


NEW EDINBURGH NEWS

www.newedinburgh.ca

 **New Edinburgh Community Alliance**

ANNUAL GENERAL MEETING

Wednesday, October 16, 2013
at 7 pm

St. Bartholomew's Church

Meet friends, ask questions, join us for refreshments.

All New Edinburgh residents welcome.

Time to Tell Our Story

It's all about time, and time has been passing. The plan unveiled more than a year ago was to research, write and publish a readable and authoritative history of New Edinburgh. To that end, NECA entered into conversation with historian **Martha Edmond** and writer and local resident **Janet Uren**. Those two did a certain amount of preliminary work at that time in preparing a concept for the book, a research outline and a variety of materials with which to entice potential funders. Even more excitingly, they were soon approached by a number of people from the neighbourhood who had stories to tell and photographs to share. And there the project stalled, on the issue of funding.

Yet the time is ripe for this kind of project. Canada is approaching its 150th anniversary in 2017, and interest in history is likely to soar, just as it did in 1967. Governments are looking for important projects to support in the lead-up to that anniversary. St. Bartholomew's Church—also marking a century in the next few years—has also embarked on a book project, working with historian **Glenn Lockwood**. It is time for New Edinburgh, a rare, largely intact 19th-century vil-



McKay's Mills as drawn by Thomas Burrowes in 1845.

Source: Archives of Ontario

lage, to come forward with its own story. Now is the time.

Martha and Janet got together recently to discuss how the project could be moved forward even without significant, early funding. The solution that they propose is threefold:

1. Looking for community help to do the research.
2. Finding a 21st-century way to distribute the "book."
3. Using electronic media as a modern way to fundraise once the research and writing is complete.

Beginning with the research, a great deal of information is already in the hands of householders who have documents, memories, photographs and folk memories to draw on. Martha and Janet propose to

design a form and deliver it to every house in New Edinburgh, asking residents to share their knowledge and histories with us. Even if 4 out of 10 householders respond, they will have a wealth of detailed, neighbourhood-specific knowledge to add to information gleaned from other sources. The team also plans to get in touch with those who have already come forward.

Secondly, do we really need a book or are there alternative forms of dissemination in this modern world? Surely, the important thing is to capture, record and communicate the story, both in words and images. By mounting the material online—hopefully as a first phase before publishing—it may even be possible to raise new funds towards publishing the work in book form.

That is the plan. Martha and Janet will shortly be getting in touch with the people who contacted them when the project was first mooted. Also, they are working on developing a research template for distribution within the community in the next few weeks. When it comes through your door, please take up the challenge and help with what could be a truly significant community project. Contact janet.uren@wordimage.ca and Janet and Martha will be in touch. We need your help to tell our story.

Beechwood Development Update: Big Changes Coming Soon, but Not Tomorrow!

By Jane Heintzman

All Systems Go on Domicile's Kavanaugh Project: Let the Digging Begin!

As local motorists, cyclists and pedestrians are aware, construction has been ongoing through the summer to install the conduits carrying increased electrical capacity along the south side of Beechwood to the future site of *The Kavanaugh*, Domicile's much anticipated "gateway" condominium/commercial project. The company has invested over a million dollars towards the costs of extending hydro servicing, some of which it hopes to recoup as other new developments emerge to take advantage of this critical addition to the infrastructure along this neglected stretch of Beechwood.

Domicile Vice-President **David Chick** reports that the hydro work directly in front of the *Kavanaugh* site is now completed, although it's our understanding that construction will be ongoing to extend the electrical feed down Beechwood as far as the Metro. David further reports that the shoring of the

construction site is now complete, and that excavation and servicing work is about to be launched. With the hydro work wrapped up, Domicile is ready to install a permanent hoarding and sidewalk protection along Beechwood, along with signage related to the project.

In early July, after a first attempt to move the *Kavanaugh* Sales Centre, (an exercise which was aborted when the wheels of the trailer were unable to support the load of the building), Domicile's transportation team ultimately succeeded in moving this extra large load from its original location at Beechwood and Marquette down the street to its new home at **84 Beechwood**, the former site of two long unoccupied (and now demolished) buildings belonging to the Lauzon group. This precarious operation was performed in the dead of night to minimize the risks of traffic chaos, but some readers may have been on hand to witness the arresting spectacle—your photos are welcome!

The Sales Centre is now up and running in its new location,

and David indicates that a few finishing touches to the building are in the works, including a number of refinements to the entry and the addition of some landscaping once the hydro servicing work in front of the Centre has been completed.

Domicile is in the process of redecorating one of its model suites (one bedroom plus den configuration) to create a slightly different variation for prospective buyers, and looks forward to a successful fall sales season, with continuing strong interest in *Kavanaugh* condominiums. On the all-important retail front, David confirms that all the parameters related to the commercial leasing program have now been finalized, and the company is currently negotiating with a number of serious prospects—but still no firm news, so we'll have to be patient and stay tuned!

Interested readers who'd like to track progress on the *Kavanaugh* can check out the Domicile Blog at domicile.ca/blog/ where you'll find periodic postings with construction updates and

project news. Special thanks to Domicile for its generous \$20,000 donation to the retrofit of New Edinburgh House. The company stepped in at a critical moment last June to help save the day by giving the New Edinburgh Community and Arts (NECTAR) Centre a much needed boost to meet its looming construction deadline. Now that's Good Corporate Citizenship, with capital letters!

Continued on page 2

The New Edinburgh Halloween Howl

Costume Parade, Spooky Games, Creepy Crafts, Fun Prizes, and more...

Sunday, October 27
3:00pm - 6:00pm
Stanley Park Fieldhouse
For children ages 0-7
(and the young at heart)

Costume Parade leaves at 3:15 pm



Report from NECA Acting President David Sacks

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The summer months and September have seen NECA busy with several ongoing concerns, with some new business, and with preparations for our annual general meeting (AGM) on October 16. Maintaining strong “horizontal” ties remains a priority. In June, the NECA board voted to contribute \$2,000—nearly half of NECA’s available assets at that time—to our colleagues at **New Edinburgh Community and Arts (NECTAR) Centre**, as emergency funds toward needed renovations of **New Edinburgh House**. Bringing NECTAR’s concerns to our attention was NECA board member **Paula Thompson**, who is also a NECTAR executive officer. NECA stands willing to consider any further NECTAR requests. Similarly, the NECA board voted in September to support the heritage-designation application of St. Charles Church, on Beechwood Avenue in Vanier—a cause led by the **Vanier Community Association**. NECA has now written letters to city hall for the application file, which is being reviewed by staff for (we hope) referral to the City’s **Built Heritage Sub Committee**. NECA gladly supports the cause, believing that this city needs to (a) take better care of its heritage buildings and (b) pay attention to Beechwood Avenue.

Hardware hopes

Speaking of Beechwood... NECA remains engaged with, and concerned about, the plans

by the Minto Development Corporation to build a condominium tower at the Beechwood-MacKay fire site. A June public information session, hosted by Minto and the City to unveil a somewhat gentler redesign of the building’s exterior, was attended appreciatively by several NECA board members along with other community residents: Many were impressed that Minto and the architect had proven ready to listen to some of residents’ comments (voiced, for example, at the NECA-sponsored public meeting back in January).

NECA made further contact in August to suggest to Minto a way to consider including a **hardware store** in the ground-floor commercial space of the planned building. Requests from the public for a hardware-store tenant, to replace the store lost in the fire, have featured loudly in New Edinburgh ever since Minto announced its plans to build. In July, sharp-eyed NECA board member **Catherine Lindquist** noticed an *Ottawa Citizen* article about the new **Canadian Tire** “Express” store format being pioneered in downtown Toronto: At roughly one-tenth the usual Canadian Tire size, an Express store will stock only high-demand items and otherwise will take next-day orders. After some quick internal emailing, the NECA board sent a letter to Minto vice president for development **Brent Strachan**, pointing out the *Citizen* article and suggesting that Minto consider this or some other hardware-store format, in light of strong local

sentiment. Mr. Strachan replied immediately that he would forward NECA’s letter to Minto’s executive vice-president in its commercial-client group for consideration.

Planning ahead

In a more contemplative vein, the board has recently been studying questions of strategic long-term priorities and possible improvements in governance. This initiative, led mainly by **Tim Plumptre** and Paula Thompson, is seeking to upgrade certain procedures, make NECA more proactive as opposed to reactive, and examine such intriguing questions as “Should NECA try doing fundraising?” Current planning is meant to bring organizational improvements for 2014.

Another zone of preparation has been NECA’s **Heritage and Development (H&D) Committee**. This month, as of the coming AGM, **Michael Histed** will step down from the NECA board, after two years as board member and H&D committee chair. Our sincere thanks to Michael for his many hours of yeoman service to the Burgh. To replace him on the committee and the board, **Gail McEachern** will become our next H&D chair. Being a past NECA president, past H&D chair, and current H&D committee member, Gail is a veteran of a hundred fights in New Edinburgh’s defence. We are most grateful to her for finding the time to chair, amid her busy employment schedule.

Also we welcome **Julia Wayand** as the newest volunteer to the H&D committee. Julia is a local “battle veteran” as well: In 2008, she and hus-

band **Peter Boehm** were part of the angry and successful NECA-led opposition to the proposed condominium building at 132 Stanley Avenue.

In addition to Michael Histed, two other NECA board members will step down at the AGM. **Carlo Zambri**, currently our **Membership** chair, will depart after three years of loyal and pleasant contribution. We will miss him, and wish him well. I will also not be standing for reelection to the board, and will cease to be Acting President. For several months now, we on the NECA board have discussed the eventuality of a new president. Although I will dearly miss my colleagues around the board table in serving this great neighbourhood, I find I simply cannot continue to juggle that with the demands of employment. It was always my plan to serve only a while as Acting President, after taking the reins last year. But I will continue to help out, as NECA’s liaison to the Ottawa-wide **Federation of Citizens’ Associations** and as an H&D committee member.

On to the AGM

NECA’s AGM will be held on Wednesday, October 16, at 7 pm at St. Bartholomew’s Church, 125 MacKay Street. Every New Edinburgh resident is invited to attend: We’ll hear brief reports on issues of concern, elect some new NECA board members, and enjoy refreshments. Here’s a chance for you to find out more about our community and the difference that residents’ involvement can make—it is also a chance to become a NECA member. The AGM is open to anyone, but to vote you need to be enrolled as a member. NECA membership is absolutely free and without obligation. Furthermore, at the AGM, any NECA member who wishes may stand for election to the board.

I hope to see you there on October 16. Regardless, best wishes for a happy autumn.

Development Update...

Continued from page 1

Minto Beechwood: Grand Opening Sales Launch Coming Soon

Minto continues to forge ahead with plans for its much heralded development at the corner of Beechwood and MacKay Streets, and the official Grand Opening Sales Launch for the 157 planned condominium units is expected to take place on October 26. The event will be held at the newly completed Minto Sales Centre at 7 Beechwood, with activities spilling out into the rear parking area, where a tent will be set up to accommodate the crowd. Keep an eye on the project website for details of time and date: www.mintobeechwood.com.

Prior to the Grand Opening for the public at large, Minto also plans to hold an invitation-only event for the close to 2,000 interested potential purchasers on the project’s pre-registration list, so there will be lots of action at the Minto Sales Centre in the next few weeks. Beechwood shoppers will no doubt have tracked the progress of work on the Sales Centre over the course of the summer, and when we went to press, the finishing touches were close to completion. Once in operation, the Sales Centre will be open **Monday through Thursday from noon to 7 pm**, and from **11 am to 5 pm on weekends and holidays**.

Condominium prices in the new development range upwards from \$250,000, with units ranging in size from 557 square feet to 1,589 square feet, and available in a number of configurations, including one-bedroom; one-bedroom plus den; two-bedroom; and two-bedroom plus den. There is some flexibility in these standard configurations, for example to meet the needs of clients seeking additional space, and an interior design team from Minto will be on hand to work

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NECA MEETINGS: All Welcome

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

Our AGM will be held at **St. Bartholomew’s Church at 125 MacKay Street**, by kind permission of the church board and warden. Our October meeting will be in **Stanley Park Fieldhouse, at 193 Stanley Avenue**.

Meetings are open to all New Edinburgh residents. Anyone wishing to make a presentation to the board should please contact David Sacks in advance to arrange scheduling. Our next meetings are:

October 16, 2013, 7 pm, AGM at St. Bartholomew’s
October 21, 2013, 7:30 pm, at the Stanley Park Fieldhouse
November 1, 2013, 7:30 pm, at the Stanley Park Fieldhouse

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

Your NECA Representatives 2012-2013

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David Sacks	740-0650	dsacks1776@aol.com	Acting President
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Marci Surkes		marci.surkes@gmail.com	Friends of the Park

Development Update...

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with potential purchasers to personalize their suites. Clients will also have the option of buying an entirely unfinished suite, or “perimeter shell” as Minto refers to it, and finishing it themselves to their own specifications.

Amenities for residents of the building will include a guest suite; a Conference Room; Fitness Facilities (gym and yoga); an outdoor terrace with lounge, eating areas, as well as an outdoor kitchen; and an indoor party/entertainment room with kitchen and private dining room.

Construction Timetable: Shovels in the Ground Fall 2014?

While the exact construction schedule remains unconfirmed, Minto is targeting the fall of 2014 or early 2015 for the start of construction, subject to sufficiently robust condominium sales in the interim. At the moment the company is working towards a tentative occupancy date of May 2016

for the residential units.

The remaining pre-fire building along MacKay to the Beechwood corner is not slated for demolition until the time of the overall construction launch, so don't expect any dramatic changes in the landscape for another year or so. Minto Senior Vice President **Brent Strachan** reports that at the time of demolition, the artwork on the façade of the burned out building will be removed and retained by the former building owners, and while he is making no promises about preserving the existing red brick entirely intact during the demolition process, Minto has committed to meeting LEED certification standards for the project which require that all salvageable materials be redirected for reuse or recycling.

Retail Prospects: How Long, Oh Lord?!

Brent reports that Minto has had strong interest from potential retail occupants of the ground floor commercial area in the new development, and is currently in the discussion stage with a number

of different candidates. While there are still no specifics to report on this crucial aspect of the project, Minto stresses its commitment to selecting retail uses that best serve its condominium residents as well as the wider community, and that are in keeping with the overall character and tone of the building (so presumably with luck, we'll be spared any KFC's or McDonald's or worse). If all goes well, these principles of selection should help to recreate the cluster of much needed amenities within walking distance that our community valued so profoundly before the fire.

According to Brent, the selection of a well-balanced retail mix is not a simple matter. Rather it entails a complex calculation involving the varying requirements of potential businesses in relation to parking, loading, garbage disposal, ceiling height, street level exposure and other variables, combined with the degree to which they meet the needs of condominium residents and the wider community. NECA has been in contact with Brent to reinforce the strong preference of our community for a number of smaller retailers along the lines of those displaced by the fire, and offering a comparable range of goods and services (hardware included).

In the course of the summer, NECA made the specific suggestion that Minto explore the possibility of a Canadian Tire “Express Store” of the kind currently being piloted in a Toronto neighbourhood, and essentially involving a dramatically smaller, “corner store” version of the traditional CT mega-store. NECA plans to stay in touch as the process of retail selection unfolds, and to ensure that when the final calculations are made, community needs and interests are high on Minto's priority list.

When will we at last have news of the businesses coming to Beechwood? Brent is hopeful that there will be some announcements on the retail front by late this year or early next year, so be sure to stay tuned to the NEN and the community website at www.newedinburgh.ca.

Exterior Design Changes

In late June, about 30 members of the community attended a follow-up meeting on the project where Minto's architect presented a revised set of drawings of the building elevations. A number of the changes introduced in the design of the exterior were reportedly inspired by comments from the community in earlier rounds

of consultations on the initial plans, and on the whole, were positive modifications from the perspective of the community.

For example, the new design includes more masonry (marble and stone, or facsimile) and less glass than originally proposed, improving both the aesthetic aspect of the exterior, and the overall energy efficiency of the building. The western side elevation, or “gateway to Beechwood”, is now an articulated pattern of buff-coloured brick in two distinct tones, as opposed to a blank wall. This very visible face of the building remains a work in progress, however, and Brent

reports that Minto continues to explore possible methods of adding interest and impact.

It was also reported at the June meeting that in consultation with the City, Minto will plant a mix of trees on the sidewalk along the Beechwood frontage, and add bicycle parking along Beechwood as well as in the port-cochère off MacKay Street.

Interested readers can keep an eye on ongoing news related to the Minto Beechwood project on the project website at www.mintobeechwood.com, and the NEN will be closely tracking events as the year unfolds.

Proposed Changes to NECA Mandate

The NECA Board has voted to make the following small changes in wording to NECA's “mandate” (or statement of purpose) as written originally in NECA's 1989 Letters Patent. The revision intends to show a shift in priorities, amid slightly more flexible language. These proposed changes will be offered for a vote by the assembly at NECA's Annual General Meeting on October 16.

The original text of the Letters Patent will remain, but the mandate as a separate statement would henceforth be considered as slightly altered from the Letters Patent wording.

Original mandate wording, from NECA's July 1989 Letters Patent, Item 6

- Developing and fostering a sense of community among the residents of New Edinburgh;
- Promoting organized events and other community endeavours;
- Researching, developing positions and making representations to various levels of government on matters affecting the community and its residents;
- Co-ordinating activities of the Corporation with those of organizations, associations and individuals with similar interests or activities whether in the community or outside it; and other complementary purposes not inconsistent with these objectives.

Proposed revised wording

- Developing and fostering a sense of community among the residents of New Edinburgh;
- Researching, developing positions and making representations on matters affecting the community;
- Co-ordinating activities of the Corporation with those of organizations, associations and individuals with similar interests or activities whether in the community or outside it;
- Promoting organized events and other community endeavours, particularly those that uphold one or more of the first three NECA objectives listed above; and other complementary purposes not inconsistent with these objectives.

The exact changes to Version 1

- At (b), add the words “particularly that uphold one or more of the first three NECA objectives listed above”.
- Move (b) to last place in the mandate objectives.
- At (c), remove the words “to various levels of government” and “and its residents”.

NEW EDINBURGH NEWS

P.O. Box 74038, Ottawa, K1M 2H9

Publication dates: Oct. 1, Dec. 1, Feb. 1, April 1, June 1
Deadlines: Sept. 10, Nov. 10, Jan. 10, March 10, May 10

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.

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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.

Electronic publication: The New Edinburgh News is also made available online at the New Edinburgh community website: www.newedinburgh.ca

*Printed in Renfrew, Ontario by Ottawa Region Media Group,
a division of Metroland Media Group Ltd.*

From the Desk of...



Mauril Bélanger
Member of Parliament for
Ottawa-Vanier



Impact of Foreign Service Officers Strike

The Canadian government's failure to settle a long lasting labour dispute with Canada's Foreign Service Officers in a timely fashion is resulting in negative consequences for our economy.

The strike at our embassies and missions abroad, which started earlier this year, is resulting in much slower visitor and education visa approvals for people who wish to come to Canada.

In fact, the Tourism Industry Association of Canada estimates that this visa backlog could have foreign visitors waiting up to 90 days for approval, a delay which cost last summer's tourism business approximately \$280 million and jeopardized thousands of jobs in our country. By not engaging in negotiation, the government is damaging our tourism industry. Many tour-

ism operators have had to cancel entire group travel packages at the last minute when participants were unable to get visitors' visas last summer.

Furthermore, this government's Budget 2013 promise to increase the number of foreign students in Canada is faltering. As a result, many international students did not get their study visas in time for this fall classes.

The government needs to get back to the negotiating table at the earliest in order to resolve this issue quickly and responsibly, as well as to repair the damage they have done to Canada's reputation as an international tourism and education destination.

I support the Foreign Service Officers in their efforts.

* * * * *

L'échec du gouvernement du Canada à trouver une solution

au long conflit de travail avec les agents du Service extérieur du Canada a des conséquences négatives pour notre économie.

La grève dans nos ambassades et nos missions à l'étranger, qui a commencé plus tôt cette année, se traduit par un traitement beaucoup plus lent des demandes de visa de visiteur et d'étudiant pour les personnes qui souhaitent venir au Canada.

En fait, l'Association de l'industrie touristique du Canada estime que l'arriéré de demandes de visa pourrait forcer les visiteurs étrangers à attendre 90 jours avant de recevoir leur visa, un retard qui, l'été dernier, a coûté à l'industrie du tourisme environ 280 millions de dollars et qui a mis en danger des milliers d'emplois dans notre pays. En refusant de s'engager dans des négociations, le gouvernement nuit à notre industrie touristique. Des exploitants d'entreprises touristiques ont dû annuler des groupes entiers de visiteurs à la dernière minute lorsque les participants n'ont pas réussi à obtenir leur visa l'été dernier.

De plus, la promesse que ce gouvernement a faite dans son budget de 2013 d'accroître le nombre d'étudiants étrangers au Canada est désormais difficile à tenir. En effet, bon nombre d'étudiants étrangers n'ont pas réussi à obtenir leur visa à temps pour commencer le semestre d'automne.

Le gouvernement doit retourner à la table des négociations dès que possible afin de résoudre rapidement cette crise de manière responsable, ainsi que pour réparer les dommages qu'il a faits à la réputation du Canada en tant que destination internationale pour les touristes et les étudiants.

J'appuie les agents du Service extérieur dans ce conflit.

From the Desk of Mayor Jim Watson



Invest Ottawa Update

When Invest Ottawa opened its doors in February of 2012 it signaled a change in Ottawa's business climate.

Ottawa is known to many as a government town but we have a vibrant business community with the potential for significant growth. We boast the most educated workforce in Canada with 61% of our workers having a post-secondary degree. We also have the highest concentration of scientists and engineers in Canada.

In August, Ottawa received the first-place ranking among 61 cities from around the globe in the three key measurements of economic development: Technology, Talent, and Tolerance and a fourth measurement - Quality of Place.

This honour from the Martin Prosperity Institute is well-deserved and we need to use it as a launching pad for even greater success. We need to do even more to let investors and job creators, both inside and outside of Ottawa, know what a great place we are to do business.

