

Aching thighs in old Quebec

The Sidekick and I spent part of last week in La Belle Province, visiting old Quebec City, as well as taking a stroll on the Plains of Abraham, where General James Wolfe and his 5,000 soldiers decided the fate of English and French Canada after about 35 minutes of battle, way back in September of 1759.

I feel a certain closeness to that battlefield. My great-great-great grandfather, Lieutenant John Brown, fought on that ground, and also (according to his discharge papers) witnessed the death of General Wolfe that historic day.

Our trip however, was more than a historic pilgrimage for me. It was a belated honeymoon, with an opportunity to enjoy some kick-back time in a place a bit different than home— that didn't require a passport to get there.

Another first, we didn't drive— we took the train instead. With the high price of fuel, I figure train travel will likely become a more feasible means of travel as people rediscover the advantages of riding the rails.

Quebec City is one of the oldest cities in Canada, and is celebrating its 400th birthday this year. The city is in great shape, and the merchants in the stores, the hospitality trade and the tourist outlets have embraced it to the limit, making everyone quite welcome in their fair city.

During this trip, The Sidekick and I encountered something we hadn't anticipated.

We rediscovered our calf muscles.

You see, the city is built on some of the most rolling and steep ground known to civilization.

It's easy to understand why. The location of the original settlement was chosen primarily as a tactical fortress, not an urban centre, and the people just built around that original fortress, right on the sides of the hills. And with that rolling topography, one's legs get a super workout every time one ventures out the door for a walk.

To add to the equation, we also booked into a hotel that was built in the mid-1800s. It has no elevator and our room was on the fourth floor. Now I'm not complaining, we booked that hotel

Ted Brown



knowing full well we were on the fourth floor.

But I really didn't need to know there were 54 steps from street level to our room, a fact The Sidekick was so keen to point out after her first climb. Consequently, every time we scaled those steep steps to our room, that number 54 echoed in the back of my mind, and the cramp in my left thigh generally tightened— just little bit more— usually around step 40 or so.

I also didn't need to know there were 310 steps from the promenade outside the Citadel, to the top of the ramparts— information not only pointed out to me by The Sidekick, but also by the Quebec government, posted to alert anyone with health issues of the rigorous climb ahead.

(Naturally we read it when we were at the bottom, so we had that psychological torture to ponder, knowing we'd be walking back up those 310 steps to return to our hotel— oh, right, with the additional 54 steps up to our room.)

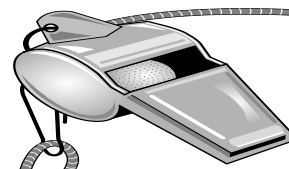
But we made it up to our room and back repeatedly, and the cramps in our thighs and calves had pretty much faded by the time we both got back to work Tuesday morning.

The weather was great, the French Canadian people were gracious, and, with the exception of that one time when The Sidekick and I inadvertently ordered desserts that cost \$23, (a language thing— yeah, right) it was a good trip.

But I vowed to do one thing if I ever head back to Le Vieux Québec for another visit.

I'm gonna join a gym a month before.

(Ted Brown can be reached at tbrown@independentfreepress.com)



Swim for Safety.

A swimming pool is the place to be in the summer. Just remember that it's a place to be safe as well. Follow these tips and everyone will enjoy a long, safe summer in the pool.

- Never leave children unattended in or around the pool.
- Install a fence with a locking gate around your pool.
- Post and enforce rules such as "no running" and "no pushing."
- Learn CPR.

ONTARIO MINISTRY OF NATURAL RESOURCES

MNR CLASS ENVIRONMENTAL ASSESSMENT FOR RESOURCES STEWARDSHIP AND FACILITY DEVELOPMENT PROJECT NEW MIGRATORY RAINBOW TROUT BARRIER ON THE CREDIT RIVER

NOTICE OF PUBLIC INFORMATION CENTRE

The Ministry of Natural Resources in partnership with the Credit River Anglers Association and Credit River Conservation, through their consultant Totten Sims Hubicki Associates is in the process of undertaking an Environmental Study Report to manage access of migratory Rainbow Trout from Lake Ontario to spawning and nursery habitats located in the Credit River watershed. Under this study, environmental, social and economic impacts will be considered in the determination of an appropriate solution to address the objectives.

The project is being planned under Category C of the Ministry of Natural Resources Class Environmental Assessment. A public information centre will held to discuss the existing conditions of the proposed sites, the study approach, the study findings and possible alternatives to address the issues. Details of the study and illustrations of the alternatives being considered will be displayed. Members of the Consulting team and study partner staff will be available to field questions or concerns. A questionnaire will also be distributed for your feedback and comments.

Public Information Centre (PIC)

Date: Thursday May 29, 2008

Time: 7:00 p.m. – 9:00 p.m.

Location: Terra Cotta Community Centre, 18 High Street, Terra Cotta ON, L7C 1P2

This Notice issued May 9th, 2008

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<i>Items available all season</i>			
<p>Hanging Basket 10" Assorted. EVERY DAY! 9⁹⁷ each</p>	<p>6 Pack Cell Bedding Plant Assorted. EVERY DAY! 1 97 each</p>	<p>4" Annual Plants Assorted. EVERY DAY! 1 97 each</p>	<p>2 gal. Alberta Spruce EVERY DAY! 23⁹⁷ each</p>

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