

February 2017

# NEW EDINBURGH NEWS

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Approximately 80 New Edinburgh residents brought their petition to City Hall on Jan. 25, asking the mayor to move the main CSST extraction site out of Stanley Park. Photo by Louise Imbeault

## Burgh residents bring CSST concerns to City Hall

By Jane Heintzman

A cheerful but determined crowd of approximately 80 New Edinburgh residents gathered at City Hall Jan. 25 to express concern and anger. The source of the discontent: the City's decision to locate the mucking-out site for the Combined Sewage Storage Tunnel (CSST) project smack in the middle of our neighbourhood, in Stanley Park. An eclectic group of all ages, from infants to older folks, turned up for the demonstration, many sporting hardhats, safety vests and other construction paraphernalia, and waving hand-made signs. In true New Edinburgh tradition, there were even a couple of four-legged, furry protest-

ers in the crowd, taking in stride the noisemakers and chanting that swelled outside the Mayor's office after he failed to appear. Federal NDP candidate for Ottawa-Vanier Emilie Taman was also on hand to offer support to the community in its demands. Chief among these is a full evaluation of the health, safety and environmental impacts of locating the mucking-out site so close to a dense residential neighbourhood.

The Mayor's Chief of Staff Serge Arpin reaffirmed that the New Edinburgh Community Alliance (NECA) was invited some time ago to meet with Mayor Jim Watson. No meeting date had been set, pending two milestones. First: the completion of the

City's evaluation of the costs of relocating the mucking-out site. Second: further work on the CSST Task Force's package of demands to mitigate the full impact of the construction and trucking activity. NECA President Tim Plumptre confirmed, however, that meeting arrangements are now underway, and it's hoped that the event will take place in the very near future. Subsequent media reports represented the mayor as adamant in his refusal to consider a move to LeBreton, given the estimated \$30-million price tag. It's clear that the next steps will be an uphill battle.

The high-spirited demonstration succeeded in attracting significant media atten-

tion. Victoria Henry took the lead, giving interviews to local and national media. Victoria set out the community's serious concerns about the health, safety, environmental damage, noise and overall human impact of the project. Several other protesters, including Victoria Walker, Santiago Reyes, Richard Palmer, Ricarda McFalls, Marta Klepaczek and David Slinn, also weighed in, responding to media questions and elaborating on the issues of concern to the community. There was clearly no shortage of willing and well-informed spokespersons in the crowd.

Following the gathering outside the mayor's office, the crowd moved to the

Lisgar Street entrance of City Hall. There, they presented Rideau-Rockcliffe Ward City Councillor Tobi Nussbaum with the community's petition calling for relocation of the mucking-out site. Nussbaum invited the group back to his office for refreshments and further discussion. Capital Ward Councillor David Chernushenko joined the group to share his experiences of the Lansdowne development—a comparable project with a major impact on the surrounding neighbourhoods.

Turn to pages 4-5 for more details on the CSST Task Force.

## Beloved tree one of many cut down ... where are the replacements?

By Chris Straka

On Jan. 9, a screaming chainsaw at the Stanley Avenue-Dufferin Road bend heralded a spate of mature tree removals from public spaces throughout New Edinburgh.

The much-loved "Animal Tree" was one of the first to fall, followed by at least 14 more urban forest specimens.

Ted Mathesius of 201 Crichton St. crafted an arboreal menagerie in one of the

gnarled Manitoba Maples (Acer negundo) are known to be fast growing yet short-lived trees that rarely stand for more than 60 years. According to the Ontario Tree Atlas, the species' relatively weak wood and irregular growth pattern make it prone to damage, though regular pruning can extend its life.

City of Ottawa Forestry Services inspected the street trees along the eastern end of Stanley Avenue on May 20, 2016, and found the Animal Tree to be in poor condition. Experts determined that the tree was beyond saving: half of its foliage was dead and 60 per cent of the bark on the lower trunk was missing. If the problem been identified sooner, foresters might have added fertilizer, increased watering and eliminated foot

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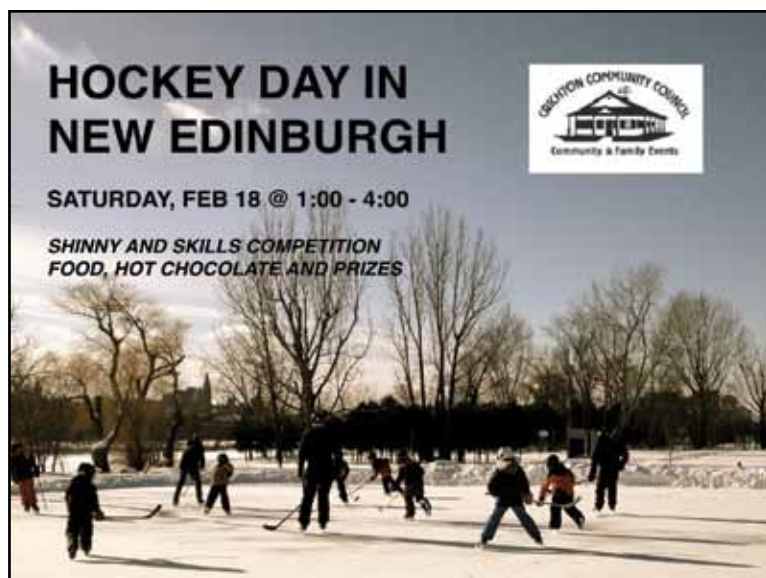
City of Ottawa Forestry Services inspected the street trees along the eastern end of Stanley Avenue on May 20, 2016, and found the Animal Tree to be in poor condition. Experts determined that the tree was beyond saving: half of its foliage was dead and 60 per cent of the bark on the lower trunk was missing. If the problem been identified sooner, foresters might have added fertilizer, increased watering and eliminated foot

traffic in an effort to rehabilitate the tree.

Although Forestry Services strives to preserve and protect as many urban trees as possible, the department removes hazardous trees on City-managed property. It is unknown whether the Animal Tree ultimately died from love or neglect.

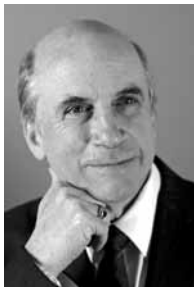
The 21-inch diameter of the Animal Tree's still-exposed stump reveals at least 35 years of growth. Over the course of this tree's life it had become increasingly lonely. In the last eight years, the City of Ottawa has reduced the number of mature street trees growing in the public space immediately north of the Stanley Avenue bend from at least eight trees to

Continued on page 22





# City's lack of concern for its citizens is what bothers us most about CSST project planning



**Tim Plumptre**  
NECA President

Governments deal in many kinds of currency. Money is one.

U.S. President Donald Trump seems to see government as a kind of oversized business. Money is his main concern. It will apparently make America "great" again.

A wise observer of the public sector once wrote, "Business and government

administration are alike in all unimportant respects."

Government is about a lot more than money. It's been said the real "currency" of government is fairness. Business doesn't care if its decisions are fair, but democratic governments do. Or at least, they are supposed to.

That's why we have post offices in remote communi-

ties where mail delivery does not make economic sense. It's why governments provide housing for low-income residents or universal health care—because this helps to level the playing field. It's fair.

When government isn't fair, this really gets up the nose of citizens.

This is one reason why many residents of New Edinburgh are so angry about the Combined Sewage Storage Tunnel (CSST) project. No one objects to its environmental objectives. But there will be months of noise and dust and big trucks and vibration. For some residents, especially those close to the site, these impacts are extremely worrisome. Many might have been avoided if, back when key decisions about the project were being taken, the government sought the views of this community in a meaningful way.

The City of Ottawa has a policy (supposedly) of public consultation. In addition, relevant environmental legislation required the City to consult on the CSST project.

Now it's true, as noted elsewhere in this issue of the *New Edinburgh News* (see pages 4 and 5), consultations were conducted about the project—seven years ago.

But not by the City—by the contractor, Stantec, to whom the contract for the CSST project has been awarded. And Stantec would have had every reason to try to ensure that consultations did not raise questions about the project. Questions might

upset engineering plans, or cost more money.

If Stantec wanted to ensure that consultations didn't make waves, they were remarkably successful. One consultation (11 kilometres from New Edinburgh) attracted three participants. The biggest event attracted 11. The nearest consultation was eight kilometres away from New Edinburgh. Apparently no

apparently were not given much, if any, consideration.

Currently, in discussions related to the project, many residents of our community feel they are being stonewalled by the City's representatives or by Stantec officials. Many requests for information or for copies of key documents have simply been ignored.

When residents have asked (as they did at the Jan. 25 public demonstration at City Hall) why the City has not adhered to its own policy on public consultation, there has been no response.

The past can't be undone. But looking forward, there is now an opportunity for the City to show a different face to our community. What if the City adopted a stance in upcoming discussions about the impact of the project that was open, transparent, accountable and responsive to deeply felt concerns of citizens? Why not?

A woman at one of the demonstrations following President Trump's inauguration held up a big sign that read, "Make America good again."

A good government worries about ethical behaviour. It is concerned with what is right, about what is fair. It prioritizes the health and safety of its citizens. It listens to them. It follows its own policies.

This would be a good motto for the City of Ottawa to adopt as we move closer and closer to the planned start date for the implementation of the CSST project in this community.

*"The past can't be undone. But looking forward, there is now an opportunity for the City to show a different face to our community."*

one voiced significant concerns about any aspect of the project.

A fair-minded government would have made sure that the voice of New Edinburgh residents was heard before the CSST project was approved. It wasn't.

Back in 2013, when municipal council decided to approve the path of the CSST East-West tunnel, it would seem that saving money and engineering convenience must have been the main criteria considered. The health and safety of our community and its heritage designation

## NECA MEETINGS

### All Welcome



The NECA board meets nine times a year, normally on the **third Tuesday of each month at 8:00 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 Tim Plumptre in advance to arrange scheduling. Our next meetings are:

**Tuesday, February 21, 8 p.m.**

**Tuesday, March 21, 8 p.m.**

Any changes to this schedule will be posted in advance on the New Edinburgh website, [newedinburgh.ca](http://newedinburgh.ca).

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# Letters to the Editor

## Could CSST excavation lead to rat infestation?

I know there are many issues to worry about regarding the imminent CSST project, such as noise, truck traffic, and property damage. But has anyone thought about RATS?

I know this might seem like a joke, but I'm serious. Perhaps I'm worried because I grew up in Canada's only rat-free province: Alberta. The Department of Agriculture's "rat patrol" inspects incoming train cars and cargo trucks to prevent the pests from invading and destroying crops.

Here in Ottawa, I realize,

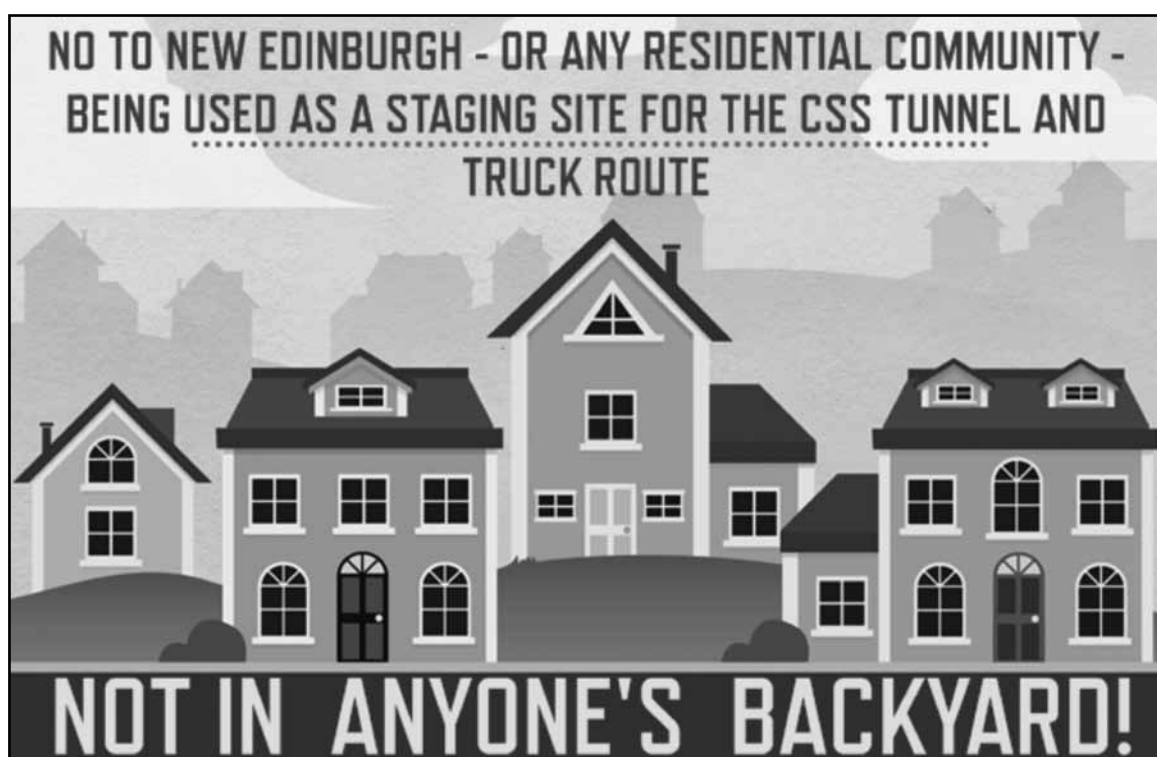
the odd rat is no big deal (especially near Wellington and Metcalfe). But our community is facing three years of open excavation, pipe laying, and tunnelling in our riverside park and near our homes. Will the CSST open the door and lay out a welcome mat for hordes of rats to invade our neighbourhood?

I have no doubt that rats lurk everywhere in our city—from Carleton campus to LRT tunnel sites. But what will happen once the CSST rats spill out and discover New

Edinburgh's food-filled compost bins? Already, their squirrel cousins chew right through our green bins and garbage containers. Relentlessly. In advance, I want to thank all of New Edinburgh's generous cat-owners. Sharpen those claws, because the hunting is about to get really good.

Has NECA asked City officials about their plans to mitigate the potential rat infestation of our neighbourhood?

In solidarity,  
*Maggie Baer-Opazo*  
18 Electric St.



## Don't dump construction problems on us, says LeBreton Flats resident

I am horrified by New Edinburgh's "not in my backyard attitude" regarding the work of the City set to take place in your "mature" neighbourhood. Shame on you for encouraging your community to poop on another neighbourhood.

LeBreton Flats is a mature residential neighbourhood, which has existed for over a century. We have lived in our house here for 30 years, much like lots of other residents,

and we care deeply about the quality of life for our families, our children and our community. We have endured lots of construction and upgrades to roads and infrastructure in the last 20 years, and we look for solutions with the City that minimize the impact and maintain the safety of our neighbourhood, not dump the problems to others.

Many communities have to contribute some short-term sacrifices for the long-term

collective good, so New Edinburgh residents should be courageous, do their civic duty and respect other communities of our Ottawa.

Sincerely,  
*Madeleine Rousseau*  
Spruce Street, Ottawa.

**Editor's note:** For more information about the CSST (Combine Sewage Storage Tunnel) project and its potential impacts, please turn to pages 4-5.

## NEW EDINBURGH NEWS

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# Combined Sewage Storage Tunnel Project

## Update on the Task Force's efforts to move and mitigate extraction site

By Joe Chouinard and Sean Flynn, Co-Chairs of New Edinburgh Task Force on the CSST, with NEN staff.

In recent weeks, the New Edinburgh Task Force, its working groups and many community residents have been working hard to modify the proposed project and mitigate its many anticipated destructive impacts. The Task Force has had weekly face-to-face meetings during November and December, and we are in constant contact via email.

We have met with Councillor Tobi Nussbaum on several occasions, focusing primarily on moving the primary staging and mucking site from Stanley Park, as well as having preliminary discussions about trucking impacts.

In addition, Nussbaum has met with the residents around the River Lane-Queen Victoria intersection to discuss impact mitigation. For a year, these residents in this area will be hit hard with noisy, intrusive construction activities. City officials held a public meeting on Jan. 19 to focus on these particular issues, but also covered many other concerns of the community about the project as a whole.

Efforts came to a head with a demonstration at Ottawa City Hall on Jan. 25, where close to 80 New Edinburgh residents gathered to present a petition to Mayor Jim Watson and City Council (see report on page 1).

Since the Task Force's creation in early November 2016, our approach has been three-pronged: 1) to **relocate** the project's main staging site from Stanley Park to another location with less devastating impact on an established community; 2) to **mitigate** the impact of the necessary

CSST construction and trucking activity on health, safety, the environment and overall quality of life in the neighbourhood; and 3) to **remediate and rebuild** the park, pathways and damaged local infrastructure following project completion.

### Relocate

First and foremost, we are attempting to get the main staging site relocated from Stanley Park. This would greatly reduce the anticipated heavy trucking activity (up to eight trucks entering and leaving the park per hour) in and through New Edinburgh during the 30-month project.

Nussbaum did request that the City review the possibility of relocating the site. The City and its consultants conducted a review of two alternative extraction sites (LeBreton Flats and also Bordeleau Park, just across the Rideau River from Stanley Park) in December 2016. The conclusion: both alternative sites would entail cost increases (estimated between \$23 million and \$32 million) and project scheduling risks as the contract has already been awarded. City

*"A project of this kind does not belong in anyone's backyard, and should be located as far as possible from the heart of established neighbourhoods."*

staff has recommended that no further consideration be given to these sites.

The Task Force will be reviewing the City's report to determine its accuracy—it was a "high level" review—and will continue to press the mayor's office and City Hall to exercise the political leadership needed to get the staging site relocated. And, even when the main staging site is relocated, the park will be trashed and will take decades to bounce back.

Hanging over the relocation efforts is the unavoidable NIMBY (Not In My Back Yard) challenge. In this issue of the *New Edinburgh News*, a resident of LeBreton Flats takes us to task for attempting dump the problem into another established residential neighbourhood. From the start, it's been our conviction



Photo by Louise Imbeault

City Manager Steve Kanellakos speaks with New Edinburgh's Victoria Henry during the demonstration at City Hall, Jan. 25

that a project of this kind does not belong in *anyone's* backyard, and should be located as far as possible from the heart of established neighbourhoods.

The root of the problem is the failure of the City of Ottawa to give due (any?) consideration to a careful analysis of the relative human impact of the construction and trucking activity associ-

truck route, and its residential streets are comparatively narrow and in no sense adapted to the intensive heavy trucking operation associated with the project, winding within metres of a playground, residences for the frail elderly, and the entrance to a park which is heavily used by people from all over Ottawa.

In the specific case of Le Breton, it is our understanding that the extraction site would be located on the undeveloped portion of the Flats north of Albert Street, in close proximity to the main construction site for the Light Rail Transit, and reasonably far removed from established residential streets. Albert and Slater Streets and Bronson Avenue are all existing truck and transitway routes, and arguably much better suited to absorbing the additional CSST truck traffic than New Edinburgh's more fragile transportation infrastructure.