With the advent of Invest Ottawa, that is exactly what we are doing and the results are impressive. 2013 marks the first full year for Invest Ottawa and below are some of its accomplishments to date:

- 654 jobs facilitated
- 4,047 workshop attendees

- 2,365 consultations and inquiries
- 6,912 advisory hours provided
- 77 companies helped to grow globally
- 26 resident companies in the accelerator program
- 21 visiting foreign delegations to Ottawa
- 15 investor sessions
- 10 missions to foreign markets
- \$26 million in investments attracted by the startup portfolio
- \$25 million in foreign investment attracted
- \$3.1 million in market analysis intelligence reports provided for free to Ottawa's businesses

This is remarkable progress, and under the leadership of President and CEO Bruce Lazenby, Invest Ottawa is poised for an even stronger 2014.

We know there is more work to be done to support Ottawa's established businesses and startups and to attract new business to our city. Invest Ottawa has shown in less than two years that it is up to these tasks and I look forward to seeing what more they can do for our city in the rest of this year and in 2014.

For more information about Invest Ottawa please visit www.investottawa.ca

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Quartier Vanier



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MPP Ottawa-Vanier Madeleine Meilleur Reports

Creating Jobs for Youth this Summer

Everyone remembers their first summer job.

It was an important moment in all of our lives as we made the first step toward financial independence. It taught us valuable skills and lessons. And it helped us to build confidence.

Our government recognizes the importance of summer jobs not just to the students who find employment, but for the future of Ontario. Let's just think of all the organizations in Overbrook that rely on summer employees.

Through the **Jobs for Youth program** and the **Youth in Policing Initiative**, more than 270 youth in Ottawa gained valuable work experience that will better prepare them to join the workforce. These programs provided young people age 15-18 with training, a six to eight week paid placement and job search training for future

employment opportunities.

Summer jobs are an important experience for young people. It helps them gain valuable work experience. And it helps them earn money to continue their studies.

For more information on the Ontario Summer Jobs Program, visit www.ontario.ca/summerjobs or contact my constituency office at 613 744-4484.

Création d'emplois pour les jeunes cet été

Chacune et chacun d'entre nous se souvient de son premier emploi d'été.

En effet, c'était un moment important de notre vie, alors que nous prenions le premier pas vers l'indépendance financière. Nous y avons appris des leçons et des compétences importantes, en plus de développer notre confiance.

Notre gouvernement reconnaît l'importance des emplois d'été, non seulement pour les étudiants qui trou-

vent du travail. Pensons aux organismes dans Overbrook qui dépendent des employés d'été.

Grâce au Programme d'emploi pour les jeunes et à l'initiative Expérience de travail dans les services policiers pour les jeunes, plus de 270 jeunes d'Ottawa ont acquis une expérience professionnelle valable, qui les prépare à mieux s'intégrer au marché du travail. Ces deux programmes offrent aux jeunes âgés de 15 à 18 ans une formation, un stage rémunéré de six à huit semaines et une formation en matière de recherche d'emploi afin de les préparer d'une carrière future.

Les emplois d'été constituent une expérience importante pour les jeunes. Ils leur permettent d'obtenir une précieuse expérience de travail. De plus, ces emplois leur donnent l'occasion de gagner de l'argent pour poursuivre leurs études et contribuer à l'avenir de l'Ontario.

Pour de plus amples renseignements au sujet du Programme d'emplois d'été de l'Ontario, visitez www.ontario.ca/fr/travail-et-emploi/emplois-dete-pour-eleves-et-etudiants ou communiquez avec mon bureau de circonscription au 613 744-4484.



Ottawa City Councillor Peter Clark Reports

New Fitness Equipment – Stanley Park

There will be new fitness equipment installed in the park. Funds from my Ward cash-in-lieu budget have been approved (\$65,000) to purchase and install the equipment. Expected to be installed this fall.

New Edinburgh Street Signs

We have received positive feedback about the eight intersections signed to highlight the Heritage Conservation District in New Edinburgh, and are currently working on expanding the number of intersections this fall and next spring. Your comments are welcome.

Dogs in parks continuing problems

There are continuing problems in our parks with dogs off leash. Off leash does not mean that dogs are allowed to run wild or that owners do not have to obey the "poop and scoop" bylaw. Owners are still responsible for their behavior and must be in control of their dogs at all times. Unfortunately we have been getting pressed from both the advocates, and the complainants. Other matters have intervened, and I still want to work on some *resolution*.



Photo: Louise Imbeault
Cindy Parkanyi, Peter Clark and Joan Mason celebrate the installation of heritage street signs in New Edinburgh.





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Cheering station gals.

Photo: Garth Gullekson

Race Weekend 2013 YES WE DID!

By **Joseph Cull**
Chair, New Edinburgh
Cheering Station 2013

A Cheering Station: the ability to encourage and support someone on their way to realizing a dream—a dream so many runners from around the world work hard at to ensure they are ready for race day.

A long and at times grueling race, the marathon takes strength of character and the will to complete to get one to the finish line. However the journey is never about one.

Enter the community of New Edinburgh! As runners turned the corner at Stanley and Dufferin they found the heart and soul of a neighbourhood full of people who believe they can make a difference...and they most certainly do, loudly and colourfully right until the last runner passes by!

Our zest for life and community was in full bloom and was well supported by uplifting musical beats, tasty treats, great volunteers, tons of kids

young and old, and of course colourful attire and chants of positive messages of encouragement cheering on thousands of dedicated runners.

Thanks to NECTAR, we graced our race path with some of the extraordinary Lumière art installations.

It took a village and we proudly announce that the "New Edinburgh Cheering Station" was Voted BEST IN THE CITY OF OTTAWA for 2013.

Race Weekend officials awarded us a \$2,500 First Prize for our efforts. The proceeds of this are going into the Fieldhouse and grounds in Stanley Park!

Special thanks to **Garth Gullekson** of Darlington Mediaworks and New Edinburgh Photographer **John Arnold** for capturing the essence of our Cheering Station in pictures! Shout out to **Matt Fyfe** for his manning the food and beverage service.



Cheering station organizer, Joseph Cull.

Photo: Garth Gullekson

L'ambassade de France, un des bâtiments les plus prestigieux de la capitale

Par Michel Prévost, archiviste en chef de l'Université d'Ottawa

L'ambassade de France, située au 42, promenade Sussex, s'avère l'un des bâtiments les plus prestigieux de la capitale fédérale. Par ailleurs, l'édifice est considéré comme l'un des plus beaux exemples du style Art déco construits dans les années 1930.

Pour ériger son ambassade au Canada, le Quai d'Orsay choisit l'architecte Eugène Beaudouin qui sera assisté de deux architectes montréalais, Marcel Parizeau et Antoine Monette, des diplômés de l'Institut d'architecture de Paris. La solide équipe d'architectes opte pour le style Art déco très apprécié dans les années 1920 et 1930.

Le grand immeuble de trois étages est recouvert de granit provenant du Québec alors que le toit est fait de plaques de cuivre comme plusieurs édi-

fices fédéraux d'Ottawa. En 1939, lors de l'inauguration officielle, les 700 personnes présentes, dont le gouverneur général du Canada, lord Tweedsmuir, et le premier ministre du pays, Lyon Mackenzie King, peuvent voir un intérieur plus que remarquable. En effet, on y admire un hall d'entrée majestueux et un grand escalier d'honneur recouvert de matériaux nobles provenant de l'ancienne mère patrie, notamment du travertin ocre ainsi que du marbre rose et vert de la Bourgogne.

À l'étage, le grand salon impressionne également par son ampleur et sa tapisserie du 17^e siècle Le triomphe de Constantin, provenant de la célèbre manufacture des Gobelins. Quant à la salle à manger, elle se démarque par ses murs recouverts d'une fresque intitulée La France heureuse réalisée par le peintre français Alfred Courmes de

1937 à 1939. Avec le temps, cette fresque va se détériorer et on finira par peindre par-dessus afin de la cacher. Heureusement, l'œuvre sera restaurée entre 1982 et 1987 et elle a maintenant retrouvée son lustre d'autrefois.

Parmi les autres trésors, retenons les murs du bureau de l'ambassadeur qui sont recouverts de gravures de Charles Pinson, retraçant la découverte du Canada et l'histoire de la Nouvelle-France, ainsi que les portes de bronze du grand salon, réalisées par Jean Prouvé et décorées par Robert Cami.

Enfin, une pièce plus modeste mérite un arrêt. Il s'agit du Salon du bouleau qui sert au départ de fumoir et dont les murs et le plafond sont entièrement tapissés de bouleau blanc.

En somme, ces toutes ces richesses, ainsi que bien d'autres, qui font de l'ambassade de France un des

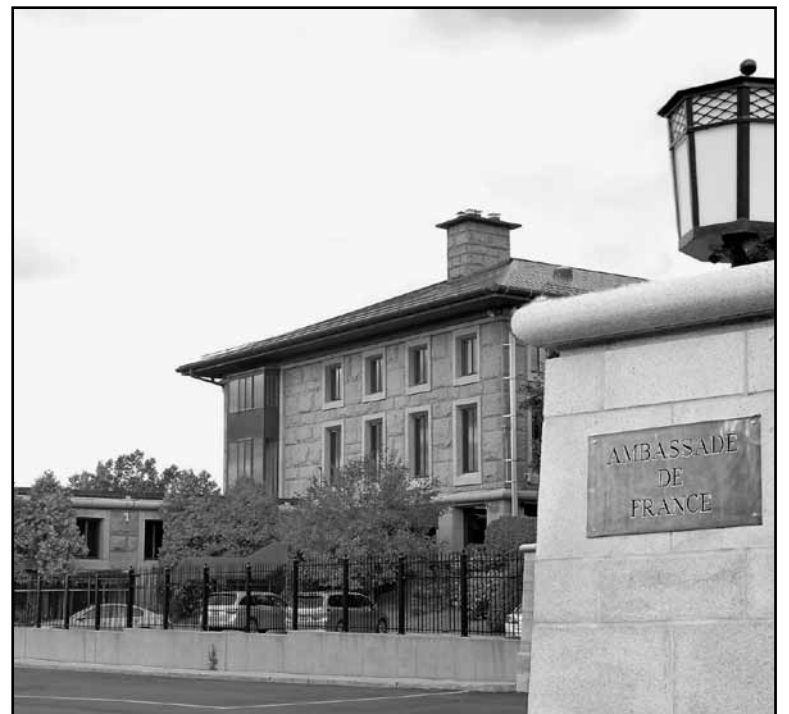


Photo: Louise Imbeault

L'ambassade de France, au 42, promenade Sussex.

joyaux du patrimoine de la capitale.

On peut joindre Michel Prévost aux Archives de l'Université d'Ottawa, 100 Marie-Curie, salle 012, 613-562-5825, michel.prevost@uottawa.ca

Note de l'éditeur : Consultez le site communautaire www.newedinburgh.ca afin d'accéder à une galerie de photos prises par Peter Glasgow à l'intérieur de l'ambassade de France.

Crichton Community Council

By Cathy McConkey

Let's recap the spring and summer. First, thank you to **Joseph Cull** who brilliantly arranged **THE BEST CHEERING STATION** again. We are so good that the organizers of the Marathon weekend changed the route to have our neighbourhood at the 36 km point—just when the marathoners really needed a boost to their energy level and to help carry them along to the finish. Everyone did a wonderful job in cheering the athletes on to reach their goal. Thank you to everyone who came out and cheered. Joseph has always been the lead organizer for the cheering station and has always done such an amazing job.

Thanks to the generous contribution of the **Canada Summer Jobs Program of Service Canada**, we were able to open the **Stanley Park Fieldhouse** to the general public this summer. This year's Fieldhouse Manager was **Nelly Pohl**, a local student and New Edinburgh resident. We were thrilled to have Nelly on board: she was a pleasure to work with and her weekly children's activities were very popular with the local children. Nelly's duties also included being a camp counselor for the NECTAR camps, held this year for the first time at the Fieldhouse. We would like to thank Nelly for her hard work and wish her all the best for her

first year at Queen's University.

And despite the call for rain on the day of the **New Edinburgh Garage Sale**, we had another successful sale. Council would like to thank all those who donated 10% of their proceeds. Also, we would like to thank the **New Edinburgh Pub**, who always keeps us on track with the **HUGE banner** that Paul puts up across his patio railing to remind all of us when the event takes place. The Garage Sale is a key fundraiser for us (offsetting the cost of running the rink in the winter) so please drop off your donation envelope at 137 Stanley Avenue or contact me at **613-746-0303** and I will be happy to pick it up from you. Don't be shy, there's still time.

Our next event on the calendar would be the **Halloween Howl** and the **Pumpkin Parade**. The Howl will be held Sunday, October 27, from 3 to 5:30 pm, and is for kids aged 0 to 7 years. The Pumpkin Parade will be held Friday, November 1, at dusk; bring all your carved pumpkins to the fieldhouse for a great reuse and recycle display.

Council meets every second Monday of the month, 7:30 pm at the Fieldhouse. If you are interested in joining or volunteering please drop by. We meet again in October (date TBA) or call me at 613-746-0303 for more information. And for those interested in booking the

Fieldhouse, we have moved to an online booking system. For your next birthday party, anniversary or other event please email nfieldhouse@gmail.com; include the dates, times and occasion and we will get back to you within two days to confirm your dates.

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In Concert for Cambodia!

By Basia Walczak and Flora Liebich

A benefit concert for the Peaceful Children's Homes in Cambodia takes place at MacKay United Church, Sunday, October 27, 2013, at 3 pm.

The New Edinburgh community is warmly invited to an exceptional musical event—*In Concert for Cambodia!*—the eighth annual fundraiser for the Peaceful Children's Homes in Cambodia. The concert will be hosted by the well-known Ottawa cellist and artistic director, Julian Armour. As in past years, the Honorary Patron is the renowned Canadian pianist, Janina Fialkowska, O.C.

In Concert for Cambodia is a youth-led initiative. The concert will feature accomplished young musicians studying at the University of Ottawa, including national-level performers and competition winners. The audience can expect to hear high-quality music, worthy of the concert stage. The repertoire will feature predominantly classical composers but will also feature a newly-composed work by one of the musicians.

The Peaceful Children's Homes, located in Kandal Province and Battambang, are very special places. They were created in the 1990s to provide homes for children orphaned by the Khmer Rouge or returning from refugee camps in Thailand. Today, they provide a permanent, nurturing environment to 130 street children, orphaned or abandoned

children, and other children in need. The children attend local schools and may go on to technical or university studies. The children also learn traditional Khmer dance and culture, as well as the Buddhist principles of charity and ethics.

In the past seven years, *In Concert for Cambodia!* (formerly known as Kids Helping Kids) has raised over \$24,000 for the Peaceful Children's Homes. This money has made a significant difference to the lives of girls and boys at the Homes, supporting their educational and basic needs. It has also provided rice, seeds and tools that allow the children to grow their own food. This support has created a meaningful link between Ottawa youth and their counterparts half-way round the world.

We invite the New Edinburgh community to support this worthwhile youth-based initiative and to enjoy an afternoon of exceptional music!

Tickets (\$5 for children, \$15 for adults) are available at Books on Beechwood (35 Beechwood Avenue) and at the door.

Please contact **basia.walczak@hotmail.com** for further information, or consult the *In Concert for Cambodia* website: **inconcert4cambodia.wordpress.com**. The Peaceful Children's Home webpage is at: **www.fopch.org**.

Editor's note: Basia Walczak is a University of Ottawa, third-year law and music student and a Manor Park resident; Flora Liebich resides in New Edinburgh.

End of an Era: Euchre Club Moves to Orleans with Eleanor Westfall

By Ethel Proulx

Although I have retired from writing my articles, **Memories of the Burgh**, I felt I had to write just one more about my dear friend **Eleanor Westfall**.

Eleanor was married to Frank Westfall for 55 years and they had two daughters, three grand-children, and six great grandchildren. Eleanor, at 92 years old, has moved away from the Burgh. She lived at 154 River Lane for 44 years, and the huge four bedroom home was getting too much for her to maintain. Eleanor has moved to an apartment in Orleans near her daughter.

Mackay United Church was where the Euchre club played for years, until the Mackay United minister was leaving. We thank them very much for all the years we played there. We didn't want to give up, and seeing there were only eight of us left, Eleanor said we could all play at her house. The Euchre Club continued for 10 more years in the Burgh thanks



Euchre Club: (front) Claude Parisee. (l to r) Georgette Dixon, Eleanor Westfall, Madeleine Stone and Ethel Proulx.

to Eleanor's opening her home to six players, we continued to play up until Eleanor moved out of the Burgh. Next week the four members of the Euchre Club will start again in Orleans at Eleanor's new home.

Eleanor loved the Burgh and was a very important part of

the community. We all wish Eleanor a long and happy life in her lovely new apartment. Although Eleanor is no longer a part of the Burgh, the Burgh will always have a place in Eleanor's heart and she will be greatly missed in the Burgh.

Welcome to the 63rd Ottawa Scout Group

The 63rd Ottawa Scout Group has begun their Beavers, Cubs and Scouts programs for the fall session. Boys and girls are welcome in all of our programs. Come join in the fun!

Beavers (ages 5-7) meet at St. Brigid's School (Springfield/Maple Lane) on Wednesdays from 6:15 to 7:30 pm.

Cubs (ages 8-10) meet at Our Lady of Mount Carmel Church (St. Laurent Blvd. by cemetery) on Wednesdays from 6:45 to 8 pm.

Scouts (ages 11-14) meet at St. Brigid's School (Springfield/Maple Lane) on Tuesdays from 6:15 to 8:15 pm. For more information

you can contact the Group Commissioner, Carol Raoult at **carolrbubbles@gmail.com** or visit their website **www.scouts.ca**.



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A Young Scientist in the Making

By Jane Heintzman

Over the past year, Elmwood student **Daphnée Dubouchet-Olscheski** has been a regular contributor to the NEN's *For the Birds* column, offering both written observations and wonderful photographs to document her encounters with interesting birds in the area. Earlier in the summer, Daphnée sent us a number of extraordinary pictures taken on a visit to a Birds of Prey Sanctuary near Lethbridge, Alberta, where she fearlessly consorted with such imposing creatures as **golden eagles** and **great horned owls**, and captured the comic charms of fuzzy owlets in a series of enchanting shots.

But in addition to her talents as a budding naturalist and wildlife photographer, Daphnée has a serious vocation as an aspiring scientist, and her trip to Lethbridge was occasioned by an opportunity to present her research on a current project at the **Canada-**

Wide Science Fair.

Her passion in the realm of science emerged very early in her school career, and by the age of 10, she was publishing a monthly environment-focused newspaper which was distributed in her school and



Photo: Benoit Page
Daphnée holding the Great Horned Owl.

in the community, garnering attention and praise from the Minister of the Environment of the day, and even from the Prime Minister himself. She went on to write prize-winning essays about a number of critically endangered species, and was inspired by visits to the Arctic and Antarctic regions to record her observations of the changing environment in those eco-sensitive locations.

In an effort to communicate her excitement about science to her peers, Daphnée has recently been producing a weekly blog about her investigative research, touching on topics ranging from the combustion of methane gas to the examination of dissected pig and sheep hearts to study their arterial passages, to the long-term impact of tanning beds on teen-aged skin.

Since she started high school, Daphnée's scientific energies have been focused primarily in the realm of chemistry, and

her current award-winning project is addressed to the Development of an Aptamer-Based MRI Contrast Agent for Thrombin Detection. Complex though this may sound (and no doubt is), its intended practical application is to find a more efficient system of magnetic resonance imaging of blood clots to prevent complications or even death during surgery or other medical procedures. The project was the Grand Prize Winner at the Ottawa Regional Science Fair, and garnered a number of other awards,

including the prize for Most Commercialization Potential at the Sanofi Bio-GENE-ius Challenge Canada. Interested readers can find out more about Daphnée's remarkable work on her website at **daphneedosciencefair.tumblr.com/**

We congratulate Daphnée on her dedication to her current research, and wish her continued success in her science career. Oh, and we hope she also keeps up the wildlife photography, of which the NEN has been a grateful beneficiary!

Friends of the Park Report: Soil Remediation in "Stanley Park North"

By Marci Surkes

Happy autumn! Much is happening these days in the park and I wanted to update you on important maintenance projects.

Work to remediate the soil in the segment of Stanley Park that stretches from Union Street to Sussex Drive began in the third week of September. This work is the first of four installments in which the NCC will be adding additional layers of fresh topsoil to cover existing soil that is contaminated with lead.

According to **Julie Mulligan**, Project Manager and Landscape Architect for the NCC, residents should expect work on this first phase installment to be complete before the end of September.

Ms. Mulligan confirmed that this "low risk" project requires no removal of existing turf, and will therefore not involve the exposure of any contaminated soil. As well, since none of the contaminated soil will be mobilized, the project was able to proceed without an environmental assessment. But Ms. Mulligan assures the community that the application of more than two inches of clean cap over the existing turf is sufficient to protect park users and animals from harm stemming from the contamination. By way of comparison, a foot of new soil was added

in the main section of Stanley Park because of the higher risks of human and animal contact; this "northern" edge of the Park does not have a playground or dog park, and is mostly used as a pass through along the bike and walking paths.

Over the course of this work, pruning of the ash trees, as well as the removal of two dead trees and several large stumps in this section of the park will occur.

In addition to the covering of the turf, the NCC will be cutting back some tall grass along the riverbank to layer fresh soil there as well. In the spring of 2015, the Commission plans to install a new lookout crescent by the steps to the Sussex sidewalk to accommodate the many park visitors who pause there to enjoy the view.

The window to complete the soil remediation work is short in each season – it can only be undertaken in Mid-May and Mid-September when there is active turf growth but moderate heat, and so the subsequent three installments of the project will occur in those timeframes. The entire remediation is expected to be complete by spring 2015. On the whole, the work involved is not noisy, and it is hoped that the impact on neighbouring residents will be minimal.

In response to a question

about whether the NCC has further considered the construction of a berm in the case of flooding, Ms. Mulligan confirmed that consultation with the Rideau Valley Conversation Authority has led to the conclusion that such a project would provide minimal benefit while having significant impact on the land and drainage in the park. She said that any new information on this front would be considered, but that there are no current plans for such work to occur.

If residents have additional concerns or questions about the project, they are welcome to contact **Emilie Girard-Ruel**, Senior Officer for Public Consultations with the NCC, at: **emilie.girard-ruel@ncc-ccn.ca**

Given the limited nature of the project, the NCC does not plan to hold a public consultation session, but will provide seasonal updates to the community via NECA and the Friends of the Park.

