

April 2015

# NEW EDINBURGH NEWS

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

## New Edinburgh PLANT SALE



**Saturday, May 9TH**

**Stanley Park Fieldhouse**

**8 am - 4 pm**

**Hanging baskets, bedding flats and herbs!**



(Rain or shine!)  
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## Let's Prepare Together!

### Emergency Preparedness Fair

**May 3, 2015 • 2-4 PM**

**Stanley Park Fieldhouse**

- Learn how you and your family can prepare now for emergencies.
- Come join us for presentations, displays, games and refreshments.



IS YOUR FAMILY  
PREPARED?



**New Edinburgh Community Alliance**

**VOLUNTEERS NEEDED !!!! VOLUNTEERS NEEDED !!!!**

## Park & Riverbank Cleanup

**Sunday, May 3 - Rain or Shine!**

**10 am - 1 pm, at the Fieldhouse**

**It's a mucky job, so dress for the occasion!**

**Sponsored by GoodGuysTri**

*See article on page 2 for details.*



The Council on Aging of Ottawa has recognized the New Edinburgh Pharmacy for being age-friendly. Find the full story on page 16.  
Painting by Martha Markowsky

## Beechwood Metro Plans Sizeable Addition

By Jane Heintzman

Our Metro grocery store at 50 Beechwood Ave. is moving ahead with plans for a sizeable addition to the building's west side. The Site Plan Control Proposal for the project (summarized in a City of Ottawa notice posted on the property) was approved by the City's Planning and Growth Management Department in early March, and is scheduled for consideration by the Committee of Adjustment in mid-April.

Key elements of the coming Metro rejuvenation will include:

- An 871 sq. m. addition to the west side of the existing building, essentially covering the section of parking area on the right as you enter the lot from Beechwood;

- Below grade parking under the new addition to replace the spaces eliminated by the construction (it's not yet clear whether any additional spaces will be created);
- Enhanced pedestrian and cycling connections to the site;
- Additional landscaping; and
- Increased accessibility throughout the site.

There will be no increase in the height of the new building.

City planner Amanda Marsh advises that once the project has received approval for minor relief from two by-laws related to the site's Traditional Mainstreet zoning, the next step will be submission of a revised site plan. It could be several months before final approvals are secured. So far, there are no details on a target

date for the start of construction.

Owing to clear instructions from head office, our local Metro management couldn't speak about a possible tandem makeover within the store. However, a recent *Globe and Mail* article entitled "Metro's Makeover" (Thursday, March 26, 2015), reported that the Metro chain has launched a major push to capture a bigger share of the upscale urban market, largely by increasing its emphasis on fresh foods. A new prototype store was just launched in Toronto's west lakeshore area, and over the next three to five years, the company is expected to upgrade most of its 137 stores throughout Ontario. Stay tuned for more details on the latest big change coming to Beechwood.

## Spring is the Season of Birds, Buds and...Floods?

By Cindy Parkanyi

### Member of the New Edinburgh Emergency Plan Working Group

The New Edinburgh Community Alliance's Transportation and Safety Committee has undertaken an initiative to develop a New Edinburgh Emergency Plan. A working group has been struck and has decided on a step-by-step approach to developing a plan. We will begin by building emergency preparedness awareness, including articles in the *New Edinburgh News*, content and links on the New Edinburgh website ([newedinburgh.ca](http://newedinburgh.ca)) and an **Emergency Preparedness Week event on May 3, from 2-4 pm** at the Stanley Park Fieldhouse.

Since spring is the season of melting snow and with it potential floods, what better place to start?

According to the Rideau Valley Conservation Authority (RVCA), the spring outlook for watershed conditions this year is normal and "another prolonged spring melt similar to last year appears to be in the works." This is good news; however, the RVCA also warns residents that "caution should be exercised by everyone when near local streams and rivers. Parents should inform their children of the risks associated with increased flows and unstable ice conditions in area watercourses and provide appropriate supervision." For updates on Rideau flood conditions, or to sign up for flood alerts, visit [rvca.ca](http://rvca.ca).

Many residents will recall the quick actions that local residents took last year in reaction to the somewhat dire watershed predictions early in the season; predictions that thankfully did not come to fruition. These local residents have continued

efforts—along with NECA and our new City Councillor Tobi Nussbaum—to ensure that a new flood plain study is completed for our area so that steps can be taken as soon as possible to introduce permanent flood protection measures at the lowest, most vulnerable spots on the river bank along Stanley Avenue.

This new study, being undertaken by the RVCA and the City of Ottawa, will reflect the current topography of the area and will be the basis for determining appropriate prevention and preparedness measures going forward. The final phase of the study, which covers the downstream portion of the river bordering New Edinburgh, is currently being completed. In the coming weeks, the City plans to post a link on its website to show how current flow patterns and levels compare to

**Continued on page 9**



**Tim Plumptre**  
NECA President

## Let's Make the Environment a Priority in New Edinburgh

At the NECA board, we are always caught in the dilemma of seeing more things that might be done to benefit our community than we are able to accomplish, because we lack the resources to carry them out.

Some might say, "Why not hire some staff to help?" The practical reality is that, as things stand, NECA's only significant source of revenue comes from the *New Edinburgh News*, and that provides only about \$3,000 annually.

The other solution is to rely on volunteers. Of course, all NECA board members are themselves volunteers, so most of what we accomplish is entirely due to the energy and commitment of our directors. In some cases, we are able to assemble a committee chaired by a board member, and the committee members amplify our capacity to get things done.

Why am I writing about this?

At the last two board meetings, we have undertaken some brainstorming, challenging ourselves to identify specific actions or initiatives, beyond

ones already on our agenda, to enhance New Edinburgh.

One of the results of this has been a renewed push to become more active on environmental issues. We are considering whether to re-establish a NECA committee or task force to address issues in this area, and we are wondering if there might be individuals in New Edinburgh with an interest in volunteering in this area.

The environment is a subject that opens up a vast range of possibilities. Here are a few questions we've been asking ourselves with respect to our own community:

- What measures could we take to reanimate the interest of local residents in the maintenance of Stanley Park?
- Could more be done to promote recycling in our community?
- There was an initiative a number of years ago to develop plantings along the borders of Crichton Street, with local residents beautifying City land with flowers and bushes. Could this be

revisited?

- What actions might NECA take to establish alliances with other community associations in Ottawa who are concerned about the environment?
- Should we do more to alert the City to environmental issues that we would like it to act on?
- In some communities, there are hanging baskets of flowers that enhance their streetscapes. But apparently, when this was tried once here, the baskets died for lack of watering. Could the City partner with us to have one of their watering trucks provide water to baskets of this kind here?
- Could more be done to delineate the "gateway" to New Edinburgh, particularly at the Beechwood end of our community?
- What partnerships could we form with other organizations that might share our interest in environmental initiatives?

Are questions such as these—or others related to the environment—of any interest to our readers? We plan to have a further discussion of our own priorities on environmental matters at our April board meeting and we would welcome any visitors who might wish to contribute to such a discussion, or emails from anyone with ideas they'd like us to consider.

Board meetings are nearly all held at New Edinburgh House, 255 MacKay St., just beside MacKay United Church.

Contact information for all NECA board members can be found just below this report. We encourage you to contact any board member if you have thoughts to share on this subject. And do consider coming to our April meeting if you are interested.

### Visit The Burgh Online!

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up-to-date news of the  
neighbourhood

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

### NECA MEETINGS: All Welcome

The NECA board meets nine times a year, normally on the **third Tuesday of each month at 8:00 pm**. No meetings in July, August, or December. During October, NECA holds its annual general meeting (AGM) and a regular board meeting.

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

**Tuesday, April 21, 8:00 pm, NECTAR Centre**

**Tuesday, May 19, 8:00 pm, NECTAR Centre**

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

### Your NECA Representatives 2014-2015

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## Stanley Park and Riverbank Cleanup: Time to Get Dirty

By Gemma Kerr

Have you heard of **GoodGuysTri**? Neither had I until last year when they "adopted" Stanley park, pledging to the City to run regular cleanups. Apparently no one told them that we had been looking after the park ourselves for many years. They surprised us, arriving a week before our planned Mother's Day Cleanup in 2014, and did such a good job that we cancelled our event. And they came back in October to help remove a summer's worth of detritus before our (seemingly endless) winter started.

GoodGuysTri was formed by a group of athletes (girls as well as guys) to raise funds, mainly for CHEO and children's cancer research. They also provide help to communities. We are privileged that GGT has taken an interest in New Edinburgh, so let's get out there and help them get the cleanup job done on May 3!

### Finding Garbage Hot Spots

One thing that will definitely be needed is information on where litter and garbage are worst. If you see places in the park that need attention, please email me at **[newedgem@magma.ca](mailto:newedgem@magma.ca)** with the details.

The cleanup usually includes both the park area and the shoreline of the Rideau River. We urge everyone to be very careful on the riverbank, as parts of it are quite steep and may be slippery from floods or rain.

Dress for mucky conditions and bring work gloves if you have them. Disposable gloves will be available for people who want them, in addition to garbage bags and some grabbers.

We hope you will join us in the park on **May 3**. You will find supplies and refreshments at the usual place: **the Fieldhouse at 193 Stanley Avenue**, and we will be there from **10 am – 1 pm**.



*Letters to the Editor are always welcomed.*

Opinions are the writer's and do not necessarily reflect those of the newspaper.

Please be sure to include your name and contact information for verification purposes.

## Another Good Reason to Pick Up Your Dog's Poop

Dogs are wonderful. They have all of our human virtues and virtually none of our faults, but they are...well, they're dogs. And being dogs, some of them have a bad habit or two – from the human point of view, that is. Not to put too fine a point on it, they...well, they eat poop. Mostly in winter, I have to say, when it is nice and crunchy.

For some reason, dog-owners dislike this. Call them prejudiced or lacking in imagination or flexibility, or whatever,

er, but there it is. Of course, they are worried about their dogs' health. But even if vets were recommending poop as a dietary supplement, I don't think it would catch on.

That's why, in winter, most of the muzzled dogs in the park are not vicious characters. No, they are dogs with a dark secret. And most of the people you see in that same park, running through the snow, screaming and waving their arms, are not lunatics. They are dog-owners trying to prevent their dogs from being disgusting.

So, here's the pitch. Please pick up the poop and dispose of it. Even if your dog goes off the beaten track, into the trees, into the deep snow: make an effort, because the next dog that comes along is going to eat that poop. And the owner of that dog is going to be unhappy. In the interests of sweetness and light, please pick up the poop.

-Janet Uren



**Deadline**  
for the next issue of the  
**New Edinburgh News**

**MAY 10**

**[newednews@hotmail.com](mailto:newednews@hotmail.com)**



# Both Heritage Committee and City Find Renovation Practically Perfect



By Gail McEachern,

## Heritage and Development Committee

This is a good news report. More often than not, the Heritage and Development Committee has had to deal with development proposals or requests for altering existing buildings, require lifting the Heritage Overlay Zoning Bylaw and ignoring the guidelines laid out in New Edinburgh's Heritage Conservation Plan. Over the years, and even prior to the establishment of

the Heritage Conservation District (HCD) in 2001, there have been numerous articles in the *New Edinburgh News* addressing the New Edinburgh Community Alliance's concern and dismay for the blatant disregard for the mechanisms that had been established to protect the cultural heritage value of our historic district.

The refrain has been repetitive and consistent. The massing of proposed structures has been excessive in relation to the existing streetscape building patterns, green spaces and

gardens have shrunk, and additions attached to the sides of houses in the HCD have forever altered the appearance and integrity of the original facades that should have been preserved.

In January 2015, the committee was given the opportunity to review yet another proposal to alter a house in the historic district. In this case, the owner of 110 Stanley Avenue had applied to the city to construct a two-storey addition at the rear of the existing house. A staff report by one of the city's heritage planners described the property and the proposal as follows: "110 Stanley Avenue was constructed circa 1896, and is attributed to its first owner, H. Clinton Avery who, with his father, owned the contracting firm 'Henry Avery and Sons'. The house remains largely unaltered since its construction with the exception of a family room addition at the rear constructed in 1972. It features a one-storey front porch with turned wood balustrade, a decorative lattice screen with turned spindles and wooden brackets incised with a star design. The gable end features decorative but simple barge-board".

The report outlines the proposal: "The proposed addition will be constructed on the footprint of the existing one-storey family room addition. It is two storeys high with a gable roof, and is to be clad in tongue-and-groove western red cedar stained white, and white cement board with a metal roof. A projecting gable end with a two-storey wrap around window extends 3.6 metres beyond the existing footprint into the rear yard. The addition is 0.3 metres lower than the height of the existing roof, and does not require the removal of any significant trees."

This project, designed by the architectural firm of Christopher Simmonds, is a winner. The committee did not find any element of the proposal that would negatively affect the original house or the adjacent properties. It was impressed by the proposed addition's design, which:

- Exhibits intelligent and sensitive restraint in terms of its massing and scale;
- Differentiates itself from the original house by the choice of cladding and the metal roof;
- Honours the 60 cm setback (stipulated in the Heritage Overlay Zoning Bylaw) at the second level; and
- Preserves the rear garden.

It is also notable that the city and the community were in agreement as the project worked its way through the city's approval process. The Heritage Planners, the Built Heritage



Two-storey wrap around window.

Sub-Committee (BHSC) and the Planning Committee all recommended that the application be approved because it met the criteria embodied in the New Edinburgh Heritage Conservation District Guidelines, and honoured the Standards and Guidelines for the Conservation of Historic Places in Canada.

Heritage Ottawa provided the following comments: "The addition is entirely in the rear, and does not detract from the New Edinburgh Heritage Conservation District. The addition is clearly of its time, but sympathetic in scale, massing and finishes. Nicely done." We second that statement, and add "Bravo!"



Architect's rendering of backyard addition.



The front of 110 Stanley Ave., which is undergoing a tasteful addition at the back.

## NEW EDINBURGH NEWS

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**Madeleine Meilleur**  
MPP Ottawa-Vanier

## It's Never Okay

Sexual violence and harassment occur in every community in Ontario, including Ottawa-Vanier. We hear of incidents through the media, the courts, and perhaps even encounter it in our personal or professional lives. One in three women will experience sexual assault in her lifetime, and fear of violence regardless of race, age or socio-economic status.

All Ontarians deserve to feel safe from sexual violence and harassment in their communities, workplaces, homes and schools.

On March 6, Premier Kathleen Wynne launched "It's Never Okay: An Action Plan to Stop Sexual Violence and Harassment". This Action Plan deepens our government's commitment to ending sexual violence and harassment in Ontario.

Through short- and long-term initiatives, our Action Plan will challenge societal attitudes and behaviours that perpetuate sexual violence and harassment. The Action Plan will improve support for survivors while educating young people about gender equality and respectful relationships built on consent. We must support bystanders in intervening and inspire generational change by making sure people feel safe and respected when they reach out for help.

As part of this plan, our government will ensure that universities and colleges have clear policies to stop sexual violence and harassment on campus, that stronger laws exist to prevent sexual harassment in the workplace, and that we include groups such as seniors, newcomers, persons with disabilities, as well as Aboriginal, Francophone and LGBTQ communities.

We all deserve safe environments in which to live, learn, work and enjoy ourselves free of violence.

"It's Never Okay" builds on progress we have already made while recognizing how far we have left to go. Today, I ask everyone in Ottawa-Vanier to join this effort. It is up to each person, each family, each employer to end sexual violence and harassment. We all need to examine our own reactions, attitudes and behaviours, learn how to intervene safely and effectively, and take responsibility for our actions.

Our government's Action Plan is available online in 27 different languages at: [ontario.ca/itsneverokay](http://ontario.ca/itsneverokay)

## ca/itsneverokay

Together, we must ensure our homes, schools, workplaces and communities reflect the values of freedom and security for everyone.

## Ce n'est jamais acceptable

La violence et le harcèlement à caractère sexuel sont une réalité dans toutes les communautés, même à Ottawa-Vanier. Nous le voyons dans les médias, dans nos tribunaux et peut-être même dans nos vies personnelles ou professionnelles. Une femme sur trois sera victime d'une agression sexuelle au cours de sa vie. L'insécurité face à la violence sexuelle ne se limite ni à l'origine, ni à l'âge ni au statut socioéconomique. Toute la population ontarienne mérite de se sentir protégée contre la violence et le harcèlement à caractère sexuel à la maison, au travail ou à l'école.

Le 6 mars, la première ministre Kathleen Wynne a lancé : « Ce n'est jamais acceptable : Plan d'action pour mettre fin à la violence et au harcèlement sexuel ». Ce plan d'action renforce l'engagement de notre gouvernement à mettre fin à la violence et au harcèlement à caractère sexuel en Ontario.

Grâce à des initiatives à court et à long terme, le plan d'action s'attaquera aux attitudes et aux comportements répandus dans la société qui perpétuent la violence et le harcèlement à caractère sexuel. Le plan étoffera le soutien offert aux victimes et éduquera les jeunes sur l'importance de l'égalité des sexes et des relations respectueuses fondées sur le consentement. Nous devons encourager et soutenir les témoins pour qu'ils interviennent et qu'ils inspirent un

changement générationnel en veillant à ce que les personnes qui demandent de l'aide se sentent en sécurité et respectées.

Ce plan d'action prévoit que les universités et les collèges se dotent de politiques claires contre la violence et le harcèlement à caractère sexuel sur les campus, que des lois plus sévères soient adoptées pour prévenir le harcèlement sexuel dans les lieux de travail et que nous travaillerons pour inclure des groupes tels que les personnes âgées, les nouveaux arrivants, les personnes handicapées, les Autochtones, les francophones et la communauté des GLBTQ.

Nous méritons tous de vivre, de travailler, d'apprendre et de nous divertir dans un milieu sécuritaire, exempt de violence.

« Ce n'est jamais acceptable » s'appuie sur les progrès déjà réalisés, tout en reconnaissant le chemin qu'il reste à faire. Aujourd'hui, je demande à tous les gens d'Ottawa-Vanier de passer à l'action. Chacun d'entre nous, chaque personne, chaque famille, chaque employeur, chaque enseignant doit passer à l'action pour mettre fin à la violence et au harcèlement à caractère sexuel. Nous devons tous examiner nos propres réactions, notre mentalité et nos comportements afin d'intervenir de façon plus efficace et sécuritaire en assumant nos responsabilités.

Le plan d'action est disponible en 27 langues à : [ontario.ca/jamaisacceptable](http://ontario.ca/jamaisacceptable)

Ensemble, nous devons veiller à ce que nos foyers, nos écoles, nos lieux de travail et nos communautés reflètent les valeurs que nous prônons, soit la liberté et la sécurité pour tous.



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# Fiftieth Anniversary of the Canadian Flag - 50e anniversaire du drapeau canadien



**Mauril Bélanger**  
MP Ottawa-Vanier

In May 1964, the Government of Prime Minister Lester B. Pearson introduced, in the House of Commons, a resolution for Canada to adopt a national flag. The flag debate ran from June 15 to September 10, 1964. Discussions were hostile and bitter. Although John Diefenbaker, leader of the Opposition, strongly opposed any alternative to the Red Ensign, his caucus was divided. The eight Conservative MPs from Quebec preferred a flag with no allusion to either the Red Ensign or the fleur de lis.

Pearson and Diefenbaker eventually agreed to the establishment of a Special Committee, which then considered thousands of sketches submitted by the general public, keeping only three. On October 29, the Committee recommended the adoption of a flag with the one-leafed red-and-white design, which had been suggested by George F.G. Stanley, Dean of Arts at the Royal Military College of Canada.

Debate resumed in the House of Commons, but no consensus could be reached. At

2:15 a.m. on December 15, 1964, a free vote resulted in adoption of the recommended design. One hundred and twenty-five Liberals voted in favour and one against, six Progressive Conservatives voted in favour and 73 against, 19 Socreds voted in favour and three against, 13 New Democrats voted in favour and one against, for a total of 163 for and 78 against. The new flag was adopted by Royal Proclamation on January 28, 1965, and was raised for the first time on Parliament Hill on February 15. Today, it has become the greatest symbol of our country, loved by most Canadians and recognized as well as respected around the world.

Happy 50th anniversary to the Canadian flag!

\*\*\*

En mai 1964, le gouvernement du premier ministre Lester B. Pearson dépose à la Chambre

des communes une résolution pour que le Canada adopte un drapeau national. Le débat sur le drapeau débute le 15 juin et se poursuit jusqu'au 10 septembre 1964. Les échanges sont virulents et acerbes. Même si John Diefenbaker, chef de l'opposition, s'oppose vivement à tout autre drapeau que le Red Ensign, son caucus est divisé. Les huit députés conservateurs du Québec favorisent l'adoption d'un drapeau qui ne fait ni référence au Red Ensign ni à la fleur de lys.

Pearson et Diefenbaker s'entendent finalement sur la création d'un Comité spécial, qui écarte des milliers d'esquisses soumises par la population et n'en garde que trois. Le 29 octobre, le Comité recommande l'adoption d'un drapeau unifolié rouge et blanc, dont l'esquisse a été soumise par George F.G. Stanley, doyen de la Faculté des lettres du Collège militaire

royal du Canada.

Le débat se poursuit à la Chambre des communes, mais aucun consensus n'est atteint. À 2 h 15, le matin du 15 décembre 1964, un vote libre est pris sur l'adoption du drapeau recommandé. Ainsi, 125 libéraux votent pour et un contre; 6 progressistes conservateurs votent pour et 73 contre; 19 députés du Crédit social votent pour et trois contre; 13 néodémocrates votent pour et un contre, pour un total de 163 pour et 78 contre. Le nouveau drapeau est adopté par proclamation royale le 28 janvier 1965 et hissé pour la première fois sur la Colline du Parlement le 15 février suivant. Aujourd'hui, l'unifolié est devenu l'un des plus grands symboles de notre pays. Il est aimé de la plupart des Canadiens et reconnu et respecté partout dans le monde.