But the bottom line here is not to pit one community against another. It remains the responsibility of the City to look at all the facts of the case to determine where the human impact of the mucking out site would be least damaging, and have the lowest impact on the lives of local residents.

### Mitigate

We have also begun to describe, document and organize the multitude of mitigation actions the community requires to reduce the dan-

gerous effects of the project. Such things as trucking hours, blasting and vibration monitoring, noise management, safe removal of toxic and contaminated soil, traffic and parking management, etc. These issues take on particular urgency and importance, as much of the harmful activities will be taking place within the Heritage Conservation District.

We understand that the City is working on a report that will outline the pros and cons of different trucking routes from Stanley Park. They would like to present their results to a community forum, with the intent of having the community "sign off" on a preferred truck route or routes. Our current position is that there *are no* acceptable trucking routes.

### Remediate and rebuild

We are in the early stages of outlining our needs for community remediation and rebuilding the park, green space, pathways, etc. We understand there are funds set aside in the contract for this, but we have not been able to view the contract to determine this. However, given that New Edinburgh is clearly the hardest-hit community, it is our intention to claim our fair share of any remediation funding.

In conclusion, we would again express our gratitude to the entire community for rallying to make the best of a bad situation. This project was dropped on us with no consultation and little warning, and it has been frustrating to try to get information from the City about many aspects of the project. The City has a plethora of staff and consultants pushing this project; we are volunteers with limited time and expertise to push back. Some of our enquiries are ignored. City responses to our information requests can be limited, guarded and sometimes even condescending. This "let's-not-share-any-information-but-patronize-the residents" attitude is most disconcerting. And it's no longer possible to accept the standard response from the City officials: "we don't anticipate any problems."

Our work is just beginning.

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**[newedinburgh.ca](http://newedinburgh.ca)**



Combined Sewage Storage Tunnel Project

Health and environmental effects may be felt long after construction ends

**By the Task Force’s Environment, Health and Safety Working Group**

Stantec provided, on behalf of the City of Ottawa, an Environmental Effects Evaluation on March 13, 2015. However, it omitted several crucial factors in assessing the impacts of the CSST project and of locating the primary extraction site for the East–West tunnel in New Edinburgh.

Based on the *Canadian Environmental Assessment Act 2012*, we would expect a more complete analysis of the environmental effects for a project of this magnitude, particularly related to health and safety, socio-economic conditions, cultural heritage, and other aspects. These have not been evaluated properly or they are underestimated.

When it comes to mitigation, clearly laid-out reporting measurements for compliance—with mitigation specifications and penalties for non-compliance—are essential for a project with significant impacts in a populated residential area. To date, mitigation plans, let alone reporting and monitoring, are lacking or have not been disclosed even though project commencement is imminent (slated for the end of February or early March).

This major project has the potential to negatively affect every aspect of New Edinburgh, its businesses and surrounding communities. We anticipate that there will be significant and prolonged health, environmental and safety effects that go well beyond basic construction disruption and nuisance.

Below is a list of some of

those significant impacts the community has raised, to no avail to date, with the City’s CSST project team.

**Air pollution**

- Exposure to sustained levels of emissions from heavy diesel trucking in residential areas and school zones (four to eight trucks every hour from 7 a.m.–10 p.m. for a three-year tunnel extraction project). Health Canada studies on diesel emissions show that sensitive groups such as the elderly, children and asthmatics can be at greater risk of adverse respiratory effects.
- Additional cumulative exposure to dust from the tunnel extraction site and construction, as well as the potential for dispersion of contaminants into the air from the handling and transportation of contaminated soil from both Stanley Park and Queen Victoria sites.

**Noise and vibration**

- City officials confirm that the CSST contract allows for up to 130 decibels per site. No consideration has been given to repeated exposure to high noise levels at various sites in both Stanley Park and on Queen Victoria Street.
- No consideration or analysis of the latest health studies, which indicate that hearing loss can occur after one minute of exposure to 120 decibels.
- Vibrations as the tunnelling operations pass in close proximity to homes.
- A Noise By-law Exemption is in place to allow work on the CSST tunnelling to proceed 24 hours per day, seven days per week.

**Soil contamination**

- Contaminated soil exceed-

ing both federal and provincial standards at primary tunnel extraction mucking site and other shaft construction sites in Stanley Park and on Queen Victoria Street.

- The City’s CSST team has provided a conservative estimate of up to 2,500 cubic metres of contaminated soil to be removed. Previous NCC studies (involving same contractor, Stantec) indicated that digging up and transporting the soil posed a significant risk.
- No treatment of contaminated soil once it is released elsewhere.
- Little or no mitigation for contaminated soil (e.g., containment and fencing) during preparatory excavation work that was undertaken for the project this past fall.

**Traffic and Safety**

- Contrary to City guidelines, the City signed a contract for tunnel extraction in a residential area where there are no designated routes for heavy sustained trucking.

- Expect massive congestion and delays in regular commute, local traffic, and city bus schedules for up to three years.
- Heavy trucking of tunnel extraction materials in school zones and in areas adjacent to retirement residences, a children’s playground, and recreational park facilities poses increased potential for accidents.
- Road closures expected at Queen Victoria/River Lane intersection and major pathways leading into Stanley Park. Conversion of River Lane to two-way traffic between Queen Victoria and Keefer and between Queen Victoria and Union Street.

**Social, cultural and heritage issues**

- Significant loss of older-growth trees, natural habitat and vegetation due to placement of tunnel extraction staging site in Stanley Park.
- Loss of the community’s only park and green space as well as associated effects on

city-wide events held in the park, community, school and camp programming for up to three years.

- The City’s evaluation of environmental effects of the CSST in New Edinburgh did not include any assessment of effects on built heritage, nor did it acknowledge the existence of New Edinburgh’s Heritage Conservation District designation. This is despite stating in the CSST Environmental Assessment that heritage is a “Valued Environmental Component” to be included in project assessment.
- Potential heritage impacts include structural damage to historic properties near the excavation sites and along trucking routes; significant damage to streets resulting from road repairs; and prolonged disruption during Canada’s 150th in a heritage residential neighbourhood next to Rideau Hall and the capital’s ceremonial route.



NECA President Tim Plumptre speaks to the media at the Task Force’s demonstration at City Hall, Jan. 25.

Photo by Garth Gullekson

Lack of community consultation contradicts City’s own policy

Public meetings are listed by date, distance from New Edinburgh and how many members of the public attended.

Date	Location	Distance	Attendees
March 2010	Tom Brown Arena	11 km	3
April 2010	Bob MacQuarrie Recreation Centre	16 km	11
June 15, 2010	Shenkman Arts Centre	18 km	4
June 16, 2010	Montgomery Legion, Kent St.	8 km	9
June 2012	Ottawa City Hall	4 km	11

Total members of the public that attended the five CSST open houses: 38  
Total City staff and consultant that attended the five CSST open houses: 42

**By Joe Chouinard, co-chair of the New Edinburgh Task Force**

In 2009, then-MPP Jim Watson (our current mayor) requested a report by the Environmental Commissioner of Ontario on the status of the response of the City of Ottawa to Water Quality Issues in the Ottawa River. The project has evolved into the Ottawa River Action Plan (ORAP), and includes the

Combined Sewage Storage Tunnel (CSST).

The report contained substantial criticism of the low level of public consultation on the project to that date and strongly recommended increased levels of consultation going forward.

How is it possible that a key recommendation of the province’s environmental watchdog was not followed?

Continued on page 6



# Public meeting on CSST truck routes to be held this month



**Tobi Nussbaum**  
City Councillor, Ward 13

I want to provide an update on the work I have been doing on the community's behalf to address the challenges posed by CSST (Combined Sewage Storage Tunnel) construction. Residents are understandably concerned about the potential impacts of the construction on their health, safety, heritage buildings, traffic and enjoyment of the neighbourhood.

My approach continues to be based on three tracks: to keep residents informed and assist with their information requests of the project team; to mitigate the impacts of this project on the community, and to work with the community association as it develops a community response to, and strategy for, the CSST.

## Extraction location

One area of consistent concern has been the plan to extract the rock and material from the east-west tunnel from the Stanley Park portal. When we

learned at the public meeting in November 2016 that it was technically feasible to drill down slope from LeBreton Flats to Stanley Park, and in light of the delays in the commencement of the project that seemed to partially solve the issue of access to the LeBreton portal, I requested a revised analysis of alternative extraction locations. I felt a thorough review was imperative, including the possibility of reverse tunneling and extracting at LeBreton Flats but also the options of a mid-tunnel extraction shaft near Nicholas Avenue as well as Bordeleau Park.

City staff's response to my request was formally sent to me and other members of Council on Dec. 23, 2016, and is available on my website. The memorandum estimated the cost of each alternative site to be between \$23 million and \$30 million, and concluded that City staff would not support securing

the required funds – either within the project budget or beyond – to transfer the extraction location.

I have since met with our MPP, Nathalie Des Rosiers, to explore the viability of all three levels of government that are funding the project working together to find a solution. While I want to be realistic about the difficult challenge of securing both the funds and political support for an alternate extraction location, I will continue advocating for creative solutions and discussing options with the other government funding partners.

## Truck routes

Working with the New Edinburgh Community Alliance's CSST Task Force, I've organized a number of meetings between City officials and community representatives. In late December, an initial discussion was held with the CSST project team and Task Force representatives regarding possible routes for trucks to enter and exit the neighbourhood.

In response to a request from NECA, the CSST team is currently conducting an assessment of the different options and will be providing a matrix to show the pros and cons of all possible routes. A pub-

lic open house on this topic will take place in February – details to be announced. Such a meeting will be an opportunity not only to hear views on truck route options, but also to identify specific mitigation measures – from low truck speeds to other methods to ensure pedestrian safety.

Mitigation will be central to my ongoing talks with the project team on a variety of issues – from construction hours to noise levels.

## Keeping the community informed

I have been working closely with NECA's Task Force to facilitate information sharing and meetings with the CSST project team. One of my first tasks in the New Year was to meet with Task Force representatives to discuss next steps. I also attended the NECA board meeting on Jan. 17 to provide an update on developments. I continue to be in regular contact with NECA board members and Task Force representatives by phone and by email.

Having spoken to and met with many residents living at River Lane and Queen Victoria who are seeking better and more information about construction activities occurring at that site (referred to as Site 5c), I asked the

CSST project team to provide a briefing specific to that location, which they did on Jan. 19. An overview of the information presented at that meeting is on my website. I am pressing City staff to ensure residents get information that is critical to understanding how this project will impact their day-to-day lives in the coming days.

Information about construction at the main Stanley Park site will also be made available via a public session before spring – details to be announced soon. Furthermore, I have asked the CSST team to prepare a comprehensive information package to be provided to all residents throughout the community in advance of construction.

## Moving forward

Next steps include a meeting with NECA representatives and Mayor Jim Watson to formally seek agreement on specific steps to lessen the impact of CSST on the community. Also, the ongoing specific meetings in the community mentioned above are being organized. I am focussing my efforts on all three tracks in order to alleviate the negative impact of this project on the residents of New Edinburgh.

## Continued from page 5

Five open-house consultations took place during the CSST project design phase in places like Orleans, Cumberland, and Ottawa City Hall between 2010 and 2012. There was no direct consultation with residents of New Edinburgh, the community most adversely affected by this project. And this, despite the fact that there are well-established direct lines of communication to community residents via *The New Edinburgh News* and the community website—[newedinburgh.ca](http://newedinburgh.ca)—and that New

Edinburgh has long been known in the City of Ottawa as an actively engaged community with a deep sense of stewardship for its unique character and highly-valued historic and natural assets.

Referring to the four open

closest to the proposed infrastructure" (p. 3.32). But the residents most affected live in New Edinburgh. We were never contacted, not even with a notice on the community website.

Stantec stated in 2013:

*"Five open-house consultations took place between 2010 and 2012. There was no direct consultation with residents of New Edinburgh."*

houses held in 2010, the 2013 Environmental Study Report by Stantec states, "the 2010 open houses were held in both central and east locations to target the residents

"The consultation program... was also aggressive to target the Public at most opportune occasions and availability. For example, public open houses were avoided during

the summer months as many people are out of town." (p. 3.29). Fact: two of the four public meetings held in 2010 were held in mid-June.

The serious omission to consult with the residents of the community most affect-

City to engage the community of New Edinburgh in discussions about the potential effects of the CSST Site no.5 proposal.

The community of New Edinburgh DID NOT KNOW about the primary mucking location of the east-west tunnel of the CSST until Oct. 27, 2016.

Many residents wonder whether the lack of consultation by the City with New Edinburgh was a deliberate stealth operation planned at the highest levels of the City administration. Or was it just incompetence? Or straightforward lack of concern on the part of the City for the impact on the lives of New Edinburgh residents, readily dismissed as collateral damage from this massive and intrusive project.

Regardless, it is clear that the criticisms levelled at the City in 2009 by the Environmental Commissioner are every bit as valid today, with the residents of New Edinburgh expected to pay the price.

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# Outgoing Government Whip reflects on his time serving Ottawa-Vanier

By Andrew Leslie, MP for Orleans

Like many in our city, I was deeply saddened by the passing of the long-time Ottawa-Vanier Member of Parliament, Mauril Bélanger. I considered Mauril a good friend and political mentor as he helped me learn the ropes as a rookie politician. Even in his final days I admired his commitment to serving his constituents and Canada. While he was battling ALS, Mauril mustered all of his strength to continue fulfilling all of his duties in the House for as long as he could. Remarkably, he managed to use his final days to advance changes to our national anthem to make it gender-equal. Mauril also served as honorary Speaker of the House for a day—an historically unique honour requiring unanimous consent of all MPs.

Serving in the capacity of Whip for my party, it has been my honour to oversee his riding office.

One thing I insisted upon was ensuring that the voices of Ottawa-Vanier continued to be heard through the government's consultative processes. A number of town hall meetings were hosted either by me or other Members of Parliament knowledgeable on the topics at hand. Nationally important topics such as priorities for our next budget, actions to fight climate change, electoral reform and national security now have the input of Ottawa-Vanier's well-informed and engaged residents.

In further efforts to be accessible to Ottawa-Vanier residents, either myself or

one of my National Capital Region colleagues have been made available to meet with Ottawa-Vanier residents on local topics or to attend important community events typically expected of a local Member of Parliament. It has been my absolute pleasure to meet an entirely new group of communities and stakeholders and to advocate on their behalf at the federal level.

Over the past year, Canada's Parliament has made many accomplishments. Many of the commitments that Mauril and I were elected on to help average Canadians have been either accomplished or advanced significantly. Of special note, we implemented the Canada Child Benefit that will, on average, increase child benefits by almost \$2,300 in the 2016-17 benefit year, as well as lift about 300,000 children out of poverty. We reached an agreement with the provinces to strengthen and improve the Canada Pension Plan, which will allow workers to retire with more money in their pockets. For students, we increased the Canada Student Grant amounts by 50 per cent: from \$2,000 to \$3,000 per year for students from low-income families; from \$800 to \$1,200 per year for students from middle-income families; and from \$1,200 to \$1,800 per year for part-time students.

Coming up this year, we can all look forward to activities related to the 150th anniversary of Confederation. This year-long celebration and its various publicly- and privately-sponsored events are major reasons Canada was selected as the number one country to visit in 2017 by Lonely



Photo courtesy Andrew Leslie's office.  
As Chief Government Whip, Andrew Leslie acted as Ottawa-Vanier's voice in Parliament following the death of MP Mauril Bélanger in August 2016. MP Pablo Rodriguez succeeded Leslie as Whip on Jan. 30.

Planet, the world's leading travel media company, in its Best in Travel rankings. Like many of you, I was present at the official kick-off of festivities on Parliament Hill on New Year's Eve. This is just one example of the Canada 2017 celebrations. I encourage everyone to go to [Canada150.ca](http://Canada150.ca) to learn about events happening in our region as well as throughout our great country.

Please note: as of Jan. 30 I will no longer be serving as custodian of Ottawa-Vanier. This responsibility will fall to incoming Chief Government Whip, Pablo Rodriguez. Residents will continue to receive services such as help with passports, Canada Revenue Agency, Service Canada, immigration, and various other federal services from the local Ottawa-Vanier constituency office that can be reached at 613-947-7961 or [Ottawa.Vanier.a1@parl.gc.ca](mailto:Ottawa.Vanier.a1@parl.gc.ca).



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## Liberals to choose candidate Feb. 5

The federal government has until Feb. 19 to call a byelection in our riding of Ottawa-Vanier. While the federal New Democrats chose their candidate back in late November (Emilie Taman will run again under the orange banner), the Liberals will choose from a list of 10 people at their nomination meeting on Feb. 5, 10 a.m.-3

p.m. at 200 Coventry Rd. According to the Globe and Mail on Jan. 19, Catherine Bélanger, widow of Mauril Bélanger, has chosen to support Mona Fortier as her choice for Liberal nominee. Other names on the list of potential candidates include (in alphabetical order): Khatera Akbari, Claude Dubuisson, Abdourahman

Kahin, Eric Khaiat, Francis LeBlanc, Ainsley Malhotra, Persévérance Anta Ekwi Mayer, Nicolas Moyer and Véronique Soucy. Ottawa-Vanier has been without a Member of Parliament since Mauril's death in August 2016. As of press time, the federal Conservatives had not chosen their candidate.  
— Christina Leadlay



# Celebrating Canada's 150th in rural Ottawa



**Jim Watson**  
Mayor of Ottawa

Alongside the Ottawa 2017 Bureau and our partners, City Council has been working hard to position Ottawa as *the* place for all Canadians to celebrate the 150th anniversary of Canada's confederation in 2017.

Not only is this exciting for residents and visitors, but these festivities can also be a major boost to our local economy, filling restaurants, shops and hotel rooms. In fact, tourism is the third largest contributor to our local economy behind the high-tech and government sectors.

Canada is a diverse country, and we will host an equally diverse selection of large signature events, such as the Canadian Video Game Awards, the Canadian Track and Field Championships, the

Canadian Olympic Curling Trials – Roar of the Rings, the 105th Grey Cup and many more.

More than just taking part in these exciting events, I encourage you to use the sesquicentennial as an opportunity to celebrate and explore some of the more out-of-the-way places that make our city unique.

Did you know that you can fit the five largest Canadian cities within the boundaries of the City of Ottawa? The size of our city can make the more than 5,400 km of roadways difficult to maintain, but it offers us the opportunity to enjoy a world-class, modern city alongside the charm and history of our rural communities.