In other park related news, we have received word that the City intends to resurface the tennis courts this season. As many readers will agree, the courts are overdue for that maintenance, and we look forward to smoother play and more aces in the spring!

As always, please be in touch with questions or concerns. **Marci.Surkes@gmail.com**

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BURGH BUSINESS BRIEFS

- By Jane Heintzman -

Leo La Vecchia Custom Tailor: Retirement on the Horizon after a Half Century on Springfield

In mid-September, **Leo La Vecchia** completed final arrangements for the sale of his longstanding headquarters at 17 Springfield Road, and will retire from his landmark Custom Tailoring business at the end of January 2014, after a remarkable 53 years operating in our community. While this comes as sad news for his clients and friends in the community, after the better part of a lifetime working hard at his highly skilled trade, Leo is convinced that the time has finally come for him to hang up his scissors, and to spend more time with his family, in particular his four young grandchildren, while he is still strong and healthy. Greatly to his regret, he is unable to pass the torch to another generation of custom tailors, and indeed, in recent years, the craft has been swiftly disappearing as Leo's counterparts have passed out of the business without successors.

It is scarcely an exaggeration to say that Leo has been working as a tailor all his life. He was first apprenticed to a custom tailor in his native Italy at the age of 11, learning the trade throughout his teens until he emigrated to Canada in 1960 at the age of 17. At that point, he went to work as an assistant to local tailor **Frank**

Pullman, making his debut on Springfield where Mr. Pullman had a shop at #11. It was not long before Leo became Mr. Pullman's right-hand man, and when then President John F. Kennedy paid an official visit to Ottawa in 1962, he was given the weighty responsibility of pressing Kennedy's suit.

When Frank Pullman retired in 1968, Leo took over the business at the age of only 25, setting up shop just down the street at 17 Springfield Road, where he has remained to this day. Over the years, he acquired a star-studded clientele ranging from Supreme Court judges (17 of them, in fact!) to ambassadors, celebrities, prominent politicians,

CEO's and even Governors General, including Roland Michener, Jules Leger and Ray Hnatyshyn. Leo played a key role in the glittering wedding of NACO Conductor Pinchas Zukerman to cellist Amanda Forsythe, personally crafting Mr. Zukerman's suit for the occasion. He is proud and gratified to have served as many as four generations of numerous families in our area, and stresses the importance of his genuine friendships with his clients, relationships that have made his work a joy over the years, as opposed to merely a burdensome business.

Far from the business petering out in recent years as his traditional clientele grew older



Photo: Louise Imbeault

Leo LaVecchia is closing his doors after 53 years operating in our community. His final sale runs from October to December 15th.



Photo by Louise Imbeault

Beechwood pharmacists play a pivotal role in recovery process: (front row) Trevor Harrison and pharmacist Matthew Tonon (Frank's son); (back row) pharmacist Dima Rustom and Trevor's mom Karen Harrison.

or faded from the scene, Leo has acquired a new group of adherents among the younger, professional set, many of them world travellers who return from European excursions with stylish design ideas and a taste for custom tailored shirts and suits. His son **Marco**, an IT executive in a local Kanata business, has been active in spearheading a move away from the "dress down", "casual Friday" culture of the '90s, to revive the interest in more formal, professional-looking attire. At Marco's instigation, his sales team, colleagues and bosses converged on 17 Springfield Road to place their orders for Leo's signature custom-made shirts and suits, perhaps for the first time to enjoy the exhilarating experience of getting precisely what they wanted, whatever their size, shape, colour preferences, fabric choices or design tastes. And that, of course, is what Leo's business is all about, and why many of his faithful clients have remained with him for half a century.

days. We wish him many years of health and happiness in his retirement, and look forward to greeting him on his return visits to his old stomping ground!

New Edinburgh Pharmacy: Pivotal Role in a Good News Story

I think it's safe to say that we all have stories about occasions when our remarkable community pharmacists have played a vital role in our lives, whether it be by providing wise advice on a medication or other treatment for a chronic condition; keeping close track of our medical histories and the confusing cocktail of medications we may have been prescribed; methodically explaining the protocols for taking our meds, or alerting us to their possible side effects, and in general, being on call and available as our trusted front-line health care providers.

While we all may have such stories, few of us take the time and trouble to express our appreciation for these invaluable services, and to see that they are publicly acknowledged in our community. MacKay Street resident **Karen Harrison** and her family are a notable exception. Earlier this summer, Karen contacted the NEN expressly to inform us of the outstanding service the New Edinburgh Pharmacy has provided to the Harrisons throughout the challenging course of their son Trevor's treatment for and recovery from a brain tumour.

After an initial surgery in 2010 following his sudden collapse from a seizure, Trevor swiftly bounced back and enjoyed a two year reprieve from further symptoms. However, when a routine MRI last Christmas revealed some regrowth of the tumour, a second surgery was scheduled, and in April, the entire mass was removed in an epic full day operation. Despite

Final SALE October-December: Don't Miss Out!

In the remaining months until his retirement at the end of January, Leo will be in touch with all his regular clients, and will do his best to supply their needs before he finally closes his doors. As his traditional January/February Sale will not take place at the start of the New Year, Leo has advanced the date to **October 1st through December 15th** so be sure to give him a call at **613-749-8383** or drop by the store to avoid missing out on the healthy discounts.

We thank Leo for his remarkable five decades of service in our community, and for his longstanding loyalty to the *New Edinburgh News*, in which he has been a faithful advertiser since its earliest

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the extraordinary success of the surgery, Trevor's doctors prescribed a precautionary follow up course of radiation and mild chemotherapy, and the Harrisons were sent home with what Karen describes as "a shopping bag full of prescriptions".

Sorting through all these medications, and their protocols, dosages, and side effects, entailed a steep learning curve for Trevor and his parents, but according to Karen, at every step of the way, the New Edinburgh Pharmacy team was there to help, to reassure, and to participate fully in the recovery process. The Harrisons were consistently amazed at the time, patience and care taken by the pharmacists to methodically explain the rationale for and usage of each of the many drugs in Trevor's arsenal, making them feel, as Karen put it, "as if we were the only clients they had to serve."

In the weeks following the surgery and the start of the prescribed course of radiation and chemotherapy, Karen was regaled by the pharmacists on her regular trips to the store, and eagerly asked for news of Trevor's recovery. When his first post-surgery MRI was pronounced "absolutely perfect" by his doctors, Karen reports that the Harrisons' team at the dispensary appeared to be every bit as thrilled as the family, taking genuine delight in a good news story in which they had played such a central role.

As a community, we should all join the Harrisons in expressing our thanks to **Frank Tonon's** superb team at the pharmacy, which shoulders a huge responsibility as our front-line health care providers, and plays a critical role in our daily lives. Hats off to our local team of pharmacists **Stephen Fisher, Matthew Tonon, Dima Rustom** and of course, **Frank** himself, and to their Assistants **Josée Desroches, Ilka Tejera, Jessica Stillman** and **Sylvie Miles** who so capably manages the cash at the dispensary. We are extremely grateful for their presence and for their skilful

and conscientious care.

We join with Trevor's family in rejoicing in his full recovery, and thank them for taking the time to share their story, and to ensure that the New Edinburgh Pharmacy's role in the recovery process receives the recognition it is due.

Louis Hutchison Property Improvement Services

A number of readers may have encountered Louis Hutchison, a faithful NEN advertiser for many years, in his previous profession as a furniture repair and restoration specialist. In the past year, Louis has moved on from that role to establish himself in the home repair business, offering his services for a broad range of tasks associated with the upkeep and improvement of homes and investment properties. Whether you're in need of a single repair, a more ambitious home renovation, or regular maintenance, you may want to get in touch with Louis who will supply you



Photo: Louise Imbeault
Louis Hutchison is now offering home renovation services in our community.

with a free estimate for the job within 24 hours. With 20 years' experience in the business under his belt, Louis' list of services is long, ranging from replacement of doors and windows to flooring (including tiling and hardwood); building or repair of decks and fences; framing and drywall; painting; ceramics; backsplashes; soffit replacement and installation; minor cabinetry work; furniture assembly and modifications; brick work; shingle repair and replacement of

sinks, tubs or toilets. While he does not undertake major electrical work, such minor tasks as replacement of light fixtures and switches are also included in his repertoire. Since launching his new enterprise, Louis has established links to both the property management and the real estate business, and has taken on a variety of jobs involving repairs and improvements to investment properties and homes on the resale market. In the course of this past summer, he has honed his skills across the board, taking part in a top-to-toe home renovation involving everything from framing and dry-wall installation to tiling, flooring and door replacement. If you, like the rest of us, have a sadly neglected home repair (or list thereof!), or if you are in the throes of beautifying your house for the resale market, you can get in touch with Louis at **613-850-6707** or by email at **louish@rogers.com**. If it's a particularly big job, Louis may need two to three weeks advance notice, but smaller tasks can usually be accommodated more swiftly. To find out more about his home improvement business, you can check out his website at **www.louishutchison.com**. We wish Louis the best of luck in this new venture, and thank him for his continuing support of the NEN.

Cat's Fish & Chips: "Down East" Hospitality Just Minutes Away

It was a year ago this spring that "Skipper" Dave Waltham and his wife Cat



Photo: Louise Imbeault
Dave "Skipper" Waltham and lovely wife Cat on the front patio of Cat's Fish & Chips.

first opened the doors of the "little blue house" at **319 St. Laurent Blvd.** (at Hemlock), the popular local eatery **Cat's Fish & Chips** that has since become known as a haven of Maritimes hospitality and tasty "nautical" fare. Dave's passion for East Coast culture dates back to the family road trips of his childhood when his youthful imagination was captured by the allure of the seascape in general and lighthouses in particular. But far from its being a passing fancy of youth, Dave has nurtured that passion, and worked hard to recreate the warmly hospitable, seafaring atmosphere of a Maritime gathering place right here in our neighbourhood.

For lovers of Fish & Chips and other fruits of the sea, Cat's has become a popular destination with its nautically-themed menu featuring such specialties as *Cutlass Haddock*; *Davey*

Jones Salmon; *Starboard Snapper*; *Lifeboat Bass* and *Mainmast Shrimp*. Indeed, Dave reports that the restaurant's reputation for fine fish fare and down home hospitality has spread far beyond our community to attract diners from as far afield as Arnprior, Rockland, Cumberland, Kanata and Barrhaven.

Cat's also caters to those with dietary restrictions, offering a gluten-free menu which now accounts for close to 10% of sales. And new on the beverages agenda this summer is *Grist Gluten Free Beer* and *Magners Cider*, supplementing such traditional favourites as *Beau's Beer*, *Moosehead*, *Cracked Canoe* and *Barking Squirrel*. Starting in September, Dave also promises some interesting changes to the menu, but regular patrons need have no fear: all Cat's signature dishes will

Continued on page 12

Hutchison



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Continued from page 11

remain as they are as the core of the menu.

When we introduced Cat's to our readers in December 2012, we made note of Dave's commitment to community outreach in general, and of his involvement with the **Dave Smith Youth Treatment Centre** in particular. In July of this year, the restaurant presented the Treatment Centre with a cheque for a whopping \$23,177, collected over the previous year through the donation of \$1 from every purchase of Cutlass Haddock during that period. The funds will be directed to the Dave's Dream campaign to build a new 30-bed treatment facility in the west end of Ottawa. Congratulations to the team at Cat's for an outstanding contribution to a worthy cause, and to all those diners who had the good sense to choose Cutlass Haddock when they came for supper!

Cat's also participated in this September's first ever **Lumière Culinary Feast** on September 11, generously donating half the proceeds from meal ticket sales for the evening to support the work of the New Edinburgh Community and Arts (NECTAR) Centre.

It's no secret that the restaurant business is a challenge, and in years past, Cat's current location on St. Laurent has not been a hub of commercial activity. In recent years, however, the picture has changed considerably, and Dave is delighted by the presence of a growing cluster of small businesses close by which are attracting new clientele to the area, to the mutual benefit of all concerned. These include both his immediate neighbours on St. Laurent, **Bread and**

Roses Bakery and Café 327 (the newly launched successor to the long-running **Le Saint Ô Restaurant**), and the numerous businesses in the nearby Rockcliffe Crossing Mall, including the Dairy Queen in its all-too-short season!

He is a firm believer in the power of social media as a critical marketing tool for any small business, and works hard to maintain an up-to-date and engaging Facebook presence to appeal to his existing client base and attract new diners to the fold. Interested readers can find Cat's at www.facebook.com/catsfishandchips.

As for plans in the Waltham household for a return to the Maritimes to revisit their favourite milieu, regrettably this is not currently in the cards for Dave and Cat who are fully immersed in the task of running a busy restaurant, where Dave now works with four other cooks, and Cat with four other servers, to keep their clientele happy and well fed. If you haven't already had a chance to do so, you can drop by for a tasty meal from Tuesday through Sunday from 11 am to 9 pm (or 10 pm on Friday and Saturday). Meal reservations are available, but by no means essential if you have a fish & chips craving on the spur of the moment! We wish Dave and Cat continuing success in creating a popular destination restaurant with true Maritime flair here in our community.

Books on Beechwood: Books 'n Brew & Book Club News

This fall, the Books on Beechwood crew are joining forces with their neighbours at the **Clocktower Brew Pub** to present a new literary series, **Books 'n Brew**. Along with their convivial pub meal, participants can enjoy a lively pre-

sentation by local and visiting authors, hosted and introduced by local media personalities. The stellar line-up includes:

- popular local author/historian **Charlotte Gray** with her latest work **The Massey Murders** (Monday, September 30);
- **Nathan Greenfield** with **The Forgotten: Canadian POWs, Escapers and Evaders in Europe, 1939-45** (Monday, October 28);
- **Don Newman** with his Memoir **Welcome to the Broadcast** (Monday, November 11); and
- **Mary Lawson** with her latest novel **Road Ends** (Monday, November 25).
- **Denise Chong** with **Lives of the Family** (Sunday, December 1); and
- **Robert Sibley** with **The Way of the 88 Temples** (Sunday, December 15).

The Books 'n Brew evenings begin at **6 pm**, starting with supper, followed by author presentations, questions and discussion, and book signing. Participants get the added bonus of a 15% discount on the book of the evening, and 15% off their Clocktower meal, provided it's accompanied by one of Clocktower's signature custom brews. **Reservations are needed** if you'd like to attend one (or all) of these entertaining literary events, so interested readers should make sure to book their tables with the Clocktower at **613-742-3169**.

On **Saturday, October 5, from 11 am to 1 pm**, local author **Claudia Chowaniec** will be in the store signing copies of her new book *Memoirs of Mourning: Journey through Grief and Loss to Renewal*. Keep an eye on the Books on Beechwood website for more book signing events through

October and November www.booksonbeechwood.ca.

The **Books on Beechwood Book Club**, which **Jill Moll** launched on a comparatively modest scale several years ago, has attracted such interest in the community that starting this fall, Jill and her colleague **Antoinette Fracassi** are offering two separate monthly sessions to accommodate all those who have expressed interest in participating. While the sessions will be held on different dates and at two different locations, the same series of novels will be discussed by each group. If you'd like to take part in this popular neighbourhood gathering this fall, you're most welcome to drop in at the store or call Jill or Antoinette at 613-742-5030. In a nutshell, the new arrangements are as follows:

SESSION #1: NEW MEMBERS ONLY***

Second Wednesday of the month **Time:** 7:30 pm

Location: New Edinburgh Square, 35 Beechwood Ave., Second Floor Lounge **Session Leader:** **Antoinette Fracassi**
Schedule: **October 9** - *The Inconvenient Indian* by Thomas King; **November 13** - *Message to the Emperor* by Mark Frutkin

SESSION #2: Returning Book Club Members Date:

Last Wednesday of the month **Time:** 7:30 pm **Location:** The Edinburgh Retirement Residence, 10 Vaughan Street, Penthouse **Session Leader:** **Jill Moll**
Schedule: **October 30** - *The Inconvenient Indian* by Thomas King; **November 27** - *Message to the Emperor* by Mark Frutkin

***Once the two sessions are up and running, members of both groups can select whichever session is most convenient for them.

Physical Therapy Institute: "The Place Where Injury Prevention Happens"

Physical Therapy Institute (PTI) owner **Pam Siekierski** and her colleagues were greatly distressed by the recent misfortune of popular PTI Pilates instructor, **Sarah Wallace**, a key member of their team who suffered an aneurysm earlier this summer and is currently engaged in a challenging rehabilitation process. In addition to her prowess as a Pilates coach, Sarah is a talented artist who was profiled in this column in an earlier edition of the NEN.

Pam reports that in the weeks since the aneurysm, Sarah has

shown extraordinary strength and determination in pursuing the recovery process, and has succeeded in making remarkably rapid progress. The PTI team is strongly supportive of Sarah's outstanding efforts in her rehabilitation, and looks forward to her return in the not too distant future. In the interim, they are happy to welcome Certified Pilates Instructor **Isobel Wheatcroft** who will be lending a hand with Pilates clients during Sarah's absence.

After 14 years of rigorous training in classical ballet, when she began training in Pilates a decade ago, Isobel was overjoyed to discover the strengthening, restorative and broadly beneficial effects of Pilates techniques, effects which ranged from the resolution of her persistent lower back pain to vastly improved shoulder posture. She is currently welcoming clients for private and semi-private sessions at PTI, and interested readers can reach her through the PTI reception desk at **613-740-0380** or directly at **613-862-6423**. She is particularly delighted to be working with PTI's state-of-the-art Pilates equipment, which she feels is of enormous benefit in helping her clients to make rapid progress in the mastery of Pilates techniques.

In her travels through South East Asia several years ago, Isobel became aware, through the exploration of meditation and yoga, of the potentially powerful impact of the mind on physical movement. While in India, she enrolled in a unique Awareness through the Body Program, which focused intensively on balance, concentration, relaxation, breathing and the body's interrelationship with gravitational pull, and she now incorporates these techniques into her work. Another of her specialties is Thai yoga massage, which many clients reportedly adopt as a form of "take home self-massage", and she continues to study techniques of deep tissue self-massage with the potential to help you rapidly reduce stress whenever, wherever the need arises—at home, at the office or in a busy airport. At some point this fall, she hopes to offer a special workshop addressed to techniques of strengthening abdominal and pectoral muscles, so stay tuned for details.

Another key member of the PTI team is Personal Trainer and Certified Nutrition and Wellness Specialist **Eduardo Avila**. In his 12 years of experience in the field, Eduardo has worked with clients of all ages



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and abilities, from novices and couch potatoes to elite athletes in a broad range of sports from rugby to football, hockey, soccer, and marathon running. He has a proven track record of helping his clients to achieve their individual training objectives, whether they be focused on weight loss or directed to building muscle mass, core strengthening, improving balance and flexibility, and—perhaps most important of all—preventing injury.

Eduardo's nutritional expertise is often a critical element in his training program, as he is able to provide his clients with detailed advice on the components of a healthy diet to support their weight loss and/or fitness objectives. His experience in the nutritional realm is wide-ranging, and includes the orchestration of campaigns to promote healthy eating; management of eating disorders, and preventative strategies related to such chronic conditions as hypertension, obesity and glucose intolerance.

Since 2012, Eduardo has been offering group and individual classes in **TRX suspension training**, a specialized form of resistance training using a combination of body weight and gravitational pull to create a comprehensive and effective



Photo: Louise Imbeault
The PTI Team: (back row) Stuart, Shayda, Isobel; (middle row) Karen (office), Pam Siekierski (owner), Lidia; (front row) Eduardo.

workout for individuals at all fitness levels. The benefits of the TRX method, which was originally developed by Randy Hetrick, a former U.S. Navy Seal and Stanford MBA graduate, include improvements in muscle endurance, strength, balance, flexibility, joint stability and the “rock solid core”

to which we all aspire!

Starting this fall, University of Ottawa Kinesiology student **Simon Lamarche**, a recent addition to the PTI team, will offer **Nordic Walking** classes for those who want to get in shape for the cross-country skiing season, or simply improve their fitness levels while enjoy-

ing the outdoors. Simon points out that by comparison to simply taking a walk, Nordic walking has significant advantages resulting from the fact that properly planting the poles exercises back, shoulders, pectoral and arm muscles, while the diagonal poling motion gives the core a great workout. The number of calories expended in the exercise is also significantly higher than in the case of straight walking, so if slimming down is on your mind, you may want to check out this option by dropping in at 350 Crichton or calling 613-740-0380.

In many respects, our community is blessed to have the Physical Therapy Institute in our midst as a one-stop shop offering both repair and rehabilitation from illness or injury on the one hand, and a broad range of opportunities for improving and maintaining our fitness and overall wellbeing on the other. I can attest from long personal experience that the PTI team of physiotherapists, including Pam herself, **Eli Denham**, **Tanya Branch** (a specialist in acupuncture) and **Shayda McCurdy**, provide the best of both pain relief and manual therapy when you're grappling with an injury or painful chronic condition.

Supporting the healing process at the clinic are reflexologists **Gail Popowicz** and **Oleg Volochay**, while massage therapist **Julia Low** is on hand to provide both pain and stress relief. And of course, once you're mobile and able to begin serious rehabilitation, PTI offers a fully equipped gym for regular exercise, and the expert guidance of its personal trainers and instructors to keep you on track to achieve your fitness targets while avoiding further injury. Interested readers can check out their website at www.ptisportsmed.com or better still, drop in the next time you're on Beechwood to have a look at the facilities and inquire about their services.

We join with the team at PTI in sending our best wishes for a speedy recovery to Sarah Wallace, and look forward to seeing her back at the clinic in the near future.

MITLA: Restaurant Closing on the Horizon

While at the time we went to press the exact timetable remained uncertain, MITLA creator and owner **Ana Collins** has decided, with much regret, to close the doors of her unique, local Oaxacan food emporium within the next few

Continued on page 14

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**Lobsterfest:
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Live Entertainment Saturdays at 9 pm

Continued from Page 13

months, and is in the process of selling the premises at 62 Barrette Street. Although her preference would be to remain open through the busy season this fall, and to postpone the closure to the end of this year, Ana is aware of the pressures on the potential purchasers to wrap up the deal as soon as possible in order to launch their own operations before the traditional commercial slump at the end of December.