Joyeux 50e anniversaire au drapeau canadien!

## Watch for Rebranding of Quartier Vanier's Three Mainstreets

**By Jamie Kwong**  
**Executive Director,**  
**Quartier Vanier Business Improvement Area (QVBIA)**

Greetings residents and business owners of the New Edinburgh area! My name is Jamie Kwong, and I am a new resident of this wonderful community. I am also delighted to be working in my neighbourhood, as I have just taken over as the executive director of the Quartier Vanier Business Improvement Area (QVBIA). I am so pleased to be part of this dynamic and diverse neighbourhood in Ottawa, ripe with exciting opportunities.

I've spent the last three years living and working in Orléans as the executive director of the Orléans Chamber of Commerce. Prior to that, I worked with charities; specifically, I was the funding coordinator and a support worker at the Sexual Assault Support Centre (SASC) Ottawa, a local women's crisis centre. I moved to Ottawa 11 years ago to pursue undergraduate studies at the University of Ottawa, and by the time I had finished my Master's, I knew that this was the place that I would call home. I fell in love with Ottawa because it has all the amenities and attractions typically found in big cities; yet, it has the warmth and sense of community often only found in small towns.

### What is a BIA?

I've had many individuals ask me "what is a BIA?"

The concept of a Business Improvement Area (BIA) is a "Made in Ontario" innovation. The purpose of a BIA is to allow local business people and commercial property owners and tenants to join together and, with the support of the municipality, to organize, finance, and carry out physical improvements in their district, as well as to promote local economic development. The BIA concept is quite young: it was only in 1970 that Ontario passed legislation to create the world's first BIA in Bloor West Village in Toronto.

There are now over 270 BIAs in Ontario, varying in size from fewer than 60 business and property owners to more than 2,000. The BIA concept is now global, adopted by more than 500 communities across Canada, 2,000 throughout the United States, and thousands more around the world including Europe, South Africa, Australia, New Zealand and Japan. In Ottawa, there are now 18 BIAs in operation.

With the QVBIA being the Voice of the businesses along Beechwood Avenue, Montréal Road and McArthur Avenue, each street with its own unique characteristics and attributes, my focus as the executive director will be working on initiatives that are in alignment with, and help to advance, the organization's three overarching goals, reaffirmed by the Board of Directors' Visioning Session in 2014:

- To pursue initiatives that bring benefit to our BIA merchants;
- To beautify the Quartier Vanier BIA streets;
- To advocate on behalf of the Quartier Vanier BIA merchants' issues, and increase the profile of the area.

### Coming Soon: LED Lamps for Beechwood

In a partnership between the City of Ottawa and our QVBIA, we will be introducing an LED Lampposts pilot project on Beechwood Avenue, in which 22 new LED pedestrian lights and 32 LED upgraded overhanging lights will be installed. This is an investment of close to \$140,000 split between the City and the BIA. In addition, we will be unveiling a rebranding of our three streets over the next few months.

Working with the Board of Directors, I hope to lead our Quartier Vanier BIA into exciting and sustainable achievements, to have an impact at

both a neighbourhood and a citywide level. I look forward to meeting the various stakeholders of this community, as I firmly believe in fostering a collaborative and cooperative approach when advocating for the best interests of an area.

I look forward to working with you all in promoting our Quartier Vanier, as we are on the cusp of very exciting

progress. To stay up-to-date on your local Quartier Vanier BIA news, please visit our website at [vanierbia.com](http://vanierbia.com).

In the meantime, you may encounter me strolling around this lovely neighbourhood with my impossibly adorable Labrador / Terrier mix Char-Li Bucket. Please do feel free to stop me to say hello!



Photo by Louise Imbeault

Quartier Vanier's new executive director Jamie Kwong and Mark Kaluski, Quartier Vanier BIA chair and owner of Monson's Cleaners, enjoy the sunshine on Beechwood Ave.

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# Minto Bridges Off-Limits Until 2016 as Work Continues



**Tobi Nussbaum**  
City Councillor, Ward 13

Spring is just around the corner. The thaw is coming, construction is beginning, and I have a new office team to introduce to you. But first, an update.

One construction project that I wanted to provide an update on—one that I know a lot of residents have been eagerly awaiting news on—is the Minto bridges.



**Jesse Cressman-Dickinson.**

The fact that the bridges have been closed to vehicles since 2012 has been a real frustration for the community. I was recently briefed on the project by city staff to both understand why it has taken

as long as it has, and to discuss next steps. It seems the delays were due both to insufficient capital funding available for the project, combined with the technical complexity of the repair work. Fortunately, we've secured sufficient funding to complete the project through the 2015 City Budget. Unfortunately, although construction will resume this summer to return the bridges to their former lustre, the project will not be complete until the end of 2016.

In order to preserve the heritage-designated bridges, city engineers decided to install Ottawa's first-ever fiber-reinforced polymer bridge deck system. This deck will provide the bridges with the strength and weight-bearing capacity they need in order to support cars, small trucks and emergency vehicles, in addition to bicycles and pedestrians. This unique solution requires a specialized contractor and design approval process, along with permission from the National Capital Commission.

Construction this season (July-November) will focus on the east bridge, which connects Maple Island to Stanley Avenue, while the middle bridge will be repaired next year. Besides the new deck, the bridges' steel truss structures will also be sandblasted



**Alex LeBlanc.**

and restored with fresh coats of white paint, similar to the work that was completed on the western Minto Bridge span in 2013.

The bridges will be open to pedestrians and cyclists until construction begins in July, at which time access will be closed until November. Pedestrian and cycling access will then re-open during the winter until the start of the 2016 construction season, when access will be closed again.

I explored options with city staff for keeping the bridges open to pedestrians and cyclists during construction, but disappointingly, due to both cost and safety concerns, it simply wasn't feasible. I have asked the project staff to ensure that pedestrians and cyclists can use the bridge for as much time as possible before and after each construction season. While crews are working

on the bridges, cyclists and pedestrians will be detoured to the Bytown Bridges crossing on Sussex Drive, which has bicycle lanes.

By the end of 2016, the project staff anticipates we should be able to breathe a sigh of relief when the bridges re-open to pedestrians, cyclists and motorists.

## My Staff Team at City Hall

I want to take this opportunity to introduce you to my staff team: **Jesse Cressman-Dickinson**, **Alexander LeBlanc** and **Laura Mueller**. My staff helps me address and incorporate your concerns, ideas and questions into my work and decisions at City Hall, including the extensive committee and Council work that has begun over the last month.

**Jesse Cressman-Dickinson** has a background in community engagement. Before joining Team Tobi, she was the Community Manager at HUB Ottawa, a co-working space for social entrepreneurs. In her spare time she is on the board of JustChange Ottawa, a micro-granting organization that supports local ideas for social and environmental change. Jesse is the primary point of contact for community associations in the ward, and will be working on special projects and helping to spread news to residents about the work I am doing.

**Alex LeBlanc** is a recent graduate of the University of Ottawa where he studied political science and public administration, with a focus in inter-governmental relations and national security. When not at work, Alex is often caught reading a new book on history,

politics or classical French literature. He is an excellent listener in both official languages and is very adept at navigating city hall to find answers to your questions. Alex is very likely to be your first point of contact when you call or email my office.

**Laura Mueller** was the City Hall reporter for Metroland Media's Ottawa Community News group of newspapers before joining Team Tobi. Laura is passionate about planning liveable neighbourhoods that thrive because people are able to walk and bike. You may have already met Laura at a community association meeting, public consultation or at a Jane's Walk event, which she helps organize. Laura will be working on planning files—both for the ward and for my role on the planning committee—as well as built heritage and transportation matters.



**Laura Mueller.**



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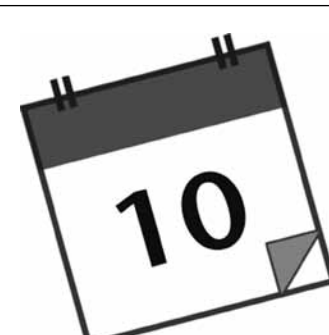
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**Chris Ellis**  
Public School Trustee, Zone 6



**Jim Watson**  
Mayor of Ottawa

## We Need More Provincial Support for Special Education

The budget process is underway for the Ottawa-Carleton District School Board (OCDSB).

By the time you read this, the Board will have decided on academic staffing levels for regular and special education classes for the academic year 2015-16. However, as I write, we are facing some challenging choices. One of the hardest relates to Special Education and, specifically, teaching support for children with autism.

The draft budget recommends opening four new specialized classes for children with autism next September. It would take 10 new classes to serve the 63 students who currently meet the criteria for such a class. The challenge is that each autism class costs \$250,000 for a small number of students.

- The alternatives are to:
- Come up with \$2.5 million to open 10 new classes by taking funds from other areas (e.g. other special education supports; regular programming; transportation; playground renewal), which could jeopardize other student services or safety; or,
  - Keep students who have been recommended for specialized classes in regular classes, ideally with extra support. I have concerns about whether available resources will provide enough extra support to ensure the needs of all students in the classroom can be met.

### Stuck Between a Rock and a Province

I believe that we cannot adequately meet the needs of our special education students without more funding from the provincial government.

Ontario sets the overall budget for its' school boards. It includes a designated amount for special education, which must be spent to support students who have identified exceptionalities (behavioural, communicational, intellectual and/or physical), including autism.

The OCDSB, which received \$102 million for 2014-15, has been spending five per cent more than the amount designated by the province for a number of years to meet the needs of its' special education students. Special Education funding has not increased, but the incidence of students with exceptionalities, especially in the autism spectrum, continues to rise. School boards are thus under pressure to reduce specialized classes and increase integrated service delivery in a regular class setting. I support integrated classes but have my doubts that there are enough resources to meet the needs.

The province says that it is spending more on education than ever before. It would be helpful if it also explained that the increased spending is due to new initiatives such as full day Kindergarten. It would also be helpful if it mentioned that the extra funding for full day Kindergarten falls short of the actual needs.

The 2014-15 approved OCDSB budget had a shortfall for full day Kindergarten of \$5.8 million. If the province covered the shortfall, there would be more than enough funds for the needed autism classes.

It would be an asset to the system as a whole, in my view, if the province also funded Special Education more appropriately.

## Sports Tourism in Ottawa

As the days grow longer and the snow starts to melt, it's always exciting to see how eager people are to get outside and enjoy our city. While residents put away their skates and lace up their runners, it becomes apparent how active our city really is.

Whether you are an amateur athlete, sports fan or just like to enjoy the outdoors, Ottawa has something for you this season.

With the Ottawa Champions bringing pro-baseball back to our city in May, and another season to look forward to from the Ottawa Redblacks and Fury FC, Ottawa is quickly emerging as a sporting hub in Canada.

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

With all eyes on Ottawa as the center of festivities for Canada's 150th birthday in 2017, strengthening our tourism industry by attracting major sporting events becomes even more important.



**Sports Commissioner Jodi Mitic and Mayor Jim Watson at the swearing-in of Ottawa City Council.**

That's why I recently asked city council to appoint Innes Ward Councillor Jodi Mitic as Ottawa's first Sports commissioner. With a keen interest in and passion for sports, Councillor Mitic will act as an ambassador to pitch Ottawa as a host for high-profile sporting events of all types. With his experience and team mentality, I am excited to see the opportunities Councillor Mitic, working with partners like Ottawa Tourism, is able to bring to the city.

Continuing our collaborative efforts, the City of Ottawa and Tourism Ottawa's "bid more,

win more, host more" program will further foster economic and social prosperity within our city. We have made great strides already, securing several major events for 2015-2016:

- FIFA Women's World Cup
- Rugby Canada National Championships
- Canadian Sprint Canoe/Kayak National Championships
- Canadian Little League Championships
- Capital Karting Grand Prix

The City's reputation as a premier destination for major sporting events continues to grow with the announcement that Ottawa will host the 2017 Roar of the Rings curling championship. In addition to its major economic contributions, this will determine which teams will represent Canada at the 2018 Winter Olympics in PyeongChang, South Korea. Ottawa was also recently named host of the 2016 Brier Curling Championships for the first time since 2001. A major Canadian championship, the Brier is projected to bring more than 10,000 room nights to hotels and over \$4.5 million to the local economy.

As significant as these economic contributions are to Ottawa, sporting events make an even larger contribution to our city. Each event brings with it its' own community who have the opportunity to experience and contribute to our city's culture of diversity and inclusiveness.

If you would like to know more about these exciting events and many more, visit [ottawatourism.ca](http://ottawatourism.ca).

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## Join Us for a Walk Through the Village of Our Dreams

By Julie LaPalme

### Chair, Beechwood Village Alliance

The Beechwood Village Alliance is co-hosting this year's Jane's Walk with NECTAR on **May 2 from 1 pm - 2:30 pm**. Jane's Walk is a festival of free neighbourhood walking tours (named in honour of Canadian urban renewal advocate Jane Jacobs) that help put people in touch with their city, the things that happen around them, the built environment, the natural environment, and especially with each other. Jane's Walk encompasses both the social and geographic dimensions of the urban fabric, and creates a unique opportunity for the residents of cities to discover more about the places they live. The walks are led by local residents who care passionately about where they live, work, and play.

Jane's Walk was first launched in Toronto in 2007, and eight years later, not only is it held in cities all over Canada, but is now held in 85 cities around the world. This is not surprising since more than half the world's population is now living in cities. Sharing our passion for the city through events like Jane's Walk helps knit people together into strong and resourceful communities.

The theme of last year's walk in our community was Water and Earth – the unique terrain created by the intersection of the Rideau and Ottawa Rivers. We are lucky to live near two beautiful rivers, and it was interesting to all of us to hear about the unique features around these waterways. This year, the theme is "The Village

of My Dreams," and is based on the notion that in its present form, Beechwood Avenue is by no means ideal, and that we all have dreams of creating something better. We believe that by identifying our wants and needs, we can make them happen, a little bit at a time.

This year's walk will be more interactive and have different themed stops related to creating the "Village of Our Dreams". We will create pop-up murals, guerilla herb gardens and impromptu gathering spaces. Divide up some of the perennials from your garden and be prepared to plant them along the walk! See you at 1 pm on May 2 and, if it's pouring with rain, we'll see you on May 3, same time. We look forward to creating the Village of our Dreams with you!

The walk will start at NECTAR, 255 Mackay near Dufferin, at 1 pm, and will end with tea and coffee sponsored by Councillor Tobi Nussbaum at **Tea Tyme at 81 Beechwood Ave.**

### Solstice Stroll: June 20

The **Summer Solstice Stroll** is the next event on the BVA's agenda, so be sure to mark your calendars for June 20. The details are still in the works, and there are lots of details! As in previous years, the merchants will be doing something fun in front of their shops, and the street will come alive with performers and artists. The Summer Solstice Committee could use some extra hands on deck for the planning phase and/or on the day, so please drop us a line at **[beechwood-villagealliance@hotmail.ca](mailto:beechwood-villagealliance@hotmail.ca)**.

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**Lindenlea - \$999,000**  
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**New Edinburgh - Call for price**  
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**New Edinburgh - Call for price**  
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## Break in Cold Weather Made for Fun-filled Hockey Day

By Debra Conner

Crichton Community Council held its third annual **Hockey Day in New Edinburgh** event on February 14. We were lucky because the intense cold we've had this winter let up a bit for this one day to allow hockey players of all ages to come out to celebrate the game of hockey with their community. Hockey players participated in the skills competition, played

shinny, guessed the number of jellybeans, had their picture taken in the photo booth and fuelled up on hotdogs and hot chocolate.

As always, this event could not have happened without the help of many volunteers: many thanks to **Denise Belanger** for her organizational skills in getting this event planned and executed; **Sue Hall** and her crew for running the skills

competition; **Paula Pincombe** and **Sylvain Belanger** for serving up hotdogs, chips and drinks; **Cathy** and **Carol** for running the jelly bean contest; **Jerry Turchyn** for arranging the music, and to **Caroline Matt** and **Mary Grainger** for their overall help. Special thanks to the **New Edinburgh Pub** for donating the hotdogs and all the fixings.

Last but not least, we couldn't have held such a fantastic event without our rinks! **Michel Giroux** and his crew of hosers and rink attendants did a wonderful job of ensuring the rinks were in shape for the event. Congratulations to **Frieda** for winning the jellybean contest and to all of the winners of the skills competitions. To see more pictures of the event, please visit our Facebook page. Our next event should (hopefully) take place on a warmer day: our annual **Plant Sale** is coming



Photo by Steve Grabner

**Sam Grabner** takes his turn in the skills competition during **Hockey Day in New Edinburgh** on Feb. 14.

up on **May 9**, just in time for Mothers' Day. Now that the skating season is over, the Fieldhouse is once again avail-

able for renting. Send us an email at [nefieldhouse@gmail.com](mailto:nefieldhouse@gmail.com) to book.

## Details of Revised Rideau River Flood Plain Expected Soon

Continued from page 1

those of the last study, carried out nearly 30 years ago. Keep an eye on the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca) where the link will be posted as soon as it is up and running.

### Do You Know What to Do?

In the event that flooding should occur, the first response is up to the individual homeowners. But what does this entail, exactly? Do you and your family members know what to do before and after a flood?

Here are the basics:

#### Before

- Get an emergency kit. (You can purchase a pre-packaged emergency kit from the Canadian Red Cross at [redcross.ca](http://redcross.ca) or visit [GetPrepared.ca](http://GetPrepared.ca) for a list of basic emergency kit items.)
- Put weather protection sealant around basement windows and the base of ground-level doors.
- Install the drainage for downspouts a sufficient distance from your residence to ensure that water moves away from the building.
- Consider installing a sump pump and zero reverse flow valves in basement floor drains.

#### If a flood is forecast

- Turn off basement furnaces and the outside gas valve.
- Take special precautions to safeguard electrical, natural gas or propane heating equipment.
- If there is enough time, consult your electricity or fuel



Photo by Richard Guy Briggs

**Annual ice-breaking operations on the Rideau River began in early March. This exciting procedure—done with saws, blasting and amphibious equipment—is done to prevent flooding along the Rideau River.**

supplier for instructions on how to proceed.

- Shut off the electricity only if flooding has not yet begun and the area around the fuse box is completely dry. Stand to the side of the breaker panel and look away from the panel when switching the power off. Have a flashlight with you.

#### If flooding is imminent

- Move furniture, electrical appliances and other belongings to floors above ground level.
- Remove toxic substances such as pesticides and insecticides from the flood area to prevent pollution.
- Remove toilet bowls and plug basement sewer drains and toilet connections with a wooden stopper.
- Disconnect eavestroughs if

they are connected to the house sewer.

- In some cases, homes may be protected with sandbags or polyethylene barriers. Follow instructions from local emergency officials. Sandbags are available from the city at a number of locations (<http://ottawa.ca/en/residents/transportation-and-parking/road-and-sidewalk-maintenance/flood-awareness-and-prevention>).
- Do NOT attempt to shut off electricity if any water is present. Water and live electrical wires can be lethal. Leave your home immediately and do not return until authorities indicate it is safe to do so.

#### After a flood

- For health reasons, it's important to restore your home to good order as soon as possible, but make sure the property is safe to re-enter before you do.
- To avoid electrical shock wear rubber boots, keep extension cords out of the water and shut the power off to the flooded area at the breaker box.
- Remove standing water with pumps or pails, then with a wet/dry shop vacuum.
- Remove all soaked and dirty materials and debris, including wet insulation and dry-wall, residual mud and soil, furniture, appliances, clothing and bedding.

For more information on how to get prepared for an emergency, go to [GetPrepared.ca](http://GetPrepared.ca).

#### City's Role in Flood Prevention

As residents, being well prepared is a good thing, but as taxpayers and conscientious stewards of our properties and neighbourhoods, we would anticipate that the City would bear the significant responsibility of swiftly and actively tackling the issue of providing permanent flood protective

measures as soon as the new flood mapping data is available.

Unfortunately, since the mapping study is not yet complete, and the subsequent "fix" will take time to develop, a more permanent solution isn't in the cards for the imminent flood season this spring.

We will continue to press for ongoing progress on the issue to ensure that by the time of the spring melt in 2016, protective measures are in place to relieve our community of the annual threat of a flooding emergency, with all of the anxiety that this entails. We're fortunate to have a councillor who is working actively with us on the flood question, and we look forward to collaborating with Tobi Nussbaum to bring the initiative to a successful conclusion as soon as possible.

#### Mark your calendars:

**Emergency Preparedness Week event, May 3, from 2-4 pm** at the Stanley Park Fieldhouse. There will be demonstrations, a flood preparedness presentation by the City Emergency Management personnel, activities, refreshments and a prize draw.

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# BURGH BUSINESS BRIEFS

- By Elizabeth Gray-Smith, Louise Imbeault and Jane Heintzman -

**Editor's Note:** There are a couple of new voices joining **Jane Heintzman** for this edition of the *Burgh Business Briefs* – unarguably the backbone of the New Edinburgh News. Our photographer, **Louise Imbeault**, well known in these pages for her great photos and for her regular column *Scoop*, has stepped up to help out with the Briefs, and she hasn't disappointed us. **Elizabeth Gray-Smith** is also making her BBB premiere. An active New Edinburgh resident, multi-talented writer, mom and loyal supporter of local business, she joins us to uncover the wealth of stories our neighbourhood has to tell. We are most grateful to Elizabeth and Louise for taking time to contribute to our paper, and look forward to their entertaining and informative additions to our business reporting.

