

October 2018

NEW EDINBURGH NEWS

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NEW EDINBURGH COMMUNITY ALLIANCE
Annual General Meeting

Wednesday, October 24 at 7 pm
St. Bartholomew's Church

Meet friends, ask questions, join us for refreshments.
All New Edinburgh residents welcome.



FILMS at the FIELD HOUSE

M@ANA
September 22nd

COCO
October 13th

6 pm community picnic ...bring food to share

7 pm film on the east field ...bring a chair & blanket
indoors in case of inclement weather

free popcorn and drinks!



The New Edinburgh
Halloween Howl

Costume Parade
Spooky Games
Creepy Crafts
Fun Prizes
& more...

October 27th
3:00 - 5:00 pm
New Edinburgh Park
Field House



Photo by Marc Seguin

A giant marionette (from LaboKracBoom, based in Sherbrooke, Que.) entranced the crowd at the Beechwood East Feast, Sept. 8. Find more photos from this and other events on page 40.

At the ballot box, consider how the city could and should do better

By Sarah Anson-Cartwright

How has the quality of life been in Ottawa since the last municipal election in 2014? Which issues will be top of mind when voters head to the polls on Oct. 22?

For many of us, the most visceral impact of the City's services is the quality of our commute to work, whatever our mode.

Whether you are in a car, a bus or on a bike, getting around has become ever more challenging and time-consuming, with road work, general disrepair, and Light Rail Transit (LRT) construction. The prospect of the LRT is

held up like a beacon or panacea to all that may be wrong. But, sadly, the City expects a very modest increase (about one per cent) in ridership numbers in the first year. Many may be untouched by the LRT's benefits unless express buses connect people on bus routes like number 12 (which is apparently the worst route for service and in our ward).

Widening the Queensway won't ease congestion thanks to the effects of "induced demand" (i.e., if you add lanes, they will fill up). And adding lanes and roads (which the incumbent mayor favours) seems at odds with

a multi-billion-dollar investment in public transit via the LRT that could shift people out of their cars.

This brings up the issue of the City's position and record on **sustainability**. When major cities throughout North America are taking action and owning up as sources of an estimated 70 per cent of greenhouse gas emissions (according to the United Nations), where is Ottawa with its climate change plan? MIA or AWOL, one might say. The City has not even measured its efforts to mitigate climate change since its 2014 plan. That could change

Continued on page 22

Thinking of a Residents' Bill of Rights this election season



Cindy Parkanyi
NECA President

This past summer was a whirlwind of activity for NECA board members. Between monthly Community Construction Monitoring Committee meetings with Combined Sewage Storage Tunnel (CSST) project staff, to gatherings of the Park Vision working group, to organizing the second annual Thomas McKay Day community party on Aug. 31, it was busy to say the least.

NECA Annual General Meeting

NECA's Annual General Meeting (AGM) will take place Oct. 24 at 7 p.m. at St. Bartholomew's Parish Hall, 125 MacKay St.

In addition to the usual elements of our AGM (commit-

tee reports, election of new officers, etc.), we will also be providing a progress update on the Park Vision, and soliciting community views on strategic priorities that the NECA Board should pursue over the coming year with respect to the Park Vision work and other areas of inter-

"The hallmark to any great city is the ability of all residents to participate and benefit from the community's quality of life."

– Mayor Jim Watson, 2016 City of Ottawa Annual Report

est (e.g., heritage, development, traffic and safety, environment).

We are always looking for fresh faces to join our ranks, either as a board member, or to volunteer in a specific area of interest. If you would like to know more or are considering joining the NECA team, please contact me at newedinburgh@outlook.com.

Beechwood overview

In order to engage developers of new projects contemplated for Beechwood Avenue, four community associations – New Edinburgh, Lindenlea, Rockcliffe, Manor Park, as well as Vanier community groups – formed a joint committee to assess how we can work with developers in a positive, proactive way. The group, called the Near East

Community Collective, has just started work. Though they are at the information-gathering stage, the ultimate objective is to work with potential developers to improve Beechwood Village for the residents and the broader community. The aim is to reach out to developers (prior to any formal development application) to convey the community's needs. The group is also exploring new and alternative approaches to community and project development that have been tried successfully elsewhere.

Proposed Residents' Bill of Rights

"The hallmark to any great city is the ability of all residents to participate and benefit from the community's quality of life." – Mayor Jim Watson, 2016 City of Ottawa Annual Report

In order to try to hold the City to this commitment, NECA has been working on an idea to shift City Hall to a more citizen-centric point of view through the development of a Residents' Bill of Rights. There's a Bill of Rights for residents in long-term care facilities, and federal Transport Minister Marc Garneau is working on one for air travellers. A Residents' Bill of Rights would seem an appropriate mechanism to help shift the current dysfunctional paradigm. NECA is working on a draft bill

with members of the Near East Community Collective as well as the Federation of Community Associations, to seek their input and endorsement. A draft copy of this proposal is available at newedinburgh.ca. Send your comments to newedinburgh@outlook.com.

Municipal elections

NECA is sponsoring a couple of election-related events for the local community. **On Oct. 9, from 7:30–8:30 p.m.**, there will be a **Debate on the Environment and Climate Change** with the candidates for Ward 13 at St. Bartholomew's Church hall,

collected on the surface in the construction area in Stanley Park and removed by trucks running during the daytime only.

The construction road (which currently is gravel) will be paved to reduce mud and dust accumulation.

Also of note is the fact that the contractor has decided to erect additional sound barriers – one set will be approximately 15 feet high and will face homes backing onto the park, the other set will be around 11 feet high and will be constructed between the construction area and the Rideau River.

Construction activity on Dufferin

Construction is expected to begin around **Oct. 15** along Dufferin Road and Stanley Avenue. The work involves the construction of storm water infrastructure to improve surface drainage; construction of a sidewalk on the southeast side of Dufferin Road and Stanley Avenue from Crichton Street to the existing Rideau River Eastern Pathway; construction of a gravel pathway from the Rideau River Eastern Pathway to the existing gravel pedestrian path along the bank of the Rideau River; plantings; and reinstatement of asphalt and landscaping. Work is expected to continue over a period of approximately four to six weeks.

During this project, the roadway will be reduced to one lane and signed to allow local traffic only. Pedestrian and cycling connectivity will be maintained. Necessary detours will be appropriately signed.

125 MacKay St.

Local community associations are working on an **All Candidates' Forum** on Oct. 15 at Rockcliffe Park Public School's Queen Juliana Hall. More details to follow at newedinburgh.ca.

Both events will offer an opportunity to meet the candidates and hear where they stand on a variety of municipal and local issues.

CSST update

As reported by CSST staff at the Sept. 24 Community Construction Monitoring Committee meeting, the tunnel boring machine is now in the 'hood and tunneling is slated to begin in late October. This phase will continue for a year, during which time rock will be excavated from the tunnel (a 24-hour operation),

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The Burgh
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NECA Meetings - All Welcome

The NECA board meets nine times a year, normally on the **third Tuesday of each month at 7:30 p.m.** No meetings in July, August or December. During October, NECA holds its annual general meeting (AGM) and a regular board meeting.

Meetings will be held at the **NECTAR Centre, 255 MacKay St.** Meetings are open to all New Edinburgh residents. Anyone wishing to make a presentation to the board should please contact Cindy Parkanyi in advance to arrange scheduling. Our next meetings are:

Tuesday, October 16, 7:30 p.m.

Tuesday, November 20, 7:30 p.m.

Any changes to this schedule will be posted in advance on the New Edinburgh website, newedinburgh.ca.

Editorial

Vote to change Ottawa's homeowner compensation policy

For the majority of New Edinburgh residents, the Combined Sewer and Storage Tunnel (CSST) project has become a minor irritant. After an initial surge of indignation at the City's failure to provide adequate early warning of the project, or to engage residents in a serious consultation process, most of us have gone back to our normal lives, and now give little thought to the ongoing grind of heavy construction at the heart of our community.

But not so for those on Queen Victoria Street, River Lane and the adjacent stretches of Stanley Avenue, for whom "the big dig" is quite literally in their yards. For these beleaguered residents, the CSST has been an unrelied nightmare since its inception in fall 2016.

They have been forced to endure a continuous ordeal of mind-numbing noise, vibrations, drilling, blasting, foul smells, dust, truck traffic and the incessant clatter of heavy construction equipment at their doorsteps – with no immediate end in sight. Compounding this is the ongoing frustration of attempts to seek help from the City to address a litany of specific irritants arising in the course of construction. Many are understandably exhausted by the ordeal, and a few have been forced to leave their homes because of the unendurable conditions.

In exceptional circumstances such as these, when the

siting of a major City project has literally ruined the lives of those in the immediate vicinity, some form of compensation for the financial strain and loss of quality of life seems not only reasonable but essential in the interests of basic fairness. But no such luck: current City policy

eral practice financially compensate those whose lives are disrupted. The problem is ... systemic. Business as usual is clearly not fine."

Candidates for mayor and for City Council should be called upon to urgently address the need for such systemic change: if ever cir-

Neighbourhood impact must be moved to the top of the list in designing major projects, not as an afterthought

strictly prohibits the granting of compensation (or tax relief) to residents, however punitive the impact of a City project. Suffer we must, and from the City's perspective, preferably in silence.

In an election year, it's time to press hard for a change in this policy. In an open letter to Mayor Jim Watson in May 2017, Burgh resident and former Bank of Canada Governor David Dodge called for "systemic changes in procedure to protect individual residents from undue health and disruption costs. Where such disruption cannot be avoided through good planning (as it could have been in our case), then the city should as a matter of gen-

cumstances warranted a fair and compassionate policy of relief, it's right here in our neighbourhood where many homeowners' entitlement to "quiet enjoyment of their property" has been blown away by bad City planning and an inexorable engineering juggernaut.

And to avert a recurrence of New Edinburgh's CSST nightmare elsewhere in the City, it's equally important to press municipal candidates on the need for change in planning process: neighbourhood impact must be moved to the top of the list in designing major projects – not as an afterthought behind engineering convenience and cost efficiencies.

Fresh faces wanted for NECA's Board

We have a great neighbourhood and it takes some care and attention to protect the quality of life that makes it so special. That's where the board of directors of the New Edinburgh Community Alliance (NECA) comes in.

If you or someone you know wants to help us address issues in our neighbourhood, or has great ideas to improve it, we want to hear from you!

NECA has been involved in such specific issues as planning Beechwood development, working to get Fieldhouse construction approved and started, and fighting construction of the Vanier Parkway extension. However, few of our achievements have come easily and all have taken the time and effort of a number of people. Consider whether you can spare some time to

get involved and join the board.

Nominations are open from now until the evening of the **Annual General Meeting on Oct. 24 at 7 p.m. at St. Bartholomew's Church, 125 MacKay St.** However, we encourage nominations in advance, please. If you are interested, please contact NECA president Cindy Parkanyi at cparkanyi@yahoo.ca.

NEW EDINBURGH NEWS

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This fall brings cannabis questions and talks on housing and seniors



Nathalie Des Rosiers
MPP Ottawa-Vanier

We have had a very unusual summer at the Legislative Assembly of Ontario. The government has called the Assembly on emergency sittings in order to debate their bill to reduce the size of the Toronto City Council from 47 seats to 25 in the middle of the municipal election campaign. The government now wants to use the Notwithstanding clause in the *Canadian Charter of Rights and Freedoms* to prevent any court challenge to this intervention and prevent the application of the Charter of rights and of the Human Rights Code to their new legislation. I have been very

outspoken about this. I do not believe that this is a case to use the Notwithstanding clause because this trivializes Charter rights. It is not only about the City of Toronto, but about the protection of all of our rights and freedoms. Please visit my website – nathaliedesrosiers.onmpp.ca – if you would like to read some articles that I have published on this subject.

I also recognize that there is still a lot of uncertainty about what will happen with the legalization of cannabis on Oct. 17. The government has not provided much clarity on their intentions to allow private retailers to enter the

market as of Apr. 2019. I will keep you posted as we hear more. On these or any other topics, I am always interested in hearing what you have to say, please contact my office with your concerns and questions.

Very soon, I will be hosting some round table discussions on housing, and on the needs of seniors. If you would be interested in participating in one of these discussions, please communicate with my office by writing to ndesrosiers.mpp.co@liberal.ola.org, or by calling **613-744-4484**.

I would also like to take this opportunity to remind all students between the ages of 16 and 22 that soon we will be starting our Constituency Youth Council in collaboration with federal MP Mona Fortier. Contact us for more details!

Nous avons eu un été inhabituel à l'Assemblée Législative

de l'Ontario. Le gouvernement a rappelé l'assemblée à siéger en sessions d'urgence pour débattre leur projet de loi visant à réduire le montant de conseillers à Toronto de 47 à 25, et ce, en pleine période électorale. Le gouvernement a aussi introduit la clause « nonobstant » qui empêche une contestation judiciaire pour la violation de droits garantis par la Charte des droits et libertés de la personne. J'ai beaucoup exprimé mes inquiétudes sur ce sujet. Il ne s'agit pas seulement des droits des résidents de Toronto mais de la protection de tous nos droits et libertés. Je vous invite à consulter les articles que j'ai rédigé en visitant mon site web: nathaliedesrosiers.onmpp.ca.

Je reconnais que plusieurs d'entre vous sont aussi incertains de ce qui se passera suite à la légalisation du cannabis le 17 octobre. Le gouvernement n'a pas encore annoncé ce qu'il entend faire pour la

réglementation des détaillants privés qui seront invités à vendre le produit à compter du mois d'avril 2019. Sur ceci ou n'importe quel autre sujet, j'apprécie toujours recevoir vos commentaires donc s'il vous plaît contactez mon bureau pour nous faire part de vos inquiétudes, suggestions et questions.

Bientôt, nous aurons aussi des table-rondes sur les questions du logement, et sur les besoins des aînés. Si vous êtes intéressés à y participer, contactez mon bureau en écrivant à ndesrosiers.mpp.co@liberal.ola.org ou en téléphonant au **613-744-4484**.

J'aimerais aussi profiter de cette occasion pour rappeler aux étudiants entre 16 et 22 ans que nous allons bientôt recommencer notre conseil jeunesse de circonscription, en collaboration avec la députée fédérale Mona Fortier. Contactez-nous pour plus de détails!

Our community's diversity is a tremendous asset



Mona Fortier
Ottawa-Vanier MP

Over the summer, there have been a lot of conversations in our community and in the media about Canada's diverse multicultural fabric. I have long believed that in Ottawa-Vanier, as in Canada, diversity is our strength, and I take every opportunity to brag about our community's diverse cultural background.

However, over the past few months, I have noticed a change when I meet people in the community and at cultural activities. I hear that individuals are concerned about the dangerous rhetoric coming from members of the opposition. They are concerned that Canada will no longer be a welcoming place.

I completely disagree with those who are trying to spread fear and divide our community. In Ottawa-Vanier as in Canada, we have so much to learn from each other. The

different life experiences and perspectives of the peoples and groups that live here is a tremendous asset that helps us build up our community and face life's challenges together. As Prime Minister Justin Trudeau said recently: "Compassion, acceptance and trust; diversity and inclusion – these are the things that have made Canada strong and free. Not just in principle but in practice."

I want to take the opportunity in this newsletter to thank everyone in our riding who contributes to our thriving and dynamic riding.

As always, my constituency office is there to help you with any interactions with federal services. It is open Monday to Thursday from 9 a.m.–5 p.m., and Friday from 9 a.m.–4:30 p.m. Give us a call at **613-998-1860**, or reach out to us by email at

mona.fortier@parl.gc.ca.

Au cours de l'été, nous avons beaucoup entendu parler de la diversité du tissu multiculturel canadien dans la communauté et dans les médias. Je crois depuis longtemps qu'à Ottawa-Vanier, comme dans le reste du Canada, la diversité fait notre force et je ne manque jamais une occasion de célébrer la diversité culturelle de nos communautés.

Cependant, au cours des derniers mois, j'ai remarqué un changement lorsque je rencontre les gens dans la communauté lors d'activités culturelles. J'entends que certains individus sont inquiets par la rhétorique dangereuse avancée par certains membres de l'opposition. Ils craignent que le Canada devienne un endroit moins accueillant.

Je suis complètement en désaccord avec ceux et celles qui tentent de répandre la peur et de diviser nos communautés. À Ottawa-Vanier, et au Canada, nous avons tant à apprendre les uns des autres. Les différentes expériences de vie et perspectives des peoples et groupes qui habitent notre communauté sont une richesse incroyable

qui nous permet de grandir et d'affronter des défis ensemble. Comme l'a dit le premier ministre Justin Trudeau récemment : «Compassion, acceptation et confiance; diversité et inclusion. C'est grâce à ces qualités que le Canada est fort et libre. Pas seulement en principe, mais en pratique.»

Je tiens à prendre l'occasion, dans ce bulletin, de remercier tous celles et ceux qui

contribuent à faire d'Ottawa-Vanier une circonscription dynamique et vivante.

Comme toujours, mon bureau de circonscription est là pour vous appuyer dans vos échanges avec les services fédéraux. Il est ouvert du lundi au jeudi de 9 h à 17 h et le vendredi de 9 h à 16 h 30. Communiquez avec nous au **613-998-1860** ou envoyez un courriel à mona.fortier@parl.gc.ca.

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In Memoriam: Elisabeth Salm

Elisabeth Christina Salm, nicknamed “Djies,” of Stanley Avenue, was known as a community builder and an avid environmentalist. On May 25, she succumbed to injuries sustained during an attack at the Christian Science Reading Room, where she volunteered. While her death made the news headlines, her husband Lyle Young wishes for family, friends and neighbours to remember her life lived. Below is an excerpt from Lyle’s eulogy delivered at Elisabeth’s celebration of life on Jun. 1:



Photo courtesy Twitter

Elisabeth Salm.

The strong voice of true womanhood can never be silenced.

In the Bible, Joseph’s father, Israel, spent years mourning the loss of his son. The evidence was very clear – the bloodied coat proved that he had died. But the evidence was wrong. Joseph had simply gone on serving God, as Israel would later see. Thus, the tragedy wasn’t his son’s death, but his father’s thinking that he was dead.

Relative to Djies, there was also blood and other evidence, but in a higher sense the evidence is totally wrong. She is simply going on serving God and we will all see that clearly as we go forward.

I believe that there is a sacred space that is beyond a physical location. That space is the consciousness of the oneness that we have with God and with each other, in harmony and peace. The world cannot violate that space.

I also believe that the essence of womanhood isn’t biological or physical. Rather

it is spiritual, a pure reflection of one Father-Mother God. And because it is spiritual it is untouched, safe, and free.

As for the City itself, it is composed of spiritual sons and daughters of this one God. This understanding inspires us and gives us the courage to make this a safer city, filled with compassion and forgiveness for all.

