

February 2015

# NEW EDINBURGH NEWS

www.newedinburgh.ca



Hockey: one outdoor activity we're celebrating this winter issue.

Painting by Martha Markowsky

## Plan for Rockcliffe Lands Goes to Council for Approval

By Roslyn Butler

The finalized plans for the re-development of the former Rockcliffe air base will go to Ottawa City Council for approval sometime early this year. Many groups have been involved in the gestation of the final plan.

As the New Edinburgh Community Alliance's (NECA) representative on the Public Advisory Group, I have had a front row seat in this process. Canada Lands Company (CLC) hired expert consultants in areas of transportation, environment, water management, and recreational use to help in the planning process. City of Ottawa departments including parks and recreation, roads and public transit, school boards and basic infrastructure of sewers, water and hydro services had a final say in the plan.

Once the plan is approved by City Council, construction will begin on the infrastructure of sewers, services and roads. As it stands, the lands are a clean slate because all former services such as sewer and water pipes, roads and schools have already been removed. This

phase of construction will last between one and two years. Then the actual residential construction will begin.

The site has been divided into three phases. The first phase is the area closest to Montreal Road and served by a redeveloped Codd's Road and Burma Road. The properties to have residential construction will be sold to developers who are required to fulfill all of the strict CLC mandates. These mandates include size of lot and type of housing, such as single family, townhouses, stacked townhouses, low-rise buildings and mid-rise buildings.

The actual construction of the first phase will take between two and three years once the infrastructure is in place (so between 2017 and 2020). The second phase will take another five to seven years, and the third and final phase to finish sometime in the 2030s. This is a long-term project. It is planned that in this third phase there will be some high-rise buildings to accent the

Continued on page 26

## On the Cusp of Change, Four Years After the Fire

By Jane Heintzman

As we approach the fourth anniversary of the fateful Beechwood Fire of March, 2011, it's a good time to take stock of our gains and losses, and where we stand in the recovery effort on Beechwood at the start of 2015. Few of us anticipated when the cataclysmic event happened March 16, 2011 just how transformative a change in our neighbourhood would result from the decimation of our core shopping area that day. Nor did we expect that the restoration of the fire site, which was once our principal community gathering place, would come at such a painfully slow and halting pace, with long, bleak periods in which no hint of progress was forthcoming.

With the passage of four years, however, there have been glimmers of hope, as some of our displaced small businesses such as **Nature's Buzz** and **Kelly's Barber and Beauty** re-established their operations right here on Beechwood, while others such as **Epicuria**, **Bread and Roses Bakery** and **Time Sharpening** have successfully relocated close by on St. Laurent Blvd. at Hemlock Ave. Though no longer within comfortable walking distance, the latter remain in an extended sense our "locals" which many of us make a point of visiting regularly.

Thankfully, **Books on Beechwood** has stayed put throughout the turbulence, to remain our flagship independent business and the heart of

our shopping area. Some of our pre-fire merchants, however, are gone for good, including our beloved **Home Hardware**, the legendary **Hamie's Diner**, Evan Lee's **UPS Store**, **Parker's Cleaners** and family-run **Piccolo Grande**.

What I think we most valued in all of our local businesses was the fact that they were small, modest, welcoming and for the most part family-owned and operated. Many of the merchants became our friends and came to know our habits and preferences so well that we were often served before we had a chance to ask. In contrast to the exhausting gauntlet of fighting traffic to navigate larger chain outlets, shopping on Beechwood was sociable,

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## Jamie Kwong Takes the Reins at Quartier Vanier

By NEN Staff

The search for a new executive director of the Quartier Vanier Business Improvement Area (QVBIA) is over. In late January it was announced that **Jamie Kwong**, the former head of the Orleans Chamber of Commerce, would take up the reins beginning in February 2015. Jamie recently moved into the Beechwood area, and is looking forward to directing her formidable energies to the support and promotion of the businesses along the BIA's three main streets: Beechwood Avenue, Montreal Road and McArthur Road. Among her top priorities will be to "improve perceptions of the area", as well as to enhance its walkability and overall appeal as a destination shopping area for visitors from throughout the region.

After three productive years in the executive director's chair at the Orleans Chamber



New QVBIA head Jamie Kwong

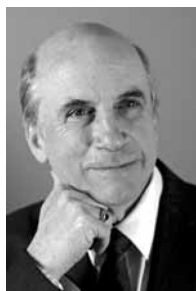
of Commerce, Jamie looks forward to narrowing her focus to a specific area where she can hone in on the challenges of promoting economic development and investment, as well as the ongoing campaign of beautification launched by her predecessor, **Suzanne Valiquet**,

who retired in January. Another challenge, which she embraces with enthusiasm, will be to improve her fluency in French in recognition of the deep francophone roots of the community, and its very substantial French-speaking population.

QVBIA chair **Mark Kaluski** looks forward to the fresh perspective and new ideas that Jamie will bring to addressing the challenges of the area, and to the "boundless energy and enthusiasm" she brings to the task of increasing the engagement of businesses, adding impetus to the ongoing beautification efforts, and actively pursuing an economic development strategy for the area.

We welcome Jamie, and wish her well in taking on this vital role at the helm of our business community at a pivotal point in its evolution. To learn more about the legacy of former executive director Suzanne Valiquet, turn to page 6.





**Tim Plumptre**  
NECA President

## New Committee, New Website, New Ideas for a New Year

Your board at the New Edinburgh Community Alliance (NECA) took a well-deserved break over the holiday season, and we met with renewed energy on January 20 to consider our priorities for the New Year. I decided to use this column to provide the community with an update on what's going at the board.

A most welcome new development, to launch our deliberations for 2015, was a visit from our newly elected City Councillor, **Tobi Nussbaum**. Tobi shared with us information regarding his involvement in a range of city committees, and spoke about the broad range of issues that he is seeking to deal with as he settles into his job.

These include a study of the Beechwood corridor for traffic, other traffic issues such as speeding, a new Local Commercial Study that the city is launching to encourage small commercial outlets in residential communities, the city's new Comprehensive Zoning Bylaw, which is now out for public comment, the future of the Canada and the World Pavilion on Sussex Drive, and the reasons for delay in construction at the Minto site at Beechwood and MacKay Streets.

Tobi projected a sense of energy and commitment in his briefing to the board; he also impressed us with his informed grasp of the wide range of subjects he has to deal with. The

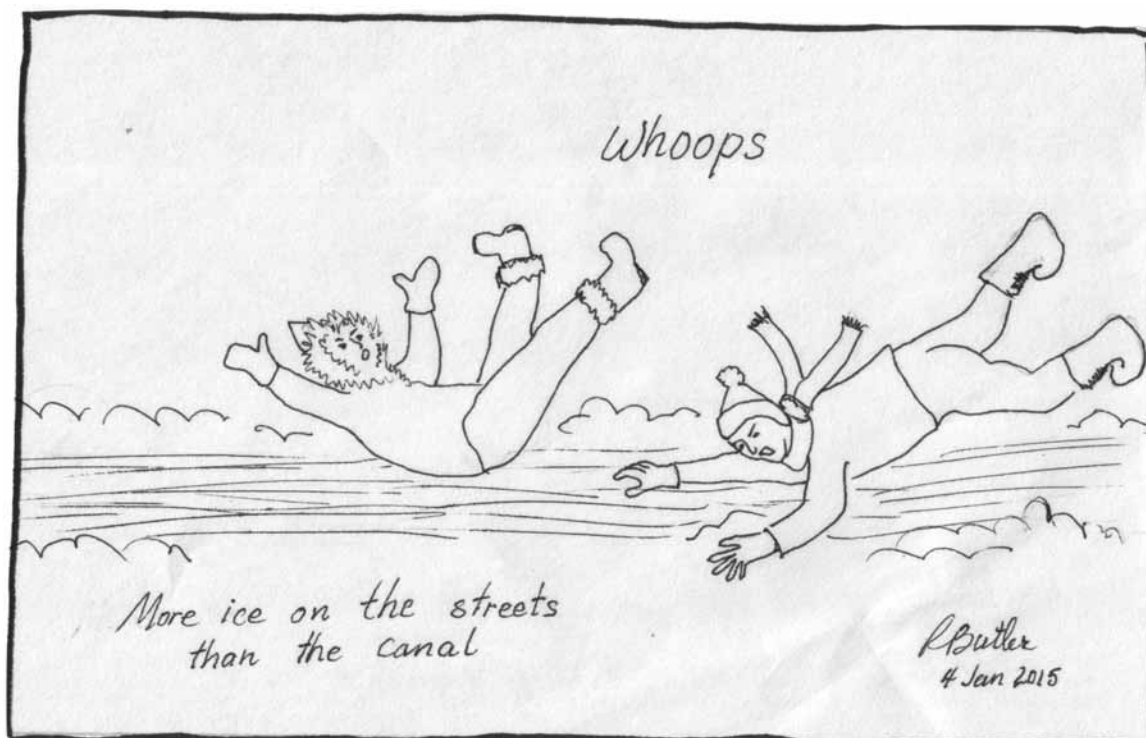
NECA board was left with the impression that our ward made an excellent choice in electing him to represent us at City Hall, and we look forward to collaborating with him in the months ahead.

The board then held an informal brainstorming session to consider what kind of initiatives and themes we wanted to pursue in the coming year. We all bore in mind the results of the Forum on the Future of New Edinburgh that we organized in April 2014, and we see it as our responsibility to determine what we can do to build on the results of that event.

We are also all firmly wedded to the two broad objectives that guided our board over the last year, namely our commitment to enhance NECA's engagement with the community at large, and second, to be an association for the whole of new Edinburgh, from Beechwood Avenue at the south end to Sussex Drive at the north.

Among the activities and initiatives under consideration are the following:

- The development of an **Emergency Plan** for New Edinburgh — please see the invitation from our energetic board member, Cindy Parkanyi, to attend a public meeting on this matter in February;
- Periodically inviting residents to come together to **celebrate** what all residents have done and are doing in



Cartoon by Roslyn Butler

- this community;
  - Improving communication with residents through a redesigned and enhanced **website**, which should be online this spring;
  - Launching of a new **Traffic and Safety Committee** to address a range of issues in this area, including better bicycle access along Beechwood Avenue, and pedestrian safety — particularly for elderly members of our community;
  - Continuing to firmly support the protection of the **heritage** dimensions of our neighbourhood;
  - Possible new activities related to the **greening** of New Edinburgh;
  - Ongoing pressure, in collaboration with other community associations, to achieve revitalization of the **Beechwood corridor**; and
  - Enhancing our existing collaborative relationship with NECTAR, New Edinburgh Community and Arts Centre;
- I will report further on some of these initiatives as they evolve in the next few months.

Finally, I do often wonder whether anyone reads the "President's Column" in the New Edinburgh News. Those who do may recall that in my

last column, in December, I spoke about the evolution of the "**Brick Awards**" issued from time to time by our association.

In the past, these awards were generally given at our fall annual general meeting to individuals who made a notable contribution of a built nature to the heritage character of our community. Our board determined late last year to widen the award's scope. Here's what we decided:

While new edifices that reflect our heritage values will, of course, continue to be eligible, other kinds of contributions may likewise be honoured. Thus, a Brick Award might be given to an artist who has done some outstanding work that in some way reflects or enhances our community. It could go to an individual whose initiative has enhanced our green spaces, our trees, or perhaps our access to the river.

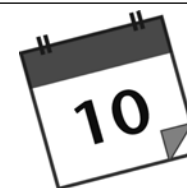
It might go to someone who has started up an imaginative new program for local seniors, a distinctive new initiative that is benefiting young people, or perhaps a new business that is generally seen as a significant enhancement to the area.

The concept of 'enhancing the community' is fundamental

to the revised Brick Awards program. We see it as a program accessible to people anywhere in New Edinburgh, and who may have contributed to it in any number of different ways.

For this award to develop, we will need to draw upon the imagination and intelligence of you, our community colleagues. If you know someone who you think might qualify for recognition of this kind, we hope you will let us know by providing us with your nomination.

If you have someone in mind, please forward your suggestion either to our hard-working board secretary, Roslyn Butler, at [butlerroslyn2@gmail.com](mailto:butlerroslyn2@gmail.com), or to myself at [timwp87@gmail.com](mailto:timwp87@gmail.com).



**Deadline**  
for the next issue of the  
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**MAR 10**  
[newednews@hotmail.com](mailto:newednews@hotmail.com)

### NECA MEETINGS: All Welcome

The NECA board meets nine times a year, normally on the **third Tuesdays 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, February 17, 8:00 pm, NECTAR Centre**  
**Tuesday, March 17, 8:00 pm, NECTAR Centre**

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

### Your NECA Representatives 2013-2014

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Roslyn Butler	746-8037	<a href="mailto:butlerroslyn2@gmail.com">butlerroslyn2@gmail.com</a>	Communications
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**Christina Leadlay**  
Managing Editor

## Neighbours Helping Neighbours Share the Joy of Skating

New Edinburgh and environs are spoiled for choice when it comes to City of Ottawa public outdoor ice rinks. Those who sign up for the hard work of preparing and maintaining the ice at Stanley Park, Lindenlea Park and Rockcliffe Park have done a spectacular job this winter. While neighbourhood bragging rights go to Charles Sezlik for having his private backyard rink on Avon Lane open on Dec. 5, 2014 (a far cry, he says, from 2013's record breaking Nov. 17 opening), Stanley Park's Hosers reached their goal of having the public ice ready for skating on Jan. 1, 2015 (and remember, the holiday season was unseasonably warm!). A big thank you goes out to all the Hosers and volunteers who make our outdoor rinks so enjoyable. Keep up the great work!

Skating and hockey are won-

derful activities that cross social barriers and bring people together from all backgrounds. The *Ottawa East News* reported recently that in Rockcliffe Park, a staggering 120 volunteers have signed up to help with the ice rink there, sometimes taking up to two hours a night out in the cold shoveling, flooding and maintaining the ice. There is also an impressive fundraising effort underway to bring back the fieldhouse in Rockcliffe Park (which has been torn down due to safety concerns) and to construct permanent concrete pads and boards for a rink that could remain open for ice-skating into April.

Meanwhile, another story in the same issue reports an ice rink in Vanier, located by the Richelieu-Vanier Community Centre at 300 Pères-Blancs Avenue, is in dire need of



Photo: Steve Grabner

**Over 200 people had the pleasure of skating on the public ice rink at Stanley Park on New Year's day. Big thanks goes out to the core group of dedicated hosers who put in the time and effort to make the ice skatable for that day, and who continue to maintain it as winter continues.**

volunteers to keep the ice in shape. Volunteer Karen Hogan was quoted as saying "We are in desperate need of volunteers for the rink... We need people willing to flood, shovel, anything really," and that only three people came out to a volunteers meeting. If you are interested in helping out, please contact Karen directly at [karenhogan@rogers.com](mailto:karenhogan@rogers.com).

Our local ice rinks provide a welcome distraction to the cold, dark winter days, filling the atmosphere with, as Charles Sezlik describes, "the sounds of skates cutting through the ice, sticks slashing, kids laughing or pucks thrashing against a now shattered

fence rivaling Crosby's famous puck-beaten dryer. The jury's still out as to whether or not the next Great One has arrived, but there's one thing for cer-

tain: many Stanley Cups have been won and lost over the last 10 years with no shortage of backyard heroes.

He continues: "Now it's time to enjoy the big ice and feel that crisp air cut across your face as you reach blazing speeds. It's always a treat playing in the park on the weekend as the sun drops behind the river. Yes, we're all truly blessed to share such a wonderful facility in such a picturesque setting."

Yes, Charles, we are very lucky to have such a community willing to devote the time and effort into making public ice rinks ready for everyone to enjoy. Perhaps we can spread some of this generosity across Beechwood Ave. and see that our neighbours in Vanier can have as much joy on their rink as we do ours.

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### 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.

Disputes among neighbours over property issues are an inevitable fact of urban life. There are laws and conventions in place which govern the resolution of those disputes when an amicable agreement can't otherwise be reached. However, for the average property owner, fully informing oneself of the laws which apply to one's specific situation can be a challenging process, and often requires recourse to the advice of a member of the legal profession; advice which may be costly and which in my own case, proved highly unreliable.

Here are a few of the things which I've learned while delving into the laws applying to my own situation:

- A co-ownership agreement may appear to provide for resolution of disputes by way of arbitration. But settled law, confirmed recently in the Ontario Court of Appeal, provides that such

agreement does not carry forward to the next owners of property (as happens with condominiums). In any case, such agreements expire after 40 years under the so-called Perpetuities Act.

- Homeowners don't normally need a formal agreement because one homeowner is liable to another for the cost of necessary repairs and maintenance on joint property. The law of "unjust enrichment" prevents a free ride at another neighbour's expense.

- Normally neighbours agree on joint fences. In the absence of agreement, you can build one on the lot line, but a good side must face your neighbour. Alternatively, you can build a fence inside your lot line, and you don't lose land to your neighbour for adverse possession if the land has been surveyed, as all City

land now is.

