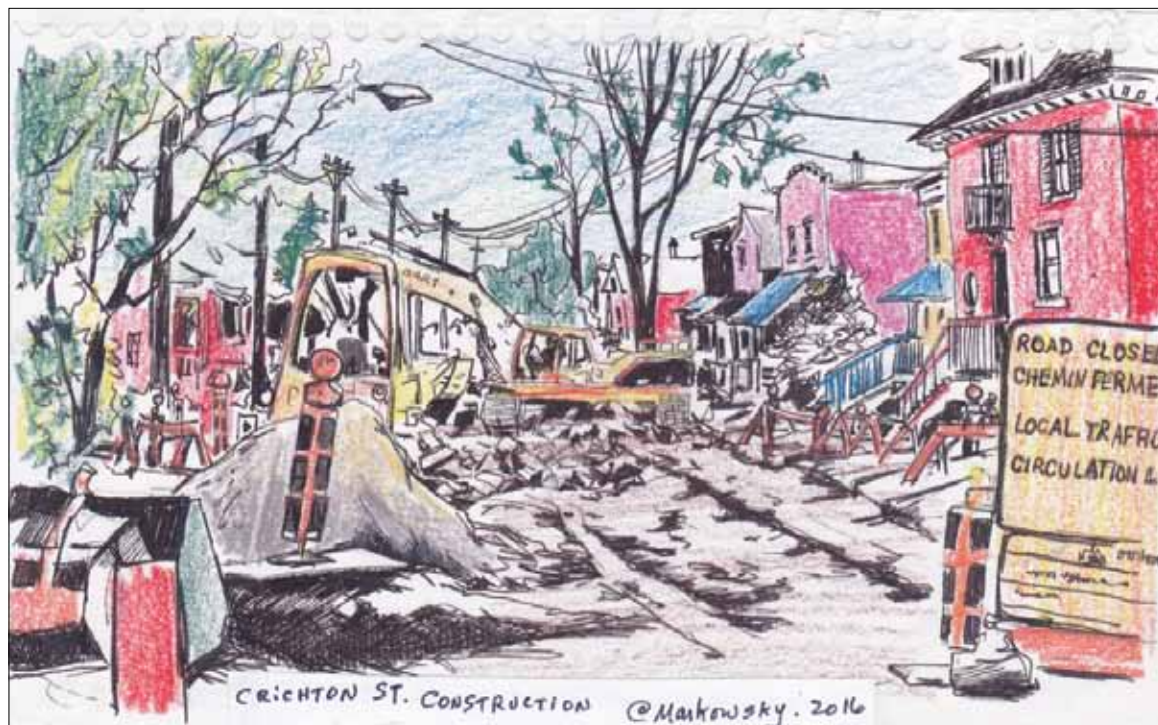


December 2016

# NEW EDINBURGH NEWS

www.newedinburgh.ca



Sketch by Martha Markowsky

The landscape this past summer on Crichton Street, now but a memory as new paving has been laid.

## Anger, frustration and concern over CSST impact on community

By Christina Leadlay

The tension and anger were palpable on Oct. 27 as more than 100 New Edinburgh residents crammed into St. Bartholomew's Church hall to hear from City of Ottawa officials about the impending infrastructure project called the Combined Sewage Storage Tunnel (CSST) and its impact on our neighbourhood.

The information session, which directly followed the New Edinburgh Community Alliance's (NECA's) annual general meeting, left residents with more questions than answers as project team members attempted to provide details about how the project will affect traffic, property, the environment and the safety of residents.

It was clear that for the majority of residents in attendance, the impact of the CSST

was far greater than they had realized or had been lead to believe, and they demanded to know (among other questions) why the City had not made greater efforts to consult the community earlier—before all the major decisions were taken—and why the bulk of the construction was slated to happen in New Edinburgh's collective backyard.

In brief, the CSST (aka the "Big Dig") is a massive city-wide infrastructure project to build a new sewage storage tunnel from LeBreton Flats to New Edinburgh in an attempt to prevent raw sewage from being dumped into the Ottawa River during significant rainstorms. It has been in the planning stages for almost a decade.

The north end of New Edinburgh Park (also known

Continued on page 4

## Business as usual at pharmacy despite change in ownership

By Jane Heintzman

Frank Tonon, our community's revered local pharmacist for more than three decades, sold the New Edinburgh Pharmacy to new owners at the end of November. Far from being an impulsive, last-minute decision, the change of ownership was in fact the culmination of an extended search for a buyer prepared to agree to Frank's terms of sale: that is, that the operation continue exactly "as is," with current staff and the team at the dispensary, including Frank himself and son Matthew, staying on the scene to maintain daily operations in their present form. The business will remain under the Guardian banner, and for all practical purposes,

local clients will notice no cataclysmic changes flowing from the transfer of ownership.

While on the whole it's steady as she goes at 5 Beechwood Ave., there will be a couple of welcome changes introduced in tandem with the sale. First, beginning shortly after the release of this edition of the *NEN*, the store will be open on Sundays, an innovation Frank has long been contemplating, and which dovetails handily with the increasing number of local Beechwood businesses offering Sunday service.

And in the New Year, we can look forward to some exciting renovations to the store's interior, the details of which have yet to be revealed,

but which Matthew promises will be impressive. He is well aware that the neighbourhood has had its fill of major construction activities, but believes the renovation work can be accomplished with minimal disruption. One way or another, it will be all in the interests of a new, spruced-up look and layout!

As the sale of the pharmacy was breaking news just as the *NEN* launched into production mode, we have not yet had an opportunity to speak with Frank Tonon about the background to the story, so stay tuned—we'll be sure to bring you more news in our February edition.

For more on the Beechwood business scene, see the Business Briefs on page 10.

## Empty 50 Sussex Dr. to become geography centre and headquarters

By Jane Heintzman

After 11 years in limbo, 50 Sussex Dr. has a new lease on life. The abandoned building overlooking one of Ottawa's most magnificent vistas is about to become Canada's Centre for Geography and Exploration and the headquarters for the Royal Canadian Geographical Society (RCGS).

This comes as welcome news to New Edinburgh residents who have long been concerned about the use of that unique parcel of land.

Two decades ago, our community fought strenuously to block an NCC plan to encroach on Rideau Falls Park by erecting an imposing modern building to house a museum with the rather hazily defined objective of highlighting the international achievements of Canadians. We lost that battle, and in 2000, the Canada and the World Pavilion opened in a new glass and steel structure at 50 Sussex Dr.

After only five years, the museum closed, leaving the new building tenantless and

abandoned.

Once again, our community rallied to make a forceful case to the NCC that whatever new use might be found for the structure, it must remain open to the public, with no restrictions on public access to the surrounding park and lookout area, which might have been imposed had it been turned over to a foreign embassy, as was rumoured. To its credit, the NCC did ultimately make public access a leading criterion in its search for a suitable

Continued on page 17



# Thanks for your remarkable energy on the CSST issue



**Tim Plumptre**  
NECA President

The last few weeks have been a most difficult period for New Edinburgh. Many people, particularly those who live in the vicinity of Stanley Avenue, Crichton, Keefer and Dufferin Streets and Victoria Avenue, have become increasingly frustrated, stressed and angry as they have learned about the impending disruption to our park and our streets.

Those of us at the NECA

Board of Directors had been generally aware for a few months there was a “big dig” coming our way called the Combined Sewage Storage Tunnel (CSST). However, it seemed that a tunnel buried deep underground was not likely to be too disruptive. And we were confident that most residents of New Edinburgh would be supportive of a project that promised to end serious contamination

of the Ottawa River from sewage overflows.

It was only a few weeks ago, on Oct. 27, at an information session organized by our City Councillor Tobi Nussbaum, that City representatives opened the eyes of everyone that attended as to how deeply worrying and threatening this project is for New Edinburgh.

It was only then that residents learned that virtually all the rock and debris from this tunnel, which extends all the way to LeBreton Flats, was to be removed through Stanley Park.

It was only then that it became apparent that the City’s plan was to have an unending procession of huge trucks through the park and our Heritage District, one every 15 minutes for up to two years, potentially starting at 7 a.m. and running past our local schools, playground, soccer pitch and retirement residences.

It was only then we heard of their intention to dig up soil in the park area that was so contaminated that in previous years the National Capital Commission had refused to remove it, choosing instead to cover it over.

It was only then that residents became aware that no one at City Hall, not even our previous municipal councillor, Peter Clark, who was then in office, had alerted our community when the major decisions regarding this \$230-million project were being taken. The best opportunity to affect important matters such as the tunnel route or the location of

mucking-out sites occurred about three years ago.

It was only in the wake of the Oct. 27 meeting, in further discussions with the City, that we found out that despite a legislative requirement for public consultations on this vast initiative, the City had conducted all its consultations elsewhere. It was appalling to realize that not a single consultation was held here—despite the fact that our community is the one most affected by this huge project.

There is much information in this edition of NEN about the CSST project—about what community volunteers are doing to try to come to grips with it, to understand its full implications in areas such as noise, health, safety, property values and heritage degradation.

I wish to pay tribute to the scores of volunteers who are manning task groups and taking part in many, many meetings to try to determine what strategies we can deploy, as a small community, to displace the worst impacts and to mitigate other threats. It is remarkable what energy is forthcoming from our residents when a major issue like this arises.

Among the many individuals who might be mentioned, I want to single out one in particular: Joe Chouinard. Joe is coordinating most of this activity on behalf of the NECA board. He deserves a vote of thanks from all of us.

Also, from my position as NECA president, I am perhaps more conscious than others may be of the hours of

work being put in by councillor Tobi Nussbaum and two colleagues in his office, Laura Mueller and Jesse Cressman-Dickinson, to brief NECA on developments and to arrange information sessions for the community in general. Likewise, this team helps to facilitate our liaison with city staff and other municipal politicians.

They are striving on our behalf to get answers from staff and from contractor representatives—answers that are sometimes very difficult to secure—for the many questions our community is raising. It’s certainly helpful to have this kind of support at City Hall.

What will be the ultimate result of all this work? This remains to be seen. Many different strategies are being explored, but we’re all aware—and frustrated—that it’s so late in the game to try to influence the course this project is now on.

If we are not as successful as we might wish in eliminating the most serious impacts of this project, it certainly will not be for lack of trying on the part of the many people who have been contributing so many hours of their time.

On a happier note, I am thrilled to share the news that the Minto bridges will reopen on Dec. 9. This is something NECA has been pushing for more than a year, and I am sure all residents will be pleased to have access to this vital artery once again.

## 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, December 20, 8 p.m.**

**Tuesday, January 17, 8 p.m.**

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

## Your NECA Representatives 2016-2017

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## Kudos to our carriers

The *New Edinburgh News* offers a sincere thank you to all the hard-working neighbours who volunteer with our distribution team, helping to deliver this newspaper to you five times a year. We appreciate all your time and efforts.

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Phillip McAdam  
Michelle Rene de  
Cotret  
Margo Silver  
Inge Vander Horst

Victoria and Charlotte Walker  
The Young Martin family.

Special thanks to Jonathan Blake, Catherine Blake and David Horley for organizing the team.



# Ontario Liberals easily hold on to Ottawa-Vanier in byelection

By Christina Leadlay

Nathalie Des Rosiers is going to Toronto.

The Ontario Liberal candidate easily won the Nov. 17 byelection in our riding of Ottawa-Vanier, defeating the Progressive Conservative's star candidate, former provincial ombudsman André Marin. The Ontario New Democratic candidate, Claude Bisson, came in third.

Ontario Premier Kathleen Wynne was in Ottawa that day to help Des Rosiers celebrate at the Knights of Columbus Hall on McArthur Avenue. Wynne remained in Ottawa that weekend as her party held its annual general meeting at the Shaw Centre.

Former Ottawa-Vanier MPP Madeleine Meilleur was also on hand at the Knights of Columbus Hall to congratulate Des Rosiers, her successor. It was Meilleur's resignation back in June that triggered the provincial byelection in the riding.

After 13 years in provincial politics, Meilleur stepped down in June citing family reasons.

"I have huge, big, red shoes to fill, but I have been inspired by the work Madeleine has done and I promise to try to do my best to replace her," said Des Rosiers during her victory speech on Nov. 17.

"She's a smart woman," Meilleur told the CBC on Oct. 15 when Des Rosiers won the nomination. "I have worked with her in the past when I was a minister—she is a great person to get people to work together."

Born in Montréal, Que. in 1959, Des Rosiers studied law at the Université de Montréal and obtained her Master of Laws degree from Harvard University. She practiced law in Montréal and in London, Ont., joining the University of Western Ontario in 1987 as a law professor until 2000, according to her CV on the University of Ottawa's website. She was president of the Law Commission of Canada from 2004 to 2008 while concurrently serving as dean of civil law at the University of Ottawa. Des Rosiers held the post of vice-president of governance from 2008-2009, became general counsel for the Canadian Civil Liberties



Photo courtesy Nicolas Moyer

Ontario Liberal candidate Nathalie Des Rosiers (left) celebrates winning the Nov. 17 byelection with Nicolas Moyer (right), who is vying for the federal Liberal nomination for Ottawa-Vanier.

Association from 2009 to 2013, and has sat on the Law Commission of Ontario's Board of Governors. She has received both Order of Canada in 2013 and the Order of Ontario in 2012, and has twice been named one of Canada's 25 most influential lawyers by Canadian Lawyer.

According to unofficial results from Elections Ontario, Des Rosiers won the seat with 14,979 votes. Marin came in second with 9,025 and Bisson third with 4,459. Rounding out the top five candidates (out of a total of 11 names on the ballot) were the Ontario Green Party's Raphael Morin with 993 and the Stop the New Sex-Ed Agenda's Elizabeth De Viel Castel with 384.

Ottawa-Vanier has been sending Liberal candidates to Queen's Park since 1971.

## Still no date for federal byelection

This was only one of two byelections in the cards for our riding. As of press time, a federal byelection has yet to be called for Ottawa-Vanier. According to Elections Canada, a vote must be called on or by Feb. 19, 2017. Also a Liberal stronghold federally, Ottawa-Vanier had been represented in the House of Commons since 1995 by Mauril Bélanger, who died of ALS on Aug. 16, 2016 at the age of 61.

The federal political parties are still in the early stages of choosing their candidates. On Nov. 25, the Ottawa-Vanier

Women's Liberal Association hosted an event to meet the nomination contestants for the Liberal ticket. Among the names were Khatera Akbari, Mona Fortier, Francis Leblanc, Ainsley Malhotra, Persévérance Mayer, Nicolas Moyer and Véronique Soucy.

Rideau-Vanier City Councillor Mathieu Fleury ended months of speculation on Dec. 1 as to whether he would run federally. Speaking in French to Radio-Canada, he made clear that he will not seek the federal Liberal nomination, citing the need to continue his work at the civic level.

According to *Le Droit*, Emilie Taman has been confirmed as the federal NDP's candidate for the future byelection in our riding. Her candidacy became official on Nov. 29 during a meeting at the Richelieu-Vanier community centre. This will be Taman's second time in two years running for the NDP in Ottawa-Vanier. She lost to Liberal Mauril Bélanger during the October 2015 federal election. It was Bélanger's death this past August that triggered a byelection.

As of press time, there is no word as to the federal Conservatives plans for choosing their candidate.

The *New Edinburgh News* congratulates Des Rosiers on her win and looks forward to her regular updates from the Ontario Legislature in our forthcoming issues.

## NEW EDINBURGH NEWS

255 MacKay St., Ottawa, ON K1M 2B6

**Publication dates:** Oct. 1, Dec. 1, Feb. 1, April 1, June 1

**Deadlines:** Sept. 10, Nov. 10, Jan. 10, March 10, May 10

**Publisher:** New Edinburgh Community Alliance

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**Submission Guidelines:** Articles, photos and letters to the editor may be submitted to the editor. The editor reserves the right to edit for length, content and legal considerations. Submissions selected for publication will be published in both a hardcopy and an electronic version. Letters to the editor must include the writer's name, address and phone number to be considered for publication.

The *New Edinburgh News* (NEN) was established as a non-profit community newspaper in 1976 and is published five times a year by the New Edinburgh Community Alliance (NECA) and supported by its advertisers. The *New Edinburgh News* is distributed free of charge by volunteers to residents of New Edinburgh as well as to area schools, libraries and local businesses. Views expressed in the NEN are those of contributors and do not necessarily reflect the views of the editorial staff, the publisher or the advertisers.

The *New Edinburgh News* is also made available online at the New Edinburgh community website:

**www.newedinburgh.ca**

*Printed in Smiths Falls by Performance Printing*

ISSN 0703-9042



# Combined Sewage Storage Tunnel project

## Community doesn't see project as done deal, acting to change it

Continued from page 1

as Stanley Park) has been tapped as the main staging site where all the debris from the tunnel excavation will be removed and hauled away in heavy trucks for disposal. This choice was primarily based on the need to connect the new tunnel to key infrastructure in New Edinburgh, combined with the engineering advantages of the downward slope between the park and LeBreton Flats.

During the tunnel construction, about 20 per cent of the park would be off-limits to residents, and heavy trucks would be making very frequent trips through the community as they take the debris away. The choice of a trucking route is still under discussion. The project is scheduled to start in early 2017 and take approximately three years.

Neighbours' anger, frustration and concern continued to build over the days following Oct. 27. On Nov. 2, NECA President Tim Plumptre, newly-elected board members Joe Chouinard, Natasha Cappon and NECTAR chair (also on the NECA board) Sean Flynn joined City Councillor Tobi Nussbaum for what they predict will be the first of a series of interactions, meetings and discussions between New Edinburgh residents and the City on the CSST. According to a report released following the meeting, the group from NECA made it clear to City officials that "while the proponents of this project may regard it as a 'done deal,' our community does not accept that point of view."

"NECA representatives emphasized that to date no proper public consultation had been undertaken with New Edinburgh, the residential community mostly deeply impacted by the CSST, and that this is a serious project management fault. Lastly, it was communicated that the community would only accept a zero-risk approach to the health and welfare of its residents," according to the report, which can be found at [newedinburgh.ca](http://newedinburgh.ca).

On Nov. 10, NECA held an emergency session of the

board (which included five new members), which approximately 40 residents attended. Councillor Tobi Nussbaum was also in attendance. For an hour before board business officially began, guests and board members engaged in a vigorous exchange, reiterating many of the issues and concerns that were raised on Oct. 27. The at-times tense and emotional discussion reaffirmed residents' concerns for their health (there is contaminated soil on the NCC parkland), the preservation of heritage properties during construction, the traffic and safety impact of the trucking operation, and the accountability of the City for an apparent lack of proper consultation.

During this board meeting, the New Edinburgh Task Force was officially launched to organize a community-wide response to the project, with Joe Chouinard and Sean Flynn agreeing to co-chair the growing group of community members. The Task Force has established a number of working groups. Many of the volunteers are currently digging deeper into the environmental, traffic and engineering aspects of the CSST project to gain a better understanding of how it will affect the community, while others are consulting with lawyers to explore possible legal avenues to block or delay the exploitation of the park as the CSST project's main staging area.

Learn more about the Task Force's actions and goals in the article above.

November remained a busy month of meetings for NECA, the CSST team, and the Task Force. NECA met for its regular board meeting on Nov. 15, which was dominated by the CSST issue, with Joe, Natasha, Sean and other members providing updates on the almost daily progress the Task Force is making in its research and information gathering. Tobi Nussbaum organized a second information session with the CSST project team on Nov. 16 at the Fieldhouse. This was not a consultation, but rather a second chance

for residents to hear from the project team and to have questions answered. The tone at this meeting was very similar to the Oct. 27 info session, with residents voicing their anger and frustration during the presentation. Among the predominant, ongoing concerns of residents were lack of meaningful consultation with the community prior to final key decisions on project design, and the City's failure to give serious consideration to alternative staging areas with better access to truck routes and far less impact on an established community.

The Task Force and its sub-committees have been meeting regularly, and have drawn up a community petition that, once filled with signatures, will be presented to Ottawa Mayor Jim Watson. A letter to the mayor from the NECA board was sent on Nov. 22, letting him know that New Edinburgh residents are appalled and dismayed by the project in its current form, and asking that the City work with the community to minimize the negative impacts of the project on New Edinburgh.

The situation is by no means resolved, but residents can take heart that action is being taken in an effort to have the main staging area (and hence the burden of the impact) moved to another location, and to mitigate the effects of the construction that will be necessary to connect the new tunnel to existing infrastructure in the neighbourhood. If you would like to get involved, please refer to the Task Force's contact information on page 5.

The CSST is proving to be a very difficult and emotional issue for the community. As residents, we need to look ahead and work together to minimize the potential impact of the CSST on our lives, and its damage to our neighbourhood.