The bicycle is a perfect symbol for all Djies believed in. One, it was Dutch. Two, it quite literally runs on air and contributes to urban sustainability. Third, when you’re biking you’re part of the community – not behind a windshield or sitting behind a closed door. Fourth, it’s inexpensive. Fifth, it’s total freedom and fun. We biked most days, and took trips in Ontario, Québec, New Brunswick, Nova Scotia, Prince Edward Island, Alberta and the Netherlands.

In the printed tribute, I talked about Djies working through the night under the covers on the floor of a Tokyo apart-

ment. This was more perfect Djies: undercover, very quietly, preparing her own home in every way so that it would be ready for people to live in while she wasn’t there. True Djies: responding to one of the humanity’s great crises by preparing her own kitchen, bedrooms, etc. for refugees. Mohamad, Raya, Hala and Ayla, you were taken under the wing by a great Canadian. Welcome to Canada!

I thought that Djies was beautiful, and I told her so much that she finally asked me to cut it out. But I couldn’t. So, I invented ways to say it like “You are so BEEP.” More than being just in love, we were entirely united in our sense of purpose. For some 22 years of our marriage I was either travelling a ridiculous amount (the peak was to 30 countries in 2010) or we were going back and forth between Ottawa and Boston, separated most of the time. But we did love each other. Deeply. And we told each other that every day and most days many times.

We greatly enjoyed having guests and when we said goodnight to them I would almost always say: “Now listen, we’re sleeping just in this room next door. If you need anything at all during the night. Just ask. It will be no trouble at all for me to have Elisabeth get it for you.” It always provoked a laugh because it was so clearly understood by all that she would do it. And she supported me when I, as a Christian Science practitioner, would get phone calls during the night from people asking me to pray for them. Four, five, six calls a night. Djies never complained that her sleep was being disturbed. Not once.

The last song we listened to together was Jean-Pierre Ferland’s *Y’a pas deux chansons pareilles*. For me the meaning of the main line: “Y’a pas deux chansons pareilles” — no two songs



Photo by Shawn Young

Elisabeth Salm’s husband, Lyle Young, gives the eulogy at her celebration of life on June 1.

are ever alike — is the total uniqueness of every individual. And that’s what Djies was seeing and honoring — each and every individual, absolutely special as the reflection of the Divine. That’s why she always wanted to include everyone. Because in her

eyes, everyone was wonderful.

I don’t claim to know specifically what Djies is doing right now. But I do know this: in some way, in some form she is biking, on a bicycle whiter than this one. And one last point: she’s going fast.

the crichton street gallery

Come and visit your neighbourhood gallery
Browse through our works of art and chat
with the local artists

Gallery hours listed on our website

299 Crichton St. Ottawa | www.thecrichtonstreetgallery.ca

Chris Ellis



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It was an art-filled summer on Vanier's main streets

By **Nathalie Carrier**,
QVBIA Executive Director

What a summer we have had here at the Quartier Vanier Business Improvement Association (QVBIA), from artwork to events and everything in between!

We began the summer with the installation resident Barbara Verner's beautiful artwork, which was commissioned as part of the Better Beechwood Initiative together with City Councillor Tobi Nussbaum's office. The art graced the walls of the Royal Oak, Chartwell New

Edinburgh, Bridgehead and the Domicile building at Marquette Avenue.

We added even more art when we hired artist-in-residence Christopher Griffin who executed his Mikinäk (the Algonquin word for "turtle") project along our main streets. He helped more than 1,500 residents of all walks of life make clay turtles, fired them in a local kiln, and hid them all over our streets. There are more than 500 hidden along Beechwood alone. They've garnered a ton of social media attention via #TurtlesofVanier as residents found and posted the turtles online. We couldn't be more grateful to Christopher who shared his outstanding talent with us!

In early August, we hosted Mozaik on Montreal Road, in partnership with House of PainT where more than 1,000 people came

out throughout the day. We had b-boy and b-girl dance crews, street theatre, live painting, an artist walk, DJs and amazing community representation. It was such a cool way to showcase the talents in our neighbourhood.

Between events we have been working hard with the City to prepare for the restructuring of Montreal Road which will begin in late 2019. The whole street will be revamped with better lighting, artwork, bicycle lanes, landscaping and more. We are working closely with our merchants and the community to minimize the impact on businesses, and to work towards a functional and attractive new street.

And finally, we closed off the summer with East Feast along Beechwood on Sept. 8. It was a beautiful late summer night, and what a turnout we had! More than 3,500 people came out to celebrate and feast with their neighbours. The food was plentiful, and the activities were so much fun. We saw yoga practiced on the road, an experimental music dome by



Photo courtesy Nathalie Carrier

B-boy and b-girl dance crews took part in the QVBIA's Mozaik event on Montreal Road in early August.



Photo by Simon Leadlay

Artwork by Barbara Verner was installed along Beechwood Avenue.

Jesse Stewart, and projections by the Windows Collective. Dominion City Brewing Co. brought their "Buck-a-Beer" attitude and donated more

than \$500 to our community! What a way to close out a busy and fruitful summer! Learn more about the QVBIA at vanierbia.com.



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 - ensure tax fairness for – and investment in – the urban core
- ✓ **AMBITIOUS:**
 - deploy innovative planning tools to ensure vibrant main streets and economic development
 - create safe transportation options for all users

votetobi.ca / votetobi.ca



VOTE ON OCTOBER 22



teamtobi2018@gmail.com

Questions and concerns about many curriculum changes



Chris Ellis
Public School Trustee, Zone 6

Provincial curriculum and funding changes

You have probably heard about the rollback of the 2015 Health Curriculum (the sex-ed curriculum) to the 1998 curriculum. Other recent changes affect or may affect the development of an Indigenous Curriculum, anti-racism initiatives, and building upgrades for energy efficiency purposes. At the time of writing, Ontario school boards have not received detailed direction or support on how to respond to these changes.

Health curriculum

I am concerned about the loss of components on consent and respect for diversity from the Health Curriculum. These two components are in much

of the Board's teaching, so I can only imagine teachers' confusion. The rescinded curriculum also deals with issues missing from the 1998 curriculum such as the Internet and texting. The province has given vague assurances that these components can still be addressed, but there is no clarity about how.

Indigenous curriculum

The provincial government cancelled the Indigenous curriculum writing sessions scheduled to take place this past July. Cancellation raises the question whether school boards will be supported as they roll out the Truth and Reconciliation Commission (TRC) Calls to Action. For example, in June 2018, the Ottawa-Carleton

District School Board created the Indigenous Education Advisory Council to advise us on, among other things, how to implement the TRC Calls to Action dealing with education.

Anti-racism initiatives

The former provincial government created an Anti-Racism Directorate to address systemic and institutional racism and barriers. The government had indicated that school boards would need to collect data disaggregated by race and ethnicity in the future. Our board was one of a few to receive a small amount of funding to explore how to collect, use and secure such data. I am concerned that the funding and emphasis to address this serious issue may be put on the back burner since the current government appears to be lowering the profile of the Anti-Racism Directorate.

Zone meeting

Two of my colleagues, Trustees Erica Braunovan and Shawn Menard, and I held a joint Trustee Zone meeting on September 13 to explore the three issues out-

lined above with constituents. Three panellists spoke, and a district staff representative was on hand to answer questions.

Tim O'Loan, former advisor to TRC Chair Senator Murray Sinclair, stated: "It was a punch in the gut when I had heard the premier just ceased any of the curriculum development especially on the mandatory component." District staff indicated that the portion of Indigenous curriculum that has been developed will be taught. Trustees affirmed that they would do all they can to support and move forward with the TRC Call to Action.

Chris Farley Ratcliffe, Interim Executive Director for Planned Parenthood Ottawa, talked about consent and sexual identity, and stressed the importance of teaching and using the correct words for body parts to avoid confusion. District staff reassured those present at the meeting that many of the issues will continue to be addressed, including through resources such as books that reflect the diver-

sity of families and events like the OCDSB's Rainbow Youth Forum. I will explore how trustees can support staff in continuing to provide this information.

Richard Sharpe co-founded the 613/819 National Capital Region Black Hub to bring together black parents and organizations to collectively address anti-black racism. He stated that the group is ready to take "the unprecedented step of collecting data on our own to be able to tell our story." He hopes this can be done in collaboration with the school board and other partners. District staff spoke about waiting to see what the provincial strategy on data collection will be. This could delay data collection.

Contact Chris Ellis at Chris.Ellis@ocdsb.ca or 613-818-7350.



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Volunteers past and present celebrated the Crichton Community Council's 25th anniversary on June 22.

Photo by Richard Guy Briggs

Volunteers keep CCC successful over the changing years



By Matt DeWolfe,
Chair, CCC

It's been a few months since the last *New Edinburgh News*, and there is a lot to report from the Crichton Community Council (CCC). Elections were held in June at the Annual General Meeting, and we are very happy to welcome **Edwina Chittilappilly** as our newest CCC volunteer and Secretary.

The last event of the busy spring season was the annual Cheering Station for the Ottawa Marathon on May 27, followed by a community barbecue hosted by the CCC at the Fieldhouse. Once again, **Sylvain Bélanger** was the master of organization and ceremonies, leading the many people who turned out to loudly encourage runners along the last few kilometres. The collective efforts resulted in the City awarding the CCC's with runner-up for best cheering station. Our cadre of volunteers – the Bélangers (Sylvain, **Denise**, **Julien** and **Olivier**), **Roxie Clark**, **Pascal Dubuc**, **Jerry Turchyn**, **Caroline Matt**, **Debra Conner**, **Paula Pincombe**, **Chris Straka**, **Henry Trevanion** and **Nathanael DeWolfe** - helped make this another successful community event.

On June 22, CCC volunteers past and present gath-

ered at the Fieldhouse to celebrate the organization's 25th anniversary with an evening of happy reminiscences and delicious food. Founding member **Melodie Salter** explained the origins of the CCC for the newer members, and how the organization came to manage the Fieldhouse which was built 20 years ago this summer. There have been changes over the years, but one constant is that this organization is successful because of volunteers in the community. Hats off to **Denise Bélanger** for organizing the lovely event and tracking down all the invitees. Thanks to all who came out to celebrate.

With the exception of a short period when construction was being completed by the City's contractor, the new playground was in heavy use over the summer. Playground visitors were also able to take part in weekday drop-in activities organized by our enthusiastic and creative summer Fieldhouse Manager, **Renée Ketcheson**, who was hired through the Canada Summer Jobs program. Outside of the drop-in program hours, the washrooms and water fountain remained open for extended hours through an initiative led by **Chris Straka**. Thanks to Chris and volunteer neighbors **Joana Chelo**, **Solmaz Hicks** and **Corina Wright**, these facilities have generally been available to park users and passers-by from 9:00 a.m. to 9:00 p.m. during the summer.

The annual New Edinburgh Yard Sale took place on Sep-

15. The CCC obtains the required permit from the City for this event and advertises far and wide. Donations of 10 per cent of the proceeds are gratefully accepted by the CCC and are used to help fund future community events. Donation envelopes distributed during the sale can still be dropped off in the secure mailbox at the Fieldhouse.

As the days are growing shorter, the CCC is planning and preparing for several fall events. The calendar includes two family film nights at the Fieldhouse, in partnership with the Rideau-Rockcliffe Community Resource Centre, the first featured *Moana* on Sep. 22, and the second, *Coco*, will take place on Oct. 13. Films will be projected on an outdoor screen beginning at 7 p.m. on the east (Beechwood) side of the Fieldhouse. In case of rain, the movies will be shown inside the Fieldhouse. Bring a blanket and enjoy some popcorn and entertainment with your neighbours.

The annual Halloween Howl will take place Oct. 27. This is always a popular event amongst the young trick-or-treating set. Join the fun and games and take part in the costume parade, from 3–5 p.m. at the Fieldhouse. Interested in helping with this event? Please email crichtoncommunitycouncil@gmail.com.

Further ahead, we are already looking to organize for the upcoming skating season. A good deal of volunteer labour goes into creating and maintaining the ice rinks at



Photo by Richard Guy Briggs

CCC founding members: (clockwise from top left) Jill Hardy, Cathy McConkey, Melanie Salter, Mary Granger, Bruce McLaurin, Jerry Turchyn and Isobel Bisby.



Photo by Richard Guy Briggs

Jerry Turchyn, Jill Hardy, Roger Hardy, Mary Granger and Melanie Salter.

the Fieldhouse. We are putting the call out now for volunteers for both the initial ice-making in December and for occasional hosers through the winter – no experience necessary! We will also be hiring high-school students for evening and weekend staffing of the kitchen and general rink maintenance. If you are interested in volunteering or applying for a posi-

tion, please email crichtoncommunitycouncil@gmail.com.

When not in use for community events, the Fieldhouse is available for private rental. We have a new, web-based reservation system where you can easily check availability and even pay online. Visit newedinburgh.ca/fieldhouserervations for details.

Built heritage is at risk when communities are ignored



**By Gail McEachern,
Heritage and Development
committee**

During the past six months, community representatives from the seven Heritage Conservation Districts in Ottawa (Rockcliffe Park, New Edinburgh, Sandy Hill, Centretown, Lowertown, Briarcliffe, and the Glebe), have participated in several workshops to explore ways we can more effectively protect our historic districts, and fulfill the mandates of our respective conservation plans.

These workshops have been facilitated by Julian Smith, a distinguished heritage conservation architect and recent recipient of the Order of Canada.

A commonly shared theme emerged early on in the discussions. Once the Heritage Conservation District (HCD) had been established, with its accompanying clearly-defined objectives and by-laws (confirmed by the Built Heritage Subcommittee, the Planning Committee and City Council), it was assumed that in response to any proposal to demolish, alter or build in an HCD, the City (via the heritage planning staff, the Built Heritage Subcommittee and the Planning Committee)

would vigorously defend the principles of each historic district's heritage conservation plan.

This has not been the case. More often than not, communities find themselves pitted against the very same City entities that supported the creation of the HCDs in the first place.

So, what is going on here? It appears that the City (both staff and elected officials) are following a policy that looks like this:

- 1) Compromise is the way to go;
- 2) Be generous to the proponent so they don't abandon the project;
- 3) Cherry-pick the heritage conservation plan directives that might be unacceptable to the proponent;
- 4) Ignore the community because their heritage plan is too strict and they don't know what's best for their neighbourhood.

In short, we do not have a level playing field, and the community ends up by playing a secondary role for any proposal affecting an HCD.

Several key issues emerged out of the sessions with Julian Smith:

- 1) Most real estate agents and potential buyers have no understanding or knowl-

edge of what an HCD is, or any details enshrined in the heritage management plans. There is also a prevailing attitude that the city can probably be persuaded to "give" on some of the requirements (which it does).

2) The first point of contact for a proponent is with a member of the City's heritage staff rather than with the community's HCD representatives. Design decisions begin to be formulated without community input.

3) The proponent is "encouraged" to present their proposal to the community, but it is not a requirement of the approval process. The community is then placed in a reactive rather than proactive position, as the heritage staff and perhaps even senior planners in the planning department have already endorsed the proposal, and the views of the community are not taken seriously.

4) The heritage staff may require that the proponent provide a Cultural Heritage Impact Statement (CHIS) to accompany the heritage permit application. (This is a report by an "independent expert" which should analyze both the positive and negative

impacts the proposed project would have on the HCD.) This is a flawed set-up as the proponent pays for this service, which compromises the expert's ability to be unbiased in the assessment. Again, the community is left out of the process.

5) Any proposal for an HCD has to be submitted to the Built Heritage Subcommittee. This is a committee made up of several members of city council and heritage experts from outside City Hall. The community can present its views at this hearing, but the odds are already stacked against the community position if the CHIS statement is in line with the opinions of the heritage planning staff considered the experts in this arena. Once again, the community is politely listened to, but its opinions don't carry any weight.

6) The next entity to review a proposal is the Planning Committee. The final recommendations are put forth by the heritage planning staff. The community can make its views known but is still treated as an outsider and perceived as being "against" what is reasonable. So, no influence here.

This represents a dysfunctional system for all our communities with HCDs. And it flies in the face of the goal of heritage conservation as defined by the Ontario Ministry of Culture: *Identifying and protecting places in our communities that have cultural heritage value is an important part of planning for the future, and of helping to guide change while keeping the buildings, structures and landscapes that give each of our communities its unique identity.*

The residents of our communities which embrace HCDs are the ones that have their fingers on the pulse of the unique qualities which make up their special neighborhoods. They cannot continue to be ignored.

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BURGH BUSINESS BRIEFS

- Jane Heintzman -



Photo by Simon Leadlay

The owners of Burgers on Beechwood have put their eatery at 49 Beechwood Ave. up for sale.

Burgers on Beechwood for sale

Arturo's proprietors **Laura Dunn** and **Richard Primeau** have decided to sell Burgers on Beechwood, their second, smaller eatery at 49 Beechwood Ave., in order to focus their energies on Arturo's across the road. In addition to its burger specialty, the restaurant now offers breakfasts and gelato, and according to Laura's recent Facebook posting, it is readily

adaptable for other services. Interested parties are invited to contact Laura in a private message on Facebook.

Pharmacy and medical centre coming to the Kavanaugh

The Kavanaugh is set to welcome a new occupant on its commercial floor: the **Beechwood Whole Health Pharmacy and Medical Centre** will open its doors in early October at the latest, and will occupy a large 3,000 square-foot unit with the main entrance on Beechwood.

The new business is to be a one-stop shop for the community's health-related needs. There will be a pharmacy and dispensary; a large, fully-equipped rehabilitation area with a team of physiotherapists and chiropractors; and a small group of family doctors operating in a suite of examining rooms behind the pharmacy/rehabilitation/waiting room area. There will even be a small surgery room on the premises for such minor procedures as cosmetic surgery.

Peter Barreiro is the principal pharmacist and head tenant of the new business. His plan is to take some time to sort out the details of the

pharmacy's operation based on the neighbourhood's needs and wants. While his pharmacy's primary focus will be on the dispensary and providing prescription medications, Peter intends to have available a reasonable supply of what he describes as "convenience-type merchandise" such as personal hygiene items. Depending on demand, he is open to ordering a variety of other items of interest to clients, including homeopathic, herbal and natural products. Orders will be filled very swiftly, as Peter has access to a dependable overnight delivery service.

From 9 a.m. to 5 p.m., Monday through Friday, a minimum of two family doctors (and as many as four or five) will be available to see patients at the new facility. In the evenings, at least one doctor is expected to be on hand for after-hours appointments. At the outset, all the doctors are welcoming new patients, and will continue to do so until their practices are full. Many of the operational details involved in the medical practice will be ironed out as the group settles in this Fall. While at the time of writing, the centre was still working on the development of a website – Peter hopes it will be up and running soon.

Fitness studio opens healthy café

There's a brand-new eatery on Beechwood, and it's all about "fast, convenient, guilt-free and nutritious food" for busy people concerned for their health and fitness (okay, and weight, too). Back in late June, **EPIC Fitness**

and **Lifestyle** announced the opening of its new **Basecamp Café** in the Kavanaugh at 230 Beechwood Ave., ushering in what EPIC owner-operator **Stephanie Karlovits** hopes will be "the future of fast food."