- One of the most common problems occurs when one neighbour's tree falls on another's property and causes damage. If the risk was evident beforehand, then the owner of the tree is responsible for the cost of repairs. If the risk was not reasonably foreseeable and, say, an unusually strong wind blew over a healthy tree, then that's an Act of God, and the party suffering the damage (or the home insurance company) has to suck it up. If you see a risk and your neighbour doesn't agree, then you should deliver a notice in writing that warns of the risk you have seen.

As a result of a dispute over common water and sewage pipes, I am on a campaign to reform the justice system so that other people may not have to endure what I went through. I invite anyone who has now or who in the past had problems with the legal system to email me at [fivestar@magma.com](mailto:fivestar@magma.com) I'm also interested in meeting with people interested in law reform generally. For more on the details of my dispute, visit [www.cowpat.ca](http://www.cowpat.ca).

—Colin Alexander



**Madeleine Meilleur**  
MPP Ottawa-Vanier

## Abuse and Sexual Violence in our Community

Roughly one in three women reading this article will experience sexual assault at some point in her life. Yet, fewer than 10 per cent of sexual assaults are reported to police. Fear of violence knows no bounds of gender or age, and almost two-thirds of gay and transgender students feel unsafe at school.

These statistics are unacceptable. Every person in Ontario has the right to live free from violence and harassment in their home, workplace and community. We still have a long way to go.

This year, our province is moving forward with a renewed commitment to fight gender-based violence, discrimination and harassment. Our govern-

ment's new public education campaign will challenge norms and behaviors around sexual violence and harassment. Its goal is to minimize hurtful behaviour, skepticism and myths around sexual violence while raising awareness of the services and supports available to victims in the legal, health and mental health systems.

As part of this effort, Premier Kathleen Wynne has asked me to review current practices and improve support for victims in the criminal justice system. While Canada has strong rape shield laws, many victims who testify in court experience re-victimization. It is our duty as a society to make sure our legal system is a place where

no one is excluded. My recommendations, if approved, will become part of an action plan that our government will put into motion by March 8, International Women's Day.

In our last budget, the government invested \$14.5 million over three years to support front-line services that help women and children facing abuse. In addition to this commitment, we are proud to support Talk4Healing, Ontario's only women's helpline that supports Aboriginal women throughout Northern Ontario.

I hope this new campaign will push the limits of our comfort and will challenge us to think in new ways. We owe it to everyone around us – male, female, gay, straight, cisgender and transgender. Our society will only become a safer place when we choose to make it so. It is up to each and every one of us to be a part of this process.

If you are experiencing abuse, your community is here for you:

**Assaulted Women's Helpline:** 1-866-863-0511

**Fem'aide:** 1-877-336-2433

**Eastern Ottawa Resource Centre:** (E) 613-745-4818; (F) 613-745-3665

**Talk4Healing:** 1-855-554-HEAL (4325)

## Violence sexuelle dans notre communauté

De toutes les femmes qui lisent cet article, environ une sur trois sera victime d'une agres-

sion sexuelle au cours de sa vie adulte. Cependant, moins de 10 pourcent d'entre elles signaleront ces agressions à la police. L'insécurité ne se limite ni au sexe ni à l'âge et près de deux tiers des élèves gais et transgenres ne se sentent pas en sécurité à l'école.

Ces statistiques ne sont pas acceptables. Toute personne vivant en Ontario a le droit de vivre sans craindre la violence et le harcèlement à caractère sexuel au foyer, en milieu de travail et au sein de la communauté.

Cette année, notre province s'engage avec une ferveur renouvelée pour contrer la violence sexuelle, la discrimination et le harcèlement. La campagne d'éducation publique lancée par notre gouvernement mettra en question les normes et les comportements à l'égard de la violence et du harcèlement à caractère sexuel. L'objectif de cette campagne est de réduire les comportements blessants, le scepticisme et les mythes concernant la violence sexuelle tout en sensibilisant les gens aux services et aux soutiens offerts aux victimes au sein des systèmes juridique, de santé et de santé mentale.

La première ministre Kathleen Wynne m'a demandé d'examiner les pratiques en cours et d'améliorer les soutiens aux victimes qui choisissent d'avoir recours au système de justice pénale. Car bien que le Canada dispose de lois fermes sur la protection des victimes de viol, beaucoup de victimes qui témoignent

devant les tribunaux se disent victimisées à nouveau. Nous avons donc l'obligation de s'assurer que notre système légal n'exclut personne. Mes recommandations, si approuvées, feront partie d'un plan d'action qui sera mis de l'avant d'ici le 8 mars 2015, la Journée internationale de la femme.

Note dernier budget a investi 14,5 millions de dollars sur trois ans pour assurer une rémunération équitable et une formation de qualité des travailleurs et travailleuses de première ligne qui aident les femmes et les enfants qui fuient la violence. De plus, nous sommes fiers d'appuyer Talk4Healing, la seule ligne d'assistance téléphonique destinée aux femmes autochtones dans le Nord de l'Ontario.

Mon vœu est que cette campagne pousse nos limites et nous encourage à voir les choses d'une nouvelle façon. Nous avons tous, chacun et chacune d'entre nous, un rôle à jouer. Que nous soyons homme, femme, homosexuel, hétérosexuel, cisgenre ou transgenre, nous devons travailler ensemble pour faire de notre société un endroit plus sécuritaire. C'est à nous tous de créer ce changement.

Si vous subissez de la violence sexuelle, votre communauté est là pour vous :

**CALACS Francophone d'Ottawa:** (613) 789-8096

**Fem'aide:** 1-877-336-2433

**Centre des Ressources de l'Est d'Ottawa:** (A) 613-745-4818; (F) 613-745-3665

**Talk4Healing:** 1-855-554-HEAL (4325)



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**Mauril Bélanger**  
MP Ottawa-Vanier

## Revue de l'année 2014 Last Year in Review

A look back at 2014 recalls to mind some significant initiatives. The following is an overview of some accomplishments and issues from the past year, as well as what can be expected in 2015. / Un regard sur l'année 2014 montre que des initiatives notables ont été prises. Voici un survol de certaines réalisations et dossiers de 2014, et ce qui est entrevu pour 2015.

### Redevelopment of the former Rockcliffe air base

Redevelopment of the former Rockcliffe air base is one of the most important projects in Ottawa-Vanier. This 125-hectare site represents an extraordinary opportunity to create a new neighbourhood in the heart of our region. My vision for the development of this huge piece of land has always been driven by considerations of balance, sustainability and durability, but most of all, economic development. In May of this year, the City approved the Community Design Plan that was based on the draft preferred plan proposed by the Canada Lands Company (CLC). Construction is expected to begin in 2015 on roads, water and sewer, and land should be made available to builders in 2016 and 2017. The first block of homes should be completed and habitable in 2017, just in time for the celebrations of Canada's 150th anniversary.

### Défenseur des coopératives

J'aimerais faire le point sur mon travail en 2014 à titre de défenseur des coopératives pour le Parti libéral du Canada. J'entends poursuivre la lutte pour l'investissement dans les coopératives et le renouvellement des ententes de subventions au logement conclues avec les coopératives d'habitation. De plus, je demeure résolu à encourager le modèle coopératif afin d'atténuer les effets néfastes des disparités économiques grandissantes. Au cours de l'année, j'ai rendu visite à plusieurs coopératives impliquées dans divers secteurs

économiques et desservant plusieurs communautés dans diverses provinces canadiennes : Le Nouveau-Brunswick, la Colombie-Britannique, et la Saskatchewan. J'ai également participé à la 2e édition du Sommet international des coopératives qui s'est tenu à Québec. En tant que défenseur, j'ai fait de mon mieux pour sensibiliser les députés de tous les partis au rôle important que jouent les coopératives au sein de notre société et de notre économie. Une de mes premières initiatives cette année a été de former un caucus parlementaire multipartite des coopératives. Mon idée a été bien reçue, et une vingtaine de députés de tous les partis se sont joints au caucus, qui a tenu cinq réunions productives durant l'année.

### A few legislative highlights

On Feb. 4, 2014, the Conservative Government introduced Bill C-23, which contains the changes it intends to make to the Elections Act. The government stated that its intention was to enhance democracy. The very next day, the government decided to end deliberations on the bill in the House of Commons. I voted against the bill at second reading for the reasons set out above, and also because of the government's refusal to give the Commissioner of Canada Elections the power to compel testimony from witnesses involved in its investigations – the most important element requested by Elections Canada – and because the Conservative government did not bother consulting the Chief Electoral Officer. This typifies the Conservative government's attitude toward parliamentary democracy. Indeed, it has limited legislative debate 82 times in the 41st Parliament.

### Canada-Afrique

Dans le cadre de mes fonctions de co-président de l'Association parlementaire Canada-Afrique (ACPA), j'ai pris part, du 15 au 21 mars dernier, à une délégation de cinq parlementaires (quatre

### NEW EDINBURGH NEWS

députés et un sénateur) sur le continent africain, soit au Madagascar et Mozambique. Plus tard dans l'année, soit du 13 au 17 octobre, j'ai également pris part à une mission bilatérale au Djibouti et en Jordanie. L'Association a pour mission de favoriser les échanges entre parlementaires africains et canadiens, de mieux faire comprendre les défis auxquels le continent africain est confronté, de proposer des initiatives susceptibles de faciliter la coopération dans tous les domaines de l'activité humaine.

### Bourse Monestime

La communauté haïtienne compte de nombreux jeunes très talentueux, trop souvent contraints de renoncer à des études universitaires pour des raisons financières. Lancée en 2012, l'initiative de la bourse haïtienne à l'Université d'Ottawa contribue à inverser cette tendance. J'ai co-organisé cet événement avec la conseillère municipale de Gatineau, Mireille Apollon. L'objectif initial était de recueillir des argents pour une bourse d'études accessible aux Canadiens d'origine haïtienne inscrits à temps plein dans des programmes de premier cycle ou de cycles supérieurs de cette université. En décembre 2014, nous avons atteint notre objectif financier se chiffrant à 100,000\$. Cet été, je me suis rendu à Mattawa, mon village natal, avec l'ambassadeur d'Haïti, Son Excellence Monsieur Frantz Liautaud, dans le but d'amasser des fonds pour la bourse. Mattawa fut la première municipalité du Canada à élire un maire noir, en 1964, le docteur Saint-Firmin Monestime, un natif d'Haïti. Afin de lui rendre hommage, ainsi qu'à Mattawa, la bourse a été officiellement nommée « La Bourse Monestime » et les diplômés des deux écoles secondaires du village, F. J. McElligott Secondary School et l'École secondaire catholique Élisabeth Bruyère, qui poursuivront leurs études à l'Université d'Ottawa, sont désormais également éligibles.

### National Anthem

On Sept. 22, 2014, I tabled in the House of Commons Bill C-624, *An Act to Amend the National Anthem Act* (gender). The bill seeks to replace the words "thy sons" with "of us" in the English version of the national anthem in order to eliminate any gender distinction. With my bill, I want to pay tribute to all the women who have worked and fought to build and shape the Canada that we know today. The sole purpose of my bill is to include Canadian women. I want to at long last honour their sacrifices and contributions. The debate on my bill will likely begin in February 2015. I am hoping for a respectful and non-partisan debate.

### The events of October 22nd

It would be impossible to provide an overview of 2014 without mentioning the despicable acts of violence that occurred on Oct. 22 at the National War Memorial and on Parliament Hill. We were all deeply shocked and saddened by the death of Corporal Nathan Cirillo, shot down in cold blood as he stood in faithful guard in front of our National War Memorial. Such violence against our democratic institutions is abhorrent. I would like to thank the men and women of the various security services, including Sergeant-at-Arms Kevin Vickers, who so courageously risked their lives to protect Canadians.

### Travail de représentation sur le terrain

Durant l'année 2014, quelques 650 personnes ont sollicité l'aide de mon personnel du bureau de comté et moi-même pour faire avancer des dossiers individuels de nature fédérale et reliés notamment à l'immigration, à l'assurance-emploi et aux pensions. Qui plus est, j'ai tenu sur une base mensuelle des café-causeries aux quatre coins de la circonscription, afin de rencontrer les citoyens d'une façon informelle pour discuter des questions de compétences fédérales. Dans le but de rester

en contact avec un maximum de résidents d'Ottawa-Vanier, j'ai aussi poursuivi ma participation à de nombreux événements communautaires et initiatives locales. Je m'engage à poursuivre cette tradition de présence et de travail sur le terrain.

### 50th anniversary of the Canadian flag

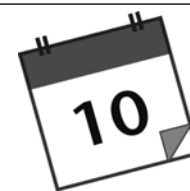
On Feb. 15, 1965, the red and white maple leaf flag became the official flag of Canada, which means that we will soon be celebrating its 50th anniversary. The Canadian flag was adopted by the House of Commons on Dec. 15, 1964, and raised for the first time on Feb. 15, 1965. Between December 2014 and February 15, 2015, I plan to distribute an informative and colourful poster depicting the history of our flag to all students in Ottawa-Vanier schools.

### Quelques dossiers à suivre en 2015

Au niveau local, quelques dossiers sont susceptibles de dominer : le développement de l'ancienne base aérienne de Rockcliffe, les célébrations du 50ième anniversaire de la levée du drapeau canadien et les élections fédérales prévues pour l'automne.

### Bonne Année! Happy New Year!

*Pour le texte au complet en anglais ou en français, veuillez vous rendre sur mon site web au [www.mauril.ca/les-nouvelles](http://www.mauril.ca/les-nouvelles). For the complete English or French version of the text, you may visit my website at [mauril.ca/news](http://mauril.ca/news).*



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**Tobi Nussbaum**  
City Councillor, Ward 13

## Come to the Public Budget Consultation on Feb 11

By Tobi Nussbaum

Although I've only been in office since December 1, 2014, there is a lot from my first weeks on the job that I want to share.

Two City Council meetings were held in December. The first was focussed on governance of the council while the second established committee membership and set budget directions.

One important topic was the description of the annual City of Ottawa budget process. The governance report could have been interpreted to suggest that any budget increases in a particular area (say parks and recreation)

had to be offset within that funding envelope. I felt it was important for council to be able to respond effectively to public and committee consultations, and ensure it had full discretion to adjust the draft budget including by proposing increases in some areas to be offset by reductions in others or financed through other sources of funds. Over the previous term of council few such changes were made, and councillors perceived their latitude to be minimal once the draft budget was released. A number of us in the cohort of new councillors expressed concern on this point and received the

confirmation we were seeking that council discretion was unfettered in this regard. It should be noted that at our following meeting we clarified that our target for the 2015 budget was to keep any property tax increases at two per cent or less. The need for council to be able to reach into the operations of the city and find efficiencies to fund the important priorities of residents was thus made all the more clear.

On the subject of the city budget, I will be co-hosting a public budget consultation on February 11 at 7 pm at the St. Laurent Complex along with Rideau-Vanier Councillor Mathieu Fleury for the residents of our two wards. I invite you to join us. The session will be a great opportunity for citizens to articulate their priorities and provide views on trade-offs. We want to try and make the session interactive and informative. Please visit my website, [tobinussbaum.ca](http://tobinussbaum.ca), for further details.

On committee membership, I am pleased to report that I will be sitting on all four of the committees I felt were important to advance the priorities

I outlined in the election campaign: Planning Committee (which deals with development applications, zoning and other planning matters), the Transit Commission, Community and Protective Services (includes social services, parks and recreation, licensing and by-laws as well as other issues), and Built Heritage, which I am chairing.

Given the Heritage Conservation Districts in both New Edinburgh and Rockcliffe Park, my leadership responsibilities for heritage are an appropriate fit. I will, of course, be taking an active interest in other bodies, from the library board to the environment committee to transportation.

My staff and I are busy getting briefed on all areas of city management including – these days – how to navigate the world of snow removal. Winter is great for family fun and outdoor activities, but can be frustrating for commuters whether by foot, bicycle, bus or car. Here are a few facts we've learned about city services and service standards in this realm:

- Snow should be cleared

from sidewalks in our ward within 12 hours from the end of a snowfall,

- Residential roads should be plowed 10 hours after a snow fall. This timeline is condensed to two to four hours for major roads and the Transitway,
- Bus stops are cleared within 24 hours after the snow accumulation has ended.

You can sign up to receive e-updates on overnight parking bans that are the result of snow removal operations at [Ottawa.ca/winterparking](http://Ottawa.ca/winterparking). If your street or sidewalk has not been cleared within these service standards, feel free to let my office know or call 311. My office is here to help and is happy to inquire on your behalf with the city when these service standards are not met.

I will be soon be starting my monthly e-updates in which I will offer my thoughts on City Hall issues, from parks to planning as well as outline ward updates and events. If you'd like to receive it, please sign up on my website: [tobinussbaum.ca](http://tobinussbaum.ca).

## Vanier Revitalized Under Valiquet's Watch

By NEN Staff

After eight extraordinarily productive years as executive director of the Quartier Vanier Business Improvement Area (QVBIA), **Suzanne Valiquet** stepped down at the end of her second term on January 1, 2015. Suzanne's capable and dynamic leadership was instrumental in bringing about significant positive change throughout the business improvement by, and in actively engaging both merchants and residents in the ongoing improvement effort.