MITLA first opened its doors in late 2012, and has since become a popular spot for those in search of a healthy, zesty meal at a reasonable price, and of course in particular, those with a penchant for Mexican cooking. While Ana has greatly enjoyed welcoming members of our community on a regular basis, her clientele has by no means been limited to "locals". In its short career, MITLA has attracted amazing media coverage in the city, spearheaded by *Ottawa Magazine* Food Editor Shawna Wagman who somehow tracked Ana down even before she opened and has strongly supported the restaurant ever since. As a result, the little shop's clientele has included many visitors from throughout the Ottawa area. Ana is justifiably proud of the success MITLA has achieved, and even more so of the fact that it has remained a financially viable business in a highly competitive market.

The motivations behind Ana's decision to close are primarily personal. As a result of chang-



Photo: Louise Imbeault
MITLA creator and owner Ana Collins has decided, with much regret, to close the doors of her unique, local Oaxacan food emporium.

ing circumstances in her life, she has concluded after serious reflection that the demands and routines of operating such a business are no longer "a good fit" with her personal priorities. Earlier this year, her co-chef and partner in the operation died very suddenly and tragically, leaving Ana with both the lingering shock of her loss, and the added burden of having sole responsibility for the cooking and overall management of the restaurant. She is also the single mother of a 10-year-old son, and while he has reportedly coped well with the demanding routine, she feels that he might be better served by another, less all-consuming arrangement in her household.

Ana's current plan, once the business is finally wrapped up, is to return to her previous employment in community

development work. We wish her well in her future endeavours, and are grateful for her energy and imagination in creating a lively and welcoming gathering place in a formerly fallow zone in the community. Stay tuned for news of MITLA's successor operation at 62 Barrette Street in our next edition.

Cooperators Insurance: Back on Beechwood

Cooperators Insurance, another of the Beechwood businesses dislocated by the disastrous fire of March 2011, has recently returned to the fold, opening its doors at 123 Beechwood in early June. Our local Cooperators' agent **Mike Pytura** is thrilled to be back in the community, declaring in our interview that "it's great to be home." Throughout the summer, he has been welcoming former clients as they spotted the Cooperators sign on the new premises and dropped in to say hello. Mike is delighted to be part of the wave of relocated business that have moved up the street since the fire, including his immediate neighbour **Kelly's Barber Shop**, and is of course greatly enjoying his proximity to Bridgehead, both for the charms of its coffee and for its popularity as a community gathering place.

As in the past, Cooperators clients are welcome on a drop-in or by-appointment basis, and while official office hours are 9 to 5, Mike notes that he and his colleagues do their best to accommodate those whose schedules require earlier or later appointments. If you're in the market for insurance coverage, Cooperators offers the full range of home, auto, commercial, life, travel and group insurance, along with investment and financial advice.

While no plans had been set at the time of our interview, Mike was contemplating the arrangement of a **Buckle up**



Photo: Louise Imbeault
Imperial's Danny Bundy (left) and Milan Arsenault-Virelli.

Bears clinic in our community to offer safety tips on the correct installation and use of infant and toddler car seats. Since the inception of the Buckle up Bears program in 1999, Cooperators staff and agents across Canada have held over 600 of these free car seat safety clinics, and inspected over 10,000 car seats. The program was initially launched by Cooperators, in partnership with the Infant and Toddler Safety Association, when it was discovered that more than three quarters of car seats were improperly installed, putting small children at serious risk in the event of an accident. If you'd be interested in a clinic of this kind, you can let Mike and his team know by dropping in at 123 Beechwood, or calling **613-749-5600**. We welcome them back to Beechwood and wish them well in their new location.

Imperial Barber Shop: Open for Business at 10 Beechwood Avenue

As signaled in our June issue, Beechwood has acquired a new barber shop. The **Imperial Barber Shop** at 10 Beechwood, next to the Bank of Montreal, officially opened its doors on July 23, making it the third in a chain of traditional barbers' establishments that

trace their roots back to the late 19th century when Joseph St. Louis set up shop on Sparks Street. While the original Imperial Barber Shop at Sparks and Elgin closed down in 2012 after close to a century in that location, there remain two other downtown establishments at 275 Slater (at Kent) and 837 Bank Street (at 5th Avenue), and a fourth in the chain is expected to open this fall at Tenth Line Road in Orleans. **Gilles Lamenoise** and his wife manage the shops, and work hard to maintain Imperial's old-fashioned traditions of shaving with a straight razor, hot lather and plenty of hot and cold towels; trimming; neck shaving and overall facial grooming. But combined with these traditional services are a number of more recent innovations, including **Wedding Parties** or Group Shaves at which the groom, his groomsmen, and the fathers of the bride and groom can assemble at the shop to be collectively prepared to look their best for the great event. Gilles confesses that the most enthusiastic supporters of this new service tend to be the bride and her entourage, who are all too happy to have the men constructively occupied for the busy hours before the wedding ceremony. Another recent addition to the shop's repertoire is the First Hair Cut Certificate created for toddlers and their families. A small lock of hair from the first cut is placed on a certificate listing the name of the child, the date of the cut, and the names of those family members in attendance, and the certificate is then laminated and given to the family free of charge as a keepsake. And of course, there are always candies available, and occasionally even small toys, to divert the younger clientele. If you happen to be in the market for shaving supplies such as brushes, mugs, razors, blades, soaps and tonics, Imperial also offers its own product line,

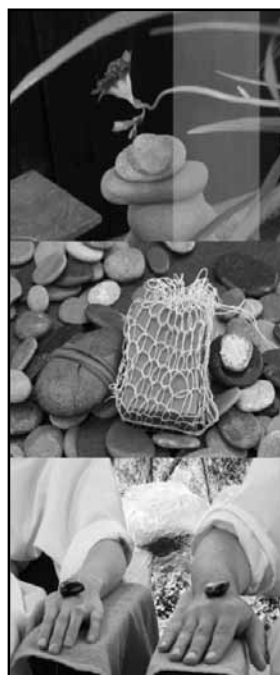


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Imperial for Men (IMF) which is available online at www.imperialformen.com. The Beechwood shop is currently open Tuesday through Saturday from 9 am to 6 pm, and while no reservations are necessary, if your time is limited and you'd like to reserve a specific hour, you can book online at www.imperialbarbershop.com or call 613-746-0880. Our local barbers are **Danny** and **Milan**, and a third is expected to join the team in the fall. We welcome Gilles and his Beechwood team as new advertisers in the NEN, and have no doubt that they'll enjoy being a part of our hospitable community!

BUSINESS BITS

Governor's Walk: Seniors of Distinction Awards Coming Up on October 5

Governor's Walk Community Relations Coordinator **Tara Spour** is gearing up for the first ever **Seniors of Distinction Awards (SODA)** presentation at the residence on October 5. The Awards, which are intended to recognize the accomplishments of senior citizens throughout the Ottawa area, will be presented in celebration of the **International Day of Older Persons on October 1**, an annual occasion established by the United Nations in 1990 and first observed in October of the following year. The SODA initiative was launched by Governor's Walk's parent company **Age Care**, and Scotiabank is participating as a leading corporate sponsor.

Throughout late August and September, Governor's Walk has been receiving nominations from the community of seniors who have made distinguished contributions in the realms of Art; Leadership; Community Service and Healthy Living, and when the process closes in late September, a Nominations Committee will decide on the finalists to be announced and

presented with their awards on October 5. Stay tuned to our next issue in December to find out the winners and hear all the details of the presentation ceremony, which will be attended by a number of VIPs, including the Honourable Madeleine Meilleur, M.P.P., and Mayor Jim Watson.

October promises to be a particularly busy month at Governor's Walk, and in addition to the Awards event, the residence will host an **Oktoberfest celebration on October 4 at 7:30 pm**. To add to the excitement, a facelift of certain parts of the residence, including new flooring, new furniture and improvements to the dining room, is in the planning stages and will soon be underway. We'll bring you more news from 150 Stanley Avenue in the December issue, but if you'd like to attend one of the October events or get more details about its schedule of activities, you are welcome to call Governor's Walk's Activities Coordinator **Milly Battaion** at 613-564-9255.

Café 327: A New Arrival on St. Laurent Blvd

After 23 years in operation at 327 St. Laurent Blvd, **Le Saint Ô**, our local haven of fine French cuisine, closed its doors this summer to make way for a brand new dining establishment, **Café 327**, which opened for business in mid-August, and will host its Grand Opening celebration in October. **Annie Durand-Brunet** and her husband **Germain Brunet**, owner/operators of the former **Le Saint Ô**, remain as owners of the new **Café 327** in partnership with their Executive Chef **Colin Lockett**, who has been the moving spirit behind the transformation. Colin has close to two decades of experience on Ottawa's high end culinary circuit, including stints at the **Empire Grill**, **Restaurant Eighteen** and **Luxe Café** in the market.

According to Annie, the change of name, menu and overall ambiance has been made in an effort to attract a broader clientele by offering a more relaxed, informal, bistro-like atmosphere with beer on tap, an interior bar and a tasty, affordable menu. And as you may have noticed if you've been in the vicinity recently, the restaurant also features a brand new and expansive outdoor patio area.

We look forward to bringing you a full report on this latest addition to our community restaurant scene in our December issue. In the interim, you can stop by and check out the menu while you're stocking up at **Bread and Roses Bakery** next door, or give the restaurant a



Photo: Louise Imbeault

Bread and Roses staff member **Connor** serves delicious coffee to European visitors **Brigitte** (left) and **Margarete** (right).

call at 613-746-6100 and drop in for lunch or supper.

Thriving on St. Laurent

Bread and Roses Bakery has

Bread and Roses Bakery:

Continued on page 16



Photo courtesy of Anne Durand-Brunet
Germain Brunet, Annie Durand-Brunet, Colin Lockett, owners of **Café 327, Kitchen and Wine Bar**.

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been welcomed with open arms by its new community in Manor Park, and is currently thriving in its St. Laurent Blvd. location, with retail sales surging above their traditional levels on Beechwood Avenue. Regular clients now have the benefit of extended hours (Monday through Thursday, 7 am to 8 pm; Friday and Saturday, 7 am to 9 pm; and Sunday, 8 am to 7 pm), as well as comfortable tables and chairs by the bright front window where they can relax and enjoy a freshly made sandwich, pizza slice, muffin or sweet treat, along with a pressure-brewed coffee or latte. In addition to its traditional fare, new products are constantly being added to the Bread and Roses repertoire, including individual serving-sized containers of oatmeal porridge with raisins and walnuts, and organic loose leaf teas, fresh baguettes and tasty salads. Much as we miss them on Beechwood, we're delight-

ed that Chris and his team are faring so well in their new home, and in our household at least, we have every intention of keeping up our regular visits to replenish our favourite baked supplies.

New Edinburgh Pub: Paul and Tracey Williams Receive Ottawa's Community Builder Award

Congratulations to New Edinburgh Pub owners **Paul and Tracey Williams** who not only hosted the most successful ever Pub Charity Golf Tournament this summer, raising a record-breaking \$18,750 for the South East Ottawa Community Health Centre, but also received an **Ottawa Community Builder Award** in recognition of their long-standing record of outreach to both our local and the wider Ottawa community. Well done, Paul and Tracey: the award is richly deserved.

Opus 126 Comes to the Neighbourhood

By Craig MacDonald

There is great excitement at St. Bartholomew's Anglican Church as the congregation anticipates the first sounds from Opus 126—the new organ built and installed by Orgues Létourneau Limitée of St. Hyacinthe, Quebec. The organ, to be dedicated on Sunday, September 29, was the centerpiece of a major fundraising initiative at St. Bart's to celebrate its upcoming 150th anniversary in 2017 and to support a variety of outreach and community-building activities being undertaken by the Anglican Diocese of Ottawa.

Opus 126 carries on an interesting tradition with Rideau Hall. In 1894, renowned organ builder S.R. Warren installed a small pipe organ in the chapel on the grounds of the Governor General's residence and this instrument was subsequently given to St. Bartholomew's Anglican Church by the Duchess of Connaught upon the chapel's demolition in 1914. A number of ranks from this Warren organ have been restored for reuse in Opus 126, an otherwise all-new instrument. The organ's final specifications were developed in collaboration with Matthew Larkin, Organist and Director of Music at Ottawa's Christ Church Cathedral.

"Opus 126" is, as the label indicates, the 126th organ commissioned from Létourneau, which, since its founding in 1979, has rapidly acquired an international reputation. Létourneau organs are now found in England, Austria, Australia, New Zealand and several cities in Canada and the United States. Opus 126 is the company's first presence in Ottawa.

St. Bart's is intimately linked to Ottawa's history. It was in

October 1866, just after the government of the province of Canada had moved to the new capital of Ottawa and the Governor General into Rideau Hall, that a meeting was held to organize a mission in the suburban village of New Edinburgh. Soon after this the first service was held in a schoolhouse on Crichton Street. With the encouragement of the Governor General and his wife, Lord and Lady Monck, a benefit concert was

Lady Dufferin, on her arrival at Rideau Hall in 1872, could only describe the church as "very primitive". But she and her husband regularly trod the Church path that led through the grounds of Government House to MacKay Street. In 1874 they held a concert in the ballroom of Rideau Hall "in aid of our little church" and in 1878 a bazaar in the Tent Room raised \$2,000 to pay off the debt. The vice regal patronage from successive governors



Opus 126 - St. Bartholomew's new organ.

held at Her Majesty's Theatre in the spring of 1867. The parish was formally organized six weeks after Confederation on August 14, St. Bartholomew's Day. An architect was engaged on the strength of donations from the Governor General, the estate of Thomas MacKay (which gave the land) and the St. Lawrence Railway. He was Thomas Seaton Scott of Montreal, who was later to become Public Works architect and designer of the West Block tower on Parliament Hill.

The church's cornerstone was laid by the Governor General on May 9, 1868 and on Christmas Day of that year the first service was held in the unfinished interior. For some years the parish remained in debt and was so sparsely furnished that

general has lasted until today. All governors general, whether Anglican or not, have frequently occupied the royal pew, as have lieutenant governors of the provinces.

We hope that Opus 126 will become a welcome and valued neighbour. An inaugural concert, with guest organist **Matthew Larkin**, is scheduled for Sunday, October 20, 2013 and plans are underway for a series of recitals by visiting organists anxious to experience Létourneau's reputation for instruments of integrity and beauty. St. Bartholomew's Organist and Director of Music, Barbara Hallam-Price, the choir and parishioners are looking forward to the sounds of Opus 126 gracing Sunday morning services.

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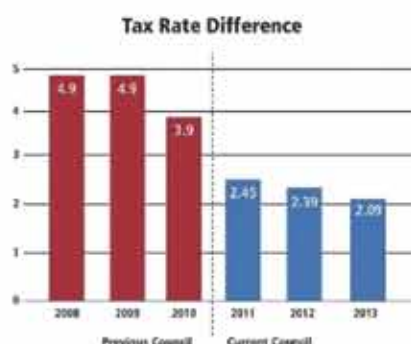
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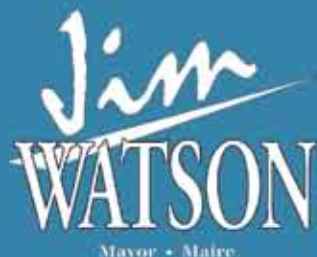
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XX Fossil Fools

Editor's Note: The following is the twentieth in a series of articles on climate change by local environmentalist Hugh Robertson. Mr. Robertson's grim but compelling thesis is that man-made or "anthropogenic" global warming is now an inexorable reality which condemns the planet to increasing climate chaos for centuries to come. He concludes that unless we are able to dramatically curb our addiction to fossil fuels, the fate of the human species is almost certainly sealed, arguing further that we cannot look to governments to pull us back from the brink. Mr. Robertson's earlier articles have been published in past editions of the New Edinburgh News (NEN), and can be found at www.newedinburgh.ca where previous issues of the NEN are available online.

By Hugh Robertson

At the beginning of May 2013, North America was abuzz about whether the Dow would stay above 1500. Lost in the buzz was a crucial climate announcement: for the first time in a million years, carbon dioxide concentrations in the atmosphere passed 400 parts per million. A month later, the International Energy Agency (IEA) reported that global greenhouse gas (ghg) emissions had reached a record

high in 2012.

There was more bad news in June when the World Meteorological Organization announced that the world had warmed faster in the first decade of the 21st century than in any other period on record. Much of the increased heat is being absorbed by the oceans at present, sparing us temporarily from catastrophic heating of the earth's surface and atmosphere.

Rising ghg levels since the

beginning of the Industrial Age, two hundred years ago, closely track the increase in global temperatures. The connection between ghg concentrations and temperature increases was popularized in the "hockey stick" analogy—developed by Professor Michael Mann—in Al Gore's film, *An Inconvenient Truth*. Initially ridiculed by the denial industry, Mann's conclusions linking ghg levels and temperature are now widely accepted.

The planet is heating up — no dispute. Global warming is primarily due to the accumulation of ghgs in the upper atmosphere which are overwhelmingly anthropogenic in nature — no debate. Roughly sixty-five percent of these emissions are created by burning fossil fuels and the remainder is largely generated by agriculture, deforestation and waste dumps.

Professor James Powell, Director of the National Physical Science Consortium, scoured the web for articles on global warming and climate change published in peer-reviewed journals between 1991 and 2012. Among almost 14,000 articles, he found only 24 (0.17%) that rejected the theory of human-induced warming. Furthermore, the citation record of this scattering of articles was minimal, more proof that they are largely ignored by the scientific community. Powell concludes that global warming is now the ruling paradigm of climate science.

The whiplash weather that we are increasingly experiencing—

floods and fires in Calgary and Colorado, torrents in Toronto and killer tornadoes in the U.S. Midwest—is a direct result of a warming planet. These weather blitzes are not acts of God; they are acts of Man. God and Gaia do not act out of revenge, they react in self-defense.

Extreme weather feeds off climate change and in a vicious cycle, it in turn amplifies disruptive climate patterns. "Global climate disruption" in the words of White House science advisor, John Holdren, will not be a stable linear progression: we will be bombarded and strafed with random weather eruptions occurring simultaneously around the globe. We, through our lifestyles, now control the planet's thermostat which is shaping the weather and altering our climate.

Many believe that we can always reverse climate change by simply reducing the output of our ghg emissions. Sadly, it is not so simple because carbon dioxide lasts a century in the atmosphere before dissipating. Therefore, present levels of the gas have locked in temperature increases for decades and the collateral climate damage is probably irreversible for centuries.

Most countries agreed at Copenhagen in 2009 that global temperature increases must be stabilized at two degrees C above the pre-industrial level of the late 18th century to avert major climate turmoil. At present, we are inching up to a one degree increase and because of carbon dioxide volumes already in the

atmosphere, we cannot escape another one degree rise.

We are on track then for a two degree increase in global temperatures in the next few decades—it is unstoppable. At two degrees, the planet will experience severe climate destabilization but a four degree rise could be catastrophic. If, as the IEA—hardly a left-wing organization—suggests, we are headed for a six degree increase in average temperatures across the planet by 2100, it is probably game over for the human species.

In a recent interview with Bill Moyers, Anthony Leiserowitz, Director of the Yale Project on Climate Change Communication, related increases in our body temperatures to global warming. If your temperature rises one degree, you feel a bit off colour; at two degrees, you are feeling sick and will likely book off work. At three degrees, you are seriously ill, and when your body temperature rises by four to five degrees, you are slipping into a coma. At six degrees above normal, you are probably brain dead.

No wonder climate scientists are panicking about the health of the planet. But individuals around the world seem strangely unconcerned. Why do so many of us bask in denial, comfortably sitting in a pot like a frog as the water heats up, gradually boiling us to death, while we are blissfully unaware of the unfolding crisis. And who really cares about the tadpoles?

Fossil fuels are the climate curse. Despite the predictions, they are not running out. Coal reserves, oil and gas fracking, ocean mining of methane hydrates and tar sands extraction will ensure that we will cook the planet long before we exhaust them. The uncontrollable feedbacks resulting from global warming, such as the release of methane from the thawing Arctic permafrost, will intensify the rapid heating of the earth and exacerbate climate change.

We have no choice but to leave most of the remaining fossil reserves in the ground—to continue to burn them irresponsibly will destroy the planet. We freed the carbon genie from deep below by extracting and squandering oil and coal to satisfy our craving for cheap energy. It is impossible now to stuff the genie back in the bottle by pumping carbon dioxide underground.

The overriding question facing us is whether we have the self-discipline to

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curb our addiction to fossil energy or whether we expect the government to regulate our appetites. "Government action" on climate change is a cruel oxymoron. Governments are aware that although we profess in public opinion polls to be concerned about global warming, Canadians do not support proactive policies to protect nature if there is a financial cost attached. Government inaction is largely our fault. As George Monbiot wrote in a *Guardian* column last year, "Governments care only as much as their citizens force them to care. Nothing changes unless we change."

In an article entitled "Mortal Hazard" in *The Walrus* (April, 2013), Bryne Purchase of Queen's University argues that both public and private institutions in our culture are not designed for taking precautionary and preemptive action on potentially dangerous problems. Decisions are usually made with short-term gains in mind – winning elections for governments and profits for corporations – while the longer term costs and risks are passed on to future generations.

Governments are reluctant to slow economic growth—no matter how environmentally destructive it is—for fear of alienating voters at election time. Instead, the electorate is baited with promises and benefits, such as lower taxes while "the tough choices are punted into the future" in Professor Purchase's words. Only in the face of a major disaster can we expect decisive government action . . . and then it will be too late to avert climate chaos.

On the international scene, many democratic governments refuse to take a stand and honour their Copenhagen pledges to reduce ghg emissions because of negative domestic voter reaction. And authoritarian governments, often petro-states, will not act for reasons of self-interest. Canada—a democracy and a petro-state—won't come close to meeting its commitment by 2020 because of both voter reaction and national self-interest. The prospects for change from below are equally bleak because, as the ever perceptive Monbiot puts it: No society in the history of

NEW EDINBURGH NEWS

civilization has ever rioted for austerity.

While it is understandable that our government does not have the courage to act decisively on environmental issues, it is inconceivable that they would ally themselves with the fossil fuel industry—"a reckless, rogue industry" in the words of Bill McKibben. Sending servile politicians and diplomats south to the U.S. to peddle pipelines carrying toxic tar is both immoral and suicidal. Tanker trains exploding in the night, pipelines rupturing, underground bitumen blowouts and undersea oil eruptions—when do we muster the courage to stand up and yell: Stop the madness!