**CORRECTION:** In the February 2015 *New Edinburgh News*, **Parker's Cleaners** was mistakenly included among those businesses which have departed Beechwood since the fire of March 2011. In fact, former Parker's operator **Huong Lam** now works under the **Brown's Cleaners** banner at 71 Beechwood, along with her team of capable seamstresses, and continues to serve her loyal customers. The *NEN* regrets the error and is relieved to know that this popular business is still in our midst.

## Retire-At-Home™ Services: A Perfect Score!

Since its launch over 20 years ago from the Nepean home of founding president **Irene Martin**, **Retire-At-Home™ Services (RAH)** has blossomed into an award-winning home care business with well over 130 employees in Ottawa and 32 franchises across Canada. With more than three decades of experience as a registered nurse and at one time a caregiver to her own aging parents, Irene was acutely aware of the gaps in the healthcare system. Irene set out to create her business with the overriding objective of helping seniors to retain their personal dignity and independence, yet remain in their own homes for as long as possible, despite the possible challenges they may be facing.

While Irene has recently stepped down from the daily



Photo courtesy of Retire-at-Home  
Ottawa-based Retire-at-Home helps seniors retain their independence. The company received top marks from Accreditation Canada.

operations of RAH, her immediate family remains very much involved in the business: son **Jonathan** is vice-president, Franchise Development; daughter **Karen** is executive director; and son **Geoffrey** is head of Human Resources. Jonathan reports that the emphasis on high quality services led to a new milestone in 2014, when RAH scored 100 per cent in all criteria assessed by Accreditation Canada, an organization establishing standards of excellence in the delivery of home care services.

While the home care field is officially unregulated in Canada, many of the larger,

more reputable service providers sign on to the Accreditation Canada program and regularly undergo a detailed audit to assess their performance in relation to a broad range of criteria including health and safety; assessment of client needs; hiring practices; community development; and delivery of home care services. To the delight and pride of the RAH team (including Irene, who reportedly wept with joy!), RAH received a perfect score in last year's audit.

You can find out all the details relating to RAH's comprehensive menu of services on the company website a **retireathomeottawa.com** or by calling **613-798-5111**. In a nutshell, these services range across a broad spectrum from **companion care** to **care management; home support services; personal care; nursing care and palliative care**. In the case of each client, RAH undertakes a comprehensive assessment of the individual client's needs and resources, and customizes its services accordingly. RAH also offers a number of specific care "packages" including **Hospital Discharge; Respite Care; Caregiver Support; Live-In Management** and the "Peace of Mind Package"

designed expressly for the so-called "sandwich generation" who are juggling the combined responsibilities of children at home; full-time jobs; and aging or ailing parents in need of care and attention.

Jonathan is enthusiastic about two new services that will very soon be available to RAH clients. A new **Cognitive Care Program** is currently in the works, and will offer thorough individual client assessments by a specialist in the field, on the basis of which a customized cognitive "exercise" plan will be developed. Caregivers assigned to the client will then be specifically trained to work with that individual and to follow through on the elements of the plan. A second innovation will involve an **In-Home Pharmacist's Medication Review**, when an accredited pharmacist will take a close look at the medications in the client's home and carefully evaluate their possible interactions, expiry dates and other details associated with their safety and efficacy.

We send our congratulations to the RAH team on their stellar performance in the 2014 Accreditation Canada audit, and our best wishes to Irene in her retirement. -JH

## The Crichton Street Gallery is Open

From inside the cubed space at 299 Crichton St., artists **Martha Nixon, Mary Pratte, Beth Stikeman** and **Louise Tanguay** have a front row seat to the action and bustle of the neighbourhood. Centrally located in the heart of New Edinburgh, at the corner of Crichton and Electric streets, neighbours walking by can gaze in at the artists' creations. A contemporary and colourful collection of prints, paintings and photographs hang on the crisp, freshly painted white walls of this small but mighty space. All are for the neighbourhood to enjoy, and, of course, purchase.

The group of four – who have roots in the neighbourhood – joined creative and business forces to open The Crichton Street Gallery at the end of March.

"We all remember that first piece of art purchased," says Mary Pratte, one of the photographers of the group. "We want to be that place where you can buy the art and meet

the artist...there are works here for all tastes, all budgets," she says.

The next time you stroll down Crichton, take a walk on the west side and look through the windows at 299. On Saturdays, from 11 am to 4 pm, walk on in. To see a piece up close and discuss it with the artists outside of those hours, make an appointment by calling **613-299-0064**. There is a lot more to come from this group – keep your finger on the pulse by visiting **thecrichtonstreetgallery.ca**. -EGS

## There's More to Go Tire than Just Tires

Former Burgh resident **Eric Fautoux**, owner of **Go Tire (Ottawa West)**, has been serving the company's territory in West Ottawa since July 2013. A year later, Go Tire expanded to **Ottawa East** and now operates in the area as far east as Rockland.

After seeing the **Go Tire** concept on CBC's "Dragon's Den", Eric knew immediately this was his calling. Becoming a proud franchisee, he received vigorous and intensive training and testing. He is now fully certified in Tire Industry Association (TIA) standards, and is also an accredited windshield repair and replacement specialist.

Eric takes pleasure in the freedom of driving the city with his new office on wheels. The Go Tire van is a state of the art, mobile and colourful vehicle that comes right to your door, whether at your residence or your work place, and performs the seasonal tire exchange and storage on the spot. Indoor temperature-controlled, secure storage for your tires is included in the service package. **Go Tire** also offers a program of roadside assistance with a twist: its GPS tracking system reaches throughout North America in order to assist you.

Eric will share the many ways in which you can save money using his service, with only minimal high tech changes to your car. One example is the innovative **Smart Cap** valve, which self-calibrates your tire pressure and blinks when the pressure drops four psi below normal. On long road trips, this feature could help avoid accidents, save on gas, and reportedly costs one quarter less than



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Photo by Louise Imbeault

Eric Fauteux, owner of Go Tires, says he loves his “office on wheels,” coming directly to clients to change car tires.

its closest competitors.

Go Tire is so much more than tire assistance for flats, blow outs, balancing and seasonal changeovers. Eric’s mobile unit is not only equipped to boost batteries or unlock doors should you forget your car keys inside, but also can beautify your vehicle for you. Auto detailing, windshield repairs and replacements (which can be treated with Aquapel, a patented glass shield that repels rain, snow and sleet, improving driver visibility in just one treatment) are specialized services of which Eric is very proud.

Ask Eric about the **Ride On** tire protection system used by government agencies, police, fire and first responders. This effective tire treatment is safe, non-flammable, non-hazardous and biodegradable, and is suitable for all weather conditions. It really does prevent flat tires by converting them into a self-sealing tire. One treatment is good for the life of your tires. For more information on Go Tire’s services, please visit [gotire.com](http://gotire.com) or call 613-406-8473. -LI

### There’s Heart in the Square

Positioned as they are in the heart of Beechwood, the 110 permanent residents of **New Edinburgh Square Retirement Residence (NES)** have a ringside seat for the emerging developments along our main thoroughfare; particularly for the Minto Beechwood project directly across the street. There will be no shortage of interest and activity as the construction proceeds. Despite the inevitable traffic and other disruptions the project may pose in the short term, NES dwellers will soon have a whole new community of neighbours and (at last!) a brand new shopping area within steps of their front door.

Quite apart from this excitement, the residents of NES

have the good fortune to live at one of the nerve centres of our community, with three of our popular gathering places – **Books on Beechwood**, **The Scone Witch**, and **The Clock Tower Brew Pub** – conveniently located on the building’s main floor. And in addition to these diversions, the management of NES offers a busy and broad-ranging program of events and activities, each of which is designed to address one of the six aspects of overall well-being: physical, emotional, intellectual, social, spiritual and vocational.

Each month, lifestyles and

allenges, board games, bridge, scrabble and coming soon, a brand new program called “Fit Minds.”

Glen is particularly delighted that one knowledgeable resident is currently leading a classical music class every Thursday afternoon, where participants are introduced to the great musical masters in chronological sequence. Other popular activities include the residence’s “Life Stories Program” which gives residents an opportunity to share memories of notable experiences in their lives, and the Java Music Club, which is similar in format, but punctuated by musical interludes appropriate to the topic of the day. A recent monthly innovation introduced by Glen himself is hockey night, when residents gather to watch a Senators’ game, normally a contest that is handpicked by Glen to maximize the chances of avoiding a humiliating defeat!

There is no shortage of opportunities for socializing at NES both informally at meals or afternoon tea, and at parties, birthday celebrations, cocktail hour, evenings of musical entertainment, film nights and other gatherings. Among the recent notable family occasions at the residence was the 104th Birthday Party of resi-



Photo courtesy of Christine Clare

New Edinburgh Square staff member Evelyn Facun served a generous Christmas dinner for her home village in the Philippines.

program manager **Glen Layton** (who succeeded **Caroline Proulx** following her promotion within the organization) prepares a calendar of activities including regular exercise classes, as well as Chartwell’s signature “rhythm and moves” program which incorporates simple dance moves executed to the familiar tunes of the old standards. To keep residents’ minds active and memories honed, there are “brain games”, arithmetic exercises, dictionary definition chal-

lenges, board games, bridge, scrabble and coming soon, a brand new program called “Fit Minds.”

Manager **Christine Clare** reports that NES has an active community Outreach Program, regularly extending support to the Gloucester Seniors’ Club, Nectar, and our local churches. The residence’s second floor library is also home to one



Photo by Louise Imbeault

Todric’s executive chef, Eric Patenaude, serves up freshly-made brunch fare, and a mostly gluten-free dinner menu.

of **Books on Beechwood’s** regular **Book Club** sessions every second Wednesday of the month from September to June, and many of the NES residents participate in these popular evenings of literary discussion. The NES **Hope Project** engages both residents and staff in fundraising for a variety of local charities, most recently for the Alzheimer’s Society of Ottawa and Renfrew County, when NES managed to top all other retirement residences in the area by raising over \$1300 for the Society’s Walk for Memories through a combination of sponsorships for participating staff and a residents’ bake sale.

The spirit of generosity is clearly alive and well at NES, and Christine Clare is proud to report that kitchen staff member **Evelyn Facun** recently returned to her home village in the Philippines where she enlisted the help of her sister in the purchase and preparation of a hearty meal for 130 seniors in the village, sending them back to their homes after the feast equipped with doggy bags containing sufficient supplies for at least two weeks. Well done, Evelyn! -JH

### Look Beyond Beechwood for Great Dining

Executive Chef **Eric Patenaude** would like the foodies of New Edinburgh to think beyond Beechwood for brunch and those special nights out. **Todric’s** sits right next to the Rideau River bike path at 10 McArthur Ave., a five-minute ride from New Edinburgh. The high-end catering headquarters turned fine-dining restaurant boasts extensive brunch and bistro menus and offers something for everyone.

During the brunch hours, he serves up the classics and adds some delicacies like poached eggs sitting easy on smoked salmon, and banana and walnut bread French toast. And, yes, real maple syrup!

The evening menu is mostly gluten-free, with credit due to the ingredients used and the cooking philosophy at play in the kitchen.

“It is all fresh and all made from scratch,” says Chef Eric.

At dinner, choose from chilli-rubbed beef short-ribs, New York steak (from O’Brien Farms) and frites, lamb confit ravioli, venison burger or the catch of the day (sourced

Continued on page 12

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*"I have no hesitation whatsoever in recommending Governor's Walk as a residence that facilitates independence and which provides a quality of care not often found."* - Resident

from The Whalesbone). For diners looking to explore and share one-of-a-kind flavour combinations, Todric's recently launched their small plates selection. Where else can you taste duck prosciutto with celery root rémoulade?

The space itself is welcoming, complete with wall-to-wall windows, wood floors, eclectic lighting and contemporary art. The room is also versatile: all 40 seats can be configured for any group or event.

For those getting there by four wheels, parking is available out back. Check [todrics.com](http://todrics.com) to browse the rest of the menu or call **613-321-0252** to talk to Chef Eric and make a reservation. Once you are there, don't forget to window shop their freezer for take-home delicacies.

-EGS

### It's Veg Box Sign-Up Time!

**Charlotte Scott and Richard Williams**, owner/operators of **Ferme Lève-tôt**, a thriving 20-acre organic farm operation in Low, Quebec, are no strangers to our neighbourhood. For the past five years, the energetic young couple has operated a **Consumer Supported Agriculture (CSA)** program, delivering weekly supplies of farm-fresh organic produce to New Edinburgh residents at drop off locations in our community.

If you're unfamiliar with this

popular program, CSA registrants (that's families like yours and mine) purchase a share of the harvest at the start of the season, and over the course of the summer and early fall (from the third week of June to late October), receive a weekly



**Photo by Richard Williams**  
Avery Scott-Williams enjoys his first winter on the family farm, **Ferme Lève-tôt**, in Low, Que. Sign up for your veg box from his family this spring.

or bi-weekly basket of produce containing a mixed collection of greens and veggies ranging from lettuce, spinach, arugula, and kale to root vegetables, herbs, tomatoes, peppers, broccoli, cauliflower, peas, squash and many more of the traditional favourites. At the end of the season, **Ferme Lève-tôt's** CSA partners can also purchase large Fall baskets of root vegetables, and this year, the plan is to have at least two such

### NEW EDINBURGH NEWS

baskets available to tide you over through the early winter.

The aim of the CSA program is to enable urban dwellers to actively support sustainable, small-scale local agricultural production by providing the up-front cash to be invested

in farm seed and supplies at the start of the growing season, while enjoying a generous share in the fruits of the harvest as the season unfolds.

For the sixth year this spring, Charlotte and Richard will sign up 100 CSA partners in our community, and despite the arctic temperatures of this past winter, their registration list was over one third full as of late February. You can sign up online at [fermelevetot.ca/sign-up/](http://fermelevetot.ca/sign-up/) and check out the website for more details on the basket options and the range of organic produce on offer. If you have further questions, you can also reach the farm at **819-422-2329** or [fermelevetot@gmail.com](mailto:fermelevetot@gmail.com).

New Edinburgh deliveries will take place in front of Nectar at **255 MacKay St.** on **Thursdays from 4-7 p.m.**

CSA partners bring their own bags and carriers because the produce is presented in bulk, "market-style", as opposed to pre-packaged in boxes or baskets.

In addition to coping with the demands of the farm and caring for their two small sons, **Everett and Avery**, Charlotte and Richard produce a monthly newsletter with updates on activities and crops at the farm, often including a delightful photo gallery capturing family and farm life. Needless to say, the pace of activity picks up significantly in the growing season as seeding, weeding and eventually harvesting gets into full swing, along with a busy greenhouse operation where tomatoes, cucumbers, greens, peppers, eggplant and basil are cultivated in the summer. Once again this year, the farm will have seedlings and early greens on offer at the **Lindenlea Garage Sale** and the **New Edinburgh Plant Sale** on Mother's Day in May, and Richard reports that plans are also afoot to increase **Ferme Lève-tôt's** sales of seed product to local seed companies.

Just in case you thought that this year's gruelling winter was simply a time of hibernation at the farm, think again! Richard reports that the winter months were anything but inactive, but rather were fully occupied with planning for the growing season; dealing with accounts and all the paperwork associated with maintaining an organic certification; repairs to machinery and equipment; improvements to the packing shed (where it apparently becomes a little chilly late in the season!); and of course, enjoying the pleasures of a rural existence cross-country skiing and snowshoeing with Everett and Avery in tow. And here's an experience few readers are likely to have shared: Richard attended a Draft Horse Logging workshop put on by a local teamster!

We wish Charlotte and Richard a successful growing season and an abundant harvest, and encourage readers to sign up as CSA partners to enjoy a share in the fruits of the fields this summer. -JH

### Compu-Home Comes to Your Door

The name says it all. **Compu-Home** comes to your house to help you deal with your not-so-welcome and usually ill-timed tech challenges.

House calls are what they call Plan A. Most of the time, the problem can be solved right where the computer, laptop or tablet sits. If further work is needed, they pivot quickly to Plan B and bring the device to the family-run workshop.

Compu-Home is a true mom, pop and son shop. The Harding family trio built the business. The son, **Malcolm Harding**, is primarily running the show these days.

To meet increased demand – from new and repeat clients – Compu-Home beefed up their staff. "We're not in it to compete with the bigger names in the same business," says Malcolm. "We are more about keeping it personal and keeping the service consistent."

The Hardings and their team pride themselves on cutting right through the jargon, dissecting the problem and explaining the solution in plain language.

**Matt McCarthy** has been with Compu-Home for about two years. He lives in the area, so if you request a house call in New Edinburgh, you will likely get a visit from him. On the phones, you'll also encounter **Cory**, who has been with Compu-Home for a year.

The Compu-Home team still claims the best first step in tackling tech-related difficulties is a phone call, with a real person at the end of the line. Keep their number handy **613-731-5954**. You never know when your system will go on the fritz. -EGS

## Established roots in the community



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# Denys Designs Builds Renovations

Longstanding *NEN* advertiser **Paul Denys** is well known throughout the capital region for his skills as a multiple award-winning master carpenter, designer and builder, with an impressive portfolio of consummate heritage restorations, including **Alexandre Taché House** in Gatineau, **Bolton House**, **Parent House**, **Patterson House**, **Laurier House** and **Rochon House** at 150 St. Patrick St. where he worked from an original photograph to recreate a magnificently

ornate, two storey porch. A gallery of this splendid work is on his website at **denys.ca**.

In addition to his expertise with historic restorations, much of Paul's current business involves more modern renovations, or a fusion of the old and new. It's common knowledge in the real estate world that one of the biggest "bangs for your buck" in terms of resale value is now in kitchen and bathroom renovations, so many of Paul's current projects fall within this area. To keep up to date with the latest innovations in the field, he recently attended the Kitchen and Bath Industry Show (KBIS) in sunny Las

## NEW EDINBURGH NEWS

Vegas, tagging on a visit to the International Builders' Show, which was held in tandem with the KBIS.

Among the clear messages which he drew from that milieu is that the double sink, so much in demand in kitchen renovations of the 1980s and 1990s, is now a thing of the past, with the large, single work station or galley sink taking over as the cutting edge of kitchen innovation. Plain old washing and rinsing are out; cutting, chopping, draining and staging are in. With the introduction of new super energy- and water-saving dish washers, requiring less than a gallon (or half sink) full of water to clean and sterilize dishes, the latest wave in kitchen design has repurposed the old dish-washing sink as a multi-function work station, complete with such accessories as colanders, cutting boards, soaking bins and drying racks. Now a wider 30-inch sink basin serves as additional counter space to increase the efficiency of smaller kitchens.

Paul points out that the larger single sink also has the advantage that pots and pans can be temporarily stored in the basin and neatly covered over with the cutting board accessory until they can be conveniently dealt with and, when



Photo courtesy of Pamela Place  
Former ballerina Pamela Place has opened a physiotherapy studio at 200 Crichton, conveniently in the School of Dance building.

filled with ice, the capacious sink serves as an ideal staging area for both food and drinks. Unlike the old-fashioned double sink, these new models are also wide enough to accommodate such standard kitchen implements as baking sheets. Paul knows whereof he speaks, as he has first-hand experience working with a new work station sink, having recently installed one in his own kitchen and now greatly enjoys both the space efficiencies involved and the handy accessories such as the colander which saves many a spill when draining pasta!

If you have a kitchen or bathroom renovation on the agenda for this year, or would like to find out more about the work station sink or other cutting edge innovations like the new bathroom "shub" (there's one for Google!), you can reach Paul at **613-236-6516**, **paul@denys.ca** or **denys.ca** for more background on his skills, expertise and past projects, as well as glowing testimonials from his appreciative clients. -JH

**Pamela Place, Physiotherapist**  
We welcome new advertiser

Continued on page 14



Photo courtesy Paul Denys

Master carpenter Paul Denys is well-known for his work on heritage houses, but also keeps up with today's trends and styles.

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## BUSINESS BITS

**Pamela Place**, an experienced physiotherapist whose practice is conveniently located on the second floor of **200 Crichton St.**, now home to The School of Dance. It is by no means coincidental that Pamela is currently embedded in a dance milieu, as she is herself an accomplished dancer, having graduated from the National Ballet School in Toronto and performed for nine years with the National Ballet of Canada in the heady days of such stellar principal dancers as Karen Kain, Veronica Tennant and Nadia Potts.

When she retired from the National Ballet Company in the early 1990s, Pamela returned to her roots here in the Ottawa area, and retrained as a physiotherapist, earning

both her BScPT and a Diploma of Advanced Manual and Manipulative Physiotherapy from the Canadian Physiotherapy Association. She is also certified with the Acupuncture Foundation of Canada Institute, and has studied the Principles of Dance Medicine at the Harkness Centre for Dance Injuries in New York City. Pamela has also maintained her engagement in the dance world, and continues to teach ballet at the school every Saturday afternoon.

Not surprisingly, given her background and qualifications, Pamela has acquired extensive experience treating dancers, musicians and performing artists since launching her practice in 2000. Much as we all



**Photo by Louise Imbeault**  
El Meson will be closing its doors on Aug. 2. But Andre Cloutier promises a "new concept" will open in its place.

delight in the exquisite beauty and grace of accomplished dancers, the reality behind that perfection is a rigorous routine of grinding practice that can tax even the fittest and most supple artists. Pamela is uniquely well positioned to assist her "in house" dance student clients at The School of Dance, both due to her expertise in the treatment methods appropriate to dance-related injuries, and as a result of her knowledge of the dance techniques required to prevent the injuries in the first place. As a former dancer, her understanding goes beyond the simple body mechanics of dance movement to embrace the special stresses and strains of performance.