Since her arrival nearly a decade ago, Suzanne has grappled with the daunting

challenges of drugs, prostitution, street crime and vacant businesses in large portions of the improvement zone. Her remarkable progress in cleaning up the area, such as sprucing up the streets with the installation of "cigbins" for cigarette butt disposal, an ambitious graffiti removal program, new street furniture and decorative flower pots, and in the realm of community safety and security.

The Summer Student Ambassador Patrol Program introduced under Suzanne's watch has done much to create a more welcoming, secure atmosphere in the BIA zone, and to forge links with local

businesses as partners in the collective improvement effort. The closer engagement of Ottawa Police Services, combined with energetic efforts to "reclaim" neighbourhood parks and green spaces for children and families, have added much to the appeal of the area, and helped to bring about a new influx of young professionals attracted by its relative affordability and proximity to the downtown core.

Since Suzanne took the reins in 2007, Montreal Road has been enlivened by the arrival of such popular new businesses and gathering places as **Bobby's Table**, now a hub of community life. It is archi-

tecturally enhanced by the construction of the impressive Wabano Centre for Aboriginal Health, a landmark structure designed by acclaimed architect Douglas Cardinal, which offers a broad range of programming and services for the local aboriginal community.

The overall improvement initiative to which she gave such impetus will continue apace, with the Board of Directors and recently appointed new Executive Director Jamie Kwong planning to pursue their efforts to "brand" each of the three main arterials in the zone with a distinctive character, designating Montreal Road as "The French Quarter"; Beechwood Avenue as "The Village" and McArthur Avenue as "The International Avenue". In 2015, McArthur Road will be the first of the three to display new signs marking its newly-minted identity. We thank Suzanne for her remarkable contribution to the life of the community, and wish her well in pursuing new challenges in her work as a consultant.

**BIA Board Chair Mark Kaluski**, owner of **Monson's Deluxe Cleaners** on Beechwood, concedes that Suzanne will be a hard act to follow, and that her particular combination of business acumen, networking skills, boundless energy and positive dynamism will be difficult to replace. Mark looks forward, however, to continued progress

in 2015 under Jamie Kwong's energetic new leadership as Executive Director, combined with the fresh perspectives of four new Board members and newly-elected Councillor Tobi Nussbaum.

Two major QVBIA initiatives are currently on the books and will be actively pursued in the coming year:

- **Shedding New Light on Beechwood:** brand new energy efficient LED pedestrian and street lights are scheduled to be installed along Beechwood this year, with the QVBIA and the City co-funding new lights for 22 lamp posts and all the street light poles between the cemetery and the St. Patrick Street Bridge. The LED fixtures use an estimated 80 per cent less electricity than the current high-pressure sodium lights, and are touted to last up to three times longer; and

- **Crime Intolerance Zone Program:** in late November, a commercial crime prevention program was launched, focusing on main street businesses in the QVBIA. As a component of the program, BIA members are offered guidance in *Crime Prevention through Environmental Design*, addressing means of adapting the physical layout of a business to minimize shoplifting and vandalism.



Suzanne Valiquet stepped down after 10 years as executive director of the Quartier Vanier Business Improvement Area on Jan. 1. Her legacy includes graffiti removal, improving community safety, and the decorative flower pots around the community, as seen here.





**Chris Ellis**  
Public School Trustee

## Time to Renew Public School Board's Four-Year Plan

I'm honoured to be the new Public School Trustee for Zone 6 Rideau-Rockcliffe and Alta Vista. I'd like to thank all who voted for me with special thanks to supporters who took lawn signs, delivered fliers, talked to neighbours and supported me financially. Here is an update on a few important education items coming up this winter in our area.

### 2015-2019 Strategic Plan Consultation

It is time once again to renew the four-year Ottawa-Carleton District School Board strategic plan. During December and January, parents, students, employees and the community gave their insight and advice on the direction the school board should take for the next four years. In February, the information collected will be shared with stakeholders in a detailed report. Participants will receive an e-mail about the results, which will also be posted on the School Board's website at [www.ocdsb.ca](http://www.ocdsb.ca).

Next steps will be presentation of a 2015-2019 Draft Strategic Plan in April and approval of the final 2015-2019 Strategic Plan in June.

### Middle French Immersion Registration Period - 2015-2016 School Year

**Feb. 17-Feb. 23, 2015**

If your child has completed the grade 3 English/Core French Program, you can choose to register him or her in the Middle French Immersion (MFI) Program. All subjects in MFI are generally taught in French in grades 4, 5, and 6, except for English Language Arts.

After successful completion through to the end of second-

ary school, your child will be able to participate easily in conversation, take postsecondary courses in French, and live and work in a French-speaking community.

Queen Elizabeth Public School is the New Edinburgh area's designated school for MFI. My sons attended Queen E. and I would be glad to arrange a visit. Contact me at 613-818-7350 or [Chris.Ellis@ocdsb.ca](mailto:Chris.Ellis@ocdsb.ca).

### 2015-2016 Student Transfer Application Period: Feb. 9-20, 2015

A parent/guardian or a student 18 years of age or older may apply for a cross boundary transfer for a student to attend a school other than the designated school. A transfer application form must be completed and returned to the principal of the school you wish to attend during the application period. You can get further information from your school principal or the School Board's Communications and Information Services Department is also available to help at 613-596-8211 ext. 8310. There is also information at [www.ocdsb.ca](http://www.ocdsb.ca).

### Extended Day Program Increases cost by \$2 a day to \$23 (full day)

The Extended Day Program operates from 7 a.m. to the start of school, and from the end of school until 6 p.m. Parents may register their child in the morning, afternoon, or both programs. The cost per student per day is prorated based on the number of hours that the student attends the program.

To contact Chris Ellis, please call him at 613-818-7350, email [Chris.Ellis@ocdsb.ca](mailto:Chris.Ellis@ocdsb.ca), or online at [schoolzone6.org](http://schoolzone6.org).



**Jim Watson**  
Mayor of Ottawa

## Showcasing the O-Train Confederation Line

As the holiday season becomes distant in the rear-view mirror, people begin to resume their usual rhythm. With that in mind, I am very excited to continuing to work towards our city's future, while keeping perspective from the lessons of the past.

Ottawa is currently undertaking the single largest infrastructure project since Colonel By built the Rideau Canal. The Confederation Line project continues on time and on budget, and I invite you to take a glimpse into Ottawa's transit future.

I was excited to recently announce that we would be showcasing a full-sized replica of the Alstom CITADIS Spirit LRT trains that will run on the O-Train Confederation Line.

Beginning February 1, until the end of March, you will be able to visit the train replica at the historic Aberdeen Pavilion in Lansdowne Park from 8am to 8pm, seven days a week. The train will be on display along with information about our vision and plans for light rail in Ottawa. The replica will



be showcasing the innovative, fully accessible design and features of this world-class electric light rail vehicle.

Along with familiarising Ottawa's future LRT riders, once the showcase has concluded, this replica will be used as a true-to-life training tool for train operators. An opportunity to use a replica such as this will ensure operators are able to provide riders with an unparalleled level of safety and expertise from the first day of service forward. Whether you're in the area to enjoy the Winterlude festivities, to shop, skate or enjoy

the beautiful new Art Wall at Lansdowne Park, I encourage you to take the opportunity to visit the showcase.

As the O-Train Confederation Line grows, our city will be fundamentally transformed. The way our city moves and grows will benefit our economy, our environment, and our families for generations to come. Ottawa's population is projected to grow 30 per cent by 2031 and growing our transportation system along

with it is essential to maintaining the sustainability and navigability of our city.

If you'd like to know more about this exciting project that continues to shape our city, visit [confederationline.ca](http://confederationline.ca).

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## News You May Have Missed

### Noël Street Renamed!

Christmas came early for residents of Noël St. when the city changed the street sign back to the original "rue Noël St." in late November. For reasons unclear, city officials had changed the street name to "rue de la Noël St." sometime in early 2013. Noël St resident **Loïc Gouadec** wrote about the street name's history in the June 2014 issue of *New Edinburgh News*, noting that the road was not named in honour of Christmas, but rather after its first resident, Mr. **H.V. Noël**. Our thanks go out to the city of Ottawa for righting this historical inaccuracy.



Photo by Joni Hamlin

### New Constable for Area

A warm welcome goes out to Constable **Walter Duhme**, who took over as our community's liaison officer in Dec. 2014. Born and raised in Ottawa, Cst. Duhme joined the Ottawa Police Service in 1988, and has worked in a variety of different positions, including as a school resource officer, a community police centre officer, a neighbourhood officer, and most recently in the Diversity and Race Relations section. Cst. Duhme looks forward to working with new community partners in his new position at the Rockcliffe Park Community Police Centre.

### House Fire on Howick

On Dec. 15, 2014, fire destroyed a heritage home at 140 Howick. The house was in process of being renovated and had no drywall between the rooms, which helped the fire to spread rapidly. Fortunately, the fire was under control about an hour after fire crew arrived. No injuries were reported. Damage is estimated at \$400,000. The *Ottawa Citizen* reported on Jan. 8 that the city's building heritage subcommittee is being asked to approve the demolition of the heritage building, as the owners would now like to build a new house.

### Ex-RPPS Treasurer Guilty

The man who defrauded Rockcliffe Park Public School was found guilty on Nov. 26,

2014. Former school treasurer **Mark MacDonald**, 51, pleaded guilty to defrauding the school council of \$124,037.83 and taking money from the school as early as 2009. Lawyer **Ewan Lyttle** said his client was suffering from alcoholism and mental illness when he committed the fraud. Mr. MacDonald had been in the process of repaying some of the funds he had stolen when the fraud was detected in 2012. Mr. Lyttle said Mr. MacDonald is remorseful about his action and intends to pay back the money he stole and has since relocated to the Hamilton area. A sentencing hearing is expected this year.

### Durham Priv. Home Invasion Makes National News

On Dec. 18, 2014, New Edinburgh resident **Ernest Côté** was tied up and robbed inside his Durham Priv. apartment. The news quickly made national headlines when it was discovered that Mr. Côté, aged 101, is a Second World War veteran who had previously accompanied then-Veterans Affairs Minister **Julian Fantino** on trips to Europe. 59-year-old **Ian Bush** of Orleans was arrested and charged with attempted murder, robbery with violence, and other charges. The *Ottawa Citizen* reported on Jan. 23 that Mr. Bush has been ordered to undergo a further psychiatric assessment.

### Kudos to Tim Cook

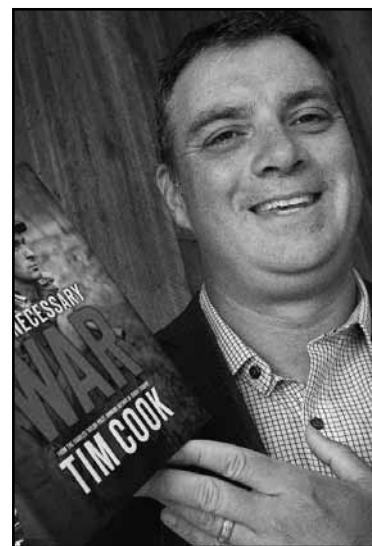


Photo by Wayne Cuddington,  
Ottawa Citizen

Manor Park resident **Tim Cook** was named to the Order of Canada on Dec. 26, 2014. In his announcement of the appointment, Governor General **David Johnson** congratulated Tim on his contributions to promoting Canada's military history as an author, researcher and curator. Tim is a historian and professor at Carleton University.





## Our Wish List of Unique and Valued Features

By Gail McEachern  
Chair, Heritage and Development Committee

The most important task facing the Heritage and Development Committee in 2015 is the review and updating of New Edinburgh's Heritage Conservation District Plan that was established in 2001. The purpose of the review is to bring our plan into compliance with the Ontario Heritage Act's

revised legislative requirements governing historic districts, which came into being in 2005.

There are a number of steps involved with the review process. The first is developing a statement of "Cultural Heritage Value" for the district. This includes what is historically and architecturally important about New Edinburgh, and noting some of the physical features (such as landscapes

and streetscapes) which are unique and valued.

The second and most critical step is creating a statement of "objectives" which, hopefully, will be translated into specific policies and guidelines to direct the protection and enhancement of the district's cultural and heritage values.

At our second meeting with the city's heritage planner, we outlined some preliminary objectives which we felt were important: objectives for existing buildings, for new development and for landscapes and streetscapes. An overall goal would be to achieve the preservation, enhancement, and stability of the Heritage Conservation District (HCD) by ensuring that proposed changes within the HCD contribute to and do not detract from the architectural, historical or contextual character embodied in the original village of New Edinburgh.

Exploring what kind of objectives should be put in place for existing buildings, the committee recommended that the plan ensures the retention and conservation of all buildings to protect the integrity and character of the HCD, promotes the preservation of heritage features (such as porches, bargeboards and other architectural details), encourages appropriate and timely restoration, repair and maintenance, and supports the adaptive reuse of existing buildings instead of demolition.

In terms of objectives for new development, the committee felt strongly that any new infill or addition should be compatible with the architectural character of the HCD, and should respect the scale and massing of adjacent buildings. In addition, it was recommended that new construction maintains the traditional pattern of lot development, and

that existing trees and green spaces are preserved.

Streetscapes and landscapes are also an important part of the heritage district. The committee proposed the following objectives: to preserve the rhythm and scale of the historic village of New Edinburgh; to protect the unique rustic character of the narrow laneways by prohibiting new construction requiring access from the lanes; and to preserve one of the key visual aspects of the streetscape: landscaped front yards, low fences, and glimpses of unexpected green spaces between houses.

This is just the beginning. It represents the Heritage and Development Committee's "wish list". It will be subject to modification by the heritage planner as well as the result of input from the community. We look forward to the ongoing discussion and will keep you informed.

## Beechwood to Get New Street Lighting this Spring

By Julie LaPalme, chair of the Beechwood Village Alliance

The Beechwood Village Alliance (BVA) is thrilled to have been selected by the City of Ottawa as the recipient of a Heritage proclamation for the annual Heritage Day event at Ottawa City Hall. Representatives of Ottawa's heritage organizations and municipal museums will gather at City Hall on February 17 at noon for the annual Heritage Day reception. Mayor Jim Watson will deliver the Heritage Day proclamation, and those in attendance will be able to view displays and share some refreshments. The BVA is proud to receive this award, as it has worked very hard to improve Beechwood Avenue, and especially to raise awareness about how a vibrant main street helps to build a stronger community.

Another event we're excited about is the recent sale of St. Charles Church, which is to be redeveloped by ModBox developers. According to an *Ottawa Business Journal* article, the principal architects at ModBox are committed to honouring the church's past in the new development. Their plans include a year-round market, with boutique vendors, mixed-use space, condos and townhomes, a high-end restaurant and possibly some offices. There will also be a public square and outside gathering place to recognize the church's

past as an important part of the Vanier community. Owners of ModBox live in the area, and are enthusiastic about plans for this exciting transformation of the space. Consultations with city officials have begun, but an extensive review and approval process is still ahead.



The Beechwood merchants, along with the Vanier Business Improvement Area and the City of Ottawa, have all chipped in to purchase and install new street lighting along Beechwood Ave. They will begin installation this spring. As part of a street branding campaign by the Quartier Vanier BIA, banners with a beech tree leaf design will also enhance these lamp posts. Montreal Road is to be branded as the French Quarter, and McArthur Avenue has been designated as the multi-cultural street. Both will have banners marking their respective identities.

With a full agenda in store for the New Year, the BVA will meet on Sunday January 25 to discuss our next action items. Contact Julie LaPalme at [everything1966@hotmail.com](mailto:everything1966@hotmail.com) for details. We welcome more participants who share our passion and enthusiasm for the future of Beechwood!

## It Takes a Community to Be Prepared

By Cindy Parkanyi

"May you live in interesting times" is not just an archaic curse anymore. With climate change and a general decline in security, being adequately prepared and resilient is not an option.

The importance of preparing for emergencies, such as floods, ice storms, earthquakes, major fires, blackouts, etc. (sound familiar?) is becoming increasingly clear to all of us.

So, whose responsibility is it to prepare? The different levels of government, from federal down to municipal, all have a certain role to play in preparing for and responding to emergency events. Of course, we as individuals and families need to do our part to be informed and prepared, but do we?

This is where the local community can play an important role.

### New Edinburgh Emergency Plan

The New Edinburgh Community Alliance's Transportation and Safety Committee is looking to develop a New Edinburgh Emergency Plan (NEEP), to be prepared at the neighbourhood level, the objective of which is to fill this gap. To do this, we will need community input and assistance.

Some ideas already on the table for the NEEP are:

- Identify the scope of the plan: types of emergencies, scope of community driven response activities.
- Determine what community

resources could be called into action in the event of an emergency.

- Develop neighbourhood-level emergency response and communications protocols.
- Plan a community event during Emergency Preparedness Week (early May).
- Partner with Scouts Canada on emergency preparedness activities and outreach.
- Revitalize the Neighbourhood Watch network and expanding its role to encompass emergency management activities.
- ADD YOUR IDEA HERE.


### Next Steps

Anyone who is interested in contributing to this initiative is invited to attend a **project launch meeting on Thursday, February 12, at 7 pm** at NECTAR Centre, 255 MacKay Street. You may also contact me directly at [cparkanyi@yahoo.ca](mailto:cparkanyi@yahoo.ca) or 613-745-8734 with your ideas.