It's hard to imagine in the

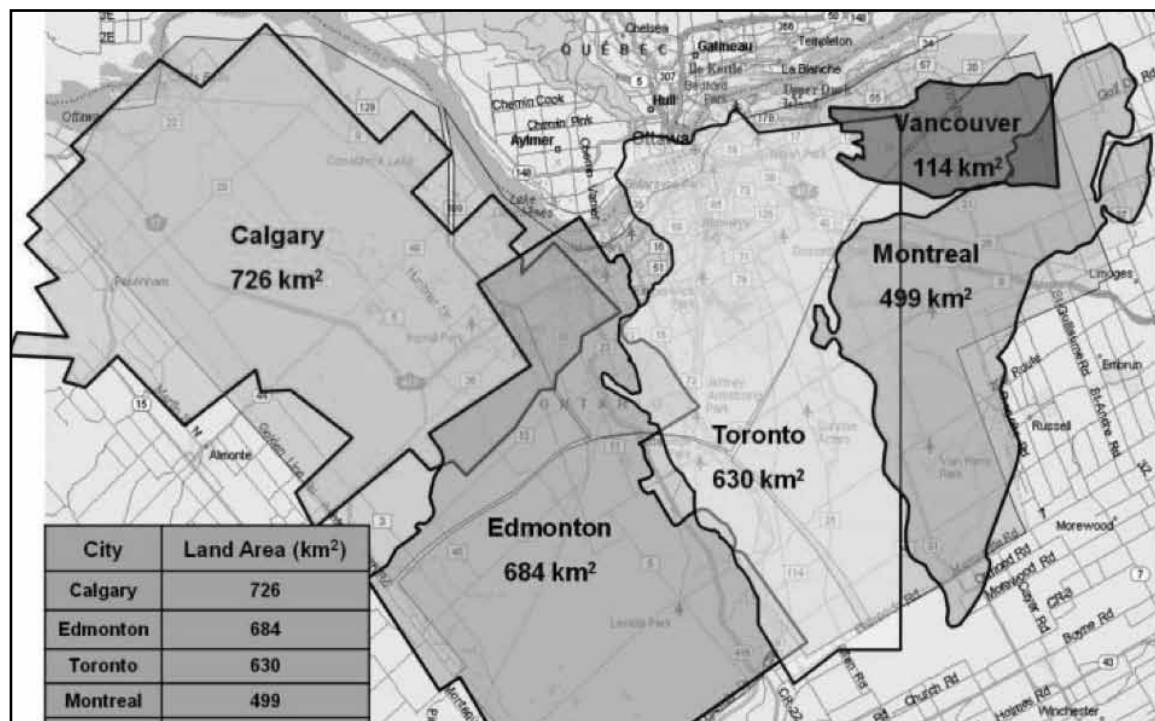
depths of winter, but in the Merivale Gardens in Ottawa's west end, there is a massive inland sand dune. Further east, don't miss the Cumberland Heritage Village Museum for a taste of local life in the 1920s and '30s. Just south of the city in Greely lies our very own cranberry bog at Upper Canada Cranberries. Even Ottawa's downtown has rural

attractions: stop by Canada's only urban sugar shack in Richelieu Park, Vanier. The Vanier Muséopark opens the sugar shack every weekend between March and April with programming for the whole family.

These are just a few of the exciting attractions alongside old favourites like the Diefenbunker in Carp or

Watson's Mill in Manotick. Ottawa's geographic diversity is one of our strengths, so try to take advantage of it during 2017 by heading outside the city core to explore these amazing features of our city that you may have never known were there.

Learn more by visiting my Facebook Videos page or [jim-watsonottawa.ca](http://jim-watsonottawa.ca) to watch my "Ottawa's Rural Attractions" video.



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# I cannot support the closure of Rideau High School



**Chris Ellis**  
Public School Trustee, Zone 6

It is confirmed: more than \$300,000 in provincial Urban and Priority High Schools (UPHS) grants to support the success of students at risk of failure will be lost to Rideau High School students if Rideau closes. Instead, provincial officials say, the grant will be transferred to the next school on a province-wide priority list, likely a school in another city and definitely not Gloucester HS. I believe this could mean up to 50 students would drop out or leave high school without graduating. The most prominent rationale for closing Rideau is that it doesn't offer enough course options, but it doesn't matter how many course options there are if the young adult is not in school, instead struggling on the street. For this reason alone, I cannot support closing Rideau HS. But there are many more reasons why closing Rideau HS is the wrong thing to do.

The second and final public meeting on the proposal to close Rideau HS took place on Jan. 11. A tour of Rideau HS prior to the public meeting gave the public and school board trustees the chance to see for themselves what the community would be losing. Such community partners as OrKidstra and the Boys and Girls Club were also present to explain the partnerships they have with the school that support students and the greater community. It was informative to see the great facilities and hear from students how the band room, auto shop, and drama room and the school day and extracurricular activities support their learning.

Later, at the public meeting, people had a chance to outline why they do not support closing Rideau HS. Some of the key points raised over the course of the two public meetings include:

•**UPHS-funded services to Rideau students:** The Public Health Nurse Practitioner, who is at Rideau HS for a day and half per week funded by the UPHS grant, described student needs ranging from birth control to mental health issues to obtaining a health card. She noted there are students living in shelters or who are on their own for the first time. She emphasized the opportunities the grant provides to build trust with students and to work as a team to support their success at school and in the community. If Rideau HS closes the funding will not follow the students.

•**Demographic changes:** People spoke to the anticipated growth in the area (e.g., Rockcliffe Air Force base, Vanier and LRT transit-oriented development plans for the Tremblay, St. Laurent, and Cyrville stops) and emphasized that young parents are choosing the area to be close to downtown and do not want to send their children to suburban schools. Board staff said that the growth will happen too far in the future to be considered in this review, but it would be remiss not to consider future need. There will be a strong case for the Board to mothball Rideau HS because there will be sufficient growth by 2030 to need a high school in its current catchment. Removing a much-needed asset for a decade is not in the best interest of area students or the

community.

•**Families of schools:** Not reviewing area elementary schools in conjunction with high schools ignores potential impacts on elementary schools and the opportunity to make thoughtful boundary changes. Some boundaries in this area pre-date the amalgamation of the old Ottawa and Carleton Boards of Education and, after a decade, are still arbitrarily dividing student cohorts or sending students away from their closest school. Since a tenet of the current Board is to keep cohorts together as much as possible, there is a good case to be made to deal with the elementary panel and secondary panel at the same time.

•**Neighbourhoods:** A big factor for me is that many in the Rideau HS catchment area don't see Gloucester HS as their community school. One participant at the Jan. 11 meeting, for example, noted that although her family considers Rideau their community school, if it closes then they would see Lisgar CI as the next community school. She noted that they live on the south side of Beechwood in Vanier, but if they lived across the street in New Edinburgh they would be directed to Lisgar CI.

To partially address this neighbourhood issue, I plan to bring forward three amendments to the redirection of students in the Rideau catchment if trustees vote to close Rideau:

•Starting in the school year 2017-18, grade nine students residing in the York Street Public School grade 7 to 8 English attendance boundary east of the Rideau River, and south of Beechwood and Hemlock, be directed to Lisgar CI;

•Starting in the school year



Photos by Chris Ellis

The public and school board trustees toured Rideau High School prior to a meeting on Jan. 11.



Photo by Chris Ellis

Principal Steve Spidell explained how classes like construction (pictured) and band (top) help students' learning.

2017-18, grade nine students residing in the Manor Park English attendance boundary be directed to Lisgar CI;

•Starting in the school year 2017-18, Lisgar will accept grade nine students to the Gifted Congregated program if Lisgar CI is the closest high school offering that program

to where the student resides.

Even with the above amendments, closing Rideau HS will fragment what I believe is the natural, vibrant and diverse community of Vanier, Overbrook, Rockcliffe, Manor Park, Forbes, Lindenlea and New Edinburgh.

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# BURGH BUSINESS BRIEFS

- By Jane Heintzman -

## Bridgehead Set for Spring Expansion

**Bridgehead** owner **Tracey Clark** confirms that her popular Beechwood coffee shop is set to expand into the neighbouring space vacated in January by **Details Home Apparel**. At this point, no final decisions have been made on whether Bridgehead will take over the whole unit or just a part of it. Tracey is wisely postponing the expansion until spring when the patio will be back in action and the renovation work can take place without disrupting daily business. Bridgehead patrons will no doubt be delighted to have this additional elbow room, given the frequent full-to-bursting situations in its present quarters.

After 10 years as Bridgehead's next-door neighbour at 131 Beechwood, local interior design emporium **Details** closed its doors in mid-January and has since relocated to **221 Pleasant Park Road** in Alta Vista. Owner and interior designer **Colleen Strban** bravely launched the business back in 2006 while she was pregnant with twins! In the intervening decade, Details has acquired a substantial clientele, many of them from the surrounding communities of Rockcliffe Park, Manor Park, Lindenlea and the Burgh.

Much as Colleen and her assistant **Lesley** enjoyed the neighbourhood and appreci-



Photo by Louise Imbeault

The Bridgehead coffee shop is set to expand into the space vacated by Details Home Apparel.

ated their loyal clients, they struggled with the constraints of space and limited storage in the Beechwood facility. They had also become increasingly concerned with the lack of adequate parking facilities, as well as escalating traffic problems on the Beechwood corridor. Their new digs in Alta Vista are reportedly quieter and more spacious. As Lesley points out, the majority of their business takes place on-site in clients' home, so the move is unlikely to be a significant inconvenience to customers. We wish them well in their new headquarters!

**Pub eyes March 17 opening**  
Despite the inevitable con-

struction delays encountered in the wholesale renovation and redesign of 1 Beechwood Ave., former home of the legendary New Edinburgh Pub, **Royal Oak President Jonathan Hatchell** remains optimistic that the new **Beechwood Royal Oak** will be open by mid-March. Indeed, Jonathan is so optimistic that he's taken the heroic step of booking entertainment for a foot-stompin' St. Patrick's Day celebration on March 17!

At press time, work continues apace on the interior overhaul which will result in a new two-floor operation: a cozy, traditional British-style pub on the main level, and a more open, club-like space

upstairs with larger tables, washrooms and a fireplace. One feature of the décor in which Jonathan takes particular pride is the former cinema walls' splendid original brickwork—a magnificent backdrop for the pub. Several familiar faces from the former New Eddie Pub staff will be back on the scene at the new pub. Jonathan is also moving ahead with preparations for a major outdoor patio extension in the bulge-out at the Beechwood-Crichton intersection.

## Post-transition pharmacy update

In December, we reported the breaking news that our long-time local pharmacist **Frank Tonon** had sold the pharmacy business to new owners. The deal included the proviso that Frank himself would remain on the scene for an indefinite period and that his son **Matthew** would take the reins as manager, part owner and head pharmacist. Since then, we caught up with Frank, who indicated that a sale had in fact been

in the works for some time, with several potential buyers expressing interest over the course of 2016.

Frank reports that the buyers, whose portfolio includes roughly 30 independent pharmacies across Canada, are strongly committed to maintaining the independence of these businesses and came highly recommended by the President and CEO of the Guardian Pharmacy group, Frank Burke. Of greatest importance to Frank, the buyers were amenable to his "steady as she goes" approach, including the retention of existing staff. While his own involvement in day-to-day operations will be scaled back, Frank will continue to be a regular presence at the dispensary, maintaining his special links to the residents of the local retirement homes. He confesses: "I still love it here!"

Newly minted pharmacy manager **Matthew Tonon** has been grappling with operational issues beyond his usual tasks in the dispensary, continuing discussions with the building owners on a potential move to monitored parking. In recent weeks a new system has been in operation wherein pharmacy customers receive one hour of free parking by entering their license plate numbers into a discreet (perhaps too discreet) machine at the store entrance. Predictably, there have been some mishaps, but Matthew says the system remains a work in progress. He stresses that the goal is to ensure that pharmacy patrons are assured a free parking space in the adjacent lot, which will only get busier as Minto Beechwood and the Royal Oak Pub open this spring.

The upcoming renovations to the store's interior are now



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Photo by Louise Imbeault

**Buffy is one of the talented florists at Mood Moss Flowers.**

in the design phase. Matthew says that a key objective is to accommodate an expanded range of services the pharmacy hopes to introduce in the coming months. There are no details at present, though we anticipate they'll reflect the increasingly broad scope of the role of pharmacies in the evolving health-care delivery system.

#### Flowers fit for a vice-president

When we spoke in early January, Mood Moss Flowers owner **Eric Cardinal** was catching his breath after a whirlwind holiday period—the best ever since he opened his Beechwood business 12 years ago. For six weeks, the shop was in high gear, tackling the annual surge in demand for floral gifts and decorative arrangements, along with numerous special events.

Eric reports that his “busy season” traditionally begins as early as mid-November when Mood Moss takes part in the annual **Homes for the Holidays** event in support of Hospice Care Ottawa. Regrettably, this year's intended assignment—decorating the Ashbury College Chapel in the school's 125th Anniversary year—was cancelled when school officials encountered an overbooking problem. As always, however, Mood Moss operated a successful pop-up shop at the Gift Show in the Irish ambassador's residence, and Eric is hopeful that the Ashbury Chapel may be on the list for 2017.

Perhaps the highlight of the season: Mood Moss was

selected to create 40 table decorations at a gala dinner for outgoing **U.S. Vice-President Joe Biden** on Dec. 8. The state dinner took place in the Sir John A. MacDonald Building—the former U.S. Embassy on Wellington Street—where local luminaries gathered to hear Biden's farewell address. Check out Eric's photos of his handiwork on Mood Moss' Facebook page.

In the lead-up to Christmas, the Mood Moss team worked flat out to fill orders for table arrangements, corporate gifts, poinsettias and decorations. They ran full-steam until late afternoon on Christmas Eve and then geared up again the following week to prepare for two New Year's Eve weddings. Not surprisingly, weddings are an important aspect of Mood Moss' business—more so since Eric connected with a local wedding planner that has referred several clients in the past year.

January is traditionally a quiet month for Mood Moss, but the tranquillity won't

last long. Valentine's Day is fast approaching, and 186 Beechwood Ave. will soon be action central as spouses, lovers, sons and daughters converge on the store in search of a floral gift for their loved ones. Interestingly enough, roses—the tried and true, but expensive, Valentine's tribute—account for only about 40 per cent of Eric's requests on Feb. 14. Most clients, he says, opt for Mood Moss' signature hand-tied mixed bouquets.

Looking to the spring, Eric anticipates another bounce in business starting in April around Easter time, and building steadily into May—his busiest month, when Mother's Day and the launch of wedding season turn all thoughts to flowers. “People just seem to wake up in May,” he muses.

Interestingly, Eric's skills in floral design are matched by his athletic prowess. Until recently, he competed internationally as an elite member of Canada's National Men's Underwater Hockey team. Yes, you read that correctly. Underwater hockey: a grueling sport requiring a rigorous regime of training and conditioning. While he no longer competes at the elite level, Eric still works out regularly in the pool and with a personal trainer at the Physical Therapy Institute. He hopes to earn a spot on the Masters' Team for an international tournament coming up in Quebec City in August 2018.

#### Meet psychotherapist Cecilia Taiana, Ph.D.

Local psychotherapist **Cecilia Taiana**—a distinguished academic, author, researcher and teacher—has operated a clinical practice in our area since 2008. She offers psychodynamic therapy for clients suffering from a broad range of afflictions: anxiety



Photo courtesy of Cecilia Taiana

**Cecilia Taiana is taking a sabbatical year from Carleton University.**

and depression; post-traumatic stress disorder; grief and bereavement; work-related stress; interpersonal, family or marital difficulties; and in general, the emotional challenges of contemporary life. She works with a network of general practitioners, psychiatrists and psychologists and receives regular referrals as part of her practice.

Cecilia's professional training spanned four cities and three continents, taking place in Buenos Aires, Paris, London and Ottawa. She has extensive background in issues relating to psychological trauma, broadening her research through visits to traumatic distress centres in Toronto, London and Buenos Aires during a 2004 sabbatical year. These visits formed the basis for an international network of professionals dealing with survivors of severe psychological trauma.

Cecilia's research has made a major contribution in the development of course materials introducing graduate students in social work and psychology to an innovative understanding of trauma in all its complexity.

In 2007 and 2008, Cecilia was a visiting fellow at Stanford University, California, where she taught a course on trauma and memory and presented papers on the results of her research. She has numerous academic publications to her credit, including an award-winning article published in the *International Journal of Psychoanalysis* in December 2014. In keeping with her strong commitment to the application of current theory to front-line clinical practice, Cecilia also serves as a regular supervisor to a dedicated team of Addiction Counsellors at the Ottawa

**Continued on page 12**

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Continued from page 11

Mission, and a team of Counsellors at the South-East Community Health Centre, providing ongoing support and a framework for professional development.

Cecilia recently began a sabbatical year from her position as an associate professor at Carleton University's School of Social Work, and is able to offer expanded appointment hours in her local practice to accommodate new clients. She works with individuals of all ages from 18 and older, tailoring her approach to the specific needs of each individual client. Her overarching aim is to help clients achieve enduring positive changes in their lives in two ways. First, by better understanding their recurring patterns of negative thoughts and behaviours. Second, by learning to respond more constructively to the stressors they encounter in the workplace, in the family, and in their personal relationships beyond the family circle.

In contrast to cognitive therapy, psychodynamic psychotherapy is not a directive method; rather, it is a process in which the individuals lead the way. Clients gradually unfold their own analysis of their situation and sources

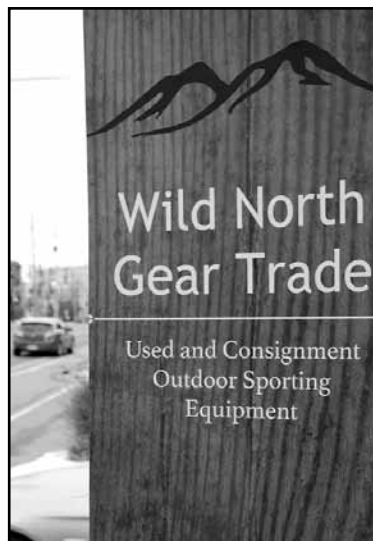


Photo by Louise Imbeault

#### Wild North Gear sells used and consignment outdoor sporting goods.

of distress, drawing on previous experiences related to their current difficulties. However, Cecilia's first two sessions with a client involve a clinical assessment. In these preliminary meetings, she poses a series of direct questions to establish the framework within which they will work together. Though much depends on the individual, clients typically work with Cecilia once or twice per week, sometimes visiting more frequently in an effort to advance the process.

Understandably, given the complexity of human emotions and the challenges of daily living, psychotherapy is not a quick fix—most cli-



Photo from Wild North Gear on Facebook

ents engage in fairly lengthy course of treatment. Cecilia aims to help them achieve both heightened self-knowledge and new patterns of response and behaviour that enhances their ability to fully engage in life. At the same time, she hopes to reduce their vulnerability to the inevitable stumbling blocks life brings to us all. Cecilia can be reached at **613-746-9416** and is available for both daytime and evening appointments.