Happily, you need *not* be a performing artist to take advantage of Pamela's expertise in ortho- and manual therapy or acupuncture, should you be suffering from an injury or chronic condition. She welcomes members of the community to her second floor treatment facility at 200 Crichton St., where her

services are available on **Wednesdays 11 a.m.-6 p.m.; Fridays 1 p.m.-5 p.m. and Saturday mornings 9:30 a.m.-11 a.m.** Appointments are booked through The School of Dance at **613-238-7838**, or you can get in touch with Pamela directly at **613-899-3947** or **physiopam@gmail.com**.  
-JH

## Farewell to El Meson

Change is the Law of Life, and these days, the Beechwood scene is no exception. In mid-March, **El Meson** and **Beechwood Gastropub** owner **André Cloutier** tweeted the following big news about his latest plans:

*On August 2, 2015, after 28 years in business, El Meson Restaurant will be closing its doors. Ottawa's fast changing restaurant scene and increasing competition has left El Meson unable to compete in today's economy. We are planning a new concept to take its place which should be running by September. A name has not yet been decided, but a menu and restaurant design is already underway. The space will be bright and cheery with an amazing two-level patio. The menu will be eclectic, with emphasis on fresh seasonal items, local beer, signature cocktails and a well-rounded wine list. A version of the pael-la, slightly modified, will be the only reminder of the res-*



**Photo by Louise Imbeault**  
A warm welcome to Beechwood's newest business, Art House Custom Framing.

*taurant left behind. Hospitality and value for our guests will be the main focus as we strategize in the coming months. This will be a neighbourhood restaurant where people can feel comfortable meeting for drinks, dinner, or a just quick espresso to say hello. We hope you are all as excited as we are for the next chapter at 94 Beechwood Avenue.*

Stay tuned for more details in our next issue. -JH

## Welcome to Art House Custom Framing

In mid-March, Art House Custom Framing opened its doors at 63 Beechwood Avenue (former home of the Shunnya Centre Yoga Studio), and is now operating seven days a week to offer comprehensive, in-house custom framing ser-

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Photo by Marie Mullally

**Red Door Provisions' Lauren Power makes her delicious marmalade. The shop will open a small patio soon.**

vices to the many working artists and art lovers in our community. Owner/operator Abed has over two decades of experience in the custom framing business, having previously operated several businesses in the downtown area on Rideau, George and Bank Streets. He is delighted to be opening up on Beechwood, and has already been greeted enthusiastically by members of the local artists' community, who have placed multiple framing orders and scooped up batches of his busi-

ness cards to distribute to their friends and colleagues. We'll bring you more details about the services of Art House in our June edition. In the meantime, you can drop by the store, or contact Abed at 613-695-2423; arthouseottawa@gmail.com or www.arthouseottawa.ca. Welcome Abed, and best of luck on Beechwood! -JH

#### **Red Door's Terrace Opening Soon**

Red Door Provisions' owner Lauren Power caught the eye

of Ottawa Citizen food columnist Laura Robin with her colourful home-made batch of Seville orange and cocoa nib marmalade, which Robin described as "beautiful to look at and even better to taste." Not surprisingly, the jars of this seasonal treat reportedly sold like hot cakes. *The Citizen* went on to give high praise to Red Door's "beautiful baked goods", splendid array of specialty teas and coffees, and mouth-watering grilled cheese sandwiches, noting that come spring, the café will expand outdoors to an open air terrace with an additional 20 tables to supplement the modest five-table seating available inside.

-JH

#### **Seniors of Distinction Awards Call for Nominees**

The Seniors of Distinction Awards (SODA) were launched in the fall of 2013 by Age Care's Governor's Walk and a group of partner sponsors to celebrate National Seniors' Day by recognizing the contributions of outstanding individuals in the fields of art, leadership, community service and healthy living. For various reasons, the awards were postponed last fall, and were rescheduled to take place this year, with the awards ceremo-

ny slated for June 13. The call for nominees is now open, so readers are encouraged to identify friends and acquaintances in the retiree community whom they think deserve recognition for their excellence in one of these categories, and to put their names forward for consideration. Nominations will remain open until June 1, and you'll find all the details and the nomination forms online at [www.governorswalkresidence.com/awards/senior-awards-ottawa](http://www.governorswalkresidence.com/awards/senior-awards-ottawa). Just remember to make sure that your chosen nominee is willing to have his or her name put forward before you file the form! Contact Tara Spour at the residence at 613-564-9255 with any questions.

-JH

#### **Minto Takes Top Energy Awards**

Once again this year, Minto led the field in energy-efficient home building, garnering three awards at the annual EnerQuality Awards gala in Toronto in late February. Minto was named Ontario Green Builder of the Year for the seventh time in the nine years that the awards have been running. Minto also captured the Energy Star award for New Homes Builder of the Year, along with the prize for Best

Green Marketing campaign – an especially fitting achievement in the company's 60th anniversary year! We congratulate the Minto team, and look forward to having these high standards incorporated in our neighbourhood project, Minto Beechwood. -JH

#### **Kudos to Amsted Design-Build**

As it celebrated its 25th anniversary year in business, Amsted Design-Build captured the 2014 Ottawa Renovator of the Year award at the annual Greater Ottawa Home Builders' Association Housing Design Awards. Amsted is now a five-time winner of this award, which recognizes not only design and construction excellence, but also business acumen, commitment to client satisfaction and dedication to the community. As we reported last fall, Amsted recently established one of its signature community-based Living Room Client Centres here in the Burgh at 17 Springfield Road, former home of the legendary Leo La Vecchia, Custom Tailor. Congratulations to the Amsted team on a milestone achievement marking their first quarter century of operations! -JH



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## Pharmacy Wins Age-Friendly Business Award

By Dagmar Horsman

Council on Aging of Ottawa

On February 20, the Council on Aging of Ottawa paid a visit to the Guardian New Edinburgh Pharmacy on Beechwood Avenue based on the recommendation of an older adult customer. Recognized as an age-friendly pharmacy for its exceptional service to seniors. It becomes clear that the recognition is well deserved.

When newcomers enter the pharmacy from the Beechwood entrance, they are in for a surprise – the interior is much larger, particularly the large dispensary section, staffed by as many as 10 people at one time.

“Our store is unique due to its space,” says **Marla Tonon**, the store administrator. “We took this space over from the Mountain Equipment Co-op (MEC) chain around 15 years ago. The larger space allows us to give our clientele lots of selection and a wide array of over-the-counter items.”

Seniors with mobility issues

benefit from having items they might have questions about, or need counseling on, displayed close to the dispensary. One section is dedicated to home health care items commonly used by seniors who need a little bit of extra help living independently. There is also a special area set aside for one-on-one consults with pharmacists.

### The Unique Dispensary

“Our pharmacists are very approachable and have an excellent rapport with many of the patients in the area,” notes Marla. “Because most doctors have now put a limitation on how many questions/ailments their patients can address during appointments, the pharmacists have been able to step up and fill in that gap. Our pharmacists spend a lot of time with customers that have questions or concerns about their medications,” she says. “I think time itself has become such a valuable commodity, and most seniors really appreciate extra guidance, especially

when it comes to something as important and serious as their health.”

There are several full-time pharmacists in the dispensary, aside from owner **Frank Tonon** and his son **Matthew**. Having more pharmacists working at the same time frees them up to counsel patients and make sure they understand what has been prescribed, as well as possible side effects and drug interactions. Marla explains that, “our pharmacists have also been known to provide special at-home services to customers who are not mobile, such as consultations for unit dose packaging, and Medschecks for customers in long-term care facilities.”

**Dima Rustom**, the main daytime pharmacist, is in high demand and adored by customers. **Emmanuel Pitre**, who is currently serving his internship with the pharmacy, started working there as a high school student. Two more part time pharmacists take care of the majority of the evening and weekend shifts.

“We have several full-time day staff that are crucial to the dispensary running smoothly,” says Marla. “**Sylvie Picard**, the full-time day time cashier is like the air traffic controller, making sure everything stays organized.” Looking at the hive of activity behind the dispensary counter, it is easy to see where the air traffic control analogy comes from.

**Maha Sabbanegh** is the primary technician for unit dose packaging for nursing homes and group homes, and **Joanne Gauthier** is her assistant. Dispensing medication in this way offers peace of mind to seniors on multiple medications and their caregivers. “For patients who may be having a hard time remembering or organizing their medications,” says Marla, “it offers them a tool for remaining independent and self-sufficient.”

The support team, led by **Josee Desroches** and **Nicolina Cloutier**, the two main full-time pharmacy assistants, is also an important element in making the dispensary run efficiently.

### Convenience and Care

The store’s main entrance has full accessibility buttons on the interior and exterior doors. The overall layout provides for lots of extra space for strollers, wheelchairs and walkers to navigate around displays without problems. Well-labelled aisles provide a good directory to rely on when looking for popular products.



Photo by the Council on Aging  
The crew at the New Edinburgh Pharmacy with their award from the Council on Aging Ottawa. From left: Perrine Tami, Sylvie Picard, Emmanuel Pitre, Madeleine Hill, Frank Tonon, Nicolina Cloutier, Josee Desroches, Maha Sabbanegh, Matthew Tonon and Dima Rustom.

Staff recently reassessed the store’s accessibility and the staff’s ability to better serve customers with disabilities or special needs, such as by gathering up items on a customer’s shopping list, or carrying large bags out to customers’ cars. Staff members help vision and hearing impaired customers by reading out product labels, or offering pen and paper to write down requests. They will call taxis or ParaTranspo for customers, and provide a delivery service to shut-ins. “We provide delivery on foot to two area residences whose residents have a hard time getting out,” says Marla. “In the deep freeze of this winter that has been a very necessary and helpful service.”

Long-time regular customers can also take advantage of in-house charge accounts, which means they don’t have to worry about payments on each trip into the store, or carrying around cash or credit cards. Cash terminals are removable for easier access when clients are paying.

### Family and Community Roots

The Guardian New Edinburgh Pharmacy is very much a family business, deeply rooted in the community. Owner and head pharmacist Frank Tonon has owned a pharmacy in the area for 39 years. While daughter Marla is involved with the running of the overall store, son Matthew is a full-time pharmacist, having returned to Canada two years ago after training in Boston.

Seniors make up a very large portion of the customer base in a neighbourhood that has at least six retirement and nursing homes within minutes of the store. Building a great rapport with seniors and other loyal, regular customers provides

rewarding interactions for both the clients and the staff members.

Asked about what age-friendliness means in the context of the New Edinburgh Pharmacy, Marla says, “At our pharmacy, extra care isn’t extraneous to our staff training, it is engrained in the concept of being a community pharmacy. Building rapport and trust is especially important in a community-based pharmacy. Our customers care for the well-being of our store, and provide us with loyalty and support. We in turn care for them as we would our own family. We make it extremely clear that within this setting, our clients are already unique in the sense that they require extra sympathy and care. They may be coming from a place where they struggle with disabilities or impairments; they may not be feeling well or they may be in pain; they may have just waited extensive periods in the hospital and doctor’s office. All of these scenarios definitely require extra compassion and care unlike other retail settings. If you hold customer care to a very high standard in your business, every customer walking through your doors should have the same experience regardless of age, disability or impairment.”

*The Council on Aging of Ottawa (COA) is a bilingual, volunteer-based charitable organization dedicated to improving the quality of life of seniors living in Ottawa. Inviting seniors to nominate age-friendly businesses in their communities is just one aspect of the Age-Friendly Ottawa work that is involved in. Find out more at [coaottawa.ca](http://coaottawa.ca).*

Happy Easter ~ Joyeuses Pâques



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# News You May Have Missed

By Jane Heintzman and Christina Leadlay

## Tough Guys at Sweet Event



Photo by Louise Imbeault  
Ottawa city councillors Tim Tierney, Mathieu Fleury, George Darouze and Michael Qaqish compete in the lumberjack contest at the Maple Sugar Festival on March 28 at Muséopark Vanier.

## GG Gets Two-Year Extension

Governor General **David Johnston's** tenure got a two-year extension from the prime minister on March 17. This means that the Johnstons, now familiar figures in our neighbourhood, will remain in office during Canada's 150th birthday celebrations in 2017, not to mention during the federal election set (so far) for October 2015.

## MacKay Gate Reopened

Due to the Oct. 22, 2014 incident on Parliament Hill, Rideau Hall's MacKay St. gate was closed to the public pending an RCMP security review of government properties. Neighbours were con-

cerned the closure might be permanent, hearkening back to the Bad Old Days in the late 1980s when the entire grounds were declared off limits to the public during Jeanne Sauvé's tenure, sparking a backlash in the form of the "Unlock the Gates" campaign. Thankfully, Rideau Hall reopened the gate on Feb. 14, and full public access to this splendid space has been restored.

## PennyPalooza Raises \$6,000



The organizing team for PennyPalooza presented a cheque for \$6000 to the Ottawa Hospital Foundation/Ottawa Hospital Breast Health Centre on Feb 25. PennyPalooza was set up when **Penny Thompson**, now Manor Park Community Council president, was diagnosed with breast cancer, which she successfully overcame. Once again, the community came out in strength for great music and fun to support a great cause. Many thanks to all the local businesses, musicians, and volunteers whose generosity and efforts made the

fundraising event so successful. The next one takes place June 21, 5-9p.m. with a superb line-up of bands, and lots of other fun activities planned.

## The Mark Anderson Bursary

The *Ottawa Citizen* reported in January that Algonquin College had set up a permanent bursary in honour of former Burgh resident and *Citizen* columnist **Mark Anderson**, late husband of **Catherine Lindquist**. Beginning in the academic year 2015-2016, a Journalism program student will receive an endowment of at least \$500 from the Mark Anderson Memorial Bursary. Recipients will be chosen based on journalistic merit and financial need. Fundraising was launched shortly after Mark's death last fall, and by the end of 2014, the fund had surpassed the \$12,500 minimum required to make it self-sustaining. Catherine herself successfully spearheaded the fundraising campaign. The fund remains open for donations: [algonquincollege.com/foundation](http://algonquincollege.com/foundation).

## Resting Place for CSIS?

The *Ottawa Citizen* reported in mid-February that the Canadian Security Intelligence Service (CSIS) would like space for its members in Beechwood Cemetery. In 2007, Parliament declared Beechwood the National Military Cemetery, with dedicated sections for the RCMP, National Defence and the Ottawa Police Service. CSIS Director **Michel Coulombe** believes a CSIS-specific section would be a "welcome and appropriate" addition. Discussions between CSIS and the Beechwood Cemetery Foundation are ongoing, but the intelligence service is optimistic that its employees will soon be offered a final resting place in this historic spot.

**The Musical Courage of Mrs. Levine**  
Rockcliffe Retirement Resident **Helen Levine** graced the cover of the Feb. 24 *Ottawa Citizen*, which featured the delightful story of the 91-year-old learning to play the ukelele. Encouraged by her daughter **Tamara**, Mrs. Levine took up the instrument a year ago under the tutelage of Ottawa folkie, musician, and CKCU radio host **Chris White**. A self-described "old folkie," Mrs. Levine used to host countless singalongs at home with her late husband, Gil.

## Fire on Jolliet Ave



A March 18 house fire at 102 Jolliet Ave. caused an estimated \$200,000 damage. Thankfully the inhabitants of the one-storey house escaped safely, thought one resident and the family dog were treated at the scene for smoke inhalation. Dog lovers would have found it heart-warming to watch a CBC video of the scene which captured the care with which Ottawa Fire Services handled the stricken dog! The cause of the fire was still under investigation.

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**HERE TO HELP**



# A Case for Making Ottawa an Officially Bilingual City

By John E. Trent

**Co-chair, Committee for Official Bilingualism of the Capital of Canada, Dialogue Canada**

Ottawa is the capital of Canada. Canada has a policy of official bilingualism. Ottawa does not. There would appear to be a contradiction here. What is the problem?

Mayor Jim Watson says that Ottawa already has a bilingualism policy and offers services in French. He thinks there are few complaints and certainly, during the recent election, he did not want to awaken a wasps' nest of angry Anglophone reactions. He is also worried about additional costs and creating bureaucratic problems. These objections do not amount to very much in comparison to the many benefits of official bilingualism – and there are plenty of criticisms such as those heard when no French version of the budget was produced.

The origins of Ottawa's bilingual issue go back to 1867 when the City was named the seat of the Government of Canada, that is, the capital of our country. It was in the 1970s that the Report of the Royal Commission on Bilingualism and Biculturalism proposed that Ottawa be declared by law to be "officially bilingual". Nothing has happened in the four decades since then.

The first question to be answered is what is the meaning of "official bilingualism"? Why is it that the French community of Ottawa sees this as its number one priority? J. E. Michel Bastarache, a retired Supreme Court justice, once said that for rights (such as language rights) to be fully recognized, they need to be written into law. To become "official", Ottawa's bilingualism needs to be legislated by Ontario as part of the City of Ottawa Act of 1999.

Once it becomes part of Ontario legislation, "official bilingualism" could not be changed by a whim of the mayor, or the feelings of a majority of the Council, or ignored by the senior city bureaucrats. It would be a permanent, stable part of the City's governance and we could get on with building a "culture of bilingualism" as a core element of Canada's national capital.

At Dialogue Canada, our committee on Official

Bilingualism for the Capital of Canada aims at improving French-English relations and assuring Francophones rights in our national capital. It was adopted by Dialogue Canada as a self-actuating sub-committee in 2014. It reflects the composition of Ottawa. We also work with the Round Table on Official Bilingualism, an alliance of associations that support this objective. We believe official bilingualism will be a point of pride for the Capital and a boost to Canadian federalism.

conventions, restaurants and stores will follow suit. Being recognized as an open, accommodating and diverse global city, we would attract global business and tourism.

Not many changes are required. Since 2001, Ottawa has had a bilingualism policy. The city's personnel already deliver many services in both languages. Costs presently run at 0.01 per cent of the city budget, which is hardly significant in a total budget of some \$3 billion.

Official bilingualism means



Photo courtesy John Trent

**From left: John Trent, Najat Ghannou and Gilles Ménard, the three co-chairs of the Committee for the Official Bilingualism of the Capital of Canada.**

Our aim is to mobilize such strong support that the City Council will decide to make official bilingualism its own project by the end of 2015, so that the Ontario Government can pass amendments to the City of Ottawa law before the 150th anniversary of Confederation in 2017.

Ottawa has not begun to harvest the benefits that a truly bilingual national capital and international cultural, business and tourism centre would offer. Moncton is a bilingual city in a bilingual province. This attribute has attracted business to New Brunswick.

So what will official bilingualism mean in concrete terms? To date, people have focused too much on the costs and too little on advantages. Should there be additional costs, most should be covered by the federal and provincial governments to pay for the country's capital. Official bilingualism will inspire others: citizens, companies, associations,

improving current policies to ensure bilingual meetings and events, publications and communications, services and activities, and hiring practices.

Not all instances will require bilingual service. As with the current policy, no employee would lose his or her job because of official bilingualism. However, policies will promote bilingualism and language training.

French and English are spoken by some 40 per cent of people in Ottawa. Recent surveys show some 70 per cent of Canadians support official bilingualism. Anglophones and Francophones have developed Canada together for almost 150 years. Official bilingualism in the national capital will be another step forward together.

John Trent is a senior fellow at the School of Governance, University of Ottawa. Interested readers can contact Gilles Ménard 819-685-0134 or trevac@rogers.com for more details.





# Summer camps

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**Week 2: July 20–24**

Unleash your inner Einstein as we get ready to do amazing (and safe!) experiments and learn about gravity, physics and chemistry with messy and explosive results.

### WATER CAMP

**Week 3: July 27–31**

Make a splash and beat the mid-summer heat at Water Camp featuring great water games and activities. Make sure to bring you sense of fun and of course, a bathing suit.

### CRAFT AND COOKING CAMP

**Week 4: August 10–14**

Grab your oven mitts, your paint brushes and your glue sticks and join us at Nectar's Craft and Cooking Camp! This week will be an opportunity for kids to get their creative juices flowing on paper and in the kitchen.

### SPORTS CAMP

**Week 5: August 17–21**

Kids of all ages and abilities will have a great time at Sports Camp. They will work on their athletic skills, learn to play a wide variety of sports and games in New Edinburgh's beautiful Stanley Park.

### ANIMAL CAMP

**Week 6: August 24–28**

The animal kingdom will be explored during this exciting week of hands-on fun. Get ready to learn all about different creatures in nature. Attendees will meet some special reptilian guests!





# For the Birds

By Jane Heintzman

For overwintering birds and birders alike, it's been a long and brutally cold winter, with arctic temperatures persisting throughout February and quashing any faint hopes for an early return of migrant species. Though it's difficult to determine with certainty, many in the ornithological community think it probable that attrition among resident species was significant this year due to the

scarcity of the food supplies required to sustain birds in the unusually harsh conditions.

The thick ice pack blanketing much of the Great Lakes has been a particular threat to **water fowl**, to the point that one Cobourg-area birding enthusiast personally supplied food for the starving duck population in the vicinity. Despite numerous warnings for violating by-laws prohibiting the practice, this Good Samaritan has kept up his rescue effort, and no doubt saved more than a few feathered skins.

My own tally of bird sightings over the past few months can only be described as paltry. Even on the coldest days, our backyard feeders have had relatively few customers, and those have been limited to **black-capped chickadees**, **house finches**, **American goldfinches** and our resident **Northern cardinal** pair. In the immediate neighbourhood, I've spotted a few more winter stalwarts, including **dark-eyed juncos**, **pine siskins**, an occasional **common redpoll**

(though by no means the large flocks reported elsewhere in the region), an immense **common raven**, and a healthy population of **pileated**-, **hairy**- and **downy woodpeckers** which is currently making its presence known with the frenetic spring ritual of drumming activity.

Further afield near The Rockeries, I've kept an eye on a small group of overwintering **American robins** living on the spacious grounds of the Spanish ambassador's residence. By late February, they appeared alarmingly thin, and as I write in mid-March, they have been absent from my radar for some time, and I fear may not have survived.