Perhaps we should turn to Pete Seeger's memorable anti-war lament, *Where have all the flowers gone?* for inspiration to fortify ourselves for the struggle against the fossil forces—and the fossilized values—that are waging war on Mother Earth. The haunting climax of Seeger's song must be our wake-up call:

When will we ever learn,
When will we ever learn?

Rockcliffe Park 52nd Annual Book Fair There's No Place Like Home

November 1 - 3, 2013

By Joni Hamlin

If you haven't yet heard of the Rockcliffe Park Book Fair let me give you a bit of background. It is a used book sale like no other, one of the biggest in Ontario. Book Fair was started in 1961 with two main goals; to promote the love of reading in children and to raise money for the school. While Book Fair has changed and grown over the past 52 years, its goals have always remained the same.

The theme for this year's Fair is one dear to our hearts. Who hasn't wished they could walk down the yellow brick road and find somewhere over the rainbow where dreams really do come true? There really is no place like home.

If you haven't visited Book Fair in years this is an opportunity for us to welcome you home again. Book Fair is more than just a charming tradition; it promotes a true sense of community. Countless volunteers donate more than 3,500 hours of their time—some working year round collecting and sorting donated books. Everyone motivated by the same objective, to support literacy programs in our schools. In addition to Rockcliffe Park Public



Photo: Seanna Kreager

"There's no place like home." Dorothy, in the *Wizard of Oz*, 1939.

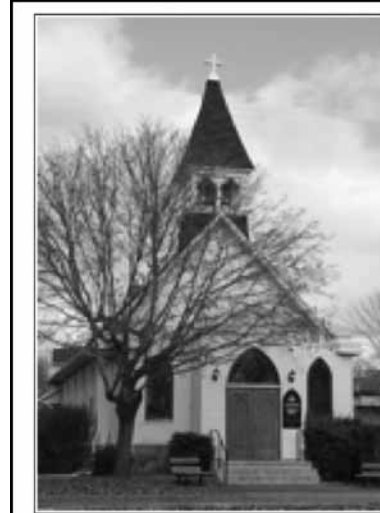
School, Book Fair offers grants to other area schools.

Book Fair gives you the opportunity to take a break from your hectic schedule and get lost in the volumes of books. There truly is something for everyone. Thousands upon thousands of used books at incredible prices—adult and children's books, fiction and non-fiction, all sorted into categories for easier selection. It's a great place to find titles that have been long out of print, to pick up current bestsellers that have only been read once, or to find copies of the classics. Not to mention, used DVDs, CDs and games.

On this, Rockcliffe Park

Book Fair's 52nd anniversary, we invite you all to put down your e-readers, your tablets and crack open a book. Discover a treasure hidden amongst the shelves. Enjoy the weight of the book in your hands, the feel of the paper, the sound of the pages turning quietly. Join us not just for the love of reading, but for the love of books.

Book Fair opens Friday, November 1, at 10 am and runs through to Sunday, November 3, in Queen Juliana Hall, Rockcliffe Park Public School's gymnasium (350 Buena Vista Rd., Ottawa). For more information, visit www.rockcliffebookfair.com.



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Travel Tales from the Burgh

This edition of Travel Tales recounts some of the highlights of Jenni Barbarie's trip to Greece in August – an unusual choice for the time of year, perhaps, but read on. It sounds delightful! I'm always on the lookout for new ideas for the column so please get in touch. It doesn't have to be exotic, just an experience that you enjoyed and would like to share with friends and neighbours in our community. Please contact me with your suggestion, and we can work together to get your travels into print.

Vicki Metcalfe

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Travels in Greece

By Jenni Barbarie

Greece had never been high on my list of places to visit, but my brother has been fascinated by Minoan culture since his youth, so we planned to spend ten days in Crete. But first a quick visit to the small island of Santorini, where a fire in the power station robbed the entire island of electricity the day we arrived. So while we were admiring the white-washed houses perched high above the Aegean with the incredible view of the extinct volcano, we were keenly aware of the fragility of our way of life.

We could not withdraw cash from bank machines, use credit cards, find an open restaurant in the tiny hamlet where we were staying, shower, flush... or use WiFi! Nor could we follow the advice to avoid uncooked food. But we discovered the

legendary Greek hospitality when neighbours cooked us a tasty pasta using their camping stove. Both were history teachers and spoke about Greece's ancient civilization as if it were recent history.

And of course, the lack of light pollution allowed us to enjoy spectacular stars and a meteor shower. While on Santorini, we drove to the monastery on the highest mountain for an amazing view, and visited Akrotiri, the site of an ancient Minoan city. We almost missed the ferry to leave the island as the road to the port was blocked by three huge trucks carrying much-needed generators and attempting to navigate seven hairpin turns up the huge cliff.

The ferry from Athens had taken seven hours, but the ferry from Santorini to Crete was a mere two

Jennifer Barbarie at Heraklion Waterfront.

and half hours. On arrival in Heraklion, we enjoyed a wonderful meal overlooking the Venetian fortress that dominates the port. The next day we drove to our villa on Kastelli Bay, rented on Vacation Rentals by Owner (vrbo.com), and were delighted that it lived up to the rave reviews on the website. The ocean was lapping only a few feet from the foot of our terrace; it was bliss to fall asleep to the sounds of the sea.

The village of Nopegia on Kastelli Bay has barely been developed: two seafood tavernas, a dépanneur,

and a handful of bungalows surrounded by stretches of uninhabited beachfront. After dinner our first night—the fish having been caught that morning by the owner's son—we moved to the second taverna, where three musicians played traditional Cretan music on balalaika, lute and acoustic guitar. A troupe of costumed dancers performed, and then gently invited us to join in. One of us did.

On Crete, we explored the elegant Venetian harbourfront in Chania; took a half-day boat trip to Gramvousa Island, and then to the crystal clear lagoon at Bala Beach; spent a day in the charming seaside town of Agios Nikolaos; and explored the rugged, isolated ruins of the Dorian city of Lato (8th C BC).

Saving the best for last, we visited the impressive archeological museum in Heraklion and then drove up into the hills to Knossos to view the site where many of the treasures had been excavated. We arrived at six in the evening when the light was beautiful, the temperature comfortable, and only a handful of tourists remained.

The overnight ferry from Crete was surprisingly comfortable, getting us into the ancient Athenian port of Pireaus at 6:30 am. Later in

the day, we climbed to the Parthenon, first visiting the impressive new Museum of the Akropolis to view sections of the magnificent frieze. Walking is the best way to explore the historical heart of Athens and the vibrant neighborhoods of Plaka and Psiri, after which it is possible to pamper your tired feet at the Doctor Fish Foot Therapy Spa where tiny fish perform pedicure services.

A travel tip: Allow sufficient time to see the amazing Archeological Museum in Athens, where superlatives do not do justice to the contents. It was a thrill to see the frescoes from Akrotiri, but for me the bronze sculptures were the highlight. The life-sized Jockey of Artemision (150 BC) was itself worth the price of admission.

Readers may wonder why one would leave Ottawa in August—and miss Lumière!—but if your holidays have to be taken in the summer months, Greece is a marvelous destination. In August, the constant breeze makes it comfortable, the water is crystal clear, the Greeks are friendly, and of course the echoes of ancient civilizations inspire the imagination. Just be sure to book the more comfortable “air seats” on the ferry from Athens to Santorini.



Photo: by Timothy Spain

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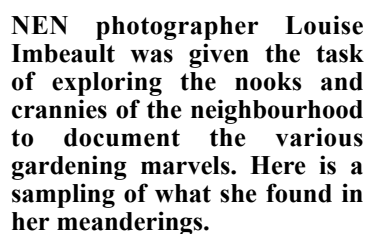


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Master of Light ~ PAUL SCHIBLI

By Louise Imbeault

We Canadians anticipate feverishly the arrival of summer! And what better way to welcome our “scooped” guest than by taking advantage of the Beechwood Village’s SOLSTICE STROLL held last June 21.

Imagine a street party the length of Beechwood Street from Crichton to Marier Streets; where balloons, lights, musicians, live bands, art, artists and artisans, food and drink, gratuitous samplers and tasters from many participating businesses and numerous sponsors overflowed. The atmosphere was electrifying.

Paul Schibli was participating in the *Solstice Stroll* as an exhibitor located under a white tent on the Saint-Charles church grounds. From afar, I was attracted by the colour and reflections emanating from that side of the street. He had a prime location for the sunset to highlight his artwork. The closer I got, the more excited I became; was I seeing a photography exhibit?

I quickly crossed the street and made my way toward the tent: “yes”, I thought to myself, “a local photographer to meet and greet!” While I was standing on the sidewalk, 10 feet from his display, I said to Mr. Schibli: “Wow, you have an awesome collection of photographs.” He laughed and said: “Please, come closer.” As I did, I was stunned, with each step closer the brush strokes on the canvas started to appear. They weren’t photos at all, they were OIL PAINTINGS.

Incredibly well executed images; the precise touch of light, the richness of the tones, the play of shadows, well it literally took my breath away. I stood incredulous in front of his work and said: “You Sir, are a Master of Light” adding, “would you please grant me an interview that I may share your vision with the community?” And the rest is HIS-tory.

Born and raised in Montreal, Paul studied his craft for many years and in the early seventies he landed his first big break as an animator’s assistant. It didn’t take long for Paul’s talent to shine and be recognized

by his peers. In great demand, his animation attracted many offers, one of which he accepted and relocated to England.

Soon then, another offer came from Australia’s **Hanna-Barbera Productions**. This is where he met his lovely wife Anne. Later, Mr. Schibli co-directed a Canadian cartoon series made for television called *The Raccoons* and in the 80s he wrote, illustrated and published a children’s book (ages 3-6) entitled *Monsters Don’t Count (An introduction to counting and mastering the fear of the dark)*.

In 1974, Paul and Anne where married in Montreal where they started a family; they are the proud parents of three daughters. For the past 24 years, the Schibli’s have resided just outside Ottawa in the village of Russell. So what’s the link to the community, you ask? Well, Paul is a frequent visitor to the Burgh, where he comes to play and learn as he hones his talent expanding his already impressive portfolio.

He regularly takes part in art classes at **NECTAR** when he’s not out and about exhibiting his paintings or teaching classes himself in Russell. This fall, Paul embarks on a new artistic path. He’ll be trying his hand at *Life Drawing*, exploring new subject matter such as faces, portraits and people in general.

His lifelong attraction to



landscapes and flora is well documented in Mr. Schibli’s **PEONIES** and **WATER REFLECTIONS** original series displayed at the *Canvas Gallery* in Toronto (www.canvasgallery.ca).

Paul’s exhibit at the **Cube Gallery** on Wellington Street W. in spring 2014 will feature New Edinburgh’s charming alleys and laneways. www.cubegallery.ca. Before then, why not take a moment to visit Paul at the **ART EXPO** on October 25 and 26 at St-Elias Church? www.ottawaartexpo.com

Mr. Schibli’s creations take shape in his winterized stu-

dio—a converted two-car garage, where, from start to finish he cleverly makes his own canvas and builds frames for his paintings by hand. As we concluded our chat I asked him a final question: “If you could share with our readers a pearl of wisdom, what would that be?” His eyes sparkled of blue in the sunlight though the café window and glancing over his metal rimmed glasses he quotes: “**Without a vision, the people perish**” (Proverbs 29:18) and that, dear readers, sums it all up.

This profile is dedicated to struggling artists, artisans in all disciplines.

A Little Bit of History of the Burgh

By Thomas W. Carkner

No history of New Edinburgh would be complete without the inclusion of the history of the large German immigrant population that settled in the community from its early beginnings. The two Lutheran churches, St. John’s on Crichton Street and St. Luke’s on MacKay Street are monuments to the large German population that resided there from the 1870s. Both churches conducted services in the German language and operated their own primary schools well into the 20th century.

The reason the German immigrants chose to settle in New Edinburgh was that in the early days the village was still very rural and therefore a relatively inexpensive place to live. Because of its rural nature the thrifty Germans were able to raise some of their own food by maintaining gardens and raising animals for their own consumption. Many kept a cow for fresh milk. They also kept pigs, geese and chickens and it was not unusual in those early times to see these creatures wandering at will through the village streets. This kept household costs down as most

of these immigrants were simple agricultural labourers in the old country and the majority were only qualified for labouring jobs when they arrived in Ottawa, so incomes were low. The young daughters were often required to seek work as domestics to help supplement the family income.

In those days, Ottawa was attempting to shed its image as a lumber town and turn itself into a capital city. Infrastructure upgrades such as sewer and water systems and roadway improvements were underway. A common form of employment for immigrants in the early days was that of a stone breaker for the city. The city hired men to crush the stone by hand to macadamize the city streets. Many others worked digging trenches for the water and sewer systems. Still others worked as brick makers. This job was done by hand in the earliest times. Work began at 7 am and concluded at 6 pm. Living on what was then the outskirts of the city meant rising very early in the morning, as they frequently had to walk great distances to get to work. It was a long day. Such was the lot of the new

immigrant. Although life was a struggle, it was not nearly as harsh as it had been in the old country.

Many of the small frame homes located in the Burgh were built of lumber milled in the local saw mills and built by the immigrants themselves. It wasn’t long before most of these industrious people owned their own homes. Their frugality allowed them to pay for their homes quite quickly. A number of these small frame homes can still be found in the village.

Until the present time, it was nearly impossible to find much about the history of these people. An immigrant struggling to survive in a new land has neither the strength nor the will to sit down and put their story to paper.

A new history of these people is now available that has been twenty years in the making. The very difficult task of resurrecting the past and bringing it back to life is now complete. A book called *Ottawa Germania - A History of the 19th Century Immigration and Settlement of Ottawa’s German Community* is now available. Interested readers can learn more about it by visiting the web site, ottawa-germania.ca

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Update from the Beechwood Village Alliance



By Tobi Nussbaum and Dale Smith

The last few months have seen welcome activity on Beechwood. On the evening of June 21, Beechwood came alive with musicians, dancers, artists, spoken-word poets, chalk-drawers, book readers and most importantly, hundreds and hundreds of strollers on both sides of the street. To celebrate the solstice and bring people together, the Beechwood Village Alliance, in partnership with the NECTAR Centre, organized the first annual **Beechwood Solstice Stroll**. It was an opportunity to bump into neighbours, enjoy our local cultural and gastronomic delights, and strengthen our resolve to make Beechwood better so that such evenings become the rule as opposed to the exception.

On the development side, it has also been a busy few months. The Catholic Archdiocese was preparing to put recently deconsecrated St. Charles Church up for sale this summer when an application was submitted to designate the church building as a heritage property. The archdiocese decided to hold off on the sale pending a decision by City Council on the application, which is expected this fall. Just across the street, Desjardins has put the Caisse Populaire property up for sale. Both of these sales offer the opportunity for interesting development and the potential to contribute to Beechwood's nascent renaissance, so long as the principles of good main street development are respected.

The Beechwood Village Alliance has other plans afoot. Work continues through the political action working group to reach out to property owners of vacant properties to encourage appropriate development or sale. This outreach has included contact with the Pakistani High Commission, the owner of the long-time vacant lot at Beechwood and Joliet. A separate report from working group Chair Peter Lewis is included in this edition.

The BVA is also in the process of building up its Gateway Committee to fundraise and develop a request for proposal for the creation of an east and west gateway to Beechwood Avenue. A meeting of this

group will take place in mid-October at 79 MacKay Street. Contact Dale Smith (dale@dalesmithgallery.com), with any questions or if you would like to get involved. The BVA is also planning another large community meeting later in the fall to establish its priorities and working groups for the upcoming year. Stay tuned for details.

Who does what on Beechwood?

Beechwood has long been a border—even before amalgamation the three separate cities of Vanier, Ottawa and Rockcliffe Park each claimed a piece of the avenue. And since amalgamation, Beechwood is bordered by two wards—12 and 13. And while the lack of clear governance over the entirety of the street may have contributed to its neglect, recent events provide assurance that those gaps are being addressed. But with that success, comes some understandable confusion. Who is responsible for what on Beechwood?

Community Associations

There are active community associations for each neighbourhood that borders Beechwood (and its eastern extension, Hemlock Avenue): Vanier, New Edinburgh, Lindenlea, Rockcliffe Park and Manor Park. These community associations are the officially-recognized interlocutors for development applications that occur within their communities. Vanier on the south side, and New Edinburgh, Lindenlea, Rockcliffe Park and Manor Park, on the north side, each play important roles through their community associations in providing feedback, suggestions, and official input to their City Councillors and city staff on development applications and other processes that occur on their "sections" of the street.

Beechwood Village Alliance

Formed in 2012 to address the governance gap, the Beechwood Village Alliance is a sort of informal "friends of" group made up of citizens of Vanier, New Edinburgh, Lindenlea, Rockcliffe Park and Manor Park, with the goal of working together to make Beechwood better—a thriving place that builds community, provides services, and contributes to a more sustainable and attractive Ottawa. It has two main objectives: promoting Beechwood as a place to build community spirit and cohesion, and making Beechwood

a more attractive, walkable and inspiring Main Street. The BVA works closely with the community associations and other stakeholders to ensure cohesion and coherence of efforts.

Quartier Vanier Merchants Association (QVMA)

As of January 2013, the local business improvement asso-

ciation now includes the businesses on the north side of Beechwood. The stated mandate of the group is to "ensure our historic downtown commercial district is attractive, has a variety of services and products, and continues to improve economic development for our existing and new merchants." With the addition

of the north-side business owners, watch for more attention by the QVMA to Beechwood's current and future state.

Political Representation

Beechwood borders Ward 12 on the south side (represented by **Mathieu Fleury**) and Ward 13 on the north side (represented by **Peter Clark**). Each councillor has political responsibility for their "side" of the street.

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Macoun Marsh Project Marks 10th Anniversary

By Michael Leveillé

Head of the Macoun Marsh Sub-Committee under The Beechwood Cemetery Foundation, Science teacher at St-Laurent Academy Elementary and Junior High School.

Here we are in 2013, two years into the United Nations International Decade for Biodiversity. Over the past 10 years, the Macoun Marsh project has received provincial, national, and international attention. After a decade of experiences, here are some of my reflections.

Macoun Marsh is showing me what biologists have been discovering through the disciplines of evolution, ecology and genetics. We are connected to all of the earth's ecosystems; all life functions together like a giant organism, interconnected at every level, through the very raw materials of our composition. The sun is the source of all life, powered by simple hydrogen turning into helium. This flow of energy is all around us. The ocean of air we breathe fuels our cells, strengthens our beating hearts, and builds awareness in our minds. The water we drink becomes an oasis within us. Soil is rich in the nutrients we require and borrow. These elements are eventually given back for other species to use. The whole process is planetary in scale and can seem overwhelming at times. The Macoun Marsh is a microcosm of this larger system.

Our biological heritage is under threat. Dr. Ahmed Djoghla, former Executive Director of the Convention on Biological Diversity, is quoted as saying, "We are experiencing the greatest wave of extinctions since the disappearance of the dinosaurs. Extinction rates are rising by a factor of up to 1,000 above natural rates. Every hour, three species disappear. Every day, up to 150 species are lost. Every year, between 18,000 and 55,000 species become extinct."

World conservation strategies are not yet working. With human populations also going up what is the solution? We are consumers. We have created a global society that is not sustainable with our finite resources. Those who have do not want to give anything up, and those who do not have, want more. There is only one really positive solution for the long-term good of all life. Education, education, and more education! Education of teachers to learn what the conservation issues really are. Education of students of all ages to determine what needs to be done for a better tomorrow for all life on Earth. Both the United Nations Environmental Program and Environment Canada have used the Macoun Marsh Project as an education success story. We are very proud of this fact.

In 2009, our team hosted an international gathering of youth, working on similar biodiversity grass-roots projects.

Working with the Convention on Biological Diversity, we had 100 delegates from seven different countries attend, and we have now developed an **International Accord on Biodiversity** that has been

successfully collaborated with the Beechwood Cemetery Foundation to have the Macoun Marsh declared an environmentally sensitive area, and in the decade since then, successive generations of stu-



drafted by an even wider caucus of international youth. By the end of December 2010, there were over 5,000 signatures from 83 countries, and the Accord was translated into 25 languages!

Recently, on May 15, St-Laurent Academy celebrated the project's successes with David Coates, Environmental Affairs Officer for Inland Waters with the Convention on Biodiversity. Nicole Bedard, Development Coordinator for the Beechwood Cemetery Foundation, joined us as we viewed a decade of images. A large cake concluded the festivities.

So what is next? How do we move forward from here? Education continues to be our priority. Knowledge is power and the marsh life found here is our biological kin. It takes a community to build a project like this. We must all be stewards of our nature. We are very thankful to The Beechwood Cemetery Foundation and St-Laurent Academy Elementary and Junior High for their continued support.

Editor's Note: Michael Leveillé is the unsung hero and moving spirit behind the Macoun Marsh Biodiversity Project, an award-winning research and educational initiative which he pioneered a decade ago, and which has since blossomed on to an international scale following the creation of Biodiversity Matters, an organization devoted to the promotion of biodiversity-related initiatives around the world.

When the project was first launched in 2003, Mr. Leveillé and his students suc-

cessfully collaborated with the Beechwood Cemetery Foundation to have the Macoun Marsh declared an environmentally sensitive area, and in the decade since then, successive generations of students have worked under his leadership and inspiration to preserve this unique inner city wetland, and to identify and record over 1350 local plant and animal species at the Marsh. The Beechwood Cemetery Foundation has remained a strong supporter of the project throughout its first decade.

The students subsequently donated their winnings towards the costs of construction of the Macoun Marsh Outdoor Classroom, a unique educational facility built of western red cedar and featuring book platforms, seating, an observation lookout and bird feeders that attract a multitude of native species. The classroom and the environmental area at the Marsh are now used as a study site by students from schools throughout Ottawa.

Mr. Leveillé's imagination and initiative in spearheading the Macoun Marsh Project and its global offshoot, Biodiversity Matters, combined with his strong, personal commitment to the preservation of biodiversity and to the ongoing education of young people in their responsibilities as stewards of





the Marsh. The Beechwood Cemetery Foundation has remained a strong supporter of the project throughout its first decade.