#### Wild North Gear opens its doors

On Dec. 10, a new business opened its doors at **121 Beechwood Ave.**—just up the street from **Red Door Provisions**—and has been doing a brisk business selling used and consignment outdoor sporting goods. Launched by sports enthusiast **Chris Doubt**, **Wild North Gear** fills an obvious niche in our active community, offering affordable downhill skis, snowboards, outerwear and accessories, boots and snow shoes, which are also

available for rent. The store's website—**wildnorthgear.ca**—is a work in progress, but slated to be up and running by mid-February. You'll also find them on Facebook and, after an outage in January, the Wild North Gear phone line is back in operation at **613-422-WILD (9453)**.

Endless though it can seem, winter will be over before long. When the weather heats up, Chris will make the switch to summer merchandise such as mountain bikes, paddleboards, kayaks and whitewater kayaks. He is also working towards an online expansion of the business later this year to cast his retail net beyond the Beechwood store.

If you have used equipment to sell, or need reasonably priced gear to make the best of the Ottawa winter, drop by the store or send Chris a message on Facebook: **wildnorthgeartrade**. Current hours of operation are **Tuesday through Saturday, 10 a.m.–5 p.m.** or by appointment.

**"The best lasagna in town"**

It's been nearly 40 years since **Il Vagabondo** opened its doors in 1979. For well over half of that time, **Adriana Roy** has been the restaurant's moving spirit, serving as principal chef, manager, marketer and official greeter, welcoming guests with the warmth and enthusiasm of a seasoned hostess.

In the course of those four decades, the commercial landscape surrounding the restaurant at 186 Barrette St. (at Marier) has changed dramatically. Businesses such as **Bridgehead, Red Door Provisions, Muckleston & Brockwell, Mood Moss Flowers, Pet Valu, Jacobson's, Kelly's Barber & Beauty** and most recently, **Sutherland Restaurant**, have drawn locals to the enlivened Marier-Beechwood area. While this has undoubtedly boosted her business, Adriana reports that her regular clients come from all over the city, from Orleans to Kanata. Many are former neighbourhood residents that remain loyal to **Il Vagabondo** and return regularly to savour Adriana's signature homemade pasta and the restaurant's relaxed atmosphere.

In the December edition of *Ottawa Magazine*, food critic **Anne DesBrisay** included **Il Vagabondo**, among five "Old Faithfuls" in her run-down of the Top 10 New Restaurants in Ottawa. She noted in particular that the restaurant "still dishes up some of the best lasagna in town." High praise from someone who has undoubtedly tried them all!

Adriana is gratified by the popularity of her made-from-scratch pasta, including whole-wheat and gluten-free options added in recent years. But she is quick to emphasize the many other tasty dishes on the menu, including veal, chicken, fish and lamb in season. She also takes pride in the freshness of her ingredients and the regular innovations she introduces through her daily specials. Adriana says the menus on her website—**ilvagabondoottawa.ca**—give only a glimpse of what's on offer daily and encourages local diners to drop in and check out the fresh fare.

On Jan. 1 this year, **Il Vagabondo** changed its hours and is now closed Sunday and Monday. While this is to be the norm for the time being, Adriana is delighted to make exceptions for par-

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Photo by Louise Imbeault

**Il Vagabondo patron Tristan Perrier joins his friend, chef Adriana Roy, for some of her delicious cooking.**

ties of eight or more, or for special occasions. Just give her a call in advance at **613-749-4877**. Despite the intense competition in the restaurant market from hip, new, high-end eateries, Adriana carries on her local business with flair and determination. "I'm a survivor," she says. After all these years, there seems no question about that!

#### **Fresh Hair Studio**

Since her arrival at **75 Beechwood Ave.** seven years ago, Fresh Hair Studio

owner and operator **Margot Robinson** has been a tireless community booster. She is always keen to support long-established businesses along the Beechwood corridor and to welcome new ones. She takes pleasure in recommending the goods and services of the surrounding merchants to her clients, and is gratified by the positive feedback she receives when they return for their regular "do." "It's fun to hear their enthusiasm about the beautiful arrangement of flowers they bought

from Rima at **Mille Fiore**, or the wonderful service from Kim at **Kimberley Wilson Bridal Boutique**, or the last-minute gifts they found at the gift shop at the **New Edinburgh Pharmacy**," Margot explains. "And with Fresh being my home away from home, I love knowing that whatever I need is just steps away".

Margot's clients come from all parts of Ottawa and beyond, reflecting the fact that she brought many of them along when she moved from her previous location. She is pleased to report, however, that much of her client base is now local, as she has steadily attracted pedestrian traffic and benefited from word-of-mouth recommendations. Margot feels that her clients, diverse as they are, "all have one thing in common, and that is to feel comfortable with their 'look' while having a style that reflects their uniqueness and individuality. ... Fashion is something you follow, but style is something you can create to show the world a little piece of your personality."

A recent innovation at Fresh, in which Margot takes considerable pride, is a new line of eco-friendly, sustainably produced **NEUMA** hair products (neumabeauty.com). These not only beautify hair, but also are also free of the chemical cocktail of sulphates, parabens, glycols and other pollutants that can threaten the health of both the user and the environment. NEUMA products are all made with plant-based, colour safe ingredients and certified organic extracts.



Photo by Louise Imbeault

**Beechwood Gastropub manager Michelle Comeau and chef Harriet Clunie.**

Even the packaging consisting of recycled bottles and fibre containers. "And they're manufactured with 100 per cent wind power," Margot adds, "so their corporate ethics can't be beat!"

#### **New manager at the Gastropub**

Energetic local restaurateur **André Cloutier** reports that both his popular Beechwood eateries—the **Beechwood Gastropub** and **Clarkstown Kitchen & Bar**—are thriving as the New Year begins. The buzzing Beechwood Gastropub recently welcomed

new manager **Michelle Comeau** who, along with chef **Harriet Clunie**, now handles daily operations. This takes some of the pressure off André to be in two places at once! In fact, Michelle and Harriet are old pals, having worked together some years ago at Navarra in the Byward Market.

The start of 2017 ushered in some new menus at the Gastropub, with all items now made from scratch (including the scrumptious in-house brioche) and featuring locally sourced ingredients. The cur-

**Continued on page 14**

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Continued from page 13

rent plan is to change up the menu four times a year to add interest and variety for regular diners, and to reflect seasonal changes. But André has learned from experience that certain items are untouchable—steak frites and lunchtime burgers come to mind—so perennial favourites will still be available. Also in the spirit of “if it ain’t broke, don’t fix it,” the Gastropub will continue to offer its popular Monday evening specials: \$5 glasses of wine and cocktails, and \$1.50 Whalesbone oysters.

Up the street at the **Clarkstown Kitchen & Bar**, chef **Tom Moore** continues to build an appreciative following. Diners return for Tom’s signature gourmet sausage dishes, as well as his many other artfully cooked offerings: fresh fish, paella, steak and chicken. The Clarkstown’s \$30 *Table d’hôte* dinner features one sausage dish, plus any appetizer and any dessert selection. André initially introduced the *Table d’hôte* as a culinary “pilot project”—it’s since become so popular that he’s made it a permanent fixture. Combined

with the regular Wednesday evening special of \$20 bottles of wine, the package is especially attractive to local diners, many of whom now turn up almost every Wednesday!

Despite the challenges of running two successful restaurants, André has managed to spend a bit more time at home this past year with his beautiful baby daughter **Avianna** and wife **Marla**. All three are off to Mexico for a short break this winter, and we wish them lots of warm sunshine and a very happy New Year.

### PTI kicks off Strong Seniors Program

In our last report on activities at the **Physical Therapy Institute (PTI)** in its new location at 268 Durocher St., we highlighted **Pam Siekierski’s** special concern with the health and fitness of seniors. It’s a group that accounts for at least 20 per cent of Pam’s current practice. She is a strong advocate of the Canadian Medical Association’s campaign to develop a **National Seniors’ Strategy** involving all three levels of government: [demandaplan.ca](http://demandaplan.ca). She has also collaborated with

public health nurses and staff at the University of Ottawa in a study exploring fall prevention among seniors.

“We proved that interventions work,” Pam stated in a recent CMA online report on its Demand a Plan campaign. “Seniors deserve the right to have fun and affordable programs that help them to maintain strength and balance, while also maintaining the independence that allows them to stay in their own homes. At the same time, (preventing falls) ... would avoid the costly surgery needed to mend broken hips, which also fills acute care beds.”

In keeping with Pam’s commitment to helping seniors to remain strong, active and independent, PTI recently launched a **Strong Seniors Program** that runs **Thursdays at 1 p.m.** While the program emphasizes overall strength, fitness and balance, it is also geared to clients with physical limitations or conditions that dictate adaptations in their exercise regimens. Who better to run such a program than **Matthew Boyd**, an experienced physiotherapist at PTI

who deals with such limitations, aches and pains on a daily basis?

Matthew has more than a decade of clinical experience that includes spine management and rehabilitation, dry needling, DMA Clinical Pilates and shoulder and knee rehabilitation strategies. Most recently, he has gained experience in vestibular and concussion rehabilitation. Matthew was inspired to launch the Strong Seniors Program by one of his clients. Like many seniors, this client suffered from back problems, but had no regular habit of physical activity by which to promote recovery or prevent recurrence.

The program has been running for several weeks now. Although the majority of the participants are seniors, Matthew stresses that anyone interested in a regular weekly workout is welcome. While he tailors routines to individual clients, Matthew includes weights, lunges, squats and all the standard components of a vigorous workout, with a special emphasis on balance.

To find out more about the program, or to sign up for the Thursday sessions, call PTI



Photo by Louise Imbeault

**Governor’s Walk** (from left) **Katie Quinn**, Activity Coordinator; **Peter Gareau**, Hospitality Manager; **Tara Doucet**, Administrator.

at **613-740-0380**. Before you begin, Matthew will conduct a preliminary assessment to determine any conditions or restrictions that will help him design your workout with the group.

### Lectures at Governor’s Walk

Governor’s Walk Retirement Residence at 150 Stanley Ave. is looking forward to a lively winter, with several events on the calendar to which the general public is

## Like the Season... Things Change.

**S**pecial holidays often bring families together and while reunions can be joyful, sometimes they also bring to light some concerning changes occurring in the lives of our senior loved ones. Specifically, family members may notice that their loved one is not managing well on their own and would fare better – even flourish – in a retirement living environment.

The decision about when to move your senior loved one to a retirement living residence is sometimes difficult. Perhaps they are resistant to the idea of leaving their home, or not all family members are on board with the change. If there are no critical considerations, such as serious health or mobility issues, the decision may prove even more difficult, and yet there is so much to be gained from a timely move to just the right place.

### Where to go?

If you have found yourself in this decision-making process we have created a checklist designed to help you evaluate if you should be considering a new living arrangement for your loved one.

Is your loved one...

1. Struggling with keeping up with household tasks such as grocery shopping, cooking, cleaning and laundry.
2. Feeling overwhelmed by home and yard upkeep and maintenance.
3. A sense of isolation. Feeling inactive and disconnected from friends and the community.
4. Worries over falls and unexpected injuries. What if something happens and there is no one around to help?
5. Still passionate about their independence. Want to make their own decisions and come and go as they please.

If you have answered yes to half or more of these questions, it may be time to broach the topic of change with your loved one.

Difficult conversations tend to go better when you’ve taken time to organize your thoughts and even write down some words or phrases that convey the message you most want to communicate. Even though this topic might feel uncomfortable, don’t delay! If you wait until the situation is dire, your choices may be limited.

### Begin with Words

Initiate a conversation with your loved one. Begin by inviting them to share how they feel they are managing in their current situation.

1. Ask them what they think / how they feel / what concerns them
2. Listen, Listen, Listen
3. Ask what their priorities are / what’s most important to them / what they wish to preserve
4. Listen, Listen, Listen
5. Share your view of the situation – including challenges you have observed
6. Let them know you there are excellent options and you will do your best to honour their wishes

**Good Job! You’ve started down a new path! If you have more questions on retirement living, don’t hesitate to call us (613) 564-9255. We’d be honoured to assist you.**



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## March



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Continued from page 14

cordially invited. On **Feb. 8** is an **Open House** that kicks off at **2:30 p.m.** with the final lecture in a three-part series given by well-known local astronomer **Gary Boyle** on "**The Wonders of the World: Studying the Cosmos.**" Following the lecture, from **3:30-4:30 p.m.**, the residence will host an Open House to display all the renovations and upgrades at Governor's Walk over the past year.

Gary Boyle's presentation will be followed over the subsequent six weeks by three more interesting 2:30 p.m. lectures. First, on **Feb. 15** an **Introduction to Chinese Medicine** by **Dr. Yu Ming Ye**, Traditional Chinese Medicine practitioner, natural health consultant, Registered Acupuncturist and Registered Massage Therapist with more than 30 years' experience. Before coming to Canada, she practised Traditional Chinese Medicine in south China. She has a background in educational broadcasting which she brings to bear in her many seminars and workshop presentations throughout the Maritimes and the northeastern United States. On **Feb. 22**, and **March 22** is an intriguing two-part presentation by **David Jones** on **China's Terra Cotta Army**. If you're interested in attending, call Community Coordinator **Katie Quinn** at **613-564-9255**.

In addition to the Wednesday Lecture Series, Governor's Walk will host an **Intergenerational Music**

**Program: Music for All Ages** for babies (aged 0-5 years old), their mums or dads, and seniors. These lively sessions will take place on **Wednesday mornings at 10:00 a.m.** throughout February and March. Once again, the community is warmly welcomed. Just give Katie Quinn an advance call to sign up for the program.

Regrettably, Governor's Walk is very much in the "line of fire" for the looming CSST project in Stanley Park and along Queen Victoria Street to River Lane. Many GW residents have signed the neighbourhood petition appealing for a relocation of the "mucking out" site for the project. But there seems little doubt that the tranquillity of life at the residence, and the safety of residents navigating local streets, may be adversely affected during the two- to three-year construction period. Here's hoping that the community's CSST Task Force is able to work with the City to mitigate the impact as much as possible, so residents can continue to enjoy life in the community.

### Book club updates

After a busy Christmas season, **Books on Beechwood** launched into its annual January inventory sale, slashing regular prices to attract local readers stocking up for the "indoor months" of a harsh winter. Keeping it all in the (neighbourhood) family, December's top seller at B on B was MacKay Street resident **Charlotte Gray's** *The Promise of Canada*.

This sesquicentennial publication is a splendid collection of portraits of significant Canadian figures from the Confederation era to the present.

Coming up at the **B on B Book Club** this winter is **Michael Winter's Minister without Portfolio** on **Feb. 8 at 7:30 p.m.** at New Edinburgh Square and on **Feb. 22 at 7:30 p.m.** at The Edinburgh Retirement Residence. In March, **Tracey Lindberg's Birdie** is the Book Club pick for discussion on **March 8 at 7:30 p.m.** at New Edinburgh Square, and on **March 29 at 7:30 p.m.** at The Edinburgh.

On **March 11 from 12-4 p.m.**, **Elie Nasrallah** will be at Books on Beechwood to sign copies of his recent publication, *Hostage to History*. Popular local author and historian **Tim Cook** is also lined up for a **Titles@Table 40** event on **March 26** to lead a discussion of his latest work, *Vimy: The Battle and the Legend*. Drop by the store or keep an eye on the B on B website for ticket sales: [booksonbeechwood.ca](http://booksonbeechwood.ca).

### News from Sylvie Sauvé

Manor Park esthetician **Sylvie Sauvé** recently acquired her credentials as a Registered Podologist and Pedicurist in Ontario, and can now issue receipts to clients for insurance purposes. We'll bring you more on Sylvie's long-running local business in our April edition, but those in urgent need of insurable foot care may want to book their appointment sooner rather than later at **613-748-0352**.

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# A glimpse into the Quartier Vanier local economy

**By Jamie Kwong –  
Executive Director,  
Quartier Vanier Business  
Improvement Area**

Millions of dollars in new commercial and residential investment is already pouring into the Quartier Vanier Business Improvement Area\*. But don't come to this area expecting to find the big box landscape of the 'burbs. The businesses in this area are as unique as the people that run them.

When Abed Younes decided he was too young to retire and looked to start his next new business, he found himself drawn to the Quartier Vanier. Over the past 25 years, Abed has built up and sold several local businesses, all in some way art-related. About 18 months ago, he started his latest venture, a custom framing and fine-art prints shop on Beechwood Avenue called Art House Custom Framing.

"People ask me why I work with art," Abed said. "Art is the only way to run away without leaving your home." His shop has become a local favourite for regulars who often drop by just to chat.

Running with the last available census data, the Quartier Vanier area's population grew by 2.8 per cent between 2006 and 2011, while household incomes climbed by almost 13 per cent during this period. One quarter of the QV population has an annual household income greater than \$100,000. Almost half of the working population within the boundary of the Quartier Vanier BIA work in the federal public service. And why not? Consider how easy a commute it is from Vanier to the government, professional and high-tech jobs downtown—some 285,000 jobs, just to the east and south.

The opportunity to bring more high-end goods and services to the area shouldn't be overlooked. As of 2013, local area businesses were capturing less than half of resi-



Photo by Claude Brazeau

**Business owners in Quartier Vanier, which includes Beechwood Avenue, say they are drawn to the neighbourhood's potential.**

dents' collective \$820 million in annual retail and service spending.

Seizing this opportunity are Beechwood Avenue business owners Lauren Power and Greg Boone who launched Red Door Provisions two years ago. Lauren had spent her teens in the area, attending high school in neighbouring Rockcliffe Park. After 10 years away, she returned to Ottawa to find big changes afoot in her old stomping grounds.

"We saw that Beechwood was right on this crest of new development, with proposals for upscale condo projects," she said. "We knew the potential of the neighbourhood and we wanted to be part of this renewal, part of the boost."

"We like the neighbourhood aspect—everyone knows everyone. It's not overrun by big commercial entities. It still feels like most every business is unique to this area," said Greg. Lauren and Greg's lunch café and bakery features a unique mix of fresh-made treats, great coffees and house sodas, hearty brunch fare, and Lauren's own signature jams, marmalades, chutneys and garlic scapes.

## Location is everything

Over the past 40 years,

Domicile, co-founded by long-time area resident John Doran, has built a strong reputation across the National Capital Region for infill developments that drive neighbourhood rebirth. "We have a good feel for Ottawa and communities with great potential," John said. "Since we entered the Vanier market, we've seen a ton of new investment follow us. People see the potential."

Domicile first ventured into the Vanier market eight years ago, with the 37-unit River Court Lofts condo development. Recently, it has reclaimed an old Esso gas station site in Vanier's Beechwood Village for The Kavanaugh. This is Domicile's largest build to date: a 124-unit condo with the builder's signature features—a grand lobby, a rooftop sunset lounge and terrace, and ground-floor retail. It's also a completely smoke-free building.

"I personally like the Kavanaugh site because it anchors the northeastern gateway to Beechwood's eclectic mix of shops, businesses and services. We like that: places that are organic and have a certain authenticity to them. You certainly find that along Beechwood and in the rest of Vanier," said John.

of homes sold for less than \$400,000.