## Nature's Ingenious Crash-Proofing Devices

In a mid-March ramble into Rockcliffe Park, I heard thunderous hammering close to a work shed in the Rideau Hall grounds, and made the reasonable assumption that a worker was engaged in some form of pre-spring task. On closer inspection, the source of the clamour proved to be an absolutely enormous **pileated woodpecker** the size of a not-so-small dog, furiously hammering away at a large tree stump, chips flying in all directions.

It struck me as a miracle that this avian logger didn't sustain a multiple concussion or a broken neck in the course of these



Black-capped chickadee in the snow. Photo by Amy Jane Lawes

machinations. But in fact, the species is cleverly adapted to this violent drilling behaviour and able to avoid injury. When the bird bores into the tree, the machine-like strike is perfectly perpendicular, minimizing the rotational forces on the brain which sever neuronal connections and cause concussions. The woodpecker's brain also fits snugly into its skull and is enveloped in a casing of bone that is dense, but slightly forgiving, like the foam inside crash helmets. Further protection is afforded both by the powerful muscles in the bird's head that contract to absorb and distribute shocks, and by its extra-long tongue which wraps around its brain.

## Bruce Di Labio's Birds

I've kept a close eye on *Ottawa Citizen* columnist **Bruce Di Labio's** reports of avian activity in the region, which you'll find online at [ottawacitizen.com/category/life/world-of-birds](http://ottawacitizen.com/category/life/world-of-birds). Over the course of the past couple of months, Bruce reported large flocks of **common redpolls**, interspersed with much smaller numbers of the more rare **hoary redpoll**; **white-breasted nuthatches**; **tufted titmice**; **American tree sparrows**; numerous **bald eagles**, particularly in the Outaouais region, as well as around Burritt's Rapids, Carleton Place, Chaffey's Locks and Arnprior; a few overwintering **white-throated sparrows**, **white-crowned sparrows** and **Carolina wrens**; **bohemian waxwings**, including a flock of close to 800 near the Champlain Bridge; and **snowy owls** which continue to linger, particularly around Fallowfield Road and Richmond Road.

Bruce points out that in the coming months more than 250 different bird species will migrate through the Ottawa area, and 100 of these will remain here during the breeding season. So it's time to get

those binoculars cleaned and field guides at the ready to take full advantage of the long-awaited return of bird life, with all its vibrant colour, melodious song, and endless interest as the rituals (and occasional dramas) of mating, nesting, hatching, nurturing, nest-defending and fledging play out once again in our community.

## Best Birding Haunts

Green and sylvan though it is here in the Burgh, if you're keen to expand your own bird list you may want to extend your birding explorations to locations farther afield where a much greater variety of species are likely to be found. There are many promising birding destinations in the Ottawa area, including **Shirley's Bay**, **Britannia Conservation Area**, **Gatineau Park**, **Deschenes Rapids**, **Andrew Haydon Park**, **Vincent Massey Park**, **the Fletcher Wildlife Garden** and **the Arboretum**, **Mer Bleu** and the **Jack Pine Trail**.

You'll find maps to all these areas, along with information about the species you're most likely to encounter there, on the **Ottawa Field Naturalists Club (OFNC)** website at [ofnc.ca/birding/wheretogo](http://ofnc.ca/birding/wheretogo). You can also keep up to date with recent sightings throughout the region at [ofnc.ca/breports.php](http://ofnc.ca/breports.php). I've found this link especially useful for confirming (or not!) the sighting of a species about which I was uncertain at the time: if someone else in the area (or better still, several birders) reported seeing the same thing, then chances are I've made a good guess. If not, it's back to the field guide for further investigation.

## Songbird SOS

On March 19, *Songbird SOS*, a new documentary about the perilous journey of migratory songbirds, and the key threats to bird populations, aired on the CBC's *The Nature of Things*



Photo by Mike Leveille  
American robin with winter supply of frozen berries.

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with David Suzuki. The documentary, inspired by the work of York University ornithologist **Dr. Bridget Stutchbury**, offers a chilling reminder of how “a human-made perfect storm of negligence and unintended consequences” could ultimately wipe out these tune-ful and much loved inhabitants of the natural world, without active conservation measures to stem the tide of population decline. Since the 1960s, many species have suffered dramatic population declines, to the point that Dr. Stutchbury estimates that we may have lost nearly half the songbirds that filled the skies only half a century ago.

The leading threats to song bird survival are by now familiar to the majority of birders: glass-enclosed high- and medium rise buildings account for up to a billion avian deaths each year, while domestic and feral cats are estimated to take a comparable toll. Other important contributing factors include: light pollution from cities that disorients birds’ migratory flight paths; loss of breeding and wintering habitats from the clear cutting of rain forest and boreal forest; the destruction of wetlands in the relentless march of urban development; turbulent weather and the impact of climate change in shifting the boundaries of breeding territories into

an estimated 47 million bird-watchers, 16 years or older, in 2011, or roughly 20 per cent of the population. Of these, the vast majority (41 million) were “backyard birders” keeping track of visitors to the feeding stations on their home turf.

Perhaps not surprisingly, the highest participation rate was recorded in the 55+ demographic, with women predominating in all age groups. Sadly though predictably, the bird watching participation rate was lowest among the younger crowd (16-24 years), but hope remains that interest in, and concern for,



Photo by Amy Jane Lawes  
White-breasted nuthatch.

the fascinating and vulnerable avian population will eventually increase with age and experience. A breakdown of the statistics can be found at [stateofthebirds.org](http://stateofthebirds.org).

**Canada’s National Bird:**



Photo by Amy Jane Lawes  
Hairy woodpecker with a taste for lard cake.

potentially inhospitable environments; and the continuing use of lethal pesticides such as neonicotinoids in farm production. Perhaps the real miracle is that so many species still survive to give us hope that the situation can eventually be turned around.

#### Bird Watching Popularity on the Rise

With the swelling of the ranks of retired baby boomers, the popularity of bird watching has grown steadily in recent years. In the U.S., there were

#### Cast Your Vote Now!

As we reported in February 2015, the Royal Canadian Geographical Society and Canadian Geographic Magazine are currently embarked on the **National Bird Project**, an exercise with the objective of selecting the official **National Bird of Canada** by 2017. The Society has issued an invitation to all Canadians to submit the names of their favourite candidates for this honour, and you can cast your vote online at [canadiangeographic.ca/](http://canadiangeographic.ca/)

#### NEW EDINBURGH NEWS

**nationalbird.** As of press time, the leading contenders were the **common loon** (ahead by a sizeable margin), the **snowy owl**, the **gray jay (whiskey jack)**, the **black-capped chickadee**, and (inexplicably in my books) the **Canada goose**. Trailing far behind the leaders but with a measureable following were the **great blue heron**, the **blue jay**, the **Arctic tern**, the **red-tailed hawk**, the **pileated woodpecker** and the **osprey**.

On the project website you’ll find an entertaining pitch in favour of the **osprey (fish hawk)** submitted by local historian and author **Charlotte Gray**. Charlotte and her family take pleasure (as does my own family) in the annual summer ritual of observing the nesting and nurturing behaviour of an osprey family close to their cottage on Big Rideau Lake. She argues that the species is worthy of National Bird designation on the grounds that its life and habits mirror our own: it can be found coast to coast; the “distinctive architectural style” of its summer nest echoes that of the classic Canadian summer cottage; as it is frequently mistaken for something it’s not (us, for Americans; the osprey, for an eagle). It mates for life; it fishes for large-mouth bass; and by Thanksgiving weekend, it has flown the coop and departed the lake for the season. Mirror image indeed!

#### Reports from Our Readers

As always, naturalist, birder and consummate wildlife photographer **Amy Jane Lawes** has plenty of birding news to report from her new home in Val des Monts. She recently encountered a handsome **barred owl** perched directly outside her back door, and when she emerged from the house, it flew only as far as the roof of her garage, where it coolly remained to be photographed. Another close encounter was with a **hawk** in the throes of dismembering a **black-capped chickadee**. In all likelihood, the assassin was a **sharp-shinned** or **Cooper’s** hawk, which are notorious for haunting backyard feeders, but Amy was unable to get a close look as it “rocketed off through the trees.”

In the course of a strenuous snow-shoeing expedition, Amy was startled by the sudden emergence of a **ruffed grouse** which exploded out of a nearby snowbank, an experience which she describes as her “biggest birding squeal of the month” (no doubt literally!) Judging by the piles of “luminous yellow droppings”



Bohemian waxwing at Macoun Marsh. Photo by Mike Leveillé

in the vicinity, the grouse had been resident for some time, and in some subsequent research, Amy discovered that grouse plummet down into the deep snow from their perches in pine trees, creating tunnels of up to 10 feet where they hunker down for shelter from the winter blasts.

At the feeders, Amy has recorded as many as 44 **common redpolls** at a time, feasting on the lard-cakes which she made using the recipe recommended by former *Ottawa Citizen* bird columnist, **Elizabeth Le Geyt**. While the **American goldfinch** population has thinned out, **downy-** and **hairy woodpeckers** have also been frequent visitors to the Val des Monts feeders this winter.

**Philip MacAdam**, owner/operator of Phil’s Avian Bistro at Alexander and Thomas Streets, reported in March that the few **pine siskins**, **white-breasted nuthatches** and **common redpolls** he observed in late January and early February seemed to have gone elsewhere. However, the Bistro has continued to attract a steady influx of **American goldfinches**, **dark-eyed juncos**, **house finches**, **black-capped chickadees** and **Northern cardinals**.

The bird watching highlight for Philip this winter was the sight of a **bald eagle** hunting close to the Ottawa River, not far from the official residence of the U.S. ambassador. Bald eagles have been reported frequently around the region this

winter, so if you’re rambling by the river, keep your eyes peeled for a spectacular sight.

St. Laurent Academy science guru **Mike Leveillé** reports that the Marsh has had a variety of avian visitors this winter, notably **common redpolls**, **bohemian waxwings**, **black-capped chickadees**, **white-breasted nuthatches**, **Northern cardinals**, **American goldfinches**, **dark-eyed juncos**, **downy-** and **pileated woodpeckers**, **mourning doves** and a collection of over-wintering **American robins**.

Naturalist **Dave Collyer** reports from his home in central Alberta that the province has experienced “crazy weather” this winter, with wild swings from spring-like conditions to a deluge of snow. But his feeding stations have remained busy, with regulars including **black-capped** and **boreal chickadees**, **common redpolls**, **hairy-** and **downy woodpeckers**, **white-breasted nuthatches**, and **magpies**. **Snow buntings**, **snowy owls**, **Northern pigmy owls** and **gyrfalcon** have also been spotted in his area, and at the feeder of friends nearby, as many as 22 **evening grosbeaks** have converged for a meal.

Our recently relocated birding correspondent **Vicki Metcalfe**, now a resident of Victoria, B.C., has been reveling in the year-round presence of abundant bird life on the west coast, and reports on her latest adventures on page 22.

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# No Birds in Ottawa? They're Enjoying the Weather Out West

By Vicki Metcalfe

Victoria is a year-round kind of place. It doesn't get the downpours of Vancouver and someone once told me that it isn't even necessary to own a raincoat or umbrella. That's a bit of an exaggeration, but it's true that it is unusual to have steady rain. All that to say, unlike my former home in Ottawa where winters were a lean time for birds and birders alike, opportunities for birding are abundant and enjoyable throughout the year here on the west coast.

Soon after arriving here last September, I joined the Victoria Natural History Society (VNHS). It's much like the Ottawa Field Naturalists' Club, and offers four excursions for birders every week, each with knowledgeable leaders. On Wednesday and Sunday mornings, VNHS groups circle Swan Lake, a small freshwater lake and nature sanctuary set among residential areas, about a 15-minute drive from downtown.

Ian, the leader, is a young University of Victoria biology student who knows his birds. He's particularly skilled in identifying calls and songs,

but he's also knowledgeable about bird behaviour. He pointed out a marvelous nugget about **Anna's hummingbirds** that stay in this area through the winter, and they begin a peculiar courtship ritual in February. The male flies high in the sky and then plummets earthward, making a sort of sonic boom with its tail feathers. Ian knows where to find hummingbird and other nests, as well as **barred owls** resting in the daytime, and is an endless source of intriguing birding lore.

On Tuesday mornings, VNHS leader Bill and other birders – accomplished veterans and beginners alike – meet at a beach near the Oak Bay Marina. Because it's largely shorebirds under study on this excursion, many participants bring their spotting scopes and generously share viewing time at magnifications far beyond anything binoculars can provide. The first hour or so is generally spent at the beach and on the nearby streets, checking out the local populations of smaller birds.

Bill's group then moves onto Cattle Point, a rocky outcropping a few minutes up the

coast, to find more shorebirds and other species. Depending on conditions, those with an appetite for more move on to another site or two where the birding grapevine has identified something of interest.

Saturdays are my favourite day with the VNHS. The excursions are led by Agnes and Rick, both experienced birders who freely share their knowledge. Each Saturday the group meets in a different location in and around Victoria, so I'm learning something new and interesting each time I participate.

I do try to go out with the VNHS at least once each week, but in fact, I don't need to go far to see birds. I'm a short walk to the ocean and the trees on my own street are home to many species. At the moment, I have a resident **red-shafted Northern Flicker** pair sharing the lawn with the **robins**!

In early March, my list of recent bird sightings totalled well over 70 species, an amazing tally by comparison to a typical Ottawa winter. Of these, 10 were "life birds" (or first-timers in my birding experience) including the **Pacific loon, western grebe,**

**Pacific wren, surf bird, and harlequin duck.** And many of the song bird species for which we waited so patiently through the long Ottawa winter are around here in abundance in the winter months, including **golden-crowned kinglets, ruby-crowned kinglets, yellow-rumped warblers, fox sparrows, song sparrows, white-throated sparrows,**

**white-crowned sparrows and savannah sparrows.**

If you happen to have a trip planned to the west coast this spring or summer, you may want to visit the VNHS website to check out the timetable for their regular birding excursions and join the group: [vicnhs.bc.ca/calendar.html](http://vicnhs.bc.ca/calendar.html) There's a better-than-even chance I may see you there!



Golden-crowned kinglet.

Photo by Mike Leveille



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# Learning and Working with Partners on the Global Scene

By Gaye Taylor

In a recent on-line edition of the *Dhaka Tribune*, a popular daily in the Bangladeshi capital, an op-ed observed: "climate change is perhaps the most complex problem human beings have ever faced. It unfolds over long periods of time and large stretches of earth. It involves ecological processes that scientists do not fully grasp. It alters not just the earth's climate, but also social and political systems." My own response to these unhappy sentences was "Yup. That's right. Climate change is a maze and a monster. And we're cooked."

*"It is not too late for the children of Ottawa to raise their voices in defense of other little toddlers who are likewise menaced right now by climate change."*

Reading on, however, I felt ashamed of my reflexive collapse into the fetal position. For those already caught up with the climate change's whirlwind—like the people of Bangladesh—despair is a waste of time. Certainly, it is not on the mental horizon of Dr. Saleemul Huq, a Bangladeshi member of the Intergovernmental Panel on Climate Change (IPCC) and expert on climate impacts and adaptations, who recently negotiated a partnership between the *Dhaka Tribune* and several key research organizations, both international and Bangladeshi, a relationship which will generate a bi-weekly climate change page as well as features in the daily's weekend magazine.

That Bangladesh is so engaged in fighting the climate change monster (elsewhere in his article, Dr. Huq describes the accelerating efforts of the government, the private sector, and NGOs) is hardly surprising, given that this very densely populated nation is currently the most vulnerable to the effects of global warming. Sea level rise, a destabilizing monsoon cycle, and increasingly powerful cyclones are together contributing to food insecurity and water stress, making an already challenging existence even more perilous.

## United World Voices: Roots in New Edinburgh

The impact of climate change on Bangladesh, and also on India, was brought home to me in recent conversations with New Edinburgh resident Elly Saidi. In her capacities as an optician and yoga instructor, but primarily as the CEO of her

NGO, United World Voices, [unitedworldvoices.org](http://unitedworldvoices.org), Elly volunteers in both countries, helping the most vulnerable residents achieve more secure lives within their communities. Elly told me of wells needing to be dug deeper in drought stricken areas, and of a terrible and accelerating cycle amongst farmers, who, faced with crop failures wrought by the twin disasters of drought and salt-water incursion from rising sea levels, are increasingly driven to commit suicide. Their widows are then left to fend for themselves, and orphanages take in their children. Elly volunteers her time and dedicates the efforts

of Canadians who are children today, many of whom are blissfully unaware of the juggernaut bearing down on them. So despair isn't an option for me. Or for you.

## Global Outreach

And why despair, when you can hope? And act! From divestment strategies blooming on campuses and in investment portfolios across the nation, to the TarFree613 campaign being spear-headed by Ecology Ottawa, to the family-friendly Act-On-Climate march on April 11 in Quebec City ([act-on-climate.ca](http://act-on-climate.ca)), to the surging power of the renewable resource sector, wonderful

Pacific Island Nation. Over the next months, we will help our kids connect with a young Marshall Islander and mother, 27-year-old poet, Kathy Jetnil-Kijiner. Chosen to represent civil society at the Climate Change Summit held at the UN headquarters last fall, Kathy delivered a deeply-affecting spoken-word poem (addressed to her then seven-month-old daughter Matafele Peinem) which earned her a standing ovation from the assembly. Check it out at [youtu.be/DJuRjy9k7GA](http://youtu.be/DJuRjy9k7GA).

Although it is almost certainly too late to stop the inundation of Matafele's birthplace (the entire island chain is predicted to disappear forever beneath the rising Pacific by 2100), it is not too late for the children of Ottawa to raise their voices in defense of other little toddlers who are likewise menaced *right now* by climate change. Their futures are hanging in the balance as nations

like Canada continue to extract fossil fuels like there is no tomorrow, no such thing as climate change, no such place as Bangladesh, no such person as Matafele, or my child, or yours.

## For Our Grandchildren

Finally, Cool it for the Kids is in talks with the Toronto-based NGO For Our Grandchildren about ways to facilitate its establishment of an intergenerational forum for children and grandparents to engage each other and the wider public on climate change. If you are a grandparent, you will want to get involved with this organization: [fourgrandchildren.ca](http://fourgrandchildren.ca)

If you'd like to help those on the frontlines of climate change, check out United World Voices. If a child or youth you know is feeling helpless about the issue, connect with Cool it for the Kids. If you aren't a joiner, remember that there is great power in individual actions. It doesn't matter what you do. Just do it!

of United World Voices to support children's education and primary health and vision care in such orphanages while also supporting skills development centres for vulnerable women.

But there is another reason why I regularly fight down the impulse to despair in the face of climate change. Where people like Elly and Dr. Ruq are rightly concerned about the welfare of those *right now* caught up in the climate change maelstrom, I am focused on the future: of my child, and of yours, and our friends' children, and of our neighbours' grandchildren. We are all in this together. Our lovely planet is warming, and we will all, eventually, feel the heat. If we do not act decisively to cut emissions, the fear and deprivation that increasingly afflict the children of Bangladesh and India will underwrite the lives

things are happening all around us that will keep us from going the way of the dinosaurs.

And right here in New Edinburgh, the educational non-profit *Cool it for the Kids*, [coolitforthekids.org](http://coolitforthekids.org) is empowering Ottawa school children to learn about the effects of and the solutions to climate change. This spring, Cool it for the Kids will be partnering with United World Voices to help Ottawa kids learn about bringing the reality of climate change in Bangladesh and India home to the children of Ottawa. We will then assist Ottawa youth to reach out in meaningful and practical ways to their less fortunate peers on another continent.

The CIFTK project now in the drafting stage will find Ottawa kids learning about the impact of climate change on the Marshall Islands, a vast



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# Momentum Builds as One Project Starts, Another Nears Completion

By Jane Heintzman

Over at the Minto Beechwood site, the long-awaited demolition of the vacant building shell along MacKay Street was finally launched in late February, and was proceeding apace as of press time. Minto's **Kevin Harper** estimates that the process will take two to three weeks to complete, as special care is being taken to

preserve the bulk of the building materials to be recycled and diverted from landfill. The latter is a requirement of the high LEED standard that Minto is aiming to achieve for the project, and has the added benefit of minimizing the amount of noise and disruption for the residents, businesses and shoppers in the immediate vicinity.

While the Beechwood Sales Centre had originally been

scheduled to close at the end of February and come down in early March, because of the late start on the MacKay Street demolition, Minto has adjusted its plans and will keep the Centre open until the end of March. Demolition is now slated for the first week of April when the contents of the Sales Office will be moved to Fifth Avenue Court at **841 Bank Street** in the Glebe. Try as

they might, Minto was unable to identify an alternative location for the centre in our 'hood, so for the moment at least, prospective buyers will have to visit the Bank Street site, unless of course they make a move by Sunday, March 29, which is the final day of operations for the Beechwood office.

Once the buildings are down and the site is cleared and cleaned, the real fun will begin in April, when trucks, excavators and all manner of heavy equipment will move in to launch the shoring and excavation of the site (and keep small—and not so small—children enthralled for many months to come!) Minto is currently working hard to ensure that arrangements are in place to avert the problem of work crews taking over all the available parking spots in the vicinity of the construction site, a problem which has bedevilled other Ottawa neighbourhoods where major projects are underway. The company intends to make clear to the trades that there will be no parking on the site, and is exploring the possibility of identifying an off-site parking location where work crews can meet and ride-share to the project.

Once the hole is dug and the building frame begins to emerge, Kevin estimates that the crews will be able to complete about half a floor per week, which would bring to 16 weeks the timetable for completion of all eight storeys. The target remains fall of 2016 for the first residential occupancies on the lower floors and the retail outlets on the main level, with the upper storeys slated to be fully finished and occupied by early 2017.