## The City of Ottawa CSST team provided answers to the following frequently asked questions

**Q: Will the park still be open? Will the sports fields and other facilities be accessible during construction?**

A: Approximately 80 per cent of the park will remain open and accessible for the duration of CSST construction, including the dog park, all sports fields and play equipment, the field house, the rinks, splash pad and stone-dust pathway along the river. Visitors will be able to access to the park from Queen Victoria Street, Keefer Street and Stanley Avenue. The construction site in the park will be enclosed.

**Q: How many trucks will there be, how often will they run and during what hours, and what route will the trucks take?**

A: Trucking volumes will vary greatly throughout the 30-month project depending on the scope of activities on-site. At times, there will be little truck activity. The majority of truck activity will be focused on the 10-month tunnel excavation period starting in February 2018. During this period, there may be up to eight trucks per hour entering and exiting the Stanley Park site. Truck loading and unloading will not be permitted outside working hours defined in the City's noise bylaw (7a.m. to 10p.m.). With community input, a series of construction management plans will be developed—this includes a traffic management plan for truck routing and traffic during construction and guide pedestrians, cyclists and drivers around the construction staging areas.

**Q: Is there contaminated soil in the park? Could this pose any health risks and how will this be managed?**

A: Stanley Park was previously used as a landfill, potash storage and a railway line. As a result, the soil in sections of the park contains lead and polycyclic aromatic hydrocarbons at concentrations exceeding federal guidelines and provincial standards. The NCC chose to leave this contaminated soil in place and contain it by covering it with clean soil a few years ago. The CSST project will involve removing a limited amount of soil in order to create a tunnel shaft measuring approximately 12–15 metres in diameter. There is no expectation that there will be any health impacts to the community as a result of these activities.

Soil removal is expected to take approximately one month in May–June of 2017—the rest of the digging will occur in uncontaminated bedrock. Trucking of the affected soils will be along a route that will be presented and discussed with the community in advance of any activities taking place. The plan will include measures such as the use of dust suppressant, truck washing stations, covered trucks and ongoing soil testing and monitoring. Contaminated soils will be contained and securely delivered to a licensed disposal facility that is designated to receive this type of soil.



# Combined Sewage Storage Tunnel project

## Debris removal should not take place in anyone's backyard

**By The New Edinburgh Task Force**

The City of Ottawa awarded the CSST East-West Tunnel contract with the main staging site in the middle of Stanley Park, meaning that all the rock and muck for the entire CSST tunnel is to be removed through New Edinburgh.

If the current project plan proceeds, the community will be subjected to at least two and a half years of heavy trucking, including a 10-month period when an estimated eight trucks per hour will enter and exit Stanley Park between 7 a.m. and 10 p.m. Much of Stanley Park will be unusable for the duration, toxic soil will be disturbed, and many mature trees removed. It will entail significant environmental degradation and

**Task Force to circulate petition calling for site change and collaboration**

The New Edinburgh Task Force has developed the petition below to canvass local residents and others affected by the considerable disruption currently projected due to the CSST project. Soon, volunteers will be coming to your door to ask your opinion and offer information on the potential impact of this project. Once the petition has been widely circulated in the community, the Task Force will present it to Ottawa Mayor Jim Watson and Ottawa City Council.

The petition reads as follows:

The City of Ottawa awarded the contract for the CSST East-West Tunnel with the main staging site in the middle of Stanley Park, meaning that all the rock and muck for the entire CSST tunnel is to be removed through New Edinburgh. This would subject the community to at least two-and-a-half years of heavy trucking, environmental degradation and noise pollution. The health, safety and heritage of the community are threatened. Residents, businesses and park users were not consulted on this plan. The CSST main staging site should not be in anyone's backyard when there are alternatives available.

We the undersigned petition the Council of the City of Ottawa to:

- 1) Move the main staging site for CSST from Stanley Park
- 2) Work with the community to mitigate the impact of the CSST work that has to take place in New Edinburgh

noise pollution, and possible damage to structures within the Heritage Conservation District. The health, safety and heritage of the community are threatened.

**Local residents, businesses and park users were not consulted** before the contract was awarded. Most community members first learned about it at a meeting on Oct. 27, 2016 in New Edinburgh.

**This is not about opposing the CSST, which is an important project.** Even without the staging site,

CSST will involve major digging in the neighbourhood. However, the majority of the work **should not be in anyone's backyard** when there are alternative staging sites available on major truck routes with minimal impact on residential communities.

NECA, other community groups and concerned individuals have formed the New Edinburgh Task Force with the aim of ensuring that the main staging site for the CSST project is relocated away from Stanley Park,

and to minimize the harmful impact of digging on New Edinburgh.

### How can you help?

Sign a petition (see page 4) to the City of Ottawa—contact Victoria Walker at 613-744-1625.

Voice your concern to the following municipal, provincial and federal representatives:

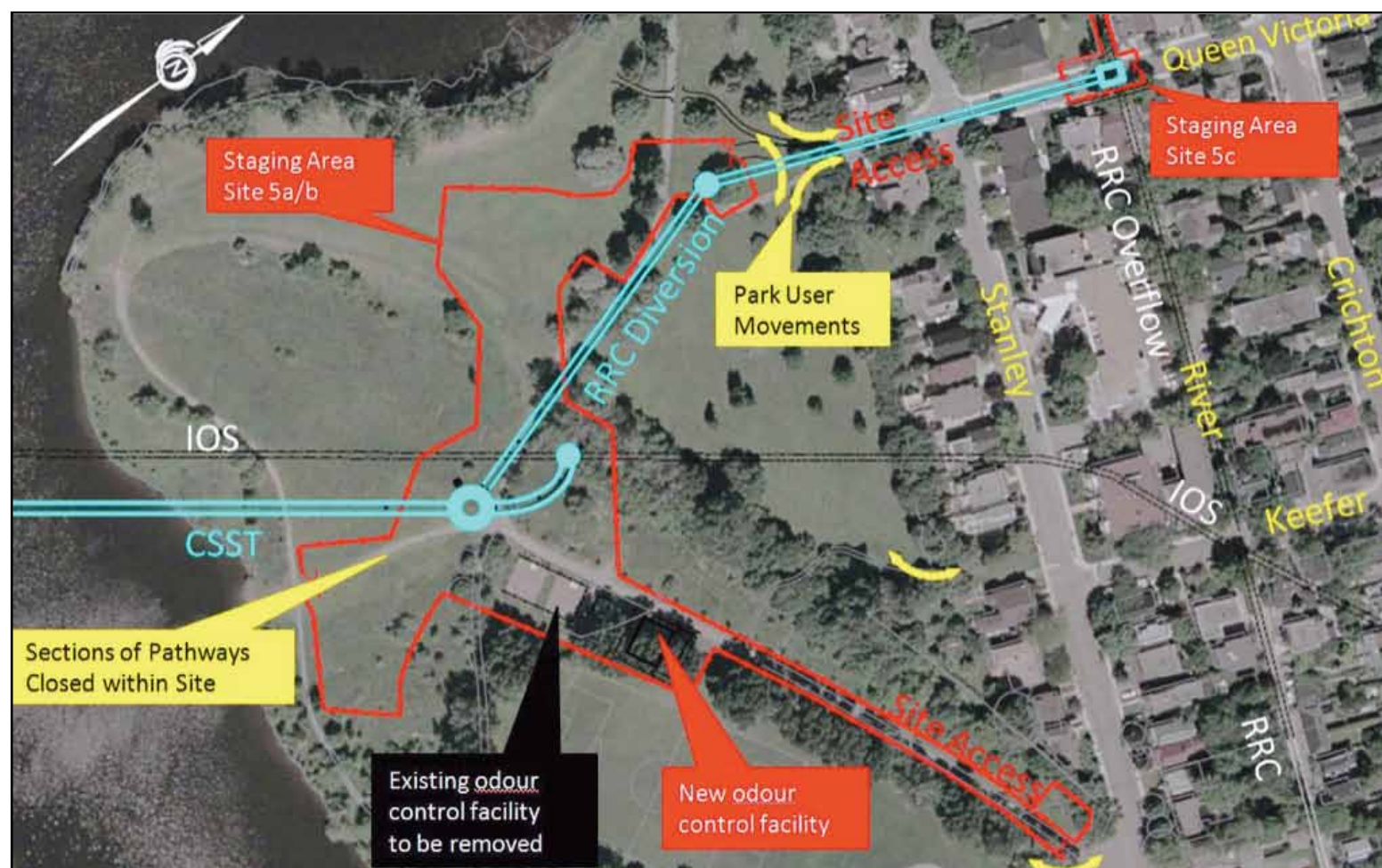
- **Councillor Tobin Nussbaum:** tobi.nussbaum@ottawa.ca; 613-580-2483
- **Mayor Jim Watson:** jim.watson@ottawa.ca; 613-580-2496

• **Nathalie des Rosiers, MPP:** ndesrosiers.mpp.co@liberal.ola.org; 613-744-4484

• **Andrew Leslie, MP:** andrew.leslie@parl.gc.ca; 613-834-1800

Contact Ann Davis of the New Edinburgh Task Force at 613-748-5643 to contribute ideas.

For more information, visit [newedinburgh.ca](http://newedinburgh.ca) and join the conversation on Facebook: search for NewEdCSST.



## Projected timeline for 'Big Dig'

**Late 2016** – Pre-construction work, including archeological investigations and bore-hole drilling to confirm the location of an existing sewer.

**February 2017** – Removal of some trees within the construction site will occur before bird nesting season.

**Spring 2017 to spring 2018** – Intersection at Queen Victoria and River Lane will be closed for construction—pedestrian and driveway access will be maintained.

**March or April 2017** – Construction area in Stanley Park will begin to be set up and fenced off.

**April or May 2017** – Construction of the tunnel shaft in Stanley Park will begin (approximately 150 metres from the nearest homes).

**May or June 2017** – Specialized removal of contaminated soil in Stanley Park—work will take approximately one month.

**July 2017–September 2017** – Rock excavation to form shaft in Stanley Park.

**September 2017** – Concrete pouring to create the boring-machine launch shaft.

**December 2017 to February 2018** – Tunnel-boring machine arrival and assembly inside the shaft.

**February 2018 to December 2018** – Tunneling and rock extraction—trucking activities will not be permitted outside of working hours.

**Fall 2019** – Construction site demobilization—fencing to be removed.

—The City of Ottawa CSST Project Team



# Welcoming the world to Ottawa 2017



**Jim Watson**  
Mayor of Ottawa

As winter falls upon us and Canada's 150th birthday year is fewer than 50 days away, I want to take this opportunity to wish you and your family a Merry Christmas and Happy Holidays.

2017 will be a historic year in the nation's capital. We have worked hard to prepare Ottawa to welcome the world as host of these celebrations. I still remember the excitement

of Expo '67 during Canada's centennial year. The whole nation rallied together to create a year of lasting memories and experiences that transcended generations, and we plan to do it once again during Canada's upcoming sesquicentennial.

It seems like yesterday that I announced the creation of the 2017 Bureau to begin preparations for Canada's Big Year.

Now with 2017 only weeks away and 12 full months of big, bold, immersive and moving experiences about to begin, we will soon enjoy the fruits of our labour.

This is an exciting opportunity not only to commemorate the progress we've made as a nation, but a chance to look toward the future. The energy, excitement and investments generated by Ottawa's 2017 celebrations will serve as a catalyst for long-term tourism growth.

I encourage you to visit [ottawa2017.ca](http://ottawa2017.ca) and sign up for the newsletter to stay up-to-date and receive the latest news on the many upcoming events and celebrations. Here are just a few to look forward to, early in the New Year:

- New Year's Eve – Dec. 31 – [Ottawa2017.ca](http://Ottawa2017.ca) Lighting of the Ottawa 2017 cauldron at Ottawa City Hall kicks off a family-friendly New Year's Eve celebration, leading to a national celebration on Parliament Hill with fireworks at 8:17 p.m. and midnight.
  - Canadian Tire National Skating Championships – Jan. 16–22 – [skatecanada.ca](http://skatecanada.ca)
  - Red Bull Crashed Ice – Mar. 3–4 – [redbullcontentpool.com](http://redbullcontentpool.com)
  - JUNO Awards – Apr. 1–2, 2017 – [Junoawards.ca](http://Junoawards.ca)
- 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.

We have also worked hard to ensure that residents and visitors alike can partake in many Ottawa 2017 celebrations at no cost: the Underground Multi-media Experience, La Machine, Inspiration Village and Ottawa Welcomes the World are just a few free signature events not to miss.

Ottawa 2017 will be a once-in-a-lifetime celebration and I encourage you to get involved. If you would like to plan your own community event, volunteer or simply learn more, visit the [ottawa2017.ca](http://ottawa2017.ca) website.

## Former NEN editor receives BRICK award

By Christina Leadlay

This year's BRICK award goes to Cindy Parkanyi.

In a short presentation during the New Edinburgh Community Alliance's annual general meeting on Oct. 27 at St. Bartholomew's Church, 2015 BRICK award recipient Jane Heintzman handled the presentation to an unsuspecting Cindy.

Originally created by NECA to recognize those that have made an outstanding contribution to the built heritage of the community, the award had lapsed for a number of years. It was restored in 2015 and repurposed as the "community builder award," recognizing individuals that have

made notable contributions to the social and human fabric of the community through their volunteer efforts.

In her presentation, Jane described NECA's choice for the 2016 award as a "slam dunk—an individual whose many important contributions to the community and tireless, ongoing commitment as a volunteer make her stand out as an ideal choice for this recognition."

Jane went on to say: "Cindy's catalogue of contributions is long and impressive. She served for nearly a decade as editor of the *New Edinburgh News*, bringing the community paper into the digital age; building the team

that now produces the paper; and providing detailed coverage of numerous watershed events in the community, including the Beechwood fire of 2011, the loss of Crichton street school as a public facility and the subsequent creation of NECTAR.

After stepping down as editor in 2014, she remained on the board of NECA to serve in a variety of roles (presently as Treasurer and co-chair of the Transportation and Safety Committee), was a founding member of and active participant in the NECA environment committee, spearheaded a project on emergency preparedness measures for the community—all this while sustaining a full time job at Global Affairs Canada and managing a busy family life."

Congratulations to Cindy for her tireless volunteering to help make our community the best it can be.



Photo by Chris Straka

Cindy Parkanyi, former editor of this newspaper, received the 2016 BRICK award from 2015 recipient Jane Heintzman on Oct. 27.

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# Alternative CSST extraction locations still being explored



**Tobi Nussbaum**  
City Councillor, Ward 13

*Editor's note: the New Edinburgh News asked Tobi Nussbaum to dedicate his December column to the issue of the CSST, which is of great concern to New Edinburgh residents.*

My approach to the Combined Sewage Storage Tunnel (CSST) has been, and will continue to be, based on three tracks: keeping the community informed, mitigating the impact of the proposed project on New Edinburgh, and working with the New Edinburgh Community Alliance (NECA) as it develops a robust community response to, and strategy for, the CSST.

The history of this project dates back to 2009, when a three-year environmental assessment study was launched as part of the Ottawa River Action Plan, which is intended to reduce the dumping of raw sewage into the Ottawa River. Despite the fact that Stanley Park was identified as the location for the eastern portal and extraction site, no consultation was held in New Edinburgh. Furthermore, there appears to have been little or no direct communication between City Hall and the community leading up to the formal City Council vote authorizing the project in 2013.

When I first learned of the project in mid-2015, six months into my term of office, I focused my efforts on removing the tunnel extraction function from the Stanley Park portal. It was clear that a portal at that location was required given that constructing the tunnel east of the Rideau River to provide redundancy with the existing east-west sewer interceptor and link the tunnel to the sewer outflow under River Lane was an important part of the approved project. This was the unalterable reality of the community sitting above critical sewer infrastructure. It was not obvious to me, however, why the excavation for the east-west tunnel

should occur at that site.

As I reported to NECA in September 2015, I sought alternative options for the extraction locations despite the fact that the project as planned was already approved by City Council. City staff's responses to my efforts were not encouraging. An alternative eastern extraction site closer to existing truck routes was deemed unmanageable in terms of the project budget and timelines. The option of a mid-tunnel extraction shaft was apparently impossible for geotechnical reasons having to do with underground fault lines and associated risks. Extracting from the western portal was allegedly not feasible due to a lack of access to the site and technical complications associated with tunneling on a downward slope.

I asked the project team to provide an information session for the community that occurred, belatedly, at this year's NECA annual general meeting on Oct. 27. Following this session, here is a summary of my next steps:

## Keeping the community informed

I will continue to provide information on the project through the New Edinburgh News (this article being my fourth), the NECA board, in my monthly e-newsletters and by facilitating answers to

resident questions and meetings with the project team.

As the start of the project draws nearer, more details about the construction activities and timelines are becoming available. I asked the project team to provide a subsequent information session on Nov. 16, which was held at the Stanley Park Fieldhouse. A video of that presentation is available on my website, [tobinussbaum.ca](http://tobinussbaum.ca), for those who were unable to attend. I will continue to share information as I receive it from the project team and ensure answers to your queries are provided.

## Mitigating impacts

I will continue to work to mitigate the impacts of this project. At the time of writing this update, I have organized further meetings at City Hall to explore alternative extraction location options. At the same time, I am organizing subject-specific mitigation meetings with the relevant NECA task teams and CSST project team members. We must ensure that specific aspects of the project are informed by community input to ensure resident health and safety is at the forefront of decisions ranging from truck routes to construction site operations.

## Working with the community

I will be working closely with the NECA board over the coming weeks and months as it develops and executes the community strategy for managing the project.

In summary, while I support the intended environmental objectives of the Ottawa River Action Plan and the CSST, I am committed to working with the community, as your representative at City Hall, to reduce the burden this project imposes on the residents and community of New Edinburgh.



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# A busy year of bold new ideas in Quartier Vanier

By Jamie Kwong,  
Executive Director, QVBIA

It's been a very busy 2016 for the Quartier Vanier Business Improvement Area (QVBIA), a not-for-profit organization representing more than 466 property and business owners. Our mission is to represent, enhance and promote a prosperous business area along our diverse, vibrant and historic main streets. We are working towards our vision to create an environment where creativity is welcomed!

The overarching goals of the QVBIA are:

- to promote the Quartier Vanier area as an attractive business area
- to invest in the beautification of the three main streets (Beechwood Avenue, McArthur Avenue and Montreal Road), implementing strategies that make our three main streets more attractive and welcoming for property owners, business owners, patrons and local residents
- to raise awareness and improve engagement with our local stakeholders.

Here are some highlights from the QVBIA's agenda of activities this year.

## Ottawa's next "It" area

This past autumn, we launched an ambitious marketing campaign to attract more businesses in to the QVBIA: "The Hotbed for Arts and Entrepreneurship!" Our QVBIA digital magazine includes data from key sources, including City of Ottawa studies, census data and TRANS Committee reports, all of which demonstrate to prospective investors that this is the area to start or grow their business. Find the digital magazine at [investinqv.com](http://investinqv.com).

In addition, to target the Ottawa business community we've partnered with the Ottawa Business Journal in creating features that truly showcase the richness of our

three main streets. We've also revamped our monthly community e-newsletter—The HUB—that features original and curated content connecting the community to the great local gems found throughout the area, with fun tidbits and suggestions for taking advantage of living in this eclectic neighbourhood. If you have suggestions for curated stories on the area, or would like to be added to the mailing list, please email us: [info@vanierbia.com](mailto:info@vanierbia.com).

## Beauty and community come together

We were pilots this year—of the Streetside Parklet, that is! This year we caught a lot of attention with the Water-Garden Streetside Parklet pilot project we spearheaded on Beechwood Avenue. We were one of the four approved Streetside Parklet permits in the city. A Streetside Parklet essentially repurposes a parking spot to create an inviting, vibrant social space, to enhance economic opportunities for local businesses and to create a traffic calming measure. Our Water-Garden Streetside Parklet pilot project offered the opportunity for the QVBIA to not only invest in the neighbourhood specifically with a beautification and attraction piece, but also provided opportunities for people to build a real sense of community and belonging with each other and with their environment.

This pilot project brought various groups in the community together in a number of ways:

- Design and construction – Twenty-five fourth-year students with the Azrieli School of Architecture and Urbanism, under the leadership of Associate Professor Johan Voordouw, pitched design concepts and later built the Water-Garden Parklet;
- Community support – Local community orga-

nizations and businesses supported this initiative in the application submission: Arturo's, Embellishment Vanier, Beechwood Village Alliance, Beechwood Farmers' Market and the

interest piece to the street to benefit the local businesses, pedestrians, cyclists and visitors by creating a sitting area for the public, albeit in a bold new manner. A City of Ottawa survey on the Streetside



The streetside parklet was one of the BIA's many projects in 2016 combining beautification with an improved sense of community.