The Café menu was designed by Registered Holistic Nutritionists, and focuses on foods that are packed with nutrients, are allergen-free, and are readily absorbed by the digestive system. Plus, they need to taste good! The menu features gluten-free and vegan-friendly grab-and-go salads, cultured coconut, smoothies, smoothie bowls, kombucha, "bullet-proof coffee," iced drinks, parfaits and tasty baked goods like

members dropping in after their workout or personal training session, it's been an especially welcome addition.

On Sept. 29, Stephanie and her team hosted a **Grand Opening and Sixth Year Anniversary Party** when local residents dropped in to see the facilities and taste complimentary treats from the Basecamp Café. Visitors tried out EPIC's "oxygen bar" where you can boost your energy level with a shot of pure oxygen: much needed by those of us whose imperfect breathing patterns fall far short of the mark due to stress and inactivity.

EPIC's **Muse Meditation Headband** was another novelty for guests to try out.



Photo courtesy Stephanie Karlovits

The outdoor patio at Epic Fitness's new Basecamp Café.

banana bread, donuts and cookies. The foods are all organic or locally-sourced, low in sugar, and high in fibres and healthy fats. Check out @thebasecampcafe to see photos of the tempting fare, or visit **thebasecampcafe.com**.


Stephanie says she was inspired to create new café by frustration at the lack of facilities offering healthy fast foods for energy bunnies like herself. Though her schedule is jam-packed and snacks on the go are unavoidable, she is eager to steer clear of high-calorie, greasy foods loaded with salt and sugar. She is thrilled that the healthy snacks concept seems to have caught on in the neighbourhood, and reports that the café has been busy through the summer, with the outdoor patio tables proving a particular success. For EPIC Fitness

The headband analyses brainwaves during meditation, and gives you real-time data on an app showing you how successfully you were able to shed your stresses to achieve a state of deep relaxation and contemplation.

Stephanie is especially pleased about the **InBody Machine**, a new device EPIC has recently acquired to measure body fat, hydration and organ health. By simply standing on the machine, clients get a complete analysis of their body fat range, muscle mass for each part of the body, strength distribution, hydration levels, and the health of their organs. All EPIC's regular personal training clients have access to the machine as often as they wish, and trainers find it particularly helpful in assessing their clients' progress.

On top of Stephanie's busy

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Photo courtesy QVBIA

261 Montreal Rd. not only features Ottawa's tallest mural, but is also the home to shared workspace Coworkly.

job as owner-operator of EPIC Fitness, she has recently taken on new roles as a Business Professor and Self-Development Professor at the Canadian School of Natural Nutrition. And coming up in October, she will launch a professional personal trainer podcast called **Catalyst**. No wonder she needs those restorative healthy snacks!

Farewell to Beechwood Gastropub

Despite a heroic effort to make a go of it at 18 Beechwood Ave., owner-operator and chef **Harriet Clunie** was confronted by "a perfect storm" of challenges, ranging from staffing troubles to soaring costs and insufficient business. Over the summer, she took the fateful decision to close her restaurant, and on Aug. 31, the Gastropub served its last diners. The restaurant is currently up for sale, and Harriet remains hopeful that a successor will soon emerge to take advantage of the prime location: "it's a beautiful space with a beautiful kitchen."

"Everyone loved it," Harriet admits, alluding to the rave reviews her cuisine has garnered from local foodies. "But business just didn't pick up" to the extent she had

anticipated, and the pressure of rising costs and a crushing workload as chef, sous chef and harried owner became unsustainable. In the wake of the closure, Harriet was obliged, with much regret, to withdraw from the prestigious Gold Medal Plate culinary competition for which she had been selected from among the top chefs from the region. Competitors require a team of kitchen helpers to prepare their entries, and Harriet's stalwarts dispersed to other jobs at the time of closure.

On a positive note, Harriet is happy to report that every member of her staff has been reemployed in other venues – a top priority for her when the closure decision was made. Nor was there any waste when the kitchen shut down. Any food remaining after Aug. 31 was donated to Ottawa Food Rescue for redistribution to shelters throughout the city.

Thanks to her stellar reputation in the culinary community, Harriet has already received a number of offers of employment elsewhere. Her plan, however, is to take a two- to four-month break to fully recover from the exhaustion of the past year, and then to carefully consider her options. She promises

to keep the *NEN* informed when she's ready to resurface to work her magic in another kitchen in the area. We wish her well, and thank her for all her efforts to create a hub for fine food and neighbourly sociability here on Beechwood.

Shared space for "digital nomads"

In late spring, an interesting and timely new business opened its doors at **261 Montreal Rd.** (opposite the Jean Coutu Pharmacy). **Coworkly** is the brainchild of **Maher Arar**, a local engineer and entrepreneur whose name became widely known following his extradition during a routine layover in New York City in 2002, and subsequent horrific year held in detention in Syria.

Maher owns the Coworkly building on Montreal Road (one side of which is emblazoned with the tallest mural in the City), and has dedicated about 4,800 square feet on the third floor to a fully-equipped shared working facility for freelancers, small high-tech entrepreneurs, web designers, consultants, and in general, like-minded independent workers in high-tech fields.

Maher is a strong believer

Continued on page 12

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Photo by Louise Imbeault

Fresh Hair owner Margot Robinson: "I love that I get to be a positive part of someone's day"

Continued from page 11

in the potential of Vanier to become a dynamic, thriving neighbourhood with ample affordable housing and ready access to the downtown core. He believes the Vanier "brand" is steadily gaining traction, and that his new Coworkly facility is well-positioned to become a hub for aspiring young techies in the area.

Early indications are that his calculation is entirely accurate. According to Coworkly Director of Community Engagement **Victoria Landreville**, memberships are filling up rapidly, to the point that an expansion is already in the works. Later this fall, the first floor of the building, which includes a large boardroom and five spacious meeting rooms equipped with cutting-edge high-tech features, will be opened up for the use of Coworkly members. At the same time, renovations will modernize the unused half of the third floor to accommodate up to 25 new members.

There are several membership plans available at Coworkly, but according to Victoria, the majority of current members are full timers whose \$200 monthly fee cov-

ers the maximum benefits. These include unlimited day visits; dedicated standing desk seating; gigabit internet; free coffee; 24/7 access; 300 pages of copying and printing; five hours of meeting room access and a 25 per cent discount on all add-on room bookings. Visit coworkly.ca for details on all the plans.

Most of the current Coworkly members come from the surrounding neighbourhoods, and are able to walk or cycle to the Montreal Road facility. Victoria has found that the shared workspace arrangement has significant side benefits for the independent workers who have signed on so far. Many had found working from home socially isolating, or in some cases, overly distracting. Being part of a like-minded community and still retaining their complete independence seems to offer the best of both worlds. To all appearances, the Coworkly model is shaping up to be "an idea whose time has come." For an appointment to visit the facilities, call Victoria at **613-777-0069**.

Delayed start for Ministry of Coffee

Local coffee aficionados,

don't despair: the Ministry of Coffee is indeed coming to 18 Beechwood Ave. (former home of Da Bombe) later this fall. Though it's about five months later than its owners had hoped, well, better late than never!

According to co-owner-operator **Alex Dhavernas**, once the regulatory hurdles were surmounted, construction delays became the primary source of the slippage. In the busy summer season, crews were operating at full capacity on other projects, so Alex has had a tough job nailing down a start date. When he last contacted NEN in late summer, however, he was hopeful that work could be wrapped up and the doors opened by about mid-October.

As reported in our June edition, the Beechwood location will be the third Ministry of Coffee outlet in Ottawa. Two highly successful locations (one on Elgin Street and one on Wellington West in Hintonburg) are currently operating, offering a roster of gourmet coffees from top roasters across the continent, along with freshly baked croissants, muffins, sandwiches and pastries.

The Hintonburg location, dubbed The Ministry of Coffee and Social Affairs, is a coffee shop plus, with a fully stocked whisky bar, wine and local beer service from 11 a.m. to closing at midnight (1 a.m. Friday and Saturday), along with an evening small-plates menu starting at 6 p.m. The Beechwood location will start out on the Elgin Street model, operating strictly as a gourmet coffee shop, but the possibility of expanded, Hintonburg-style services may be reconsidered at some point down the road.

Get your ice cream this autumn

If you happen to operate an ice cream shop, a long, blisteringly hot summer is the stuff of dreams. For **Sundae School** owner **Lindsay Taub**, the summer of 2018 was literally a dream come true, with an unbroken stretch of pounding heat drawing sweltering locals of all ages to her new premises at 131-B Beechwood Ave. Lindsay reports that "things are going great at the new location! We love being neighbours of Bridgehead and the other local businesses." When we were in touch in late summer, she had no plans to close up shop as long as treat-lovers were still flocking to her door.

Sundae School's classroom-themed concoctions ranged from Recess Pieces (think hot fudge and peanut butter) to such favourites as Pop Quiz (yup, there's popcorn on top), Pep Rally (mint-inspired), Class Clown (featuring Nerds and a cone hat), and Snow Day (double vanilla topped with coconut). Sundaes are all created using local artisanal ice cream from Carp Custom Creamery, a high quality small-batch producer. For a peek at the neighbourhood action at the ice cream shop this summer, visit Sundae School's Instagram: [sundaeschoolottawa](https://www.instagram.com/sundaeschoolottawa). We wish Lindsay and her team a long season, and another banner year in the summer of 2019.

New Aussie products at Fresh Hair

Since she opened her doors at 78 Beechwood Ave. in April 2009, **Fresh Hair** owner-operator **Margot Robinson** has seen dramatic changes in the local landscape, and has a front-row seat for the next wave of changes to come. The now legendary Beechwood fire of March 2011 brought about the most profound transformation, levelling close to a dozen popular small businesses, and ushering in a bleak period of stasis as the community waited in suspense while the future of its commercial core hung in the balance.

Now, as "the new Beechwood" rapidly takes shape, Margot is on the scene for a period of rejuvenation. Fueling that process has been the arrival of the large Minto Beechwood and Kavanaugh developments; the emerging St. Charles Market complex; increased

commercial activity close to Marier Street, where destination spots like Jacobsons, Red Door Provisions and Bridgehead have taken hold, and most recently, the expectation of major changes in the Loyer to St. Charles block of Beechwood, where a developer is well advanced in negotiations leading to sale and redevelopment. It's been a wild ride, but Margot remains an enthusiastic booster of local businesses, affirming that "I love Beechwood. It's my home away from home... I take advantage of all the shops and restaurants as much as I can."

In the course of her years on Beechwood, Margot has acquired new clients from the area, and retained many stalwarts who followed her here from her previous location. After many years in the business, she still finds the work immensely rewarding. "Everyone's life is so busy with family and work, but when they come into my space, that brief time they have in my chair is just for them. I love that I get to be a positive part of someone's day."

She keeps up with style trends to serve her clients, observing that "fashion is always fluid, changing with everything from the seasons to the global pulse." She notes that many women are now taking the courageous step of shunning the colour bottle and "going back to nature, letting their gray, white and silver shine through." Others are trying new looks, with cuts and colour shades they've previously been reticent to try. Even her male clients are becoming bolder about trying new departures from the prevailing norms. But Margot is by no means a slavish follower of fashion: "I like to give a nod to current trends, while creating a distinctive, individual look for each of my clients."

Margot is enthusiastic about her new product line, Australian-made **Eleven**. In the stampede away from potentially harmful chemicals and additives in cosmetics and personal hygiene products, manufacturers are increasingly focusing on organic or "all natural" product lines, free of parabens and other toxins. Eleven's Miracle Hair Treatment falls into this category, consisting of a long list of natural products ranging from avo-

There's a difference between being baptized and brainwashed.



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Photos courtesy Robillard Hearing Centre

Audiologist Renaud de Grandmont and hearing instrument specialist Angie Prudhomme form the team at Robillard Hearing Centre on Beechwood.

cado oil to organic cucumber, soy and wheat protein, papaya extract, shea butter and macadamia nut oil. Margot notes that the eco-friendly product also has a stamp of approval from People for the Ethical Treatment of Animals (PETA), and comes in recyclable packaging.

Hearing clinic at the Kavanaugh

Back in mid-May, the **Ottawa Hearing Clinic** quietly opened its doors at 228 Beechwood Ave. in Domicile's Kavanaugh development. The Beechwood Clinic is one of 11 **Robillard Hearing Centres** spread throughout the Ottawa region, and offers a full range of professional audiology services, products and programs. Visit hearingisbelieving.com for details.

Robillard Hearing Centres is a third-generation, family-run enterprise. Current CEO **Jean Benoit (J.B.) Robillard** is the grandson of the founder, **John Hector Robillard**, who first launched the business after personally suffering hearing loss when his ship was torpedoed in the Battle of the North Atlantic during the Second World War. The audiologist now on site at the Beechwood location is **Renaud de Grandmont**, a University of Ottawa graduate with a Masters' Degree in Audiology, and a background in music. Renaud and his colleague, Hearing Instrument Specialist **Angie Prudhomme**, form the team at the Beechwood clinic.

Renaud is firmly of the view that regular hearing tests and monitoring are as

important to overall health and well-being as annual eye tests and dental check-ups. Nearly half of those over the age of 60 have mild to moderate hearing loss resulting from a wide variety of causes, ranging from congenital factors to work-related impacts, tinnitus (ringing in the ears), and even prolonged exposure to loud music.

The longer the delay in diagnosing and treating a hearing deficit, the greater the risk to the auditory cortex – that part of the brain that works as command centre for the hearing process. Like other parts of the brain, it's "use it or lose it" in the case of the auditory cortex, which requires ongoing stimulation to remain healthy. And according to Renaud, there is also a direct link between progressive hearing loss and cognitive decline, at least in part because of the social isolation, and hence lack of stimulation, that can result from serious hearing impairment.

The good news is that tech-

nological advancements have improved the tools available to effectively address hearing problems. Hearing devices are now much smaller, lighter and more discreet than the clunky appliances of the past. Most are now iPhone compatible, offering apps like the T2 Remote, which allows the user to control their hearing aid with just a touch on their iPhone or iPod. Renaud is excited by the next wave of technological innovation, introducing artificial intelligence into hearing devices with such capabilities as simultaneous translation of other languages.

The Ottawa East Hearing Clinic provides free hearing tests as the first step in the diagnostic process. Renaud then analyzes the client's audiogram and assesses the results, determining what form of appliance may be required to correct a deficit. OHIP covers a portion of the cost of an appliance, and the clinic handles the ongoing cleaning and maintenance. Renaud freely admits that

resistance to wearing hearing devices is still a common problem, so clients are given a 60-day trial period within which they are able to return the appliance if they're just not able to adapt to the change. For an appointment, call **613-745-5299**.

André Cloutier: from dining to development

Erstwhile Beechwood restaurateur *extraordinaire* **André Cloutier** is well known locally as the former owner-operator of three restaurants in the 'hood, beginning with Arturo's and moving on to El Meson (later The Clarkstown Kitchen) and the Beechwood Gastropub. About a year ago, André left the restaurant business altogether, selling the Gastropub to **Harriet Clunie** and turning over The Clarkstown Kitchen to **Richard Primeau**, who now operates it under the Arturo's banner. Despite the career change, however, André has remained in the community where he lives with his wife **Marla Tonon** and their two young children.

Late this summer, **The Lake**



Photo by Marie Mullaly

Formerly a prolific restaurateur on Beechwood, André Cloutier has joined The Lake Partnership Inc. as Director of Business Development.

Partnership Inc. (TLPI) announced André's appointment as **Director of Business Development**. TLPI is the Project Management and Construction engine behind

Continued on page 14

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Continued from page 13

the Saint Charles Market project, and a major player in both the commercial and residential development markets. Its services range from custom homes to renovations and additions, retail and office fit-ups, green buildings and property developments. The company currently has numerous Shopify projects on the go in Montreal, Ottawa, Toronto and Waterloo.

While André's responsibilities extend across the full spectrum of TLPI activities, one of his current tasks is to help determine the mix of businesses which will occupy the former St. Charles Church, forming the commercial core of the St. Charles Market. Thanks to his first-hand knowledge of the neighbourhood, combined with his extensive network of area connections, André seems well-positioned to advise on these choices.

But he notes that the job has proven challenging, given the delicate balance between the community's needs and wants, and the space constraints of the heritage building. Challenging though this balance is, André is grateful that TLPI places such emphasis on community interests and local impact when designing its projects, and he is working hard to get an accurate reading of the neighbourhood. We congratulate André on his appointment, and wish him well in his new career!

Great first season for Tavern on the Falls

The long, hot, sunny summer of 2018 created near-perfect



Photo by Simon Leadlay

Tavern on the Falls' debut summer was a huge success, with great weather matching the spectacular location.

conditions for the début season of **André Schad's Tavern on the Falls** at 50 Sussex Dr. The lively new watering hole, which features gourmet hot dogs and a beverage menu ranging from morning coffee to evening cocktails, wine and beer, is situated behind the Royal Canadian Geographical Society's headquarters on the cliff overlooking the Ottawa River and Rideau Falls. Hordes of tourists and locals now have a welcoming spot from which to admire this spectacular view – perhaps the finest in Ottawa – and to enjoy a relaxed meal with friends and family while they're at it.

Unlike André's original outdoor gathering place (Tavern on the Hill in Major's Hill Park), the location of the new restaurant is somewhat off the beaten track. But by all accounts, his calculation that "If you build it, they will

come" proved entirely accurate, and the Tavern swiftly became a destination eatery for Ottawans and visitors of all ages (who doesn't like hot dogs?). The place was hopping all summer, particularly in the evenings when the surrounding streets were packed with diners' parked cars. Living nearby, I was able to keep a close eye on the ebb and flow of patrons, and heard enthusiastic comments about the beauty of the spot, the friendly service (many of the servers are young locals from the 'hood), and the cheerful vibe on the patio. It was a joy to encounter crowds of relaxed, happy people!

Despite some nail-biting moments due to regulatory delays prior to the Tavern's launch in late June, André was able to open in time for Canada Day weekend, and is justifiably pleased with its first summer season. Weather permitting, he hopes to keep it operating throughout October, when the fall foliage across the Ottawa River will be at its most glorious. He's well-equipped for the onset of cooler temperatures, with a combination of patio heaters, fire pits and blankets ready to keep patrons cozy. (He's even contemplating a BYOBlanket Campaign to make sure of an ample supply!) And if you had fun there this summer, it won't be too long to wait until season two. André plans to open up as soon as the weather breaks, hopefully by May 2019 at the latest.

Interior décor with a difference

Concept of 5 is anything but a mainstream interior decoration service offering the

traditional menu of window treatments, wall papers, paint colours and light fixtures. Its creator is Algonquin College Professor **Meenakshi Mukherjee**, who launched the business nearly two decades ago. She describes her focus as "therapeutic décor" focused on strengthening the connection between her clients and the natural world. The objective is to create home and office environments conducive to lowering stress, and improving the overall health and well-being of their occupants.