Now that project momentum is picking up, Minto has put in place all the members of the Minto Beechwood Development team, with the single exception of the site superintendent who had yet to be named as of press time. We'll keep you posted on this (either on the website at [newedinburgh.ca](http://newedinburgh.ca) or in our next edition on June 1), as this individual will be the primary contact person for the community over the construction period, and certain to be both an important source of project information and a conduit for the concerns and comments of neighbours.

Minto is also planning to provide a monthly **Construction Update** on the project website at [minto.com/ottawa/New-Edinburgh-new-condos/](http://minto.com/ottawa/New-Edinburgh-new-condos/)

**MintoBeechwood/main.html** so you can keep track of progress as the hole is dug and the building emerges.

## Sales Boost in February

Kevin Harper was delighted to report a significant surge in sales in the month of February, when Minto converted a dozen of its one-bedroom-plus-den units into two-bedroom/two-bathroom units, offering them for the same reasonably affordable price, just below \$300,000. Nine of the units were snapped up almost immediately during the February sale, and there is reportedly strong interest in the few remaining units on the lower floors. Apart from the obvious advantages of an extra bathroom and guest bedroom, for investors in the building, these amenities will make an enormous difference to the rental value of the units. Minto's sales campaign will continue through the spring, when it's hoped that the clear signs of progress on the site, combined with the long-awaited return of sun and warmth, will fuel the interest of prospective buyers.

The Big Reveal of our new retail community on the commercial floor of Minto Beechwood is unlikely to come any time soon, although Kevin Harper hopes to have greater clarity about the timetable later this spring. Minto Properties is still in active negotiations with a number of prospective tenants, and interest in the commercial space remains intense given the prime location on the cusp of five communities, combined with the appeal of a spanking new building where no repairs or renovations will be needed.

Of all the complex challenges involved in a project of this scale, Kevin reports that the decisions on the mix of retail occupants and the configuration of the commercial space are the most difficult of all, and the guiding principle is to take meticulous care to get it right the first time. He is very much aware of the neighbourhood's needs and preferences, as well as of the residents of the building, and these have been top of mind in the development of a "wish list" of possible commercial tenants. He cautions, however, that in the final analysis the number of merchants will be considerably smaller than the 11 in place at the time of the fire. Stay tuned for more news on this, but as we've said in the past, don't hold your breath!

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Photo by Louise Imbeault

Now that the Minto Beechwood site at Beechwood and MacKay is cleared, it will soon become a hive of activity, with all manner of heavy equipment moving in to construct the new building.

#### Late Spring Community Meeting for St. Charles Site

Linebox/Modbox lead architect **Andrew Reeves** reports that his team is currently focusing its efforts on the complex “nitty gritty” process of working out arrangements related to project infrastructure, including utilities and services, parking, garbage disposal and the myriad practical details that must be resolved in compliance with City rules and regulations in order to secure approval at the Site Plan Control stage. For the moment at least, the more interesting issues of building height, design, mix of uses and overall aesthetics are in abeyance pending the successful completion of this ground level exercise. Andrew reports that response to the team’s broad preliminary proposals in these areas was generally positive and augurs well for the next steps in the process.

Once Site Plan approval for the project has been achieved, which Andrew anticipates should be doable within the next couple of months, the Modbox team plans to hold an initial Community Meeting in late spring or early summer to introduce area residents to preliminary plans for the St. Charles site. As Vanier Moderns Furniture continues to occupy the basement level of the building, the meeting will take place in the church itself, familiar turf to those who are former members of the congregation and a remarkably lovely space (with excellent acoustics), which all participants are certain to enjoy. At the time we went to press, the process was not sufficiently far advanced to nail

down details on the timing of such a meeting, but stay tuned to the community website at [www.newedinburgh.ca](http://www.newedinburgh.ca) for more news, or visit the Modbox website at [modbox.ca/projects/](http://modbox.ca/projects/) or their Facebook page at [facebook.com/modboxottawa](http://facebook.com/modboxottawa).

Plans for the future include an updated website where you can keep track of progress as the project unfolds over the next three years and, at some point, an outreach exercise to engage the community in the naming of the new development. So whether you’re a history buff, a marketing whizz or a closet punster, your input will be welcomed and if, you’re lucky, you could put your stamp on the community for many years to come.

The Modbox group has made preliminary overtures to Claridge with respect to the possible relocation of this summer’s Beechwood Market to the St. Charles site. There are as yet no final decisions on this, but here’s hoping that the move may be possible to keep

this extraordinarily popular addition to our streetscape in business for the coming season. One way or another, once the St. Charles project is up and running, a farmers’ market will be among its permanent features.

#### Claridge Project On Hold

City of Ottawa planner **Erin O’Connell**, who is the lead staff person handling the Claridge project proposal for the former Caisse Desjardins site at 89 Beechwood, reports that progress remains on hold pending a resubmission by Claridge responding to the comments of the Planning Department on its original proposal last fall. Although the picture may change at any time, it would seem that Claridge may no longer be on the “fast track” it appeared to have been pursuing in the fall, and may take more time to formulate its plans.

#### Drywall, Bricks and Testing at The Kavanaugh

Since the time of Domicile’s “Topping off Party” in early December, celebrating the completion of the vertical building process, the next steps involving the framing, sheathing, waterproofing and insulating of the exterior walls moved swiftly ahead and has now been completed. The next step was to install the brickwork. By early February, the masons were hard at work on the north elevation, with a plan to progress around the building through late February and March. The metal panels incorporated into the Kavanaugh’s exterior design are also being installed, along with the exterior windows and doors.

Though you can’t see it as you pass by, the interior of the building is proceeding apace, with prepping for the installation of the elevators moving ahead rapidly. The “mechanical penthouse” that houses most of the equipment necessary to keep the building functioning is also progressing daily.

On the lower floors, the corridors have been dry-walled, and the electrical/mechanical work was finishing off at the time of Domicile’s construction update in mid-February. The electrical/mechanical “rough-ins” on these floors had wrapped up, and framing was nearly complete inside the individual units. Domicile reports that some of the purchasers on the second and third floors have already been through the building for their “framing walk-through.” Once the walk-through for a unit has taken place, the trades can start boarding and taping the interior walls, a process that will continue until the crew reaches the top floor.

Acoustical testing inside the building has also taken place. This is a critical step

that Domicile takes both at the early stages of construction and again at the later stages in the process to ensure that the building’s acoustics are on track. So far, the preliminary results indicate that all systems are Go.

If No News is Good News, we can be wildly optimistic about the community of retailers who will occupy the commercial floor of The Kavanaugh when it opens up later this year. At present, however, the merchants’ identity remains shrouded in mystery, and our best hope is that by the time of our final edition before the summer (June 1), the veil will be at least partially lifted to reveal a few of our new retail neighbours.

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## Is There a Hat Cathy McConkey Hasn't Worn?

By Louise Imbeault

Finally it has arrived; the most anticipated season of renewal and beauty. Spring is here and with it comes a new profile to share with you of an outstanding person in our midst.

In advance of Mother's Day on May 10, I take this opportunity to introduce you to an admirable lady: **Catherine (Cathy) McConkey**, whose innumerable contributions to our community over the years both astound and exhaust the likes of me.

Many already know her as unstoppable, determined, focused and funny. I am so happy to share with you a quick overview of Cathy's life before she moves on from her volunteering activities.

Originally from Overbrook, she attended school and grew up to be an active young woman full of dreams. It was in her 20s when she moved to Calgary in order to pursue a graduate degree in Canadian studies. She met and fell in love with her now husband **Bruce McLaurin**, a math teacher who is still in academia today. Their union was blessed during a simple yet very romantic backyard ceremony at her par-

ent's home on July 1 (Canada Day) in 1989, surrounded by family and friends.

The newlyweds soon yearned to move back out west, but this time in the Queen Charlotte Islands of Northern B.C., where they enjoyed two years of blissful togetherness. In the summer of 1991, Cathy, Bruce and their firstborn **Alex** (then six months old) returned to Ottawa and settled in small rental apartment at the corner of Crichton and Electric Streets to raise their family. The following year, in 1992, **Angus** was born and the apartment was getting way too small, so house shopping they went.

Already enchanted with and involved in the area, they agreed to wait for the right house to come on the market in this now coveted and popular neighborhood. With luck on their side, they found the perfect place and bought Mr. Ledoux's house on Stanley Ave. This happy family of four moved into their forever home in 1994. It was ideal when you've got three active boys (**Caelan** was born two years later) at home with the large backyard extending onto Stanley Park.

Cathy, a full-time mom, got involved in the community from the get-go. She devoted countless hours with the CCC's Lighthouse Program and was instrumental in the negotiations for the construction the Stanley Park Fieldhouse, which she still oversees and manages to this day.

Is there a hat Cathy hasn't worn? She advocated strongly against the Vanier Parkway extension, wanting to preserve the serene environment we live in for posterity. She spearheaded the very popular skating rinks in the park next to the Fieldhouse. She proposed improvements on many fronts by building strong ties and a great team to help organize family events such as the Annual Picnic, the January 1st Skating Party, the Annual Garage Sale, the Marathon Cheering Station, the Plant Sale and the Halloween Howl to name just a few. These successful activities, enjoyed by all of us today, were over 20 years in the making. Now Cathy's decided to step back, pass the baton, and watch this vibrant area move into a new phase.

Cathy and Bruce have such a strong family bond, and which is evident in all aspects of their lives. On top of their daily responsibilities of raising their children, going to work, the domestic and the mundane chores, add the non-stop committee meetings and endless paperwork and agendas, they managed to oversee simultaneously a huge renovation project to expand their home. The endeavour was so suc-

cessful and well planned that the McLaurin-McConkey clan received a very special certificate, the Ottawa Architectural Conservation Award, from the City of Ottawa on February 19, 2008 from then-mayor **Larry O'Brien**, which hangs on the brick wall in their sun room (pictured below).

A heartfelt "shout out" to Cathy McConkey! Thank you for investing a huge part of your life in this neighborhood. May we continue to be inspired by our culturally rich, vibrant, inclusive and diversified homestead we so cherish.

Send your SCOOPT ideas to: [louise.imbeault@live.com](mailto:louise.imbeault@live.com)



Photo montage by Louise Imbeault

Cathy McConkey has lived in New Edinburgh for over 20 years. She has helped establish many annual family-friendly community activities, as well as managing the Stanley Park Fieldhouse.

While impressed by Cathy's long list of achievements, I was also taken aback by her unassuming, humble and gregarious nature. I'd like for everyone to know of this powerhouse and dynamic woman to acknowledge her legacy. She candidly said: "I'm still a kid at heart and hope to never grow up. It wasn't always easy but worth every effort to preserve the focus on families in this community." As we chatted, the doorbell rang and very matter of factly she said as she opened the door: "It's the milkman. He still delivers to our doorstep on a weekly basis." Now that's tradition for you!

**Editor's Note:** Cathy McConkey has decided to "retire" from nearly 20 years of helping to distribute the New Edinburgh News. We'd like to thank her for her dedicated service, and the Silver-Dumas family, who are also stepping back from their volunteer delivery duties. Hopefully these stalwart volunteers will serve as inspiration to other neighbours and families interested in helping distribute our community newspaper, which publishes five times a year; so the time and effort is minimal. If you would like to join our distribution team, please email [newednews@hotmail.com](mailto:newednews@hotmail.com).

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# What is Hospice Palliative Care?

By Linda Sheesley

Most readers have undoubtedly had some experience with close family members or friends approaching the end of their lives because of a terminal illness. Many will also be aware of what an immense difference hospice palliative care can make in such circumstances, not only to the comfort of the sufferer, but also to the well-being and peace of mind of his or her family. This remarkable healthcare specialty focuses on quality of life, not cure.

The word palliative is derived from the Latin word *palliare*, which means 'to cloak'. Hospice comes from *hospes*, which refers to guests. The hospice movement is centuries old, originally referring to providing shelter to travelers and caring for the ill. Dame Cicely Saunders, a British nurse, physician, and social worker, is said to be the founder of the modern hospice movement. She opened the first hospice care facility in 1967 in London. Dr. Balfour Mount, a Canadian physician, studied with Dame Saunders. He coined the term 'palliative care' to refer to a special unit he set up in Montreal in 1975 based on the Saunders hospice concept. These two led the way in the development of the hospice palliative care movement in force today.

There are many definitions of palliative care. Hospice Palliative Care Ontario (HPCO) states "Hospice palliative care is aimed at relieving suffering and improving the quality of life for persons who are living with, or dying from, advanced illness or are bereaved. Palliative care is a special kind of healthcare for individuals and families who are living with a life-limiting illness that is usually at an advanced stage. The goal of

palliative care is to provide comfort and dignity for the person living with the illness as well as the best quality of life for both this person and his or her family. A 'family' is whoever the person says his or her family is. It may include relatives, partners and friends.

"An important objective of palliative care is relief of pain

but also during the earlier stages of an illness. Palliative care may be combined with other treatments aimed at reducing or curing the illness, such as chemotherapy. Families also benefit from support when their loved one is dying and after his or her death."

A shorter definition I found and like is "Palliative care is

cancer access palliative care services, but people with any life-limiting disease, such as ALS, AIDS, advanced heart and kidney disease or MS benefit from this approach to care. A multi-disciplinary team of specialists generally provides palliative care. The care team usually includes physicians, nurses, social workers, chaplains, pharmacists and nutritionists. Volunteers from all walks of life often play an

use the term palliative care to describe physician services and in-patient hospital units, as well as a general defining term for hospice services. The term hospice is generally used to describe stand-alone residential care facilities providing end-of-life care. Many hospices also provide community support services, such as day programs, grief counseling or in-home visiting.

No matter what we call it, hospice palliative care is a way of thinking. It refers to a philosophy of care, not a specific location or action. And, most importantly, it is not just about dying. Hospice palliative care is about dealing with the curveball and living a meaningful life.

*Linda Sheesley is a registered nurse and end-of-life consultant practicing in Ottawa. She is presently investigating the need for a community-based hospice program in Oaxaca, Mexico.*

*It is not just about dying. Hospice palliative care is about dealing with the curveball and living a meaningful life.*

and other symptoms. Palliative care meets not only physical needs, but also psychological, social, cultural, emotional and spiritual needs of each person and family. Palliative care may be the main focus of care when a cure for the illness is no longer possible. Palliative care services help people in later life who are ill to live out their remaining time in comfort and dignity. Quality hospice palliative care neither hastens death nor prolongs life. The goal of hospice palliative care is to improve the quality of life for patients and their families facing problems associated with life-threatening illness. Palliative care services are helpful not only when a person is approaching death

the care of patients with active, progressive, far-advanced disease with a limited life expectancy, for whom the focus of care is the quality of life." Palliative care is not disease specific, age specific or time specific. Often, we think palliative care is only for people with cancer. True, many people dealing with incurable

important role in the provision of palliative care.

Notice that HPCO includes the term hospice in its title and definition. This is where it gets a bit confusing. Depending on where you live or what you read the terms palliative care and hospice care are often used together or interchangeably. In Ottawa we seem to



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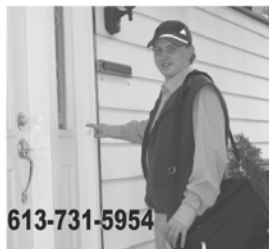
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## Un témoin du patrimoine scolaire de New Edinburgh

La ville d'Ottawa comptait autrefois un grand nombre d'écoles de quartier. Au fil du temps, plusieurs ferment leurs portes faute d'élèves. Par la suite, un grand nombre tombe sous le pic des démolisseurs et seules des photographies d'archives témoignent de leur existence.

est érigé en 1906 selon les plans de l'architecte William B. Garvock. Ce dernier occupe le poste de surintendant des immeubles de la Commission des écoles publiques d'Ottawa. Garvock a d'ailleurs conçu plusieurs écoles publiques dans la capitale au début du XXe siècle. En 1919, on ajoute la

baroque anglais.

Pendant presque un siècle, de nombreux enfants du quartier fréquentent cet établissement qui offre au fil du temps une classe maternelle, un gymnase, une classe des techniques industrielles et une classe professionnelle. Faute de jeunes, l'école Crichton ferme définitivement ses portes en 1999.

Afin de sauver le bâtiment patrimonial, un organisme sans but lucratif est fondé pour créer un centre artistique communautaire dynamique, le Centre culturel communautaire Crichton, le CCCC, devenu par la suite une École de danse.

Il est intéressant de rappeler que tout comme l'école Saint-Charles, construite dans le même secteur en 1910, ce témoin du passé scolaire d'Ottawa est protégé en vertu



Photo by Louise Imbeault

L'ancienne école publique Crichton est érigée en 1906, et a fermé définitivement ses portes en 1999. Aujourd'hui, c'est l'école de danse.

Heureusement, ce n'est pas le cas avec l'ancienne école publique Crichton située au 200, rue Crichton, dans le quartier historique New Edinburgh.

Le grand bâtiment scolaire de style Beaux-Arts en brique rouge, avec une solide fondation en pierre grise calcaire,

partie est de l'édifice.

Par sa sobriété, le bâtiment scolaire de deux étages, construit sur le site d'une première école érigée en 1875, exprime bien son appartenance au style Beaux-Arts. Cela dit, la belle porte d'entrée surmontée d'un fronton rappelle plutôt le style

de la Loi sur le patrimoine de l'Ontario.

Michel Prévost offre des visites guidées pour les groupes de 10 personnes et plus du patrimoine bâti franco-ontarien. Vous pouvez réserver au 613-562-5825 ou par courriel à [michel.prevost@uottawa.ca](mailto:michel.prevost@uottawa.ca)


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# Each Work of Art Has a Story to Tell

By Luis Guillermo Leigh

The **2015 Annual Mainworks Artists Exhibition** is coming up in May at the New Edinburgh Community and Arts Centre (Nectar). The artists will be there to greet you and your family on the **Opening Night, May 1, at 255 MacKay St.**



But an art exhibition is more about the art works themselves than about the artists. Art works are creations, and though created by the artists, they are individual pieces with a life of their own, each with their own stories to tell. By attending, you can get to know these works, and can converse with each. Each composition will have something to say to you. The artists look forward to welcoming you, and to helping you get acquainted with their most recent creations.

The Nectar Centre has a variety of programs serving members of all ages in the New Edinburgh community and Ottawa at large. Someone

in your family may have subscribed to activities, such as yoga, music or painting classes, or even the After School Program. One of Nectar's important activities since its inception has been to host a number of artists in individual or shared studios, grouped under the name of Mainworks Artists.

This year's spring exhibition follows Mainworks Artists' annual tradition, started in the 1990s. There are currently nine active members in the group, most of whom are presenting their latest works. They are diverse in experience, interests, and preferred media. For example, **John Jarrett**, one the most experienced and successful artists in the group, is exhibiting



some wonderful urban landscapes. **Luis Guillermo Leigh** (yours truly!) joined the group two years ago. I am presenting both small- and large- format Canadian landscapes, oil on canvas, as well as some of my latest prints.



Three paintings by Mainworks artists (from top) Pamela Murray, Luis G. Leigh, and Judith Tanguay.

**Pamela Murray** is exhibiting works which explore the power of flowers in art and design, in different media including encaustic, acrylic and oil stick. **Judith Tanguay**, who is drawn to evocative but quietly intense figurative paintings, is presenting paintings of horses, among others. **Loretta Kucic**, one of the newest artists to join the group, likes to work in bold strokes and strong vivid colors, and her exhibits will include her latest non-objective abstract pieces, along with a few abstracted landscapes.

The group now has some upcoming younger members with degrees in Fine Arts. They include **Suzannah Robertson**, who has been moving away

from portraiture, and is presenting work drawn from observational representation, as well as compilations flowing from her emotional explorations. **Patrick Biggs** is showing his latest works inspired by his recent experience as a member of Canada's Olympic Ski team.

We warmly invite you to attend our exhibition, where you'll have a chance to see a diverse range of works, in oils, acrylics, watercolours, prints, encaustics, including pieces both large and small, framed and unframed. You'll see paintings of the neighbourhood, of Canadian landscapes, abstracts, and works of imagination or representation. And by attending, you'll get acquainted with one of the many activities going on in the New Edinburgh community, and with the works of art that are created right here in our midst. You might even take one of those works home, and who knows, you or someone in your family might even decide to join our group at Nectar and work on your own creations. Hope to see you there!

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## BVA Honoured for Protecting Heritage and 'Main Street' Values

February 17, 2015 found Jean Pigott Place at Ottawa City Hall abuzz with Heritage exhibitors from across the greater Ottawa area, as The Council of Heritage Organizations in Ottawa le Conseil des organismes du patrimoine d'Ottawa (CHOO|COPO) and the City of Ottawa presented Heritage Day 2015.

The theme for this year's event was 'Mainstreet: at the Heart of the Community', and fittingly, the space was chock-a-block with over 50 tables. The theme, set annually by the Heritage Canada-The National Trust, was promoted with enthusiasm by CHOO|COPO's new Executive Director Catherine Lindquist, a New Edinburgh resident well known to our community, and taken up by many of their participating members, including our own New Edinburgh Community Alliance (NECA)!

Along with busker entertainers Triple Trouble; street food vendors (like Museopark serving up crêpes and Tim Hortons their coffee and timbits), the concourse through City Hall was converted to a 'Mainstreet', complete with a Sparks Street 'photo studio-

booth'; movie theatre with popcorn; a 'General Store' offering Bytown Museum candy, ByWard Market cider and mini scones generously donated from our beloved Scone Witch -helping to promote their third new location across the street at Elgin and Laurier (even though they were prepping to open their fourth location on Cyrville Rd. the next day!).

Also included in a special Ottawa main street 'icon images' quiz was St. Charles Church on Beechwood.

But the highlight of the event followed welcoming remarks from CHOO|COPO's Catherine, Ottawa Mayor Jim Watson and Algonquin Métis Elder Joe Paquette as this year's proclamation recognized and was awarded to the **Beechwood Village Alliance (BVA)**!