Photo courtesy Jamie Kwong

offices of City Councillors Tobi Nussbaum and Mathieu Fleury

- Community engagement –
  - More than 70 business owners and community members attended and voted on the winning Streetside Parklet design (The Water-Garden) in January 2015. Local dignitaries and more than 60 community members joined us at the grand opening of the Water-Garden
  - Numerous individuals (and their pets) took a rest at the Parklet from June to October 2016
  - Fifteen newly trained graduates of the Ottawa Trades School volunteered to help us disassemble the Parklet

We believe that we met our project's overall goals of attracting individuals to Beechwood Avenue and adding a beautification and

Parklet pilot project found that "63 per cent of people visited local businesses while visiting the street-side spot and 68 per cent prefer the spot over parking" (City of Ottawa, Planning and Growth Management, 2016).

We also continued our signature giant red planter project this year, and added medium red planter groupings along Montreal Road and McArthur Avenue. These planters were done in partnerships with local horticulturalist, Karen Hogan, who was referred to the QVBIA by Councillor Mathieu Fleury (Rideau-Vanier Ward), and many pots were sponsored by various community businesses.

Because we see the importance of working together as a community to make the general area thrive, we were proud to announce our partnership with Gardner Street Supportive Housing. From Apr. 1–Nov. 30, two of their residents—Neil and Mike—joined the QVBIA Mainstreets Team on tasks such as removing smaller instances of graffiti while reporting larger instances of it and assisting with the general clean-up of the main streets. In total, more than 94 larger instances of graffiti were removed from commer-

cial properties.

It is our belief that a strong, cohesive and collaborative community are the key ingredients for the success of any neighbourhood. As such, the QVBIA also actively participated in various community committees working towards the shared vision of an even better neighbourhood. We sponsored many community events: The Vanier Community Association's Après Snow, the first-ever East Feast, and the St-Jean Ottawa Festival—the largest francophone event in the city.

As we wrap up this year, the QVBIA looks forward to continuing to work towards a vision for the Quartier Vanier area in becoming a vibrant and diverse destination area where creativity is celebrated. We will be hosting our Annual General Meeting on Jan. 26, 2017 from 6–8p.m. at the Richelieu-Vanier Community Centre (300 Pères-Blancs Ave.) where we will share with the community the exciting initiatives in store for 2017! Stay up-to-date by visiting [vanierbia.com](http://vanierbia.com) and following us on Facebook and Twitter.

Thank you for supporting our 400-plus merchants in the Quartier Vanier Business Improvement Area!



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# Heritage Plan now legally in effect



**By Gail McEachern, Chair, Heritage and Development Committee**

Hallelujah! The New Edinburgh Heritage Conservation District Plan is up and running! The plan, which had been endorsed by the city's Built Heritage Sub-Committee and the planning committee, and adopted by City Council as a new city by-law in April 2016, was challenged by an appeal to the Ontario Municipal Board (OMB) prior to May 3, 2016, when the by-law would have come into effect. As a result, the plan was in limbo until the issues underlying the appeal were addressed at an OMB hearing or resolved at the city staff level.

The process involving

an OMB appeal is mysterious and opaque. In late November, one of the city's heritage planners informed our committee that the issues which formed the basis for the appeal to the OMB had been resolved, and the Heritage District Conservation Plan was now legally in effect. This was great news and an event to celebrate. But questions remain: What was the basis for the appeal? What specifically was the process involved with getting it resolved, and why did it take six months? What role, if any, did the OMB play in this process? Why was New Edinburgh's Heritage and Development Committee not invited to participate in this exercise? What changes were made to the Heritage

Conservation District document as a result of the appeal?

The first four questions were met with resistance and remain unanswered. The answer to the fifth question was very positive. No changes were made to the original plan passed by City Council in April. So the plan remains intact and hopefully its contents will enrich and sustain the New Edinburgh Conservation District well into the future. This magnum opus was a year in the making and involved the generous giving of time and thoughtfulness by **Lesley Collins**, Heritage Planner from the City of Ottawa's Department of Planning and Growth Management; **Danielle Jones**, representing Heritage Ottawa, and members of NECA's Heritage and Development Committee. Grateful acknowledgement goes to all.

You can find this document at [ottawa.ca/en/city-hall/public-consultations/planning-and-infrastructure/new-edinburgh-heritage-conservation](http://ottawa.ca/en/city-hall/public-consultations/planning-and-infrastructure/new-edinburgh-heritage-conservation)

## News you may have missed

**By Jane Heintzman and Christina Leadlay**

### Rideau Hall forest gets a trim

A feverish tree-cutting operation recently took place in Rideau Hall grounds, along the perimeter from MacKay Street to Rideau Terrace. The rather radical thinning of the vice-regal forest border has reportedly been undertaken by the NCC, in collaboration with the RCMP and the Office of the Secretary to the Governor General, in order to facilitate the installation of new security measures, including a protective fence, at Rideau Cottage where Prime Minister Justin Trudeau and his family are living while the rehabilitation of 24 Sussex is in the works.

The NCC's certified arborist is carefully supervising this work with minimal damage to the trees. No healthy conifers are being removed, and the only casualties are a handful of Norway maples right on the fence line.

Replanting of denuded areas starts in spring 2017 based on a two-to-one replacement ratio, and will include both native conifers such as bal-

sam fir, white spruce, white pine, red pine and eastern hemlock, and a mixture of deciduous species such as sugar maple, birch and red oak.

### Sneak peek at Wateridge

On Nov. 28, the Canada Lands Company, the Algonquins of Ontario and building developers hosted an opening ceremony, complete with ribbon cutting, at the nascent Wateridge Village. Two builder sales centres are now open to the public. Potential buyers can now scout out the first offerings from Tartan Homes and Uniform Development, with prices starting in the \$500,000 range and up. Billed as "the city's most exciting new residential community," Wateridge Village, located on the parcel of land east of St. Laurent that used to house the old Rockcliffe airbase, promises to be a sustainable community of 10,000 residents. The project is expected to take 15 years and will unfold in multiple phases.

### Projected costs of 24 Sussex

The *National Post*, *iPolitics* and the *Huffington Post*,

reported that the cost estimates for a restoration of 24 Sussex Dr. are running up to four times the heritage building's \$9.67-million assessed value. Meanwhile, the costs of merely maintaining the property are also high. For the fiscal year ending March 31, 2016, the total bill for heat, hydro, gas and maintenance at the unoccupied residence was a hefty \$273,302, or roughly \$23,000 per month.

Through Access to Information requests, *iPolitics* and the *Huffington Post* found that proposals ranging from demolition to renovation or relocation of the official PM's residence are currently on the table, with cost estimates running between \$38-million and \$562-million. One 2016 estimate for renovation costs included roughly \$13.5-million for replacement of the electrical system, all exterior windows and doors and construction of a new sunroom. The Prime Minister's Office confirms no final decisions have been taken. The final decision of the fate of 24 Sussex is expected in early 2017.

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# BURGH BUSINESS BRIEFS

- By Jane Heintzman -

As we head into the season of colds, flu and the myriad ailments that plague us throughout the winter months, many of us turn to vitamins and supplements to help us run this annual germ-ridden gauntlet. For almost three decades, **Nature's Care at 64 Beechwood** has been there to supply a battery of defenses against these ills, and to provide knowledgeable advice on specific health problems.

After emigrating from Iraq in 1995 with their young family, current owners **Muna Al-Zaydi** and **Ridha Hussain** were employees at Nature's Care until 2007, when they took over as proprietors of the Beechwood Avenue store, swiftly establishing themselves as go-to local consultants on a broad range of natural health products. Muna has a professional background as a biochemist, and Ridha is trained in veterinary science. However, the financial pressures of supporting their family when they arrived in Canada obliged both to redirect their careers, and the realm of natural health consulting and sales has provided



Photo by Louise Imbeault

Husband-and-wife team Muna Al-Zaydi and Ridha Hussain have owned Nature's Care since 2007.

a successful niche.

The small store is now fully stocked with a broad range of vitamins, supplements, anti-inflammatories, protein supplements, digestive and sleep aids, and countless other products to relieve what ails you and to boost your immunity to capricious infections. Muna and Ridha are always available to offer guidance in choosing from the wide selection of available options. Another significant factor in their success in

building a dedicated clientele is Nature's Care's pricing policy. Supplements can be dauntingly expensive, but Muna and Ridha keep a close eye on the competition to ensure their prices are as low as possible.

Ridha reports that vitamin supplements, particularly Vitamin D, magnesium, high-dose Vitamin C, zinc and calcium have recently been in high demand, as has a new product called curcumin: a natural anti-inflammatory effective in addressing a range of complaints from arthritis to bruising, trauma to swelling after dental surgery. Chlorophyll is another increasingly sought-after product, thought to have benefits in rebuilding and replenishing cells following conventional cancer treatments

such as chemotherapy. And, of course, weight-loss aids and appetite suppressants continue to be in demand, although Ridha confesses that his chief advice to clients is exercise, not diet pills.

In the coming months, Ridha and Muna will be busy fielding requests for remedies to ward off or relieve the symptoms of seasonal colds and flu. Ridha's top pick as an immune booster is a daily dose of oregano oil, reputed to be a highly effective defence against these seasonal hazards. He also recommends the regular use of probiotics to improve digestion and boost immunity. But once the flu sets in and the suffering begins, it's time for the old standards such as Vitamin C, eucalyptus oil for blocked nasal passages and zinc lozenges for sore throats. You'll find them all on the shelves at Nature's Care.

Alongside the natural health products are other items, including a splendid collection of herbal teas, environmentally-friendly shampoos and hair colouring, face creams and other beauty products, "green" household cleansers and even a selection of additive-free dog food.

If you've dropped in to Nature's Care recently, you may have noticed a stack of colourful postcards calling on Environment Minister Catherine McKenna to **SAVE OUR SUPPLEMENTS**. You can find out more by visiting the **Canadian Health Food Association** website at [chfa.ca/en/natural-health-products/nhps-not-drugs](http://chfa.ca/en/natural-health-products/nhps-not-drugs). In a nutshell, the CHFA and natural health product suppliers such as Muna and Ridha strongly oppose the federal plan to significantly alter the current regulatory regime governing natural health products (NHPs), and in so doing,

drive up prices and force some products off the market.

The CHFA argues that natural products such as vitamins and supplements are already closely regulated under the *Natural Health Products Regulations* introduced in 2004, and accompanied by the establishment of a Natural Health Products Directorate as a branch of Health Canada. The current regime is based on a pre-approval system, and all NHPs must be licensed by Health Canada before they can be legally sold in Canada. If you look closely at your Vitamin D bottle, you'll find a Natural Product Number indicating that the product is licensed, and you can track the number online to find out more about the supplement and its contents.

Under the government's proposed plan, some NHPs would be brought under the roughly same rules as prescription drugs despite their comparatively low-risk status, driving up research costs to manufacturers and in turn, leading to major price increases at the retail level. As an estimated 77 per cent of Canadians currently rely on NHPs as staples of their daily health regimes, it's a fair bet that Minister McKenna and Health Minister Jane Philpott will get an earful in the coming months as the process unfolds. *JH*

## Helping students become better learners

In our October issue, we briefly introduced **Meadowlark Tutorials**, a private tutoring service for students with learning difficulties, operated since 1992 by Special Education expert **Philip Powel Smith**, also known as "Mr. Phil." Philip works with young people facing a wide range of challenges, such as autism, dyslexia, attention

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Photo courtesy Philip Powel Smith  
'Mr. Phil,' Philip Powel Smith, says helping students is a very rewarding vocation.

deficit disorder, language acquisition impairment, and auditory and visual processing disorders. One-on-one tutorial sessions are conducted in students' homes. As Philip puts it, he does all the driving!

In his long years of practice, Philip has found that this in-home approach helps put children at ease, particularly those that suffer from anxiety. At the same time, it allows families to carry on with their normal routines, as opposed to battling rush-hour traffic. His tutorials span the entire educational spectrum from Grade 2 through university level, and typically, his involvement with a student is relatively long-term—a year or longer. He frequently works with a child through the elementary school years, and later re-engages with the student in their final years of high school, or even at the post-secondary level.

In his sessions, Philip works with the classroom curriculum to enable the student to apply the information and skills directly to their daily workload, and he encourages children to tap into additional online resources to broaden their understanding of the topics on which they're working. Thanks to his expertise and long experience in the realm of Special Education, Philip can swiftly analyse the individual's impediments to learning, and devise alternative methods of presenting information. While it's now a truism among educators that "one size does not fit all," it remains a challenge to find the right fit for each individual. Philip has made that his life's work.

In addition to the demands of the classroom curriculum, students face daunting social and behavioural challenges as they move through the system, and Philip's work

frequently encompasses this dimension of their school experience. In some cases, he acts as a mediator with school authorities, or helps a child to think through and carry out an effective self-directed method of solving problems or adjusting their behaviour. And while he works seven days a week at this job, and drives untold distances in Ottawa's unspeakable traffic, Philip considers his vocation a "wonderful and rewarding profession," finding great satisfaction in his ability to "help kids become happier people and better learners."

Philip takes on new students throughout the year, though he generally has an uptick in clients at exam time and in the winter semester. Contact him at **613-292-4089**, [info@meadowlark.ca](mailto:info@meadowlark.ca) or visit [meadowlark.ca](http://meadowlark.ca). JH

#### Let's go for a spin!

Winter is fast approaching, and with it the annual gauntlet of plunging temperatures, bitter winds and icy roads and sidewalks. While these are a menace to us all, they can be a special scourge for cyclists and runners whose bracing daily exercise may become a high-risk ordeal. **Studio One PT's** owner and head trainer **Craig Adams** is offering an attractive alternative for those whose workout style is cramped by ugly winter conditions.

At **6 a.m. and 6 p.m. Mondays and Wednesdays**, Studio One at **1 Springfield Rd.** (above the Second Cup) holds **Spin Classes** for all ages and skill levels. The vigorous 45-minute sessions are supervised by certified spin instructors **Lydia** and

**Heather**, and classes have a maximum of 10 people, so there's plenty of opportunity for individual guidance. Craig stresses that the sessions are geared to accommodate virtually any level of strength and fitness: each participant sets their own pace and is under no competitive pressure. Nor does the intensity of the workouts ramp up through the six- to eight-week program: Studio One is sticking to general courses for the time being, though it may eventually offer dedicated programming for athletes with specific targets.

Since spin classes are catching on in the community, Craig is currently interviewing a number of new instructors with the aim of offering additional timeslots through the week as the winter unfolds. Contact Studio One for more details at **613-740-1555** or [info@studioonept.com](mailto:info@studioonept.com).

Studio One has also added **group classes** for four to five participants to its roster of services, supplementing the one-on-one sessions that Craig and his co-trainers provide to many members of our community. Group classes currently run **Mondays and Wednesdays at 7 p.m.**, and all involve resistance-based training, with a new workout style offered in each class. Like the spin sessions, the group classes are user-based: you decide on the weight or exercise range that's best adapted to your strength, flexibility and fitness levels and any injuries or limitations you may have. Craig advises that if you sign up for the group classes, you



Photo by Louise Imbeault

Studio One owner Craig Adams brings cycling indoors with new spin classes.

should begin by meeting with him (or trainers **Lydia**, **Josh** and **Chantal**) for a half-hour assessment to reduce the risk of injury and ensure that your workouts are tailored to you.

Craig strongly believes that even if you invest time, energy and hard-earned cash in maintaining your fitness

regime, your investment is all but lost if you don't eat a healthy diet and get enough sleep. He points out that our food intake is one of the few things in our lives over which we have complete control. In his work with clients, Craig offers guidance on the kinds

**Continued on page 12**



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Continued from page 11

and quantities of food they may need to stay healthy, sustain their energy levels, and if necessary, control their weight. While in some cases this may entail changes in a client's eating habits, Craig ensures that such changes are introduced in small, manageable increments, as opposed to dramatic reductions that make life miserable and are soon abandoned.

In February, Craig will face his own sleep challenges, as he and his wife Leslie are anticipating the birth of their second child! We wish health and happiness to the Adams family and look forward to news of the new arrival. JH

### Ten years of indulging responsibly

Earlier this fall, **Susan Jacobson** and her cheerful team held a 10th anniversary celebration of their destination gourmet hub at **141 Beechwood**. They invited many of the local artisans, suppliers and vendors with whom they have formed close relationships over the years to join in the festivities and share samples of their wares. Not least among these was **Ann-Marie Dyas** of **The Fine Cheese Company**, a leading cheese supplier based in Bath, England. Ann-Marie



The Jacobsons team: Molly, Dominique, baby Charlotte, Sheila, Deborah and Renée. Photo by Louise Imbeault

flew in from the U.K. laden with exclusive samples for the event, notably a 30 per cent beer cheese that was an instant success. Fine cheese is, of course, the heart of Jacobsons Gourmet Concepts, accounting for much of the store's ever-growing clientele of regulars from all over Ottawa. So the chance to meet with the knowledgeable supplier of many Jacobsons' cheese favourites was a special treat for partygoers.

Also on hand at the 10th anniversary shindig were:

- local success story **Seed to Sausage**, which supplied

such gourmet charcuterie items as its signature salami

- bread-baking wizard **Nat of Nat's Bread** who stocks the shelves at Jacobsons each week with fresh loaves of four-seed, buttermilk potato and other tasty creations
- the **Fraser Café**, which recently introduced a new line of frozen meals available exclusively through Jacobsons
- **Pascale's Ice Cream**
- **Bicycle Craft Brewery** and
- **Dufflet Pastries** of Toronto

True to its annual tradition, in early November Jacobsons transformed for the holiday season with a glittering display that is itself well worth a lingering visit. Discover alluring merchandise on offer, all artfully chosen by Susan to help you complete your holiday checklists—from entertaining essentials to hostess gifts, Christmas

presents and decorative items for your own hearth.

If your time is at a premium, you can shop online at **jacobsons.ca** from the **Jacobsons 2016 Gift Guide**. It's a catalogue of attractive choices ranging from **cheese plates** complete with artisan charcuterie, chutney and crackers, to gift subscriptions to the Jacobsons **Cheese of the Month Club**. This regular delivery includes three cheeses with tasting notes and suggested pairings, as well as a new **"Mommy to Be"** option offering only pasteurized cheeses.

Jacobsons' signature **gift baskets** are offered in all shapes and sizes, and locally themed: "The New Edinburgh," named to honour Burgh founder Thomas MacKay, is packed with sweet and savoury items with a distinctly Scottish twist. "The Beechwood," "Dufferin," "Sussex Drive," "Springfield," "Avon Lane"

and many more are drawn from our local haunts. You can also design your own **bespoke gift basket** for colleagues, friends or family members. Call the store at **613-746-6002** to arrange a consultation and curate your choices from the vast selection.

If you've passed your Little Red Riding Hood days and baskets aren't your thing, you can choose from one of the catalogue's **gourmet boxes**, once again reflecting a community theme with labels like "The Crichton," "The Lindenlea" and "The Mariposa." If someone you know needs a little comfort, perhaps due to illness or bereavement, Jacobsons also offers a new "Therapy Box" with orange blossom honey and selections from Balzac's coffee, the Brew Tea Company and Mast Brothers Chocolate. JH

### Two womenswear "pop-up" shops at The Kavanaugh

On Dec. 1, **The Kavanaugh** at **222 Beechwood** welcomed two new "pop-up" retail outlets in the main floor commercial space next to Sutherland Restaurant. Both shops specialize in women's fashion and will no doubt be enthusiastically greeted by local residents as the season of glittering celebrations gets underway.

**Vincent Women's Boutique** is owned and operated by sisters **Angie** and **Amanda Cambareri**, whose business home-base is at **444 Preston St.** The store is named in honour of their late uncle, an inspired artistic talent with great potential as

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painter before he died tragically in his mid-teens. Find out more about Vincent's high-end women's clothing collection at [shopvincent.ca](http://shopvincent.ca), or drop in at The Kavanaugh to browse their selection firsthand.

**Valamode** **Luxury Consignment** is the brainchild of fashionista **Dia Shamus**, self-described as "owner and designer matchmaker." Dia's online store offers a range of designer goods with a focus on accessories: scarves, wallets, handbags, jewellery, shoes and more. She takes special pride in her exclusive "matchmaking" service that connects clients directly to the specific items they're searching for. Just send Dia an email with your wish list and she'll do the rest: [info@valamode.com](mailto:info@valamode.com). Dia's product collection is available online at [valamode.com](http://valamode.com), but better still, visit her new pop-up shop at 222 Beechwood Ave. to spruce up your holiday wardrobe.

Both new shops will be operating at The Kavanaugh for a limited time, so take advantage of these new additions to our Beechwood fashion scene while you can!

#### Book your flu shot

Along with the excitement of the holidays comes the dreaded flu season, and once again this year, the pharmacists' team at the **New Edinburgh Pharmacy** is offering flu shots to protect against the debilitating virus. Pharmacist **Matt Tonon** encourages local residents to be inoculated sooner rather than later, as it takes about two weeks for the vaccine to bolster the immune system against the virus. So if you're planning a busy round of holiday gatherings filled with hugs and handshakes, don't delay. Book your appointment by calling **613-749-4444** and spare yourself—and your family and friends—a miserable few weeks out of commission. Matt notes that his team encourages advance booking to ensure that the normal work of the dispensary can carry on smoothly without being derailed by drop-ins.