Below are a number of resources that can help inform our discussions and planning:

- [www.getprepared.gc.ca](http://www.getprepared.gc.ca) – Government of Canada site containing planning tools and disaster response procedures aimed at individuals and families.
- [emergencymanagementontario.ca](http://emergencymanagementontario.ca) – Provincial resource for information on emerging emergencies ([ontario.ca/alert](http://ontario.ca/alert)) and general emergency management tools and information
- [www.ottawa.ca](http://www.ottawa.ca) - The City of Ottawa Emergency Management Plan outlines the overall municipal emergency management system, the general emergency functions common to all types of emergencies and disasters as well as specific emergency functions.

We are looking forward to hearing from you. Let's work together to hope for the best but prepare for the worst!



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# BURGH BUSINESS BRIEFS

- By Jane Heintzman and Christina Leadlay -

In this first issue of 2015, we wish a very Happy New Year to all our advertisers and local businesses, and thank them for their ongoing support of the *New Edinburgh News*. We couldn't operate without them, and we're extremely grateful for their loyalty and commitment to the community. With major developments actively underway at the Minto Beechwood, Claridge, St. Charles Church and Kavanaugh sites, 2015 promises to be a year of transformative change in our commercial landscape. In a change that we hope will bring new excitement and vitality to the community, and mark the launch of the long-awaited rejuvenation of Beechwood for which so many local residents have been actively working.

## New Classes, New Trainer and Open House at Studio One

By any measure, Studio One Personal Training has been a local success story since opening its doors above the Second Cup at Springfield and Beechwood in April 2013. Owner **Craig Adams** clearly hit on a winning formula with his customized workouts and nutritional counselling provided on a private one-on-one basis, and available to couples or very small groups of two or three.

Over the past two years, the studio's clientele has been steadily building to the point that Craig's own schedule is now close to capacity, while his assistant Trevor McMahon

is rapidly expanding his own roster of regulars. Many of Studio One's clients are local residents who take advantage of its convenient proximity to walk to their classes, saving the time and trouble of a drive to a downtown gym, and maximizing their exercise in the process.

In case you are among those seeking to atone in the New Year for the excesses of the holiday season, Craig freely admits that the studio is *not* in the business of offering a "quick fix", be it a rapid, radical weight loss or a magical transformation to rippling muscles and a trim, toned physique. Rather he bases his customized programs on a much more gradual, holistic approach that not only addresses the objective of enhancing strength, flexibility and fitness, but also offers guidance on nutritional and lifestyle changes which may be integral to improving the overall wellbeing of his clients.

He regards the process of pursuing a fitness program as a marathon not a sprint, beginning with changes in exercise, diet or lifestyle "within the emotional range" of the client, and gradually building on these, week by week, until new and healthier life-long habits are able to take root. Craig wisely cautions new clients against setting overly ambitious, unrealistic goals and starting out too strenuously at risk of injury and discouragement. By starting more gradually, and training muscles and joints to recover from exercise,



Photo: Marie Mullally

Studio One Owner Craig Adams and Trevor McMahon.

the risk of pain and injury is minimized, and in Craig's experience, clients find it easier to maintain their motivation to stick with the program.

Last March, Craig welcomed **Trevor McMahon**, a student from Algonquin College's Health and Fitness program. Trevor undertook a five week co-op assignment at Studio One, where he offered free personal training sessions to numerous clients who benefited from his freshly acquired expertise in fitness training approaches and techniques, while saving a few hard-earned dollars and affording Trevor the hands-on experience he required to establish himself in his chosen career. Trevor's placement proved so successful that he was immediately taken on as a permanent employee at the Studio, and now works with Craig to serve a burgeoning clientele.

This spring, Craig plans to recruit another trainee from the Algonquin program for a co-op assignment at Studio One from March 23 until April 24, and will again offer free sessions to clients interested in working with the student to the mutual advantage of both parties. Clients get a work out with an enthusiastic young trainer at no cost, while he or she gains much needed experience in working with clients, and in learning the ropes of running a small fitness enterprise. Interested readers may wish to sign up now for the free sessions, as spaces will be limited: contact them at **613-740-1555**, [info@studioonept.com](mailto:info@studioonept.com) or visit [studioonept.com](http://studioonept.com).

Beginning in November, the studio has introduced classes for groups of four or five clients, be they prearranged among friends or colleagues, or simply "mash ups" of individuals interested in the group format. In light of the training he acquired at Algonquin specifically addressed to group sessions, Trevor has taken the lead in working with these classes, which are currently comprised of individuals of all ages, and which benefit from the same basic approach as private clients, with a new style workout offered at each session.

If you haven't yet had a chance to visit Studio One and perhaps find it hard to imagine how a fitness emporium could possibly be squeezed into the space above Second Cup, you have a pleasant surprise in store. In fact, the 1,000 sq. ft. premises have ample room for a fully equipped, air-conditioned gym and exercise area, complete with a full bathroom, shower and change room. The

studio also includes a **cardio room** featuring treadmill, rowing machine and elliptical machine, where clients can schedule independent workouts between their training sessions at no extra cost.

You are welcome to have a first-hand look during Studio One's upcoming **Open House** on **Feb. 21, 10:30 am - 1 pm**, when Craig celebrates the studio's second anniversary and gives prospective clients an opportunity to meet his team, including the new Algonquin student.

We wish the Studio One team continuing success in their flourishing business, and send belated congratulations to Craig and his wife on the safe arrival of **Griffin**, their healthy baby boy born late last spring.

## Catherine Willis-O'Connor: Folk Artist

Folk artist and long-time local resident **Catherine Willis-O'Connor** is well known to many in our community, most recently for her engaging series of coloured pencil drawings of the Beechwood Avenue streetscape from Acacia Avenue to Crichton Street, depicted as it appeared before the fire of 2011. The delightfully imaginative yet immediately recognizable images in the series are intended to celebrate the small, independent businesses which comprised our mainstreet in recent years, and which collectively created its distinctive character, a character at once modest and un-glitzy, but at the same time, warm, welcoming and intimate. While dramatic changes are in the offing, with four major new Beechwood developments now well underway or on the planning agenda, it is by no means a certainty that this character will be preserved in the transformation process, so Catherine's series could play an important role in capturing for posterity a fondly remembered moment in our community's past.

Catherine's passion and inspiration as an artist is local history and heritage preservation, and a glance at her storied family background makes it easy to understand why. She is a fifth generation Ottawa girl, whose distinguished forbears include Colonel Henry Willis-O'Connor, a senior aide to five Governors General beginning with Lord Byng, and a confi-



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Catherine Willis-O'Connor.

Photo: Marie Mullally

dant of former prime minister Mackenzie King. Henry's father Daniel O'Connor, Q.C., was a prominent Ottawa lawyer and chief organizer for the Conservative Party under Sir John A. MacDonald. And in addition to her deeply rooted Ottawa connection of notables, her grandfather was the famous aviator of World War I, Billy Bishop. So it is perhaps not surprising that Catherine is so strongly motivated to capture and preserve the sights and scenes of Ottawa's history before they vanish with the march of progress from our urban landscape.

Catherine's immediate family were all, in her words, "hobby people" perpetually engaged in a broad range of creative activities. Her grandmother, the wife of Billy Bishop, was a folk artist in the same tradition that Catherine has espoused, modelling her art on the work of Cape Cod artist Peter Hunt. Catherine's own inspirations include such well-known folk artists as Nova Scotians Maud Lewis and Joe Norris, as well as Alberta-born William Kurelek. She recalls that as a child, she "always had coloured pencils and water paints in my bedroom," and has been drawing and painting for most of her life, studying for a time at the Ottawa School of Art.

In 2004, she launched Starr Creations (named in honour of her beloved black Labrador), and began exhibiting her work, as well as taking on commissions to raise money for charitable causes. She is justifiably pleased that one of her recent commissions garnered close to \$500 for the Ottawa Bach Choir. With each commission, Catherine aims to create a "safe keeping" memory piece of art based on extensive background consultations with clients, along with site visits to the home, garden, cottage, farm or specific location at the centre of the client's individual story.

Among the secrets of her

success in capturing each of these stories is an ability to listen closely to the client, and to glean from their accounts the nuances that become their "signature" in the completed work. Her imaginative paintings are characterized by eye-catching bright colours, and in keeping with the folk art tradition, are engagingly sim-



Art by Catherine Willis-O'Connor.

ple and direct in their message. One of her recent local commissions was an image of the legendary Kavanaugh's Esso Station, a landmark in the community for nearly 60 years. The work now proudly hangs in Terry Kavanaugh's Garage on Marier Avenue as a memento to his family's long-standing business.

Copies of Catherine's Beechwood series are still available at \$150 each, so interested readers are welcome to get in touch with her at **613-299-7466** or **cwillisoconnor@outlook.com**. Although she is currently working hard to become a licensed paralegal by the spring, she is also able to accommodate some individual commissions, so if you have a special event or location you'd like to capture for posterity, feel free to get in touch with her. You can check out samples of her work on her website at **cwillisoconnorfolkart.weebly.com**.

### Personal Thank You for PTI

The aftermath of my total knee replacement surgery in November was, as I had been warned, a daunting experience marked by significant pain, episodes of explosive swelling, disfiguring bruising from my thigh to the bottom of my foot (which was apparently black!), and through it all, the oppressive requirement for constant vigilance to spot warning signs of infection or blot clots. It was a thoroughly nasty experience that I would not choose to repeat any time soon, despite the very positive outcome I am currently enjoying, with a return to relatively pain-free mobility.

Nasty as the experience was, however, it would have been inexpressibly worse without the constant help and healing I received from experienced physiotherapist **Pam Siekierski**, well known to readers as the founder and owner of the **Physical Therapy**

third month, and which has borne fruit both in supporting and accelerating the healing process in my re-invented leg and knee, and in providing me with continuous care and guidance on everything from exercises to improve functionality (without agony!) to inflammation-fighting devices, post-surgical nutritional requirements, techniques to beat sleeplessness and even tasty recipes to tempt the palate. And before long, I'll be in shape to avail myself of the fully equipped PTI gym where I can pursue my rehabilitation with a little more vigour and fully recover my strength.

Not only am I extremely grateful to Pam for her exceptional care and kindness throughout the ordeal, I feel fortunate and grateful to be part of a community in which a first class, multi-faceted facility like PTI is so close at hand. And thanks to her skilful treatment, the clinic is now within easy walking distance for me, and the stairs are a piece of cake! **J.H.**

### Bettye Hyde's Deep Roots in New Edinburgh

About a year ago this month, the former Bettye Hyde Co-operative Nursery School, a fixture for four decades in the basement of All Saints Anglican Church in Sandy Hill, reopened under a new name, the **Bettye Hyde Co-operative Learning Centre**, and at a new location in "The Carriage House", a handsome century-old Sandy Hill residence at **43 Blackburn Ave.**

Faced with declining enrolment following the province-wide introduction of full-day kindergarten, the school opened its doors to toddlers as well as pre-schoolers, broadening its reach but in the process, expanding beyond the capacity of the All Saints basement. Director Cindy Mitchell, and Early Childhood Educators Janet LeBlanc, Lisa Lajoie and

Keisha Oliver-Perryman have all made the leap to the new more spacious accommodation in The Carriage House, which is up and running following a full-scale renovation of the premises. The Centre is accepting children from 18 months to five years, and spaces are currently available. For more details visit **bettyehyde.com** or contact the school directly at **613-236-3108** or email **BettyeHydeOttawa@gmail.com**.

The New Edinburgh connection to this longstanding institution, which in fact dates back to the early 1940s when it was originally launched by an energetic parent group in Rockcliffe Park, is of course Bettye Hyde herself, the school's inspiration and namesake, and a pioneer and innovator in the realm of early childhood education. Mrs. Hyde was instrumental in establishing an association for nursery education in Ottawa, which ultimately became the Early Childhood Education Program at Algonquin College in the late 1960s, one of the first such programs in Canada. Her basic approach, emphasizing socialization and stimulation of pre-school aged children within the context of a supportive environment, combined with the engagement of parents in their children's education through active participation as volunteers, remain the central tenets of the school to this day.

For many years, Mrs. Hyde and her husband **Laurence Hyde**, a writer, artist and documentary film producer with the National Film Board, lived in a pretty white house at the corner of School Lane and Crichton St., and were well known in our community. In 1998, at the venerable age of 80, she launched a tenacious battle against the threatened closure of the Royal Bank branch on Beechwood, a battle that became a national news

Continued on page 12

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story and ultimately resulted in a change of heart on the part of bank President John Cleghorn, who kept the branch open for three more years. The axe did fall in 2001, however, but not before Mrs. Hyde had received a personal visit from several Royal Bank managers to inform her in advance of the decision to proceed with the closure. Mrs. Hyde died in 2006 at the age of 88, but left an impressive legacy in the field of early childhood education, and an indelible mark on the history of our neighbourhood.

#### Wise to Book Ahead at New Gastropub

When **André Cloutier** and his new team at the **Beechwood Gastropub** quietly opened their doors for the first time in late October, entirely without fanfare and in the absence of even a sign to mark the presence of the new eatery, they were astonished to find the restaurant filled to capacity with enthusiastic diners throughout the evening. Nor was this simply a first night bubble. Precisely the same thing occurred on the following evening (still no fanfare and no sign), and according to André, the place has been hopping ever since, with full houses and frequent line-ups for both lunch and dinner. While André has had remarkable success in the restaurant business in recent years and a keen eye for a winning formula, even he has been amazed by the overwhelming and instant popularity of his newest enterprise that has taken Beechwood by storm.

Among the secrets to the success of the Gastropub has been its appeal to a broad demographic ranging from young families with children, to the hip young adult crowd and even to those of us in the "more mature" age brackets who enjoy a casual night out with good food, the sociability of neighbours and a lively atmosphere. Chef Colin Lockett's small plate menu also has wide-ranging appeal, with plenty of tasty plain fare for families, but also the high quality and imaginative flair imparted by his culinary expertise to satisfy the more discerning, gourmet palates in the crowd. Case in point: a highly laudatory review by local restaurant critic Anne Desbrisay who gave the Gastropub "two forks up" following her lunch there shortly before Christmas. According to André, early favourites on the menu include house-made perogies and pogos prepared from fresh pork sausage. Chef Lockett makes regular changes in the menu on a monthly basis, so regular diners can look forward to trying something new on their next visit.

Needless to say, the extraordinary popularity of the Gastropub in its early days occasioned the need to swiftly beef up the serving staff, which has now more than doubled since the restaurant opened in the fall. With the exception of the bar and a few tall tables, most of the restaurant now operates on a reservation basis, so don't be daunted by the prospect of having to line up outside in the frigid cold, as you can call ahead to stake your claim (613-744-6509). Given the capacity crowds, however, it might be wise to book your table well in advance.

The pub's hours of operation are Tuesday through Sunday, 11am-10pm, and brunch is served on both Saturday and Sunday from 11am-4pm. While the explosive launch of the new Gastropub might have been sufficient to occupy the time and energies of most mortals, not so the indomitable André Cloutier. His second Beechwood enterprise,



Photo: Louise Imbeault

Gastropub owner André Cloutier with Stacey Edwards.

the legendary **El Meson**, is about to undergo a major renovation of the second floor to create an upstairs lounge with less formal décor (no more white table cloths) and a more casual atmosphere. Regulars need not fear, however, as the main dining room will remain as it has always been, though with brand new flooring to brighten it up for the New Year. Stay tuned for more details in the spring issue.

#### Relax! Regain Your Balance

Balance Relaxation Therapy opened its doors in New Edinburgh in 2012 with the intention of sharing techniques that help us shift out of chronic stress mode into feeling more relaxed and revitalized – a good recipe for a creative and vibrant community!

Founder **Lori Chamberland** knows from personal experience that although we may not always be able to control the things that stress us out, we can certainly reduce the negative effects of stress by learning to consciously control our response to it. And luckily, there are a lot of easy ways to do that.

Lori, a relaxation therapist, reflexologist and Ayurvedic Yoga specialist, fine tunes her one-on-one relaxation sessions to individual needs by learning about her clients' unique mind-body type and then works in

partnership with them to discover which tools and techniques would be most helpful and most suited to their lifestyle.

Lori's relaxation tool kit includes integrative reflexology, personalized restorative yoga practices, yoga massage and pressure point techniques, stress-busting breathing practices, affirmations for self-empowerment, meditation techniques and lifestyle practices that come from the ancient self-care science of Ayurveda.

Some of her clients, many from the New Edinburgh community, come for weekly or monthly tension time-outs, and others embark on comprehensive self-care programs that help them make relaxation practices part of their every day life – a true gift of self-love that has a positive ripple effect into their families, work lives and communities.

The homey atmosphere of her studio in a century old farmhouse, surrounding trees, river view and easy parking help clients easily make the transition from busy hectic lives into a place of peace and tranquility.

You can find out more about Lori's offerings by visiting **balancerelaxationtherapy.com** or calling **613-255-7934**. Balance Relaxation Therapy is

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**Photo: Louise Imbeault**  
**Balance Relaxation Therapy's Lori Chamberland sports the dosha mala bracelets she uses for Japa meditation.**

located on North River Road, near Queen Mary.