The proclamation stated: "WHEREAS, in 2015, the residents of Ottawa will celebrate their rich and diverse local heritage while commemorating main streets at the heart of the community and recognize the Beechwood Village Alliance (BVA), a grass-roots collective from five communi-

ties, for their important voluntary work on revitalizing and protecting the heritage integrity of Beechwood Avenue as the main street at the heart of their communities and east Ottawa; THEREFORE, I, Jim Watson, Mayor of the City of Ottawa, do hereby proclaim February 17th, 2015 Heritage Day in Ottawa, and call upon all citizens to celebrate the richness of our past and the

promise of our future."

The recognition was recommended by CHOO|COPO and approved and personally presented by the mayor to BVA Chair Julie LaPalme. Rideau-Rockcliffe Councillor Tobi Nussbaum (who co-founded the BVA) and Rideau-Vanier Councillor Mathieu Fleury were also on hand to congratulate Julie and the BVA, as was Gloucester-Southgate

Councillor Diane Deans, chair of the City's Community and Protective Services Committee which oversees the City's heritage funding and programming and Osgoode Councillor George Darouze.


Congratulations to all on a great Heritage Day!!

*Submitted by CHOO|COPO staff.*




Photo by Louise Imbeault

From left: The Council of Heritage Organizations in Ottawa's executive director Catherine Lindquist, Beechwood Village Alliance chair Julie LaPalme, and BVA founder now Ward 13 City Councillor Tobi Nussbaum at the CHOO's Heritage Day event at City Hall on Feb. 17.



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# New Edinburgh Historical Society Hosts a Trio of Lectures

By Rosemarie Tovell

Did you know that New Edinburgh is over 180 years old, making it one of the oldest planned industrial communities in Ontario? Did you know it has enjoyed an amazingly wide diversity of colourful residents ranging from mill workers to lumber barons to prime ministers and even real royalty? We had our own railroad before Ottawa, and remained an independent village until Ottawa annexed New Edinburgh in 1886. And to top it all off, the community has always had a lively mix of Anglophones, Francophones and people of other backgrounds.

With all this rich history, it seems that now is the time for the community to start exploring who we were and who we are. To this end, a trio of residents – **Ann Davis, Rosemarie Tovell and Janet Uren** – has proposed to start the **New Edinburgh Historical Society**. To test the waters and see if there is a real community interest, they are offering a series of lectures given by local residents and hosted by NECTAR at 255 MacKay Street.

The range of topics will be

addressed by three well known New Edinburgh residents committed to the heritage of our community: **Tim Plumptre,**

**Janet Uren** and **Charlotte Gray**. The topics chosen, as described below, are presented to suggest a sampling of the

variety of subjects that can be pursued, should the idea of the Historical Society catch on. All are welcome to attend the lectures. We hope to make the NEHS an exciting fellowship, not only of amateur and professional historians, but also of all those who are just interested, and those with stories to share about their own families and homes.

## “Restoring the Fréchette House”

By Tim Plumptre and Louise McGugan

April 28, 2015

Tim Plumptre, owner of the beautiful and historic Fréchette House on MacKay Street which suffered a devastating fire some time ago, will discuss the history of this fascinating house. His architect, Louise McGugan, will follow by exploring some of the difficulties inherent in historic restoration and will present the proposed and ongoing reconstruction and restoration.

## “Stories of the Burgh”

By Janet Uren

May 5, 2015

Janet Uren, owner of a heritage house in New Edinburgh and

a writer by trade, is working with historian Martha Edmond to draft a history of this important Canadian community. New Edinburgh is significant not only as a 19th-century Canadian town that has survived to a remarkable degree, but as a community linked to important Canadian themes, including our industrial history, town planning and the development of government. Janet will share some of the stories that are emerging in the course of her research.

## “Doing History”

By Charlotte Gray

May 12, 2015

Charlotte Gray – award-winning author and biographer – will discuss the joys and problems of historical research. She will concentrate on how to do local history, on the value of archives, and the excitement of discovery. As well as sharing some of her own experiences, Charlotte is looking forward to lots of questions from the audience.

To find out more details about the lectures, call **Janet Uren** at 613-842-4913 or email **Janet.uren@wordimage.ca**.



Photo courtesy of Tim Plumptre  
Fréchette House is just one of the historic buildings being featured in a series of lectures hosted by the nascent New Edinburgh Historical Society. The house's owner, NECA president Tim Plumptre, will speak about restoring the property on April 28.



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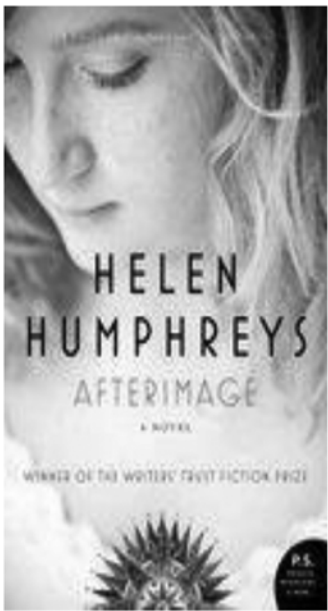


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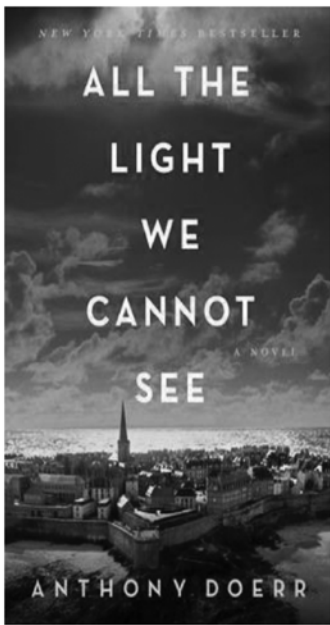
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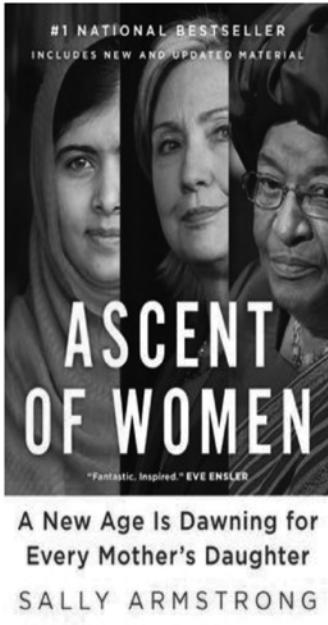
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# All the World's a Stage, the Men and Women Neighbours

By Janet Uren

Someone came into rehearsal recently at the Ottawa Little Theatre, where “Goodbye, Piccadilly” is in the final throes of preparation, and happened to mention that the set designer – **Andrew Hamlin** – lives in New Edinburgh. “New Edinburgh!” I said with amazement. “Why wasn’t I told? I know *everyone* in New Edinburgh!” (While this is not strictly true; I am working on it.)

Andrew Hamlin, I am now told, has lived on Noel Street for 14 years. He came as a tenant in 2000, fell in love with the neighbourhood and, when the house next door came up for sale in 2001, he and his wife grabbed it. It happens to be the house where John de Chastelain (former Chief of Defence Staff) used to live, which is probably going to end up in the history of New Edinburgh one day (a work now under production by historian **Martha Edmond** and me). So it is a small world.

Andrew’s connection to theatre goes back a long way. “I was 11 years old, still living in England,” he says, “when I was first a stage hand for a school production of “Pirates of Penzance”. Later, I got deeply involved with the Medway Little Theatre in Rochester.”

Even after moving to Canada in 1990, Andrew kept up the connection. “Our family knew the Dury family, who lived on Crichton Street, and found that they were involved with the Ottawa Little Theatre – which, by the way, is anything but ‘little.’ I started doing lights and sound there, and eventually got into set design. I also served on the board for a while, until life got too busy. At the moment, I serve on the Operations Committee.”

Andrew has just designed the



Photo by Louise Imbeault  
**Andrew Hamlin.**

set for the upcoming production of “Goodbye, Piccadilly” (it opened on March 24), and that was a challenging assignment. With multiple short scenes – some inside an inn, others variously in a church, funeral parlour, graveyard and mountainside – the concept had to allow for a number of very fast shifts. “You can’t change the physical location, so you have to appeal to the imagination of the audience.”

And what the audience is being asked to imagine in this play by Canadian playwright, Douglas Bowie is a bed-and-breakfast in a small town on the edge of Algonquin Park. It’s a sweet play, touching and also hilarious, as a recent widow tries to deal with an unexpected encounter with her husband’s wartime mistress.

Another New Edinburgh resident (*moi*) is also taking a part in the play. I play the widow, and to my delight I am allowed to cry real tears, not once, but several times. So much fun, though I do cast the odd envious glance at my fellow actors who get to be comic.

As for any other actors or theatre designers in the community, please identify yourself. No more sneaking around.

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## In Memoriam

# Frances Carlisle Moran, 1917-2015

By Jane Heintzman

Residents of The Edinburgh and her friends and acquaintances in Ottawa were deeply saddened by the recent death of Mrs. Frances (Fran) Moran, a gracious presence in our community for over a decade. Fran was well known and loved at The Edinburgh for her quiet charm, her extraordinary loveliness, and her formidable talents as an accomplished pianist, a keen bridge player and a old hand at the daily cross-word puzzle, cyber quote and Sudoku challenge.

Fran continued to pursue these mind-sharpening avocations until well into her 90s, and led her life with an admirable self-discipline and determination, faithfully practising her piano and even counting the number of steps she took each day to maintain her exercise regime. Despite the many physical challenges and limitations of her advancing years, including a number of extended periods of hospitalization, Fran was unfailingly cheerful and uncomplaining, always managing to respond to her friends and caregivers with her incomparably beautiful smile.

Although in recent years, she was unable to stray very far from The Edinburgh, Fran's early life was anything but sedentary; on the contrary, it was rich in interest, travels and adventure. Following her graduation from the University of Toronto and a stint at a Toronto publishing house, she joined the Communications Branch of the Department of External Affairs in Ottawa, where her responsibilities included the provision of daily press briefings to Lester Pearson (who was appointed under-secretary in 1946, and subsequently minister of External Affairs in 1948), and where she rubbed shoulders with many of the leading political figures of the day.

In 1952, not long after Fran's marriage to fellow Foreign Service member Herb Moran, Herb was appointed ambas-



sador to Turkey, where he and Fran spent five fascinating years based in Ankara. In 1957, Herb was transferred to Karachi, Pakistan, where he served for the following three years as Canadian high commissioner, and where he and Fran enjoyed adventurous travels throughout the country, including memorable trips with some of the leading lights on the Canadian political scene at that time, not least the inimitable John Diefenbaker, his wife Olive and his brother Elmer.

Fran and Herb's last foreign posting was Tokyo, Japan, where Herb served as ambassador from 1966 to the time of his retirement in 1972. To the end of her life, Fran had happy memories of her years in Tokyo, and of the splendid garden at the Canadian ambassador's residence where she was able to indulge her passion for flowers and bring to bear her legendary green thumb.

Among her many other talents, Fran was a gifted writer,

her closest friends and family. Among the latter group was my mother-in-law, Mary Heintzman, who delighted in these artfully expressed snapshots of faraway places, and treasured Fran's correspondence throughout her life. Today, Fran's richly detailed letters may be regarded as a priceless piece of Canada's diplomatic history, capturing the life and experiences of an ambassador's wife in the 1950s and 1960s.

Following Herb's retirement when he and Fran settled here in Ottawa, the couple maintained a regular routine of travel, spending winters in Florida, visiting London, England each fall, and frequently embarking on lengthy road trips across the continent, in the course of which Fran made copious notes on the relative costs and attributes (or lack thereof) of the hotels and motels where they stopped en route. While Fran was extraordinarily generous to a broad range of charitable organizations such as the Children's Hospital of Eastern Ontario, the Red Cross, and her alma mater Havergal College in Toronto, in smaller matters she had a famously practical streak, and never failed to keep an eye out for a chance to save a dollar or two when unnecessary extravagance could be avoided!

Our family's connection to

Fran was first established in July, 1940, when she became engaged to my husband Ralph's uncle, Ralph Ripley, in whose honour he was named. Ralph Ripley enlisted in the Royal Canadian Navy shortly after the start of the Second World War, receiving his commission as lieutenant in the course of the summer he became engaged to Fran, and being called up very shortly thereafter for his first posting in England. Tragically, Ralph was aboard the ill-fated Prince of Wales when it was blown up off Singapore, and although he was rescued from that sinking vessel, he was later reported missing and ultimately declared killed in action in the Pacific campaign. So Fran was especially dear to us, not merely as a gracious friend and presence in our lives, but as an almost-aunt, had the fates not intervened.

Fran was predeceased by her beloved Herb in 2002, but is survived by her nieces Cynthia Carlisle of Seneca, South Carolina, and Nancy Carlisle-Weaver of Kitchener, Ont. to whom we extend our sincere condolences on the loss of a remarkable lady. While at Fran's request, no memorial service was held following her death, she will be remembered with fondness and admiration by all who knew her.



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# Discover Music from the Napoleonic and First World Wars

By Alan Bowker

Commemorations of wars past are occurring in many places these days. Last year saw the 100th anniversary of the outbreak of the First World War; this year sees the 200th anniversary of the end of the war against Napoleon. Both wars profoundly altered the shape of history, including the evolution of music. This theme runs through the last two concerts in the MacKay Concert Series for 2014-2015: "From Paris to Vienna" with violinist and violist David Thies-Thompson and pianist Parv Esghi on April 18, and "Shadows and Light" with the Silflay String Quartet on May 3.

In "From Paris to Vienna," David Thies-Thompson and Parv Esghi will take us on a journey from the confident world of 18th-century Paris, with a sonata by Jean-Marie Leclair, to a violin sonata by Claude Debussy written during the final months of the First World War as a patriotic gesture to the French musical tradition pioneered by Leclair. We will then go to Vienna and the romantic movement that emerged from the turmoil of the French Revolution and the wars against Napoleon. David and Parv will play Schubert's "Arpeggione" Sonata, written for bowed guitar and published after his untimely death. Then to Fritz Kreisler, whose music was defined by the *gemütlich* world of Viennese coffee houses and light theatre in the last golden years before the



Photo by Dave Hash



Photo by Fred Cattrol

The April 18 concert with Parv Esghi (left) and David Thies-Thompson will be their first collaboration.

First World War, which would destroy that world forever.

In "Shadows and Light," on May 3, the Silflay String Quartet will perform two pieces written during the First World War: Elgar's string quartet, op. 83, which reflects not only the anguish of the war, but also—in the second movement likened by his wife to "captured sunlight"—his nostalgia for the peace of the English country side. This will be followed by a very intense movement of a quartet by Bloch, which points the way to the future of music in the modernist world that followed. The quartet will then play Beethoven's string quartet op. 59 no 3, written in 1806 in the aftermath of Austria's devastating defeat at the hands of Napoleon. The music reflects the tension between Beethoven's continu-

ing joy in life despite his disillusionment with Napoleon and his growing deafness. It is one of the most exuberant pieces of music ever written.

The performers in these concerts are well known to Ottawa music-lovers. Born to Canadian parents serving as medical missionaries in Kenya, and following studies in Victoria, Eastman School of Music, McGill and the Banff Centre, and stints with the National Youth Orchestra and Symphony Nova Scotia, David Thies-Thompson joined the National Arts Centre Orchestra as a violinist in 1990. In July 2008, he became a full-time member of the NAC Orchestra viola section. He is a well-known figure in Ottawa's musical life, having served as concertmaster for Thirteen Strings, Ottawa Symphony Orchestra, and the Opera Lyra Orchestra and an active soloist, chamber musician, teacher, coach and conductor.

Parv Esghi studied with illustrious Canadian pianists Jean-

Paul Sevilla, Andrew Tunis, Louis-Philippe Pelletier and Richard Raymond. She has performed as a soloist, chamber musician and collaborative recording artist, including several memorable concerts in the MacKay Concert Series. She has played piano for Carmen on Tap starring Julie Nesrallah. Her latest recording is *Portrait*, a debut CD by soprano Maghan McPhee of music by Massenet, Mozart, Schubert, Ravel and Menotti, which has received rave reviews. Parv is excited to be working with David on their first collaboration together.

The Silflay Quartet—husband-and-wife teams Leah Roseman and Mark Friedman, Paul Casey and Karen Kang—are establishing a stellar reputation, including a memorable concert in the MacKay Series last year and a concert at the Shenkman Centre last fall where they performed the Elgar Quartet to an enthusi-

astic audience. Violinists Mark and Leah are long-time members of the National Arts Centre Orchestra; violist Paul is one of its newest members; and Karen (who took first prize at the Holland America Music Society Competition and was a member of the Saguaro Piano Trio in Germany) plays regularly in the cello section.

Their program shows off what a string quartet can do, from the more orchestral drama of the Bloch to the intricate counterpoint in the Beethoven to the beautiful English watercolours in the Elgar.

"From Paris to Vienna" is on Saturday, April 18 at 7:30 p.m. "Shadows and Light" is on Sunday, May 3, at 7:30 p.m., at MacKay United Church, 39 Dufferin St. Tickets are \$25 (adults) and \$20 (seniors and students) and are available at Books on Beechwood, at the Leading Note, or at the door.



Photo by Colin Traquair

The Silflay String Quartet will perform on May 3.

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# Cricket Club 'Breaks the Rust' Ahead of New Season

**By Arun Shrichand**  
**Vice-president, New**  
**Edinburgh Cricket Club**

With spring finally arriving after an especially frigid winter, members of the New Edinburgh Cricket Club (NECC) are excitedly gearing up for the 2015 summer season in Ottawa.

New Edinburgh Cricket Club—or “Burghs” as the club is affectionately known—has strong historical roots with the New Edinburgh community. The club was founded in 1928. Since its inception, Burghs has used the cricket pavilion at the Governor General's official residence at Rideau Hall as its home. As the second oldest club in Ottawa, Burghs today represents one of the most vibrant sides in the Ottawa cricket landscape. The club is uniquely multicultural, composed of members hailing from countries such as Canada, India, Pakistan, Australia, West Indies, England and Zimbabwe.

Over the past decade, the club has been highly successful on the field, winning the Ottawa Cricket's Citizen Trophy championship in 2004, 2005, and 2009, and the Challenge division trophy in 2011.



**In game action between the Burghs and Canterbury Cricket Club at the Rideau Hall grounds.**  
**Photo by M. Mukerji**

Preparations for the upcoming summer season began in March, with Burghs' winter practice sessions at Carleton University. The winter practice provides a good opportunity for players to “break the rust” and start mentally preparing for a busy summer season. The club also uses the winter practice to host tryouts to further expand its strong membership, which currently comprises approximately 30 members (ranging from playing members to social members and life members).

Burghs also takes great pride

in being part of the larger Ottawa community. For example, the club is committed to promoting the sport at the grassroots level by supporting the Manor Park Community Council's Cricket program for children aged 13 and under. Additionally, Burghs hosts the “Annual Memorial Game” charity event, which is held at Rideau Hall every summer and is scheduled in August 2015. The event involves a friendly cricket match in honour of former NECC members who have passed away. It is attended by 80-120 people, and raises

approximately \$1,000-\$2,500 annually for such charities as the Wells for Well-being, the Canadian Cancer Society, and the Ottawa School Breakfast program.

## **Join Us for Wednesday Practice**

If you are interested in playing cricket this summer, feel free to drop by Rideau Hall on Wednesday nights during Burghs' weekly cricket practice. Although the brand of cricket that the team plays is competitive, Burghs welcomes new players of all skill levels. Take, for instance, the story of Sheryl Tittlemier, a former Burghs member. Sheryl decided to take up Cricket based on her past experience playing softball – her skills developed to the point where she eventually ended up playing for

the Canadian women's cricket team! While Sheryl's success may not be indicative of every foray into club cricket, New Edinburgh Cricket Club's friendly and welcoming environment may just pique your interest.

You can stay up to date on Burghs' progress during the 2015 season and find out further information on the team's website [burghscricket.com](http://burghscricket.com).

**Editor's Note:** *Members of the community are welcome to come and watch the New Edinburgh Cricket Club in action during its games or practices at Rideau Hall this season. If you're as unfamiliar with the sport as the majority of North Americans are, check out the rules of the game at [cricket-rules.com](http://cricket-rules.com).*

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# Annual Tour a Chance to Set Foot into Six Spectacular Houses

**By Valerie Blais**  
Mark your calendar for this year's **IODE Laurentian Chapter House and Garden Tour: May 30, 9:30 am - 4:30 pm.**

This year, the houses range from spectacular to eclectic. The six wonderful houses on the tour are located in Rockcliffe, Rothwell Heights, and the Rideau Canal area not far from Dow's Lake.

The **RCMP Musical Ride Centre** in Manor Park will be a central hub for the tour. It will offer a gift shop, a small museum showing the development of the Musical Ride, and tours of the stables where you can pat the stately black horses, view the tack and farrier rooms, and see the horses put through their paces.

The IODE tour shuttle buses will also have a bus depot there where tour visitors can change to or from the Rockcliffe bus to the Rothwell Heights bus.

**Rockcliffe**

One of the homes not to miss is a designer's dream, perched on a large property, part of which used to be stone stables. The **Potter home** boasts a 12-seat media room on the lower level (where the IODE will be play-

ing a loop of the history of Rockcliffe), an entire guest wing with two bedrooms, each with an adjoining en suite, and a gym. On the main floor, you'll admire a sunken conversation pit living room, a newly-renovated kitchen, and a huge entry hall that can become a dining area for a large crowd. Most of the rooms overlook, and have access to a spectacular pool.