In addition to her work in therapeutic design and décor, Meenakshi has a diverse background. She is currently a Professor, Curriculum Consultant, Faculty Advisor and Field Placement Officer at Algonquin College, and has previous experience in several federal government departments and agencies, as well as with the United Nations. Her academic credentials include both an undergraduate and a graduate degree in Home Science, a Master's

systems". She draws on such ancient traditions as Zen; Feng Shui (one of the Five Arts of Chinese Metaphysics typically used to orient buildings); and Vastu shastra, a traditional Hindu system of architecture which integrates nature into the built environment.

Meenakshi makes use of an extraordinary and eclectic variety of objects and materials to incorporate the five elements into living and work spaces. These range from textiles and candles to flowers, tree bark, feather-bedecked Venetian masques, seashells, colourful hanging lampshades, glass vases, paintings, small *objets d'art* and the artful use of natural light. Her portfolio of design options for living and work spaces includes several themes: the Zenify Package; the Minimalité Suite and the 5-Element Fix, an approach inspired by fifth century philosophers and physicians. Visit conceptoffive.wixsite.com/conceptof5, call **613-292-2345** or e-mail



Photo courtesy Meenakshi Mukherjee

Meenakshi Mukherjee focusses on "therapeutic décor" at Concept of 5.

in Science and a Master's in Education. She also has qualifications as a Registered Social Service Worker. According to Meenakshi, her graduate studies in Home Science have been especially valuable background in her interior décor business.

Meenakshi's work at Concept of 5 is based on the classical theory of the "Five Elements" (fire, water, air, earth and ether) and incorporating them into the built environment through what she describes as "biophilic design" – "biophilia" meaning "love of life or living

conceptof5@hotmail.com.

In-store events at bookshop

It's shaping up to be a busy fall at **Books on Beechwood**. Three in-store events are on the agenda for October and November, beginning **Oct. 4 (6:30–8:30 p.m.)**, when local mystery author **Mike Martin** will be on hand to launch his new book *Darkest Before Dawn*, the seventh work in the Sergeant Windflower series.

On **Oct. 12 (7:00–9:00 p.m.)**, three mystery authors will be at B on B to talk about their latest works.

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Local authors **Barbara Fradkin** (*Prisoners of Hope*) and **Brenda Chapman** (*Bleeding Darkness*) will be joined by west-coast writer **Iona Winshaw** (*A Sorrowful Sanctuary*). Refreshments will be served.

On **Nov. 17 (7:00–9:00 p.m.)**, the store will host a celebration of three new releases by Invisible Publishing: *Fairy Tale Museum* by **Susannah M. Smith** (whose mother happens to live in the ‘Burgh); *Port of Being* by poet **Shazia Hafiz Ramji**, and *This Keeps Happening* by **H.B. Hogan**.

Titles@Table40 is back with two fall sessions. On **Oct. 14 (5:30 p.m.)**, local author **Elizabeth Hay** will present her new book of reflections on caring for her aging parents, *All Things Considered*. Then on **Nov. 4 (5:30 p.m.)**, historian **Tim Cook** will be the featured author at Table 40 (7 Springfield Rd.), and will discuss his latest work *A Secret History of Soldiers*.

After six years operating in two locations, **Books on Beechwood Book Club** meetings will be held in only one venue this season: The Edinburgh Retirement Residence, Eighth Floor Penthouse, 10 Vaughan

St., at 7:30 p.m. on the last Wednesday of each month. (See the Book Club poster in this issue for a list of the fall picks). New book club members are welcome. Contact Jill Moll at 613-742-5030 or staff@booksonbeechwood.ca.

New location for Evertrain

For the first time since starting up their personal training business four years ago, Evertrain owners **Julie Leblanc** and **Andre St. Amour** have a real “home of their own” in which to serve their clients. Julie and Andre plan to host a grand opening event Oct. 1 to celebrate the launch of the new facility at **524 Montreal Rd.** (behind the Desjardins bank). Friends, neighbours and clients will be invited to get a good look at the 1,200 square-foot facility, which is to include a large gym featuring free weights, pulley machines and cardio equipment; a consultation room; bathroom; changeroom and office.

The couple looks forward to offering Evertrain’s core services – private, semi-private and group personal training, along with Fascial Stretch therapy – in their new



Photo by Julie LeBlanc

A peek into the new Evertrain fitness studio on Montreal Road.

facility. There are also plans to launch a variety of workshops, seminars and classes as the year unfolds. Evertrain’s special focus remains the 50+ crowd, and they warmly welcome new members. Visit evertrain.ca or e-mail info@evertrainlifestyles.com.

Skin clinic moves to St. Laurent

In early September, the **Ottawa Skin Clinic** closed its doors at 2 Beechwood Ave. and moved to 349 St. Laurent Blvd., in the Rockcliffe Crossing Mall. The clinic has

now settled into the large unit formerly occupied by Service Ontario. Visit ottawaskin-clinic.ca.

New manager at Royal Oak

Former Royal Oak and One Up manager **Kevin Reteff** left Beechwood in late summer to work at Big Daddy’s Bourbon Street Bistro at 180 Cooper St. in the Cartier Place Suite Hotel. Former Royal Oak Assistant Manager **Kevin Ray** has now taken his place as pub manager, and we wish him well in his new role.

More hints from Minto Beechwood

There is as yet no official word from Minto on the prospects for a new business on the largely vacant commercial floor of the building. There may, however, be some grounds for hope in our recent report from Minto VP **Kevin Harper**, who hints that “we are making progress on a big chunk of the space for a tenant we’d all appreciate.” Here’s hoping!

Oakwood wins home builder award

Congratulations to long-time NEN advertiser Oakwood Design-Build who were recently awarded the prestigious Ontario Renovator of the Year Award, beating out competition from across the province. The family-run company was singled out for its “technology-driven innovation” and its focus on sustainability and energy efficiency.

Editor’s note: The profile on Kim Kaskiw in the June 2018 edition’s Burgh Business Briefs contained a number of inaccuracies. A corrected version can be found online at newedinburgh.ca. The NEN sincerely regrets the errors.

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Burgh resident launches new education project in the Congo

By John Dunia

Thank you, Canada! You are an amazing country in welcoming immigrants.

As a refugee from the Democratic Republic of Congo, I am very proud to call myself a full-fledged Canadian since taking the citizenship oath on Oct. 19, 2015. It was very exciting to vote for the first time as a citizen of my adopted country in the federal election that same day. I was overwhelmed with joy at seeing first-hand how fast and easy the election process was organized, but it leaves me quite concerned about my homeland's December 2018 elections.

Much has been accomplished in my first few years as a new Canadian. I was able to return to DRC (proudly displaying my Canadian passport) having founded the Baraka Victory Centre (BVC) back home to provide opportunities and practical assistance to better the lives of families in communities where resources are sparse and hard to come by, and to share my success to others by

supporting their education. (You can read more about my trip on my blog: jdsafariblog.com).

As a Burgh resident, it's been a blessing for me that the New Edinburgh community has been supporting BVC in so many ways, from donations of clothing and running shoes, to a feature article in the *New Edinburgh News* back in 2015. I am grateful to each person who continues supporting BVC, both morally and financially.

To date, five students have gone to higher studies at Hope Africa University in the neighbouring country of Burundi. Three of them have since graduated, while the other two are still being supported in their studies by the foundation. It costs \$500CDN per semester for tuition and rent. Also, about 30 computers, loads of clothing, shoes and books were collected to benefit some of the most vulnerable in eastern Congo.

I am very excited about the next project: we plan to build a library facility which will

help more than one million people in the province South Kivu, Fizi territory. There are two universities in Fizi, but they struggle in providing materials – there is not one single library. Right now, the students must travel to another zone during their holidays to do research and read books.

So I'm working on helping the students get free access to books by covering the costs of transportation until a new library building can be erected.

As you can imagine, significant funding is needed to send these items by way of a shipping container. If you could help to contribute, please contact BVC via email at bvccongo@yahoo.com or please donate at: gofundme.com/help-rebuilding-lives-in-drcongo.

I'm hopeful that you will continue to help me make this world a better place, one book at a time! Starting in October, I will set up the donation boxes in areas along the Beechwood corridor. One of the first such boxes will be



Photo courtesy John Dunia

New Edinburgh resident John Dunia, pictured at his Canadian citizenship ceremony in 2015. The founder of Baraka Victory Centre, John is working on a new project to help students in his home country of the Congo.

available at Bridgehead where you can drop off your donations of gently-used clothing, shoes of all sizes, bikes, books (in French and English)

and electronic equipment for those in need in D.R. Congo.

Learn more about John Dunia's Baraka Victory Centre at barakavictory.com.



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Cornerstone Housing helps women move beyond homelessness

By Arpad (Ari) Abonyi and Jessie-Lee Wallace

Each year, about 7,000 people in Ottawa seek help from emergency shelters. Many men and women who use these services are chronically or episodically homeless. Cornerstone Housing for Women, the largest and oldest provider of a safe environment for women at risk in Ottawa, is a front-line organization that provides support to more than 500 homeless women a year. The challenge is great, and the need is growing.

Anyone can become homeless. Government workers, high-tech wizards, professionals, even women finishing at the top of their law classes can find themselves without housing. The condition does not discriminate.

Women turn to Cornerstone out of desperation and when there is no other option for survival: after physical abuse, addiction issues, mental health challenges, or when they experience sustained economic losses. We know this to be true from the women we support. They are transformed by having supportive housing. Many have said that without Cornerstone, they would not be here today.

At Cornerstone Housing for Women, women experience what "home" truly means – often, for the first time in their lives. Cornerstone is the only emergency shelter and supportive housing charity that serves women who have been chronically homeless.

We provide emergency shelter and safe, affordable permanent housing for women in Ottawa. Whether she is a senior who can no longer afford to live alone, a young woman fleeing abuse at home, or a new immigrant getting on her feet in a new country, every woman is welcome at Cornerstone.

Cathy, a former Cornerstone resident, shares her story: "I no longer live at Cornerstone, but it is where I found the safety and security I needed to deal with my challenges. I have led a hard life. But Cornerstone changed all of this. While living there I attended the University of Ottawa's Discovery University for the disadvantaged and studied philosophy. Today I am an independent

strong woman, and I am ready and wanting to give back to this community that helped me find my life again."

Brianna has lived with an addiction. She finally turned to Cornerstone and was immediately provided with addictions-counselling services which changed her life. Today she feels empowered, planning her own drug-free future. Before, she felt very alone and unwanted, but thanks to Cornerstone she is discovering that "I really do matter" and that "I have something to contribute." She says: "Without them, I would have died on the streets...but now I am the path to recovery in my life."

We strive to increase safe housing and to end homelessness, for women just like Cathy and Brianna.

Our five residences cater to women at every stage of their journey, whether they need emergency shelter overnight or long-term housing on a limited income.

Together, with support from the community, we serve more than 500 women every year. We have more than 65 full and part-time staff and almost 300 extraordinary volunteers who provide on-site support and refer women to local resources. Every year, we provide more than 140,000 nourishing meals.

At Cornerstone, we believe that all women deserve the chance to heal in peace, and to live with dignity. With all our supporters, volunteers and donors, we're making Ottawa a better, safer place for women. Because of the need, we are building for tomorrow, with new, even better solutions for women at-risk in Ottawa.

New home to open in November

We are excited to announce that the dream for a new home will soon be a reality. Our 373 Princeton Ave. project will provide homes to 42 women this fall.

Cornerstone Executive Director Sue Garvey adds, "We are grateful that the Ottawa community has so generously responded to our current capital campaign to build 42 new units of affordable housing in Westboro, and to those who have continued to faithfully support the work of our ongoing

programs which have been reaching out to women in need for more than 30 years."

Cornerstone has redeveloped the former residence of the Sisters of Jeanne d'Arc, in Westboro. We are delighted to open this beautiful, bright new home in November 2018. Our project was warmly embraced by the citizens of Westboro, who not only supported our initiative and raised funds, but are also becoming volunteers at the residence.

Cornerstone Housing for Women is in the final stages of its successful fundraising campaign and to date has already raised \$1.6 million. It's diligently working on the last \$300,000 needed to finish the capital campaign for this new home. You can donate online at cornerstonewomen.ca or call 613-254-6584 x 503.

Please join us, and help women move beyond homelessness. We need the continued friendship and support of the community to ensure every woman in Ottawa has a safe, affordable place to call home, so she can reach her full potential in a caring community.

Homelessness workshop coming soon



Together with community partners in the Beechwood Area, in the near future Cornerstone will participate in a workshop on homelessness to enable residents to get the facts, answers questions on homelessness and its impact on our communities, and to examine options and innovative solutions.

Meanwhile, Cornerstone Women continues to do its work on the front lines, providing a safe and secure home

for women at risk in Ottawa. By working with us, you can also become part of the solution.

New Edinburgh resident Arpad (Ari) Abonyi is a board member of Cornerstone Housing for Women and Jessie-Lee Wallace is Resource Development Manager of the organization. Learn more at cornerstonewomen.ca or call 613-254-6584 x 503.

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Estate planning workshop returns to St. Bart's, October 16

By Meriel Bradford

Last year, as a service to the congregation, St. Bartholomew's Church organized an informative evening on planning for your memorial or funeral, and for your estate and legacy giving. Parishioners were invited to this free fall workshop to hear from experts in the field and to ask questions about funeral or memorial services, and how best to organize our financial affairs through wills and estate planning.

Because of the positive response from those who attended, St. Bart's has organized a similar workshop this

fall, on Oct. 16. Members of the community are invited to this free event.

One parishioner who attended the event last year remarked on how useful and informative the evening had been, and that it had been the spur she needed to put in place plans for her own estate and for her memorial service.

If you are curious about leaving a bequest to your favourite cause and minimizing taxes for your estate, or if you would like to give some thought to planning your memorial service or funeral, this is the event for you.

Once again, the speakers are Elizabeth Lockhart a lawyer

and mediator who has given presentations on wills, trusts and legacy giving; and the Rev. Canon David Clunie, Rector of St. Bart's. This event is open to all as a service to the community. There is no charge and light refreshments will be served.

Please feel free to come alone or with a friend or partner and learn more about these important questions at an evening workshop at St. Bartholomew's Parish Hall, 125 MacKay St. on **Oct. 16 from 7-9 p.m.**

For more information, call **Ruth Honeyman** in the St. Bart's office at **613-745-7834 x 115.**



Photo by Isobel Bisby

Delphine Wallace uses her skills to help raise money to build schools in Kenya for the Me To We Charity, during the New Edinburgh Garage Sale on Sept. 15.

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Candidates for City Councillor, Ward 13 Rideau-Rockcliffe

Compiled by Christina Leadlay and Carolyn Brereton

Ottawa voters will be casting their ballots for the next mayor, their City Councillor and School Trustee on Oct. 22 (visit ottawa.ca for details about where and how to vote). The *New Edinburgh News* asked the two candidates running for councillor in the Rideau-Rockcliffe ward, as well as the 12 candidates running for mayor, the following question:

“What is the biggest challenge facing the next Ottawa City Council?”

The following are their responses, as well as a brief bio and contact details.

Peter Heyck



Phone: 613-853-4251

Email: peterheyck@gmail.com

Bio: A graduate of Carleton University, Heyck has a background in retail operations and management. He currently works for a national non-profit in the healthcare sector.

Response: There are several city-wide issues that need to be addressed urgently, but I believe that the biggest challenge facing the next Ottawa City Council is the need for city councillors to assert more independence from the mayor, so that they may better represent the interests of their constituents. While there may not officially be political parties at the municipal level, there has been a tendency for many councillors to coalesce around the mayor, and vote as a bloc on many issues. As a result, there

are times when councillors might even vote against the interests of their own ward.

Tobi Nussbaum (*incumbent*)



Email: teamtobi2018@gmail.com

Website: votetobi.ca

Bio: Since his election in 2014, Nussbaum has sought to be an independent voice on Council, challenging the status quo as an advocate for accountable and open government, sustainable land-use planning and transportation, affordable housing and social services. A local resident, Nussbaum’s professional experience has included work as a senior civil servant, diplomat and lawyer.

Response: I believe the biggest challenge facing the next Council will be building a more accountable, affordable and ambitious city with the goal of improving the quality of life for all residents. Accountable means listening and consulting with citizens, ensuring transparency, and that the city is spending its budget wisely. Affordable means doing

more to address the high rates of child poverty and long waits for affordable housing, while stopping the financially and environmentally unsound urban sprawl which is draining the city’s treasury at the expense of urban residents. Ambitious means aiming for quality and beauty in infrastructure, design and architecture befitting Ottawa’s role as the nation’s capital.



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Candidates for Mayor of Ottawa

“What is the biggest challenge facing the next Ottawa City Council?”

Michael Pastien



Phone: 613-799-9110

Email: m.pastien@yahoo.ca

Website: linkedin.com/michaelpastien

Bio: A bilingual Ottawa native and Woodroffe HS graduate, Pastien describes himself as “self-taught polymath.. His early career included a wide range of artistic endeavours, including being an actor, a singer and a radio DJ. He also has extensive experience in the retail and service industries.

Response: The next City Council must take a serious, “sober” look at the current (mostly backwards) Ottawa Capital LRT Plan, which in fact is to spend billions of dollars replacing our still great Rapid Public Transitway bus system from Kanata to Orleans! The next steps beyond the currently erected LRT line should

be for the O-Train to continue on to the International Airport, and then head westwards to Barrhaven/Stittsville/Kanata. Once that is done, the city can then duly proceed in fiscal realist timely style, to complete an LRT/O-Train Public Transit “O” Loop to Downtown and beyond to Orleans.

Hamid Alakozai



Phone: 613-262-6011

Email: alakozai88@yahoo.ca

Website: hamidalakozai.com

Bio: A former Canadian Forces reservist, Alakozai has worked in government service for most of his adult life, including as a senior legal adviser, head of planning and policy, political adviser, education policy adviser with governmental and non-governmental organizations.

Response: When we talk about change, we are talking about building on a good foundation created by the mayors, city councillors and citizen activists who preceded us. When we talk about change in a city, we are talking about money. The biggest challenges include

improving the child daycare subsidies, social housing, nursing staff shortages, poverty reduction, safe and affordable housing, waste management and timely snow removal, homelessness, garbage pickup, recycling, cycling and pedestrian road signage, and improving the City’s healthcare by initially increasing the number of nurses who work in the city.