**BUSINESS BITS**

**Valentine's is Coming**

Valentine's Day is fast approaching, and if you want to avoid a late day dash to the florist, or a trip to ye olde chocolate shoppe (which your significant other may, in any event, not appreciate if he or she is toning it down after the indulgences of the holidays), here's a suggestion. Our neighbourhood is blessed with a multitude of **local beauty spots** where you can pick up

a gift certificate to treat your sweetie to a new hairstyle or a refreshing spa treatment. There are plenty of choices, so check out this list (most of whom are *NEN* advertisers profiled in past editions of the paper):

- **Celadon Spa**, 373 St. Laurent Blvd. (Rockcliffe Crossing), 613-746-3500: Offers the full gamut of Salon and Spa services from massage to face and body treatments for men and women, hair styling, make up and a boutique of beauty products
- **Kim Kaskiw Hairstyling**, 613-747-8835 or kimk@

rogers.com: Offers hair styling, colouring, precision cuts and make up jobs in a home-like setting - and you may be treated to a serenade from Kim, an accomplished vocalist and voice coach!

- **Kelly's Barber and Beauty**, 121 Beechwood Ave., 613-745-9623: In addition to its longstanding barbering services for the men in your life, now offers hair styling, cutting and colouring for women and esthetics treatments;
- **Oresta Organic Skin Care**, 137 Beechwood Ave., 613-695-0137: If your Valentine is environmentally-minded, Oresta offers a full range of all-organic spa services for men and women, along with organic make up;
- **Fresh**, 75 Beechwood Ave., 613-680-6315: Experienced hair stylist **Margot Robinson** offers fine cuts, colouring and styling, along with advice on a new look if your Valentine wants a change to greet the New Year;
- **Melanie Hair Cutters**, 57 Beechwood Ave., 613-747-0101: Mother and daughter team Melanie and Sylvie are on hand to give your Valentine a fresh "do", and then she can drop in to

**Nature's Buzz** next door to treat herself to some luscious fair trade organic chocolate;

- **Beauty Mark Esthetics**, 2 Beechwood Ave., 613-744-4460: Owner **Lee-Ann Zanelli** and her team at this long-running Burgh business offer the gamut of spa services, including facial care, massage, cosmetics and hand and foot care. Check out the spa packages if you're in a generous mood!
- **Rassi Coiffure**, 2 Beechwood Ave., 613-740-1333: **Marwan El Rassi** and his team of stylists offer top quality styling, cuts and colouring for your discerning Valentine. Marwan is a leading light in the local business community and can bring you up to date on all the Beechwood news while you're being beautified!
- **New Edinburgh Spa Hairstyling and Esthetics**, 131 Crichton St., 613-749-2116: Experienced hair stylist **Vessna Pavic** and esthetician **Linda Champagne** offer friendly hair and beauty services in a quiet, intimate setting;
- **Sylvie Sauvé, Esthetician, Electrologist**, 54 Dunvegan Rd. (Manor Park), 613-748-0352: Longstanding *NEN*

advertiser **Sylvie Sauvé** offers the full range of esthetics and hair removal services for men, women and teens in her home-based studio, specializing in leading edge foot care for foot problems of every description.

**Full House for Da Bombe's Christmas Dinner**

**Da Bombe's Bill Ross** and his team entertained about 70 diners for a delicious turkey dinner on Christmas Eve, generously dishing out a full-some spread to a succession of guests from mid-afternoon to 8pm. Bill's five-year tradition has become a highlight of the season for many area residents in need of company, warmth and good food at what can be an especially difficult time of the year for those with limited means, or without family or friends with whom to share the spirit of the season. Thank you, Bill, on behalf of us all!

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Photo: Steve Grabner

Neighbours enjoyed the horse-drawn wagon rides, provided by Cundell Stables, during the New Year's Day event.

## Hosers' Hard Work Makes for Great Ice

By Catherine McConkey

Happy New Year everyone. I hope that all are keeping warm at the beginning of the year. The Crichton Community Council started the New Year off on the right skate with a terrific family event on Jan. 1, 2015. We happily welcomed all the community members to our annual New Year's Day Brunch with all the trimmings, games, sleigh rides, jellybean guess and 90-second snowman challenge. What a great way to start the New Year. We managed to serve about 150 plates (not including seconds!) of pancakes, sausages and ham as well as coffee, tea and juice. A big thank you goes out to the kitchen crew including **Paula Pincombe, Debra Conner, and Denise Belanger**. We also would like to thank **Sylvain Belanger** and kids on cash, **Caroline Matt** and **Jeff Chow** on games and sleigh ride supervision, **Gerry Turchyn** on the sound system and **Roxan Clark** on the snowman challenge. Extra special thank you to **Performance Mazda** for sponsoring the sleigh ride provided by **Cundell Stables**, and to **Prestige Catering** who supplied the catering equipment. I also want to thank our new city councillor, **Tobi Nussbaum** who lent a hand and judged the 90-second marshmal-

low snowman contest. We all know what a challenge that was! I would like to thank **Steve Grabner** for taking the best photos of our event. They can be found at [facebook.com/pages/Crichton-Community-Council-3Cs](https://www.facebook.com/pages/Crichton-Community-Council-3Cs).



Photo: Steve Grabner  
Shea Sampson takes part in the marshmallow snowman challenge at the CCC's New Year's Day Brunch on Jan. 1, 2015.

I must also give a big shout out to the Hosers this year. We had a great base ice before Christmas and then with the mild weather and rain lost most of it. After Christmas and with the temperature dropping, what remained was patched, repaired and serious hosing

began once more. Because our winter event happens earlier than in the past, ice is always tricky at this time of year. A very special thank you to hosers **Bruce McLaurin, Bruce Sherry, Carlo, Steve Grabner** and **Michel Giroux** for all their work, constant care and attention during the week between Dec 25 and Jan. 1.

The hosers and rink attendants are very proud of their work they do for the community each winter. The rinks are open seven days a week, so come on down and check it out. Conditions are now amazing! Hours for the Field House and rinks are 4-9pm Monday to Friday, 11am-9pm Saturdays and 11am-6pm Sundays. Michel has asked me to remind everyone that **when the sign is up asking that the public stay off the ice during milder temperatures, it would be appreciated if you did**. It requires a lot more watering to smooth the foot prints out that were left in a moment of carelessness.

We are all anticipating that good skating conditions will last until the next community event hosted by the Crichton Community Council which will be **Hockey Day in New Edinburgh**. This is another family event held **Feb. 14 from 1:30-4 pm**. Debra Conner is busy planning and organizing the event, and if anyone wants to lend a hand to please contact her. On Feb 14, come on down and have a game of shinny and participate in some skills competitions. Hot dogs and drinks will be available to buy as well as the now infamous Jelly Bean Count. Another great family event brought to you by the 3C's. See you at the Field House!!

Please reserve May 9 for the **New Edinburgh Annual Annual Plant Sale**. It starts at 8am and continues until the end of the day. It is a perfect opportunity to get a lovely hanging basket for Mother's Day. And, of course, always the neighbourhood favourite, the New Edinburgh **Marathon Cheering Station** will be held on Marathon weekend, early in the morning on May 24. Watch for more details!

CC Council meets once a month, 7:30 pm, at the Stanley Park Field House. If you are interested in joining or volunteering please drop by. We meet again on Feb. 2 at 7:30 pm. The Field House is available for rent for your next event. Please email to [nfieldhouse@gmail.com](mailto:nfieldhouse@gmail.com) with your request giving dates and time and we will be able to reserve the field house for you.



## Strong Privacy Practices are Good for Business

**By the Office of the Privacy Commissioner of Canada**

Businesses that don't have strong privacy controls risk losing their competitive advantage in today's increasingly privacy conscious marketplace, Privacy Commissioner of Canada Daniel Therrien warns as countries around the world mark Data Privacy Day, January 28.

But it's a message that isn't just for major companies. It's for the thousands of smaller businesses operating across Canada in tiny towns and bustling metropolises from coast, to coast, to coast. In fact, 98 per cent of companies in Canada employ fewer than 100 people.

"I understand that smaller businesses face many compliance pressures on top of day-to-day operational demands, but strong privacy practices are not just good for customers; they're good for the bottom line," says Mr. Therrien.

"Canadians are telling us that they prefer to do business with companies that have good privacy practices."

About a third of all private sector privacy complaints under Canada's federal private sector privacy law, the Personal

Information Protection and Electronic Documents Act, appear to involve smaller businesses.

Landlords, hotels, real estate agencies, collection agencies, travel agencies, independent local retailers and financial planners are among the types of businesses in the community that are at the centre of these complaints.

Mr. Therrien says businesses often don't realize that what they're doing could create unnecessary risks for privacy.

Many grievances about smaller businesses involve things such as the improper use or sharing of a person's information. This can be as simple as a misdirected letter, he says, and as serious as an employee snooping into a client's personal file.

"Smaller businesses need to ask themselves what proactive measures they are taking to safeguard the privacy of their customers and to mitigate data breaches," says Mr. Therrien.

"As we mark Data Privacy Day, I would encourage all businesses to use this opportunity to take stock of, and strengthen where necessary, their privacy practices. My

office is here to help."

Key steps to get on the right privacy track include:

- Limit the amount of customer information you collect to what is necessary for the purposes of delivering a product or service.

- Make it clear to customers in an easy-to-understand privacy policy why you need and how you'll handle their personal information.

- Know exactly what you collect, how it's stored, who has access to it, how long it's kept and when and how it's discarded.

- Train staff on the importance of privacy protection.

- Don't collect sensitive information, such as health or financial data, if you don't have to.

- Respond to customer requests for access to their personal information and designate a point person to respond to customer questions about privacy.

For more tools on privacy protection, visit [www.priv.gc.ca/business](http://www.priv.gc.ca/business).



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## New Retail Occupants Still a Guarded Secret

Continued from page 1

fun and highly efficient, with so many of our suppliers and services located cheek by jowl, enabling us to “do our rounds” with delightful swiftness.

Four years after the fire, Beechwood is on the cusp of dramatic changes as major residential/commercial developments take shape from Minto Beechwood at the site of the fire to The Kavanaugh at the north end of the street, punctuated by two ambitious new projects at the mid-point between these “gateway” poles, on the Claridge property at the site of the former Caisse Desjardins, and across the street at St. Charles Church. (See project updates below).

While as yet the prospective new retail occupants of these developments remain a closely guarded secret, one thing seems clear: the hefty commercial leasing rates in the new buildings will be completely beyond the means of small operators. While the community has consistently railed against the introduction of large chains and mega-stores in the new Beechwood, and lobbied hard to maintain the small independents to which we had become accustomed, it seems inevitable that the character of our shopping area will be fundamentally altered when the new projects are up and running.

The good news is, however, that interspersed among the large projects underway or planned along our Main Street are a significant number of small enterprises which continue to flourish, and which successfully preserve the modest, friendly character of “the old Beechwood”. In addition to the long-established group of

such small businesses as **New Edinburgh Pharmacy, Scone Witch, Da Bombe, Nature's Care, Nature's Buzz, Clothes Encounters, Mille Fiore Flowers, Kimberley Wilson Bridal, Kelly's Barber and Beauty, Monson's Cleaners, Mood Moss Flowers** and **Jacobson's**, we've welcomed more recent additions such as the hot new **Gastropub, Red Door Provisions** (profiled in our last issue) and the popular little Mexican eatery **Ola Cocina** on Barrette Street. With luck, in the next five years we will see more small operators come on to the scene as the street livens up with the infusion new life and large numbers of new residents moving into the condo developments.

At the four year mark, while we may lament the passing of an era in our neighbourhood's history, we have grounds for optimism that Beechwood is poised to become a more lively and active hub for our community, and that its distinctive character and charm can be preserved in the process, provided we're engaged and vigilant as change and new development unfolds in the months ahead.

### Minto Permit Glitch Causes Demolition Delay

Contrary to our December report of Minto's plan to complete the demolition of the MacKay Street structure at the site of the fire by the end of 2014, the building is still standing and to all appearances, progress is at a standstill. According Minto's **Kevin Harper**, the delay is a consequence of an unanticipated glitch in the demolition permit process due to the fact that the

site falls within a **Demolition Control Zone**, a designation which dates back to the old rules governing construction in the pre-amalgamated City of Ottawa. Projects within these zones must commit to starting construction of a new building immediately following the demolition of the old structure, whereas Minto's intent had been to bring the building down in December and to complete the ground water monitoring process prior to launching excavation and construction in late February/early March.

In submitting its original demolition permit application, Minto was unaware of the fact that the project fell within a Demolition Control Zone, and that this entailed an entirely separate (and often lengthy) permit application process involving different fees, drawings and other details. A second snag involved the unanticipated requirement to obtain a foundation permit from the city if Minto's plan to proceed with excavation and shoring is to proceed as planned in the winter months. Needless to say, the logjam has occasioned more than a little consternation on the part of the Minto project team, but negotiations with the city to resolve the problem are ongoing, and the company remains hopeful that a resolution can be arrived at without undue additional cost and delay.

Despite this latest regulatory snag, Kevin offers assurances that in fact, the overall project schedule remains intact, as the intent of the early demolition had been largely symbolic, or in effect, an effort to provide visible signs of progress on the site, and to assure prospec-



Photo: David Rostenne

March 16 marks the fourth anniversary of the Beechwood fire. This image was taken that evening, when firefighters had to knock down the building where the blaze began. Four years on, and new owners Minto are experiencing a snag in demolishing the rest of the site due to an unanticipated glitch in the demolition permit process.

tive buyers that construction was indeed going ahead so proceeding with purchase was a safe bet. Assuming a timely resolution of the permit issues (fingers crossed!), the overall construction schedule will proceed as planned, and the target completion and occupancy date of late 2016 is still on the books. The ground water monitoring process will wrap up in the coming weeks, with the MacKay Street structure now slated to come down in late February, the Sales Centre to be demolished shortly thereafter in early March after a final farewell celebration event in late February, and excavation and shoring to be underway in March.

In the interim, a 2015 sales campaign will be launched in February in a push to attract new buyers, with a final promotional event planned at the end of February before the building comes down and the operation is moved into another downtown sales centre (details to come) Kevin was particularly pleased to report that in December, a cluster of friends came forward to purchase side-by-side condo units in the building, comprising a ready-made small community of neighbours in Minto Beechwood, hopefully a har-

binger of things to come.

### New Life Ahead for Former St. Charles Church

In late December, the veil was lifted on future plans for St. Charles Church, which was sold last fall by the Catholic Archdiocese of Ottawa to a consortium of investors reportedly including Shopify executives Tobias Lutke and Harley Finkelstein. Proceeds from the sale, which netted a profit of \$4 million, will be directed to a variety of purposes in the archdiocese, with a portion to be divided equally between the two francophone parishes that owned the church, and a significant chunk to be used to establish an endowment fund in support of pastoral work within the francophone population of the archdiocese, with a particular focus on Vanier.

The new owners intend to develop the site as a mixed residential-commercial project which will entail a “creative repurposing” of the church building itself. The exterior of the century old building, a bastion of the local francophone community for generations, was given a heritage designation by the city of Ottawa in 2013, largely at the instigation of local heritage preservationist Mike Steinhauer. As a con-

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sequence, the building's three main facades and bell tower will have to be preserved in the redevelopment.

Although the interior of the building, with its classic early 1900's church columns, mouldings and paintings, was not accorded heritage status, early indications from project architect **Andrew Reeves of Linebox Studios**, suggest that to the extent possible, the interior will be preserved in the redevelopment. An effort will be made "to protect and preserve the church, and celebrate it for what it is and what it can be." In a subsequent tweet, Andrew offered further encouragement: "the building will remain, views of the spire will be retained and the interiors accessible to the public. Gathering place." So far, so good!

To undertake the ambitious \$40 million project, which currently entails plans for up to 35 condo units, along with shops, restaurants, gardens, and both outdoor and indoor markets, Andrew and his architecture/design team at Linebox Studios has joined forces with **Lake Partnership Inc.**, a group of experienced builders and project managers, to form **Modbox**, a self-described development "dream team" which has already collaborated on a number of successful joint projects. While no target completion date has

been announced, the developers hope to begin work within a year.

As lead architect, Andrew Reeves advises that he is committed to consulting with the community at an early stage in the design process prior to finalizing the submissions to the city. Stay tuned for word on when and in what form those consultations will take place. *NEN* looks forward to speaking with Andrew in the coming weeks to get more details on his vision for the ambitious redevelopment, and we'll bring you more news in April.

We understand that the developers of the St. Charles property are currently in discussions with Claridge on the possibility of relocating the immensely successful **Beechwood Market**, which operated this past summer and fall on the former Caisse Desjardins site at 89 Beechwood, across the street to the church property. While no definitive decision has yet been reached, Andrew Reeves reports that whatever the outcome of the current discussions, the Modbox plan will include provision for a market as a permanent feature of the new redevelopment. We hope to have more news on this in our next edition.