In recent years, Mr. Leveillé's students have participated in numerous international conferences on biodiversity, and

the environment, have made a contribution of lasting value to our community, and we are profoundly grateful for his outstanding work. We encourage readers to learn more about the Marsh Project and Biodiversity Matters at www.biodiversitymatters.org

www.stbartsottawa.ca/events

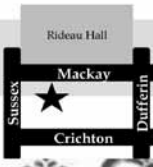
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News from the House

Issue #9

October 1, 2013



There's never a dull moment at the New Edinburgh Community and Arts (NECTAR) Centre, and this should come as no surprise in the midst of a community as lively and energetic as ours! Throughout the fall, our Centre is busy around the clock with activities for every age, ability and interest. Our Bridge Club meets on Monday afternoons; for the younger set, our Playgroup meets on Monday and Friday mornings; on Tuesday mornings you'll find Seniors' gatherings, followed by dance classes on Tuesday evenings; and then there are Drama classes run by Mi Casa theatre; Music instruction and ensembles; daily fitness classes; Irish Dancing and a busy After School Program each

school day afternoon—just to name a few of the events and activities that keep our NECTAR Centre facilities humming!

All this and there's more to come in the weeks ahead! Check out our website (www.nectarcentre.ca) for details on the **October 25 Family Movie Night**, the **Artist in Residence Final Presentation on November 30**; and the **Ottawa School of Art's Year End Show**, with an **Opening Vernissage on October 11**. The vernissage features the work of 2013 graduating students, a live DJ and cash bar. Looking for a night out—leave the car at home, join your neighbours and drop in at the NECTAR Centre!

Lumière celebrates its 10th Anniversary!

As promised, the 2013 Evening of Light was a magical and exciting spectacle of captivating visual art installations where members of the public engaged directly with local artists and performers to take part in the creative process through lantern making, costume wear-

ing and other forms of direct participation.

The Evening of Light for the past 10 years has become a popular draw for families, area residents and visitors of all ages, interests, cultures and backgrounds. The Festival is about more than engaging in an

aesthetic experience – for all of its participants, young and old, it is about experiencing and reconnecting with the creativity within.

Thank you for joining us and we look forward to another year of magic and creativity!

Lumière Photo Essay

Prepared by **Suzannah Ward**, Photographs: **John Arnold**.



Fire and Flamenco - (Georgia Pettit) heating up the stage.



Gillian Kirkland and her accordion!



Looking for a meteor shower.



**Thank you / Merci
to all our Lumière
Volunteers!**



Fire eating!



A Letter of Appreciation from a Visitor to the Festival

A very special moment came just as dusk fell on the park; the children were effervescent in their joy and participation in a truly wonderful celebration. I had originally come to watch my niece play and perform at your Lumière Festival. I unfortunately had never heard of this festival. Maybe it is my aging years and longing for parenthood past, but I was mesmer-

ized by this event. It was so absolutely wonderful to see all the families dressed up in celebratory fantasy costumes. There were many endearing moments and a sense of great community spirit. I might even say, it shows me that there might just yet be a hope for humanity. A real sense of wonderment came during one of the songs when my niece was

playing just after the sunset, and the children and parents were participating in the song (by) dancing in the circle performer area. The parents and children adorned with all sorts of little lights were quite a joy to behold. You have my sincerest appreciation for this wonderful idea and night.

Regards,
Dave. R. Paquette



Mashin' it up with Mike and the Potato Mashers!



Lantern-making tent abuzz with festival-goers.



Maccie Paquette belting out a tune and electrifying the audience with her silky smooth voice.

Randall's Paints Gives Major Boost to Facelift of Memorial Hall

Thanks to an extraordinarily generous donation of top quality C2 LoVo paint by **Randall's Paints**, combined with the herculean labour of a team of volunteers led by **Alex MacDonald** and **Martin Clary**, the NECTAR Centre was able to launch its fall programming season in a freshly painted, bright, clean and altogether miraculously transformed Memorial Hall. The Hall, which has long been a popular venue for community activities and events, has truly been given a new lease on life, and if you haven't yet dropped by or joined a program, we urge you to do so—you'll be amazed and delighted!

Randall's Paints, a leading paint supplier in the Ottawa area, has been a longtime supporter of projects in our community, and when the former CCCC (the precursor of the NECTAR Centre) was still located in its original home on the second floor of 200 Crichton Street, Randall's provided a generous donation of paint for a major redecoration of the Dufferin Room and the second floor corridor.

This summer, a NECTAR Centre facelift was once again on the agenda when **Alex MacDonald** and **Martin Clary** made the decision to move a substantial portion of their programs to the Centre's programming facility in Memorial Hall. And once again, Randall's came to the rescue with the donation of two dozen gallons of top quality, environmentally friendly C2 LoVo (low VOC) paint for the project—a donation that not only made the project financially manageable, but also proved critical in the recruitment of the volunteer team who carried out the work.

Low VOC (Volatile Organic Compound) technology is designed to reduce to a minimum the emission of ground level ozone contaminants from paints, and for people with environmental sensitivities, as well as children and the elderly, it has significant health benefits. Once assured that they would be working with Randall's easy to use, non-noxious paint that would be free of the hazards of headaches, dizziness and nausea, Alex and Martin's volunteer team rallied to the cause and put in a remarkable 300 volunteer hours completing the transformation that we're all able to enjoy this fall.

The NECTAR Centre Board and staff, along with all its instructors and program participants in the community, are extremely grateful to Randall's for its critical role in helping to make one of our principal gathering places a bright, beautiful and healthy environment for us all.

Special thanks to **Martin** and **Alex** and their hard-working team of volunteers who put their shoulders to the wheel, and cleaned, painted and beautified Memorial Hall: **Jean-Robert Brisson, Melissa Brisson, Sylvain Abran, Laurie Kirkwood, Jackie Snyder, Doug Anderson, Isobel Wheatcroft, Carole Chenier, Margaret Shisko, John Morris, Kate & David Preston, Louise Giguère, Michael Brock, Marilyn Best, Jen and Cary Seipp** and of course, our own indefatigable **Joseph Cull**. Their labours are much appreciated by us all, and will continue to be admired and enjoyed in the weeks and months to come as NECTAR's programming year unfolds.

According to **Gordon Peters**, the MacKay United Church community is every bit as delighted by transformation of Memorial Hall as the NECTAR Centre: "Many longtime members of MacKay United Church have dreamed for years that we could give the Memorial Hall a fresh new look, but the cost of hiring professional painters was prohibitive. When NECTAR approached us with the idea of organizing volunteers to do the job, we were ecstatic. This has been a wonderful example of what can be achieved by two community-oriented organizations working together. Come and have a look—the Hall looks terrific!"

The good news story of

Memorial Hall this fall is, of course, only partly about its spanking clean "new look", welcome though that is. Of equal importance is the infusion of new life and activity into the Hall, and the Centre itself, resulting largely from the return of **Alex** and **Martin**, along with many of the instructors with whom they had been working at the former Studio A Fitness (including our beloved NECTAR Board member **Joseph Cull**, whose Fab and Fit class is not to be missed).

As most readers know, Alex is a legend in our community, and in the course of more than two decades, she has acquired a tenaciously loyal following for her signature **Dance Fit** and **Stretch and Strength** classes, a following which would go to almost any lengths to ensure that these programs could remain a regular part of their lives.

For the NECTAR Centre, the arrival of Alex and her cohorts could not have come at a more opportune time, as the Centre positions itself to achieve a new level of financial viability through greatly increased programming, rentals, and the long-delayed introduction of a lively After School Care Program. As their friends and colleagues know well, Alex and Martin are consummate stewards of the facilities in which they work, meticulous in the standards they set and keep, and endlessly resourceful in the improvements they are able to bring to those facilities—just look around the new and improved Memorial Hall! The Centre is grateful for their presence and looks forward to an ongoing collaboration with them to achieve the highest possible standards of excellence in community programming.



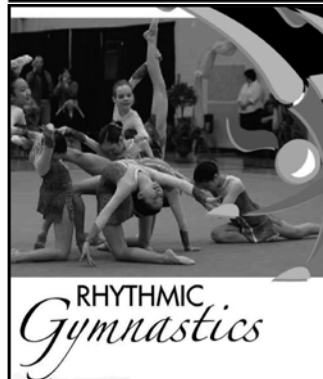
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A Tribute to the Volunteers

“Through the extraordinary generosity of some community-minded volunteers, over the course of the last few weeks, Memorial Hall has had a ‘Paint Lift.’ I know these are controversial and can take months for proper healing; ours took less than two weeks and the Patient has recovered beautifully!

“All joking aside, MacKay United Church, the NECTAR Centre and a group of volunteers coordinated by Alex MacDonald and Martin Clary, have given renewed life to Memorial Hall. This beautiful space has been home to so many neighbourhood gatherings and community-minded services that it was a sheer joy to be part of its renewal.

“What makes our community vibrant and our neighbourhood strong is us coming together, supporting what we have and engaging in all the services available to us to make for a healthier and colourful hood.”

Joseph Cull
NECTAR BOARD Member 2013

2013 FALL SCHEDULE – ADULT FITNESS AND YOGA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qigong 9:00-10:00 am New Edinburgh House	Private Rental	Private Rental				Disco Fit 9:00-10:00 am Memorial Hall
	Dance Fit Class is FULL		Dance Fit Class is FULL	Stretch & Strength 9:30 – 10:30 am Memorial Hall	Fabulous & Fit 9:30-10:30 am Memorial Hall	Stretch & Strength 10:00-11:00 am Memorial Hall
	Somatics 10:30-11:30 am Memorial Hall			Iyengar Yoga (Level 1) 9:00-10:30 am	Somatics 10:45 -11:45 am Memorial Hall	
				FitMom & Baby 11:00-12:00 pm Memorial Hall/Rockcliffe Park		
	Core Challenge 6:00 – 7:00 pm Memorial Hall	Iyengar Yoga (all levels) 6:30 – 8:00 pm New Edinburgh House	Disco Fit 6:00-7:00 pm Memorial Hall			
	Stretch & Strength 7:00-8:00 pm Memorial Hall	Irish Dance 6:00 – 9:00pm Memorial Hall	Raja Yoga 6:30-7:30 pm New Edinburgh House	Stretch & Strength 6:00 – 7:00 pm Memorial Hall		
	FitWoman Bootcamp 8:00-9:00 pm Memorial Hall/Rockcliffe Park		Core Express: Abs, Back & Butt 7:00-8:00 pm Memorial Hall	Yoga Fit 7:00-8:00 pm New Edinburgh House		



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It’s Never Too Late! Register Now for Programs

Registration for NECTAR’s fall programming is still ongoing for many of our programs, so if you were caught up in the back-to-school frenzy in September and missed the first round of registration, it’s not too late to join the fun! Above is our weekly fitness class schedule. There are still lots of appealing options from which to choose, so drop in to the Centre or call us at **613-745-2742**.

After School Program

Registration for the NECTAR Centre’s After School Program is **STILL OPEN** so don’t miss the chance to get first rate care for your offspring right here in your own neighbourhood! The program takes place in the bright, clean and newly-redecorated Memorial Hall and runs every afternoon during the school/work week. Qualified ECE teachers and De La Salle students are on hand to help young ones learn and develop French literacy skills through interaction with others and arts programming. Activities include outdoor play, music, arts, drama, crafts, free play, snacks and homework assistance, just to name a few. Parents seeking more information can contact **Sue Hall** at the NECTAR Centre directly at **613-745-2745** or suehall@nectarcentre.ca. The program is competitively priced (\$300 per month) and offers optional March Break and PD Day coverage. The program runs from **3:15 - 5:45 pm Monday to Friday**.

Virginia’s World Was Shrinking



Now she has so much to look forward to

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The Lumière Feast: Local Restaurants Host Fundraiser for Lumière Festival

On Wednesday, September 11, three of our local restaurants participated in the first ever **Lumière Feast**, hosting a special evening of fine food and

New Edinburgh Pub, and **Dave Waltham of Cat's Fish & Chips**, and to the chefs, the serving staff and the guests who made this evening such a



entertainment in support of the NECTAR Centre's signature Lumière Festival. The **New Edinburgh Pub**, **El Meson** and **Cats Fish & Chips** offered up tempting menus and musical entertainment for a night of frivolity, fun and feasting, donating half of the proceeds from the evening to support

fabulous night.

Popular though it is with individuals and families throughout the region, the Lumière Festival could not take place or be a successful event without the support of other local groups and businesses. This inaugural Lumière Feast, along with the donations collected



the Centre's work in bringing this unique artistic and family event to Stanley Park each summer. Special thanks goes to **André Cloutier** of **El Meson**, **Paul Williams** of the

on the evening of Lumière's Celebration of Light, will give a boost to the Centre's capacity to produce the festival in the years to come.

NECTAR Centre Board of Directors

Like its predecessor organization, the Crichton Cultural Community Centre (CCCC), the NECTAR Centre depends heavily on the ideas, energy and dedication of its volunteer Board of Directors in all aspects of its work in serving our community. At our Annual General Meeting last June, a new Board was elected consisting of a healthy mixture of existing and new members. Here is our fine roster of talent for the coming year:

New Members:
Gary Firth
Annie Lefebvre
Julie LaPalme
Cindy Ryley

Returning Members:
Jenni Barbiee
Isobel Bisby
Joseph Cull
Sean Flynn
David Horley
John Jarrett
Bethann Robin
Paula Thompson

Recently retired from the Board, but still very much engaged in the life of the Centre as Advisors in their respective areas of interest and expertise, are **Carol West**, **Ellen Goodman**, **Colin Goodfellow**, **Johan Rudnick**, and **Jane Heintzman**.

And please remember: even if you haven't the time to make a commitment as significant as joining the Board, **the NECTAR Centre has a host of opportunities available for new volunteers:** join a working committee; help out in the garden, at the reception desk, on the property maintenance team. Whatever your available time and talents, there's a place for you on the NECTAR team! Contact **613-745-2742** or drop in at New Edinburgh House.



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for the next issue of the
New Edinburgh News

→ **NOV 10** ←
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Thursday November 22nd 6:00pm - 8:00pm

St. Andrew's Dinner

Saturday November 30th 5:30pm

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ADULT ARTS & GENERAL INTEREST

Acrylic & Oil Painting

Thurs Sept 19 – Dec 5 (12wks)
1:00-3:30pm

A relaxed painting environment for those who wish to develop their artistic skills at their own pace. Open to all levels of painters, instruction is individual, although if a group wishes, skills and techniques can be addressed as a class exercise.

Instructor: Susan Ashbrook

Course Fee: \$204

Drop-in: \$20/Class

Location: New Edinburgh House

New! Bridge Basics 1

Wed Sept 18 – Nov 6 (8wks)
1:00-3:00pm

This is an introductory Bridge course. It gives the basic principles of the game and provides a well-balanced overview of bidding, play and defense.

Instructor: Carol Bell

Course Fee: \$115

Location: 255 Mackay

Bridge Basics 4: Play of the Hand

Tues Sept 17 – Nov 12 (8wks)
1:15-3:15pm

Suitable for those who have a good knowledge of Bridge. Topics include: Counting winners and losers, Finesses, Developing extra tricks, and reducing losers.

Instructor: Gordon Fazil

Course Fee: \$115

Location: 255 Mackay

Ukulele for the Almost Beginner

Mon Sept 16 – Nov 25 (10wks)
7:00-8:00pm

If you are an adult beginner who knows a few chords and strumming patterns on the ukulele, this is the course for you! For 10 weeks, will be learning to strum and finger pick our way through classic songs, from Bob Dylan to The Beatles and more!

Instructor: Garrett Barr

Course Fee: \$160

Location: 255 Mackay

New! 60-plus and going strong: Wellness 101

Tues. Oct 8 – Nov 26 (8wks)
10:00AM – 12:00PM

A **FREE** certificate course designed to promote long-term health, wellness, and fall prevention in your home. **The goal is to prolong your independence at home.** Each week, you'll learn from health care experts about a different aspect of healthy aging in a relaxed, social setting. Topics include: Flexibility, mobility and fall prevention, Medication use and management, Nutrition needs and management, Brain health, Navigating the health care system, Hearing health, Powers of Attorney and elder abuse prevention, Self-Health

Management: Action Plan Essentials.

Instructor: Jennifer May

Course Fee: **FREE!!**

Location: 255 Mackay

To Register: 613.323.3188 / jmay@bayshore.ca or call the Centre directly at 613.745.2742

ADULT FITNESS & YOGA PROGRAMS

Yoga Fit

Thurs Sept 19 – Dec 5 (12wks)
7:00 – 8:00pm

Based on hatha yoga, this practice blends balance, strength, flexibility, and power in a fitness format. The Yoga Fit style reduces injury risk and augments recovery for stress and lower back pain. Tanya Robertson delivers a practical, user-friendly style, which is accessible, understandable, and effective by individuals at any level of fitness.

Instructor: Tanya Robertson

Course Fee: \$145

Location: 255 Mackay Community Room

New! Qigong

Sun Sept 15 – Dec 15 (13wks)
9:00 – 10:00am

Qigong, means "life energy cultivation". It is practised as a set of slow movements that are aligned with breath, body awareness and visualization guiding energy through the body. Qigong is traditionally viewed as a practice to cultivate balance between body,

mind and spirit. Exercises done with mindfulness are meditation in motion.

Instructor: Maya Bobrowska

Fee: \$10 per class

Location: 255 Mackay Community Room

Contact: Maya Bobrowska at meditationflow@gmail.com

Raja Yoga

Open Classes Wed Sept 18 – Nov 6 (8wks) 6:30-7:30pm

The Open Class is an intermediate level 60-minute long class, covering: relaxation, basic postures, breathing techniques and concentration techniques. Whatever your level, you will find that the instructor has the ability to accommodate you by always including a variety of options for each posture or practice. Because there is no competition in Yoga, not even with yourself, you will learn to enjoy much more than just a healthy body and mind from the practice.

Instructor: Michael Burlacu

Course Fee: \$100

Drop-in Fee: \$15

Location: New Edinburgh House

Register: info@burlacuyoga.ca

Iyengar Yoga: All Levels & Level 1

• **All Levels:** Tue 6:30-8:00pm, Sep 10 – Oct 22 (7wks)

• **All Levels:** Tue 6:30-

8:00pm, Oct 29 – Dec 10 (7wks)

• **Level 1:** Thurs 9:00-10:30am, September 12 – October 24 (7wks)

• **Level 1:** Thurs 9:00-10:30am October 31 – December 12 (7 wks)

Practicing Iyengar yoga helps build mobility, stability and strength, both physically and mentally. A variety of asanas (postures) will be explored while paying attention to correct body alignment. Suitable for all ages (adults). You are welcome to join any time.

Instructor: Karin Holtkamp

Course Fee: \$84 for 7wks

Drop-in fee: \$14/class

Location: New Edinburgh House

Register: 613-422-8384 or daveandkarin@rogers.com


New! Somatics

Mon Sept 9 – Dec 23 (15wks, no class Oct 14)


10:30-11:30am

Fri Sept 13 – Dec 20 (15wks)
10:45-11:45am

How good can you feel? Do you suffer from headaches, painful joints or back pain? Are you recovering from an accident or surgery? Do you sit in a chair working all day and endure repetitive use injuries? Somatics is a safe and gentle way to eliminate chronic muscle pain, reduce stress and improve posture. It combines abdominal breathing with easy



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October 2013

to learn movements that teach tight muscles to soften, leaving you feeling more aligned and relaxed in your body.

Instructor: Richard Hudspith
Course Fee: \$195
Location: Memorial Hall

New! Fabulous & Fit

Fri Sept 13-Dec 20 (15wks) 9:30-10:30am

Come prepared to be rejuvenated, engage your muscles, improve your range of motion, and get your heart rate up and more importantly, have fun while you do it all in a group setting! This class is designed for active Older Adult Participants. This one hour class is about inspiration and active living. Workout gear required- running shoes, loose clothing, and belief in the power of the possible.

Instructor: Joseph Cull
Course Fee: \$195
Location: Memorial Hall

New! Stretch & Strength

Mon Sept 9 – Dec 16 (15 weeks) 7:00 – 8:00pm

Sat Sept 14 – Dec 21 (15 weeks) 10:00 – 11:00am

A neighbourhood favourite for 24 years! This unique class combines dance, yoga and movement exercises to improve strength, flexibility, balance and co-ordination. Suitable for a wide range of abilities and ages, the class consists of an extensive warm-up to get the body going, exercises to stretch and strengthen the muscles as well as challenge balance and co-ordination. The class finishes with a 10-minute relaxation period, leaving you feeling calm, centered and rejuvenated.

Instructor: Alex MacDonald
Course Fee: \$195
Location: Memorial Hall
Register: Alex MacDonald at (613) 748-0870

New! DiscoFit

Wed Sept 11 – Dec 18 (15 weeks) 6:00 – 7:00pm

Sat Sept 14 – Dec 21 (15 weeks) 9:00 – 10:00am

Boogie your way into health and have a cardio blast while you do it! Fresh from his YWCA Just Dance win for Best Disco Moves, Martin is excited to Get down, get down, get down, get down, get down tonight baby at Nectar! Join him for a cardio and strength workout that will leave you smiling and feeling: Born to be Alive!

Instructor: Martin Clary
Course Fee: \$195
Location: Memorial Hall
Register: Martin Clary at (613) 748-0870

New! Core Express: Abs Backs & Butts

Wed Sept 11 - Dec 18

7:00-8:00pm

Plus long lean thighs and toned arms! Find freedom, mobility and strength in areas that have become tight and restricted. Create positive and lasting change in your posture and wake up to a healthier more efficient body. All levels welcome for fun, functional fitness through Pilates, Yoga and Awareness through the Body based exercise. Other possible side effects: injury prevention, releasing clutter from the mind, looking great and feeling even better.

Instructor: Isobel Wheatcroft
Course Fee: \$195

Location: Memorial Hall

Register: isobelu@gmail.com

Core Challenge

Mon Sept 9-Dec 16 (no class Oct 14) 6:00-7:00pm

We know that all movements come from the core and that you're only as healthy as your spine. That's why the Core Challenge class will utilize the best movements that a Pilates class has to offer but will combine it with some of the best total body functional movements out there. Participants will lunge, squat, plank and crunch their way to a leaner stronger body. Expect to sweat!