While the flu shot is recommended for everyone in the community, it's particularly important for:

- pregnant women
- people of all ages with such chronic health problems as anemia, diabetes, cancer,

cardiac or pulmonary disorders and other immune-compromising conditions

- residents of nursing homes and other chronic care facilities
- anyone over the age of 65
- children between six months and five years of age, and
- indigenous peoples

Matt notes that this year's vaccine does contain egg and egg products. People with severe allergies to these foods should consult their doctor. Those that experience only a mild reaction are probably fine to receive the shot, provided they wait half an hour after the inoculation to ensure that all is well. Find more details at [canada.ca/flu](http://canada.ca/flu) or drop by the pharmacy to chat with one of the team at the dispensary.

A final word of warning: Matt cautions that the winter flu is a far cry from the common cold, which most of us can sniff and croak our way through without too much disruption to our lives. If you do come down with the flu, you'll be thoroughly unwell and likely sidelined for some time—you'll also be putting the members of your household and your office colleagues at serious risk of the same fate. *JH*

#### Culinary elves in Epicuria's workshop

**Epicuria** owner **Tracey Black** and her team of culinary elves at **357 St. Laurent Blvd.** have been hard at work preparing their sumptuous fare for family feasts, holiday entertaining and gift giving. You'll find the shelves resplendent with dark fruitcakes, decorated shortbread and plum puddings attractively wrapped for gift giving. Choose from a wide range of Epicuria's signature nibbles for parties or hostess gifts: spiced nuts, smoked cheddar



A wide range of Epicuria's signature nibbles are gift-wrapped, ready for giving.

cheese bites, grain crisps, duck rillettes, smoked trout rillettes, Seed to Sausage charcuterie, dips, cranberry sauce and tourtière chutney. Or pick up curried turkey pies and tasty tourtières if you're in need of more substantial fare for drop-in dinner guests.

If you'd prefer to spend your holiday relaxing and enjoying the company of family and friends instead of slaving in the kitchen, Epicuria offers a **take-home turkey dinner**: free-range Mariposa turkey with Dominion City beer pan gravy; tasty mashed potatoes with celeriac and chives; roasted heirloom carrots and parsnips with toasted sesame; green beans and Brussels sprouts with balsamic bacon butter; and Upper Canada cranberry sauce with orange and ginger—yum! If you still have room after that sumptuous feast, the dinner also includes a mouth-watering *Bûche de Noël* with chocolate ganache, mocha filling and meringue "mushrooms." The dinner (priced at \$289) serves 10 to 12 people and is prepared for pick-up on Christmas Eve between 9 a.m. and 1 p.m. But supplies are limited so don't delay if you'd like a ready-made

gourmet feast to spare you time and energy on Christmas Day: call **613-745-7356** to place your order.

If you have a busy round of entertaining on your calendar, you'll find Epicuria's catering menus and Christmas Week menu at [epicurica.ca](http://epicurica.ca). Tracey is also offering **take-home catering options** such as artisan cheese and charcuterie platters and a selection of hors d'oeuvres. If your party plans are more ambitious than your home can accommodate, Epicuria now provides all the catering at the new ALT Hotel at Bank and Slater, which features a second-floor event space for holiday parties and an attractive bar in the main lobby.

Tracey and her team will be taking a well-earned break from Dec. 25–28, but will be back at it in time for New

Year's celebrations, with a take-home New Year's menu ready to roll on Dec. 31. *JH*

#### The big sale is coming in January

For more than 30 years, **Clothes Encounters of a Second Time** has been a fixture at **67 Beechwood**, offering high quality, not-quite-new clothing—much of it sporting flashy designer labels—on a consignment sales basis. Since 2002 owner **Monique Dugas** has been at the helm, keeping the racks and shelves stocked with stylish items than run the gamut from casual wardrobe staples—slacks, tops, sweaters, jackets, blazers, boots and shoes—to a full complement of party gear including silky blouses, dresses, skirts and costume jewellery.

Many members of our community have sported a prized find discovered at Clothes Encounters: in my own case, a succession of corduroys and jeans with respectable designer labels belying their astonishingly reasonable prices. You can view Monique's collection online at [clothesencounters.ca](http://clothesencounters.ca), where you'll find a who's-who of fashion labels: Versace, Louis Vuitton, Gucci, Lacoste, Hermès, Prada, Dolce & Gabbana and many more. If you're interested in recycling some items from your own wardrobe that no longer fit

Continued on page 14

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Photo by Louise Imbeault

(from left) Feline mascot Clara, Clothes Encounters owner Monique Dugas, and sales assistant Anchi.

Continued from page 13

for your shape or lifestyle, you can also learn more about Clothes Encounters' protocol

for consignment sales on their website.

In mid-November, Clothes Encounters extended its operations into the early evening:

**Monday to Wednesday, 10:30a.m.-6p.m.; Thursday and Friday, 10:30a.m.-7p.m.; Saturday 10:30a.m.-6 p.m.; and Sunday, noon-6p.m.**

Each year, Clothes Encounters' **annual January/February Sale** is a much-anticipated event, as women's and men's clothing prices are slashed by 50 per cent. This year the sale begins **Jan. 14** and runs through mid-February, but as it's strictly first-come first-served, you'd be wise to shop early if you've got your eye on some special item. Chances are you'll encounter **Clara**, Monique's fashionista cat and now the store's popular mascot—a favourite whom many regulars eagerly seek out when they come to browse the collection. *JH*

#### Massage and beauty hotspot

**CELADON Salon and Spa** at 373 St. Laurent Blvd. will be humming as the holiday party season approaches and the spa's beautifying services—from hairstyling to make-up and esthetics treatments—are in high demand. Equally important, however, are CELADON's ser-

vices geared to the overall health and well-being of its clients, whether it's relieving chronic aches and pains, reducing stress, or boosting the immune system to guard against the seasonal flu and assorted maladies.

Two such CELADON services are reflexology and therapeutic massage. Reflexology is a foot-focused technique, based on the theory that the foot mirrors all body systems, and that systematic application of acupressure to specific parts of the foot can rebalance and strengthen internal organs and hormonal systems, bolstering immunity to infection and disease, reducing stress (a significant drain on the immune system), relieving pain and promoting detoxification of the body.

CELADON reflexologist **Karen Leslie** studied at the International Academy of Health Education here in Ottawa, and is both a trained therapeutic touch practitioner and an auricular detox acupuncturist. Call the spa at **613-746-3500** to book a reflexology session with Karen: a three-session package (recommended for best results) is \$150, while a first session is \$50 per hour and

\$85 per hour for individual appointments thereafter.

The health benefits of massage range from lower blood pressure and relief of chronic arthritic pain and inflammation to reduced stress levels and relief for sufferers from migraines, fibromyalgia and back pain. CELADON owner **Morna Paterson** points out that time is running out to use your massage therapy benefits before year's end. When you book a 60- or 90-minute massage session with CELADON's experienced RMT **James Pickard** throughout December, you can receive a complimentary 30-minute reflexology treatment from Karen.

CELADON's esthetics team is offering a new whitening system for the treatment of dark spots and other scourges of aging skin. Institut Esthederm de Paris has a new treatment line based on its hypopigmentaline patent, a product reputed to be rich in such natural whitening ingredients as extracts of mulberry, licorice and Vitamin C. As an added bonus when you book a whitening-system facial, you'll receive a complimentary back or head massage to truly make your day. *JH*

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# Soccer reigns at Queen Elizabeth Public School

By Joe Reilly

You know children love soccer when they play the game on fields covered with a metre of snow. That's how it is at Queen Elizabeth Public School, where students from Grades 1–8 play the beautiful game all year long despite the weather. And that deep-seated love of the sport has helped the school to make strong showings at regional tournaments and to win championships.

In mid-October, the Queen E. junior soccer teams participated in the Zone 3 Regional Tournament at the Gloucester Hornets' Nest.

Under the steady hand of Yassin Ziane, the girls' team finished first after group stage play. During group play, the girls' team lost to Lady Evelyn School, but posted impressive wins over R.E. Wilson, Dunlop and Viscount Alexander schools. Over these three victories, the girls outscored the opposition 8–0, owing to very strong defense and some great goaltending.

During the elimination stage, the girls came up against a strong team from Hilson and lost the semi-final match 2–1. The girls finished third on the day and Mr. Ziane was very proud of their efforts, declaring that "the goalies were amazing today and the girls came together as a team." It was the best showing by a junior girls' team in many years at the tournament.

The Queen E. boys also finished first in their group, posting a perfect record in four games. In the first game of the elimination round, Queen E. came up against old rivals Centennial. Last year, the Centennial team bounced Queen E. from the semi-final in a dramatic shootout. This year the tables were turned, as Queen E. squeezed past Centennial in a tight match that ended 2–1. This set up a final against Hilson, and things didn't look good for Queen E. when Hilson scored two quick goals in the first two minutes of play. The boys were shocked by this turn of events, but they dug deep and turned to the chant of the day "right here, right now" for inspiration. (Check out Fatboy Slim's song "Right Here Right Now.")

The boys battled back to tie the game by halftime, and in

the second half they pulled ahead and eventually won it all with a 5–3 victory. "It was a total team effort," noted Mr. Ziane, who watched the final from the sidelines. "After the first shock of going down by two goals, the boys pulled together and you could see their confidence growing with each goal they scored."

This big win puts Queen Elizabeth School in a unique situation as the reigning champions of boys' soccer in east-end Ottawa. Back in June, the intermediate boys' team won the regional tournament in an intense shootout victory over long-time rivals Henry Munro. The Queen E. boys then went on to represent Ottawa East at the Board Finals. Although the team did not win the Board championship, the boys played with pride and good sportsmanship.

"We are very proud of our students and how well they have done at these tournaments," said Kateri Deschenes, the principal of Queen Elizabeth Public School. The principal recognizes that the school's sports programs are about more than winning championships. "The teachers at our school provide all kinds of sports opportunities to our students through our Active Start program, intramural sports for students from grades 1–8, and the teams that represent our school at junior and intermediate tournaments. As part of these programs, our teachers really understand the importance of building the skills necessary to play as a team



Photo by Joe Reilly

The Queen Elizabeth junior boys' soccer team celebrates its zone championship victory on Oct. 12 at the Hornets' Nest.

and to be good sports—very important life skills," she said.

And Deschenes loves to see the enthusiasm that the students bring to the sport of soccer—as they play games they organize themselves in the schoolyard at recess all year long.

"They sometimes need teacher guidance to sort out disagreements, but most of the time they do that themselves and it's their love of the sport that keeps them playing—no matter what the weather is like!" said Deschenes.

Currently at Queen E., intramural soccer for junior classes is ongoing and hopefully the Smiley Cup will be awarded to the intramural champs before the snow arrives. Then it is time for primary intramural soccer in the gym. When the snow clears in April 2017, tryouts for the intermediate soccer teams will begin again.

And even during that brief

downtime for organized soccer at the school, the most dedicated students will be out there playing on the yard in the snow and ice, developing their skills and having a blast while dreaming of winning

more championships for their school.

*Joe Reilly teaches Team 33 at Queen Elizabeth Public School and is the coach of the boys' soccer teams.*

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## Draft plans for new Stanley Park playground presented Nov. 14



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

The Crichton Community Council's (CCC) fall activities started with the annual New Edinburgh Garage Sale on Sept. 17. Thanks to all that generously donated a portion of their sales. This money will be reinvested in CCC activities, playground improvements and the skating rinks.

Our annual Halloween Howl took place Oct. 29, providing a fun afternoon for the neighbourhood children. Following a parade down to the Governor's Walk retirement residence on Stanley Avenue to trick-or-treat with the residents, children came back to the Fieldhouse for games and crafts. Many thanks to organizer **Roxie Clark** and her

helpers: the **DeWolfe family**—**Matt, Abby, Norah** and **Nathanael**—**Chris Straka, Caroline Matt** and **Thais Martin** for their decorating skills; to **Maya Dubuc, Nathanael DeWolfe, Isaac Lipman** and **Sam Grabner** for helping with the games and crafts, and **Caroline Matt** for serving up the hot chocolate.

Work continues on the playground improvement project; on Nov. 14, a public consultation was held at the Fieldhouse for the public to see the draft drawings, comment on what they liked and to make any suggestions for improvement. We were happy to see about 40 people from the community, from all age groups, come out and provide their comments. Once a final design is approved, work is

slated to start in spring or summer of 2017.

As winter approaches, we are now preparing for the skating season. Interested in becoming a hoser to help maintain the ice over the winter? Contact **Brian Torrie** at [btorrie@hotmail.com](mailto:btorrie@hotmail.com) to be added to the roster. Please note that during the skating season, Dec. 5–Mar. 31, the Fieldhouse will be unavailable for bookings. Beginning Feb. 15, 2017 bookings (for Apr. 1 and later) will resume on a first-come, first-served basis.

We are busy planning our next event: the New Year's Day breakfast and winter carnival, Jan. 1, 10a.m.–2p.m. What better way to kick off 2017 than by coming out to enjoy a hearty breakfast and partake in fun activities with family and neighbours? This year, we will be adding some new activities in celebration of Canada's 150th. Hope to see you there!

Interested in becoming involved? The CCC meets the second Monday of each month (excepting July and August) at the Fieldhouse at 7:30 p.m.



Photo by Joana Chelo

The annual Halloween Howl was a fun afternoon of games, crafts and costumes.

## Rockcliffe Park Library book sale starts collecting for 20th anniversary

It might seem hard to believe but in 2017, the **Rockcliffe Park Spring Book Sale** will celebrate its 20th anniversary! And preparations for it are already ramping up. Now is the time to bring your gently used books, CDs, DVDs and vinyl to the **Rockcliffe Park Public Library** during opening hours, or call for assistance at **613-580-2424 ext. 27623**. And of course, the sooner you bring them in the

better. But please remember: **no encyclopaedias, magazines or textbooks!**

Thanks to stellar community support, the **2016 Spring Book Sale** broke all records, allowing the Rockcliffe Park Residents Association library committee to make a substantial contribution to programming and materials at its local branch as well to the Ottawa Public Library as a whole.

The 2017 Rockcliffe Park

Spring Book Sale will take place **Apr. 22** from 10a.m.–5p.m. and **Apr. 23** from 11a.m.–5p.m. at the Rockcliffe Park Community Centre, 380 Springfield Rd.

Many thanks in advance for your contributions!

—*Jane Dobell, RPRA Library Committee Chair and the Rockcliffe Park Spring Book Sale volunteers*



Photo by Claire Schofield

Eager shoppers at the Rockcliffe Park Library's 2016 Spring Book Sale.

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## Parking at 50 Sussex Dr. still under discussion

Continued from page 1

tenant—a search that extended more than a decade.

Finally, the building formerly known as the Canada and the World Pavilion has a new purpose, and a two-fold one at that. First, reincarnated as Canada's Centre for Geography and Exploration, it will officially open its doors to the public in 2017 as a "Confederation Pavilion" featuring a series of exhibits celebrating Canada's physical and human geography to mark the sesquicentennial.

Then, in April 2018, the RCGS is scheduled to move in to the landmark location and establish its home base.

The RCGS and NCC made the much-anticipated announcement in late October. Both John Geiger, CEO of the RCGS and the legendary Alex Trebek, the organization's honorary president, were lyrical about the building's new role. They noted that its iconic location at the confluence of two major rivers "just screams geography," and expressed pride and satisfaction that the new headquarters will now rank with the landmark locations of the Royal Geographical Society in London, U.K., and the National Geographic Society in Washington, D.C.

Mark Kristmanson, CEO of the NCC, was equally enthusiastic about the new role for the building, noting that its transformation was part of an NCC plan to revive 10 of the "most interesting but most underused properties" in the National Capital Region for



(from left) Alex Trebek, honorary president of the Royal Canadian Geographical Society, and RCGS CEO John Geiger at 50 Sussex Dr. on Oct. 24.

2017 and beyond. At the press conference, Kristmanson chronicled the highlights of the location's storied history, beginning with Champlain's discovery and naming of the Rideau Falls during his explorations in the early 17th century, moving on through its industrial past as a location of active sawmills, a centre of scientific research, and the founding home of the National Film Board in the 1940s.

The centre will be equipped with two exhibition spaces

and a 210-seat auditorium with wraparound screens to create a state-of-the-art venue for lectures, film screenings, seminars, conferences and gatherings of all descriptions, with a particular emphasis on educational programming. Geiger and Trebek expressed special enthusiasm about the centre's planned use of "immersive technology" to allow visitors to experience virtual tours of Canada's spectacular remote locations, such as Ellesmere Island, or to trek (virtually) through

the Rocky Mountains. In 2018 the centre will host the annual Canadian Geographic Challenge, when thousands of young people from across Canada will gather to test their knowledge of human, physical and historical geography.

The perennial practical question of parking for the facility is apparently still under discussion at the NCC and RCGS, but there are presently about a dozen spaces in a large area behind the building for RCGS staff, and

roughly 20 spots adjacent to 50 Sussex Dr. that would be available for public use.

The new incarnation of 50 Sussex Dr. seems a perfect fit. Perhaps, in the end, it was worth the wait!

### No new embassies coming to Sussex

It appears that the National Capital Commission's dream of an "International Precinct" centred on a cluster of embassies along Sussex Drive may not have been such a hot idea after all. Early this year, Foreign Affairs Minister Stéphane Dion was advised by his then-Deputy Minister Daniel Jean (now National Security Advisor to the prime minister) that the RCMP had conducted a risk assessment of the potential for "violent events" in the vicinity of embassy row, where the United States, France, Kuwait, Saudi Arabia and South Africa now have imposing diplomatic missions.

The RCMP concluded that, to avoid future risk in the area, no new embassy facilities should be constructed in the vacant lots remaining along Sussex. While the number of remaining available spaces in the vicinity is few, the community has long been concerned that the green spaces and parkland abutting Thomas, John and Alexander Streets and Sussex Drive could be gobbled up as locations for new embassy buildings. Thankfully, this is no longer a threat to this gateway to the Burgh.

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# Rideau Hall Foundation moves into 9 Rideau Gate

By Teresa Marques

Plans are underway for the Rideau Hall Foundation (RHF)'s move into the Heritage Building at 9 Rideau Gate early in 2017. The Residence, which overlooks Rideau Hall, was originally a private home constructed for Archibald Chetwood Kains, a successful banker, and his wife Fanny Kains. Over time, it was converted to a residence for government and diplomatic officials—illustrating the changing demographics and significance of the area surrounding Rideau Hall. RHF will be moving from its temporary office space within Rideau Hall to accommodate a growing team. As an independent registered charity to support the Office of the Governor General, proximity to Rideau Hall is of crucial importance to RHF's work—being able to operate independently and yet at arm's length from Rideau Hall represents the ideal working scenario.

RHF was established in 2012 as a legacy initiative of the 28th Governor General of Canada, His Excellency the Right Honourable David

Johnston, to leverage our national spirit and realize our common aspirations. Beginning with his installation speech, His Excellency has consistently challenged Canadians to imagine our country even better than it is today: "We want to be the smart and caring nation; a society that innovates, embraces its talent and uses the knowledge of each of its citizens to improve the human condition for all. When we set our sights together, we can do better and inspire each other to achieve great things."

RHF is an independent and non-political charity, created to extend and leverage the values inherent to Rideau Hall and to support the vision of all governors general moving forward. The charity's first full-time CEO, Scott Haldane, joined in January 2016 and brings a wealth of knowledge and experience to the role. Scott spent 39 years with the YMCA, most recently as president and CEO of YMCA Canada. Over the past year, Scott has built the core staff team of the RHF: "We are delighted to be moving into 9 Rideau Gate: a residence with historic signifi-



Photo courtesy Teresa Marques

The Rideau Hall Foundation will be moving into 9 Rideau Gate to accommodate its growing team.

cance that's truly embedded within the New Edinburgh community, while being just steps from Rideau Hall," says Scott.

RHF's work spans four pillars: Learning, Leadership, Giving and Innovation. Here is a sampling of RHF's earliest signature projects, made possible through philanthropy:

• **It's an Honour!** – This traveling exhibit brought

the stories of Canada's National Honours System to schools, community centres, special events and small towns across the country, giving more than 30,000 Canadians the chance to connect with our most honoured citizens.

• **The Sovereign's Medal for Volunteers Trust** – This honour amplifies the reach of the Governor General, reinforcing the importance

of volunteering and celebrating the important contributions Canadians make at the heart of their own communities.

• **The Queen Elizabeth II Diamond Jubilee Scholarships** – In partnership with Universities Canada and Community Foundations of Canada, these awards lay the foundation for the next generation of entrepreneurs, public servants, community leaders and academics through global learning exchange.