#### Claridge at 89 Beechwood

When we last reported on the planned Claridge project in December 2014, the City



Photo: Louise Imbeault

**The Kavanaugh is on track for occupancy this fall. Construction of the vertical structure wrapped up in late 2014. Rumour has it a "local restaurant" will be one of the retailers moving in.**

Planning Department had submitted its comments to Claridge on the initial proposal, and was awaiting a response to those comments prior to taking an official position and preparing a submission to Planning Committee. At the time of writing, city planner Erin O'Connell reported that her department had as yet received no further response from Claridge. As a result, no Planning Committee discussion has been scheduled. We'll bring you more news on this in our spring edition, by which time the Claridge project proposal may have been reactivated in the City planning process.

#### Kavanaugh to Open this Fall

The good news for Kavanaugh condo purchasers, and for the rest of the community which eagerly awaits the first major milestone in the revitalization of Beechwood, is that the project remains on target for completion and occupancy by the fall of this year. Sales remain strong, and close to 100 of the 124 units have now been sold. Construction of the vertical structure wrapped up in late 2014, and was officially celebrated with a lively "Topping Off Party" for condo purchasers, which Domicile hosted at the Beechwood Sales Centre on Dec. 9, 2014.

The event was a great success, with the majority of purchasers in attendance to savour

gourmet goodies provided by Epicuria, and to meet and mingle with their future neighbours (including a number from the four-legged set!). Domicile Vice President **David Chick** gave the group a brief update on the status of construction and provisions for additional parking, as well as on current retail interest in the commercial floor of the building (wish we'd been a fly on the wall to hear that news!). In the coming weeks, passers-by will see the brickwork appearing on the north side of the building, along with the installation of windows and the enclosure of the superstructure.

On the retail front, David reports that while nothing can be publicly announced at this point, he is anticipating that the long-awaited news will be ready for release by the time our April issue is in print, or at the latest, by summer—in time, we hope, for our June edition before the summer break! Early word on the street (according to the *Manor Park Chronicle*, Jan. 2015 issue, page 24) is that one of the first tenants will be a local restaurant in keeping with Domicile's practice elsewhere in the city of giving preference to local businesses. One way or another, the end is in sight, and before long the veil will be lifted on the newest additions to the Beechwood shopping area.

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PHOTO: IMA ORTEGA

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# Stanley Park Could Benefit from Invasive Buckthorn Removal

By Iola Price

If you look into the woods in the Caldwell-Carver Conservation Area on the east side of McKay Lake these days, you will notice that you can see much farther into the interior than was possible last spring. Thanks to a grant from the city's Community Environmental Projects Grants program and additional support from the Rockcliffe Park Residents Association's environment budget, I was able to hire a professional arborist and his team, qualified and strong enough to use a motorized winch to pull out buckthorn trees and shrubs up to four inches in diameter. Once out of the ground and turned over,

we knocked out the adhering soil and carted the root masses and trunks to an on-site pit for disposal. John Brooks, John Venner, Marilyn Venner and Anthony Keith worked with me contributing 113 hours volunteer hours. Melly Akinduro, Fei Gao and Xing Yan, three University of Ottawa students from the Global and Community Engagement Program, also lent their support to Fall 2014's effort: pulling out small to medium-sized buckthorn and raking the paths clear of fallen leaves. As in the past, as areas are cleared, I plant acorns, and the seeds of sugar maple, dogwood, American Mountain Ash. In November 2014, we planted a

White Elm, progeny of Tracey Clarke's magnificent front yard tree. Tracey's "mother elm" may be resistant to Dutch elm disease and so we have high hopes this offspring will also prove to be resistant.

I am sometimes asked why I remove buckthorn. The simple reason is that it crowds out and outcompetes our native trees and shrubs on which our birds and small mammals have come to depend for nutritious food and good shelter. Its leaves appear earlier in the spring and remain long after our native shrubs lose theirs in autumn. Because it casts such dense shade, ground-dwelling plants such as trilliums, Canada anemone and ferns are inhibited.



Photo: Iola Price

Once the buckthorn stumps are removed, Iola Price plants acorns and seeds from Sugar Maple, Dogwood and American Mountain Ash in their place.

Buckthorn changes the nitrogen and fungal composition of the soil and that also makes it harder for native species to thrive. The laxative effect of the blue berries ensures that the intact and un-macerated seeds are spread, thereby facilitating buckthorn's spread. There is also some evidence that compounds in the leaves can, after leaf-fall and decomposition, migrate through the soil to water and adversely affect frog survival. It is heartening to have path walkers stop and say how much they appreciate our work and how much better the woodlot and Pond area look with so much buckthorn removed.

Should buckthorn removal be considered for Stanley Park? I walked parts of the park in January 2015 and noticed there is buckthorn that could be removed. Some of the small ones would come out with a WeedWrench™ and the larger ones would require heavier equipment as the root masses will be large. A further look after the snow melts would be warranted. A complicating factor is the land has split ownership between the National Capital Commission (NCC) and the City of Ottawa. Both would need to give permission for buckthorn removal – a process that is not difficult, but it takes time and a local proponent to make the applications. A further factor is that a

multi-year commitment would be needed on residents' part, as seeds in the ground will sprout once the larger buckthorns are removed and they need to be removed as they appear. I am willing to provide advice on what to do and when.

We will be re-starting our restoration/removal efforts at McKay Lake again in the spring when the ground thaws. The coming year's work should be easier as the majority of the remaining buckthorns are finger-width saplings. We are inviting residents to donate an hour or two to this environmental remediation effort – every buckthorn removed makes room for a native dogwood, maple or chokecherry that we plant and which will provide the high quality food and/or shelter for a bird or small mammal that buckthorn, garlic mustard or dog-strangling vine will not. Our hours are flexible and I adjust the work to the volunteer's physical capacity. Additional volunteer help would be appreciated, especially in June when it is time to gently pull out garlic mustard.

*Iola Price is the chair of the Rockcliffe Park Environment Committee. Please contact her at [environment@rockcliffepark.ca](mailto:environment@rockcliffepark.ca). Learn more about invasive buckthorn at [www.ontarioinvasiveplants.ca](http://www.ontarioinvasiveplants.ca)*

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# Shrug off the Apathy and Help Turn Down the Heat

By Gaye Taylor

*You don't know why it's such a far cry / From the world this world could be. /  
You don't know why, but you still try, / For the world you wish to see.  
Jackson Browne, "Standing in the Breach"*

Back in December, Rolling Stone magazine's annual music review listed American music legend Jackson Browne's *Standing in the Breach* as among the best albums of 2014: "Browne [has] confirmed his place as an essential voice in the wilds of the 21st-century with this powerful set of songs...[which] are the most eloquent protests against apathy you'll hear this year." In the same issue was "The Secret Deal to Save the Planet," a behind-the-scenes look at the makings of the recent U.S.-China climate deal announced in Beijing on Nov. 12, 2014. This agreement, which commits China to both a carbon emissions cap and 20 per cent renewable energy generation by 2030 (and the U. S. to carbon reductions of 28 per cent by 2025), is hugely significant because it marks a sea change in China's attitude to the climate crisis.

A year ago, China was still insisting that the developed world substantially assume the costs of climate change, having been the prime generator of planet warming gases until late in the 20th-century. That China itself has, in fact, been the top global emitter since 2006, no doubt helped shift the party line. In any case, China's commitment both to cap emissions AND renewable shifts rapidly to a game-changer: "There is no question where the world is headed," says [White House climate advisor, John Podesta]. "Instead of thinking of the U.S. and China as two captains on two different teams, it's a sign to everyone that we are pulling in the same direction."

It's a sign to other developing nations like India and Brazil that –notwithstanding what Browne rightly identifies as "the unpaid debts of history"– all countries must be involved in the urgently present fight to mitigate climate change. It is also a powerful signal to investors as renewables gain strength. Finally, the U.S.-China climate deal is a bright portent for all of us that some kind of 11th-hour collective action will take us off the track we are currently on: namely, to an unthinkable 5 C of planetary warming within the lifetimes of the younger ones we know and love. Such evidence of rapprochement between two countries who remain otherwise so suspicious of each

other gives hope that we will all recognize the urgent need to act in concert: that "standing in the breach," as Browne has it, we will "bend our backs and hearts together" to do whatever is necessary to turn down the heat.

An essential first step in this coming together will be to throw off the dangerous apathy that has thus far marked our collective non-response to the climate crisis. Such disengagement is understandable as it is a natural response to stress. In particular, apathy will take hold if we feel inadequate to confront a challenge. It's not that we don't care, but rather that we care too much, and so self-protect by shutting out, shutting down, and shutting off. Mercifully, such emotional numbness is usually fairly short-lived. But where our sense of inadequacy is constantly reinforced, as it is in these still early days of our coming to terms with the facts of climate change, such a helpless frame of mind can become constitutional.

But what works for the challenges of an individual life will not work for the appalling conundrum that is climate change. We all need to be heads-up and looking far down the road and be very engaged in the journey. But how to fight down the impulse to curl up under the cozy duvet of denial? Speaking as someone who feels that lure every day, I'd say some partial answer lies in being very clear about a few essential facts about climate change, and leaving the rest to the experts. As a Canadian just trying to live a humane and thoughtful life, as a teacher and as a parent, I keep the following facts in plain sight:

1. Over 97 percent of the world's climate scientists agree that the planet's recent and rapid rise in temperature is caused by human activity, most particularly the burning of fossil fuels.

2. This warming is extremely dangerous because it is happening so quickly. No ecosystem on earth will have time to adapt. 2° C of warming has been benchmarked as the threshold beyond which we must not pass. We are currently on track for 5° C of warming.
3. We need to shift our energy sources from fossil fuels to renewables. And we have much of the technology to hand. What is needed is infrastructure and investment.
4. This energy shift will NOT kill the global economy. The costs of allowing climate change to escalate, however, will grow more lethal by the year.

That the Canadian economy currently benefits significantly from fossil fuels is obvious. But as *Nature* magazine confirmed in early January, the sun has set on the economic and ethical viability of planning for further extraction. To do so for anything beyond the very short term will be craven, callous, and, frankly, dimwitted beyond belief. And Canadians are none of these things. Sometime this year, we will go to the polls. We can only hope that whoever is elected to lead us will have the courage to recognize climate change as a matter of fact (not of opinion), and have the vision, integrity and basic common sense to recognize the true urgency of planetary warming.

In the meantime, there is much that we can do as individuals, families, and communities to start turning down the heat: lower the thermostat, walk or take the bus to work, buy local, insulate our homes, install solar panels on our roofs, invest in renewable energy stocks (and divest from fossil fuels), plant a tree, grow a garden, advocate for sustainable urban planning. And in the playground, at the water cooler, or at that next din-

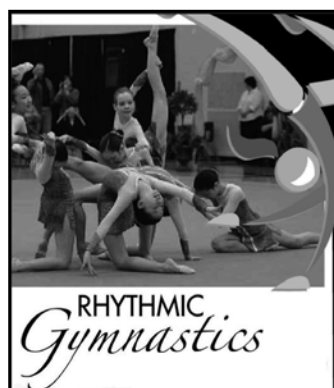


The cover of Jackson Browne's *Standing in the Breach* album is an image of compassion in the face of chaos, a poignant moment of "standing in the breach." Climate change is producing the largest breach in our defensive walls that we have ever faced.

ner party or book club, forget about the weather! Talk instead about our climate. Many of us can't bring ourselves to say this word, for fear of the social chill factor. We need to get over ourselves. Our children and grandchildren will thank us for our courage... and our common sense!

The cover of Browne's new album depicts the 2010 Haitian earthquake. It shows a man guiding a woman by the hand across a rubble-strewn and smouldering street. An image of compassion in the face of

chaos, it records a poignant moment of "standing in the breach." Climate change is producing the largest breach in our defensive walls that we have ever faced as a species. And sections of this precious wall are beyond repair, and those it guarded beyond rescue. But if we stand together, "bend our backs and hearts together," there are more than enough of us to protect so much and so many that remain. So, shall we stand together?



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# For the Birds

By Jane Heintzman

As I write in mid-January, the winter birding season is well underway, and for all but the most intrepid birders who venture beyond our area to more promising birding hotspots, the feathered pickings are slim in comparison to other times of year. Due to the difficult aftermath of my knee replacement surgery in late fall, my own birding activities have been limited to keeping an eye on our backyard feeders, where **black-capped chickadees**, **house finches**, **goldfinches**, **Northern cardinals** and a

very occasional **dark-eyed junco** have topped the list of regular visitors. I have to admit that the numbers have been sparse (particularly by comparison to the finch hordes at my neighbour **Philip MacAdam's** nyjer feeders –see his report below!), and their visits sporadic. Winter's saving grace has been our two resident **cardinal** pairs whose brilliant colouring and feisty presence in the flower beds has cheered many a bleak winter day.

Thankfully, *Ottawa Citizen* birding columnist **Bruce Di Labio** has kept abreast of the bigger picture, noting that winter birders should take heart, as there are at least 50 species that regularly turn up in the course of the season. In addition to the limited list from our back garden, Di Labio has received numerous recent reports of **white- and red-breasted nuthatches**, **blue jays**, **pine siskins**, **purple finches**, **common redpolls**, **mourning doves**, **American crows**, **European starlings**, **sharp-shinned** and **Cooper's hawks**



Photo: Amy Jane Lawes  
American goldfinch.

(deadly opportunists at busy winter bird feeders) and **woodpeckers** by the score, including the **downy-**, **hairy-** and **pileated-** varieties. The abundance of both woodpeckers and white-breasted nuthatches, which were noted in record numbers in this year's annual Ottawa-Gatineau Christmas Bird Count, is thought to be due to the Emerald Ash Borer infestation. It promises to be a noisy late winter when the woodpecker "drumming" season begins!

In late December, when the weather was eerily mild, Di Labio reported the presence of some late-lingering migrants such as the **Northern flicker**, **brown thrasher**, **hermit thrush**, **white throated sparrow**, **song sparrow**, **gray catbird**, **great blue heron** and **American robin**, the latter recorded in significant numbers at the time of the Christmas bird count. Now that we're into the deep freeze, however, it seems probable that these lingerers will have moved on, and indeed, I've noted in the Rockcliffe rambles that we've resumed, now that I'm more mobile, **American robins** do seem to be missing from their accustomed winter roosts. This remains to be confirmed, however, when we get as far as The Rockeries which has traditionally been their favourite local winter hang out.



Barred owl.

Photo: Amy Jane Lawes

Once again this winter, Bruce Di Labio reports that **snowy owls** have irrupted into southern regions, including Ottawa and environs which saw a record influx a year ago. Unlike last year, however, he notes that the majority appear to be adult birds as opposed to the hordes of juveniles that descended on our area last winter. In December and early January, there were significant numbers of local sightings, with concentrations in Barrhaven, in the Richmond area and south of Ottawa near Chesterville. As I write in mid-January, however, it has apparently become clear that the snowy owl migration is heading farther south this year, presumably in search of more abundant food sources, and while the owls are still around in small numbers, sightings have dwindled in our immediate area. If you're keen to see one of these dazzling beauties, check Bruce Di Labio's weekly Birding Column for the exact locations where you're most likely to spot one: [ottawacitizen.com/category/life/world-of-birds](http://ottawacitizen.com/category/life/world-of-birds).

## Winter Finch Forecast: "A Mixed Bag"

Each year, ornithologist **Ron Pittaway** prepares a detailed forecast of the southerly movement of "irruptive" finch species during the winter months. The forecast is based on the relative abundance (or scarcity) of the finches' food sources in the northern boreal forest area, where the available supplies of spruce cones, birch seeds and mountain ash berries are the primary determinant of the finches' movement over the winter. This year, it's a mixed picture, with some spe-

cies expected to move south in significant numbers, while others are predicted to remain in northern areas where spruce cone crops are abundant.