Craig MacAulay



Phone: 613-518-2107

Email: ottawaowl2@yahoo.ca

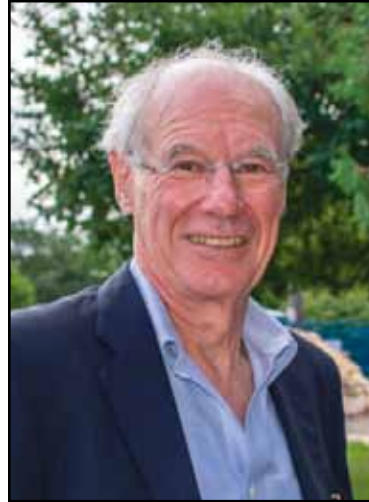
Website: bellscorners.wordpress.com/why-im-running-for-mayor/

Bio: Originally from the Toronto area, MacAulay worked for 30 years as a French Immersion teacher. Since retiring he has been an active volunteer in his Bells Corners community, including managing the community centre for the City and running a free bike-taxi service for the past seven years.

Response: Restoring trust and setting a good example for the citizenry. Voters should ask: a) Do you support ranked-choice voting (a simple change that would make Ottawa’s elections fair and friendly)? b) Are you willing to reveal the sources of your campaign funding

before the election? Many incumbents flaunt the rules about using taxpayer funds and taxpayer-funded employees to campaign. Stop using million-dollar “office budgets” as gigantic slush funds to reward friends and promote lucrative political careers. With fairer elections and limits on the power of big money and incumbency at City Hall we’d have better politicians making better decisions.

Clive Doucet



Phone: 613-808-0019

Email: clive@cliveformayor.ca

Website: cliveformayor.ca

Bio: Doucet describes himself as a passionate urbanist, author, and athlete. His life is all about cities: how they work; what people need from them; and how to make them better. As the Councillor for Capital Ward from 1997–2010, Doucet was the leading advocate of a city-wide light rail system and co-founder of Ottawa’s O-Train.

Response: Repairing the lack of transparency of previous City Councils. It’s difficult for people to trust their city council when it’s not clear how key decisions have been made with regards to the housing crisis, transit, and building heights, etc. The people of Ottawa

should not feel like they have to fight City Hall. City Hall should be fighting for the people of Ottawa, and I think that particular sentiment has been lost over the last decade. For example, not having City Council minutes on the City’s website and having important decisions made without reference to Council. I hope, that with a new City Council, we can regain the trust of the people of Ottawa and with more transparency, show that we are making decisions that are in the best interest of our communities.

Ryan Lythall

Email: rlythall@me.com

Website: facebook.com/ryanlythallformayorofottawa

Bio: According to his Facebook page, Ryan Lythall is a life-long Ottawa resident, with “lots of ideas on how to make it better for people with disabilities, like me, and everyone else who lives here.” Lythall lived at the Children’s Hospital of Eastern Ontario until he was 19 years old, uses a ventilator to breathe and a power wheelchair for mobility. Since living on his own for the past 25 years, Lythall has advocated for people with disabilities: “Some things I have accomplished are making Bluesfest more accessible, advocating for better service on ParaTranspo, helped create the Easter Seals Access 2 Card so people with disabilities can attend movies and other venues without purchasing the entrance fee for their caregiver,” he says on Facebook.

Response: Despite repeated emails, Lythall did not respond by deadline.

Bernard Couchman

Email: mayor@bernardcouchman.ca

Website: twitter.com/H2OBoyGlobal

Bio: According to his Facebook page, Bernard Couchman graduated from Sir Robert Borden High School in 1999. His website lists four “Platform Pillars”: the environment, economics, education and health.

Response: Despite repeated emails, Couchman did not respond by deadline.

James T. Sheahan

(No contact details were given for Sheahan.)

Candidates for Mayor of Ottawa

“What is the biggest challenge facing the next Ottawa City Council?”

Moises Schachtler



Phone: 613-558-6447

Email: moises.schachtler@gmail.com

Website: moisesschachtler.com

Bio: The youngest candidate at 23, Schachtler came to Canada 12 years ago from his native Guatemala. Until recently, when he decided to join the race for Mayor, Schachtler was studying Biology at the University of Ottawa. As a student he competed in a variety of sports and has been actively involved in his community.

Response: Being one of the most educated cities in the world, subject to four seasons, and hovering at a population of one million residents, Ottawa, at a population density per square kilometer of 316, is a city of unlimited untapped potential. When elected, I will ensure that we are set up to reach our true potential by

maintaining undivided attention and focus on the biggest challenges facing our city, that is communally deciding what type of city we want to become.

Ahmed Bouragba



Phone: 613-255-5509

Email: forvulnerables@gmail.com

Bio: Bouragba is a teacher with the OCDSB and served as a council member for the Ontario College of Teachers. He is a father of six boys and has been a foster parent for the past 15 years. A committed advocate for social justice and member of Canada Court Watch, Bouragba is currently working towards elimination of institutional bias and enhancing the judicial independence of Ontario courts.

Response: The lack of real democracy is the biggest challenge – today the people are not running their government. Once elected, the politicians lose their freedom and become servants to the big corporations against the best interest of their individual citizens. Systemic

bias and lack of judicial independence in Ontario caused a chaos. I will fix it once elected as I am the strongest candidate. In addition, I will reduce property taxes by four per cent and increase the services relying on wise governance with full transparency. We must free our vulnerable government from the corporations so there will be no more dictatorship in our streets.

Joey Drouin



Email: joey.drouin@gmail.com

Website: joey4mayor.ca

Bio: Drouin works with small and medium-sized enterprises to help them manage their finances and develop growth strategies. He is also an entrepreneur and recently started an online cannabis fertilizer business. He is married and is the father of a five-year-old daughter.

Response: I'm running for mayor for one major reason: our nation's capital must change its governance structure if it wants to deal with the 21st-century problems that our region will face in the future. I believe the current structure in which we have two separate cities under one National Capital Region creates artificial barriers and divides people rather

than bringing them together. Instead, I'm offering a new vision for our region. One in which we have a single unified city that brings us closer together and will help us face our challenges on both sides of the river more efficiently.

Bruce McConville



Phone: 613-298-1984

Email: bmconville@outlook.com

Website: brucemconvilleformayor.ca

Bio: Local businessman Bruce McConville is the owner-operator of McConville's Garage in Vanier. Ottawa-born and bred, he's been involved in diverse projects to improve the community for over 35 years, including the fight to save St. Brigid's Church and strengthen heritage designations. Most recently, he has worked as a volunteer coordinator for SOS Vanier.

Response: The biggest challenge facing the next Ottawa City Council is achieving a workable partnership towards the current and future development of our city. We must begin building a better Ottawa in a format that is

accountable, consultative and transparent. Too many projects are done in secrecy, resulting in failed opportunities time and again for taxpayers and communities. Management of our biggest project in history, Light Rail Transit, has been hopelessly bungled. Important social issues like affordable housing and homelessness are being made worse. It's critical that we stop mindless spending on useless projects and take firm control of our budget and future growth. We need more integrity at City Hall.

Jim Watson (*incumbent*)



Phone: 613-693-0142

Email: info@jimwatson.ca

Website: JimWatson.ca

Bio: Watson has spent most of his career in public service in Ottawa. Following two terms as City Councillor, he first became Mayor in 1997. From 2003–2010 he served as MPP for Ottawa West-Nepean and was appointed to cabinet with different ministerial responsibilities. He returned as Mayor of Ottawa in 2010 and was re-elected in 2014.

Response: I have heard from residents across Ottawa that the condition of our roads, pathways and infrastructure is a key priority. When combined with funding from other levels of government, the City's total investment in cycling and pedestrian infrastructure within

this Term of Council will hit \$80 million. This represents a 270 per cent increase over the \$27 million spent on active mobility infrastructure in the last Term of Council. This \$80 million is in addition to the cycling facilities that are built as part of road renewal and new road construction programs. If re-elected, I will commit to a strong focus on advancing road and infrastructure renewal projects. I believe we should continue these investments to eliminate the backlog of repairs and repaving. It is crucial that we continue to work closely with the Province of Ontario and the Government of Canada to let them know that road repair is an important spending priority in the years ahead.



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A few issues voters should keep in mind on Oct. 22

Continued from page 1

if the City does a full review of its climate change plan in 2019 to act on new greenhouse gas emissions targets.

The LRT contract and poor state of the roads also raise the issue of the City's lack of **transparency** when it comes to municipal finances and agreements. It appears the mayor's role as CEO often subsumes City staff's accountability to other elected officials: namely the 23

councillors. This does not serve the public's interest since citizens "pay the bills," so to speak.

Lack of accountability relates to the City's approach to **consultation**, too. It's an approach that has adversely affected New Edinburgh residents with the Combined Sewage Storage Tunnel (CSST) project. Before the 2014 election, the decision on the project's location was made without direct consulta-

tion in our neighbourhood – the one that is now affected. Is this how a municipal government and its mayor should operate? Is this what citizens want in terms of leadership and engagement?

The accountability question also pertains to **development** decisions. The majority of Council (except for urban councilors, including our incumbent councillor) voted in favour of a 65-storey building on LeBreton Flats,

overriding the Council-approved Official Plan, the Secondary Plan and the local Community Design Plan. How can citizens have faith in the City's plans when it significantly overturns them?

When it comes to critical **social issues**, such as safe injection sites, the mayor has been silent or reticent to engage. Even an issue of personal safety such as the dangerous truck traffic along Rideau Street and King Edward Avenue was long ignored until the current feasibility study on a tunnel option to divert such traffic. Fortunately, others have spoken out on these critical

issues – including our ward councillor.

As we head to the polls this month, we can consider how the City could and should do better in ways that affect our daily lives, the quality of our environment and the social issues where the government has a vital role in the public interest – indeed, in all our interests.

New Edinburgh resident Sarah Anson-Cartwright works in public affairs. She takes an active interest in city issues and is working on a campaign in another ward. The preceding views are her own.

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 <p>Rockcliffe Park - \$2,750,000 The best way to celebrate family life is here; this entirely convivial, totally restored home is a beacon within an active community, and favorably located - it's the perfect refuge for family life to evolve.</p>	 <p>Rockcliffe Park- \$2,695,000 Impeccable architectural details leave the eye satisfied, a complete update brings this home into the now, and smart spaces gratify family life in every way. Beautiful family home with entertaining-ready spaces.</p>	 <p>Kanata Rockeries If "the future" built a dream home, this is it: a luscious curving temple of modern form, privacy and effortless-sustainability, created as a personal sanctuary for Canada's eminent developer, Bill Teron.</p>
 <p>Rockcliffe Park - \$2,239,000 With classic Rockcliffe allure; find an unequalled balance in early 20th century architecture and contemporary upgraded interiors - if you're searching for a luxury home, this one should top your list.</p>	 <p>Rockcliffe Park - \$1,950,000 Meet your ideal family home, nestled on a peaceful Rockcliffe cul-de-sac. Classic, polished design inside & out - updated timeless chic interiors like granite, maple floors, custom millwork.</p>	 <p>Rockcliffe Park - \$1,790,000 Families in Rockcliffe are familiar with the benefits of such a well endowed neighbourhood. This home has been impeccably maintained; sweeping spaces offer large footprints ripe for flexible use.</p>
 <p>Lindenlea - \$1,495,000 Award-winning contemporary design calibrated for family living sets this LEED Platinum home apart from its neighbourhood peers. If the earth-saving credentials don't stir your soul, then the award-winning design will.</p>	 <p>New Edinburgh - \$1,369,000 This New Edinburgh Victorian home refurbished by the talented hand of designer Henrietta Southam is pure magic. A fine balance of 19th century heritage with contemporary comforts yields human-scaled spaces that are ready for anything.</p>	 <p>Lindenlea - \$929,000 \$4,200 Monthly The characteristics of a historic home fuse with modern updates in this family-centric dwelling: Upgraded electrical, new roof, high efficiency boiler, new windows, smart open floor plan.</p>

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Who's running for public school trustee


While voting for Mayor and City Councillor on Oct. 22, voters will also be asked to choose the next Ottawa-Carleton District School Board trustee in their area. The Rockcliffe Park Public School Council is hosting an all candidates' forum Oct. 16 at 7:30 p.m. in the school library (350 Buena Vista Rd.). This is an excellent opportunity for community members to hear from the candidates who would represent our interests at the board through the next four years.

The following people are candidates in Zone 6 – Rideau-Rockcliffe/Alta Vista:

Marty Carr
Email: martycarr@sympatico.ca
Phone: 613-620-0339
Website: martycarr.ca

Tanya Dasilva
Email: tanyadasilva@gmail.com
Phone: 613-914-6594
Website: n/a

Chris Ellis (incumbent)
Phone: 613-552-1401
Email: chris@chrisellis.ca
Website: chrisellis.ca



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Resource Centre busy with activities and new business incubator space

By Lauren Touchant,
Rideau-Rockcliffe
Community Resource
Centre

Once again, the Rideau-Rockcliffe Community Resource Centre (RRCRC) spent a wonderful summer serving residents of Ward 13 and supporting activities organized by community associations, tenant circles and community groups. We are very proud of the partnerships we have developed with the Crichton Community Council and the New Edinburgh Community Alliance in the past year.

We once again offered a free playgroup over the summer to on average 15 parents and caregivers every Thursday morning from 9:30–1:30 a.m. at the New Edinburgh Fieldhouse. At the end of August, the Lumière Festival attracted roughly 4,000 residents from the National Capital Region. We look forward to unveiling new lanterns and new shows next year! We were also happy to help this year again with the Thomas MacKay Day community party on Aug. 31, organized by NECA. On Sept. 22, we organized a “Movie in the Park” in Stanley Park. The screening of *Moana* attracted more than 120 people. We invite everyone to come back on Oct. 13 for the screening of *Coco*. These movie nights were just two of six such events we helped to host in four communities this summer.

This summer we also worked on several community projects. Since July, the MarketMobile has been selling affordable and fresh fruits and vegetables in Vanier. If you would like to shop there, please visit the calendar on their website to find the closest location and hours.

Furthermore, the Manor Park Community Association and the Rideau-Rockcliffe Community Resource Centre unveiled the new community gardens built to tackle food insecurity at Manor Park Public School.

The RRCRC is very excited about the recently-opened business incubator space. GenerationeXt is a new bilingual, free incubator focusing on youth and social entrepreneurship. The incubator fosters social and economic innovation by giv-

ing creative individuals the opportunity to start new businesses, contribute to existing social enterprises in order to solve problems in their community, or create their own job. GenerationeXt offers a working and creative space where everything is possible and achievable. You can work on your idea, expand your business activity or look for a job. GenerationeXt is also a program designed to support the launch of social enterprises in Ottawa.

Through a series of workshops, the GenerationeXt program will guide participants in developing and validating a business plan for their enterprise:

- online classes focused on entrepreneurship needs
- professional workshops
- business planning tools and resources
- one-on-one coaching
- legal advice
- mentorship programs
- networking events
- success grants

With this program, youth will gain valuable professional experiences and contacts. Fully furnished with board rooms, individual and group work spaces, WiFi, PCs and printers, the incubator is a space specially built to stimulate cooperation between people. The GenerationeXt program is designed and delivered in partnership with Pathways for Successful Youth Employment (PSYE). Thus far, eight young people have finished their business plans and are launching their businesses.

Located in the New Community Hub (former Rideau High School building) on St. Laurent Boulevard, GenerationeXt will start its second session in January 2019. The program is open to persons with a low income, aged 15–29, who are newcomers, immigrants, or women, and who are interested in starting a business, please contact us at GenNext-Incubator@crerr.org before the application deadline: Nov.15. Spots are limited to 20 participants.

This fall, the RRCRC will continue helping the most vulnerable via our food bank, by collaborating with community groups to bring more activities to residents, and by offering a free playgroup at the New Edinburgh

Fieldhouse every Thursday morning. As we get closer to Christmas, we are now collecting donations for our Christmas program. Contact us if you would like to offer a toy to a child, or sponsor a family for Christmas via donations or gift cards.

And please join us for our Community Get Together on Nov. 30 at St Bartholomew’s Church. In partnership with the Ottawa Symphony Orchestra, the Rockcliffe Park Resident Association will launch its annual fund drive for the Rideau-Rockcliffe Community Resource Centre’s food bank with this community event from 6–8 p.m. – tickets include food and a glass of sparkling wine. For more details, please contact us at communications@crerr.org. Tickets are available at Eventbrite.com



Photo courtesy Lauren Touchant

The Rideau-Rockcliffe Community Resource Centre helped with this year’s the Lumière Festival on Aug. 25 which attracted roughly 4,000 residents from the National Capital Region.

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For the Birds

By Jane Heintzman

As we head into the late fall and the long winter, when migrant songbirds have headed south to their warmer wintering grounds, it's a special (if wistful) pleasure to look back on the wealth of songbird species that inhabited our region from May to early September. In Ottawa, 2018 was the **Year of the Warbler**, with myriad species settling in for the breeding season. The Britannia Conservation Area was reportedly a particular spot for warblers, where more than a dozen species could reliably be spotted on a single excursion. Topping this list was the **Cape May warbler**, 50 of which were sighted on one occasion in mid-August. Visit ofnc.ca/recent-bird-sightings for a summary of this summer's birding highlights.

In our own local birding excursions in June and early July, we encountered an eclectic mix of species, many of them turning up in large numbers. Our list includes: **American redstarts, yellow-rumped warblers, yellow warblers, common yellowthroats, palm warblers, Eastern wood pewees, Northern mockingbirds, gray catbirds** (including one hungry fellow which I found rooting around at the bottom of a garbage bin in the park!), **great crested flycatchers, ruby- and golden-crowned kinglets, clouds of chipping sparrows, song sparrows, white-crowned sparrows, downy and pileated**

woodpeckers, American goldfinches, house finches, flocks of black-capped chickadees, common grackles, European starlings, common ravens, several great blue herons flying overhead between Jacques Cartier Park and the Rideau River, **mallards, double-crested cormorants, ring-billed and herring gulls** and (of course) **Canada geese** in disagreeably large numbers. A highlight was our resident group of **Northern cardinals** and **blue jays** which nested very close by and have been with us from April to the time of writing in September.

Our Georgian Bay, Ont. visits proved surprisingly "bird-light" in comparison with previous summers. Thankfully our cottage is sufficiently far south of Parry Sound to have avoided the devastating effects of the Parry Sound wildfire, so smoke was not a factor in keeping down the bird population. However, numbers seemed relatively low, and some species such as the **wood thrush, hermit thrush, common yellowthroat, black and white warbler, mallard and black duck** didn't turn up at all.

Our limited tally included a smattering of the regulars, such as **white-throated sparrows, song sparrows, yellow-rumped warblers, pine warblers, ovenbirds, red-eyed vireos, Eastern phoebes** (nesting close to the house, and on several occasions lurking right outside



Photo by Amy-Jane Lawes

Black skimmer.

the back door), **great crested flycatchers, ruby-throated hummingbirds, Northern flickers, hairy- and downy woodpeckers, turkey vultures, blue jays, common terns, common loons** (including a tuneful breeding pair in the bay next to ours), **common mergansers** (one brave female had at least 30 young in tow), **ring-billed and herring gulls and black-capped chickadees.**

Disappointingly, we encountered only a handful of **great blue herons**, one of which was spotted by our bird-savvy, six-year-old great-nephew, Oliver. (Oliver was overjoyed by the coincidence that a great blue heron had flown over his bright blue kayak while he was paddling home!) The **osprey** nest opposite our dock was again active this year, with a single noisy chick surviving the season to fledge and depart by mid-August.