The team at RHF, which includes six staff at present, looks forward to being at the heart of the New Edinburgh community and to sharing more of the organization's work with new neighbours in the years to come. For more information about RHF, please contact **Scott Haldane** at [scott.haldane@rhf-frh.ca](mailto:scott.haldane@rhf-frh.ca) or visit [rhf-frh.ca](http://rhf-frh.ca).



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# First-ever Beechwood Christmas Market begins Dec. 10

**By Chris Penton  
Beechwood Market  
Manager**

Since we're always looking for new adventures here at Beechwood Market Headquarters, we're going to try our hand at a Christmas edition. Mixing that market flavour with the Christmas spirit, we'll welcome holiday

joy into the former St. Charles Church for two weekends: **Dec. 10 and 17.**

The familiar summer features will be there: live music, the kids' corner and brunch by the Beechwood Gastropub. You can also expect a few summer products with a holiday twist: Beking's Free-Roam Eggs, Jargon Preserves, Harvest

Honey, Buddy Bites Tea and Dog Treats.

For the requisite Christmas sparkle, you'll find great gift ideas, such as knitted elbow blankets, luxury paper cards, fine woodworking and Christmas baking.

Santa Claus will also make an appearance on both weekends.

So, shorten that trip to

Trainyards—you'll be able to do some of your Christmas shopping right in your own neighbourhood.

Check out **beechwoodmarket.ca** for a full list of vendors. You'll find more than two dozen of our market regulars, offering everything from farm-fare to arts, crafts and one-of-a-kind stocking-stuffers. Our Facebook page

and Twitter feed are both solid sources of up-to-date information.

Ho-Ho-Hope to see you there!

*The Beechwood Market: Christmas Edition will take place Dec. 10 and 17, 10 a.m.–3 p.m. indoors at 135 Barrette St.*

## Recycled accessories with a higher purpose

**By Elly Saidi**

Disadvantaged youth in downtown Ottawa are getting a new opportunity to earn an income and develop valuable life-skills to build a sustainable life off the streets. With the help of **United World Voices (UWV)**, a registered Canadian charity located here in Ottawa, local homeless and at-risk youth are using recycled bicycle tires to design and create handmade items such as belts, earrings and other household items.

Look for UWV at the **Beechwood Christmas Market on Dec. 10 and 17** when we will be showcasing numerous works created by the youth in the ArtWorks program.

The mission of UWV is to improve the lives of vulnerable persons and communities in Canada, India and Africa. UWV programs focus on education, basic health initiatives, skills development and entrepreneurship in order for every individual and community to improve their sustainability for healthy living.

Operation Come Home,



*Photo courtesy United World Voices*

Local youth Eric makes a belt at United World Voices Artworks programme. See the group's creations at the Beechwood Christmas Market.

a drop-in centre for young people in downtown Ottawa, has collaborated with UWV to implement this program, called ArtWorks. The program gives homeless young people an opportunity to develop skills in craftsmanship and creativity in a low-

pressure environment. Items produced are sold to the public with all funds returning to the artists and to sustain the program. Through the program, participants experience firsthand the opportunity for income generation, and they learn how their time and ded-



ication can prepare them for the workplace.

UWV will be displaying and selling a wide selection of handmade earrings, belts, and even dog collars at the Beechwood Christmas Market Dec. 10 and 17. Come support the development of our local young people, and

give a boost to a successful and growing Canadian charity through your purchases and donations!

For more information or to donate on-line, please visit **UnitedWorldVoices.org**.

*Elly Saidi is the CEO of United World Voices.*

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# For the Birds

By Jane Heintzman

## Grey jay wins national bird contest

To the amazement of many keen followers of the Royal Canadian Geographic Society's (RCGS) **National Bird Project**, and to the consternation of some, not least the *Ottawa Citizen* Editorial Board and well-known local naturalist **Dan Brunton**, the Society has chosen the **grey jay** as its official recommendation for the title of Canada's National Bird. The grey jay elbowed out the iconic **common loon** and the **snowy owl**, both of which garnered significantly more votes from the public during the contest. The surprise announcement was made at the Society's College of Fellows Annual Dinner in mid-November, prompting an indignant *Ottawa Citizen* editorial entitled "They Want WHAT to be Canada's National Bird?" and proclaiming the decision "bird-brained."

The RCGS is sticking to its guns, however, and distinguished McGill ornithologist **David Bird** (yup), a leading grey jay advocate, stoutly defended the controversial choice, arguing that "you've got a bird that's intelligent, friendly and hardy, and that... epitomizes Canadians." While most Canadian city-dwellers have probably never encountered a grey jay—a year-round inhabitant of Northern Boreal regions rarely seen in urban areas—the species is found in every province and territory, and until about 50 years ago, was actually known as the **Canada Jay**.

The full rationale for the RCGS's decision can be found at [canadiangeographic.ca](http://canadiangeographic.ca). In a nutshell, the Society makes the following arguments:

- While the grey jay is found throughout Canada from coast to coast to coast, it is not already a provincial or territorial bird, as are several of its closest competitors in the voting, notably the **common loon** (Ontario), the **snowy owl** (Quebec), and the **black-capped chickadee** (New Brunswick).
- Grey jays are not among

the migratory hordes that head south each fall, but remain in Canada year round, weathering the coldest, harshest months, and even nesting as early as February and stalwartly incubating their eggs in the midst of blizzards.

- Historically, grey jays were the sociable companions of First Nations hunters and trappers, as well as European explorers, and can still be found in mining and lumber camps and research stations, often following hikers and skiers down the trails of provincial and national parks.
- Grey jays have special importance in the legends

## Top five picks in National Bird Contest

<b>Common Loon</b>	<b>13,995 votes</b>
<b>Snowy Owl</b>	<b>8,948 votes</b>
<b>Grey Jay</b>	<b>7,918 votes</b>
<b>Canada Goose</b>	<b>3,616 votes</b>
<b>Black-Capped Chickadee</b>	<b>3,324 votes</b>

and folklore of indigenous peoples, and are the only Canadian species referred to by a traditional indigenous name, deriving their popular moniker **Whisky Jack** from the Cree word *Wisakedjak*, variations of which are used in the Algonquian language family.

- Like other members of the corvid family to which they belong, they're remarkably

set about lobbying the federal government to introduce legislation in 2017 to officially adopt the grey jay/whisky jack as Canada's National Bird.

While loon lovers, chickadee champions and admirers of the snowy owl will lick their wounds at the elevation of this feisty little dark horse (bird) to national status, perhaps the silver lining is that we now have a compelling rea-



Grey jay.

Photo by RichardDumoulin.com

son to head out to our provincial and national parks to get acquainted with our country's new feathered icon, which arguably most Canadians have never yet seen or heard.

And perhaps we'd better do that sooner rather than later: some knowledgeable birders are concerned that the newly anointed national species may be threatened with extinction if the depredation of its boreal forest habitat continues unabated.

A feature article on the Society's top pick is included in the December edition of *Canadian Geographic Magazine*. As the final step in the process, the RCGS will

## Migrants linger in the balmy fall

Thanks to the unusually mild and storm-free conditions this fall, many migrants have been in no hurry to leave the area on their journey south. In mid-October, on our final visit to Georgian Bay to close up for the winter, we spotted **common mergansers**, a **great blue heron**, **double-crested cormorants**, several groups of "rafting" **common loons**, **red-breasted nuthatches**, **black-capped chickadees**, **white-crowned sparrow** groups; a deep throated **common raven**; a **pine warbler**; and countless

**blue jays** (though not a single grey jay).

In our rambles here in Ottawa through late October to mid-November, we encountered a varied cast of characters, including **white-crowned sparrows**, **chipping sparrows**, **white-throated sparrows** (in particular abundance this year, lingering well into November); countless large groups of **dark-eyed juncos**; **hairy** and **pileated woodpeckers**; **blue jays**; flocks of **American robins**; **black-capped chickadees**; **American goldfinches** and **house finches** (still regulars at our feeders); **white-breasted nuthatches**; **European starlings**; **Northern cardinals**; and **common ravens**, keeping their distance from the ubiquitous flocks of noisy **American crows**.

On Thanksgiving weekend, I caught a glimpse of my last **warbler** of the season, spotting a frisky **yellow-rump** on the bicycle path by the Ottawa River. Out on the river, **mallard** pairs continue to linger in mid-November, as do small groups of **hooded mergansers**, traditionally the last to leave, often staying almost until freeze-up before heading south. And the downside of warmer fall weather: **Canada geese** are still around in abundance as I write, often elbowing out smaller waterfowl on the river and flying perilously low over our garden several times each day.

## Winter finch forecast

By late October and early November, *Ottawa Citizen* birding columnist **Bruce Di Labio** was already receiving reports of winter **finches** in the area, including numerous **purple finches**, a solo **common redpoll**; **evening gros-**



Common loons diving for breakfast.

Photo by Amy-Jane Lawes



beaks, bohemian waxwings and a few pine grosbeaks. In his annual *Winter Finch Forecast*, ornithologist **Ron Pittaway** predicts that **purple finches**, **common redpolls**, **pine siskins**, and **red-breasted nuthatches** could be around in significant numbers this year thanks to poor seed crops in their northern breeding areas, while the tally of **Bohemian waxwings** may be relatively low because of bumper mountain ash berry crops across the boreal forest. Pittaway is also forecasting a healthy influx of **evening grosbeaks** whose breeding populations have grown in the wake of successive spruce budworm outbreaks. These striking yellow, black and white creatures prefer black oil sunflower seed to the nyjer seed which is the staple of most smaller finch species, so load up your feeders—perhaps you'll catch a glimpse of one as the winter unfolds.

A relatively rare visitor in our neighbourhood, but one which has been reported frequently in the Ottawa area this fall, is the diminutive **Carolina wren**, a shy woodland bird which has recently been a regular at **Philip MacAdam's** "Avian Bistro" on Thomas Street. Among its distinguishing field markings are a bold white eyebrow stripe and a long, jauntily upward-cocked tail. Both males and females are predominantly reddish brown above, with buffy orange under-parts, and like other wrens, their bills are long and down-curved. Their foraging habits resemble those of **brown creepers** and **nuthatches**, scooting up and down tree trunks and rooting around in ground cover. Chances are we'll see more of these little critters in the years to come, as their northern ranges continue to expand in lockstep with the rise in average winter temperatures resulting from climate change.

#### New birding store lands in Ottawa

With winter is on its way, it's time for committed backyard birders to load up on supplies of seed and suet to sustain our over-wintering avian companions through many months of cold, harsh conditions and dwindling food sources. Happily, there is a new birding depot in town where you'll find everything



Yawning snowy owl.

Photo by Francine Ouellette

from top-of-the-line GMO- and pesticide-free seed to squirrel-busting pole systems, tube-, platform- and window-feeders, and anti-collision decals for your windows.

**Gilligallou Bird Store** was originally launched in Almonte, Ont., tucked away in a charming row of artisan shops on Mill Street. Owners **Bob Volks** and **Lou Beckinsale**, both passionate and knowledgeable birders, decided to expand the business, opening an Ottawa outlet at **160 Preston St.** early this year. They've also launched **gilligalloubird.com**, where you'll find many of their products, including a full range of feeders. Bob reports that they are still developing their online product offering (no seed included

yet), but he welcomes inquiries and suggestions for additions to the line-up. Call **613-695-SEED**.

The Gilligallou blog is loaded with interesting birding lore such as advice on the fine art of "pishing" or making soft repetitive sounds to coax shy birds out of hiding. Their YouTube channel features practical tips on everything from filling a tube feeder with nyjer seed (a messy business!) to setting up nesting houses, repelling squirrels and nuisance birds, and creating natural habitat in our yards by planting native grasses, flowers and shrubs.

#### Reports from our readers

In recent years, local wildlife photographer **Francine Ouellette** has generously shared her fine bird portraits

with the *New Edinburgh News*, and this month has contributed marvellous shots of three species unlikely to turn up in our immediate area, but spotted by Francine in the city's east end. The sparrow-like **Lapland longspur** spends its breeding season in the Arctic tundra, coming south in winter where you'll find it in open fields around the region, often congregating in enormous flocks. Its intriguing moniker "longspur" refers to an elongated claw on its hind toe. Another winter inhabitant of the area's open fields is the **horned lark**, readily identified by its black mask and tiny black horns. Francine was also lucky enough to have captured a magnificent **snowy owl** in the region, albeit in a somewhat undignified yawning pose!

**Amy-Jane Lawes** reports that activity at her feeders in Val-des-Monts, Que. has died down with the late fall departure of the **warblers**. Recent visitors have included a solo **pine grosbeak** and several **Bohemian waxwings**. Out on the lake, she's enjoyed a bountiful season of ducks, logging numerous encounters with **common loons** and **hooded mergansers**, as well as one-off sightings of a **black scoter**, a **greater scaup** and a relatively rare **long-tailed duck**. On a recent visit to Andrew Haydon Park here in Ottawa, she has also spotted **horned grebes** and **surf**



Male horned lark.

Photo by Francine Ouellette

**scoters**, and is still in search of a **red-throated loon**. Stay tuned!

**Philip MacAdam** reports that his Avian Bistro is still bustling with activity as winter approaches, with a regular cast of characters including **American goldfinches**, **white-breasted nuthatches**, **black-capped chickadees**, **Northern cardinals**, **downy wood-peckers**, **house finches** and **purple finches**. A **white-throated sparrow** group lingered into late October, but has now moved on. Philip has taken special delight in the visits of a perky **Carolina wren** that has taken a shine to his high-quality black oil sunflower seed.

Over at **Macoun Marsh**, the feeders have recently been charged for the winter, so **Mike Leveille** promises a report for our next edition in early February. In mid-November, Mike spotted a **Northern shoveller** on an excursion to Britannia Bay.

Our west coast correspondent **Vicki Metcalfe** took a chilly boat trip recently with the Victoria Natural History Society, spotting not only a wide range of bird-life but also a collection of whales (humpbacks and orcas), seals, sea otters and sea lions. Her bird tally on the trip including a massive flock of turkey **vultures** "kettling" in preparation for their flight across the Juan de Fuca Strait; a who's-who from the gull world, including **Heerman's**, **California**, **glaucous-winged**, **Thayer's** and **Sabine's**; juvenile **golden eagles**; **pelagic**, **double-crested** and **Brant's cormorants**; **Western** and **red-necked grebes**; **black turnstones**; **oystercatchers**; **common murre**s; **surf scoters**; **red-necked phalaropes**; **surfbirds** and large numbers of **rhinoceros auklets**.

Central Alberta correspondent **Dave Collyer** has had an active birding fall, logging a wide range of migrating species including **rough-tailed hawks**; **bald eagles**; **red-tailed hawks**; **northern shrikes**; **magpies**; **snow buntings**; **bohemian waxwings**; **pine grosbeaks**; **Northern flickers**; **pine siskins**; **white-crowned sparrows**; **ruffed grouse**; **snow geese**; **greater white-fronted geese**; and three owl species—the great **grey owl**, **barred owl** and **Northern hawk owl**.



# Crichton Gallery's new exhibit offers great gift ideas

By Elisabeth Arbuckle

Picture an intimate, Zen-like setting in the heart of New Edinburgh, where vines and old bricks meet creativity and new techniques. If you have not yet had the delightful experience of visiting The Crichton Street Gallery, do take the time to get to know

this little gem, located at 299 Crichton St. in the heart of New Edinburgh. Gallery hours are Saturday 11 a.m. to 4 p.m.

The Crichton Street Gallery has been making a name for itself since opening its doors in March 2015. This community-based gallery is the result of the hard work and passion

of photographer Mary Pratte. Since its opening show, which included images by Mary, Louise Tanguay, Beth Stikeman and Martha Nixon, the gallery has continued to engage the public with its thoughtful and professionally presented imagery.

Elisabeth Arbuckle has since joined the original core

group of artists, and glass artist Jennifer Kelly has become a regular exhibitor, broadening the range of media on display. At 299 Crichton St., you will find photographs, encaustics, abstracts, prints, cards, mixed media works and intricate glass pieces, including jewellery.

Each month, the gallery strives to highlight a new artist or initiative with focused shows, book launches, artist talks and demonstrations. Whether it is hanging decorative glass lanterns to celebrate the Lumière festival of lights or supporting the New Edinburgh yard sale with a table of affordable art, the gallery artists have engaged in many community events.

The Crichton Street Gallery was an enthusiastic participant in the New Edinburgh Artists' Studio Tour (NEST), held Sept. 17 and 18. The tour brought more than 300 visitors through the door at 299 Crichton St., helping to put gallery firmly on the map of the New Edinburgh art scene.

On Nov. 19, the Crichton Street Gallery launched a new show "A Small Gift of Art" for the holiday season, where you will be able to find one-of-a-kind, original artworks—perfect gifts for friends, family and maybe even yourself. A vernissage took place on Nov. 25, and many visitors came by to partake in the festive spirit and to meet the artists.

The purchase of original art is an investment. Art can appreciate in value over time, but more importantly, there is

the appreciation and enjoyment you get from owning an original piece. Even if you are not purchasing, we invite you just to come in to browse and chat and see what is new. You can find us at [crichtonstreetgallery.ca](http://crichtonstreetgallery.ca) or on Facebook. If you do not already receive our colourful newsletter, please sign up on our website.

## Meet our artists

Mary Pratte: Light and pattern drive her photographs, as does seeing and focusing on things most of us would pass by without a second thought.

Louise Tanguay's beautiful photographs have been shown in multiple exhibitions, and published in numerous books and magazines around the world.

Martha Nixon works in mixed-media, printmaking and encaustics, and loves to play with layers of paint, beeswax, colours and textures. Martha loves to see where her muse takes her.

Elisabeth Arbuckle often returns to her love of natural objects as she explores the complexity of self-image through faces and masks. Involvement in the arts has been a constant factor in her life.

Jennifer Kelly works with fused and kiln-formed glass, natural found elements and metals. From three-dimensional sculptural work to painterly two-dimensional pieces, the narrative thread throughout is a positive human experience with the natural world.












Photo courtesy Mary Pratte

Martha Nixon is one of the many artists whose work is on display at the Crichton Gallery this month.

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 <p><b>Rockcliffe Park - \$2,975,000</b> Timeless upgrades &amp; centre hall design yield a super livable space without losing the original charm &amp; architecture. Sprawling green backyard, perfect for family time. Beautiful lifestyle awaits.</p>	 <p><b>Rockcliffe Park - \$2,490,000</b> An award winning 2010 redesign makes it impressively livable. Luxurious finishes inside, verdant oasis outside. Secluded cul-de-sac, nearby Pond, &amp; top schools serves the family well.</p>	 <p><b>Rockcliffe Park - \$1,990,000</b> Constructed &amp; renovated with family needs in mind, grand rooms are fit for large-scale entertaining, &amp; comfort-first zones lend space that suits it all. Plus a landscaped backyard w/ a pool to boot!</p>
 <p><b>Lindenlea - \$949,000</b> The creative minds behind ModBox are responsible for the Springfield Towns - &amp; this corner unit shines. An extensive list of sustainable features give this dwelling its LEED Gold certified status.</p>	 <p><b>New Edinburgh - \$579,000</b> Find a picturesque scene; four floors of functional, bright space, large master suite with walk-in is a treat, and steps to Beechwood Avenue - it's a true urban gem!</p>	 <p><b>Lindenlea - \$499,000</b> Sprawling, bright condo awaits in a gorgeous 3 storey building on a charming street. Only 6 units in total promises peaceful, urban community living in a walk to everything location.</p>
 <p><b>Lindenlea - \$549,000</b> A classic brick facade makes it elegant, the picturesque Lindenlea address makes it peaceful, &amp; the ample square footage set in a totally liveable design make it home. Indoor parking, storage - this is a must-see!</p>	 <p><b>Manor Park - \$1,195,000</b> If home is where the heart is, fall in love with this newly-built colonial-inspired home in Manor Park. Elegant design details marry with a clever floor plan for the ultimate in family comfort.</p>	 <p><b>New Edinburgh - \$549,000</b> A slice of dated old world charm within the heritage community of New Edinburgh. New finishes, sprawling backyard space, &amp; worry-free practicalities make this a true gem.</p>

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# Book Fair team credits volunteers with sale's success

By Fiona Ivison

For the 54th year this fall, parents, students, and staff of Rockcliffe Park Public School came together for the annual Book Fair, a wonderful event enjoyed by all. For three days at the start of November, the gym at Rockcliffe Park Public School (RPPS) was filled to the brim with tens of thousands of books, all donated by local families and people from across Ottawa.

Such a big event was only possible with lots and lots of preparation, so much so that the Book Fair Committee started collecting books in March, months before book fair!

Each year, volunteers sort and display 50,000 books. At the end of the sale, about 10,000 books are left, most of which are donated to bookstores, schools or libraries. A portion of the unsold books is given to the book sale hosted at the Rockcliffe Park branch of the Ottawa Public Library.