Here in Ottawa, the outlook for the rest of the winter is promising:

- **Common redpolls**, well-known visitors to winter feeders, often descending in massive flocks, are expected to turn up in substantial numbers this year owing to the scanty birch seed crop in the boreal forest. Mixed in with the flocks of **southern common redpolls** which are most common in our area, we may also spot the less familiar subspecies such as **greater common redpolls** which are larger, darker brown, longer-tailed and bigger billed;
- **Hoary Redpolls** may also turn up in small numbers mixed in with the common redpoll flocks. These little creatures are whiter (almost "snowy" in appearance) than the common variety, with un-streaked breasts and lacking the common's rosy bib at the centre of its chest;
- **Pine grosbeaks** are expected to be around in small numbers owing to a scarcity of mountain ash berries in northeastern Ontario. These striking beauties with their rosy-red heads prefer black oil sunflower seeds if your back yard doesn't happen to have a residual supply of mountain ash berries or crab apples;
- **Evening grosbeaks** may also turn up at your feeders because tree seed crops are generally poor in northern regions. Like their pine grosbeak cousins, they





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prefer black oil sunflower seeds;

- **Red-breasted nuthatches** should irrupt into the area this year because of sparse white spruce cone crops across most of the boreal forest. These interesting little elf-like creatures can be quite aggressive at feeders, and favour a diet of chopped peanuts, suet and black oil sunflower seeds;
- **Bohemian waxwings** are unlikely to be around in large numbers this year, since supplies of mountain ash berries are relatively abundant in the north. However, if you have crab apples, mountain ash or buckthorn berries in your back yard, keep an eye out for at least a small number of these robust wax-

special scales that cut down heat loss, and they are able to maintain separate “thermostats” for their legs and feet, as opposed to their bodies, constricting blood circulation to their extremities to further reduce heat loss;

- **Fat Reserves:** By gorging during the fall when food supplies are still abundant, birds build up reserves of fat which afford insulation and an added energy source to generate heat over the winter;
- **Torpor:** Some species conserve energy at night by lowering their metabolic rate and entering a torpid state in which their body temperatures drop by several degrees.

their metabolic rate and generate body heat. This calorie-burning practice is only a short-term fix, and dependent upon available food supplies to regularly refuel the tank;

- **Roosting:** At night, many birds gather in large flocks to share body heat in small, confined spaces such as shrubbery, empty bird houses, roost boxes or tree cavities

Find out more about how birds survive in winter by visiting <http://birding.about.com/od/birdingbasics/a/howbirdskeepwarm.htm>

**Fill up the Feeders and Bring on the Fat:** One clear moral of birds’ winter survival story is that those of us with back yard feeders must keep them amply stocked throughout the winter, and in particular, should offer high fat, high energy foods such as suet, peanuts, and black oil sunflower seed. Nyjer seed is also a must to ensure a regular complement of finches at your feeders.

**Reports from Our Readers:** Our Val des Monts birding reporter/photographer **Amy Jane Lawes** is having an enviably fruitful winter of birding, with intense activity underway at her backyard feeders, and numerous interesting encounters on her hikes in the vicinity. Among the regulars at her feeders, she reports a pair of **white-breasted nuthatches** and a trio of **red-breasted nuthatches**, along with several **downy** and **hairy woodpeckers**, including two males in each case. She notes that “the male hairys usually turn up together and chase each other around. Their behaviour is almost flirtatious!”

Also on hand are **black-capped chickadees** and **American goldfinches**, the latter in extraordinary numbers of up to 30 plus to feast at Amy’s nyjer seed feeders. Mixed in with the American goldfinches, Amy has had intermittent visits from several pushy **common redpolls** which reportedly tend to drive off competitors. Needless to say, with the abundance of small birds clustered around the feeders, a hungry **sharp-shinned hawk** has been close at hand, waiting for an opportune moment to shrike and in the interim, fluffing its feathers to keep warm.

Over at the **Macoun Marsh** on nearby St. Laurent Blvd., St. Laurent Academy’s **Mike Leveillé** reports that a variety of species have been regular visitors to the feeding stations, notably **black-capped chickadees**, **white-breasted nuthatches**, **Northern cardi-**



Bald eagle.

**nals, house finches, common redpolls, dark-eyed juncos, American goldfinches** (in particularly large numbers), **downy-, hairy and pileated woodpeckers, mourning doves, American crows** and a juvenile **sharp-shinned hawk** in search of a ready meal.

Around the corner at **Phil’s Bistro, Philip MacAdam’s** four well-stocked feeders have hosted hungry **American goldfinches, house finches, black-capped chickadees, dark-eyed juncos, white-breasted nuthatches** and **Northern cardinals**. The secret of his success (apart from the perfect protection of his feeding stations beside the wall of his house behind a sheltering cedar tree) appears to be his irresistible combination of nyjer seed with Ritchie’s deluxe finch

Photo: Amy Jane Lawes food. Whatever it is, it has attracted all but a paltry few finches away from our nearby garden, so in the coming weeks I may be faced with the need to upgrade our menu in order to compete!

Alberta correspondent **Dave Collyer** sent in a fulsome list from recent bird counts in his area, with highlights including **brown creepers, boreal chickadees, black-backed woodpeckers, pileated woodpeckers, pine grosbeaks, evening grosbeaks, bald eagles, northern shrike, Steller’s jays, northern hawk owls, great gray owls, snowy owls, great horned owls, gyrfalcons, merlin, American kestrel, Prairie falcon, Northern goshawk** and **Northern flicker**.



Sharp-shinned hawk.

Photo: Amy Jane Lawes

wings as the winter unfolds.

### Avian Winter Survival Guide:

In the depths of winter, as we sit in our heated houses wrapped in insulating clothing, many of us have puzzled over how the tiny feathered creatures fluttering in our back yards can possibly survive the harsh conditions with such minimal sources of warmth and protection. The fact is, however, that many of them do survive, thanks in large part to an ingenious combination of physical and behavioural adaptations to the winter environment.

### Physical Adaptations:

- **Feathers:** Birds’ feathers are an efficient source of insulation against the cold, and many species grow extra feathers in the fall for added protection when winter sets in;
- **Legs and Feet:** Birds’ legs and feet are covered with

### Behavioural Adaptations:

- **Feather Fluffing:** As shown in **Amy Jane Lawes’** charming set of photos of winter visitors to her feeders in Val des Monts, when the thermometer plunges, birds can fluff out their feather to create air pockets providing added insulation around their tiny bodies;
- **Leg Tucking:** Winter birds may be found standing on one leg or crouched down to cover both legs with their feathers to stave off the cold;
- **Sun bathing:** When it’s clear and bright, birds take advantage of the sun’s warmth by exposing their backs (the largest surface of their bodies) to the solar rays, and raising their feathers to maximize the distribution of heat over their skin and feathers. They may also spread their tails or spread their wings to catch the rays;
- **Shivering:** Like humans, birds will shiver to increase



Hoary and common redpolls.

Photo: Amy Jane Lawes

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## Cast Your Vote for Canada's National Bird:

Join in Canadian Geographic's National Bird Project and cast your vote for our national bird online at <http://www.canadiangeographic.ca/nationalbird/>. Leaders of the pack so far are **common loon, snowy owl, Canada goose and black-capped chickadee.**



Photo: Mike Leveillé

Black-capped chickadee feeding by hand at Macoun Marsh.

## Birding in Victoria

By Vicki Metcalfe

When I moved to Victoria, B.C. late last summer, I had great intentions of birding in an organized way. To date, however, I've only managed it twice in four months, but I've still managed to accumulate some wonderful bird experiences in that brief time. I have a beautiful garden filled with fruit trees, and even though it's winter, the birdlife is robust. I've seen the usual line up such as **house sparrows and house finches, white-crowned sparrows, starlings, and robins**, but I've also seen such western specialties as the **golden-crowned sparrow, Oregon race junco, chestnut-backed chickadee, bushtit** (like chickadees on speed, they rush in and out in clusters), **Anna's hummingbird** (here year-round), the **red-shafted Northern flicker**, and the **Northwestern**

**crow** (indistinguishable from an American crow except for a deeper voice). The **varied thrush** was a first (or "life bird") for me, but I've also been visited by a **Swainson's thrush** and a **merlin**. Another life bird was the **evening grosbeak** that I was able to identify only by a glimpse and by its distinctive voice.

On the one occasion when I went to Swan Lake with the Victoria Natural History Society, and in my own ramblings about town and into Beacon Hill Park, I've seen **mallards** by the score, **Canada geese, wood ducks, American wigeon, lesser and greater scaup, peacock,**

I've spotted the **harlequin duck** (a life bird – only found on the east and west coasts of Canada); **hooded, common and red-breasted mergansers; bufflehead; great blue heron; cormorants; and gulls.** There are also a couple of western specialties that bop around on the rocks: the **black oystercatcher** and the **black turnstone.**

My recent excursion with the Victoria Natural History Society birding group was a wonderful experience. The leader clocked well over 40 species in the first half hour, and I had good luck myself, with 24 species identified in my hour with the group. In addition to what I've already noted, on land I spotted **cedar waxwing and Western mead-**



Photo: Mike Leveillé

Common redpoll at Macoun Marsh nyjer feeder.

**American coot, brown creepers, Bewick's wrens, long-billed dowitcher, pied-billed grebe, Stellar's jays** (the western version of our Blue jay), **belted kingfishers, Northern shovellers, green-winged teal, osprey and a bald eagle** perched atop what was once the world's tallest totem pole. And there are **sparrows** galore: **fox, golden-crowned, Savannah, song, white-throated, and the western spotted towhee.**

By the ocean near my home,

**owlark, and on the ocean, mew and glaucous-winged gulls, horned grebe; long-tailed duck; Pelagic cormorant; common murre; and Pacific loon.**

So far my birding experience in my new home, though somewhat limited, is one more confirmation, among many others, that I made the right decision when I took the plunge and moved to Victoria five months ago.

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## Winter/Spring Program Highlights

New beginnings, fresh starts, reaffirmation of goals and promises for a brighter future all come to mind as we ring in a New Year. We resolve to get in shape, pick up a hobby, spend more quality time with friends and family.

We hope Nectar can assist with your plans for 2015. We're home to memorable experiences and wonderful people. We offer a full range of classes and activities for everyone from toddlers to seniors. Visit our website for the full list of our winter/spring programming.

### MUCH MORE TO TALK ABOUT

There's been such an appetite for our **Food Talks** series that we're coming back this year with a new and exciting lineup. On February 12, just in time for Valentine's Day, we welcome the owners of Cylie Artisans Chocolatiers. Come out and meet Cyril and Leslie, passionate and edgy risk takers in the art of chocolate.

Starting on April 28, we kick-off of a new series on **The History of New Edinburgh** – our featured speaker will be Tim Plumptre. The series will continue on May 5 and 12 with presentations from Janet Uren and Charlotte Grey. Visit [nectarcentre.ca](http://nectarcentre.ca) for more details.

Hope you enjoy the New Year in store.

Sean

Sean Flynn  
Chair

### MARCH BREAK CAMP

Spend spring break with Nectar. We offer an unforgettable week full of fun activities including arts, crafts, sports and games. Participants provide their own lunches.

FEE: \$200 per child  
TIME: March 16 – 20  
8:30 am – 4:30 pm  
LOCATION: 255 MacKay

### BALLROOM DANCE CLASS

This series of classes will tackle the basics in three dances; Waltz, Cha Cha, and Swing. This entry level class will focus on some starter patterns while introducing music and partnering. Although we cannot guarantee a partner in the class, single registrations are welcome.

INSTRUCTOR: Murray Carter  
FEE: \$60 per session per person  
(No drop-in)  
TIME: Thursdays, Feb. 19 – Mar. 26  
(6 wks) 8:00 – 9:00 pm  
LOCATION: Memorial Hall

### NECTAR CHOIR CONCERTS

Join the chorus as they sing music chosen from the great choral repertoire. From Bach to The Beatles, members will enjoy singing in different languages and experience four-part harmony. The choir welcomes everyone.

FEE: By donation (suggested  
donation \$10/session)  
TIME: Mondays, ongoing  
7:30 – 8:30 pm  
LOCATION: 255 MacKay  
Community Room

### PD DAY CAMP

Join the fun at Nectar PD Day Camps, featuring a full day of fun activities. Participants provide their own lunches.

FEE: \$40 per child  
TIME: February 13  
8:30 am – 4:30 pm  
LOCATION: 255 MacKay

### GET FIT BOOTCAMP

New session starting in March. A challenging but fun group workout program that combines both cardio and strength training to tone and tighten your body from head-to-toe. Get ready to sweat, sculpt and smile in these motivating and energizing classes for all levels.

INSTRUCTOR: Peter Koutras owner of  
Fast Track Fitness  
FEE: \$120 or Drop-in: \$20/class  
TIME: 6:30 – 7:30 am  
LOCATION: Memorial Hall

### IYENGAR YOGA

Practicing Iyengar yoga helps build mobility, stability, strength and alignment both physically and mentally. A variety of asanas (postures) will be explored while paying attention to correct body alignment. The asanas can be adapted according to your capacity. You are welcome to join any time.

INSTRUCTOR: Karin Holtkamp  
FEE: \$126  
TIME: Tuesdays, Mar. 3 – Apr. 28  
(9 wks) 6:30 – 8:00 pm  
Thursdays, Mar. 5 – Apr. 30  
(9 wks) 9:00 – 10:30 am  
LOCATION: 255 MacKay

visit [nectarcentre.ca](http://nectarcentre.ca) to register for our spring programs



## ‘Don’t You Have Christmas in Canada?’ Asked the Man with Fireworks Strapped to His Back

By Joyce Dubuc

Little did I know when I was invited to a neighbourhood religious ceremony that I would end the evening crouching in a doorway with a little boy, both of us frightened to death!

Purísima means purist of the pure, or Virgin de Concepción. The actual date of Purísima is Dec. 7, but in Nicaragua it is celebrated long before, and even after this date.

There are two distinct ways to celebrate Purísima. The one that is specific to the city of Granada is when the Virgin is brought from the cathedral to different neighbourhoods. The story goes that on Dec. 7, 1721, this Virgin was found in Granada, washed up on the beach of Lake Nicaragua, and is said to be responsible for many miracles.

what had happened to the angel that had been hovering above Mary. We had almost convinced ourselves we had been seeing things, when the float passed by and we could see the crank that moved the angel up and down depending on the wires over the street. This procession ends when the Virgin, once again, has returned to the cathedral.

The second way of celebrating, which is common all over Nicaragua, is to invite neighbours and friends to one’s house for a Purísima ceremony. An altar is set up in the front room. Plastic chairs have been rented and those that can’t fit into the house are set out on the street (cars just drive around!). Religious songs are sung. Several times, someone calls out “¿Quien causa tanta alegría?” (Who causes so much



Photo: Joyce Dubuc

The City of Granada has its own unique way of celebrating Purísima. Each neighbourhood prepares a float for their day with the Virgin, complete with lights, decorations, choirs, marching bands and even food vendors. Here, the Virgin is arriving back at the Cathedral after a day’s outing in the streets.



Photo: Joyce Dubuc

The story goes that on December 7, 1721, the Virgin de Concepción was found in Granada, washed up on the beach of Lake Nicaragua. It is said that she is responsible for many miracles.

Each neighbourhood has prepared an altar or float for their day with the Virgin. Lights are strung across the streets, houses are decorated, and food vendors are out in full force. As with many processions here, the mixed sounds of church choirs, a marching band and music streaming from loudspeakers does not faze any of the locals.

Next to the float walk several men with long crutch type objects that they use to lift the decorative lights strung across the streets. We were watching one of these *desfiles* (parades) from a friend’s house, when the friend next to me wondered

joy?) and is answered in unison by the guests: “La Concepción de Maria”. Everyone is given a bag of fruit, a container of candy and a glass of chicha (fermented corn). These are given out in plastic containers, made especially for the occasion, and guests are expected to take them home.

During the ceremony, I sat outside chatting with the bomba guys. Bombas are an everyday part of life here. I am not sure whether I’ve ever gone a day without hearing a few!

Bombas are like large firecrackers, usually they only

make noise, but on some occasions, they also give a fireworks show. They are set off for birthdays, weddings, or almost any event.

While chatting with me, the bomba guys have been setting off a few bombas now and then during the ceremony. When the ceremony ends, the plastic chairs are all collected rather quickly, so I sit on the sidewalk to watch what will happen next. When I realize these bombas are the firework type, I step into the middle of the street for a better view. As I do this, a great ball of fire flies into the spot where I had just been sitting!! Then about five saddle type things with

bulls’ heads drawn on front are carried out of the house. The younger bomba guy bends down, the “saddle” type thing is put on his back and he is now a bull! But, these saddles are full of bombas, as he dances around, huge balls of fire fly in every direction. This is when I take shelter in another doorway, already occupied by a younger but much wiser spectator.

As I head home, Bomba guy approaches me again: “Don’t you celebrate Christmas in Canada?”

Yes, we do, I explain. But even if we could have this conversation in English, I doubt I could explain just how differ-

ent it is!

Joyce Dubuc has lived on Vaughan St. since 1977, and has been an active member of the Crichton Community Council, Mackay United Church, NEN distributor and Breezy Bits editor. For the last three years, she has taken part in the Nicaraguan School Project, going to Nicaragua to buy and distribute school supplies for over 600 children. Presently she is enjoying retirement by teaching English in an impoverished neighbourhood in Granada, Nicaragua, with an American NGO “Education Plus Nicaragua”.



Photo: Joyce Dubuc

The Cathedral of Granada was originally built in 1583, and rebuilt in 1918. Lake Nicaragua is visible in the background.



# Let's Start Talking About Advance Care Planning

By Linda Sheesley

Your trip is all planned. Friends and family have been notified. You've left lists of instructions in case anything happens while you are away: plumbers, furnace guys and lawn care folks. And, most importantly, you've left very clear instructions outlining exactly how you want your dog and cat to be cared for if you are not around to make decisions if they get sick or injured. In fact, you spent a long time talking to your friend about how to handle end-of-life care for your pets if something happens and they have a condition that is not survival.

and end-of-life issues, ranging from available community services to the more controversial topic of physician-assisted suicide. The Canadian Medical Association hosted a series of town hall meetings across Canada in 2014. The goal of this massive project was to gain an understanding of what issues in the area of death and dying were most important to Canadians. It seems most Canadians have concerns with what the end of their life may look like. And, at the same time, most people are not really making any plans to guide their future care. Death

and no aggressive interventions? Do you want to be cared for in a hospital or a nursing home? Or do you wish to stay at home? Is music important to you? Are there any religious rituals that you desire? These should be your choices. Talk to friends, family, clergy, and healthcare professionals – anyone you need to help you through this process.