On our August long-weekend on Brackley Beach in Prince Edward Island, many of the regulars were in evidence, including **song sparrows, white-throated sparrows, yellow-rumped warblers, blue jays, American robins, common ravens, killdeer, great blue herons** (though only a few), a **common loon, ring-billed- and herring gulls** and an **osprey** with two extremely large chicks, occupying a former **bald eagle's** nest at the park entrance. Disappointingly, a number of our favourite species were not around this year, notably **bald eagles, majestic black-backed gulls and piping- and semi-palmated plovers.**

In Ontario, **piping plover** conservationists were heartened this year when a breeding pair turned up to nest on

the sand at Hanlan's Point on Toronto Island. Four of the eggs hatched in late June, and if the chicks survive long enough to fend for themselves, it will be the first time since 1934 that piping plovers have successfully bred on the island. Fingers crossed!

How birds beat the heat

As temperatures soared into the high 30s this summer, most of us managed to escape the pounding heat by retreating to the comfort of air-conditioning. But few of us are likely to have given a thought to the bird population, struggling to survive the relentless heat without recourse to an air-conditioned cocoon. The majority do survive, however, largely thanks to a number of physical and behavioural adaptations which combine to help ward off heat stroke, which can lead to brain damage and death.

Birds start with several disadvantages, as they lack sweat glands to facilitate cooling perspiration, and their normal body temperatures are comparatively high (around 40 degrees Celsius). Moreover, their high metabolic rate and peripatetic habits generate even more body heat that has to be kept under control in hot weather. On the plus side, they have a number of physical characteristics that assist in the cooling process, notably:

- rapid respiration rates that enable them to dissipate heat through regular breathing;
- bare skin patches on their legs, feet and faces to allow greater heat loss than in areas covered with plumage (in some cases, birds can swell those patches to cool off more quickly);
- enlarged bills, especially in tropical species such as

toucans, afford a rich blood supply, and in hot weather, the birds are able to increase blood flow to help release heat.

Birds' behavioural adaptations are equally important to their survival in extreme heat. These include:

- panting like dogs and other mammals to dissipate heat. In particularly hot conditions, panting becomes more intense, and birds open their bills even wider to speed up the cooling process;
- reduced activity levels, lying low in the hottest part of the day (like their human counterparts!)
- recourse to shade and water sources, including backyard bird baths which have been busy places throughout the past steamy summer;
- soaring to high altitudes where air temperatures are dramatically cooler;
- puffing out feathers and fluttering their wings to take advantage of cooling breezes, and holding their wings out away from their bodies to release heat and allow circulating air to cool their hot skin;
- *urohydrolysis*, a fancy name for urinating on their bare legs to cool off through evaporation;
- deflecting solar radiation by turning the lightest part of their plumage towards the sun on hot days to reflect heat away from their bodies, and
- moving their breeding ranges to cooler, more northerly latitudes.

In light of the extraordinarily hot conditions that prevailed in most of Ontario this summer, it seemed especially anomalous that at least two dozen **snowy owls** were found summering in the southern and eastern parts of the province – as close to Ottawa as Trenton. According



Photo by Louise Imbeault

A bald crow undergoing a normal fall molt.



Photo by Amy-Jane Lawes

Juvenile Piping plover.



Photo by Mike Leveille

Sora.

to ornithologists at Cornell University, this behavior was unprecedented, as the snowies would normally be much farther north, scattered from Nunavut to Alaska to northern Greenland.

It's unclear why the owls remained in the south this year. One theory is that their unusually successful breeding seasons of recent years may have resulted in a mini population explosion, creating summer crowding up north that pushed some birds out in a southerly direction. Thankfully, those that braved the Ontario oven were observed to be adroit at the cooling tricks such as panting and opening out wings, as described above.

Warm weather slows fall migration

The continuing warm weather in Ottawa seems to have slowed down the fall migration, and many migrant species are still in evidence around the region. In mid-September, two dozen **warbler species** were spotted in the area, along with assorted **flycatchers, wrens and sparrows**. In our neighbourhood there is still plenty of action, including flocks of **chipping sparrows, American goldfinches, house finches, black-capped chickadees, white-breasted nuthatches, blue jays, gray catbirds** and **Northern cardinals**. I've also spotted numerous **Northern (Yellow-shafted) flickers** in my rambles by the

Ottawa River. These handsome woodpeckers are a gift to amateur birders, thanks to their distinctive white tail feathers which are readily visible in flight, combined with their habit of feeding on, or close to, the ground.

At this time of year, there are regular reports of bald birds, notably **northern cardinals** and **blue jays**. Unsettling though it is to see the beauty of these striking species marred by a scaly, featherless top knot, in the case of blue jays and northern cardinals, it's considered a normal occurrence and not generally a symptom of illness. Rather, it may be a result of a rapid



Photo by Amy-Jane Lawes

Cape May Warbler.

to infestations. In most cases, the birds appear to bounce back relatively quickly, with a full regrowth of head feathers within a few weeks.

Reports from our readers

Our Val-des-Monts, Que. birding reporter **Amy-Jane Lawes** has had numerous birding adventures this summer. On an excursion to the Huntsville, Ont. area, Amy spotted a **fledgling northern saw-whet owl** in Algonquin Park, along with **upland sandpipers** and a **loggerhead shrike** in the Carden Alvar, Ont. area. In mid-August, she headed for Long Island, New York, where she spent a memorable morning on a beach with hundreds of nesting **black skimmers** – “so striking and full of personality!” There were also large flocks of **sanderlings**, several species of **tern** and tiny **pip-ping plovers**, a first for Amy and an enchanting experience. She says: “at one point, we had two young birds running circles around us as we sat on the beach!”

Back home, Amy reports waves of **warblers** passing through, notably **black-throated green, Cape May, bay-breasted, Northern parula** and **yellow-rumped**.

She was also pleased to add a **Philadelphia vireo** to her garden list for the summer of 2018.

At the Macoun Marsh off St. Laurent Boulevard, Mike Leveille reports that **sora** and **Virginia rail chicks** have been a highlight of late summer.

Phil's Avian Bistro proprietor **Philip Macadam** has had his work cut out this summer, keeping his four feeding stations and four water sources replenished for a continuous influx of avian visitors. It seems the bistro has become a destination eatery and spa for the feathered population in the area, with a regular clientele of up to eight species in the early evenings (avian Happy Hour?). Among his visitors were **Northern cardinals** (including one bald-headed individual), a **red-breasted nuthatch, white breasted nuthatches, American robins, Gray Catbirds, American redstarts, American goldfinches, house finches, purple finches, Blue Jays, chipping sparrows**, a smattering of **rock doves (aka pigeons)** and **downy woodpeckers** mining the riches of the peanut feeder.



Photo by Amy-Jane Lawes

Fledgling Northern Saw-whet.


fall molt which affects many juvenile birds as a precursor to acquiring their first adult winter plumage.

It could also result from feather mites, lice, or an environmental or nutritional factor, in which case there are likely to be growths or a scabby coating on the bird's skin. Some ornithologists subscribe to this theory on the grounds that the bird's head is the one spot on its body which it's unable to preen, and is thus vulnerable



Photo by Mike Leveille

Virginia rail chick.



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Prepare your shelves for the 57th annual RPPS Book Fair

By Adrienne Blair, RPPS Book Fair Committee

Our students are extra-excited about the 2018 Rockcliffe Park Public School Book Fair. Tasked with voting on a theme, they overwhelmingly chose graphic novels and comic books!

(For the uninitiated, a graphic novel is a self-contained story told primarily in illustrations, usually laid out in panels, like a comic. It's a format so appealing and accessible that such bestselling series as Harry Potter, Percy Jackson and the Olympians and the Babysitter's Club have recently gotten the graphic novel treatment. And more mature fans of gorgeous illustration and thoughtful storytelling will find lots to love in graphic novels, too.)

The RPPS Book Fair welcomes thousands of avid readers over three days. Visitors can browse through more than 50,000 donated titles in every genre, as well as magazines, DVDs, CDs, vinyl, puzzles and board games – all at great prices. Busy community volunteers restock shelves regularly, so



Photo by Christina Leadlay

Students chose graphic novels and comic books as the theme of this year's RPPS Book Fair, Nov. 2-4.

there are new finds each and every day – lots of savvy shoppers make repeat visits over the weekend. Children are always busy at our Craft Corner and folks drop in to our Café for tasty snacks and even hot lunch and dinner options.

Book Fair is RPPS's chief

fundraiser and one of our community's most anticipated annual events. Volunteers from the school and community work more than 4,000 hours each year to make Book Fair happen. It's a big job, with enormous benefits: Book Fair 2017 raised more than \$50,000. These proceeds

flow not only back to RPPS, but also to other area schools in the form of grants to support literacy efforts and other essential programs.

The 57th annual RPPS Book Fair will take place November 2-4, 2018 in the Rockcliffe Park Public School gymnasium (Queen Juliana Hall –

enter off Springfield Road near Buena Vista).

For more information on hours, location and volunteer opportunities, visit rockcliffeparkbookfair.com; on Facebook: [RockcliffeParkBookFair](https://www.facebook.com/RockcliffeParkBookFair) or follow us on Twitter: @rppsbookfair.



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“Chris Ellis has been very active in the past four years supporting the Ward 13 Youth Strategy, fighting for Rideau HS to remain open and then, when it closed, working with partners for a Community Hub making sure the school remains a public asset in the community.”

Yacouba Traoré, Executive Director of Rideau-Rockcliffe Community Resource Centre

www.SchoolZone6.org 613-552-1401

Enjoy the fall colours while helping the Ottawa hospital

By Lee Stach

In 1999, a few cancer survivors from Blackburn Hamlet decided to celebrate life by taking a long walk through the Hamlet. Eventually, the walk became a yearly event. More and more people joined, and in 2012 the Blackburn Hamlet Cancer Chase was officially launched.

On Oct. 14, 2018, the Cancer Chase will be back in its seventh year. The Cancer Chase will be held at the Hornet's Nest soccer clubhouse at 1660 Bearbrook Rd. The Chase is a 5K fun walk/run that takes place through a beautiful portion of the National Capital Commission Greenbelt Pathway known as Green's Creek. Green's Creek is well known in the City for its unusual geology and gorgeous walking trails. Given the time of year during which the fun walk/run will take place, the fall colours should be in full display, likely making the Cancer Chase one of the most beautiful walk/runs in the City.

The goal of the Blackburn Hamlet Cancer Chase is to raise funds for cancer research, right here in Ottawa. All funds raised are donated directly to the Ottawa Hospital Foundation. The Ottawa Hospital Foundation is doing great work here in our community and making impacts worldwide, particularly in the field of cancer research. With a 40 per cent increase in cancer expected in the next 15 years, it is important that the Ottawa Hospital Foundation gets the much-needed funds required to continue to serve our com-



Photo by Enroh Designs

The Blackburn Hamlet Cancer Chase, a fun 5km walk/run, will take place Oct. 14.

munity. The Ottawa Hospital and its satellite locations have completed more than 226,000 cancer care visits, including more than 40,000 chemotherapy treatments and more than 70,000 radiation treatments. Last year alone, more than 200 cutting-edge cancer trials were held in an effort to find new, innovative ways to deliver better cancer care. We hope that by meeting our fundraising goal we can help the Ottawa Hospital Foundation and the Ottawa Hospital Cancer Centre get one step closer to finding a cure to this terrible disease.

There are lots of ways to help us meet our goal.

You can become part of our Cancer Chase team and volunteer to help out the day of the event. You can participate as a walker or runner. You can sign up through our website – cancerchase.com – or you can register the day of on site. Be one of the first 100 paid registrants and receive a “swag bag” full of goodies from generous local businesses.

Don't want to walk or run? Come out to the event and bid on some of the great items in our silent auction. Enjoy some delicious beverages from local businesses and cheer on the Chasers. You can also request a donation

form and raise funds yourself. No matter how you choose to participate, we hope to see much of Ottawa East out enjoying this wonderful community event.

To learn more, check out our Facebook page (Blackburn Hamlet Cancer

Chase), our Instagram (@blackburnhamletcancerchase) or our website (cancerchase.com). We've got lots of ways to keep in touch, so please follow us along as we plan this amazing event. Questions? Drop us a line at info@cancerchase.com.

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Fern Hill students return to fun fall activities

By Lyne Robinson

It is hard to believe that one month of school has already gone by. September's jitters have now settled, and the routine is down pat. At Fern Hill, all students from preschool to Grade 8 have had a fun-filled month and are looking forward to many more activities throughout the year.

Fern Hill School's core programs, which incorporate frequent hands-on learning experiences, are well underway and are complemented by field trips to provide valuable life experiences. In the first month of school, the grade 6-8 students have had the opportunity to go on a three-day camping trip, whilst grades 4-5 participated in archery games, and grades 1-3 mastered martial arts.

Community events continue to be an essential part of the Fern Hill experience. Two such events also took place in September. The Welcome Back Barbecue provided an opportunity for the families and teachers at Fern Hill School to connect and exchange in a relaxed setting, while the children enjoyed themselves in the school yard.

The yearly Terry Fox School Day Run on Sept. 27 is another excellent opportunity for the students in Grades 1-8 to participate in raising money for the Terry Fox Foundation



Photo courtesy Fern Hill School

Fern Hill students discuss how cancer affects the community ahead of the annual Terry Fox Run.

and contribute to their greater community. In preparation for this wonderful event, the children are sensitized to the cause. They are asked to reflect and identify why they have decided to participate in the run. Many children do so for "my grandfather,

my sister, my grandma, my friend's mother or for Terry Fox himself," all of them understanding that the ailment Terry Fox had affects more people than they know. Children of all grades recognize that "Together we can make a difference!"

With October now here, it is time for the fall activities such as the pumpkin run, fall rhapsody and Halloween. The Pumpkin Run, an Ottawa Independent Schools Athletic


Association cross-country running meet, takes place on Oct. 4. It is a non-competitive event that supports health and happiness. Students run between 2.5-3 km (depending on age), and everyone goes home with a smile and a pumpkin!

Students also look forward to their annual hike in Gatineau Park to learn about and experience the magic of fall. The most anticipated celebration of October

is Halloween, when ghosts, goblins, witches and fairies roam the hallways of the school.

Fern Hill School is a private school in New Edinburgh. It has a long tradition of nurturing young minds to prepare tomorrow's leaders. Fern Hill School's pedagogical approach continuously evolves to provide high-quality educational programs enriched with a wide range of extracurricular activities.

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First-hand advice on moving on and moving in

By Ann Jackson

I have been thinking about my recent experience moving into a retirement residence. Making this move is probably one of the last major decisions of my life. No wonder I was hesitant and spent considerable time resisting the idea.

For many people, there is not much time to contemplate the decision. Circumstances propel us into a situation where a decision cannot be made slowly. If you are in hospital and cannot go home and must be discharged, your relatives may need to make a snap decision. If you can afford, it a residence could be the best answer.

For me, there were many interim solutions before my final decision. I had had a ten-year period of ever-increasing difficulty getting about, taking care of the apartment, grocery shopping, etc. I had a great deal of help from my daughter who lives nearby, as well as from my son-in-law who took me to appointments at the drop of a hat. I have been very lucky in this regard. Not everyone is so lucky.

I could also afford the move, which is not the case for many people. With the coming increase in the over-eighty crowd, there is a looming crisis in the housing and care of this large population demographic.

There are a number of important things in this decision-making process. The most critical is having a plan. Trusting to everything being

all right on the day does not cut it. If you do not think ahead, you will inevitably be taken by surprise by an unanticipated event which may propel you in an unexpected direction.

This does not mean something labouriously written up, but an internal conversation and sharing with close family and friends. It also helps to explore the immediate neighbourhood for local retirement homes. Go for a visit! They will be delighted to offer you lunch and a tour. While there,

consider not only the general organization of the facility, but also the demeanour of the staff. Are they cheerful and helpful? Do they look harassed? Do the people who receive you give you enough time to ask questions? Do they have appropriate literature you can take home to read? Is there a contact person you can reach if you have further questions?

Many people (including myself) have had the experience of a short stay. I was in my present residence at least twice for respite care after an operation. The residences encourage a short stay before making a final decision. This will help you make up your mind. Can you see yourself happy in such a setting?

Other considerations:

- What is the cost? Be clear about what is covered in the basic fee. Are charges for other services clearly delineated?
- What is their policy concerning housing people as they become increasingly impaired? Do they offer services for people who develop dementia?
- Is the facility near your family and friends? And are these people made welcome to visit whenever they wish?
- Are there shops and phar-

macies, restaurants and doctors' offices nearby?

know that someone here will respond if I need help. Another concern is the effect moving into a residence will have on your perception of your income. What you pay seems like a lot of money. This is true, if you do not bear in mind the number of items that the fee covers! It takes a while to get used to a flow of expenses so different from your previous one.

There are all sorts of ways of cutting back on expenses. Going out to lunch becomes less attractive. We share newspapers and magazines.

ent state of medical technology, you need to be specific about which procedures you do not wish to undergo. Your relatives should be clear on this matter as well.

Lastly, cut yourself some slack. If you plan a move in a certain period of time... double it! It takes much longer than you think to get organized.

Moving is a stressful business and you will be stressed when you arrive at your new home. Get the basic furniture and clothes settled. The boxes of non-essential items can wait until you are ready to tackle them! Don't forget to mark them clearly.

There will be lots of new people to talk to. Take time to get to know the other residents and staff. Not all will be soul mates, but be pleasant to all, and more discriminating with those who may become closer friends in the long run. A residence is a small community with all quirks and interests of the wider environment.

Enjoy your new home!
Ann Jackson has lived in Beechwood Village since 1990, first on what is now DesRosiers Street and then in a condo at 40 Landry. For the past three years, she has been at the New Edinburgh Retirement Residence.

Making this move is probably one of the last major decisions of my life. No wonder I was hesitant... resisting the idea.

We buy less wine as it is offered every evening with supper.

Another important consideration that the residences require is the legal status of your relatives. Do they have power of attorney? Do you have a will which states clearly how you wish your end of life care to be conducted? Remember that a single statement which specifies "No extraordinary measures" is insufficient. With the pres-

Also consider the needs of your close family. They may be spending a lot of time worrying about your safety. This was one thing I tended to underplay, focusing too much on my own needs and desires. Remember that most of our children are mid-career in a job market that is neither secure nor particularly improving. They can only do so much. I know it is a great relief to my daughters, when they go out of town, to

• Does the programming cover a wide range of interests (bingo, films, exercise, excursions, lectures)? Is input sought from residents on an ongoing basis as interests change?