After expenses, Book Fair raised \$53,000 this year. The funds from Book Fair

go towards school field trips, classroom technology and literary supplies and activities. One of the projects funded by Book Fair each year is the Author and Illustrator Workshops, where the money is used to bring Canadian children's authors and artists to RPPS to talk to students about their creative processes.

Book Fair also gives grants—usually about \$1,000—to a handful of other schools so that they can host their own literary events.

This Book Fair was the last for chair Joni Hamlin and for volunteer coordinator Inge Vander Horst, both of whom are stepping down. I sat down with Joni and Inge at Bridgehead on Beechwood to talk about Book Fair. They were both wearing Book Fair t-shirts, showing their dedication to the annual event.

We talked about how Joni got involved in Book Fair at a challenging time of tension between the school and the Book Fair committee after there was a fraud committed by an RPPS parent, and how Joni convinced Inge to get



Photo by Seanna Kreager

Rockcliffe Park Public School's annual Book Fair had a fun Star Wars theme for 2016.

more involved in Book Fair. We also talked about their time in their respective positions.

Before becoming chair, Joni was the volunteer coordinator, the post Inge would later take over. While the two women were in command of Book Fair, they focused on making sure that the volunteers' jobs were balanced, so that no volunteer would be given too heavy a work-

load. They also wanted to get the families and students of RPPS involved, something they achieved with their Book Fair theme contest.

Each year, Book Fair has a literary theme, but before Joni and Inge took over, the Book Fair Committee would choose the theme. Joni and Inge came up with the good idea of letting the students of RPPS choose a theme themselves. "I had really hoped to

find ways to get the students more involved in Book Fair," Joni said.

This year's theme was *Star Wars*. Although not a literary theme, it got the students reading and appealed to all of the grades (kindergarten through to Grade 6) at the primary school.

Book Fair has made such an impact on the community that former RPPS students still visit to volunteer, sometimes even with their own children.

The sale has grown over the years and attracts people from outside the city. People have come from far and wide to shop for books. Some customers drive all the way from Montreal, because of the fair's great reputation.

Book Fair wouldn't be what it is without the tireless volunteers that put in dozens of hours of their time to make it happen. It is truly a community-run event.

*Fiona Ivison is a grade 7 student at De La Salle High School. She graduated from Rockcliffe Park Public School in June 2016.*

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# Site approvals and new shop openings offset latest barren strip on south side of Beechwood

By Jane Heintzman

Condo owners in the emerging Minto Beechwood building will have a couple more months to wait before moving into their spanking new dwellings, as Minto has recently bumped its occupancy date from February to April 2017. Development manager **Kevin Harper** reports that the primary source of the delay is a problem with the building's windows. Minto's objective is to achieve a LEED Gold standard for the development, and in this context, the quality of the windows is critically important. When the first shipment of windows failed to meet this standard, Minto decided to prioritize quality over timetable, and the shipment was returned to the supplier, resulting in a delayed move-in date.

A second complicating factor in the schedule is the City's delay in finalizing its "complete street" plans along the Beechwood corridor, a project in which Minto is collaborating closely with City

staff on the design of the sidewalk and streetscape around the building. The work is now slated for completion this spring and will include installation of a raised cycle track and planting of street trees to separate cyclists from the pedestrian walkway alongside the building.

While the majority of the condo units are now committed (88 per cent), a number are still on offer, including a range of sizes and models on several different floors. As there is currently no Sales Office for the building, sales are by appointment only: **613-696-8188** or **mintobeechwoodsales@minto.com**.

On the commercial front, things are moving ahead more briskly, with the ground-floor glazing now completed and the hoarding slated to come down shortly. Not long after press time in December, a 3,100 square-foot ground-floor unit will be turned over to **BMO Bank of Montreal**

to begin fitting-up its new Beechwood location in the Minto building. At about the same time, a still unnamed coffee emporium will take over a smaller 1,700 square-foot unit at the MacKay Street corner, with a planned opening early in the New Year—probably February. The balance of the 16,000 square-foot space on the ground floor remains under negotiation, and at the moment, interested parties are reportedly local as opposed to national businesses. Depending on how discussions unfold, Kevin suggests that the space could eventually be occupied by one, two or three new businesses (fingers crossed for the latter).

## Pub opening on target

**Allan Jackson**, project coordinator for the building owners, reports that construction is proceeding as planned at **1 Beechwood Ave.**, with window installation scheduled through late November

**Continued on page 26**



Photo by Louise Imbeault

(from left) Valamode boutique owner Dia Shams and Vincent boutique co-owner Angie Cambareri are behind the two pop-up shops at 222 Beechwood Ave.

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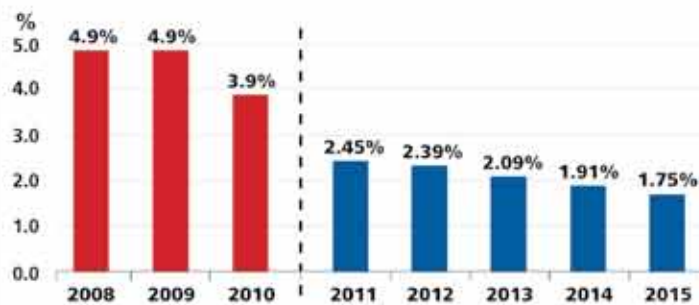
### ECONOMIC DEVELOPMENT

- Innovation Centre at Bayview Yard: Grand Opening Fall 2016
- \$ 2.2 Billion in building permits
- Provincial funding secured for Stage 2 LRT
- Confederation Line to open in 2018
- Education and the Economy Summit held



### TOURISM

- Year-long sesquicentennial Celebrations in 2017
- Hosted 1300 One Young World Summit delegates from 196 countries
- Tourism Summit held for industry leaders - Beyond 2017
- Ottawa Art Gallery opens in 2017



### FINANCIAL DISCIPLINE

- 2.5% or lower tax promise kept every year
- Maintained front line community services
- Moody's triple A credit rating



### ENVIRONMENT

- Ottawa River Action plan underway
- Planted trees and built community gardens across the City
- Converting City streetlights to green LED technology
- Record Investments in active mobility infrastructure



### HELPING PEOPLE

- Record Investments in Affordable Housing and accelerated 10 year Housing Homelessness Plan
- New Low Income Transit Pass proposed for 2018
- New recreation facilities opened across the City



### COMMUNITY SAFETY

- Hired 25 new police officers this year and another 25 in 2017
- Increased the number of Paramedics
- Created and implemented the Gang Exit Strategy
- 20 additional red light cameras installed



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**Continued from page 24**

and roofing now close to completion. Though at the time of writing, the exterior was still covered in a protective shroud, Allan reports that it will be refaced or repainted, so we should soon see something closer to the finished product begin to emerge. An added touch to liven up the corner and recall the building's earlier days as a movie theatre is a planned lighting system that will light up the glass cinema tower, and serve as a bright beacon at entrance of the Beechwood corridor.

Royal Oak owner **Jonathan Hatchell** looks forward to getting on with the interior fit-up of the premises in the coming weeks, and plans to open his doors to the community by late February or early March 2017. At the very least, it seems we're assured

of green beer flowing at 1 Beechwood Ave. on March 17: St. Patrick's Day!

**Sutherland and pop-up shops now open**

As our reporter-photographer **Louise Imbeault** reports on page 29, **Warren Sutherland's** long-awaited eatery at The Kavanaugh opened its doors in early November, running from 7a.m. breakfast through lunch, dinner and late evening libations. The new restaurant has already attracted an enthusiastic response from the locals, and will no doubt hit the ground running as crowds roll in over the busy holiday season.

On Dec. 1, two new pop-up retail outlets opened their doors at 222 Beechwood Ave., both geared to meet the needs of fashion-conscious women in the 'hood.



Rendering courtesy Linebox Studio Inc.

An updated view of the St Charles Market project.



Photo by Pia Kauri

The demolition of the Domicile sales centre, combined with Divisoria's departure for Carling Avenue, and another vacant building (left) has opened a strip of dead space on our main street.

**Vincent Women's Boutique** ([www.shopvincent.ca](http://www.shopvincent.ca)) and **Valamode Luxury Consignment** ([www.valamode.com](http://www.valamode.com)) have opened just in time for the busy party season, when wardrobe refreshers are in high demand. Owners **Angie** and **Amanda Cambareri** of Vincent, and **Dia Shamus** of Valamode will be on hand at The Kavanaugh to offer fashion assistance and advice. (See the Business Briefs on page 12 for more details).

In other news from Domicile, the former sales centre at 86 Beechwood Ave. has recently been demolished and perhaps regrettably, the temporary building was not repurposed for a new business pending permanent development of the site. With the departure of Divisoria, the strip of Beechwood extending from the Pet Palace to The Clarkstown Kitchen & Bar has once again become dead space, a dormant blot on the local landscape and an ongoing challenge to collective efforts to reinvigorate the Beechwood corridor.

**St. Charles Market gets approval**

In early November, ModBox, the developers of the ambitious St. Charles Market (SCM) project on the site of the former St. Charles Church, received resounding approval from the Planning Committee for a rezoning application to permit a mixed residential-commercial use for the church site. Committee Chair **Jan Harder** expressed enthusiasm about the concept of the project in repurposing a decommissioned heritage church to create a lively urban hub and gathering place, and

both Councillors **Mathieu Fleury** and **Tobi Nussbaum**, among others, spoke in support of the development.

For some months, ModBox has actively pursued consultations with stakeholders, City officials and the area councillors on the specifics of the SCM project which, in its essentials, comprises a mixed commercial-residential development with 38 condos partially wrapping around the church; small, food-focused retail operations and eateries in the body of the church; and a large public square and gathering space in the church forecourt. In response to both public comment and the recommendations of the Urban Design Review Panel, the ModBox team has introduced a number of modifications to the initial project design. Having achieved this first major milestone in the approvals process, the team will continue to refine its project design and move ahead through the Site Plan Control and Heritage application process—the remaining steps towards final project approval.

In January 2017, ModBox will begin work on the **sales centre** for the condos, and the SCM Marketing and Sales campaign will kick into gear. The sales centre will be located inside the church, and if all goes as planned, it should be up and running for prospective buyers and the public by April or May 2017.

**Beechwood Market** lovers will be pleased to hear that market manager **Chris Penton** is planning two pre-Christmas market days at the Church on **Dec. 10 and 17**. Don't miss the chance to

reconnect with your favourite vendors, load up on supplies for the holidays, and get an early start on your Christmas shopping. For more details, see page 16.


**Updates on other sites**

**143 Putman (formerly ZaZaZa Pizza):** A revised development plan for the property is now in the works and will be uploaded to the City's Dev Apps website as soon as it is submitted. We'll keep you posted.

**196 Beechwood (formerly Burton's Dive Service):** The original proposal has been significantly scaled back, and a Building Permit application has now been filed for a two-storey rear-yard addition and updates to the front face of the existing structure. The proposed addition is too small to trigger a Site Plan Control process, so the project will no longer be subject to Planning Department review or public consultation.

**Claridge Property 89-99 Beechwood (at St. Charles):** The City Planning Department has had no further word from Claridge on a revised proposal.

**9 Rideau Gate (Rezoning Application to permit Office Use):** The rezoning application will be considered by Planning Committee on Nov. 22, and proceed to City Council in mid-December. Planner **Kimberley Baldwin** has received no negative comment in the public consultation process, so the rezoning of the residence to authorize its use as the offices of the Rideau Hall Foundation is expected to receive approval. Learn more about the Rideau Hall Foundation on page 18.



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Anna Sutton Anderson • November 20 1942 - August 3 2016

## A Compassionate Life: A Compassionate Death

By Gaye Applebaum

### THE LAST TIME I VISITED ANNA

at the Anderson property outside of Almonte, she was in high spirits. It was mid-July and she was looking forward to our time together. Semiparalyzed from the waist down, she was harnessed onto the patient lift ("like a bag of potatoes" she joked) by her husband Peter, who transported her from the bed to her state-of-the-art recliner in the living room with ease and devotion.

Anna's speech was slow, but the words were clear and understandable. Her mind was lucid and her memory sharp. Together we enjoyed finger-foods for lunch, as she was unable to grasp cutlery any longer. I reminded Peter about the only fight I had with Anna in our 43 year friendship. It was during our three weeks in Israel when Anna announced that she wanted to see Jericho, a place she had visited often with her father. I picked a fight out of nowhere as we were

driving through the checkpoint back into Israel. Manned by a sole reserve soldier during those quiet days, he faced two weeping matrons as he lowered his sunglasses and said in his best English "Have a good trip". We started to laugh and it was over. Anna laughed at the remembrance and said "you really were a bitch." I agreed. She didn't know why she ever had had anything more to do with me. It was a good day.

Good days were getting rarer. Anna's condition, Multiple System Atrophy (MSA), is a rare and little known terminal illness associated with ALS. She would lose control of her limbs, her bodily functions and her speech. Unlike ALS patients, however, she would lose all brain function and knowledge as well. Most days she was so pain-racked and weak she could not face the ordeal of the move from bed to recliner. She struggled to find words still vivid in her mind. Her family doctor told Anna she might last until November; she would try to make this as bearable as medically possible. The province assigned two Personal Support Workers (PSWs) on a daily basis to bathe her, provide bedside care and administer medications to help her get through the night.

Anna and I first met in 1973 when our families moved into both sides of an Avon Lane half-double. Shortly after, Anna, a mother of 4, returned to school, first to get a degree in social work and then in nursing. She was equipped to devote her work life to palliative care. When Peter's career with External Affairs took them to England in the early 1980s, Anna was hired as a nursing sister for a London hospital where she learned to operate the heroin driver, a highly effective method of patient pain management. After 4 years in a London hospital Anna returned to Ottawa and started working at the Elisabeth Bruyère palliative care unit in the hopes of introducing the heroin driver into Canadian healthcare practice but it did not gain acceptance.

Just before the Andersons were due back to Ottawa for home-leave, at the end of their first year in London, they learned of the tragic death of their son Danny, killed by a bear at a summer camp in La Vérendrye Wildlife Preserve in Quebec. Danny was 12-1/2 years old. It crushed the family but did not break them. Over time, they emerged from hell to rebuild their family life.

When the family was posted to Washington in the 1990s, Anna took a job with a Jewish Family Services agency with a mandate to provide home care to any terminally ill person who chose to die at home. Anna saw this as a real opportunity to offer dignity and compassion to people in dire situations who would not otherwise get any help whatsoever. She spent many hours driving from Maryland to DC and Virginia, sitting with devastated families, holding grieving patients and relatives, administering medications to help alleviate their terrible pain. The job took a heavy toll on her.



Photo of Anna Anderson taken by her daughter Madeleine in July 2016, three weeks before her death.

When they eventually returned to Ottawa, Anna took a counselling job with CHEO. She was asked by a lesbian couple if they could spend the night in their adopted son Daniel's room. Anna defied hospital policy and allowed the couple to be alone with Daniel as he died peacefully in both of their arms. Anna was severely reprimanded by the hospital, but took great comfort when the women visited for many years, bringing laughter and gratitude.

Anna saw no contradiction between her values for the sanctity of life and taking a job with the Morgentaler clinic. For two years she provided compassion and dignity to the young and not-so-young women who found themselves mostly alone and always frightened throughout their ordeal. She held them and let them cry until they were strong enough emotionally to leave. Several came back later to tell her she'd made the experience less painful and were grateful.

When Peter retired, the family relocated permanently to 'Charteris', their property north of Shawville where Anna could grow vegetables, swim in the pond and mostly keep the rest of us from killing anything, including the miserable black flies that swarmed every June. Even when a mother bear brought her two cubs to camp on Charteris' wraparound veranda, Anna was adamant. The wildlife officer had to save them no matter how long it took. All of the Pontiac buzzed about why the bear had chosen the Anderson property instead of any of the hundreds of others. The bears were eventually tranquilized and safely removed by a large workforce.

Anna and Peter were delighted with a Volunteer Services Overseas placement in Lilongwe, Malawi, where they worked with terminally ill AIDS patients in rural regions. Anna would visit patients in huts, left with a bit of food and to die alone. With the help of a local illustrator, Anna produced a booklet for the families of patients on how they could help their loved ones die in peace and with dignity. Anna and Peter paid for the printing themselves. The booklet is still in use today.

As Anna's condition worsened, she appealed to her doctor for help with medically assisted dying. Her doctor was on side but not until the government passed the assisted dying bill. Anna lobbied hard while she still could, by writing letters to members of parliament and the media. She also had explicit instructions written on what she wanted when she could no longer speak, including that she was not to be treated with antibiotics if she contracted pneumonia.

Anna did contract pneumonia the last week of July, only two weeks after my visit. The hospital sent Anna home once she declined antibiotics. Her doctor and the PSW workers were constantly by her side. Anna's surviving three children, Mark, Maya and Madeleine, together with Peter, stepped up the morphine injections when her pain became unbearable. Becoming more and more delirious, the family took the decision to begin the palliative sedation regimen Anna had specified. Anna died peacefully in her own bed, surrounded by family on August 3rd.

There was a low-key gathering at the Almonte property at the end of August, organized by daughter Maya. Peter, his brother John, longtime family friend Clare, eldest daughter Madeleine, and granddaughters Clare and Helene reflected on Anna's life during their speeches. The last words belonged to Rossi, Anna's much loved sister-in-law. Rossi said that a porcupine had settled itself into her garden and in deference to Anna "I won't shoot the bugger much as I want to." It was a beautiful day as the large crowd gathered in the field outside the house. All of her large family were there, as were the dogs, cats and multitude of friends she had made in the short time they were living in Almonte. Caregivers, farmers and craftspeople came to share their own memories of Anna's magnetism and serenity. Anna would have enjoyed it all, thoroughly.





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## Stairwell Carollers to perform refreshed Christmas favourites and new 'Rideau Carol' at annual concert

By David Rain

As a marathon runner, I love doing my training runs through New Edinburgh—along the Rideau River trails, through the Governor General's grounds, occasionally stopping to stretch and admire the beautiful Rideau Falls as they cascade into the Ottawa River.

When not running, I sing with the Stairwell Carollers, an award winning a cappella choir that also has roots in your area. We practice up the road at St. Columba Church in Manor Park, and often descend on your fine neighbourhood pubs to help "relax" our vocal chords after a tough rehearsal.

It is exciting to be a member of the Stairwell Carollers, as our director Pierre Massie is an award-winning composer, and we often get to premiere his latest compositions. This year, in a creative burst, Pierre composed eight brand-new arrangements, refreshing some of our best-loved Christmas carols like "Silent Night," "Mon beau sapin," ("O Christmas Tree") and "Adeste fideles" ("O Come, All Ye Faithful").

A new twist this season is that I caught the composing bug myself and have written a Christmas carol—my



Photo courtesy David Rain

Inspired by the Rideau Falls, David Rain has composed his first Christmas carol, which he will perform with the Stairwell Carollers.

very first—which Pierre has kindly mentored into our repertoire. This bilingual carol has its own roots here in New Edinburgh, as the idea sprang to me when I saw a sign pointing in the direction of "Chutes Rideau Falls" while on a marathon training run.

I've called it the "Rideau Carol," attempting in words and music to evoke the sights and sounds of our Nation's Capital in winter:

*As the icy curtain descends,  
Et "la Veille de Noël" day-  
light ends,  
To the wise old Outaouais*

*River, flow*

*Both frozen canal and  
rivière Rideau.*

New Edinburgh residents will have a chance to hear the "Rideau Carol" and Pierre's wonderful new arrangements at the Stairwell Carollers' Christmas fundraising concert, "**Adeste fideles**," at **St. Columba Church, 24 Sandridge Rd. on Dec. 17 at 7:30p.m.**

Tickets are \$20 at the door, or \$15 in advance at **stairwellcarollers.com**; or from The Leading Note at 370 Elgin St; Compact Music at both 206 and 785 ½ Bank St locations; or Books on Beechwood at 35 Beechwood Ave. Sincere thanks for their support again this year!

And if you're looking for that perfect Christmas gift, the choir's CDs will be on sale, too. You'll be giving twice, as proceeds from concerts and CD sales allow the Carollers to present donations to local charities and music scholarships to local high-school students totalling more than \$130,000.

Hope to see you on Dec. 17! The Stairwell Carollers will also be performing Dec. 9 at St. Mark the Evangelist, 1606 Fisher Ave. at 7:30p.m. and on Dec. 16 at Knox Presbyterian Church, 120 Lisgar St. at 7:30p.m.

David Rain is in his 24th year with the Stairwell Carollers. For more information, visit [stairwellcarollers.com](http://stairwellcarollers.com).

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# Bistro opening a dream come true for father and daughter

By Louise Imbeault

With much anticipation and excitement, Sutherland Restaurant, Bar and Café discreetly opened its doors for the first time on Nov. 7, and I was there to see what the buzz is all about. Naturally inquisitive, I entered The Kavanaugh, the new Domicile development at 222 Beechwood Ave., to see, smell and feel my way around this intricate layout. The restaurant's grand opening will take place in early 2017.