Instructor: Stuart Maskell
Fee: \$15 Drop in Class

Location: Memorial Hall

Register: Stuart Maskell at 613-796-3476

FitWoman Bootcamp

Mon, Classes begin Sept 9 8:00-9:00pm

Join FITWOMAN Bootcamp to get fit, feel stronger, be more flexible, strengthen your core and run faster! This class is suitable for all levels of fitness, from beginner to advanced. Registration is rolling so you can begin at any time. No class on October 14, 2013

Instructor: Susan McDonald
Course Fee: \$168 +HST for 12 classes

Location: Memorial Hall

Register: www.fitmomottawa.com Questions info@fitmomottawa.com

FitMom and Baby

Thurs, Classes begin Sept 5 11:00am-12:00pm

An indoor workout designed to help you get fit, meet new moms, bond with baby and have FUN! This class is suitable for all levels of fitness, from beginner to advanced. Please bring a structured baby carrier (front carrier for younger babies and back carrier for older babies) to this class. Registration is rolling so you can begin at any time. Class begins as FITMOM Stroller Strength at Rockcliffe Park

NEW EDINBURGH NEWS

and moves inside to Memorial Hall on October 17th.

Instructor: Susan McDonald
Course Fee: \$168 +HST for 12 classes

Location: Class begins as **FITMOM Stroller Strength at Rockcliffe Park** and moves inside to Memorial Hall on October 17th.

Register: www.fitmomottawa.com Questions? info@fitmomottawa.com

CHILDREN'S PROGRAMS

K2 Martial Arts (6-12 yrs)

Thurs Sept 19 – Nov 21 (10wks) 5:00 pm-5:45 p.m.

We have spent decades developing a unique program that fuses sport, self-defence, exercise, leadership skills, and character development into one exhilarating activity. Your child will learn important life and leadership skills, how to focus for maximum achievement, and build the unshakable confidence and self-discipline required to reach their full potential.

Instructor: Scott Fitzpatrick
Course Fee: \$150

Location: New Edinburgh House

NEW! Theatre Making and Collaboration with Mi Casa Theatre (6-10yrs)

Wed Oct 2- Dec 4 (10wks) 5:00-6:00pm

Learn to work as a group on your performance and creation skills and finish off the session by participating in the first production of Mi Casa Theatre's new work Collapsible. Participants will take part in theatre games to create a cohesive team, build skills in movement and vocal chorus, discover ways of interacting with audiences, and develop their existing skills for incorporation into the design and performance. **Performances by Mi Casa with students December 11 – 15.**

Instructor: Emily Pearlman
Course Fee: \$135

Location: New Edinburgh House

NEW! NECTAR String Ensemble (2 years experience required)

Mon Sept 16 - Nov 25 (10wks, no class Oct 14) 6:30-7:30pm

The NECTAR String Ensemble teaches students the art of playing music together as part of a group. This class is designed for string players who have taken (at least) two years of individual lessons on their instrument. Ensemble coaching will develop reading, rhythmic and listening proficiency as well as enhance musicianship, teamwork and playing skills. Participants will

enjoy multiple performance opportunities to showcase their repertoire.

Instructor: Micheline Kinsella
Course Fee: \$135

Location: New Edinburgh House Attic

NEW! Group Choir Ensemble (7-13yrs)

Mon Sept 16 - Nov 25 (10wks, no class Oct 14) 7:15-8:15pm

The NECTAR choir will explore various styles of choral music with an emphasis on part-singing, either 2 or 3-part harmony. Students will begin to interact with the musical score, experience singing in various languages, and learn to listen to one another as they unite their voices towards the shared goal of making music together. This choir is designed for students with little to no choral-singing experience. Basic note-reading skills are recommended but not necessary.

Instructor: Erin Puttee
Course Fee: \$135

Location: New Edinburgh House

Group Guitar Lesson (7-12yrs)

Mon Sept 16 - Nov 25 (10wks, class Oct 14) 6:00-7:00pm

This is a fun group class for children who can play a few chords and are eager to improve their skills on the guitar. For 10 weeks, we will be learning to strum, pick and sing our favourite guitar songs as a group. All you need is a guitar! If you're not sure that your child is ready, please feel free to contact us.

Instructor: Garrett Barr
Course Fee: \$160

Location: New Edinburgh House

A World ApART (5-9 yrs)

Sat Sept 21 - Dec 7 (12wks) 9:30-11:00am

Children will learn different techniques to create a world apart. Each week, we will create a new work of art using a wide variety of materials. Be prepared to have lots of fun, and dress for mess!

Instructor: Zaneta Pernicova
Course Fee: \$162

Location: New Edinburgh House

SCHOOL RELATED CHILDREN'S PROGRAMS

PD DAY ART CAMPS

Friday Oct 11, Nov 15, Dec 20

8:30am-4:30pm

A full day recreation program for children affected by school closures due to PD Days

Fee: \$40 per child per day

Location: New Edinburgh House

There's MUSIC in the Air at

the NECTAR Centre!

Our goal is to provide an all-encompassing music education to students of all ages and to celebrate the art of music-making in the community. At **NECTAR Music**, our teachers are dedicated individuals who are passionate about music education. We inspire students to develop their creative potential, which in turn, builds confidence as well as team-work and performance skills.

Individual music lessons build skills on specific instruments. Lessons consist of several components such as note-reading, technique, music theory, repertoire, and musicianship. Individual lessons prepare students for recitals and examinations through the Royal Conservatory of Music. We offer tuition in **violin, piano, voice, guitar, and ukulele**.

Individual music lessons:

30 minute lesson: \$25

45 minute lesson: \$35

1 hour lesson: \$45

Please Contact musiquedenelectarmusic@gmail.com for more information or to Register for one on one lessons

UPCOMING NECTAR CENTRE EVENTS

Mi Casa Performance:

'Collapsible' – **October 18th**

Family Movie Night: Friday, October 25th, 6:30pm-

8:30pm, Memorial Hall-39 Dufferin Road - Featuring the Movie "Croons" - Bring a blanket or sleeping bag and cozy up with some popcorn and refreshments. Suggested Donation: \$5 per person or \$20 per family

Board Game Nights (Oct

11th, Nov 8th, 22nd) Join other community members for a social evening playing board games (Settlers of Catan, Torres, Puerto Rico, Quir Le, Boardwalk, Labyrinth, The Walking Dead, Scategories, Dixit, Mille Borne, GO, Skip Bo, Sorry, Apples to Apples) - 7pm – 10pm – New Edinburgh House – By donation: \$5 suggested

Artist-in-Residence Performance Soirée– Saturday November 30 – Show starts at 7pm – Memorial Hall

Join us for a dynamic performance by our Artists-in-Residence: the Ottawa Stilt Union's work in progress, and the latest works from Connect Dance. Suggested Donation: \$5 Refreshments will be available.

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Retrofit of New Edinburgh House: Progress Report

While some readers may have started the summer with a relaxing holiday by the lake or at the beach, our team at the NECTAR Centre spent those "lazy" summer days amid a blizzard of renovations to New Edinburgh House, all in the service of the fire and safety requirements the House must measure up to if we're to survive and thrive as the centre of community life.

The last two months have been a whirlwind of activity, from business as usual with summer camps and the Lumière Festival, to full on chaos with construction and renovations! But despite the short-term pain, the long-term gain has already kicked in, and as we speed into the fall months, the Centre's staff is far better organized and well positioned to provide programs to our community.

We are extremely grateful to all users of the Centre for their patience during our construction, and we urge everyone to come out, take a look around, join a program or simply stop in to say Hello. Another word of thanks is owing to our hard working Volunteers and Board of Directors. Just as it "takes a village to raise a child", it takes

the participation and effort of a whole community to build a successful centre for community life, and to keep it thriving.

Thanks to All Who Made our Renovations a Reality

In the last edition of the New Edinburgh News, many readers will recall our urgent plea for funds to support the renovation. We are delighted to announce that thanks to the extraordinary generosity of individuals and groups in the community, combined with very substantial donations from **The Ontario Trillium Foundation, Domicile Inc., Cité Collégiale** and the **City of Ottawa**, we were successful in reaching our target to begin the first critical phases of the Fire and Building Code retrofit. Other businesses and organizations which chipped in generously to support the retrofit included **Minto Inc., Reesa Greenburg Foundation, New Edinburgh Square**, along with more than a dozen other corporate contributors.

Our sincere thanks to all who responded to our plea for assistance: without your support, this project could not have gone ahead, and the future of

the NECTAR Centre might have looked very different, and very bleak.

Special thanks is due to the donors who gave very large donations to support this work; those big donations proved to be critical in filling the gap to help us get started. A grant from the **Ontario Trillium Foundation** gave a major boost to our resources for the project, and the donated labour and supplies from **La Cité Collégiale** were an invaluable contribution to getting the job done. We're also pleased to announce that **Domicile Inc.**, builders of the landmark Kavanaugh project on Beechwood, donated \$20,000 towards retrofitting New Edinburgh House. Domicile's support of the New Edinburgh community is well known, and their willingness to step in to help make our project possible is much appreciated.

We're very thankful for all who donated so far to support these efforts, and we hope that now that work has begun, other donors will "see our good works" and come forward to help us finish the job! In the meantime, keep your eyes on the house to see how it is coming along!



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Beechwood Village Alliance Political Action Committee: Update on Discussions with High Commission of Pakistan

The BVA's Political Action Committee Chair **Peter Lewis** reports that in early July, he had a productive meeting with the Pakistani High Commissioner to discuss possible means of beautifying and facilitating public use of the Government of Pakistan's vacant property on Beechwood at Joliet. The High Commissioner is very much aware of the unsightliness of the property in its present condition, but indicated that while his government's long-term plans call for the construction of a chancery and residence on the site, at present there are no funds available for the project.

Peter was encouraged, however, that the High Commissioner was open to the discussion of possible means of beautifying the property in the interim, through a collaborative effort on the part of the community, the City of Ottawa and

the High Commission. While he indicated that his government had been contemplating the possible erection of a concrete wall enclosing the property, he agreed that other, less "unfriendly" options would be preferable for all concerned.

One option discussed at the meeting was the possibility of "greening" the site along the lines of the new Charlotte Park at the corner of Rideau and Charlotte Streets. Complicating factors would include financing the project, given the constraints on the High Commission's resources, along with the requirement to address the contamination of the area prior to development. Peter also noted that there are a number of legal and diplomatic issues that could arise out of planned conversion to a "temporary mixed public use" of diplomatic properties, and accords that might have to

be enacted to allow such use. Another important issue to be addressed is the question of maintenance—who carries it out, and who covers the cost?

Following his meeting with the High Commissioner, Peter met with **Mike Bulthuis** of the Vanier Community Association (VCA) and agreed to assemble a working group of representatives from the BVA, the VCA and other interested members of the community to review the options and formulate a plan for improving and/or making use of the vacant site. He is optimistic that the chances of making progress on this project are greatly improved now that an open and cordial line of communications has been established with the High Commission of Pakistan. If you're interested in participating in this planning process, you can contact Peter at plewis42@yahoo.com.

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J.D. Power, AUGUST 2013

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Toronto Star Newspaper, NOVEMBER 2012

Edward Jones ranked No. 9 on the *Star's* "Best Large Employers in the Greater Toronto Area" by the *Toronto Star* newspaper.

Maclean's Magazine, OCTOBER 2012

For the 11th consecutive year, Edward Jones has been named as one of the "50 Best Employers in Canada." Edward Jones was ranked No. 12 by Aon Hewitt, published in *Maclean's* magazine.



*Edward Jones received the highest numerical score among full service brokerage firms in the proprietary J.D. Power 2013 Canadian Full Service Investor Satisfaction StudySM. Study based on 5,592 total responses measuring 15 brokerage firms and measures opinions of investors who used full-service investment institutions. Proprietary study results are based on experiences and perceptions of consumers surveyed May - June 2013. Your experiences may vary. Visit jdpower.com.

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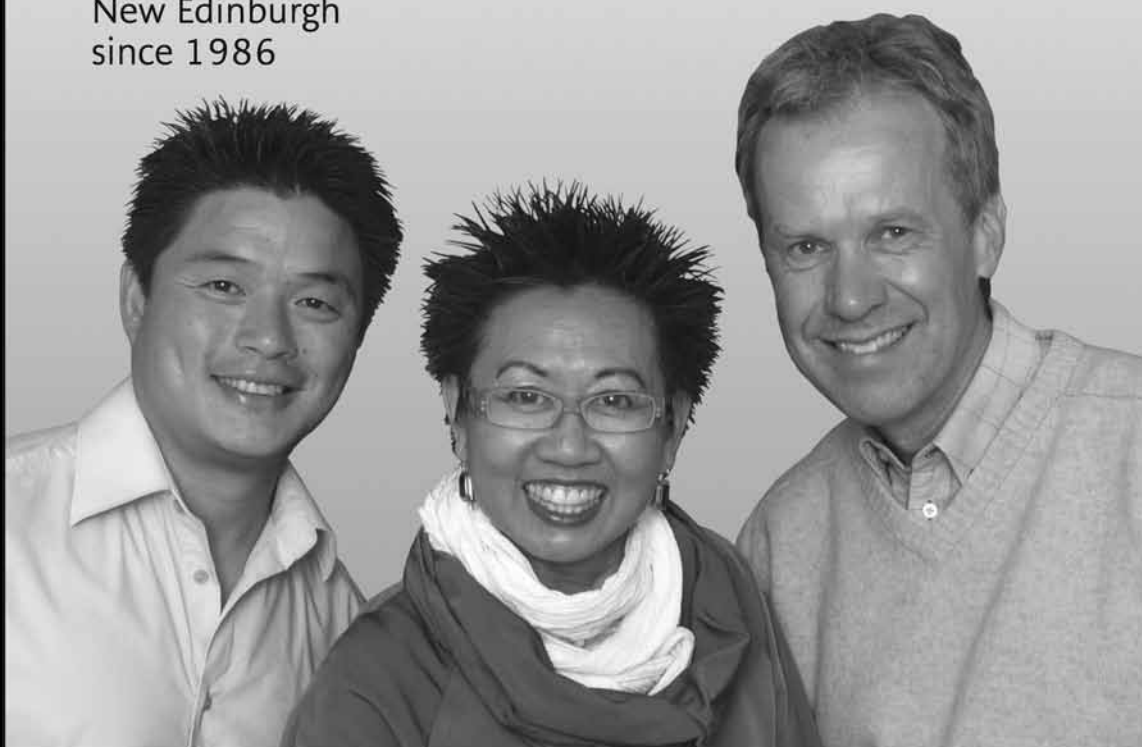
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LLOYD GEORGE KNEW MY FATHER

A 1972 comedy about the original “raging granny”

By Janet Uren

Anyone interested by the heritage debate in Ottawa – especially as it affects the precious old Heritage Conservation District in New Edinburgh – will find much to applaud in an upcoming play. *Lloyd George Knew My Father*, by William Douglas-Home, is about loss of heritage. It tells the hilarious but amusing story of an elderly woman who adopts the media-savvy techniques of modern protest to stop a highway being built through her front garden. The play is being staged (October 22 to November 2) by the Linden House Theatre Company.

As a special neighbourhood bonus, on THURSDAY, OCTOBER 24, revenues for tickets bought through NECTAR (New Edinburgh’s community centre) or MacKay United Church will be shared with those organizations. On FRIDAY, NOVEMBER 1, proceeds will be divided with St. Bartholomew’s Church.

Lloyd George Knew My Father is set many decades ago in Britain, but the passions that give it life are familiar to us in Ottawa. Britain in the 1960s was also roiling with protest, as post-war govern-

ments hastened to pave the countryside with new highways and to usher in the age of the automobile. It has taken us years to recognize the high cost of such transformations – over a million deaths on the highway annually worldwide, pollution eroding the ozone layer and cities brought to their knees at rush hour with thousands of crawling cars. Had we known, could we have thought of something better?

The price of progress is often paid in the currency of lost heritage. Playwright William Douglas-Home (1912-1992) was at first glance an unlikely social crusader. The child of privilege, he was the youngest son of the 13th Earl of Home. During the Second World War, however, he proved himself a man in whom principle preceded duty both to country and class. His first play, *Now Barrabas*, was produced in 1947. It told the story of Douglas-Home’s wartime experiences, during which he was court-martialled for refusing to order an attack where thousands of French civilians were at risk. He was sentenced to prison and served a year at hard labour.

When he was released from prison, Douglas-Home turned

to theatre, writing some 50 popular plays over the next half century. As an obituary stated in 1992, “William Douglas-Home was the most gentlemanly of playwrights, as befitted the son of an earl. He was also among the most courageous, both onstage and off.” Long before his contemporaries discovered rage, he was not afraid to tackle themes such as homosexuality and the atomic bomb. Most of his plays, however, deal affectionately with the eccentric, funny and undeniably dwindling world of the aristocracy. Douglas-Home knew that world intimately, and he expertly mined its oddities to entertain, charm and pique interest with often radical ideas about life, death, religion, the foolishness of war and – in this play – the poignancy of a dying way of life.

The play is being staged in the charming and comfortable century-old Elmwood Theatre, 261 Buena Vista Road in Rockliffe. Complimentary refreshments will be served at every performance, and there is plenty of free parking.

Tickets (\$25) are available online at www.lindeprou.ca (by PayPal) or at Books on Beechwood, 35 Beechwood Avenue in New Edinburgh.



Photo: Mitchell Webster

Linden House Theatre is determined to get the details right for its October production of *Lloyd George Knew My Father*. Captain David Rennie, Adjutant of the Ceremonial Guard in Ottawa, shows the intricacies of a formal salute with sword to actor Robin Carter.

Reservations can be made by calling 613-842-4913.

FOR NEW EDINBURGH Community Benefits

Proceeds from ticket sales on Thursday, October 24, will be shared with NECTAR (the community centre in New Edinburgh) and with MacKay United Church. For tickets, drop by the community centre at 255 MacKay Street or the office of MacKay United Church (at 39 Dufferin). Alternatively, contact either NECTAR’s Melanie Davis at melaniedavis@rogers.com or Janice or Marilyn in the office of MacKay United (613-749-8727) at admin@mackayunitedchurch.com.

mackayunitedchurch.com.

On Friday, November 1, proceeds will be shared with St. Bartholomew’s Church in support of the Cornerstone women’s shelter lunch program. For tickets, call 613-842-4913 or email Janet Uren at janet.uren@wordimage.ca.



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Theatre Company
PRESENTS

LLOYD GEORGE KNEW MY FATHER

BY WILLIAM DOUGLAS-HOME

Elmwood Theatre | Oct. 22 - 26, 31 & Nov. 1 - 2 at 7:30pm
261 Buena Vista Road | Sunday Matinee, October 27 at 3pm

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**By Liba Bender**

Summer seems so long ago. By now all those warm days are but a memory. With Thanksgiving here everyone is grateful for a good harvest and many celebrate with friends and family.

As usual, we want to make our neighbourhood safe. You do this by taking on certain responsibilities as a member of this community.

- Remain alert to any suspicious activity. Report it promptly to the police.
- Maintain a satisfactory standard of security in your own home.
- Look after neighbours'

homes or property during their absence, if requested to do so.

- Be a good neighbour.

Reporting to the Police

Learn to trust your instincts. Report criminal activities, including break and entries into homes, motor vehicles, garages and sheds. This includes vandalism or destruction of property. Call the police about public disturbances, family violence, child abuse, fraud, physical or sexual assaults, illicit drug transactions, and thefts of all kinds, including outdoor equipment and bicycles.

If it is a life threatening situation or crime in progress, call 911. In not, call **613-230-6211** for assistance. The community police centre can be reached at **613-236-1222**. Ryan Pierce is our constable, and his extension is 5916. Calls to him are normally returned within two days.

When reporting, remember to be prepared to describe the person(s), vehicle(s) or circumstances. Getting a licence plate number would help. Request

an incident number for follow up. Record the time and date of your call. Watch the situation from a safe distance until police arrive. Call again if activity gets worse.

Never try to stop or run after the intruder(s). Also, don't go up to the home or vehicle yourself, as you may destroy useful evidence or meet up with the perpetrators.

Secure Home

Remember that keeping your

home secure makes common sense. Don't invite theft by leaving doors unlocked or windows open when you are out or even when you are at home. The next column will give some ideas for home security.

Being a good neighbour means knowing what is happening on your street. Be alert. **Do your part as a member of New Edinburgh.**



Alzheimer's Education Series

Join us at Revera – The Edinburgh for our upcoming series:

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Wednesday, October 30th, 1 pm – 3 pm

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For the Birds



By Jane Heintzman

In the blink of an eye, we have passed from the exhilarating season of spring migrant arrivals to the wistful months of fall, when those same migrant species are passing back through our region en route to their southern wintering grounds. As I write in early September, the colourful **warblers**, which were arriving in large numbers at the time of our last report in June, are in the area once again, but this time, they're headed south for an eight-month sojourn in warmer climates. Nor are they as easy to spot and identify as in those heady weeks of spring when their bright breeding plumage and distinctive songs provided ample clues to birding enthusiasts. As most readers know, this is the season of "**confusing fall warblers**" when males have morphed into more subdued fall/winter plumage, and the full-throated songs of early summer have given way to muted chips emanating from the protective foliage of trees and shrubs. And just to add to the frustrations of fall IDs, **immature birds** are everywhere, with puzzling plumage that keeps most of us glued to our birding guides.

Summer 2013 Back in June, our garden was still bustling with bird life, with **American goldfinches**, **house finches**, **purple finches** and **black-capped chickadees** actively competing for turf at our feeders, while **song sparrows** and **chipping sparrows** contented

themselves with the seed spillage in the flower beds below. On one occasion, I spotted two brilliant yellow goldfinches virtually posing in a patch of equally brilliant yellow iris, dipping their beaks in hummingbird fashion into the depths of the iris blooms. In our rambles through the neighbourhood, we spotted several **warbler** species, including **American redstarts**, **yellow- and yellow-rumped warblers**, along with **great-crested flycatchers** belting out their distinctive *fweeep* call in Pine Hill Woods, and families of **wood ducks** and **mallards** on the Rideau River with their enchanting ducklings in tow. Needless to say, **Canada geese** were also around in significant numbers, redeemed only by the presence of their fluffy goslings which, for a month or two at least, still have a kind of charm that is decidedly lacking their elders. The birding highlight of June here in the neighbourhood was the presence of an exceedingly vocal **Northern mockingbird**. For several weeks, I encountered this fellow on an almost daily basis, often in a massive tree by the river at Sussex and Stanley, but also in a treetop near the bus stop at Sussex and Alexander, and on one occasion, in the grounds at 24 Sussex Drive. The mockingbird is slightly longer, though slimmer, than an **American robin**, and predominantly grayish, with a noticeably long tail and two white wing bars on each wing which flash when the bird is in flight. Mockingbirds are known to sit conspicuously on the tops of trees, shrubs, wires or eaves, ceaselessly belting out their amazing cocktail of a song, which is a jumble of musical fragments copied from

other species. The male mockingbird is reportedly capable of learning up to 200 different songs in the course of a lifetime, and at any given time, you might hear snippets of up to a dozen of these when the bird is in full throat. The noisy character that I encountered on Sussex seemed to be producing a *mélange* of the songs of the **American robin**, **goldfinch**, **house finch** and **gray catbird**, though with considerable loss of musicality in the process!