When they go out of town, to



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Public to choose art installation for landmark bell tower

By Jane Heintzman

ModBox Developments announced a “Top the Tower” art contest in late summer, inviting local residents and artists to submit design ideas for an art installation to be placed in the former church’s historic bell tower. The artist with the winning submission will be awarded \$25,000 to design and build their creation.

The bell tower has long been a local landmark, and for many decades, the bell was rung to gather the church congregation and to celebrate special occasions. When the church was deconsecrated in 2014, the bell was removed by former parishioners. But in recognition of its historic role, ModBox is undertaking to install a new art fixture to mark the new era about to unfold in this community gathering space.

Construction, managed by The Lake Partnership Inc. (TLPI), is well underway at Beechwood and St. Charles, where the new St. Charles Market Development is about to emerge from a deep pit in the ground around the heritage church building. A construction milestone was marked by the recent arrival of the crane, which now towers above the site, dominating the local landscape. Fifty-six high-end residential units, including three townhomes, are planned for the new mixed-use complex, and about 70 per cent of the units have now been sold. The church itself is to be reimagined as a food-focused community venue, with details to be worked out in the months ahead.

Visit stcharlesmarket.ca/art-contest for details and submission requirements. The



Photo by Louise Imbeault

With work now underway at the former St. Charles church (pictured in July), developer ModBox has launched an art contest, seeking to fill the space where the bell used to reside.

contest remains open until **Oct. 31, 2018**. (Direct contest questions to artcontest@modbox.ca)

Evaluation criteria for submissions include:

- connection to St. Charles Church or the Vanier community;
- originality;
- design integration with the overall project; and
- durability for outdoor use.

Local residents are welcome to engage in the process even if they’re not artistically inclined. The public will be invited to vote on the top five candidates on Facebook – @stcharlesmarket – and you can follow the progress of the contest online at #topthtower.






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Successful performance inspired by love of guide dogs and the arts

By Karen Bailey

When you see a well-behaved guide dog for the blind walking with their handler along crowded streets, do you ever wonder: “How was this dog raised? What’s life like working with a guide dog?”

These questions were colourfully answered in *Raising Stanley/Life with Tulia* at the Great Canadian Theatre Company (GCTC) this summer. Audiences at eight sold-out shows found out just what goes into raising and working with a guide dog in a theatrical experience made up of storytelling, paintings, video, original music and a live dog on stage.

for the Blind (CGDB), I met Kim. Born blind, Kim was performing stories about her life with working guide dogs at an Ottawa Storytellers’ event in the ByWard Market. I’d never met a blind person before, so listening to Kim’s stories of her experiences with a working guide dog helped me understand the importance of raising a guide dog puppy.

Sixteen months later, following a steep canine training curve as new “puppy walkers” (the term for those who raise guide dog puppies), Weston left us for CGDB.

I missed having a four-legged furry companion in

guide dog, and Kim learned about the puppy stage in a guide dog’s life.

Our shared love of guide dogs and the arts organically led us to a creative collaboration. I began a series of paintings of Stanley, our second guide dog pup, engaging in activities that mirror his future working life and his playtime with Tulia, as well as my friendship with Kim. Kim developed stories based on her experiences with the four guide dogs she has handled: Gwenny, Margaret, Gia and Tulia.

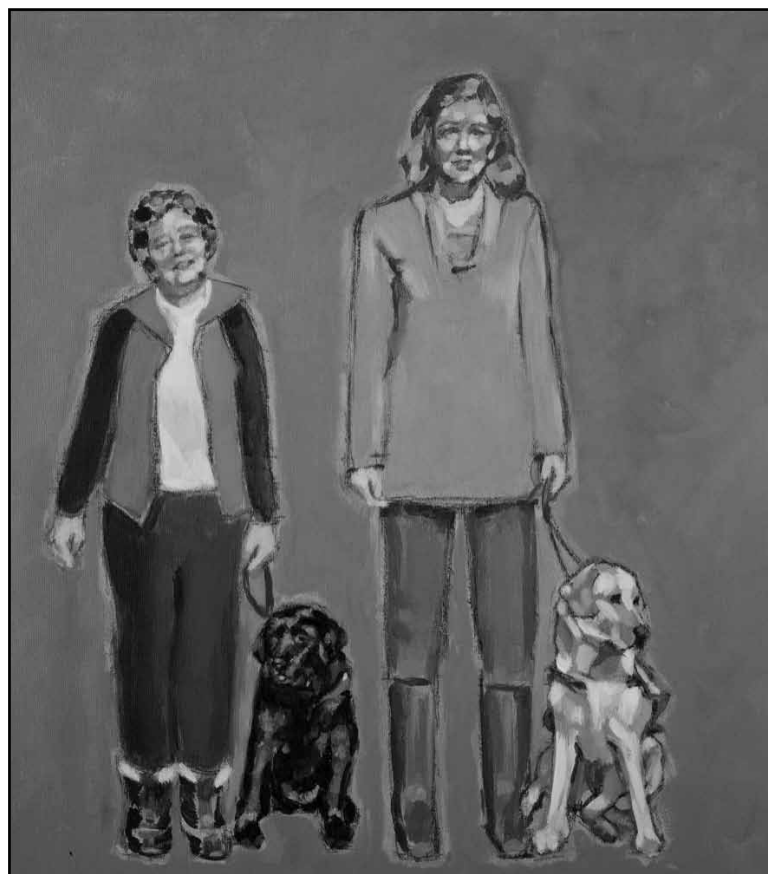
In a captivating, humorous and heart-rending 80-minute monologue, Kim performed stories live at the GCTC studio. Tulia lay curled up in a dog bed on the stage next to her. New Edinburgh resident Trudy Wohlleben created a special effects video of my paintings that was projected on the wall in large format behind Kim as she performed. Voice-over audio description of these paintings integrated seamlessly with the storytelling. Angela Schleihauf composed original music for the production. All 29 of my paintings were displayed in the Fritz Gallery outside the studio theatre, and a video of our creative process by Armin Badzak was shown in the gallery area.

One of our goals was to create a production that would be a model for accessibility in the arts. We developed a truly accessible experience for all ages and abilities, including audio description, Braille and large print programs, two performances with an American



Photo by Joan Anderson

Kim Kilpatrick and her guide dog, Tulia.



Painting by Karen Bailey

Kim and Tulia, Karen and Stanley.

In my artistic practice, I paint behind-the-scenes workers and under-recognized people. I opted for new subject matter when inspired by a platinum blonde Labrador Retriever named Stanley and sidestepped into a multimedia collaboration with blind storyteller Kim Kilpatrick and her guide dog Tulia. Together with director Bronwyn Steinberg we created an original and groundbreaking production with accessibility at its heart.

In 2011, when my husband Iain and I were waiting to receive our first pup (Weston III, a Black Labrador Retriever) to raise for Canadian Guide Dogs

my studio at the Rectory Art House on Murray Street. As an antidote, a year and a half after we first met, I invited Kim and her guide dog Tulia to visit my studio to sit for a double portrait. My main motive was to have Tulia, Kim’s black Lab, spend time at the studio. Of course, Kim was part of the package, too.

What I didn’t know at the time was that Kim had no interest in visual art. During our portrait sessions, as I explained my process to Kim, she was surprised to discover that storytelling and visual art share a similar creative process. Through our conversations I gained a sense of what it’s like to live with a trained

Sign Language interpreter for the deaf, audio description of the paintings, and Braille and large-print labels.

A book with reproductions of all 29 paintings, personal anecdotes by Kim and me, a director’s note by Bronwyn and a forward by curator Petra Halkes is available for \$25 from karen@karenbailey.ca or raisingstanley@gmail.com.

We intend to bring a travelling version of *Raising Stanley/Life with Tulia* (minus the original paintings) to other

venues in Ontario and across Canada. Visit our website for future dates: raisingstanley.com.

Karen Bailey is a former MainWorks artist whose studio was located in the former Crichton Cultural Community Centre at 200 Crichton St. Kim Kilpatrick has offered workshops at the CCCC prior to the sale of the building in 2011, and more recently has been a regular participant to Rockcliffe Park Public School’s annual Authors Workshops.



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Three days, eight homes and one grateful hospice: Homes

By Hospice Care Ottawa

If you love architecture, design and the festive holiday season, you're in for a treat!

Homes for the Holidays has become an annual tradition for many to get into the holiday spirit. In its sixteenth year, this event will see many people trekking through the city during the weekend of Nov. 16–18 to get a glimpse inside eight exquisite homes beautifully decorated by some of Ottawa's top local florists and designers.

Guests purchase a \$50 Homes for the Holidays ticket booklet which grants them access to eight tour homes located throughout the city, including two in Rockcliffe Park: 336 Minto Pl. and 582 Mariposa Ave. During the three-day tour, ticket holders will have the opportunity to walk through each home, view the stunning architecture, see the gorgeous décor and get ideas for dressing up their own spaces.

"Year after year, I am astounded by the creative décor," said Sharon Lalonde, Chair of Homes for the Holidays 2018. "The homes we have selected are striking on their own, but I can't wait to see them after the florists and designers work their magic!"

In addition to the eight decorated tour homes, ticket holders will also have access

to two special holiday stops: The Holiday PopUp Shop, and the Holiday Bake-Off and Handmade Bazaar. The Holiday PopUp Shop will be located in the residence of the Ambassador of Ireland to Canada, located on the corner of Park Road and Springfield Avenue in Rockcliffe Park. Exclusive gifts, including a selection of specialty foods, will be available. Visitors will be able to enjoy a complimentary refreshment at the Coffee Stop while they get a head-start on their holiday shopping as they browse the selection from local businesses and artisans – a portion of the proceeds will be donated to Hospice Care Ottawa.

The Holiday Bake-Off and Handmade Bazaar – located at the Ruddy-Shenkman Hospice at 110 McCurdy Dr. in Kanata – will give visitors the opportunity to vote on their favourite edible creations and provide a unique shopping experience. Guests can shop the vast array of hand-crafted goods, and 100 per cent of sales will go directly to Hospice Care Ottawa.

"We are so grateful to the homeowners who graciously open up their homes and to the florists for their time, talents and materials," said Susan McIntosh, Manager, Fund Development at Hospice Care Ottawa. "Without their generosity, along with our



Photo by Brian Hum

336 Minto Place, Rockcliffe Park

Presented by: Hobin Architecture

Decorated by: Mill Street Florist

Built in the late 1920s, 336 Minto Pl. underwent a complete reconstruction last year and, respectful of the City of Ottawa's strict heritage guidelines, was transformed into a luxurious, modern home in Rockcliffe Park. Initially the residence was a centre hall, four-bedroom home. But with the professional direction and design of Hobin Architects, it now boasts a grand entrance with floor-to-ceiling windows and a main staircase relocated to the front of the house. The sunporch has a new life as a study with full street view. The original garage is now a beautiful open porch with a stone fireplace, overlooking the backyard pool. The lower level, which features a full family room, extra bedroom, and full gym, completes the home's fine reflection of design and function. With the help of 2H Interior Design many elements of the home have been designed with both a modern, busy family and "empty nesters" in mind.

sponsors, advertisers, vendors, donors and ticket holders, we could not host this important event."

The chief goal of the event is to raise funds for Hospice Care Ottawa, an organization that provides free palliative

and end-of-life care to those living with a life-limiting illness and their loved ones – nearly 1,500 individuals annually.

"Homes for the Holidays has become a holiday tradition and a critical fundraiser

for Hospice Care Ottawa," said Lisa Sullivan, Executive Director. "It is thanks to our generous community and more than 500 event volunteers that we can raise funds which allow us to continue to provide our programs and services."

Tour ticket booklets are now on sale online and at various locations across Ottawa for \$50 each. Ticketholders can visit each home, the Holiday PopUp Shop and the Holiday Bake-Off and Handmade Bazaar over the three days. Get into the holiday spirit while supporting Hospice Care Ottawa. For more information, or to purchase tickets, visit hospicecareottawa.ca or call 613-260-2906 ext. 222.



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Photo by Brian Hum

582 Mariposa Avenue, Rockcliffe Park

*Presented by: BMO Wealth Management, Private Banking
Decorated by: Karen Grand, Grand Expectations and Scrim's Florist*

Built in 1927 in the Old Village of Rockcliffe Park and named "The Wake Robin" after the red trillium, this classic three-storey home incorporates historically correct cedar shakes, copper gutters, and accents throughout. The charming and spacious main floor begins with an inviting foyer leading to the main floor principal rooms on a scale suited to formal entertaining. Gracious details abound, from marble floors, coffered ceilings, and solid white oak doors and floors, to a spacious state-of-the-art-kitchen any family would appreciate. And as an added delight, there are a few "hidden surprises" waiting to be discovered.



Photo by Brian Hum

• Special Holiday Stop •

291 Park Road, Rockcliffe Park Holiday PopUp Shop and Coffee Stop

Presented by: Hulse, Playfair & McGarry Funeral and Cremation Services

The Holiday PopUp Shop is located at the Official Residence of the Irish Ambassador to Canada in Rockcliffe Park. Get a head-start on your holiday shopping with our wonderful selection of unique gifts and specialty food items. Ticketholders may visit as often as they wish: browse, shop and enjoy complimentary refreshments in at the Coffee Stop from 10 a.m.-4 p.m.

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Inspiring Girls.

MackKay concert series presents colourful chamber music with French flair

By Carolyn Bowker

The MacKay United Church Chamber Concert Series continues its fall program Oct. 13 with a delightful program of “Musique française” for flute and piano with Gertrude Létourneau and Catherine Donkin.

Gertrude Létourneau is a flutist and singer who has performed across Canada to audiences of all ages. She was a finalist at the competition “Ma Première Place Des Arts 2017” in Montreal. She has released two CDs: *Habanera* for flute and guitar with Garry Elliott, and *histoires d’amour...* for voice and piano. She has given concerts throughout the Ottawa area and since 2000 has been a musician and singer with the Perley and Rideau Veterans’ Health Centre where she has won accolades for her work using music with seniors.

Gertrude has been described as one Ottawa’s great gems as a flutist and a musician. One Ottawa reviewer has praised her ability to play with an appropriate tone colour that brings out the emo-



Gertrude Létourneau.

Photo by lilifoto



Catherine Donkin.

Photo: John W. MacDonald Photography

tional subtleties and musical nuance. Past president of the Ottawa Flute Association Olga Ijewliw has also praised Gertrude’s playing saying it

“was perfect, exciting, with great tone colours and finely controlled wild abandon. The next time she plays, promise yourself that you will give

yourself a memorable and invigorating experience – go hear a recital with Gertrude Létourneau. You’ll thank yourself.”

Catherine Donkin is an active teacher and performer in Ottawa. She holds a Bachelor of Music degree from the University of Alberta, and a master’s degree from the University of Ottawa, both in piano performance. Her career highlights include a performance at Carnegie Hall, and another at the Grieg International Piano Competition, when she performed in the Duo Rideau piano duet. She is also a chamber music performer who plays locally. Catherine

is a Performance Instructor for Carleton University’s Music Department and maintains a busy private teaching studio, with some students attaining recognition nationally and internationally.

Gertrude and Catherine will play music for flute and piano by Debussy, Ravel, Fauré, Chaminade, Sancan, Bozza and Tulou, in what promises to be a memorable concert by two gifted performers.

The concert will take place Oct. 13 at 7:30 p.m. at MacKay United Church, 39 Dufferin Rd. Tickets are \$25, \$20 for seniors, \$15 for students; available at Books on Beechwood, The Leading Note, or at the door.

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Entrance exams will be held on Saturday, October 13 and Saturday, November 3.

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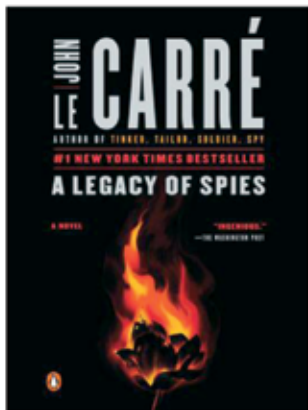
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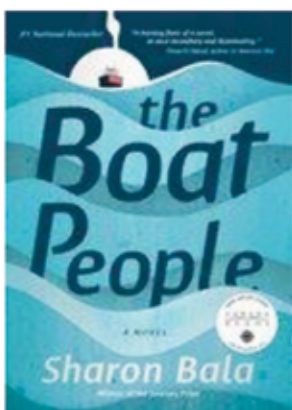
The Community Church

39 DUFFERIN ROAD, OTTAWA, ON
MACKAYUNITEDCHURCH.COM/

Books on Beechwood Book Club Fall Line Up



September 26/18



October 31/18



November 28/18

Books on Beechwood Book Club is finishing its eleventh year in style.

Please join us on the last Wednesday of the month at The Edinburgh Retirement Residence, 10 Vaughan Street at 7:30pm in The Penthouse on the 8th Floor for a lively discussion followed by refreshments provided by the The Edinburgh Retirement Residence.

New members are always welcome. The book club reads are the offered to all customers at a 20% discount.

For more information: call 613-742-5030 or e-mail staff@booksonbeechwood.ca

Haikus by Anna Neufeld

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Your Canada Day!

A Hot Humid Day
Evening Thunder Shower
Affords No Relief.

Sunny Clear Morning
Cardinal Welcomes the Day:
Enjoy the Summer!.

Muggy Days and Nights
Quiet Raindrops Fall to Earth
Dry Ground Laps Them Up.

Red Hot Air Balloon
Moves Under Cloud Dappled Sky
Jet Streams Point the Way

Mid Week Fireworks
Bright New Moon Competes, Then Hides
Feels It Is Too Much.

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Linden House to stage Canadian play full of heart and humour

By Janet Uren

Arguably, I lost my mind some years ago when I decided to produce “a play.” I didn’t know in 2007 that I was about to found a company that would still be producing 12 years later. In fact, it surprised me when the founding director – George Stonyk – asked me all those years ago what we should name the company. Suppressing the impulse to ask, “What company?” I joined him in a brainstorming session that eventually gave us the “Linden House Theatre.” The name came from a big linden tree in front of George’s house in Lindenlea, and it felt rooted – literally – in the neighbourhood. It also came from the idea of growth and beauty.

Even if I did just happen to found a theatre company, sort of by accident, at least I knew the kind of plays I wanted to offer. Comedy – witty, intelligent, sophisticated comedy by some of the best writers ever. The mission of Linden House had to be: “Theatre for the joy of it!” We set out

to stage an annual play with humour, ideas and a joyful vision of what it means to be human.

Every year, we look for a play that lives up to that vision. It is never easy, but last year I think we hit the ball out of the park with *Enchanted April*. Yes, it was funny. It also had a beautiful set and wonderful costumes. The actors were talented and assured. Most importantly, it was a play that had heart. It was a play that talked about the need to “choose” joy.

