# Association News

We need a Neighbourhood Watch Coordinator! We established Neighbourhood Watch in our community some time ago so the big job has been done. Now we are looking for a somebody to relieve the current coordinator who has performed this role for several years. We may also need to find a few new block coordinators. Any volunteers? Contact Jim Cocks at 728-7881.

Bridge news! Members of your executive have been attending many meetings re the proposed bridges. The main public meeting of Mar. 23 on the bridges (four main options-Britannia-Deschenes, twinning Champlain, Lemieux Island and Kettle Island) did not finish and will be continued at 5:00 P.M. on Apr. 13 at R.M.O.C., 111 Lisgar As you may be aware the Executive Committee of Regional Council passed a motion to advise the NCC that no action should be taken on widening the Champlain Bridge. As well they have indicated they do not support the use of Kirkwood Ave. or Churchill Ave. as potential arterial connections to an interprovincial bridge, thus reducing the chance that the twinning of Champlain Bridge option will be chosen. Without other openings to the Western Parkway, a third lane would result in increased traffic on Island Park Drive and connecting streets. The Apr. 2 Citizen reported that the bridge-widening option won't be brought forward by the NCC again, unless there is greater willingness by Ottawa-Carleton to co-operate on the issue. Chair Peter Clark's letter to Chairman Marcel Beaudry of the NCC made several suggestions: two left turn lanes from the bridge to the Parkway east during the morning rush, or restricting access for an hour of the rush-hour to cars with at least two passengers; expansion of transit service frequency, using dedicated lanes; and implementation of a ridesharing demonstration project. These seem like reasonable suggestions. You can add your voice to the debate by writing Mr. M. Beaudry, Chairman, National Capital Commission, 161 Laurier Ave. West, 14th floor, Ottawa, Ont. K1P 6J6, supporting these or your own suggestions.

The executive for your association is:

President: Jim Cocks 161 Northwestern 728-7881

Vice-President/Membership Coord.: Tim Frank 197 Keyworth 729-0882

Treasurer: Evelyn Sparks 196 Cowley 728-5552 Secretary: Anna Dolan 198 Northwestern 729-5722 Communications: Jim Kot 117 Carleton 729-5828

Newsletter: Amy Kempster 118 Clearview Ave. 722-6039 Rink Coordinator: Tom Sauvé 68 Sunnymede 728-0191