If you enjoyed reading these tidbits about the local economy, read the full articles that appeared in the *Ottawa Business Journal* in the Fall/Winter 2016 and keep up-to-date with the local business community by visiting [vanierbia.com](http://vanierbia.com).

\*The QVBIA includes north and south sides of Beechwood Avenue, Montreal Road and McArthur Avenue, from the Rideau River to St. Laurent Boulevard. For general purposes, though, the QV area refers to the five kilometre radius that surrounds this commercial zone.



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# Better access to postsecondary education available for students enrolling in September 2017



**Nathalie Des Rosiers**  
MPP Ottawa-Vanier

January is a turning point for thousands of people in Ontario. Whether they are in Grade 12 or want to go back to school, it's time to apply to colleges and universities in the province.

The new Ontario Student Assistance Program (OSAP) should facilitate this.

From now on, students whose annual family income is less than \$50,000 will be entitled to free tuition. If the family income exceeds this amount, they will still be able to benefit from substantial scholarships and grants that make college or university studies much more affordable.

In fact, once the changes to OSAP are in place, average tuition will be free for more than 150,000 students, and about 80 per cent of all OSAP recipients will graduate with less provincial debt.

We know that students from the lowest-income families are about four times less like-

ly to go on to postsecondary education than those from the highest-income families. That's a lot of wasted potential.

This overhaul of the student assistance program is essential for three reasons. Education is the great equalizer of opportunities. A society committed to giving everyone a chance to succeed must encourage the acquisition of knowledge and skills.

Second, high-level training leads to better paid jobs and a stronger economy across Ontario. The numbers make this clear. In 2013, the number of jobs in Ontario increased by 700 for adults aged 25 and over with high school diploma, and by 93,600 for adults with post-secondary education. Sixty-seven per cent of Ontarians have a post-secondary degree—the highest level of anywhere in the Organization for Economic Co-operation and Development.

Finally, in a changing world, we know that our economy needs a skilled workforce. We must have access to all the brains and talents of the population. Our competitiveness depends on it.

Supporting access to education is a good investment for

equality, for employability and for our economy, now and for years to come.

Our government believes that access to college or university should be based on the people's potential, not their ability to pay. We also believe in fairness—that everyone

should get a fighting chance to build a better life for themselves and their families.

Visit [ontario.ca/osap](http://ontario.ca/osap) to find out how much you can get from the new OSAP and to learn more about the biggest reform to financial assistance in North America.

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# For the Birds

By Jane Heintzman

As I write in late January, there are already signs of returning life in the bird world, as **Northern cardinals** resume their melodious singing, **woodpeckers** launch into their annual drumming ritual to stake out breeding territory, and **black-capped chickadees** belt out their signature “*Fee-Bee*” breeding call. But a word of caution about those **American robins** you may have spotted this winter: far from being a harbinger of spring, these hardy creatures are year-round residents of the area. These resourceful winter survivors feed on a bumper crop of buckthorn berries, crab apples, mountain ash berries and other residual fruits to sustain themselves until the ground thaws and the worms are abundant once again.

In late December, a record tally of more than 1,000 robins was recorded within a

12 km radius of the Peace Tower at this year’s Ottawa Christmas Bird Count, with another flock of about 500 spotted at the Experimental Farm. Local naturalist **Dan Brunton** is optimistic about the survival of this unusually large contingent of winter stalwarts, concluding “there’s tons of food available (buckthorn berries) and decent shelter (cedar groves and hedges), so long periods of extreme cold and raptors notwithstanding, most should get through just fine.” While robins won’t come to your backyard feeders, if you happen to have some appealing fruit trees in your garden, they may well turn up, as they did at our house on New Year’s morning—an auspicious start to 2017!

Robins were not the only somewhat unusual species to linger in the area this winter. This year’s Ottawa Christmas

## NEW EDINBURGH NEWS

Bird Count recorded nearly 500 **cedar waxwings**, normally migrants to southern wintering grounds, while large flocks of **European starlings** have also been spotted around the city, along with small numbers of **red-winged blackbirds** (one of which turned up in our garden, much to my astonishment), **fox sparrows**, **chipping sparrows**, **Eastern bluebirds**, **hermit thrushes**, **Northern flickers**, **common grackles**, **tufted titmice** and **Carolina wrens**, including one that was reported in our neighbourhood as late as mid-January. Perhaps these lingerers have elected to steer clear of the first throes of Trump’s America, but more likely it’s the combination of a relatively mild winter and an abundance of well-stocked backyard feeders and wild berries that have prompted them to stick around.

As I write in late January, our own backyard is bustling with activity as **pine siskins**, **dark-eyed juncos**, **house finches**, **purple finches**, **American goldfinches**, **black-capped chickadees** and **Northern cardinals** vie with a clutch of very fat black squirrels for seed from our four feeders. Our winter walks in Rockcliffe have been quiet this year, with very little notable bird life in evidence apart from small groups of **American robins** and numerous large **pileated woodpeckers** hammering vigorously at decaying tree trunks.

Woodpeckers are ubiquitous in our corner of the world, where wooded areas abound and a wealth of mature trees provides an inviting habitat. The most common species in our ‘hood are the **downy** (6” in height), **hairy** (9”) and the spectacular **pileated woodpecker** (18”), all of which are especially active (and noisy) at this time of year in preparation for their early breeding season. Around the region, a number of other species have also been reported this winter, including the **red-bellied woodpecker**, the **Northern flicker** and the **yellow-bellied sapsucker** of cartoon legend.

### Woodpecker crash-proofing

In an age of heightened awareness and concern about concussions and head injuries, it’s not surprising that the scientific community—

including technical specialists seeking improvements in crash helmet design—have increasingly focused on woodpeckers. Specifically, they are studying the remarkable physiological adaptations that allow these birds to withstand the impact of incessant hammering without

bone particles that form a tightly woven protective mesh. The spongy bone is also concentrated around the forehead and back of the skull where protection for the brain is most needed.

A second support structure is the woodpecker’s *hyoid bone*, a large horseshoe-



Photo by Amy-Jane Lawes

### Hairy woodpecker takes a break from its drilling labours.

serious brain damage.

In the birds’ quest to stake out breeding territory, they smash their beaks against a tree trunk about 12,000 times per day, at speeds of up to 15 miles per hour. To put that in another perspective, the force of deceleration or “g-force” of their heads with each peck is between 1,000–1,600G compared with the modest nine to 12G of a fighter jet when it banks! Despite this punishing activity, the woodpeckers’ brains appear to emerge unscathed.

Scientists have discovered several key physiological adaptations that protect the woodpeckers’ brains from all but a minuscule 0.3 per cent of the shocks from their habitual hammering. The first is the shock-absorbing design of their skull. The bone surrounding the bird’s brain is thick and spongy, filled with trabeculae, or tiny beam-like

shaped bone that in humans is an attachment site for throat and tongue muscles. In woodpeckers, the horseshoe wraps all the way around the skull, forming a sling-like shape researchers believe may act as a kind of safety harness, absorbing shock and preventing the skull from “shaking, rattling and rolling” with each peck. And the bird’s brain itself has built-in defenses. It’s small, smooth and snugly positioned in the skull to minimize movement and make it resistant to concussions.

The woodpecker’s beak design is yet another protective feature: the bone structure of the lower part of the beak is longer and stronger than the upper part. Researchers believe this uneven arrangement helps divert impact stress away from the brain into the lower beak and bottom portion of the skull. The woodpecker’s strike trajec-



Photo by Louise Imbeault

### Downy woodpecker shares suet meal with an acrobatic squirrel.



tory is completely linear, with little if any rotation of the head, and hence minimal twisting force that could lead to concussion. However, more recent research has also shown that woodpeckers are adept at varying the paths of their pecks, limiting the number of consecutive times the brain and skull make contact at exactly the same point.

As the Super Bowl draws near, here's hoping the operatives in the National Football League are taking notes on the ingenious protective physiology of the woodpecker world!

### World of Birds comes to an end

Keen birders who looked forward to **Bruce Di Labio's** weekly round-up of local bird life, with its glorious accompanying photographs, will no doubt be dismayed to learn that the long-running column—created by **Elizabeth Lee Geyt**—appears to have been dropped by the *Ottawa Citizen*. It's been replaced on a sporadic basis by Tom Spears's bird-related articles, touching recently on this year's notable abundance of **American robins**, on the perennial winter phenomenon of massive flocks of noisy **American crows**, and the independent wintering habits of **common loon** couples.

Despite the regrettable loss of the *Citizen* column, you can still keep track of notable sightings around the area. In the **Ottawa Field Naturalists Club's** weekly Birding Report—available at [ofnc.ca/breports.php](http://ofnc.ca/breports.php)—naturalist **Gregory Zbitnew** posts an excellent summary of sightings reported to the OFNC. As well, a number of the talented wildlife photographers that submitted bird photos to the *Citizen* seem to have redirected their offerings to the OFNC—many are posted with Gregory's column.

### Canadians react to grey jay as national bird

It seems the **grey jay** story ain't over yet. After the Canadian Geographical Society selected the little-known species as **Canada's National Bird** last December, Forum Research conducted a poll which indicated that about half of the Canadians surveyed disagreed with the choice, while one third support it and a fifth have no opinion. Interestingly enough, the selection of was



Photo by Amy-Jane Lawes

**Black-capped chickadee fluffs up its feathers to keep warm.**

most strongly opposed in the Prairies (65 per cent) and in Alberta (62 per cent) where the grey jay, or whisky jack, is most commonly found. This suggests that its tenuous popularity may not simply be a matter of lack of familiarity—and indeed, might be the reverse! Support was also divided along political lines, with about 64 per cent of Conservative voters opposing Canadian Geographic's decision compared with 43 per cent of Liberals and 42 per cent of New Democrats. Who knew that a small, scruffy little bird could become a nationally divisive issue?

### Reports from our readers

In mid-December, local resident **Luke McCall** was lucky enough to spot a **bald eagle** cruising over the Ottawa River between the French Embassy and 24 Sussex Dr. These massive creatures—the national bird of our American neighbours—can measure nearly three feet long and have a wingspan of more than six feet, so they're hard to miss as they soar over the river. Over the Christmas period, there were also a number of **golden eagle** sightings reported in the Chemin Steel Line area along the Eardley Escarpment in Quebec.

Over at the **Macoun Marsh**, **Mike Leveille** reports an abundance of **American robins** this winter, along with **cedar waxwings**, **dark-eyed juncos**, **black-capped chickadees**, **American goldfinches**, **house finches**, **Northern cardinals**, **mourning doves**, and **downy- and hairy woodpeckers**.

From her sylvan environs in Val-des-Monts, Que., **Amy-Jane Lawes** reports a disappointingly “finch-less” winter, apart from the continuing presence of a group of resident **American goldfinches** that are regulars at her feeders. This flock, to her surprise, already appears to be morphing back to their bright yellow breeding colours. Perhaps they know something about the return of spring!

What Amy lacks in winter finches this year, she is making up for in **woodpeckers** that have been hungrily feasting at her feeding stations. At least five **hairy woodpeckers** (three female and two male) have been on the scene, and the females in particular have begun to display distinctly territorial behaviour. Amy's yard has also played host to two **downy woodpeckers**, and a pair of **pileated woodpeckers**.

The annual woodpecker drumming ritual in Amy's area was apparently well underway at the time of her report in January, though a bit premature given the likelihood of another six to eight weeks of winter. Amy adds: “My ongoing battle with the local squirrels has continued, although there seemed to be a new season of cooperation as of New Year's Day, when a squirrel and Downy shared a feeder for five minutes or so. Most unusual!”

**Philip MacAdam** reports that his three feeding stations at Phil's Avian Bistro have been hives of activity this winter, with a cast of

hungry regulars: **Northern cardinals**, **black-capped chickadees**, **purple finches**, **house finches**, **American goldfinches**, **white-breasted nuthatches**, **dark-eyed juncos**, **downy woodpeckers** and even a late-lingering **white-throated sparrow**. With all this tempting traffic at Philip's feeders, the bistro is a natural target for hungry raptors in search of a ready meal, and indeed, one did show up around the time of his report in January. Unfortunately, the predator's abrupt departure made identification impossible, but given its markings and relatively small size, Philip's best guess was an **immature sharp-shinned** or **Cooper's hawk**.

From her home in Victoria, BC, **Vicki Metcalfe** reports that on her daily walks into town along the water she has spotted numerous **bufflehead**, **common mergansers**, **hooded mergansers** and **American wigeon**. On one occasion, she encountered a noisy little house wren buzzing away in some roadside shrubs. Her other recent sightings have included a **red-headed sapsucker**, a **golden-crowned kinglet**, **harlequin ducks**, a **Eurasian wigeon**, **Anna's hummingbirds**, **American robins**, **dark-eyed juncos** and an abundance of **European starlings**.

Vicki had an unexpected

encounter recently while inspecting the new bathroom under construction at her home: “I saw the tiniest **Pacific wren** huddled, terrified, in the corner of a windowsill. So I whipped off my sweatshirt, gathered up the bird, figured out how to unlock and open the new window, and shook [my sweatshirt] outside. Surprised the workmen!”

From our faithful correspondent **Dave Collyer** in central Alberta, we received a long list of sightings from his recent birding activities. Highlights included **boreal chickadees**, **white- and red-breasted nuthatches**, **brown creepers**, **cedar- and bohemian waxwings**, **pine siskins**, **common- and hoary redpolls**, **snow buntings**, **evening grosbeaks**, **rough-legged hawks**, **trumpeter swans**, **snow geese**, **mallards**, **green-winged teal**, **sharp-shinned** and **Cooper's hawks**, **merlin**, **Northern goshawks**, **bald eagles**, **prairie falcons**, **great-horned owls**, **snowy owls**, **Northern hawk owls**, **Northern shrike**, **Northern flickers**, and—you guessed it, **grey jays!** Dave didn't offer his feelings on the choice of the grey jay as our national bird, but as it was the very last on his long list of sightings, perhaps it's possible to guess!



Photo by Amy-Jane Lawes

**Male goldfinch's yellow plumage is an early sign of spring.**



# Sharpen your skates for Hockey Day on February 18



**By Debra Conner – Chair, Crichton Community Council**

The Crichton Community Council started off the New Year with our annual Winter Carnival and brunch on Jan. 1. This event was the first Ottawa 2017 community event—the only one to be held on New Year's Day. This year, the CCC received a special Ottawa 2017 grant for Canada's 150th birthday from the City of Ottawa. Neighbours enjoyed brunch, sleigh rides from Cundell's, a jelly bean count, a marshmallow snowman contest and a magic show, as well as birthday cake to celebrate Canada's 150th. Kudos to all those that helped organize, decorate, cook, serve food, and coordinate the games and sleigh rides: **Paula** and

**Roland Pincombe; Denise, Sylvain, Olivier and Julien Belanger Caroline Matt; Matt DeWolfe; Roxie Clark; Cathy McConkey** and Stanley Park rink attendants **Will and Sean**. A special shout-out to **Gabe**, our Fieldhouse Manager from this past summer, who put on a fantastic magic show that enthralled children and adults alike. We were happy to see Mayor **Jim Watson** stop by for a quick visit and were thrilled with councillor **Tobi Nussbaum's** declaration that our pancakes were the best he'd had all year. Congratulations to **Natalia**, winner of the marshmallow snowman contest, and to **Wim**, who won the jellybean count.

While the weather didn't cooperate to have the rinks

up and running for Jan. 1, we are happy to report that they are now in operation. Many thanks for all the hard work by the hosers and rink attendants: clearing snow and watering, watering and watering to get smooth skating surfaces on both rinks. The rinks are open weekdays from 4–9 p.m., Saturdays from 11 a.m.–9 p.m., and Sundays 11 a.m.–6 p.m. Skaters can purchase hot chocolate for the reasonable price of 50 cents.

Are you interested in being a hoser? We can always use more help in maintaining the ice surfaces. If you can devote one night a week, or even just once over the season, please contact **Brian Torrie** via email: [btorrie@hotmail.com](mailto:btorrie@hotmail.com). (Don't worry if you've never done it before; one of our seasoned professionals will show you what to do.)

Our next event will be Hockey Day in New Edinburgh, which coincides with Hockey Day in Canada on Feb. 18, from 1–4 p.m. Come out to celebrate the game of hockey with your neighbours. We'll have food, a skills competition, shinny matches and even prizes.

Interested in helping



*Photo by Debra Conner*

The community's first Ottawa 2017 event took place at the Stanley Park Fieldhouse on Jan. 1, featuring a magic show with Gabe the magician.

out with CCC events and activities? We would love to have you join us in fostering community spirit in our

neighbourhood. Contact us via our Facebook page or at [crichtoncommunitycouncil@gmail.com](mailto:crichtoncommunitycouncil@gmail.com).

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# While minor drought remains for Rideau River, it's too early to predict spring flows

**By the Rideau Valley Conservation Authority**

New Edinburgh is where the Rideau River can holler, “end of the line,” as it cascades over the majestic Rideau Falls into the Ottawa River. It's the very endpoint at which the river and the watershed drain more than 4,000 square kilometres of Eastern Ontario. From its highest point at Upper Rideau Lake, the Rideau River meanders 146 kilometres northward before emptying into the Ottawa River at New Edinburgh. Flanked by Stanley Park and Bordeleau Park, the river and parkland is a natural gem within the urban heart of Ottawa.

As part of the Rideau watershed, the Rideau Valley Conservation Authority (RVCA) monitors this section of river. The RVCA works hard to protect and to improve water quality, reduce flood risk and erosion hazards, protect water supplies, improve watershed habitats and increase conservation lands. It's a community-based environmental protection agency that works with all levels

of government, landowners and the community. In 2012, RVCA produced the *Lower Rideau Subwatershed Report* and catchment reports, which encompasses New Edinburgh (to be updated in 2019). These reports summarize the health of forests, wetlands, shorelines and water.