My first impression was the mouth-watering aromas wafting from the centrepiece state-of-the-art kitchen, buzzing with culinary staff headed by Owner and Head Chef Warren Sutherland. It's

High, backless leather chairs complement the shining crystal glassware and an array of spirits next to the European-style coffee machine. Everything sparkles!

With a half-turn to the right, I notice a few steps taking you into the sunken lounge filled with natural sunlight, cozy cushions on the banquette. It's a secluded and intimate space for an afternoon coffee and chat with friends, or a glass of wine with your better half. You can book this lounge for private gatherings and celebrations.

The overall style of the restaurant could be described as "industrial urban chic" with warm accents and trendy fixtures. The dining room has a full wall of live plants glowing from the hidden lighting.

*"Daddy, wouldn't it be nice to have a restaurant in that building?"*

—Cayenne Sutherland

a wonderful open-concept kitchen where the clientele can see their meals carefully prepped and inspected before being presented to their table.

I scouted the place looking for unique accents and innovative décor, my eyes lighting on the unusual seating arrangements at the bar. The turquoise enamel tiles give the feeling of a Caribbean wave hitting a sandy beach.

It's magical and very appropriate, giving the space an inviting and fresh look that pops with life. Dark hardwood floors contrast beautifully with the concrete walls in a clean, minimalist line. An old Smith Corona typewriter displaying the menu of the day is an eye-catching conversation piece as you enter. Well-versed staff members are on hand to explain



Photo by Louise Imbeault

Chef Warren Sutherland and his daughter Cayenne, who inspired him to open his new restaurant at 222 Beechwood Ave.

the intricacies of the dishes, which offer fresh local food in season. The website will soon be operational and take-out meals available. Catering is up and running—another great service offered by Chef Sutherland.

I sensed there was more to this story than just another restaurant in Beechwood Village, so I sat down for a chat with Warren, asking him how he came up with this exciting concept. He detailed his extensive culinary experience, and explained that he dreamed of opening his very own location somewhere in Ottawa. The twist in this tale is what makes this particular

spot so interesting.

Three years ago, Warren was picking up his daughter from school. As they were driving down the street, she noticed a colourful new billboard announcing the soon-to-come condominium building in the area. Turning to her father, Cayenne innocently said: "Daddy, wouldn't it be nice to have a restaurant in that building?" She was only six years old at the time. It was a light-bulb moment for Warren, who immediately put all his energy and creativity into making his and Cayenne's dream come true. Now that their restaurant is a reality, Cayenne, now nine

years old, drops in regularly to see her father's passion for food come to life, and to sit in her favourite spot to study, do research on the internet and tackle her homework in her very own home away from home. Well-done, young lady!

There's a ring of truth to the saying: "If you build it, they will come." Patrons abound at this new morning, lunch and dinner hotspot. Wheelchair accessible, with ample parking on side streets and a bus stop nearby, Sutherland is a must-try on your family holiday list. Merry Christmas and Happy New Year to all!

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# Lydia Kranch (1910-2004): A leader in women's sports

By Joanne Delaney

The recent success of the Canadian national women's hockey team has seemingly rekindled a national interest in women's hockey, a sport that traditionally has been dominated by men. It is interesting to note, however, that in the 1930s, women's hockey in Ottawa was a popular sport, with several teams comprising the Ottawa Ladies Hockey League. One of the top goal scorers in the league was New Edinburgh-born and raised Lydia Kranch. She played for the Montagnards team as well as another called The Alerts. Press clippings from the mid-1930s typically showed Kranch as the goal scorer for her team.

Lydia Mary Kranch was born May 10, 1910, at 315 McKay St. in New Edinburgh, the only daughter of Charles Kranch and Christina Kranch (née Briske). Lydia had eight

brothers, many of whom served in the Canadian Armed Forces during the Second World War. One of her brothers (my grandfather) was George Kranch, whom long-time residents of New Edinburgh might recall as the friendly long-time butcher at McCreery's, the general store at the corner of Crichton and Union Streets (now home to the Union Street Kitchen and Café). Lydia Kranch was among the first pupils to attend Crichton Street Public School.

In addition to her prowess as a hockey star, my aunt Lydia was a multi-sport athlete: an avid curler and tennis player, a ski-jumper at the Rockcliffe Ski Club and a member of the New Edinburgh Ladies Softball Team and New Edinburgh Rowing Club.

On Apr. 28, 1941, Lydia Kranch married Stewart McElhinney at St. Luke

Lutheran Church on McKay Street, with Rev. C.A. Dashner officiating. The couple resided briefly in Ottawa before moving to Montreal where their son Charles "Skip" McElhinney (1943-2016) and daughter Valerie

(1947-2015) were born. During the early 1950s the family returned to Ottawa, living in the Lowertown area, and in 1956 they moved to Kitchener, Ont., where Lydia was a popular member of the K-W Granite Club, as a curler

and mentor.

Lydia (Kranch) McElhinney passed away May 12, 2004, at age 94.

*Joanne Delaney is a lifelong resident of Crichton Street. Her home has remained in her family since 1886.*



1937 photo of the Montagnards (Monties) and Rangers teams, part of the Ottawa Ladies Hockey League. Lydia Kranch is second left in the middle row.



Lydia Kranch, at her home at 315 MacKay St. (circa 1929), wearing her Ottawa Alerts hockey uniform and equipment of the era.

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# From the joys of play to the joy of giving



Photo by Shari Brodie

After completing a successful food drive in October, Rockcliffe Park’s F.A.I.R. Club attended the inspiring WE Day event on Nov. 9.

On Nov. 14, kindergarten students at Rockcliffe Park Public School were joined by their teachers, families, local City Councillor **Tobi Nussbaum**, school board trustee **Chris Ellis** and community representatives to formally open the new kindergarten playground and yard. The new kindergarten yard provides a safe and fun environment for the children to explore their outdoor world each day, and is already prov-

ing very popular with the youngest members of the school. In addition to support from the Ottawa Carleton District School Board, substantial funds for the building of the new kindergarten yard were raised by the RPPS School Council, including through the Dance-a-thon and Book Fair. This community project was also made possible through partnership with the City of Ottawa. Both the

Rockcliffe Park Residents Association and the Lindenlea Community Association supported the School Council’s application to the City of Ottawa for a grant. The new kindergarten yard is a great addition to Rockcliffe Park Public School and is open to the community outside of regular school hours. —Jane Hooker, RPPS School Council member

**F.A.I.R. Club activities**  
Student members of Rockcliffe Park Public School’s F.A.I.R.

Club wrapped up their “We Scare Hunger” campaign with 350 food items collected. The food will be donated to the Rideau Rockcliffe Community Resource Centre to support their food cupboard. Thank you to all families who participated. On Nov. 9, 18 F.A.I.R. Club students attended the WE Day Ottawa event at the Canadian Tire Centre. This annual event is a celebration of service and social change geared to our youth. Students witnessed presentations by


national and international leaders ranging from Prime Minister Justin Trudeau, Tragically Hip lead singer Gord Downie and motivational speaker Spencer West, speaking to the message of “living WE.” The students were inspired and empowered to continue to help to make our communities, our country, and our world more just and harmonious. It was an amazing event. —Amber Clement, RPPS teacher



Photo by Green Tea Photography, Mathieu Louis-Seize

(from left) Kindergarten students Mayve Odell-Lenselink and Chelsea Linsley join Principal Shari Brodie to celebrate the new play yard at Rockcliffe Park Public School.

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# Five tips for keeping fit after 50

By Andre St. Amour

Fitness can be confusing at times—more so as we age. What may have worked for us in the past just doesn't seem to work the way it used to. With so much information out there, where do we start? Below we have put together our five best "Fit After 50" fitness tips.

## 1. Make improving mobility a top priority

You may have heard the term range of motion (ROM) before. It is so important to maintain a healthy ROM for our joints. As we get older, we tend to lose ROM and the change can sometimes be irreversible.

Doing daily mobility work not only prevents acute injury, but also can help preserve joint health and function. As the old saying goes: "an ounce of prevention is worth a pound of cure." This couldn't be truer when it comes to mobility work.

We recommend the following mobility schedule:

- 10–15 minutes of mobility work every day,
- 15–20 minutes of mobility work before workouts,
- 45–60 minutes of mobility work once per week.

Adding deep-tissue massage, a chiropractic treatment or even a fascial stretch therapy session can speed up results.

## 2. Build and preserve hard-earned muscle with resistance training

Our bodies are building and breaking down muscle con-

stantly. This process is called protein turnover. The muscle we gain or lose can be influenced by the demand that is put on our muscles.

As we age, the impact of muscle loss is greatly felt. More muscle mass usually means stronger muscles. Lack of muscular strength in humans can mean a lower survival rate and greatly affect our quality of life. The good news is that we can control whether we are losing muscle mass, preserving it or building it.

We recommend people add two to four resistance-training workouts per week. Make sure to target each muscle group at least twice per week to have the desired effect.

## 3. Intensify cardio days

When choosing between long-duration steady-state cardio and short-duration interval training, we tend to lean towards interval training. For most goals, high intensity interval training (HIIT) tends to yield better results. We find that HIIT works best for improving body composition, athletic performance and overall health.

That said, we recommend you work your way up to HIIT. If you are only starting out, you may be better off adding in steady-state cardio first. Then slowly integrate HIIT over time.

There are many ways to intensify your cardio days. Just make sure that whatever you choose is a good fit for you.

## 4. Change your routine every four to six weeks

Although we enjoy adding variety into our training programs, we don't do this for variety's sake.

We find that it is important to repeat specific movements often enough to master the technique. Only once you master it can you receive the most benefit from a given exercise.

That said, in order to avoid plateaus and continue progressing it is important to change your routine every so often. We recommend changing your training program every four to six weeks.

These changes are what we call training phases. Depending on the phase you are in, the focus will be different. In each phase, the variables (reps, sets, intensity, rest, etc.) will change. This systematic changing of variables is what is called periodization.

To keep this simple, try changing the reps and sets scheme of your exercise program. By changing your program every four to six weeks, you can continually improve and avoid plateaus.

## 5. Get help

Even the most experienced lifters are always finding ways to improve. The objective opinion of a friend or exercise coach can help you put together the missing pieces and overcome obstacles.

Getting someone else to correct your technique, spot you so you can lift more, or give advice on making a



Photo courtesy Andre St. Amour

With careful practice, a deadlift can be a great exercise for maintaining a healthy back and hips.

training program will ensure that you really are moving in the right direction. Consider asking your fit friend or relative for help, going to exercise seminars, or hiring an experienced exercise coach to help you out.

Regardless of your goal, you can benefit from these tips. By implementing at least

one of these tips you will begin to see changes.

Andre St. Amour is a local fitness coach and fascial stretch therapist. He and his wife Julie are residents of New Edinburgh and own Evertrain Lifestyles, a local fitness business operating out of Prime Personal Training Studio.

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# Haunted house rewards brave visitors with treats and smiles

By Carrie Reid

For some, Christmas is the most wonderful time of year, but for others, like the residents of 294 MacKay St., Halloween is the holiday they look forward to for months.

Each year, homeowner **Ian Shackleton** spends weeks preparing for Halloween night. With the help of his long-time girlfriend **Carrie Reid**, Ian gets planning underway in the summer.

It all starts with a theme—a different one every year. In years past, the front yard and porch have been transformed into a scene from the Plague, the wicked Wild West, and a 19th-century barbershop. There are staples to the design every year: leaves from the giant maple tree raked into graves marked with crosses, a scene on the front porch full of props to set the stage,

and both Ian and Carrie in full costume ready to greet their visitors with candy and smiles.

As residents of MacKay Street for nearly a decade, the pair has developed a rep-



Photo courtesy Carrie Reid

utation, with local children remembering the scene from the previous year and making a special trip. This year's "Creepy Circus" theme didn't disappoint. Upstairs neighbours **Ben Wray** and **Andrea Talarico** joined in the fun and made it the most memorable yet. With a booth manned by a skeleton selling tickets to a freak show, a ringmaster, and a life-size jack-in-the-box, children and adults alike were transported to a fantasy world where fortune-tellers predicted a gruesome death and a wind-up doll came to life.

While some children were a little too frightened to come to the porch to receive a treat for their bravery, many others lined up for a chance to take in the whole scene from the porch. By the end of the night, more than 350 chil-



Photo courtesy Carrie Reid

294 MacKay St. went with a "Creepy Circus" theme this Halloween, complete with ringmaster, jack-in-the-box and wind-up doll come to life.

dren had visited, and countless families posed for selfies with the hosts and the props. By all accounts, it was a successful Halloween enjoyed by all who participated.

With the bar set so high after

this year's display, how will 294 MacKay St. outdo itself in 2017? You can be sure Ian and Carrie are already asking themselves the same question.

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# Christmas Church Services

A listing of area churches offering Christmas and Advent services. See websites for details.

**MACKAY UNITED** 39 Dufferin Rd. 613-749-8727. mackayunited-church.com

**Dec. 11** – Come in Out of the Blue service

**Dec. 18** – Children's Christmas pageant. The Christmas story told from the innkeeper's point of view.

**Dec. 24 – 4:30p.m.** Family Christmas Eve service with Communion

**Dec. 25 – 10:30a.m.** Christmas morning service

**ST. LUKE'S LUTHERAN** 326 MacKay St. 613-749-1731. stlukeottawa.org

**Dec. 24 – 7:30p.m.** Christmas Eve service

**ST. JOHN LUTHERAN** 270 Crichton St. 613-749-6953. stjohnlutheran.ca

**Dec. 18 – 10a.m.** Fourth Sunday in Advent Children's Christmas Program followed by a potluck lunch, craft, and special visitor.

**Dec. 24 – 7:30p.m.** Christmas Eve Service of lessons and carols with Holy Communion.

**Dec. 25 – 10:30a.m.** Christmas Day Service will be held at the Garry J. Armstrong Long Term Care Home, 200 Island Lodge Rd. with residents and their families. Pastor Keith Crouse will preach with Pastor Joel Crouse presiding. Everyone is welcome.

**ST. BARTHOLOMEW'S** 125 MacKay St. 613-745-7834, stbartsottawa.ca

**Dec. 18 – 10:30a.m.** Fourth Sunday of Advent Holy Communion and Christmas Pageant

**Dec. 24 – 4p.m.** Holy Communion and Family

Service. 7:30p.m. Holy Communion

**Dec. 25 – 10:30a.m.** Christmas Day Holy Communion

**ST. ANDREW'S** 82 Kent St., 613-232-9042, StAndrewsOttawa.ca/Christmas

**Dec. 11–4p.m.** Candlelight Carols for Choir, Harp and Brass Ensemble. Always a highlight of the Christmas

season, this year's service features Britten's Ceremony of Carols with harp, and congregational carols with brass. Freewill offering. Invite your friends and neighbours to enjoy the music of our choir and the beauty of the sanctuary.

**Dec. 18 – 11a.m.** White Gift Sunday. Once again we will be supporting the library and classrooms at Queen Mary Public School. Choose a new favourite book for boys and girls, wrap it in white paper, and bring it this Sunday.

**Dec. 18 – 12:30p.m.** The Congregational Christmas Lunch. Enjoy fellowship and good food. The meal will be followed by carol singing.

**Dec. 21 – 7p.m.** The Blue Christmas Service. A service for all who are looking for a time and place to acknowledge that Christmas can be difficult. On the longest night of the year we gather in

the sanctuary to pray and remember our tears, our sorrows; to light candles in the darkness; to come together in prayer and reflection. A reception in the hall will follow, with warm cider and treats.

**Dec. 24 – 6:30p.m.** Celebrate Christmas with the children and youth of St. Andrew's as they present the Christmas Pageant and Carols.

**Dec. 24 – 10p.m.** Christmas Eve. The Choir of St. Andrew's leads us in The Lessons and Carols.

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24 Sandridge Rd. 613-749-5103, stcolumbaottawa.ca

**Dec. 24 – 4p.m.** Christmas Eve Family Service with children's storytime.

**Dec. 24 – 9p.m.** Choral Eucharist with candlelight and carols

**Dec. 25 – 9:30a.m.** Christmas Day Holy Eucharist



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PHOTO: IMA ORTEGA

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# Books and beyond: A roundup of suggestions from our local

Every December, the Books on Beechwood team offers reading suggestions for *New Edinburgh News* readers looking to stock up on winter reading, or searching for that perfect gift.

## From Antoinette:

*The Return of History* by Jennifer Welsh - This year's Massey Lecturer offers a timely analysis of 21st-century geopolitics, migration and conflict.

*A Florence Diary* by Diana Athill - This is a charming memoir of Athill's 1947 holiday in Florence. With her cousin, Pen, Diana records their adventures and observations.

*The Great Global Bucket List* by Robin Esrock - Esrock offers an enthusiastic description of one-of-a-kind travel experiences around the world.

*Ottawa Cooks* by Anne DesBrisay - This is a beautifully produced cookbook with recipes from many restaurants she has reviewed.

*Stranger* by David Bergen - Long-listed for the Scotiabank

Giller Prize, this is a novel of wealth, poverty, dislocation—and the search for a stolen daughter.

*The Wonder* by Emma Donoghue - Set in Ireland in the 1850s, *The Wonder* is the story of Anna O'Donnell, who may be a murder victim or a one-day-wonder.

*Madeline Finn and the Library Dog* by Lisa Papp - This is an adorable, beautifully illustrated picture book about learning to read with a library dog named Bonnie.

## From Bridget:

*Atlas Obscura* by Joshua Foer et al. - More cabinet of curiosities than real travel book, this book of wonders celebrates more than 600 of the most unexpected and unusual destinations around the globe: a paper house, the self-mummifying monks of Shugendo, the Great Stalacpipe Organ in Virginia, among other oddities. Perfect for the armchair traveller or the person that has everything.

*The Book of Letters I Didn't Know Where to Send* by

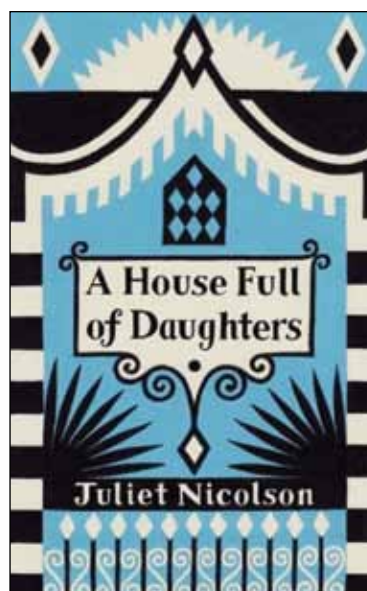
Steve Patterson - Comedian and host of CBC Radio's *The Debaters* has great fun airing his grievances about a wide variety of objects (missing socks), institutions (The Bay) and people (Justin Bieber). They're succinct, smart, funny and quirky—much like the author.

*Born to Run* by Bruce Springsteen - This is not another run-of-the-mill celebrity memoir. Springsteen's distinctive song-writing prowess is fully applied to this lyrical, wise and soul-bearing exploration of his childhood and career.

*Commonwealth* by Ann Patchett - The children of two broken families forge a lasting bond over their shared disillusionment with their parents and the strange and genuine affection that grows between them. When their story is later told in a best-selling novel, they are driven back to face some dark moments in their past and ultimately to forgiveness and understanding. Patchett is a master storyteller that writes believable and endearing

characters.

*A House Full of Daughters* by Juliet Nicolson - Noted social historian Juliet Nicolson turns her humane and sharply observant eye on her own remarkable family through seven generations: gypsy flamenco dancer Pepita, Victoria Sackville-West, Vita Sackville-West, Harold and Nigel Nicolson, with an emphasis on the women of the line. What a family, and what a great read!




*The Fortunate Brother* by Donna Morrissey - This is a hauntingly beautiful novel that engrosses the reader in the singular ways of Newfoundland and her people. In a small community, the Now family is struggling with the loss of one son while the remaining son tries to hold his crumbling parents together. The murder of the town bully brings suspicion on them and deeper secrets are gradually revealed. I loved this book.

*Wake Up, Island* by Mary Casanova (Ages 2+) - This is my favourite children's picture book this year, a glorious evocation of the natural world in summer with stunning woodcut illustrations. It's a perfect cottage gift.

*A Day of Signs and Wonders* by Kit Pearson (Ages 8–12): Pearson's latest is a lovely depiction of childhood, nascent creativity, friendship and loss, all set during one day in the life of nine-year-old Emily Carr.

Continued on page 37




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# experts of 2016's best fiction, memoirs and music

## Bridget's music picks:

It's a great season for new albums by old favourites. Here are some of the highlights worth a listen:

*You Want It Darker* by Leonard Cohen

*Day Breaks* by Norah Jones

*Secular Hymns* by Madeleine Peyroux

*Stranger to Stranger* by Paul Simon

*Keep Me Singing* by Van Morrison

*case/lang/veirs* by Neko Case, k.d. lang and Laura Veirs

## From Hilary:

*The Hatching* by Ezekiel Boone - Spooky and chillingly plausible, this novel—featuring an ancient species of carnivorous spiders slowly making their way across the globe—is a superb thriller!