So what’s next? The curtain had hardly rung down in 2017 than we had already started asking ourselves, “What are we going to do next? Maybe...,” we said, “it’s time for something new?” For 11 years now, Linden House has been presenting plays drawn from some of the best classic comedies of the British stage. Perhaps you have seen some of them: *Lettice & Lovage*, *Blythe Spirit*, *Glorious!* Without abandoning the original vision of joyful theatre, I felt that it was time to stretch.

This year’s play – gasp! – is not British. It is a work

called *For the Pleasure of Seeing Her Again* by legendary Montreal-based playwright Michel Tremblay. This is a Canadian classic, written by one of the most talented and important of our playwrights. Tremblay conceived this work to honour his mother, and it is the story of a relationship essential to his development as an artist.

So what if it’s not British, isn’t a drawing comedy and has the simplest of sets and costuming? I love this play for the same reasons that I loved *Glorious!* or *Enchanted April*. I love the voluble eccentricity of the central character. I love its hilarity. I love it because it speaks to me about what it means to be human. Like all the best of our previous plays at Linden House, Tremblay’s work has enormous heart and humour, and it is written by an artist of impressive skill and depth.

For the Pleasure of Seeing Her Again will be presented at the Elmwood Theatre (261 Buena Vista Rd.) with lots of free parking. Performances will be presented on Nov. 9 and 10, 16 and 17 at 7:30



Poster by Karena Boychuk

p.m.; with Sunday matinees at 2 p.m. on November 11 and 18. Tickets: \$25, available beginning Oct. 6 at Books on

Beechwood (35 Beechwood) or online at lindenpro.ca. Information or reservations at 613-842-4913.

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Two solo shows and holiday art coming to local gallery

By Mary Pratte

The Crichton Street Gallery is up and running again after a bit of a holiday during the dog days of August!

After another fun NEST (New Edinburgh Studio Tour) event at the gallery and in the neighbourhood at the end of September, we are now welcoming two focus shows in October and November, and a group show by the core artists in the gallery starting in time for the holidays on Nov. 17.

Pat Carbonneau explores her own journey with her art in her "Letting Go" show Saturdays Oct. 6, 13 and 20, while Elisabeth Arbuckle has a new series of paintings for her show "Reflections," which will run Saturdays from Oct. 27–Nov. 10. Elisabeth says: "The art I produce reflects, through small references or repeated motifs, my many influences." We can't wait to see what these two talented artists will hang at 299 Crichton!

We will be open both Saturdays and Sundays during the winter holidays, from Nov. 17 through to Dec. 23 for our yearly "Small Gifts of Art" show. Our visitors love this time of the year in the gallery, as they can find a wide variety of work, most of which is smaller and less expensive than some of our larger pieces. We also have gift certificates for those who don't quite know what to get that special someone.

The Crichton Street Gallery



Artwork by Pat Carbonneau (including this piece, 'After the Storm') will be on display at the Crichton Street Gallery this month.

as they sell – and they do sell! – she will replace them with equally stunning work.

We hope you will think of us when you are looking for unusual and interesting local artwork – we have everything from greeting cards to large oil paintings. If you don't see what you like in the gallery, ask us about what the artists have available on their websites or in their studios. If you cannot make it in on a Saturday, give us a call at 613-299-0064 for an appointment outside gallery hours.

Visit The Burgh Online!

For the most up-to-date news of the neighbourhood

newedinburgh.ca

continues to carry Jennifer Anne Kelly's beautiful glass pieces, and we are thrilled to announce that Jennifer has agreed to join us as one of our core artists! We are very excited about this: not only will we continue to offer her one-of-a-kind art, but it also means Jennifer will be in the gallery more often, so visitors will have a chance to chat with her one on one. Jennifer has just brought some in new pieces for the fall season, and

Is Ottawa prepared for climate change?

All-Ward CANDIDATES DEBATE on the environment and climate change Rideau-Rockcliffe Ward 13

Meet the candidates for City Council in Ward 13 and hear where they stand on a variety of issues related to making Ottawa a Green City.

October 9, 7:30 - 8:30 pm
Saint Bartholomew's Church, 125 MacKay St



Tobi Nussbaum



Peter Heyck

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IMAGES

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EVENTS CALENDAR

OCTOBER

Ongoing – Hearts in Tune community singing at the Rideau Sports Centre, 1 Donald St. Eight-week sessions, Saturdays from 2–4 p.m. \$120. musicalwellness.com/contact or call Lyse 613-355-9234. Hearts in Tune community singing for adults aged 50+ has a new fall session of drumming, singing and meditation.

Oct. 8 – CCC meeting at the New Edinburgh Park Fieldhouse, 203 Stanley Ave. 7:30 p.m. newedinburgh.ca/cc. The public is welcome to attend the Crichton Community Council's monthly meeting.

Oct. 9 – Ward 13 candidates' debate at St. Bart's church, 125 MacKay St. 8–9 p.m. Ecology Ottawa, the Council of Canadians, and the community associations of New Edinburgh and Lindenlea host an all-ward 13 candidates' debate on climate change and the environment. Both incumbent Councillor Tobi Nussbaum and candidate Peter Heyck will participate.

Oct. 13 – Films at the Fieldhouse at the New Edinburgh Park fieldhouse. The Crichton Community Council hosts a community picnic at 6 p.m. followed by a 7p.m. screening of the family film *Coco* on the east field (indoors in case of inclement weather). Bring a chair and blanket and some food to share. Free popcorn and drinks.

Oct. 13 – Musique française at MacKay United Church, 39 Dufferin Rd. 7:30 p.m. \$25, \$20 seniors, \$15 students. MacKay United's Chamber Concert Series continues its fall program with Musique française for flute and piano with Gertrude Létourneau and Catherine Donkin. Details, page 34.

Oct. 14 – Blackburn Cancer Chase at the Hornet's Nest soccer clubhouse, 1660 Bearbrook Rd. cancerchase.com; info@cancerchase.com. Back for its seventh year, the Blackburn Cancer Chase is a 5K fun walk/run through a beautiful portion of the National Capital Commission Greenbelt Pathway. Details, page 27.

Oct. 14 – West African Dance Class at Memorial Hall, 39 Dufferin Rd. 2–3 p.m. The MacKay Brainerly hosts a West African dance class for all ages. In lieu of cash, please bring canned items for the Food Bank.

Oct. 14 – Canada's Really Cool Space Programme at Memorial Hall, 39 Dufferin Rd. 4–6 p.m. The MacKay Brainerly hosts this fascinating programme designed for high-school ages to adults-of-any-age, presented by a 25-year veteran who's been part of it all!

Oct. 16 – Estate planning workshop at St. Bartholomew's Parish Hall, 125 MacKay St. 7–9 p.m. Free. 613-745-7834 x 115. St. Bart's church hosts a workshop on funeral and estate planning featuring Elizabeth Lockhart, lawyer and mediator, and the Rev. Canon David Clunie, Rector of St Bart's. Refreshments will be served. Details, page 18.

Oct. 16 – School Trustee Candidates Forum in the library, Rockcliffe Park Public School, 350 Buena Vista Rd. 7:30 p.m. RPPS School Council hosts a forum featuring the three candidates for public school trustee in Zone 6 Rideau-Rockcliffe/Alta Vista. Hear from the candidates who would like to represent our interests at the board through the next four years.

Oct. 17– The History of Surgery at Memorial Hall, 39 Dufferin Rd. 7–9 p.m. The MacKay Brainerly hosts "The History of Surgery by a surgeon." Bring a friend to hear Dr. Dennis Pitt share how far back in time surgery goes and its fascinating journey to the present.

Oct. 21 – Tips for Avoiding Dementia at Memorial Hall, 39 Dufferin Rd. 2–4 p.m. The MacKay Brainerly hosts "Protecting Your Precious Brain: Tips for Avoiding Alzheimer's and Dementia" presented by naturopath Dr. Jan Dorrell.

Oct. 22 – 'Spirit of Hungary 1848' at the Canadian Museum of History Theatre, 100 Laurier St., Gatineau. 6:30 p.m. Tickets \$20; children \$12. centrum-management.org. Hungary Initiatives Foundation pres-

ents the Hungarian National Dance Ensemble's "Spirit of Hungary 1848: Revolution and Roots in Dance and Music" a dance and music performance commemorating the 1848 Hungarian Revolution.

Oct. 24 – Cornerstone shelter's capital campaign at 373 Princeton Ave. 5:30–8:30 p.m. \$50. cornerstonewomen.ca. Cornerstone Women's Shelter celebrates the home-stretch of its capital campaign for a new shelter at 373 Princeton Ave. This fundraiser will feature excellent cuisine, beverages and entertainment. Details, page 17.

Oct. 27 – Halloween Howl at the New Edinburgh Park fieldhouse. 3–5 p.m. The Crichton Community Council's annual Halloween Howl returns with a costume parade, spooky games, creepy crafts, fun prizes and more.

Oct. 28 – A Short Course on Fermentation at Memorial Hall, 39 Dufferin Rd. 2–4 p.m. The MacKay Brainerly hosts "Sauerkraut and Kimchee: A Short Course on Fermentation" with Corey Rabbe who will teach both wet and dry methods.

NOVEMBER

Nov. 2–4 – Book Fair at Rockcliffe Park Public School, Queen Juliana Hall, 370 Springfield Rd. rockcliffeparkbookfair.com; @rppsbookfair; Facebook: RockcliffeParkBookFair. The 57th annual used Book Fair at Rockcliffe Park Public School returns for three days of amazing books. **Details, page 26.**

Nov. 3 – Something New Edinburgh at Memorial Hall, 39 Dufferin Rd. 10a.m.–3p.m. Free admission. The fourth "Something New Edinburgh" is back, the local craft show where community, artists, and one-of-a-kind craftsmanship meet. Featuring over 30 talented artisans and makers selling shop handmade wares for holiday giving. Door prizes and food trucks will be available.

Nov. 4 – Workshop with Lauren Parsons at Memorial Hall, 39 Dufferin Rd. 3–5 p.m. The MacKay Brainerly hosts author and speaker Lauren Parsons, who will give

Send event listing details to newednews@hotmail.com
Visit our website at newedinburgh.ca/events for the most up-to-date listings.

a presentation on "Five Steps to Feeling Vibrant, Confident and Energized" featuring food tasting and more.

Nov. 9, 10, 16, 17 – For the Pleasure of Seeing Her Again at Elmwood Theatre, 261 Buena Vista Rd. 7:30 p.m. \$25. lindenpro.ca; 613-842-4913. Linden House Theatre's latest performance is by Montreal-based playwright Michel Tremblay. Details, page 36.

Nov. 9 – Silk Scarves Workshop at Memorial Hall, 39 Dufferin Rd. 7–9 p.m. The MacKay Brainerly hosts a silk scarves workshop with Susan Ashbrook. Learn to create amazing scarves in the colours you want – to keep or to give as gifts. Each participant will create and take home two scarves. Advance sales are mandatory; no walk-ins.

Nov. 12 – CCC meeting at the New Edinburgh Park Fieldhouse, 203 Stanley Ave. 7:30 p.m. newedinburgh.ca/cc. The public is welcome to attend the Crichton Community Council's monthly meeting.

Nov. 14 – Caelis Academy Ensemble Concert at Southminster United Church, 15 Aylmer Road, 7:30 p.m. Tickets: \$30; \$15 students. ottawabaroque.ca; 613-862-4106; caelisacademyensemble@gmail.com. Matthew Larkin directs the Caelis Academy Ensemble with the Ottawa Baroque Consort in a concert featuring The Magnificat and other works by J. S. Bach. Guest soloists include Ellen McAteer (soprano), Jean-Philippe Fortier-Lazure (tenor) and Philippe Sly (bass saritone).

Nov. 16–18 – Homes for the Holidays at various locations. hospicecareottawa.ca; 613-260-2906 x 222. \$50. Get into the holiday spirit and support Hospice Care Ottawa with a trek through the city to tour inside eight homes beautifully decorated by some of Ottawa's top local florists and designers. Details, page 32.

Nov. 17 – Christmas Bazaar at Memorial Hall, 39 Dufferin Rd. 1–4 p.m. MacKay United Church presents its Christmas Bazaar, featuring a bake table, preserves, attic treasures, accessories and jewellery, a tea room, holly



and silent auction.

Nov. 17 – One & Only Arts and Crafts Fair at Sandy Hill Community Centre, 250 Somerset St. E. 10 a.m.–4 p.m. oneandonlyartscrafts@gmail.com. Free admission. Sandy Hill's One & Only Arts and Crafts Fair features more than 30 vendors with unique and affordable products. Free parking. Light refreshments will be served for everyone from 10 a.m.–2 p.m.

Nov. 17 – Fall Fair at First Unitarian Congregation, 30 Cleary Ave. 9:30 a.m.–2:30 p.m. FallFair2018@firstunitarianottawa.ca. It's the biggest church bazaar in town! Great deals on gently used clothing, books, jewellery, electronics and other treasures. Silent auction, two food venues, knitted items, baking and jams.

Nov. 25 – Healthy Holiday Cooking at Memorial Hall, 39 Dufferin Rd. 2–5 p.m. mackaybrainerly@gmail.com; facebook.com/MacKayBrainerly. The MacKay Brainerly hosts "Healthy Holiday Cooking: Preparation and Presentation." Learn from experts Nina LePage and Julie McInnes. Taste what they cook and depart with recipes ready to make your holidays healthy and delicious.

Nov. 30 – Community Get-together at St. Bartholomew's Church, 125 MacKay St. 6–8 p.m. \$40. Tickets at Eventbrite.com. The Rockcliffe Park Residents' Association hosts its annual fund drive for the Rideau-Rockcliffe Community Resource Centre. Featuring music from the Ottawa Symphony Orchestra, cash bar and silent auction. Ticket includes a glass of sparkling wine and food.

Burgh Breezy Bits

DEADLINE: Nov. 10

newednews@hotmail.com

Congratulations!

and Georgian Bay respectively.



Photo courtesy Jim Watson's office

New Edinburgh's **Graham Macmillan** received the Mayor's City Builder on June 13 in recognition of his dedication to the Boys and Girls Club of Ottawa and the Ottawa Senators Foundation.

Best wishes to **Julia and Geoff Heintzman** on the recent arrival of their first child **Arthur James**. Arthur arrived on Jun. 11, and is currently thriving after a busy summer dividing his time between his grandparents' cottages at Mont Tremblant



Photo montage by Louise Imbeault

Debra Conner celebrated a new decade with a bang on Aug. 13. Those who packed her birthday party at the Fieldhouse were delighted to see fireworks taking place across the Ottawa River.

Congratulations to **Fran Middleton** and **Nick Anderson** on the recent birth of their daughter **Jacqueline May**. The family has recently settled into their new home on Stanley Avenue. Congratulations also to new grandparents **Charlotte Gray** and **George Anderson**, who are delighted to welcome their first grandbaby.

NECA board member **Phil Nowotny** and his wife **Kelly** welcomed a baby boy, **Miles**,



Photo by Garth Gullekson

Kudos to all the folks that helped us cheer on the marathon runners and win top prize as "Best Cheering Station" for this year's Marathon Race Weekend! It was a blast, and it was all because of the incredible community on Beechwood and at the New Edinburgh Community and Arts Centre! Special thanks to the **Malhotra** family for the space at 99 Beechwood Ave. and to photographer **Garth Gullekson**.

back in June. Best wishes to the very tired family!

Thank you to the families of **Robert Young**, **Mieke Bos**, and **Justin Swan** for hosting the River Lane Annual Street Party/barbecue/potluck on Sept. 15, and to all the neighbours who contributed to the feast. It was a grand finale to the summer.

have been busy again at the intersection of River Lane, Dufferin Road and Stanley Avenue. A Little Free Library appeared in early September and has seen heavy use. Take a book. Share a book. For more information, visit littlefreelibrary.org.



Photo by Seanna Kreager

Rockcliffe Park resident **Diana Rowley** died peacefully at home Sept. 22, age 100. Di was well known for her involvement with the RPPS Book Fair and the Rockcliffe Park Residents Association's heritage committee, among others. She loved to travel and in her last decade travelled to Venice, Sicily, Sudan and cruised the Norwegian Fjords. She will be missed.

Wanted

Rockcliffe Park Book Fair needs you! Volunteers required for setup, sorting and pricing starting Oct. 17 and for roles of all kinds during Book Fair 2018: Nov. 2-4. Sign up now at signup.com/go/fYkaiQf

The public-space elves

Condolences

Jeannine Lauzon passed away Sept. 15, aged 87. Predeceased by her husband **Claude Lauzon**. The Lauzon family, one of New Edinburgh's prominent Franco-Ontarian families, have operated a rental property business for over 60 years, which continues to be managed by Claude and Jeannine's children under the name the Lauzon Group.



Photo by Liz Heatherington

(From left) **Moe Moloughney**, **Mita Basu**, **Jackie Bonisteel**, **Kae McColl**, **Mary Wiggan**, **Tobi Nussbaum** and **Susan Sweeney Herman**.

ELTOC (English Language Tutoring for the Ottawa Community) hosted a fundraising tea on May 26 at St. Bart's Church, and also honoured **Mita Basu**, who retired as executive director after 24 years. **Susan Sweeney Hermon** performed Celtic harp music, and Councillor **Tobi Nussbaum** delivered remarks. Thanks to St. Bartholomew's Church, **Linda Assad-Butcher** and her team of volunteers.



Photo courtesy Joseph Cull

A fond farewell to **Liz Kane** and **Gordon Jackson** of Alexander Street, who passed away a month apart from each other this summer. A charming delightful couple whose timeless grace and elegance will be missed.



Photo by Sachiko Shiota
Becca Mackinnon gets her face painted at the Thomas MacKay Day party, Aug. 31.



Photo by Sachiko Shiota
(from left) Abby DeWolfe, CCC head Matt DeWolfe, NECTAR chair Sean Flynn and CCC member Chris Straka at the Thomas MacKay Day party.



Photo by Sachiko Shiota
(from left) Carmen Porter, Liam Porter, Grace Park, Rob Butler and Aaron Porter joined about 100 neighbours at the second annual Thomas MacKay Day community party on Aug. 31.



Photo by Marc Seguin
East Feast took over a stretch of Beechwood Avenue on Sept. 8.

Memories of summer in New Edinburgh



Photo by Louise Imbeault
East Feast had many artists in the street, including painter Ariel Lyons.



Photo by Jack Kavanagh
Marathon runners got much-needed encouragement and water as they travelled Stanley Ave. on the Ottawa Race Weekend, May 27.



Photo by Jack Kavanagh
It was a hot day for treasure-hunters at the New Edinburgh community garage sale on Sept. 15.



Photo by Louise Imbeault



Photo by Louise Imbeault
The annual Lumière event returned to New Edinburgh Park on Aug. 25, featuring artists, performers and children in costume. Some turtle sculptures by QVBIA's artist-in-residence Christopher Griffin were also onsite.



Photo by Louise Imbeault