Although an intensively urbanized stretch of the river, New Edinburgh has large expanses of green space and remains quite natural. These features no doubt contribute to a “fair” reading of surface water quality, which is rather impressive in the low reaches of any watercourse. It's a thing of pride to have the river and its shoreline in such natural form within an urbanized setting. It's important to keep these buffers natural because well-vegetated shores protect water quality, create healthy aquatic habitats, intercept sediments and contaminants, protect banks from erosion and improve fish habitat by shading and cooling the water. But despite the river being largely natural, most of the tributaries have been eliminated and

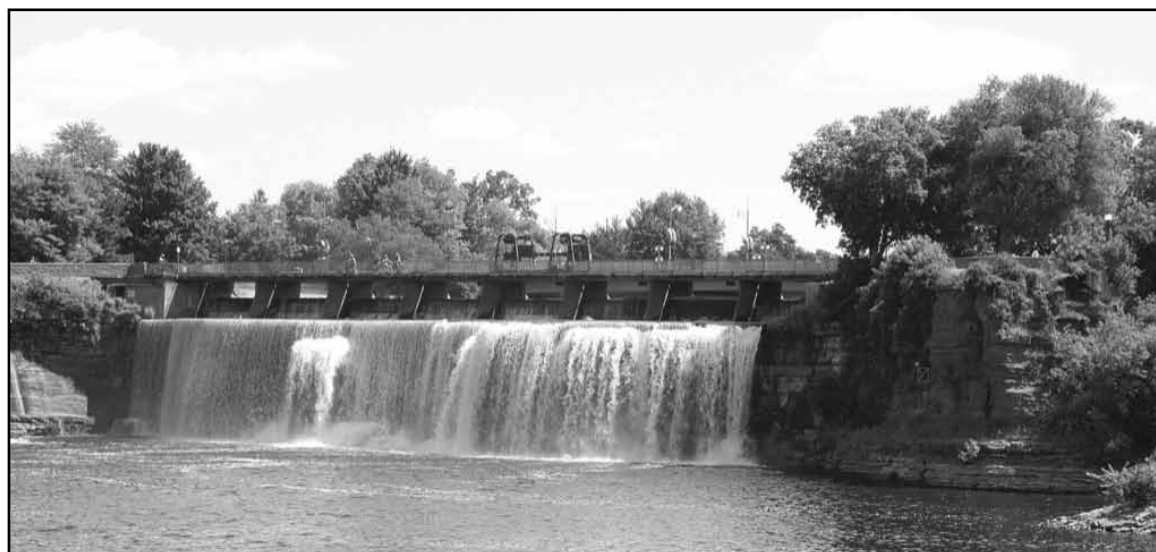


Photo courtesy of the RVCA

The Rideau Valley Conservation Authority reports that 2016 began with a warm winter and less ice, which resulted in reduced ice blasting on the Rideau River.

replaced by storm sewers.

Along its length, as well as in the New Edinburgh area, the Rideau River boasts a wide variety of fish species and has a robust recreational fishery. Game fish thrive in the New Edinburgh stretch of river, including muskellunge (muskie), pike, bass, walleye, as well as many other fish species such as minnows, catfish, suckers and sunfish. Such biodiversity in the heart of the city is rare and wonderful.

Houses and businesses are generally set back from the water (a good thing), with a few historic areas where buildings are closer to the river. Most of the riverbank is in public ownership. Some areas of New Edinburgh are flood vulnerable.

The RVCA is constantly monitoring water flows and levels throughout the system. In 2016, the year began with a warm winter and less ice, which resulted in reduced ice blasting. This 100-year-old operation occurs above Rideau Falls at the Sussex Bridge to alleviate possible spring flooding in flood-prone areas.

The rest of the year saw some of the driest conditions

experienced in the Rideau watershed. RVCA issued its first drought Watershed Conditions Statement on May 24 and these statements continue right up until today—where the drought is listed as “minor.”

Drought affects fish and wildlife adversely. It reduces the availability of habitat, food, dissolved oxygen and affects water quality—stressing out our wild friends. Even when a drought ends there is a rebound period that varies for different species. Invertebrates bounce back quickly but fish, reptiles and amphibians take longer to adjust and repopulate—some species may even take years!

## Looking ahead to 2017

Right now, rain, snow and recent thaws have increased melt water in the river. It's slightly above normal for this time of the year; however, it's too early to predict spring flows just yet.

In the warmer months of the year, residents can help keep this stretch of the river healthy with good lawn maintenance and yard waste disposal practices. Keep man-made trash out of the river or if you see some, grab it and dispose of it properly.

Residents can volunteer with the RVCA for river cleanups or invasive species removal.

RVCA will be keeping its eye out for European water chestnut. It was spotted this past June upstream from Black Rapids. RVCA City Stream Watch volunteers removed it, but some seeds may have survived. This invasive plant forms dense mats that shade out native species, reducing in-water oxygen levels as well as tangling in boat motors. It produces seeds with three- to four-centimeter sharp, barbed spines that pose a risk to swimmers.

New Edinburgh's stretch of the Rideau River is a beautiful area and something to be proud of and to enjoy! Where else can you be right downtown and still enjoy such natural river habitat? Working together we'll keep the Rideau clean, natural and healthy for residents and visitors (human and wild) for years to come!

For detailed information about watershed conditions, flood mapping, flood and drought information or for volunteer opportunities in the Rideau River-Rideau Falls stretch, visit [rvca.ca](http://rvca.ca).

## The New Edinburgh Flood Zone

As it is currently drawn, the New Edinburgh flood zone lies within the sector bounded by **Sussex Drive, Stanley Avenue, MacKay Street and Queen Victoria Street**, encompassing the majority of the houses in the segment bordered by **Stanley, Charles, Alexander and Thomas Streets**, and a sizeable chunk of the area bounded by **Charles, River Lane and Stanley**, almost to **Union Street**. In the event of very high water levels resulting from spring runoff conditions, the houses within this zone are extremely vulnerable to flooding if the river were to breach its banks at the two lowest points in the area, at Charles Street and Stanley Avenue (where the flood wall ends), and in Stanley Park at Queen Victoria Street.

For nearly a decade, flood zone residents have been urging the City to implement flood protection measures such as a berm along the vulnerable stretch of the river

from the Falls to the Minto Bridges and/or an extension of the existing flood wall. Pressure increased in 2014 when RVCA warnings of serious local flooding spurred Stanley Avenue residents to an eleventh-hour “vigilante” sandbagging operation to contain the overflow. In the intervening two years, flood protection measures have been under active consideration at the City, and Councillor Tobi Nussbaum is hoping to move these forward this spring in the context of the massive CSST construction project about to be launched in Stanley Park.

As flood season approaches in March and early April, residents with flood concerns can contact the RVCA's “point man” on the state of the river, **Patrick Larson, Senior Water Resources Technician**, [patrick.larson@rvca.ca](mailto:patrick.larson@rvca.ca) or **613-692-3571 x 1210**.

—Jane Heintzman

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# Celebrate “My Canada!/Mon Canada!” at Heritage Day, Feb. 21

By Catherine Lindquist

Join the Council of Heritage Organizations in Ottawa and the City of Ottawa Museums and Heritage Programs Branch at City Hall and browse informational displays and mingle with more than 45 exhibitors at the 2017 Heritage Showcase—including our own New Edinburgh Community Alliance!

Mayor Jim Watson will recognize the importance of Canada’s 150th Anniversary celebrations in Ottawa as he proclaims Feb. 21 to be Heritage Day in Ottawa.

This year, two deserving organizations will receive the proclamation.

The 2015 and 2016 recipients were the Beechwood Village Alliance and the Beechwood Cemetery Foundation, respectively.

Heritage Day is part of Heritage Week, a nationwide celebration that encourages all Canadians to explore their local heritage, to get involved with stewardship and advocacy groups, and to visit museums, archives and places of



A view of the Parliament Hill festivities for the Diamond Jubilee of Confederation, July 1, 1927.

*Photo from City of Ottawa Archives*

architectural significance.

Heritage Day is a chance to recognize the contributions of the many dedicated staff and

volunteers promoting heritage conservation and educating the public about their city’s history.

This year’s theme is “My Canada!/Mon Canada!” in celebration of the 150th

Anniversary of Confederation. “My Canada!” will inspire Canadians to embrace, explore and enjoy their own heritage places and spaces across the country. Celebrate your Canada during Heritage Week, Feb. 20–26, 2017!

Find out how your community is celebrating its heritage, and learn about services offered by local heritage organizations, public programs and special initiatives, as well as professional development and volunteer opportunities.

Embrace, explore and enjoy your heritage places and spaces in Canada’s Capital during Heritage Week Feb. 20-26, 2017 and throughout this milestone sesquicentennial year!

Ottawa’s Heritage Day 2017 will take place Feb. 21 from 11:30 a.m.–2 p.m. at Jean Pigott Place, Ottawa City Hall, 110 Laurier Ave. W.

*New Edinburgh resident Catherine Lindquist is the executive director of the Council of Heritage Organizations in Ottawa.*

## Animal tree was in poor condition

Continued from page 1

just three. In the same period, no new street trees have been planted in this area.

In some Canadian jurisdictions, as many as three new trees are routinely planted to replace one mature tree—young urban trees have a high mortality rate. Ottawa’s policy is to plant street trees approximately every 30 feet in space that is unconstrained by shallow utilities, sidewalks or buildings. By this standard, as many as 10 or 15 new street trees should have been planted in the 460-foot stretch north of Stanley

Avenue from River Lane to the asphalt pathway opposite the Fieldhouse.

A portion of the public space north of the Stanley Avenue-Dufferin Road bend is owned by the National Capital Commission—an organization notorious for slow decision making. However, the land and all vegetation upon it are maintained by the City of Ottawa. The City of Ottawa’s website states that Forestry Services is “taking a proactive approach to the identification of tree planting opportunities.” That does not appear to be the

case.

In May 2016, a grassroots effort identifying the need for new street trees on the Stanley Avenue bend was directed toward Forestry Services and City Councillor Tobi Nussbaum. To date, neither Ottawa office has taken steps to act on this specific suggestion, or to dismiss it.

Although Councillor Nussbaum has indicated his strong support in principle for street tree planting, New Edinburgh has yet to benefit from a significant tree planting initiative in this term. In developing a street tree planting plan and timeline for the Stanley Avenue bend, our city councillor would demonstrate a true commitment to maintaining New Edinburgh’s urban forest and historic village character.

*Chris Straka holds a Master’s Degree in Environmental Design from the University of Calgary. He and his family have been living in New Edinburgh for over a decade.*



*Photo by Louise Imbeault*

Ted Mathesius’s giraffe is all that remains of the “Animal Tree,” just one of many ailing trees removed Jan. 9.

# Chris Ellis



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# There is new hope despite clouds on the environmental horizon

By Gaye Taylor



By the time you read this, a new Dark Age may seem to be upon us. Amongst other absurdities, Rex Tillerson, the former CEO of Exxon Mobil famous for having opined “What good is helping the planet [i.e. putting the lid on CO2 emissions], if humanity suffers?” may have been nominated U.S. Secretary of State. Given that many future international problems will take root in environmental ones, Tillerson’s appointment bodes ill for both people and planet. And even if he had failed to get the nod, the fact that such craven disingenuousness seems otherwise alive and well in too many circles of power might encourage us to move through 2017 tightly curled into the fetal position.

But such a defensive posture won’t help. And it is also an inefficient position from which to champion some seriously good news, especially on the environmental front. Whether Tillerson finds his way further into the trough or not, hundreds of millions of thoughtful and generous citizens will continue making genuine progress in a global effort to restore and protect, rather than pillage and ruin, our beautiful planet.

## Renewables on the rise

First off: things are looking up on the renewable energy front as 2016 marked the third year in a row that global carbon emissions from the burning of fossil fuels flatlined, as countries around the world

turned increasingly towards renewable energy sources like solar and wind. Such progress has been enabled by the fact that governments—and banks—are investing heavily in renewable energy, with the New Development Bank pumping \$1 billion (US) into renewable energy projects in China, Brazil, South Africa and India, for example, and governments around the globe announcing billion-dollar investments to support solar, wind and tidal capacity within their own borders.

And there have been extraordinary successes. As reported in *The Independent*: “In 2016, Costa Rica ran solely on renewable energy for over 100 days. Now it’s aiming for an entire year without fossil fuels.” For those thinking, ‘Well yes, but Costa Rica is a *sunny* place,’ consider this: in 2016, solar energy generated more power than coal in the United Kingdom. And off in the grey mists of Scotland, those indomitable Scots hooked underwater turbines to their grids for the first time ever.

Here at home, while the federal government approved Kinder Morgan, they also committed, alongside the United States and Mexico, to securing 50 per cent of our nation’s electricity from renewables by 2025. It will be part of our responsibility, as Canadian—and world—citizens, to pressure our governments at both the federal and provincial levels to ensure that this happens. Certainly many of our fellow global citizens are getting the message that renewables *are* the future: as the International Energy Agency reported in October, 500,000 solar panels were installed around the world each and every day in 2015. And the price just keeps dropping.

## Reforestation efforts pick up steam

Such energetic investment was given a serious boost by the Paris Agreement, signed November 2015 and ratified into international law in record time—clarion recognition of the urgent imperative to stop global temperatures from rising by more than two degrees Celsius. Central to such efforts is a global effort to stop deforestation, especially in the Amazon and in the northern Boreal forests, these regions being critical carbon sinks. At the forefront of efforts to re-forest the world, Norway became the first country in the world to commit to zero deforestation. This past July, more than 800,000 volunteers in India planted 50 million trees in a single day. And here at home, in February 2016, the Great Bear Rainforest, the largest coastal temperate rainforest in the world and home to the white-coated black bear known as the Spirit Bear, received permanent and extensive (although not complete) protection from resource extraction.

## Marine conservation measures taking hold

And 2016 saw many other successful actions to protect species diversity. While it

is undeniably the case that the coral reefs are in great peril as oceans grow more acidic from absorbing excess atmospheric CO2, global awareness *is* making a difference. Reefs are better able to combat changes in pH if they are healthy, so it is very good news that in 2016 alone, more than 20 countries pledged more than \$5.3 billion for ocean conservation and created 40 new marine sanctuaries covering an area of 3.4 million square kilometres. In one notable example, Malaysia established a one-million hectare marine park that pioneers a mixed-use approach to marine conservation. In other words, good both for the fish and the fisher people! Finally, in a late December move to protect another equally critical marine ecosystem, the United States and Canada announced a joint permanent ban on all offshore oil and gas activity in the Arctic. (Take that, Rex Tillerson!)

So, yes, we live in troubled times. But assuming the fetal position will do no good. If it helps to curl your upper lip against the various forces of darkness—ignorance, greed, stupidity—go ahead! But otherwise, remember that the smile that signals an opti-

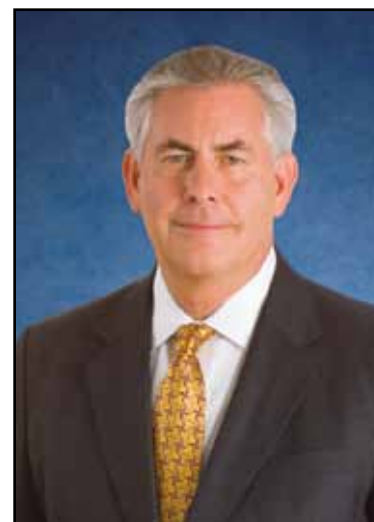


Photo courtesy Fortune.com

**Whether or not former Exxon Mobil CEO Rex Tillerson becomes the next U.S. Secretary of State, millions of citizens will continue making genuine progress in a global effort to restore and protect our planet.**

mistic heart, especially when accompanied by a head filled with knowledge, is still a very powerful source of light.

*Gaye Taylor is executive director of Cool It for the Kids, an Ottawa-based non-profit that provides opportunities for children and youth in the Ottawa-Gatineau region to speak about climate change and empowers them to engage in solutions. She lives in Lindenlea.*

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# New retail coming, sales centre opening and retirement residence breaking ground in Beechwood Village

By Jane Heintzman

## Three retail tenants coming to Minto Beechwood

Minto’s **Kevin Harper** reports the company is “cracking the whip on trades” as construction proceeds towards the fixed target of April 2017 for the start of residential occupancy. Now that the hoarding is down, passers-by can track daily progress on the elegant building’s exterior. Inside, the second, third and fourth floors already levelled, drywalled and “looking great,” with kitchens and trim installed on the second and third floors.

To help identify any glitches in the fit-up of the residential suites, Minto has created a second-floor mock-up or “reference suite.” Inside, workers carefully check out all the details: cabinets, trim, doors, appliance fit and flooring tiles. And on **March 11–12**, the company plans a **Grand Opening** event to present two fully finished **model suites** on the second and third floors.

The second-floor “Elmdale Unit,” a one-bedroom plus den design, is located on the MacKay Street side of the building, while the larger two-bedroom “Manor Unit” faces Beechwood. Keep an eye out for Grand Opening signage on the building or check the website: [minto.com/ottawa/New-Edinburgh-new-condos/MintoBeechwood/main.html](http://minto.com/ottawa/New-Edinburgh-new-condos/MintoBeechwood/main.html). At last tally, 88 per cent of the residential units at Minto Beechwood were spoken for, but according to Kevin, there are still a dozen-plus remaining on all floors and in all sizes.

On the commercial front, the painfully slow process of discovering the identity of Minto Beechwood’s retail tenants continues. Here’s what we know so far:

- **BMO Bank of Montreal** (currently across the street) will occupy a middle-sized unit facing Beechwood—fit-up is underway and opening is slated for March or April.

- The small corner unit at Beechwood and MacKay

Street will be occupied by an as-yet-unidentified coffee shop (bet you can guess!)—fit-up will begin in March or April for a planned June.

- The remaining large 11,500 square-foot unit will taken over by a “**national tenant**” about which we know very little. Kevin did assure us that “it’s a good addition to the neighbourhood,” and that 85–95 per cent of its business is walk-in traffic, making

it unlikely to cause parking nightmares. At press time, the arrangement had reached the signed Letter of Intent stage, so negotiations are ongoing and Kevin indicated that there are no set timelines. As Minto’s earlier reports suggested the space might be divided into smaller units occupied by local businesses, news of a single, large, national tenant is a bit of a disappointment. However,


we’ll reserve judgment until all the chips have fallen!

## Heritage details at new pub

**Allan Jackson** reported as of mid-January that **Royal Oak** is making excellent progress with the renovation at 1 Beechwood Ave.—on target for a mid-March opening. (See our **Business Briefs** report on Royal Oak on page 10). “Things look fantastic,” he told the New Edinburgh



A finalized exterior rendering of the building at Beechwood and Crichton.




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

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News. "This will be a beautifully appointed space, offering breathtaking views of the Rideau River and the surrounding area." Former New Edinburgh Pub patrons the may find the new digs unrecognizable: the interior was stripped to the bare bones in the course of the renovation. The basement was dug out to provide more height and the ground-floor ceiling raised, while the old brick wall separating the pub from the pharmacy was exposed to add heritage charm.

In December 2016, we reported that the lighting system in the carefully preserved glass movie theatre tower would be restored: a beacon at the gateway to Beechwood. According to Allan, the lighting installation should be completed by end of January. However, the building owners have agreed to hold off on the official lighting ceremony until the Royal Oak's planned grand opening in mid-March. The tower lights come in myriad colours that will be changed depending on the occasion. So it's probably safe to speculate that green will be the order of the day for on March 17: St. Patrick's Day!

#### Pop-up shops continue at The Kavanaugh

Domicile's commercial leasing group is still actively pursuing prospects for the retail floor at The Kavanaugh. As of press time there is no news, apart from anecdotal reports of the ongoing success of Sutherland. The new restaurant has attracted a steady stream of locals for all-day breakfast, as well as lunch and dinner—each menu bearing the signature of chef **Warren Sutherland**.



Sketches courtesy of Linebox Studio

Linebox concept sketches show the planned residential development at the St. Charles Market.