Georgian Bay Once again this year, we spent the better part of July and August on an island in the Georgian Bay, and from a birder's perspective, there was never a dull moment. We arrived in early July to find the **osprey** nest opposite our dock fully occupied, with one youngster still on the nest making its dietary needs known to the entire neighbourhood, while both its parents cruised along the surrounding shorelines in search of sustenance for Junior. By late July, Junior was entirely capable of flight, but apparently not yet self-sufficient in the feeding department, so each afternoon at about 5 pm, his plaintive but insistent chirping calls would galvanize one or both parents back into action until his needs were satisfied.

By mid-September, all of the local osprey nests at the Bay empty out as their inhabitants head south, following the Mississippi Valley to their wintering grounds, which range across a wide swath from Florida to Argentina, with the largest concentrations of birds settling in the Caribbean and the Gulf of Mexico. While his father will be back on our nest next year, Junior and his young counterparts will remain in their southern habitat for another couple of years, eventually returning to Ontario to breed at the age of two.



Juvenile Gray Catbird.

Photo: Louise Imbeault

Throughout the month of July, our own small island was a hive of bird activity, with a varied and vocal cast of regulars including **song sparrows**, **chipping sparrows**, **white-throated sparrows**, **Eastern phoebes**, **black-capped chickadees**, **red-eyed vireos**, **purple finches**, **yellow-rumped warblers**, **yellow warblers**, **ovenbirds**, **hairy- and downy woodpeckers** and **blue jays**. On one or two occasions, we also had flying visits from a **Northern flicker** and a **pileated woodpecker**, and on a memorably stormy afternoon, the island was invaded by a massive swarm of **European grackles** which literally blanketed the trees and rocks outside our front window. Once their young have fledged by mid-July, grackles waste no time in joining forces with other blackbirds to forage and roost together, and congregate in epic "Hitchcock-esque" flocks, sometimes numbering in the millions, in preparation for fall migration.

Bird life on the water was particularly rich this summer, and a highlight was the regular presence of a group of four **common loons** in the bay opposite our dock, often boldly approaching very close to the shore despite the rapt attention of three large dogs standing guard on the dock's edge. On one memorable evening, as we cooked our dinner over a fire on the rocks at the front of the island, the loon family swam warily around only a few metres away, while the adults periodically hooted warning calls to their offspring. The male loon eventually rewarded us by performing a full-fledged "penguin dance", raising his body out of the water into a vertical position to impress us with his imposing size and keep us at bay.

In addition to the majestic loons, **double-crested cormorants** were around in exceptionally large numbers this year, and in late July, I spotted a flock of at least four

dozen of these unattractive "loon wannabes" directly off our dock. **Ring-billed gulls** and **common terns** were also very much in evidence this year competing for local fish supplies, and we watched a number of death-defying tern dives from dizzying heights.

Yet another sign that the fish population of the Georgian Bay is at last rebounding was the presence of numerous **great blue herons** in the quiet, secluded bays close to our island. Unlike last summer, when it was a comparative rarity to spot a heron on our evening paddle, it was a daily occurrence this year and on some lucky days, we encountered as many as four in a single outing. It is perhaps not surprising that the great blue heron population has not been robust in recent years, as the survival rate of the species is perilously low, with only about 10% of the young surviving long enough to breed.

Other regulars on the water this year were **mallards**, **black ducks**, **Canada geese**, and **common mergansers**. A highlight of our summer is the spectacle of enchanting families of **common mergansers** plying the shorelines in long, tidy lines, with mother at the helm communicating orders to her brood, and often causing the whole crew to stop suddenly or turn on a dime if she senses danger. In all our decades on the Bay, however, we have never yet encountered a male common merganser, as these carefree types apparently depart the scene as soon as breeding is over, leaving the females to nurture the ducklings until they can fish independently.

In the summer months at the Bay, our daily dog walks are replaced by lengthy evening paddles when we glide along the shorelines of nearby islands on the lookout for birds and other wildlife. In addition to much the same cast of characters that turned up on our own island, we encountered a



Great Blue heron.

Photo: Jennifer Lewington

number of other notables on these evening jaunts. To our delight, a **wood thrush** pair was back this year, regaling us with their haunting, flute-like calls- the signature “background music” of the northern woods. On a somewhat less musical note, the deep-throated croak of **common ravens** was also frequently audible from the depths of the woods, while a pair of hideous **turkey vultures** turned up on the shoreline to clean up a carcass which had washed up in the waves.

One evening, a male **sharp-shinned hawk** presented us with an arresting spectacle as it careened through the woods, flying low and swooping, diving and swerving in pursuit of its prey. The bantam-sized male “sharpie” (about the size of a blue jay) is known for its amazing agility navigating the tangled branches of a wood to capture its hapless victim, and fathers get plenty of practice in the breeding season when they must nab close to a dozen small birds or mammals each day to feed their brood before it has fledged. Because the males are significantly smaller, and can survive on less food than the female sharpie, they tend to remain in northern areas for a longer period in the fall.

By the time we left the Bay in late August, the evidence of encroaching fall was undeniable, as the **common loons** sported the unruly tufts of loose feathers that presage the coming pre-migration molt, and the **mallards** morphed into their post-breeding “eclipse” plumage with its distinctive cinnamon-coloured wash. At the same time, the activity and decibel level of the **blue jay** population escalated noticeably as the hunt for acorns began in earnest, while the **osprey** nests in the area gradually emptied out (ours NOT included, as Junior seemed in no rush!). Small groups of **yellow- and yellow-rumped warblers** turned up briefly for an insect feed on their way south, and other species such as the **wood thrush** and the **white-throated sparrow** were long gone.

Early Fall in Ottawa As I write in early September, there is still plenty of bird life in the area, with **American goldfinches, house finches, black-capped chickadees, chipping sparrows, song sparrows, American robins** (in much reduced numbers), **blue jays, Northern cardinals, barn swallows, and cedar waxwings** readily in evidence in our garden and in the environs close to our house. I recently had a comical encounter with

an **immature cedar waxwing**, observing what to all appearances was a slim, crested bird covered with mud from top to toe. When I finally got close enough to identify the mystery creature, I noticed a tiny band of yellow on the tip of its tail feathers, offering conclusive evidence of its identity.

In his final column in August, *Ottawa Citizen* birding columnist **Bruce Di Labio** forecast

moved out of New Edinburgh this summer, but prior to her departure, she became well acquainted with a family of **Eastern kingbirds** on the Minto Bridges, even managing to look on as the three young were fed by both parents. She also spotted a group of **Bohemian waxwings** on the bridges, to all appearances engaged in eating gravel!

In her new home in Val des

close to her new home, Amy has spotted **belted kingfishers, green- and great blue herons** and flocks of **red-breasted mergansers**, and she notes that “between the **loon** calls and **owl** calls at night, I may need to invest in ear plugs!”

My neighbour **Philip MacAdam**, owner/operator of *Phil's Avian Spa and Bistro*, reports that the bistro continues to be frequented by a regular

to Philip's relief, on this occasion there was no loss of life, and the raptor departed without a meal.

Dave Collyer reports from his home in Central Alberta that the fall migration is about to begin in earnest, with massive flocks of **American crows** and other **blackbirds** gathering in preparation for departure. Over the summer, Dave encountered a wide range of species, with notables including **yellow-headed black birds, American coots, American shovellers, mallards, barn swallows, tree swallows, vesper sparrows, slate-coloured sparrows, savannah sparrows**, and 12 pairs of **mountain bluebirds** in the Bluebird Trail he set up last spring. His wren houses were also a great success, with **House wrens** in residence through the summer.

Vicki Metcalfe had a productive outing this summer with the Ottawa Field Naturalists Club (OFNC), logging 30 species on an excursion to the Alfred sewage lagoon. Highlights included the **chimney swift, marsh wren, wood duck, green-winged teal, American widgeon, ruddy duck, coot, moorhen (common gallinule), spotted sandpiper, pied billed grebe, Wilson's phalarope, greater- and lesser yellowlegs, swamp sparrow and least sandpiper**. In a later expedition to the Carden Alvar Natural Area north-east of Lake Simcoe, Vicki was able to photograph an obligingly sedentary **Wilson's snipe**.

NEN photographer **Louise Imbeault** sadly didn't have her camera at the ready when a **black and white warbler** visited her back garden this summer, but she did capture the antics of an immature **catbird** at the Macoun Marsh.



Osprey.

Photo: Jennifer Lewington

the imminent arrival of more than 20 different **warbler** species passing through our area en route south in the first half of September. Enterprising readers may have taken his advice to check out the Britannia Conservation Area/Mud Lake location for a chance to spot many of these transients, but even in our corner of the world along Sussex Drive, I came across a mixed group of **yellow, yellow-rumped and pine warblers** with a few **black-capped chickadees** thrown into the mix.

Many of these migrant species bulk up for their journey south, packing on excess fat, which is stored in their breast and flanks to supply the fuel needed for the long flight. During this period of “**hyperphagia**,” birds devote themselves entirely to eating, and can increase their body mass by 30-50%. If you haven't already done so, it's time to charge your backyard feeders with high fat foods such as black oil sunflower and nyjer seed to provide these intrepid travellers with readily available sources of nourishment for the flight.

Reports from Our Readers My erstwhile neighbour **Amy Jane Lawes** has regrettably

Monts, Amy has found herself in magnificent birding country, encountering a brilliant **scarlet tanager** on her first dog walk, along with **American redstarts, black-throated blue-, black-throated green- and black and white warblers**, and a steady stream of hungry **ruby-throated hummingbirds**, greedily feasting at her feeders in preparation for the long migratory flight south.

In her canoeing expeditions

cast of **American goldfinches, purple finches, house finches, white-breasted nuthatches, Northern cardinals and black-capped chickadees**. In recent weeks, he has also spotted several **cedar waxwings** in the sumacs outside his living room window, along with a **ruby-throated hummingbird** cadging a meal from a honeysuckle blossom. Earlier this summer, the bistro was visited by a **sharp-shinned hawk**, but

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Burgh Bulletin Board

October

Sat, Oct 5, 10 am - 2 pm

OPEN HOUSE at the Rockcliffe Park Branch of the Ottawa Library. There will be crafts, facepainting, a contest and more. 10:30 am - Rag and Bone puppet show; 11:30 - a visit from Clifford the Big Red Dog; 12:30 - refreshments. 380 Springfield Road.

Wed, Oct 16, 7 pm

NECA ANNUAL GENERAL MEETING - at St. Bartholomew's Church, 125 MacKay Street. Meet up with old friends and neighbours, ask questions, enjoy some refresh-

ments. All New Edinburgh residents are welcome to attend.

Sun, Oct 20, 3 pm

ST. BARTHOLOMEW'S CHURCH will be holding an inaugural organ concert to showcase the new Letourneau organ recently installed as part of their 150th anniversary and Diocesan GIFT campaign. Organ music lovers are invited to attend this concert to be given by **Matthew Larkin**. Tickets are available through the church office at **613-745-7834**. See article on page 16.

Sun, Oct 20, 5 pm

6TH ANNUAL TAKE A



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 Cindy Parkanyi, 745-8734 or email newednews@hotmail.com.

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VETERAN TO DINNER

NIGHT - The idea for "Take a Veteran to Dinner Night" was born of a strong desire to show appreciation of the efforts and sacrifices of Canadian veterans in past and current conflicts. This non-partisan event is simply an opportunity for community members to personally thank area veterans and their spouses by treating them to dinner. That is, a host buys a veteran's ticket as well as their own and both host and veteran attend the dinner together. This year's event will take place at Tudor Hall in Ottawa. Cocktails will be available starting at 5 pm with dinner following at 6 pm. Tickets are \$55 per person and the evening will include an introduction of veterans in attendance, a dinner, a guest speaker and much reminiscing. For more information about this event, please visit www.veteransdinner.ca. Hosts and honourees may call **613-239-4035** to order tickets.

Tue, Oct 22 - Sat, Nov 2

LINDEN HOUSE THEATRE presents *Lloyd George Knew My Father* at Elmwood Theatre, 261 Buena Vista Road. See article on page 34. www.lindenpro.ca

Sat, Oct 26 & Sun, Oct 27

NOTRE DAME CATHEDRAL BAZAAR - Entrance 50 Guigues St. Sat. 9 am - 4 pm. Sun. 9 am - 2 pm. Baking, books, crafts, knitting, treasures, knickknacks, tea room, white elephant. Free parking in Parent St. lot. For more information, call **613-241-7496**.

NOVEMBER

Fri, Nov 1 - Sun, Nov 3

ROCKCLIFFE PARK BOOK FAIR - Discover a treasure hidden amongst the shelves. Enjoy the weight of the book in your hands, the feel of the paper, the sound of the pages turning quietly. Join us not just for the love of reading, but for the love of books. Book Fair takes place in Queen Juliana Hall, Rockcliffe Park Public School's gymnasium (350 Buena Vista Rd., Ottawa). See article on page 19. For more information, visit www.rockcliffebookfair.com.

Sat, Nov 16, 1 - 4 pm

ST. BARTHOLOMEW'S ANNUAL BAZAAR AND TEA ROOM. Please join us for this special event where you will find a great selection of books, jewellery, attic treasures, toys, crafts and baked goods. And don't forget our most well-known tradition: afternoon tea and sandwiches in the Tea Room! For more information, www.stbartsottawa.ca. 125 MacKay Street.

Fri, Nov 22 - Sun, Dec 1

ORPHEUS MUSICAL THEATRE SOCIETY presents the lively movie-based *LEGALLY BLONDE*, the Musical, with Musical Direction by New Edinburgh resident Wendy Berkelaar. Centrepointhe Theatre. For tickets and information, call **613-580-2700** or purchase online at www.orpheus-theatre.ca.

ONGOING

PLEASE HELP. The Rideau-Rockcliffe Community Resource Center's Emergency Food Program supplies food to over 11,000 people in this community every year. Our food program is experiencing a severe decline in resources, and we cannot meet the needs in our community. If you are able to help, please contact Tracy Moore at **613-745-0073** or tracy.moore@crccr.org.

ATTENTION SINGERS!

The Ottawa Brahms Choir invites new members to a season of singing: our Christmas concert 2013 'Wassail', 3 pm, Sunday Dec. 1, 2013; our Spring concert 2014: Schubert - Mass In G, 3 pm, Sunday, April 27, 2014. Both concerts at St Thomas the Apostle Anglican Church at 2345 Alta Vista Drive, Ottawa, under the direction of Denise Hawkins, accompanist Ioulia Blinova. Rehearsals Mondays, beginning September 9, at Southminster United Church at Bank and Aylmer, Ottawa. For information: www.OttawaBrahmsChoir.ca and **613-749-2391** or **819-568-8169**.

OTTAWA VOLLEY SIXES is offering a fantastic recreational co-ed volleyball league in New Edinburgh this fall, at Ashbury College. Leagues run on Sunday, Monday, Wednesday and Thursday evenings, between 6pm and 10pm. The Sunday night league in New Edinburgh kicks off September 22. For more information and to register, please visit www.ottawavolleysixes.com.



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CONGRATS

Dr. Nicholas Parker has received his Bachelor of Medicine and Bachelor of Surgery Degree from the University of Sydney (Australia) Medical School. Attending the May 10 Graduation Ceremonies were proud parents and longtime Burgh residents **Wendy Baldwin** and **Ian Parker**. Nick attended Rockcliffe Park School, MacDonald-Cartier Academy and Immaculata High School. He received his BA from Carleton University in 2006. He is currently completing his Internship in Australia and plans to return to Canada next year to begin his Residency program. Nick joined the Governor-General's Foot Guards while in high school. He later served as Medic for the Ceremonial Guard. Bravo, Nick!

Congratulations to **Jeremy Runnalls** who grew up in the Burgh, and attended Crichton Public School and later Ashbury College. His parents **Esther** and **David Runnalls** continue to live in the family home on Dufferin Road. Jeremy is now the Managing Editor of *Corporate Knights Magazine*, a quarterly journal focused on sustainable businesses and government practices, and at a gala event in June, his magazine received the

Magazine of the Year Award from the National Magazine Awards Foundation: well done Jeremy!

HAPPENINGS

Penny Thompson is fighting breast cancer in a very proactive way. She appeared on CTV's morning show, *ZaZaZa* pizza is gathering funds and in August, a Penny PALOOZA fundraiser party was organized in Manor Park to benefit to the Ottawa Hospital Women's Breast Health Centre.

Aboriginal portraitist **Audrey Greyeyes** held a vernissage at Gallery 200 in June. Her drawings were on display at the gallery all summer. Audrey is accompanied by her photographer **Laurence Cook**.

CONDOLENCES

Our community was deeply saddened by the recent death of **Judith Low**, who for many years was a warm, radiant and lively presence in our neighbourhood where she lived with her husband **Martin** and their three children **Jessica**, **Thomas** and **Kate**. She will be sorely missed by all who knew her, in particular by her immediate and extended family, but also by her friends and colleagues at Elmwood School, in the Ottawa Choral Society where she sang for nearly two decades, and here in the Burgh where she brightened so many

of our lives with her cheerful greeting and radiant smile. We extend our sincere condolences to Martin, Jessica, Thomas and Kate, and to Judith's beloved grandchildren, **Oliver**, **Amelia**, **Benjamin** and **Sophie**.

We send our sincere sympathies to **Willy**, **Vicky** and **Ted Wilgress** on the recent death of their father **Victor ("Mannie") Wilgress** in late July. Mr. Wilgress was a retired Captain in the Royal Canadian Navy with which he served for 25 years, and had a long career as an investment advisor in Ottawa. He will be greatly missed by his family and friends, and by the many beloved dogs and cats with which he shared his home in Rockcliffe.

Isobel and **Mark Bisby** thank friends and neighbours for all the kind thoughts following the sad loss of **Scarlett**, their ever faithful golden retriever. She was such a good doggy friend over the past six years to everyone she knew.

In July, **Barbara** and **Paul Benoit** had to say goodbye to their lovely 12-year-old Bernese/Golden cross, **Tehya**, who died suddenly of kidney failure. Tehya was predeceased by **Blackie** the cat in April.

The NEN team joins with her many friends and colleagues in the community to express our sincerest sympathies to **Cindy Parkanyi** and her family on the recent loss of Cindy's mother, **Emily Jane Vacho**, a resident of St. Louis Missouri, who died on September 15th, shortly before her 83rd birthday. Ms. Vacho had paid many happy visits to New Edinburgh to be with Cindy and George, and to see her grandchildren **Thomas**, **Nicholas** and **Maddie**. Our thoughts are with the Parkanyi family at this very sad time.

WELCOME

Welcome to the neighbourhood to **Chris**, **Sheila**, and their two girls **Mala** and **Lakshmi**. Soon after Chris and Sheila moved to Noel Street this summer they had Mala and Lakshmi.

Bienvenue à la famille **Muñoz** qui vient d'arriver à la rue Union de la rue Noel (mais avant ça de l'Espagne). Bienvenuto!

Avon Lane welcomes **David** and **Erin Morphy**. David is the "semi-retired" owner of a number of restaurants in Ottawa, including the Clocktower Brew Pubs. Erin spends much of her time creating works of art with paint.

A big welcome to **Brett**, **Anne**,



Photos: Louise Imbeault

The first ever Beechwood Village Summer Solstice event took place on June 21, 2013.

Bobby and **Sacha**, who have moved from another street in the neighbourhood to Noel.

We are pleased to see **Ray Gaudreault** out taking walks with the lovely **Nancy Mayer**, enjoying the pleasant weather.

A big welcome to **Joel**, **Mom**, **Ben**, **Kaitlyn** and **Baby** to Noel Street from Calgary. We hope that you will enjoy living in the neighbourhood!

FARE-THEE-WELL

Thomas Shepherd and his family have relocated to Whitehorse, Yukon. **Dominic Bradford**, his old friend from New Edinburgh school days at Ottawa Montessori Schools on Springfield Road, is delighted, although parents **Gide** and **Rosemary** will have to make the big trek north to visit.

Douglas Avenue lost another of its treasured families this summer when **Sara Berry**, **Craig Nakamoto**, and their children **Sage** and **Gabriel** moved to Huntsville, Ontario. Sounds like they're settling in beautifully, with Sage in a new school and Gabriel going to Montessori with his mom. Luckily for us they come back to visit from time to time.

ANNOUNCEMENTS

Barbara and **Paul Benoit**

of Noel Street are delighted to announce the engagements of their two children: **Charles** to **Tera Brostoff** of Charleston, South Carolina and **Anne** to **Tom Miller** of Sydney, Australia. Charles and Tera, both law graduates of Georgetown University, are based in Washington, DC, although Charles makes frequent trips to Toronto, where he has started up a microdistillery. Tom and Anne will be spending the whole month of December in Ottawa on their way back to Australia after a year in London, where Tom was completing his Ph.D. in engineering.

Esteemed local restaurateurs **Ion Aimers** and **James Dupre** did it again! It is with great pleasure that we can announce **ZaZaZa Pizza With Pizazz** opened its giant garage door at 1079 Wellington St. West on September 9.

The Board and staff of the **NECTAR Centre** would like to welcome **Madeline Melia** to our community. Madeline was so eager to join the NECTAR Centre Playgroup that she arrived two weeks early! We are thrilled for her Mother **Alison Melia** and her Grandparents, and look forward to having the whole family on board as active participants in the Centre's community.



Photo: Louise Imbeault

Cancer fighter Penny Thompson addresses the crowd that gathered for the Penny PALOOZA fundraiser in August.