*The House Between Tides* by Sarah Maine - At once historical, mysterious, thrilling, romantic and breathtaking, this lovely novel set in an old house on one of the Scottish Hebridean islands will completely captivate you.

*The Witches of New York* by Ami McKay - Set in 19th-century New York, McKay delivers a beautifully empowering story about women, friendship, love—and just a touch of magic.

*By Gaslight* by Steven Price

- Like a time machine, this beautifully written novel will deliver you right into the dirty, smoke-shrouded streets of Victorian London. Full of mystery and intrigue, it will keep you hooked to the very end. Just be sure not to trip on the cobblestones as you go.

*Holding Up the Universe* by Jennifer Niven (Ages 12+ - In the same vein as her previous book, *All the Bright Places*, Jennifer Niven delivers another smart, poignant teen read. Featuring strong characters and a captivating writing style, this book will appeal to teens and adults alike.

*Every Hidden Thing* by Kenneth Oppel (Ages 12+ - Romeo and Juliet meets Indiana Jones! In his new YA novel, the wonderful Kenneth Oppel takes us back in time to hunt for dinosaur fossils in the Badlands. Full of history, romance, science and fun!

*The Masked Truth* by Kelley Armstrong (Ages 12+ - A master of all genres, Armstrong delivers a heart-pounding rollercoaster ride that won't loosen its grip on you until the very last page in this great YA thriller.

*Ned's Circus of Marvels* by Justin Fisher (Ages 8-12 - Magic is real in this wonderful adventure story full of fun and friendship. Great for fans

of Chris Colfer's *The Land of Stories* and Cary Fagan's *The Boy in the Box*.

*A Child of Books* by Oliver Jeffers (Ages 3-6) - Beautifully illustrated with a lovely, heart-warming message.

*The Darkest Dark* by Chris Hadfield (Ages 3-6) - Sweet and inspiring! It's a great story from Canada's favourite astronaut.

*King Baby* by Kate Beaton (Ages 2-5) - In her immediately recognizable style, Beaton gives us another gem of a story. Hilarious, charming and oh-so-true, parents will love this as much (or more) than the children.

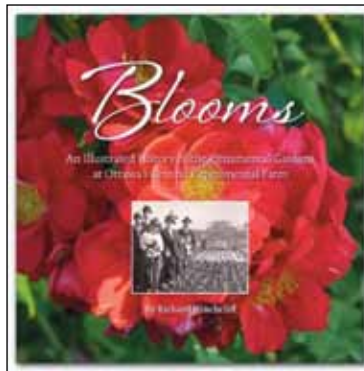
## From Jill:

*Art as Therapy* by Alain de Botton - Alain de Botton, prolific author of books on philosophy, travel, psychology and fiction, has just published his latest book. Here, de Botton divides art into five categories: methodology, love, nature, money and politics. Beautifully illustrated, it's a fascinating read for art lovers and for anyone wanting to have a better understanding of art and the world of art and artists.

*Mad Enchantment* by Ross King - Ross King's latest sojourn into the world of art deals with Claude Monet

and his water lily paintings. While the water lilies figure prominently in this biography of Monet, Ross also writes about the history of time and place—Giverny at the brink of the First World War—and all the ramifications of war on Monet's art and his life.

*Blooms* by Richard Hinchcliff



- Richard Hinchcliff, co-author of *For the Love of Trees* about the trees in Ottawa's Arboretum, has written this latest garden book about the history of the Ornamental Gardens of the Central Experimental Farm. Gardeners and non-gardeners alike will love Hinchcliff's photography of the flowers, shrubs and blossoming trees and the colourful botanical paintings by Arthur Kellett. This book is, indeed, "a colourful celebration of one of Ottawa's landmarks."

*The Hidden Keys* by André Alexis - André Alexis takes the reader on a delightful

romp through Toronto in search of the Hidden Keys. See if you can solve the puzzle before Tancred Palmieri, the thief and protagonist, gives away the ending.

*Embers* by Richard Wagamese - This series of meditations and musings by Richard Wagamese, Ojibway author of *Indian Horse* and *Medicine Walk*, will restore one's faith in nature and offer spiritual uplift.

*Hag-Seed* by Margaret Atwood - The latest in the Hogarth Shakespeare series, this is Margaret Atwood's modern take on *The Tempest*. Margaret Atwood has had fun reworking this play and the reader will be delighted with the results.

*Yiddish for Pirates* by Gary Barwin - This is probably the first time that a 500-year-old parrot has made the shortlist for a literary prize. This satirical story of piracy, the high seas, the Spanish Inquisition and Jewish history told from the viewpoint of an ancient parrot, makes for a swash-buckling read.

## From Stephanie:

*Wenjack* by Joseph Boyden - Written by Joseph Boyden and beautifully illustrated by Kent Monkman, *Wenjack* is a powerful and poignant look

Continued on page 38



## Find Comfort in PLANNING AHEAD at Beechwood

### What's right for you?

You know best of all. Advance planning is a caring gift that will give comfort to your loved ones. And for you, locking in today's prices provides peace of mind. Beechwood offers a broad choice of traditional and alternative styles of funeral, cemetery and cremation services, all in one beautiful location. You can choose all of our services or only those that you want. Our customized, flexible plans can be tailored to your budget. Meet with our Certified Pre-Planning Specialists to create the plan that's right for you.

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Continued from page 37

into the world of a residential school runaway trying to find his way home.

*Nutshell* by Ian McEwan - Nutshell is a tale told by a baby-to-be—or not-to-be. It is smart, funny and utterly captivating. The narrator is a well-spoken fetus that enjoys Joyce's *Ulysses* and Keats, which he absorbs when his mother listens to BBC podcasts. Thanks to his mother's love of wine, he is also a connoisseur with a taste for Sancerre. McEwan's embryonic spin on *Hamlet* is a virtuoso feat of wordplay. This is a perfect little gem of a book.

*The Pigeon Tunnel* by John Le Carré - This is, at times, a poignant autobiographical collection of stories from John Le Carré's life and career. There are stories of his gambler father, his time at MI5, and his hands-on research for his books, as well as encounters with political figures such as Margaret Thatcher and Yasser Arafat. He endows each story with vividness and humour. We come away from them with a glimpse of a writer's journey

over more than six decades.

#### AWARD WINNERS

*The Sellout* by Paul Beatty (Man Booker Prize)

*Do Not Say We Have Nothing* by Madeleine Thien (Giller Prize and GG Award - Fiction)

*A World We Have Lost: Saskatchewan Before 1905* by Bill Waiser (GG Award - Non-fiction)

*The Waking Comes Late* by Steven Heighton (GG Award - Poetry)

*Pig Girl* by Colleen Murphy (GG Award - Drama)

*Tokyo Digs a Garden* by Jon-Erik Lappano (GG Award - Children's Illustration)

*Calvin* by Martine Leavitt (GG Award - Children's Text)

#### Book club marks 10 years

2017 marks the 10th anniversary of Books on Beechwood's Book Club. We have come a long way from our first meeting: nine "founding" members seated on plastic garden chairs arranged in a circle by the fiction shelves. Within a few months, we outgrew our limited space

#### NEW EDINBURGH NEWS

and were delighted when the management of the New Edinburgh Square Retirement Residence suggested we use their lounge on the second floor. Our membership continued to expand. So, when the Edinburgh Retirement Residence at 10 Vaughan St. invited us to use their penthouse facility, we gladly accepted. Approximately 25 members attend our meetings. While members automatically receive our monthly Book Club News, anyone can be added to our Book Club email list, currently 45 subscribers strong.

The books we review are Books on Beechwood's Book of the Month selections available to all our customers. The idea was to provide a "pop-in" book club for anyone wanting to discuss the selection. Many of our customers popped in, liked what they heard and continued to attend on a regular basis. The discussions are lively and interesting, particularly when there is disagreement about the strengths or weaknesses of the selection.

**Nadia Bozak**, author of *Thirteen Shells*, will be the guest author at our two



## 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).**

**Dog/Cat Walking And Sitting** Your house plants are also safe with me!. Emergency and regular daily walking. References. Liba Bender: 613-746-4884.

**Winter Live-in Property Manager** offering to care for your property while living there this winter. Very flexible – can be for a few weeks or longer, or only certain days of the week. I am a single 33 year old female professional, a landlord with property management experience. 613-979-4073 [anneyorkdickens@gmail.com](mailto:anneyorkdickens@gmail.com)

January meetings. Nadia is a local author that has published several books and is an assistant professor of English at Carleton University. Her short stories stand out on their own merit, but when read as a whole, this collection becomes the complete story of young Shell, growing up with her hippie parents, who are trying to make a living from selling their handicrafts.

We look forward to celebrating our 10th anniversary with our Book Club mem-

bers. We'll be giving prizes to members that attend our meetings over the next five months. It's never too late to join the Book Club and new members are always welcome. Please contact any of our staff to be added to the list or just to attend one of our Book Club meetings.

—Jill Moll and Antoinette Fracassi

## Celebrating her fourth anniversary.

**RITA LAMARCHE, AT CHARTWELL SINCE 2012.**  
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Conditions may apply.



# 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.

## December

**Until Dec. 13. - 'Newfoundland' exhibit** Victoria Island Realty, 119 Beechwood Ave. An exhibition of paintings from Newfoundland by Michael Valiquette, Elaine Archambault and Martha Markowsky.

**Dec. 11 - Christmas Candlelight Service** 6p.m. at the Beechwood National Memorial Centre, 280 Beechwood Ave. 613-741-9530 [foundation@beechwoodottawa.ca](mailto:foundation@beechwoodottawa.ca) A special way to remember loved ones, this service features a candlelight memorial, carols and a tree-lighting ceremony. Bring an ornament to decorate our outdoor tree and commemorate someone you love.

**Dec. 13 - NECTAR Food Talks** 7:30p.m. at 255 MacKay St. \$10. Co-hosts Cindy Ryley, Joseph Cull, Nina LePage and Julie McInnes lead discussions with Ottawa's finest food writers, chefs, suppliers and restaurateurs. Guest speaker: Elizabeth Kilvert, owner of the Unrefined Olive. Learn about the history, nutrition and culinary uses of olive oil and balsamic vinegar.

**Dec. 15 - Noël a Voix Visuelle** 67 Beechwood Ave. 613-748-6954. [voixvisuelle@gmail.com](mailto:voixvisuelle@gmail.com). You are invited to a festive evening at the Voix Visuelle gallery. Check out the artworks and Christmas cards on display and avail-

able for purchase.

**Dec. 15 - Oatcakes and Heartaches** 7:30p.m. at Academic Hall, University of Ottawa. Tickets \$20; students \$12; seniors \$15. 613-322-8336 [ottawastorytellers.ca](mailto:ottawastorytellers.ca) The Ottawa StoryTellers present "Oatcakes and Heartaches: Scottish Tales Carried Over the Ocean." What stories shaped the people that shaped Canada? Featuring Kathie Kompass, Marta Singh and Mary Wiggin. The whole family will enjoy fanciful tales of fairies, goblins and wee imps.

**Dec. 17 - Beechwood Christmas Market** 10a.m.-3p.m. at St. Charles Market, 135 Barrette St. [beechwoodmarket.ca](http://beechwoodmarket.ca) The Beechwood Market heads indoors for its first Christmas edition. All the familiar market features with a holiday sparkle! Live music, children's corner, brunch by the Beechwood Gastropub and a visit from Santa Claus. See page 19

**Dec. 17 - Traditional Holly Sale** 10a.m. at St. Columba Church, 24 Sandridge Rd. 613-749-5103 [stcolumbaanglican@bellnet.ca](mailto:stcolumbaanglican@bellnet.ca) The Altar Guild of St. Columba Church hosts its annual traditional holly sale. Buy beautiful fresh holly, jams, jellies and baked goods. Enjoy complimentary refreshments in celebration of the sale's 60th anniversary.

**Dec. 17 - Stairwell Carollers Christmas Concert** 7:30p.m. at St. Columba Church,

24 Sandridge Rd. \$15 in advance, \$20 at the door. [stairwellcarollers.com](http://stairwellcarollers.com) The Stairwell Carollers present their Christmas fundraising concert Adeste fideles, featuring eight brand-new arrangements of beloved Christmas carols. Tickets available at Books on Beechwood. See page 28 for details.

**Dec. 18 - Family Christmas Spectacular** 3p.m. at St. Joseph's Church, 174 Wilbrod St. Tickets: \$30 adults; \$25 seniors; \$10 students; free admission for children under 12. [cantatasingersottawa.ca](mailto:cantatasingersottawa.ca) The Cantata Singers of Ottawa and special guests Cathedral Brass, the Ottawa Children's Choir and Caroline Léonardelli present their Family Christmas Spectacular. Young and old will enjoy this afternoon of English and French carols and songs, brass fanfares, descants and sing-alongs.

## January

**Jan. 1 - Winter Carnival** 10a.m.-2p.m. at the Stanley Park Fieldhouse. Admission by donation. The Crichton Community Council hosts its annual Winter Carnival. Join us for a New Year's Day brunch, sleigh rides, skating games and more.

**Jan. 9 - NECTAR Community Choir** Mondays (until Mar. 27) from 7:30-8:45p.m. Community Room, 255 MacKay St. Cost: \$110 for 11 weeks or \$12 drop-in. 613-745-2742 [nectarcentre.ca](mailto: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.

**Jan. 12 - Beechwood Ukulele Jam** Thursdays from 7-8:30p.m. at The SconeWitch, 35 Beechwood Ave. Drop-in: \$5. [tsunamiinc@aol.com](mailto:tsunamiinc@aol.com) Jamie Anderson hosts the Beechwood Ukulele Jam—BYO ukulele. All levels are welcome and instruction and music are provided. Food and drink for sale.

**Jan. 18 - Drawing for Both Sides of the Brain** Wednesdays (until Mar. 8) from 12:30-2p.m. at the Manor Park Community Centre, 100 Thornwood Rd. Fee: \$110 [manorpark.ca](http://manorpark.ca) With instructor Lindsay Watson, participants will explore basic drawing techniques, perspective, light and shadow, forms, landscapes, still-life and portraiture. All levels welcome.

**Jan. 24 - Postcard Tales** 7p.m. at The Tea Party Café, 119 York St. The Ottawa StoryTellers hosts Joanna Smith and Dave Merleau as they tell "Postcard Tales: Stories Collected While Travelling."

**Jan. 26 - QVBIA Annual General Meeting** 6-8p.m. at the Richelieu-Vanier Community Centre, 300 Pères-Blancs Ave. The Quartier Vanier Business Improvement Area (QVBIA) hosts its Annual General Meeting wherein the team will share with the community the exciting initiatives in store for 2017.

**Jan. 27 - Tale of the Monkey Queen** 7:30p.m. at Arts Court Theatre, 2 Daly Ave. Admission by donation. Inspired by the Chinese mythology of Monkey King in Wu Cheng'en's 16th-century novel, Journey to the West, Diana Tso and cellist Marjolaine Fournier have mesmerized audiences with their story of the Monkey Queen. Born from a jade stone in the mountains of the west, she is guided toward the east by an ancient stone and a shaman's wisdom.

**Jan. 28 - Winter Celebrations at Rideau Hall** 12:30-4p.m. at 1 Sussex Dr. Free admission. Governor General David Johnston and Sharon Johnston host a family fun day. Experience Nordic sports and traditions, engage in a physical activity and embrace healthy living.

## February

**Feb. 11 - Relationship Workshop for Couples** 9a.m.-4:30p.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.

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*Wishing you and yours a happy and healthy year to come. Thank you kindly for all your business and referrals again during 2016. I look forward to working together in the years to come.*

*Meilleurs vœux de bonheur et de santé à vous et aux vôtres pour l'année prochaine.*

*Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandé vos proches au cours de l'année 2016.*

*J'espère avoir le plaisir de travailler avec vous dans les années à venir.*



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# Burgh Breezy Bits

**DEADLINE: FEB 10**  
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## Congratulations to...

**Sarah French** and **Jason Parkin-Roberge** of Stanley Ave. on the late October arrival of their daughter **Aurora**.

Burgh thespian, writer and historian **Janet Uren**, was nominated for a 2016 Capital Critics Circle Award in the Best Actress (Community) category for her performance as Ruth in the Ottawa Little Theatre production of *The Calendar Girls*. Janet and her co-actors performed their roles stark naked, an added challenge to their theatrical powers.

Ashbury College celebrates its 125th year. Founded by **George Penrose Woolcombe**, who served as headmaster for 42 years, the school for boys first opened on Wellington Street, and settled into its current 13-acre location on Mariposa Avenue in 1910. "We want our students to know and appreciate the legacy that predates them," says Ashbury's current Head of School, **Norman Southward**. "Our culture of excellence has deep roots here in the nation's capital, and our history, which parallels that of the country, is one of which we are incredibly proud." Learn more at [ashbury125.ca](http://ashbury125.ca).

## Hello Neighbour



Baby **Gabrielle** and her companion **Fergus** dressed up as a (small) herd of Holsteins for Halloween.



Photo by Louise Imbeault

Congratulations to **Marcus Minshall** and **Dominique Jacobson** on the birth of their first child. Baby **Charlotte** was born Jul. 29, 2016.



Photo by Louise Imbeault

**Nebo Djukic** entertains patrons of the **Bread and Roses Bakery** on Saturday mornings with his unique style of Balkan, Gypsy and Mediterranean style songs.



Photo by Legislative Assembly of Ontario  
 Congratulations to **Olivier Bélanger** of MacKay Street, who was selected to work as a Legislative Page in the Ontario Legislature in Toronto. An eighth-grade student at De La Salle High School, Olivier took part in the fall session at Queen's Park. Pages are assigned tasks in the Chamber, attend classes at the Assembly, and learn how the Legislature and provincial government work. Well done and welcome home!



Photo by Louise Imbeault

Local author **Alex Binkley** (tall man with mustache), was joined by adoring fans at the successful launch for his second book of science fiction, *A Biot's Odyssey*, at Books on Beechwood on Nov. 20.



Photo by Roxie Clark

The 12th Ottawa Guiding Group held its enrolment ceremony at the Sandy Hill Community Centre on Nov. 14. Among the new Sparks, Brownies and Guides to join the ranks of veterans were a number of students from Rockcliffe Park Public School, including (clockwise from left) **Chi, Noémie, Molly, Mariam, Sarah, Jenna, Mira, Maya** and **Grace**. Well done, girls!



(from left) Rev. Canon David Clunie, Liz Heatherington, Linda Assad-Butcher, Councillor Tobi Nussbaum, Angelica Olomoi, Sheila Perry and Judy Wiesinger at the St. Bartholomew's Church Bazaar on Nov. 5 which was a success, with over \$13,000 raised in support of the church's work including the mission to the Garry J. Armstrong Centre, Cornerstone Shelter for Women, the Bale for the North and our Syrian refugee family. Thanks to the volunteers for their help, and to this year's sponsors **AJ's Catering, Chartwell New Edinburgh Square Retirement Residence, Governor's Walk Retirement Residence, Goodies Fine Catering, The Edinburgh Retirement Residence** and the **Rockcliffe Retirement Residence**.

Photo by Louise Imbeault



Photo by Seanna Kreager

The Memorial Hall was abuzz on Nov. 26 when NECTAR opened the holiday season with its annual "Deck the Halls" party. Supper was provided through generous contributions from **Da Bombe, Governor's Walk, New Edinburgh Square, and the Rockcliffe Retirement Residence**. Many thanks to **The Scone Witch, Epicuria, Lisa Wilson, Books on Beechwood, Align Massage Therapy, and Bread and Roses Bakery** who provided door prizes and silent auction items, as did **John Jarrett, Luis Guillermo** and **Seanna Kreager**. **MacKay United Church** made the hall available at no charge. Everyone enjoyed the music of **Cory Ell**, and songs from the **NECTAR Community Choir**. NECTAR wishes everyone a wonderful holiday season!

NECTAR is selling cards by local artist **John Jarrett**, sponsored by Minto. You can pick up eight cards for \$12.50 at Books on Beechwood, Nectar Centre and Union Street Kitchen Cafe. Available now!

## Condolences

Our sympathies to Crichton Street residents **Ted and Bev Mathesius** on the death of Ted's mother **Hilda Boehmer**, age 103, in late October at the Garry Armstrong Centre, where she spent her final years. For three decades, she was a pillar of the St. John's Lutheran Church community and a faithful volunteer at Island Lodge.

Condolences to **Stuart and Gill Mapp** of Keefer Street on the death of Stuart's mother **Barbara Coulson** in late October at Governor's Walk Retirement Residence, just shy of her 100th birthday. Stuart and Gill are exploring the possibility of planting a memorial maple tree in her honour in her beloved dog park.