The Kavanaugh's two pop-up retail operations launched in early December continue to operate, with the possibility of an extension beyond Jan. 31. **Vincent Women's Boutique**, run by sisters **Angie** and **Amanda Cambareri**, and **Valamode Luxury Consignment**, owned and operated by **Dia Shamus**, have each built a significant local clientele. Their presence over the past two months has been warmly welcomed.

#### St. Charles sales centre to open in spring

**ModBox** received approval in November 2016 for a zoning by-law amendment applying to the St. Charles Market property. And so the team continues to work towards its next two milestones: approval for Heritage and Site Plan

Control. **ModBox** hopes to have the green light on the heritage front by late spring, at which point they can launch their sales campaign for the planned 38 residential units. Work is already underway on the design and construction of the sales centre: a large open concept structure in the nave and the chancel of the church. If all goes well, the sales centre will open for business this spring. The church interior recently received a fresh coat of paint, and the worn out carpets removed to make way for repair work on the church floors. **ModBox's Melissa**

**Reeves** is delighted by recent progress and said: "things are moving along, on time and on budget so far!" In a project of this scale, who could ask for more?

#### Retirement residence coming to 100 Landry St.

As of press time, construction was about to begin on a new **Claridge** development at 100 Landry St. **Riverpath Retirement Residence** will be a nine-storey project managed by **Claridge's** property management group **Riverstone Properties**. The development will comprise

157 rental units, with assisted living units on two or three of the floors. There will also be an underground parking garage for residents accessed from Landry Street. Neighbours have been advised that the project is expected to last 27 months. It will begin with a two- to-three month excavation period that should be underway by the time this paper is in circulation. The **Riverpath Retirement Residence** sales office will be located at 90 Landry St.

#### Beechwood developments on hold

Applications for developments at **143 Putman St. (Takyon Development)** and at **89-99 Beechwood Ave. at St. Charles (Claridge)** remain "on hold." Stay tuned for signs of life later this spring.

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# Concert series finale to feature romantic piano and film music

By Carolyn Bowker

The MacKay United Church concert series concludes its 2016–2017 season on March 3 with a program entitled “La Valse d’Amélie” by Montreal pianist Jana Stuart. Stuart will interpret music from such great films such as *Amélie* (hence the concert title), *The Diving Bell and the Butterfly*, and *Les Intouchables*—musical themes that have etched themselves into the consciousness of filmgoers and music lovers everywhere. In the concert’s second half, Stuart will share her love of classical favourites such as Chopin’s nocturnes, Debussy’s impressionist works and Rachmaninoff’s preludes. A rich and varied musical experience: not to be missed!

A specialist in romantic, impressionist, and cinema repertoire, Jana Stuart has studied and performed extensively throughout Europe, the Middle East and North America. She has studied at McGill University and Concordia University, and at schools and festivals in Paris, New York, Weimar, Stuttgart,

Orford, QC., the Netherlands, Italy and Israel, encountering great teachers and winning scholarships and prizes all along the way.

Stuart is an accomplished performer and pedagogue. In the winter of 2015 she was an Artist in Residence at the Banff Centre for Arts and Creativity. She is not only a polished classical performer—as she will demonstrate in the second half of her concert—she is also an advocate of music as an expression and agent of social change. In 2004 she debuted Nancy Telfer’s composition *Release My Heart from This Dark Chamber*, a piece depicting domestic abuse.

Stuart is especially known for breathing new life into film soundtracks, treating the pieces as standalone compositions worthy of performance. *Amélie* is a 2001 romantic comedy about a shy Montmartre waitress who decides to change the lives of those around her for the better. It won Best Film at the European Film Awards, four César Awards, two British Academy of

Film and Television Arts Awards, and five Academy Award nominations. It is the highest-grossing French-language film ever released in the United States. Its score, by Yann Tiersen, depicts the adventures and changing life of its heroine.

*The Diving Bell and the Butterfly* is the film adaptation of the best-selling memoir by journalist Jean-Dominique Bauby chronicling his everyday life, and his memories, after a stroke left him fully conscious but unable to move. Artist-director Julian Schnabel’s 2007 film adaptation of the book was nominated for several international awards and won the Best Director that year at the Cannes Film Festival. The haunting theme music by Paul Cantelon adds an indispensable element to this moving story.

The French comedy-drama *Les Intouchables* was a huge box-office hit in France and was voted the French cultural event of 2011. It won several César Awards and was nominated for Best Picture at the Academy Awards. The idio-



Photo by Elisa Elliot

On March 3, Montreal pianist Jana Stuart will interpret music from films including *Amélie*, *The Diving Bell and the Butterfly*, and *Les Intouchables*.

syncratic score by Ludovico Einaudi was an important element in the film’s success. “When I went to movies like *The Diving Bell and the Butterfly*”, Stuart says, “I was captivated by the film, but most of all mesmerized by the music. It went straight to my heart.”

Stuart brings her own interpretation to each piece, what she describes as “a freer,

greater dynamic range, rubato, unpredictable dynamics—my signature and my touch, self-expression and lots of drama.”

Mark your calendar for 7:30 p.m., Friday, March 3, at MacKay United Church, for an unforgettable evening of romantic piano and great film music. Tickets are \$25; \$20 for seniors; \$15 for students.

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# Elmwood Theatre stages a tale of trailblazing women academics

By Julia Crystal, Angela Boychuk and Teresa Marquis

The year is 1896 and the young women at Girton College are permitted to enroll in a few select courses at Cambridge University. But unlike their male counterparts, they hold little hope of receiving a university degree. In fact, these “blue stocking” academics, as they were called, will come away from their studies with very few professional and personal prospects, because their intellectual pursuits neither promise them a career, nor make them eligible for marriage. Despite this, Tess Moffatt and the members of her study group are determined to effect change by working hard and proving their worth, even when a surprising chance at love nearly blows Tess off course. As they set about challenging the status quo, the blue stockings meet both the endearing champions of their cause, as well as those who oppose this new movement, culminating in a charged finale that tests their resolve.

Jessica Swale’s play *Blue Stockings* premiered at London’s Globe Theatre in 2013 and enjoyed critical acclaim for bringing to the stage the courageous and at times comical heroism of young women who sought nothing more than the right to a university degree.

Elmwood Theatre is proud to present this thought provoking and moving play. With a cast of more than 20 students, teachers and local Ottawa actors, this production is sure to strike a note with everyone. Grade 12 student Sophia Swettenham expertly plays protagonist Tess Moffatt as she and her study group manoeuvre their

way through the gender and class minefield of this time and place. Many months of hard work have gone into creating the feel of late 19th-century Cambridge, including lessons on astronomy and on the history of the period.

Director Angela Boychuk believes that students should be involved in all aspects of the production, both onstage and off. Student built props during an extensive two-day workshop. As well, all costumes are designed and created by our student costume team. Costumes for *Blue Stockings* have been designed to suit the time period with the colour palette of blues, greys and greens, reflecting both the title and the 19th-century expectation that women be demure. At the same time, the costume team has worked carefully to provide a glimpse into each character’s personality through the use of costume. Of course, the actors become their characters once they don their costumes and reality merges into imagination.

Our lighting and sound crew are working hard to evoke the time period, stage managers help to keep props and the stage under control, while the student director assists Mrs. Boychuk in getting the most out of the actors. This production is a team effort, and everyone is very excited about opening night.

The Victorian era is often thought of as a time of repression and restraint. The young women attending Girton, however, were cut from a



Photo by Karenn Boychuk

Sophia Swettenham plays Tess Moffatt in *Blue Stockings* as she and her study group manoeuvre through the gender and class minefield of 19th-century Cambridge.

different cloth. They knew how to follow the rules of etiquette, but they were not willing to listen to people who proclaimed: “...the higher education of women may be detrimental to their physiology, to the family, to the future of our society.” No: these young women were clearly facing the winds of change ushering in the 20th century. Now, with their performance of *Blue Stockings*, the young women of Elmwood, in the early 21st century, are paying homage to these trailblazers at Cambridge University.

Elmwood Theatre’s two most recent productions won the Cappies (Critics and Awards Program) award for best high school play in

Ottawa, and *Blue Stockings* continues Elmwood School’s tradition of high-quality theatre.

*Blue Stockings* opens March 1 and runs until March 5 at

Elmwood Theatre, 261 Buena Vista Rd. Tickets are \$20; \$15 for students and seniors, and can be purchased at the school or by phone 613-749-6761 x 221.

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# St. Bart's Church welcomes Syrian refugee family

By Rosemary MacDonald

They began in Syria and spent three years in Lebanon. They traveled from Lebanon to Canada, including an initial overnight in Toronto; then from Toronto to Ottawa. On Nov. 3, 2016, the Aldiban family—two parents and three children—finally arrived in Ottawa. They were joyously greeted at the airport first and foremost by a brother and his family, and by two aunts who arrived in Ottawa from Lebanon earlier in 2016. Next in the happy welcoming line-up were members of St. Bartholomew's Church Refugee Committee who had been preparing for the family's arrival for the preceding 12 months. After many pieces of luggage were corralled and packed into waiting cars, everybody regrouped at a nearby Lebanese restaurant to celebrate the Aldibans' arrival and the reunion of three



Photo courtesy Liz Heatherington

The Aldiban family arrived in Ottawa on Nov. 3, 2016, joining extended family (including a cousin, pictured here in polka-dot leggings).

branches of this extended family.

The Refugee Committee's advance planning and hard work paid off. The family was able to move quickly into their home that, importantly, is within walking distance of both the brother's family and the aunts. The home is now cosily furnished, thanks to many thoughtful donations and the substantial efforts of many kind people: members of St. Bartholomew's congregation and good neighbours of Lindenlea and New Edinburgh. The Aldiban children were quickly enrolled

in school and are already expanding their English skills. The men of the family have already been treated to an Ottawa 67s hockey game (they loved it: soccer on ice!) and the children are now taking skating lessons (an essential Canadian skill!) and making remarkable progress. The parents, who already had a reasonable grasp of English, will further improve their language skills when their ESL sessions start at the end of January. The family's social life is taking off, too, as they meet members of the St. Bartholomew's congregation at Sunday services. Volunteers that stop by the Aldiban home to help with a specific task or simply to visit are delighted with treats of delicious cookies and Syrian espresso.

The family and their supporters have accomplished endless tasks—oh, the administrative work! Although much more remains to be done, outstanding matters are progressing well. And we volunteers have a feeling that in this complicated but oh-so-worthwhile-process, we've gained a new and very large extended family.

Rosemary MacDonald is the coordinator of the St. Bartholomew's Refugee Committee.



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# Crichton Street Gallery starts the New Year in New York

By Elisabeth Arbuckle

*"Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible."*—Saint Francis of Assisi

It is 2017 and although we are not aiming for the impossible, the dream of a small, independent community gallery has certainly become a possibility and, in fact, a reality in the New Edinburgh neighbourhood. The Crichton Street Gallery is run by four local artists whose work is featured in regular exhibits along with that of a number of guest artists, exhibiting a wide range of styles and tech-

Reford from Les Jardins de Métis in Québec (The Reford Gardens) presented the inspiring new book—*Experimenting Landscapes: Testing the Limits of the Garden*—with text by Emily Waugh and many of its photographs by our own Louise Tanguay! The book describes how the gardens of the International Garden Festival, which are built each year in Métis, challenge the traditional definition of a garden. Patrons enjoyed the book launch in the gallery setting, where they were surrounded by many of Louise's floral photographs taken in Métis.



Painting by Barbara Saville

niques. Looking back over the previous year, the gallery has grown in reputation and has seen an increased number of visitors, despite the never-ending complexities of road construction and parking. The Crichton Street Gallery has become a destination for many Saturday shoppers, art lovers and the idle curious.

The gallery broadened its audience by hosting events such as a successful book launch and artists' talks.

In late November, Alexander

In mid-December, the Artists and Artisans Study Group, a volunteer organization in existence since 1974, came for a very informative series of talks by gallery artists Mary Pratte, Louise Tanguay, Martha Nixon, Elisabeth Arbuckle and Jennifer Kelly. The group is interested in exploring the Ottawa art scene, and as such, makes excursions to galleries and artists' studios in the Ottawa area. The study group was rewarded with a fascinat-

ing morning learning about encaustic painting, mixed media, glasswork and photography.

The very successful December show "Small Gifts of Art" featured all the gallery artists, displaying everything from jewellery to abstract paintings; photographs both framed and unframed; mixed media pieces and glass art.

January promises to be equally engaging. We are starting the New Year in New York! Local artist and retired Ashbury College teacher Mary Ann Varley will be showing her work "My Manhattan Project" from Jan. 20 to Feb. 11. As the title implies, the works focus on images of New York City. A mixed media artist, Mary Ann includes photographic prints merged with creative drawing and painting. "I like to render the elements of city life in all sorts of weather conditions into atmospheric images," she explains. These works include drawings and photo snapshots collaged with other papers into a painting. They are very graphic and very evocative.

And so we say Happy New Year to all of the art lovers in the city! You helped make 2016 a good year for the Crichton Street Gallery, and we look forward to seeing you in 2017 at some of the wonderful exhibits we are planning, including large oil paintings by another local artist.

Local Ottawa artist Barbara Saville will holding her first ever exhibit at The Crichton Street Gallery in March



Painting by Mary Ann Varley

(details to follow). Barbara paints with oils and produces large landscapes and floral pieces with bold strokes. Watch our windows to see her beautiful work.

Follow us on Facebook and visit our website: [thecrichtonstreetgallery.ca](http://thecrichtonstreetgallery.ca)

Editor's note: The Crichton

Gallery announced on Jan. 27 that founding member Martha Nixon has decided to step down from her involvement with the gallery. Fortunately, current guest artist Mary Ann Varley has agreed to join the group. Best wishes to Martha, and welcome to Mary Ann!



Photo courtesy Mary Pratte

The Artists and Artisans Study Group filled the Crichton Street Gallery just before Christmas. Martha Nixon (standing) demonstrated encaustic painting. Jennifer Kelly, Elisabeth Arbuckle and Louise Tanguay all demonstrated their techniques to the group.

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Memberships can be purchased individually for \$10 or \$25 for the whole family. All memberships are valid from January 1 to December 31, 2017.



Clip and return with payment to: **Nectar, 255 Mackay Street** or join online at **nectarcentre.ca** or by phone at **613.745.2742**

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☐ Family Membership, \$25



# 'In Concert for Cambodia' fundraiser returns with musical treats

By Flora Liebich, IC4C coordinator

We extend a warm invitation to the New Edinburgh community to join a group of outstanding young Ottawa musicians who – for the 11th consecutive year – will be volunteering their time and talent to raise funds for the Peaceful Children's Homes in Cambodia. The concert will be held on **March 12 at 2:30 pm in MacKay United Church, with a silent auction preview in Memorial Hall starting at 2 p.m.**

This year's concert promises to be a real treat! Rev. Peter Woods, Minister of MacKay United Church and well-known Ottawa jazz musician, will open the event on saxophone. On the classical side, talented young musicians and alumni from the University of Ottawa will perform chamber music, while 15-year-old virtuoso, Maria Krstic, two-time first-prize winner of the Canada Music Competition, will perform on violin. On the lighter side, Kyle Burghout, IC4C Youth Coordinator and winner of the 2015 Eastern



Musicians and alumni of the University of Ottawa School of Music will perform solo, chamber music and fiddling medleys at the IC4C concert on March 12.



Photos courtesy Flora Liebich

North American Fiddle Competition in New York, will play some foot-tapping fiddling medleys. To top it off, Cambodian musicians and dancers will perform authentic Khmer music and dance! The concert will be followed by complimentary refreshments, a silent auction featuring Asian items, silk scarves and a unique stained glass window donated by the artist.

As in past years, all proceeds will go toward the

food, health and educational needs of the children and young people at the **Peaceful Children's Homes in Cambodia**. Set up in 1994 for homeless Cambodian children returning from refugee camps in Thailand, today the Homes offer a permanent "home" environment to children who have been orphaned, abandoned, or rescued from the street or from human trafficking. The Homes are increasingly emphasizing self-reliance,

focusing on projects that both generate income and increase their sustainability.

"In Concert for Cambodia" is particularly proud of supporting the university studies of three students from the Homes, including a young woman studying law. A recent IC4C-sponsored graduate, who just completed his Master's in Agriculture at the University of Battambang, has returned to the Homes to oversee the agricultural sustainability projects that ben-

efit the Homes and the local communities.

Concert tickets can be purchased at Books on Beechwood (35 Beechwood Ave.), online ([inconcert4cambodia.wordpress.com](http://inconcert4cambodia.wordpress.com)) or at the door (\$20 for adults, \$10 for students, \$5 children under 12). Donations (either online or at the concert) are welcome.

## Celebrating 4 years of peace of mind.

Since Aurel moved into his Chartwell home, he and daughter Maja have transitioned from worry and concern about household responsibilities to spending more quality time together, including enjoying Sunday dinners and time together on the residence's piano. Now you too can experience the peace of mind that comes with living in an engaging and supportive community.

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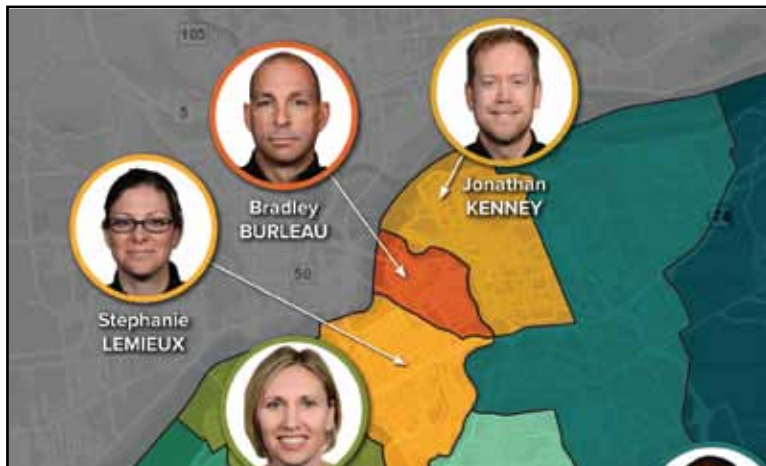


## News you may have missed

By Christina Leadlay and Jane Heintzman

Welcome to new community police officer

for the new Sector 25, which includes Vanier, Overbrook, Manor Park, Rockcliffe Park, Lindenlea and New Edinburgh. According to the



A close up of the general map showing new Community Police Officers' respective sectors.

The Ottawa Police Service launched a new frontline service delivery model on Jan. 23, 2017, and our neighbourhood is in one of 10 catchments in the city to get a new community police officer. Formerly with the Vanier Community Police Centre, Constable **Jonathan Kenney** (pictured in map above) is the Community Safety Services officer responsible

Police Service, Cst. Kenney has been with the Ottawa Police for 12 years. He has served on general patrol in Central Division, and as a detective in the Ottawa Police Mental Health and Missing Persons unit. The goal of the new Community Safety Services is to unite and leverage the work done by Community Police Officers, School Resource Officers,

Youth Services, Mental Health and Crime Prevention teams to build stronger working relationships with community partners and to work towards resolving some pressing issues that are impacting our communities. You can contact Cst. Kenney at [kenneyj@ottawapolice.ca](mailto:kenneyj@ottawapolice.ca) or 613-236-1222 x 5823.