The second home in Rockcliffe is the **residence of the German ambassador**. This house is a hosts dream. The dining table seats 24 comfortably and there is a selection of thought-provoking art to appreciate.

At this location, IODE will offer a selection of home-baked goodies for visitors to take back home to enjoy, including cakes made from a German recipe for cheesecake (Kasekuchen)

The third Rockcliffe home is the home of a professional designer and it shows!

Built opposite the Rockcliffe Parkway, this house boasts an upper level for the owners' offices, and the downstairs has a newly renovated chef's kitchen. The en suites for each

bedroom are to die for.

**Rothwell Heights**

The first home on the tour has been extensively and sympathetically renovated – done so well, in fact, that movie companies have used it as a setting for TV movies.

Nearby is the second Rothwell Heights home. This house was built in 1958, and has been extensively renovated with four additions and a wonderful, inviting backyard pool, nicely landscaped.

**Rideau Canal**

Located beside NCC parkland bordering the Rideau Canal, this Tudor-style home was built in 1928. A prior occupant was Air Chief Marshal Frank Miller, Canada's first Chief of Defence Staff. The current homeowners have been here since 1976.

Their collection of art, furniture, textiles and carpets from eight postings abroad (as well as Canada) graces every room, corridor and staircase of their four-storey home. Their residence has undergone two major renovations to add a deck, expand the kitchen, convert an attic into a loft and modernize the basement and

bathrooms, all while maintaining the charm of this unique home.

**Margaret Dickenson**, an international award-winning cookbook author, host of her own cooking and lifestyle TV series, as well as renowned hostess, along with her husband, retired Canadian ambassador Larry Dickenson, will be on hand to share in the adventures behind their extensive collection in this Rideau Canal home.

Most of the funds raised by the tour will be directed to shelters for abused women and their children. For more information, and to purchase tickets (\$30) by secure PayPal, go to **laurentian.iode.ca**. Tickets will also be available in early April at **Books on Beechwood, Mood Moss Flowers, Jacobson's Gourmet Concepts and Celadon Spa**. For more information about the tour, call **Jo Brodie at 613-842-5304**.



Photo courtesy of Elanor Brodie  
From a 1928 Tudor-style home on the Rideau Canal, to beautiful homes that could be movie sets, the IODE House and Garden Tour is the ultimate "open house" day for those with an eye for style.

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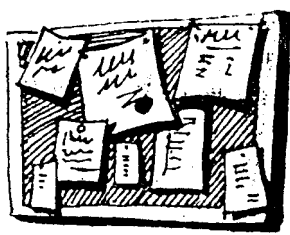


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## Burgh Bulletin Board

### April

**April 4-5 – Annual Maple Weekend** 10 a.m.- 4 p.m. [www.mapleweekend.ca](http://www.mapleweekend.ca) The Lanark and District Maple Syrup Producers Association hosts the first Annual Maple Weekend. Participants can be found across the region. Get a look at how maple products are produced, taste quality maple products, and participate in maple camp activities.

**April 8 – Pope John Paul II Memorial Concert** Notre Dame Cathedral Basilica, 385 Sussex Dr. 7:30 p.m. The Embassy of Poland and the Canada-Poland Parliamentary Friendship Group invite you to a concert featuring the Con Brio String Quartet of Montreal in honour of the 10th anniversary of the death of Pope John Paul II.

**April 9 – Vernissage for “Prayer to the Silence”** Gallery 200, 2nd floor, 200 Crichton St. 5:30-8 p.m. Exhibit on through April 24. New Edinburgh multi-media artist Lori Brethour Coulter invites you to a vernissage for her new exhibit, “Prayer to the Silence.”

**April 9 – The Evolution of Take-out Food** The Scone Witch, 35 Beechwood Ave. 7:30 p.m. \$10. Nectar presents another great Food Talks lecture. Catering veterans Cindy Ryley, Sheila Whyte and Susan Connolly will share perspectives and personal anecdotes on the catering and take home food business in Ottawa.

**April 11-12 – Library**

**Book Sale** Rockcliffe Park Community Hall, 380 Springfield Rd. 613-580-2424 x 27623. April 11: 10am-5pm; April 12: 11am-5pm. Enjoy beautiful books at great prices at the 18th Annual Spring Book Sale. Browse over 12,000 donated, high-quality books, CDs, DVDs and vinyl! Cash or cheques only.

**April 14 – Lecture: “Raising Resilient Children in a Digital Age”** OMS Montessori, 335 Lindsay St. 7 p.m. \$10 at the door. RSVP [communications@omsmontessori.com](mailto:communications@omsmontessori.com). Expert Natalia McPhedran presents “Raising Resilient Children in a Digital Age.”

**April 16-19 – Ikebana Exhibit** Canadian Museum of Nature, 240 McLeod St. 9 a.m.-5 p.m. (Thursday until 8 p.m.). Free entry with museum admission. Some 45 floral arrangements will be on display at “Ikebana – Art of Japanese Floral Design”. Members of Ikebana International Ottawa Chapter will be on hand to explain this ancient art.

**April 19 – Concert: “Springtime Melodies”** St. Thomas the Apostle Church, 2345 Alta Vista Dr. 3 p.m. 613-749-2391; [www.OttawaBrahmsChoir.ca](http://www.OttawaBrahmsChoir.ca). The Ottawa Brahms Choir, under direction of Christopher Askwith and accompanist Ioulia Blinova, presents “Springtime Melodies.”

**April 23-26 – Ottawa Grassroots Festival** Royal Canadian Legion, 330 Kent St. [ottawagrassrootsfestival.com](http://ottawagrassrootsfestival.com). The Ottawa Grassroots

Festival is a family-friendly gathering of folk music, dance and spoken word featuring free daytime activities for all ages with workshops, sing-along, special kids’ activities, an instrument petting zoo, jam sessions, a festival choir, folk dancing, instrument building and much more.

**April 25 – Ottawa Children’s Choir General Audition** For details call 613-233-4440; [www.ottawachildrengchoir.ca](http://www.ottawachildrengchoir.ca). 9 a.m.-1 p.m. The Ottawa Children’s Choir holds its general audition for children ages 8-15 (as of Sept. 1 2015). A second audition takes place May 30.

**April 26 – Launch of Perry Hall Tea Tyme**, 81 Beechwood Ave. 5 p.m. Join Mayor Jim Watson, councillor Tobi Nussbaum, MP Mauril Belanger, MPP Madeleine Meilleur and other notable community members for the opening of Perry Hall at Tea Tyme. Perry Hall is a gathering place for monthly international lunches and the sharing of ideas, in honour of Dr. Malcolm B Perry.

### May

**May 3 – Park and Riverbank Cleanup** Stanley Park Fieldhouse. 10 a.m. – 1 p.m. Volunteers are needed to join sponsor GoodGuysTri for a much-needed cleanup of Stanley Park and the riverbank. It’s a mucky job, so dress for the occasion!

**May 3 – Emergency Preparedness Fair** Stanley Park Fieldhouse, 2-4 p.m. [www.newedinburgh.ca](http://www.newedinburgh.ca) The New Edinburgh Community Alliance (NECA) invites you to learn how you and your family can prepare for emergencies. Join us for presentations, displays, games and refreshments.

**May 3 – OCTC School**



## Classified Ads

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**Jamboree Ukrainian Banquet** Hall, 1000 Byron Ave. 2-6 p.m. Tickets: adults \$20, kids 6-12yrs \$10, 5yrs and under are free. Join us for the first Ottawa Children’s Treatment Centre (OCTC) School Jamboree! A complete list of musicians and performers at this variety and dance show can be found on their Facebook page.

**May 9 – CCCs Plant Sale** Stanley Park Fieldhouse. 8 a.m.- 4p.m. [www.newedinburgh.ca](http://www.newedinburgh.ca) Just in time for planting season is the annual Plant Sale. Get your hanging baskets, bedding flats and herbs. Rain or shine.

**May 11 – Wine, Cheese and Chamber Music** Bronson Centre, 211 Bronson Ave. 7 p.m. Tickets: \$30, students \$20. 613-859-3559. The Leading Note Foundation and OrKidstra host a fundraiser for their trip to Sweden.

**May 12 – Lecture: “Building Better Brains”** OMS Montessori, 335 Lindsay St. 7 p.m. Tickets are \$15 at the door. RSVP [communications@omsmontessori.com](mailto:communications@omsmontessori.com). Dr. Steven Hughes with the Minnesota-based Center for Research on Developmental Education will speak on “Building Better Brains: How School and Home

Life Can Build Higher-Order Cognitive Ability in Children (but generally don’t!).”

**May 20 – Ottawa Children’s Choir Concert** Dominion-Chalmers United Church, 355 Cooper St. 613-233-4440; [www.ottawachildrengchoir.ca](http://www.ottawachildrengchoir.ca). 7 p.m. The Ottawa Children’s Choir invites you to a spring concert: “Life Has Loveliness”.

**May 23-24 – USC Canada’s Run for Biodiversity** [r4b@usc-canada.org](mailto:r4b@usc-canada.org) For the seventh year running, USC Canada’s Run for Biodiversity team will be going the distance as part of the Tamarack Ottawa Race Weekend (marathon, half marathon, 10km, 5km and 2km). Join us!

**May 30 – National Capital High School Regatta** Ottawa Rowing Club, 10 Lady Grey Dr. 613-241-1120 [www.ottawarowingclub.com](http://www.ottawarowingclub.com). The Ottawa Rowing Club hosts the National Capital High School regatta. Spectators welcome!

**May 30 – Ottawa Children’s Choir General Audition** For details call 613-233-4440; [www.ottawachildrengchoir.ca](http://www.ottawachildrengchoir.ca). 9 a.m.-1 p.m. The Ottawa Children’s Choir holds its second general audition for children ages 8-15 (as of Sept. 1 2015).

## UrbanOttawa.com



**939 North River Road:** Elegant 1200 sq. ft., south east ground floor unit boasting a private terrace, separate living-dining rooms, wood burning fireplace, two generous bedrooms, two full bathrooms, hardwood floors throughout, eat-in kitchen, ensuite laundry, storage & TWO parking spots! Intimate building by the Rideau River and the new foot path. Quiet location Urban Ottawa location yet super convenient to the downtown core. Priced at only **\$319,000**



**40 Landry Quartier Vanier:** Exceptional value for this 1000 sq. ft. condo w/ huge, fenced in terrace perfect if you’re not really sure about condo living yet! In-suite laundry. Two real bedrooms, very large living and dining spaces. Many recent upgrades: fabulous lounge, state of the art gym, renovated pool/sauna facilities and change rooms. Gorgeous outdoor spaces, with BBQ and seating areas. Steps to Beechwood shops and Rideau River paths. Priced at **\$235,000**



**225 Alvin:** A lovely, tranquil yet Urban Ottawa setting: greenspaces all around. Bright and cheerful without direct sun. Spacious, well laid out unit boasting two ensuite bathrooms, ideal for those sharing. Gently lived in, well appointed. Parking included. Quiet, well maintained building with fabulous roof top deck and other amenities. In suite laundry. Flexible possession. Two units are offered presently at **\$235,000** and **\$239,000**



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# Burgh Breezy bits

DEADLINE: MAY 10 breezybits@hotmail.com

## Congratulations!

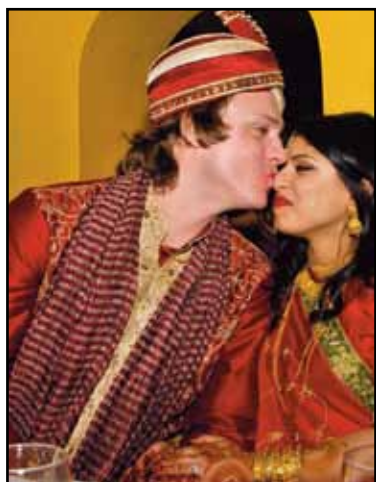


Photo by Louise Imbeault

Congratulations to **Douglas Binkley** and **Shannon Shamsuzzoha** who tied the knot Bengali style on March 14. Proud parents **Alex Binkley** and **Christine Cram** of Ivy Cres. are doubly blessed this year as their daughter **Dorothy** will also be married in May.



Congratulations to **Jess** and **Jeff Schroeder** of Vaughan St. on the arrival of baby **Jacob** on March 9. Older siblings **Ben**,

**Katelyn** and **Lucas** are thrilled with the new addition.

The safe arrival on Feb. 25 of baby **Lucie** to parents **Liz** and **Patrick Tobin** was not without excitement. The Tobins had planned a home birth, but before the midwife arrived, Lucie elected to emerge, requiring her dad to assist with the delivery. Fortunately, Patrick was expertly guided by 9-1-1 staff, and there were no complications. Grandparents **Marie** and **David Tobin** are delighted with the new baby, and no doubt proud of their son's resourcefulness under pressure!

Congratulations to Crichton St. resident **Christina Lubbock** on the appointment of her daughter **Shelagh Rogers** as chancellor of the University of Victoria, B.C. Shelagh is well known throughout Canada as a CBC Radio broadcaster. In 2011, she was named an Officer of the Order of Canada both for her contribution to the cultural life of Canada, and for her volunteer work in the fields of mental health and literacy. Shelagh's formal installation as chancellor will take place at the university's spring convocation. We hope Christina will be on hand for this happy occasion.

New Edinburgh Square's **Connie Elton** celebrated her



Photo by Louise Imbeault

On February 1, **Liba Bender** of Ivy Cres. celebrated her 65th birthday surrounded by friends at Rockcliffe Library on Springfield Road.



Photo by Louise Imbeault

104th birthday on Feb. 7. Her family honoured her with a tea party. Best wishes, Connie!

## Condolences

Condolences to New Edinburgh resident **Dionne Caldwell** on the death of her father **David Laughton**, who lived, in his final years, at The Rockcliffe Retirement Residence. Mr. Laughton served in the Canadian Army in the Second World War. In 1949, he joined the Department of Trade and Commerce where he held a wide range of postings, including as ambassador to Colombia and Ecuador. He was an avid outdoorsman and fly fisherman, and enjoyed bridge and cribbage. Our thoughts are with Dionne and her family.

Long-time New Edinburgh resident **Kathleen (Kitty) Rowat** died in February after a brave struggle with Parkinson's disease. Kitty and her partner **Mary-Ellen Jeans** were well known for their skills as consummate nurses, their warm hospitality, and for many years as members of the dog-walking set in Stanley Park. Kitty completed her BScN at the University of Toronto, and practiced at the Radcliffe Infirmary in Oxford, UK, before returning to Canada to work at the Montreal General Hospital. She completed her PhD at the University of Illinois Medical Centre in Chicago. For most of her career, Kitty worked at the School of Nursing at McGill University where she was an educator, senior administrator, colleague, mentor and student advocate, and helped to create one of the first PhD programs in nursing in Canada. A celebration of Kitty's life will be held at St. Bartholomew's Church, 125 Mackay St. on April 9, 2015 at 2 p.m.

Sympathies to the family and friends of **Maxwell (Max) Yalden** who died in February. Mr. Yalden was a career public servant, serving with the Department of External Affairs from 1956 to 1973, when he became deputy

minister of Communications. In 1977, Mr. Yalden was appointed Commissioner of Official Languages. After serving as Canadian ambassador to Belgium and Luxembourg in the 1980s, he held the role of Chief Commissioner of the Canadian Human Rights Commission for a decade. Mr.

Yalden was twice elected to the UN Human Rights Committee from 1996-2004. In recognition of his career of distinguished service, he was named Companion of the Order of Canada and a Commandeur de l'ordre de la Pléiade.

## Miscellaneous



Making a lasting impression, community volunteer extraordinaire **Joseph Cull**, dressed as Dame Edna, sang Shirley Bassey's "Hey Big Spender" at the celebrity cabaret fundraiser held at the NAC Fourth Stage on Feb. 11. His/her performance was followed by much discussion with the judges about hair waxing and backless thongs, but maybe we'll just leave it at that.



Photo montage by Louise Imbeault

Ottawa-Vanier MPP **Madeleine Meilleur** (left) hosted an International Women's Day cocktail on March 6 in her constituency office on Montreal Rd. Guest speaker was **Sister Lorraine Desjardins** (centre) who shared the story of pioneering business woman and Grey Nuns founder Mère Elizabeth Bruyère. **Sister Agnès Gagnon** (right) of the Soeurs de la Charité was also in attendance. The congregation, also known as the Grey Nuns, is celebrating their 170th anniversary this year.



Vaughan Street's **Joyce Dubuc** has been busy in Nicaragua, handing out school supplies. The lack of these supplies is a major reason Nicaraguan children have to drop out of school. Donations are always needed: [jdubuc93@gmail.com](mailto:jdubuc93@gmail.com).



*Not the...*

# NEW EDINBURGH NEWS

April Fool's Edition

## John Beard Announces His Future Plans

In a surprise move, former MP John Beard has announced plans to join the Board of the New Edinburgh Community Action Committee (NECAC). "I have been toying with this idea for quite some time," reported Beard. "Frankly, I am no longer content to simply go along to get along." Although Beard is not actually a resident of New Edinburgh, he has kept a keen eye on local goings on for many years and has graciously volunteered to join in an ex-officio role. His specific aim is to apply his consummate diplomacy skills to ensuring New Edinburgh's community values are protected from all comers.

According to president Tam O'Plombtree, the NECAC

Board is looking forward to welcoming this hard-hitter to its ranks. "As a Board, we have struggled to find the appropriate balance in dealing with developers, planners, and errant homeowners. Now we will benefit from the contributions of this 'happy warrior' who is unabashed and unequivocal in his principled approach to ensuring community interests are respected," said O'Plombtree.

In a statement, Beard expanded on why he has chosen the community of New Edinburgh in particular: "I have always had very traditional values and a healthy respect for history. And with my nickname being 'Rusty', a heritage area full of old houses is the place for me."

## New Edinburgh Plagued by Weasel Outbreak

According to New Edinburgh's new Emergency Planning and Incident Commander (EPIC), Johnny C. Laitly, the Burgh is the latest in a list of communities to face a sudden and potentially catastrophic outbreak of weasels. Yes, weasels: those nasty, invasive little creatures that can wreak havoc in a household faster than you can say "wrasqally wrabbit."

City health officials are worried; these polecats can and often do carry disease. They are calling on all residents to be extra vigilant and follow precise instructions to inoculate themselves from infestation. "Only by working together as a herd can we eliminate this



plague, so please take the necessary steps to protect yourselves, your neighbours and your community," commented Laitly at a press conference.

Residents can pick up the comprehensive handbook, "Pop Goes the Weasel: a Guide to Immunizing Your Home Against Weasels," at City health and safety services kiosks around town.

## Marking a Decade of Dead Space

Don't miss the NCC's gala celebrations marking "10 Glorious Years of Vacancy" at 50 Sussex, the short-lived Canada and the World Pavilion for which millions of taxpayers' dollars were invested to bulldoze the formerly sylvan Rideau Falls Park, to create "a star attraction on the international sector of Confederation Boulevard."

Participants will be treated to displays of laboratory samples of the mould which has thrived in the building since the museum's closure in 2005, and we're told that the NCC plans a dramatic re-enactment of the dismantling of the exhibition, with moving trucks lined up to transport the contents to the Trail Road landfill. Just in case you didn't get a chance visit the place during its heyday, you'll be sorely disappointed to have missed such stellar exhibits as Céline Dion's first Grammy award, or Glenn Gould's legendary collection of hotel keys.

Also proudly on display at the celebrations will be a plaque honouring the pavilion's coveted status as the shortest-lived



museum in Canadian –and possibly world– history with just the elegant inscription, *E-Z Come, E-Z Go*.

Although many dignitaries are scheduled to attend the gala, Ottawa's mayor won't be among them. The mayor apparently takes a dim view of the NCC's flagrant violations of toughened municipal by-laws relating to Derelict

Properties, and has no intention of being part of this enthusiastic celebration of a decade of dead space.

As to the site's future, the NCC is rumoured to have begun planning for an even splashier event to mark 20 Years of Vacancy, having long since abandoned hope of ever finding another tenant for the building.

## Surprises Unearthed at MentoZ Site

You never know what you will find when you dig around New Edinburgh. Last week, demolition and excavation began in earnest at the MentoZ development construction site. Soon after work began, the silhouette of an old bank vault began to appear. Of course, this was somewhat expected given that the corner section of the site had previously housed a bank.

What was surprising, however, was the fact that the vault still contained a few items: a pristine Twinkie, an old cabbage patch doll and several plastic piggy banks (these were given out to account holders at the time of the bank's final closure). But most intriguingly, archeologists unearthed coins that appear very old and rather mysterious in origin. "This is a very significant find," reports Auld Stouff from the NE Archeological Society. "The coins appear to be of Roman origin, but the face on the coin doesn't appear to be one of the better-known emperors." Although experts are not sure which potentate's likeness it is, one thing is clear; the face on the coins is a dead-ringer for local ward councillor Tobius Nussbaumus. There are several theories making the circuit, from reincarnation to cryogenics, but Tobius is remaining mum.

The MentoZ dig yielded more surprises. As workers carefully excavated around the old vault they stumbled upon what appears to be an old tunnel, abandoned long ago. According to Stouff, "the builders of this tunnel excelled at stonemasonry, but were rubbish when it came to their

have the tunnel designated as a heritage site, particularly given that the quality of stonework provides an excellent example of the tunnelling techniques used at the time.

Despite the resulting setbacks to their construction schedule, MentoZ is very excited about this new discovery and



Photo montage by Louise Imbeault

sense of direction. The darn thing completely bypassed the bank vault and nearly ended up in the drink. Luckily, whoever dug the tunnel gave up before they actually landed in the Rideau River." The local heritage society is hoping to

is already working on adjusting their plans and installing a tunnel museum on the ground floor where visitors can learn about heritage stonework techniques and take underground tours of the site.