### Housing prices up in our area

Good news for homeowners: housing prices in New Edinburgh and Lindenlea saw an average \$58,000 gain from 2015-2016, according to a real estate report in the Ottawa Citizen on Jan. 6. In its examination of nearly 50 districts tracked by the Ottawa Real Estate Association, analyzing the one-year change in the median price of a single family home, the Citizen found that New Edinburgh/Lindenlea was one of four districts (alongside Hunt Club/Windsor Park, Carlsbad Springs and Manotick/Rideau Township) to post double-digit gains in 2016. Specifically, New Edinburgh/Lindenlea home prices were up 10.1 per cent in November 2016 compared to a year earlier. Neighbouring Rockcliffe

Park topped the Citizen's analysis as the wealthiest real estate district, where the average home sale secured \$1,255,000 in November 2016 – up not quite 5 per cent year-over-year.

### Finding Nemo the lost dog

embarked on a frantic search for the dog, scouring the area, distributing flyers, going door-to-door and launching a Facebook page in an effort to track him down. After 10 days of searching and bad winter weather, a doctor in



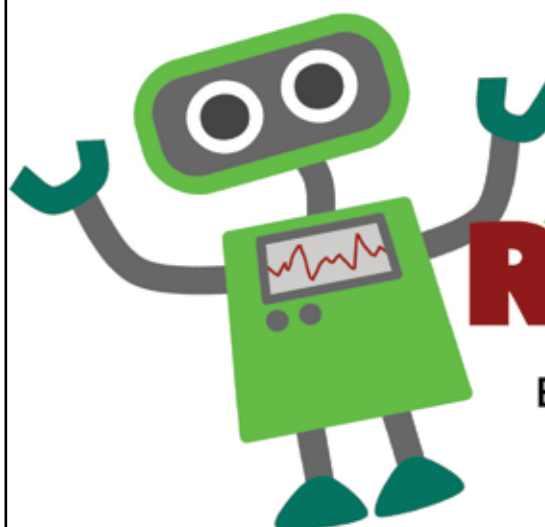
Photo courtesy Ottawa Citizen

Visiting poodle Nemo went missing in Manor Park for 10 days.

Shortly before the New Year, miniature poodle **Nemo** escaped from a home in Manor Park, where his owners, **Helene Beaulieu** and **Jon Buysse** of Waterloo, Ont., were visiting family for the Christmas holidays. Abandoning their plans to return home, Helene and Jon

Rockcliffe Park (about a kilometre away from where the dog disappeared) reported a whimpering noise in his backyard. The doctor called Jon and Helene, who came to discover their little pooch cowering and shivering by the back fence. Not surprisingly,

Continued on page 33



# March Break

# ROBOT ACADEMY!

Elmwood School Camp for Girls invites you to join us for our exciting March Break camp from **March 13 to 17, 2017!**

Elmwood's popular **March Break Discovery Camp** is back with a unique blend of learning and fun that is sure to chase the winter blues away! Our dynamic blend of arts, crafts, games and sports is served up by our talented counsellors, together with daily mugs of hot chocolate and marshmallows!

This year, girls aged 4 – 12 will take a fascinating journey into the world of Robotics and Programming with our **Robot Academy**. We have prepared exciting, age-appropriate workshops emphasizing hands-on challenges, teamwork and fun! No previous robotics experience required!

**Cost:** \$299. Price includes complementary morning drop off (8 – 9 a.m.), a delicious Elmwood Bistro lunch and snacks, camp t-shirt and fun giveaways.

**Hours:** Monday through Friday, 9 a.m. – 4 p.m. Extended care offered from 4:30 – 5:30 p.m. (\$25 per week – games, crafts, reading and quiet time.)

**VISIT [CAMP.ELMWOOD.CA](http://CAMP.ELMWOOD.CA) TO REGISTER TODAY!**





## Continued from page 32

Nemo was starving, dehydrated and hypothermic, but after several days of restorative care at the Alta Vista Emergency Animal Hospital, he was well enough to return home to Waterloo, where he is now happily reunited with his feline companion Gordon, and continuing on the road to recovery. Truly a New Year's miracle!

## New documentary has Burgh links

Emmy award-winning documentary film maker **Peter Raymont**, who grew up in Rockcliffe Park, was recently interviewed on CBC's Ottawa Morning for the launch of a week-long Ottawa showing of his latest doc: *Where the Universe Sings: The Spiritual Journey of Lawren Harris*. Peter has close connections to our 'hood: his



Image from whitepinepictures.com

mother **Mary Raymont** lives at The Edinburgh and his sister **Liz Heatherington** is an active volunteer at St. Bartholomew's Church. Lawren Harris's son, **Lawren P. Harris**, a highly regarded artist in his own right, also has a direct connection to our

community where he lived with his wife **Anne Harris** for a number of years prior to his death in 1994. The film focuses on the life and work of the legendary Group of Seven painter. Actor-comedian **Steve Martin**, now a leading expert on Harris's work and curator of a recent AGO exhibition of his paintings, is featured in the film. Actor **Colm Feore** portrays the voice of Harris reading from his letters. Actor **Ben Low** portrays the artist in a series of re-enactments. Although Harris's wife apparently destroyed most of the photographs of his early life, his grandchildren **Stew Sheppard** and **Toni Chowne** provided the documentary team with two shoe-boxes full of old family photographs of the young artist. *Where the Universe Sings* ran from Jan. 27 - Feb. 2 at the South Keys Cineplex Odeon Theatre.



## Classified Ads

**RATES: \$10, first 25 words; \$5, each additional 25 words, payable on submission of ad. Public service ads (such as lost & found) free. Call Christina Leadlay, 613-261-0442 or email [newednews@hotmail.com](mailto:newednews@hotmail.com).**

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# EVENTS CALENDAR

Have an event to list? Send details to [newednews@hotmail.com](mailto:newednews@hotmail.com)  
Visit [newedinburgh.ca/events](http://newedinburgh.ca/events) for the most up-to-date listings.

## February

**On now until Feb. 21 – Calixte and Pelletier** exhibit at 11 a.m. - 4 p.m. Voix Visuelle Gallery, 67 Beechwood Ave. [voixvisuelle.ca](http://voixvisuelle.ca). The gallery presents the work of Kévin Calixte and Manon Pelletier, two artists for whom photography of people is central to the proposed project. Calixte reflects upon generation Y's fascination for yoga. Pelletier shows a couple together for a long time, but their heads are hidden.

**Feb. 6 – NECTAR Community Choir Mondays** (until March 27) from 7:30 - 8:45 p.m. Community Room, 255 MacKay St. Cost: \$110 for 11 weeks or \$12 drop-in. 613-745-2742 [nectarcentre.ca](http://nectarcentre.ca) Join the chorus as they sing music from the great choral repertoire. From Bach to the Beatles, members will enjoy singing in harmony. Everyone welcome.

**Feb. 9 – Ukulele Jam** Tuesdays from 7 - 8:30 p.m. at the Black Irish Pub, 15 Selkirk St. Drop-in: \$5. [tsunamiinc@aol.com](mailto:tsunamiinc@aol.com) Jamie Anderson hosts the Ukulele

Jam—BYO ukulele. All levels are welcome and instruction and music are provided. Food and drink for sale. Please note the new location at the Black Irish Pub!

**Feb. 11 – Relationship Workshop for Couples** 9 a.m. – 4:30 p.m. at the Manor Park Community Centre, 100 Thornwood Rd. Fee: \$25. [manorpark.ca](http://manorpark.ca) Organizational Behaviour Consultant Tom O'Brien leads a one-day workshop for couples. This will be a fun and potentially transformational day where participants will learn more about their partners—and about themselves. We'll be talking about trust, hot-button issues, emotional intelligence, the Five Love Languages, and more. Please contribute to the potluck lunch. Limited to 12 couples.

**Feb. 18 – Hockey Day in New Edinburgh** at 1 p.m. Stanley Park Fieldhouse. The Crichton Community Council hosts the annual Hockey Day featuring shinny and skills competitions, food, hot chocolate and prizes.

**Feb. 25 – RCMP Musical Ride Open House** at 10 a.m. - 3 p.m. Musical Ride Centre,

1 Sandridge Rd. Free, donations accepted for the Food Bank. The RCMP Musical Ride is opening its doors to the public. Meet the horses and riders before they set off on their cross-country tour in celebration of Canada's 150th Anniversary.

## March

**March 1 - 5 – “Blue Stockings”** at 7 p.m. (2 p.m. on March 4 and 5). Elmwood Theatre, 261 Buena Vista Rd. Tickets: \$20; \$15 for students and seniors. 613-749-6761 x 221. Elmwood Theatre brings to the stage a trail-blazing women academics set in 19th century Cambridge University. Details on page 27.

**March 3 – Scrabble Night** at 7 p.m. at the Nectar Centre, 255 MacKay St. Discounted entry for members. The Nectar Centre hosts a fun Scrabble evening. A bar will be set up in the kitchen.

**March 3 – La Valse d'Amélie** at 7:30 p.m. MacKay United Church, 39 Dufferin Rd. MacKay United Concert Series Presents “La Valse d'Amélie.” Montreal-based pianist Jana Stuart will per-

form a variety of romantic piano and film music. See page 26 for details.

**March 7 – Nectar Food Talks** at 7:30 – 8:30 p.m. Community Room, Nectar Centre, 255 MacKay St. \$10. Co-hosts Cindy Ryley, Joseph Cull, Nina LePage and Julie McInnes lead discussions with Ottawa's best food authors, chefs, suppliers and restaurateurs. Tonight's guest speaker is Christine Garland, owner of Union Street Kitchen Café, the latest local food shop with monster cookies, terrific coffee and a side of yoga, if you like.

**March 12 – In Concert for Cambodia** at 2:30 p.m., MacKay United Church, 39 Dufferin Rd. [Inconcert4cambodia.wordpress.com](http://Inconcert4cambodia.wordpress.com). The 11th annual “In Concert for Cambodia” returns, featuring young musicians and alumni from the University of Ottawa Music School, as well as Cambodian musicians and dancers. A silent auction and refreshments will follow. All proceeds go to the “Peaceful Children's Homes” in Cambodia. See page 31 for details.

**March 13 - 16 – Messy March Break Camp** from 8:30 a.m. – 5 p.m. daily. Nectar Centre, 255 MacKay St. Register at [nectarcentre.ca](http://nectarcentre.ca) 613-745-2742. Join us for a week of messy fun, both indoors and out! If your 5-11-year-old likes getting creative, inquisitive and mucky, then this is the camp for them. Some part-time spots available.

**March 16 – Stanley Cup Homecoming** at Rideau Hall, 1 Sussex Dr. [gg.ca](http://gg.ca) As part of the Stanley Cup's 125th anniversary celebrations, have your picture taken with the trophy, right next to the portrait of Lord Stanley himself, Canada's 6th Governor

General and donor of the cup.

**Starting March 22 – Drawing from Both Sides of the Brain Part II** at 12:30 – 2 p.m. Manor Park Community Centre, 100 Thornwood Rd. \$85. Register at [manorpark.ca](http://manorpark.ca). Learn essential drawing skills both formally and informally. Instructor Lindsay Watson will address various drawing techniques, perspective, as well as enhancing light and shadow. Various exercises will be presented to improve drawing skills. All levels welcome.

## April

**April 1 and 2 – Maple Weekend** from 10 a.m. - 4 p.m. Various locations. [mapleweekend.ca](http://mapleweekend.ca). Come enjoy the sweetest time of the year! The Lanark and District Maple Producers Association host the third annual Maple Weekend. Visit the website to find a participating Maple Weekend sugar bush and explore how maple products are produced, from tree to table.

**Starting April 22 – Watercolour painting** at 10 a.m. - 12 p.m. Manor Park Community Centre, 100 Thornwood Rd. \$170. Register at [manorpark.ca](http://manorpark.ca). This course will inspire confidence in creativity and an understanding the intricacies of watercolour. Instructor Laurie Hemmings will give special focus on compositional elements and techniques. Individual style is encouraged and plenty of one-on-one instruction will be provided. All levels welcome.



**Have an event to list?**

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# Highlights from the January 25 City Hall demonstration



The Mayor's Chief of Staff, Serge Arpin, accepted the petition (with over 600 signatures) from Victoria Henry.

Photos by Louise Imbeault



One of the four-legged protesters who braved the noisy crowd.



Familiar New Edinburgh faces Joseph Cull and Cathy McConkey.



David Horley, Dick Palmer and Cindy Parkanyi (in red) were among the vocal crowd that crammed into the hallway outside of the mayor's office, asking for a meeting.



It was an all-ages group, from infants to older folks, many sporting construction gear.



(from left) NEN's Jane Heintzman, City Councillor Tobi Nussbaum, Pamela Howson and her son Wim Howson Creutzberg.



A cheerful but determined crowd of around 80 New Edinburgh residents gathered at City Hall on Jan. 25 to voice discontent over Stanley Park as the mucking-out site for the Combined Sewage Storage Tunnel.

## UrbanOttawa.com



**793 Hemlock Road - \$539,000.**  
**Manor Park:** A perfect Urban Ottawa package! This home is truly "turn key". Sunny, airy, open spaces. Gorgeous vista through the south facing front window. Lovely treed, very private yard. Open concept living- dining room. Efficient kitchen with eat-in option. Three bedrooms upstairs and a family bathroom as well as a well finished lower level with family room, another full bathroom, laundry and storage. Loads of renovations and upgrades. A must see!



**711 Hemlock Road - \$699,000.**  
**Manor Park:** Rarely available opportunity to develop and build in Urban Ottawa's Manor Park neighbourhood. There is a funky, retro, three bedroom house on the property which is completely liveable until you are ready for the next step OR, maybe think of doing a major renovation on a fabulous 100X116 lot. Fabulous community. Property is on the north-east corner of Hemlock and Birch overlooking the woods of the Beechwood cemetery.



**720 Lonsdale Road - \$899,000.**  
**Manor Park:** Absolutely unique in Urban Ottawa and environs. This mid-century custom built Manor Park home boasts a two storey five bedroom home with a main floor, completely separate granny suite, originally designed as a doctors office. Totally rebuilt from head to toe in 2014, this home is turnkey. Perfect for an extended, multigenerational family or for someone who would like to work at home but not IN the home. As a bonus, you get a double garage, a huge oversized lot, and of course, the best of all, a wonderful bucolic community to call home.



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# Burgh Breezy Bits

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## Congratulations to...



**Janet and Richard Martin-Nielsen** of Crichton Street are thrilled to welcome their new baby boy, **Ian Niels**, born Nov. 13, 2016. Big brother **Lars Ole** has already showed Ian the sledding and skating at Stanley Park. Many thanks to the amazing midwives from the **Ottawa Midwifery Collective**.

Congratulations to social worker **Sonja Latifpour** of Rockcliffe Way, who opened her new child-centered therapy practice, **Bright Star Counselling**, in December 2016. Located at 35 Beechwood Ave., Bright Star welcomes children and

families from the community and beyond. Learn more at [brightstarcounselling.com](http://brightstarcounselling.com)

Lifetime Burgh resident **Martin Wright** is happy to report his business, **Magpie Jewellery**, turn 25 years old this year! He sends a big thank-you to Ottawa and to New Edinburgh for the continued loyal support over the years. Stay tuned for details on our upcoming birthday bash: [magpiejewellery.com](http://magpiejewellery.com)



Former New Edinburgh resident **Florence Klein** turned 101 on Jan. 20. She is doing well and lives at a residence near Carleton Place, ON. Well-wishers may reach Florence care of 104 Crichton St., Ottawa, ON K1M 1V9.



Congratulations to 10-year-old **Julien Bélanger** of MacKay Street for earning his black belt in Taekwondo in December after an exam lasting more than four hours. Julien has been training at the Lindenlea Community Centre under **Master Taylor Haas** for more than five years, and is now a world certified black belt with the World Taekwondo Federation.



*Photo by Lois Siegel*

**Mary Rayment** celebrated her 100th birthday on Jan. 17. Now living at The Edinburgh, Mary first lived on Maple Lane upon her arrival to Canada in 1949. She has been involved in the St. Bart's bazaar for more than 40 years and is the longest serving member of the Laurentian Chapter of the IODE. On Jan. 17, Mayor **Jim Watson** presented Mary with a letter from **Queen Elizabeth II** and Councillor **Tobi Nussbaum** read citations from the Governor General and the Prime Minister.

## Hello Neighbour



**DunelmOTTAWA**, a group of Ottawa area alumni of Durham University in England, held their annual reunion Dec. 10. The event took place at the New Edinburgh home of Gavin Murphy, whose residence—appropriately named Dunelm, Latin for Durham—celebrated its centenary in 2016. It was also the 150th anniversary of the founding of the Durham alumni community. The Durham grads are (from left) **Jack Lindsey, Roger Stacey, Gavin Murphy, Andrew Welch, Betty Rivera** and **Ramon Cova** (Absent: **Paul McConnell**, who arrived after the photo was taken).

**Want to share the news of an important milestone?**

**Send your birthday, anniversary, retirement, moving or condolence**

**announcements to**  
**newednews@hotmail.com**

## Wanted

The **Rockcliffe Park Public School Book Fair** Executive Committee is seeking volunteers to fill the following positions: Chair (or multiple Co-Chairs), Administration

Team Coordinator, and Book Bin Team Coordinator. Committee members need not be RPPS parents: we welcome volunteers from throughout the community! To learn more, email [info@rockcliffeparkpsbookfair.com](mailto:info@rockcliffeparkpsbookfair.com)



The **New Edinburgh Studio Tour (NEST)** is accepting submissions for our fall artists' studio tour taking place Sept. 16–17, 10 a.m.–4 p.m. Deadline: March 1. For details and forms, visit [neststudiotour.com/2017-submissions](http://neststudiotour.com/2017-submissions).

## Found

Seeking a home for a found cat. Young, female, dilute tortoiseshell (shorthaired, mostly grey with orange touches) cat found on Stanley Avenue in early December. She is affectionate, accustomed to humans and a house, but wants to go outside. She is not micro-chipped and has been reported to the Humane Society as "found." If you have any information or would like to adopt her, call Beth at 613-744-2531.



This beautiful female cat (above) was found in the Lindenlea / New Edinburgh area on Jan. 23 and has been reported as found on the Ottawa and Valley Lost Pet Network. She is a tuxedo, about four years old, blue collar no ID, no microchip; an indoor kitty with an affectionate and trusting disposition. She was brought to the Ottawa Humane Society on Jan. 27 by a caring neighbour. **OHS shelter # A-198930**.