The next step is to record your instructions. An advance care plan is a general term that describes the document outlining what actions you want at the end of your life. This plan reflects your belief(s) regard-

many people name a person to be their "proxy" if they are not able to make decisions on their own. This proxy is called a Power of Attorney for Personal Care in Ontario. Your POA for Personal Care is a trusted person you have designated to speak for you and direct your care when you cannot. Naturally, it will be easier for them to act if you have provided the type of direction found in a living will. If you do not appoint POA for Personal Health Care it is important that someone close to you is aware of your Living Will. These advance plans will take the guesswork out how the end of your life will look. Doctors and nurses will not be

calling the shots; your family will not have to struggle with difficult decisions. You will be guiding your life – to the very end. And, isn't that what we all want? So, speak up. Start the conversation.

*Linda Sheesley is a registered nurse and end-of-life consultant practicing in Ottawa. She is spending the winter in Mexico studying the culture of death. To learn more about advance care planning, visit the Canadian Hospice Palliative Care Association at [www.advancencareplanning.ca](http://www.advancencareplanning.ca), the Canadian Medical Association at [www.cma.ca](http://www.cma.ca), and The Conversation Project at [www.theconversationproject.org](http://www.theconversationproject.org). Talk to a lawyer for proper legal advice.*

*"This is not about dying. This is about living your life the way you want. This is a life plan."*

Phew, finally, all the planning is done. Now you are ready for your long-awaited trip.

Here's an interesting thing about plans. Many of us are meticulous about taking care of things: houses, cars, equipment, etc. Some of us are pretty good about taking care of ourselves: regular dental appointments, those pesky exams suggested for women and men of a certain age. But (and this is a big but) most of us avoid outlining the care we want to receive in the event something happens to us and we are not able to communicate our wishes. Avoidance? Magical thinking that nothing could possibly happen to us? Whatever we call it, the fact is most of us avoid thinking about our future care needs and inevitable demise. We refuse to acknowledge that we also need to think about and plan for our end – the same way we did for our pet.

"What are you talking about?" you say. Let's get real for a minute. What is the one thing that all of us face? Every one of us – 100 per cent, without exception – guaranteed. The only true fact of life is that it will end. We have little control over when our life will end. But, we can control how we will live our life to the end. And to have this control we need an exit strategy. The old adage, "hope for the best and plan for the worst," is very true. Anyone of us, at any time, at any age, can be the victim of a tragic event: a motor vehicle accident, a heart attack, or a stroke. One week you can be fine, and then next week unable to communicate. Then what?

There is a lot of talk these days about palliative care

and dying is a topic that lurks beneath the surface of many minds, but is still unspeakable.

It is time to speak up. It is time we start the conversation.

Enter the concept of advance care planning. Advance care planning is a process of introspection, reflection and communication. It is a very personal undertaking with a specific goal in mind. This is not about dying. This is about living your life the way you want. This is a life plan. It is not about forms (although they are part of it). It is about taking charge of your life.

So, how do you begin? Start by filling in the blank: "What matters to me at the end of my life is \_\_\_\_\_." Think long and hard about how you want to end your days. Do you want every possible medical intervention utilized to continue your life? Do you want to limit medical intervention? Do you want a machine to help you breathe, tubes for feeding or dialysis if your kidneys fail? Do you want to be resuscitated if your heart stops? Or do you only want comfort measures

ing quality of life and how that looks for you. There are many terms associated with advance care planning: living will, power of attorney, health care proxy, health care directive, substitute decision maker, personal directive. Legislation and terminology is different in each province. Do your research and ask questions. And, remember, your plan can be revised at any time.

Simply put, an advance care directive is a document that outlines how you want to spend your final days/weeks/months. It is you directing your health care. An advance care directive speaks for you when you can't. It outlines your wishes in the event you become incapable of directing your own care. Often this directive has several sections. The section that provides instructions as to how you want health issues to be handled is commonly called a "living will". It is here that specific actions are addressed: artificial ventilation, tube feedings and pain control are the most common areas noted. In addition to these instructions,

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## Car-Free Living Tops Plan for Renewed Rockcliffe Lands

Continued from page 1

entryways to the Rockcliffe lands: at Montreal Road and by the Aviation Parkway near Hemlock Rd. There will be another business park near this high-rise at the Hemlock Rd. entrance on the western side.

Parks and green spaces, which make up at least 25 percent of the entire area, will be connected by walking trails and bicycle/walking paths. These bicycle paths will also connect all of the areas of the development. Moving about by bicycle or on foot is the primary focus of this plan. A great deal of thought and planning went into the location and linkages of the green spaces. They are to be accessible to all residents within a short walking distance. Some will contain water features such as ponds and drainage swales with natural vegetation.

There will be a "centrum" central square surrounded by shops, restaurants and businesses, which will be located on the ground floor of mid-rise residential buildings (to be in Phase 2). Three schools have been allowed for. The eastern side next to the National Research Council (NRC) property is to be developed as a light industry/business park to provide employment for CLC Rockcliffe residents.

What actually concerns us in New Edinburgh is traffic from this development. As you can see, it is phased over a 20-25 year timeframe. The construction of the Hemlock

Rd./Aviation Parkway junction is still to be negotiated with the NCC. It is not slated to happen until Phase 2 or Phase 3, so some time yet. Traffic will exit onto Montreal Rd in Phase 1. There will be an emphasis on public transit. OC Transpo bus routes will have priority routing through the CLC

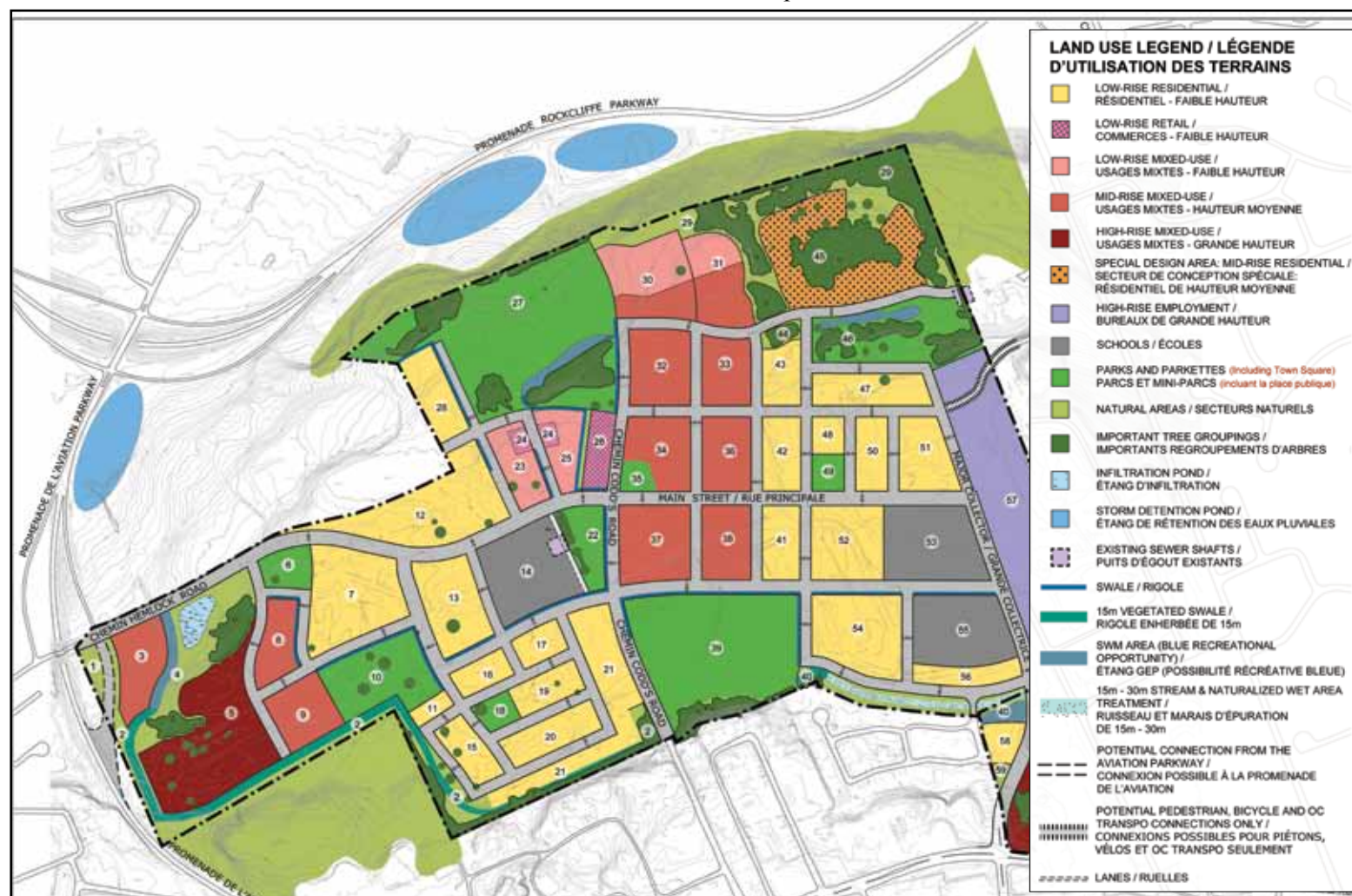
Rockcliffe Lands. The plan is to have a shuttle-type of bus going to and from the new rapid transit station at Blair Rd. There is also to be a bus route that loops from the St. Laurent shopping centre along St. Laurent Blvd to Hemlock, through the CLC Rockcliffe Lands to Montreal Rd. and

then makes its way back to St. Laurent mall. The idea is to encourage use of public transit and cycling by focusing travel towards the 417 and the rapid transit system. The cycling lanes in the development will connect to Hemlock/Beechwood and the Rockcliffe Parkway.

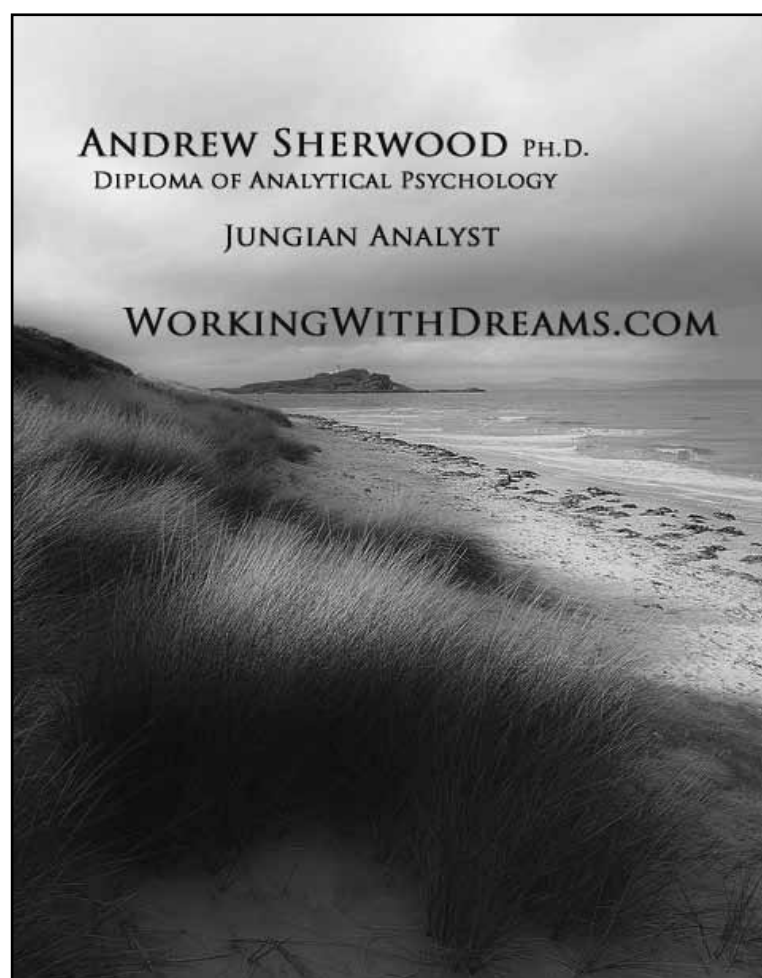
The Public Advisory Group did go to some effort to come up with a new name

for the CLC Rockcliffe Lands, but if any choice was made it was shelved until a future announcement. Perhaps the perfect name has yet to be found. I hope it is a good one so the inevitable confusion of having two Rockcliffes will be avoided.

*Roslyn Butler is a board member of the New Edinburgh Community Alliance.*



This map shows the proposed land use for the Rockcliffe lands, the former CFB Rockcliffe. It's a long-term project, which won't likely be complete until the 2030s. The biggest impact on the New Edinburgh area will be traffic from this development.



## Used Books Fans – Save the Date!

By Jane Dobell and the RPPL Spring Book Sale volunteers

If you love getting beautiful books at bargain prices, mark your calendars now for the 2015 Rockcliffe Park Public Library Spring Book Sale!

**Saturday, April 11: 10 am-5 pm**  
**Sunday, April 12: 11 am-5 pm**

Now in its 18th year, its reputation as one of the best used book sales in Ottawa is firmly established all across the National Capital Region. And, thanks to the receipt of interesting books from personal libraries, this year promises to be even better!

That said, more book donations are always needed. So if it's time to make room for new treasures, please drop off your old books at the **Rockcliffe Park Public Library** during opening hours or call for assistance at. **613-580-2424 x27623**. The sooner you bring in your books the better, as it will help volunteers to prepare for the sale. So don't delay and

remember, no encyclopaedias, magazines or textbooks!

Many thanks in advance for your contributions!

The 2015 Rockcliffe Park Public Library Spring Book

Sale is generously supported by:

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Photo courtesy of Claire Schofield  
These are some of the volunteers at the Rockcliffe Park Public Library Book Sale. Proceeds go towards increasing programming and services at the Rockcliffe branch of the public library.



# New Ed History Project Uncovers Surprises and Great Stories

By Martha Edmond and Janet Uren

Last spring, as she was bobbing joyfully down Crichton St. and enjoying the sunlight, Janet Uren happened to smile and comment on the lovely weather to a man who was packing up a car. He agreed and mentioned that the towel-wrapped object he was just then inserting into the car was a picture of granddad, taken off the wall for the first time in a hundred years. Janet, who with Martha Edmond is working in her spare time on a history of New Edinburgh, squealed to halt and made some enquiries. It turned out that she was speaking to a nephew of Mary McElvoy, who had only recently died after 80 years of living at 68 Crichton—a house built by her grandfather and inhabited over time by three generations of McElvoys. A few days later, Janet returned to spend a couple of hours talking to Mary's sisters who had

come to Ottawa to close up the house.

Martha and Janet have been working, off and on, on a history of the community, and a lot was accomplished last fall. Martha has focused her attention on the main text of the first chapter—"Foundation of the Village"—and has done some really exciting original research on the origins of New Edinburgh. She says that there have been some surprises along the way that are sure to intrigue people who have read only capsule histories so far.

As for Janet, she has been working with the questionnaires that were circulated to residents last year and has concentrated on family and house-related stories. She has met with a few residents whose families have long histories in New Edinburgh—for instance, the Shorts, the McElvoys, the Fergusons—and she has leads on quite a few others families to approach. Thanks to the Boomgaardts, she became

aware of a wonderful book-length memoir written in 1934 by the man who built 62 Crichton, and it has provided wonderful detail not only about life in the village from 1872 onward, but also about work at the mills. When Janet sent the link for the memoir to Martha, her history partner responded that it was "like being locked in a candy shop."

The team have been approached by a number of volunteers expressing interest in working on the project. Various obstacles to meeting have arisen in the last few months, but—as many hands make light work—that is a priority for the winter months.

Janet Uren will be speaking at Nectar on May 5, under the auspices of the New Edinburgh History Society, and she is looking forward to telling some stories of life in the village in days gone by, as well as some highlights from Martha's research.

The New Edinburgh History Project has found dozens of archival photographs and stories about the community's early residents. Many of these photographs and tales will be included in the forthcoming history book by Janet Uren and Martha Edmond.



There is a plaque in St. Bartholomew's Church honouring Thomas and Eliza Short. Thomas Short (1833-93), above, was originally a coachman, and he and his oldest children arrived from Somerset, England, in 1872, followed a year later by his wife Eliza Derrick and the younger children. Thomas worked for the Governor General at first as dairyman and later established his own dairy herd on land in Rockcliffe Park and went into business delivering milk. The Shorts lived first at 77 Union and later in a double house at 3-5 Avon. Their son, William (1860-1946), married Marie Amable at St. Bartholomew's in 1886. He was a wood turner at the Currier factory and later an alderman and assessor. He and his family lived at 58 Crichton, where the house remains largely unchanged today.



Source: Library and Archives Canada, Topley Collection. Louisa Strong Burritt, photographed in 1871 by William Topley, was married to H.O. Burritt, a successful mill owner at the Rideau Falls. They were the first owners of 7 Rideau Gate, opposite Rideau Hall. Dating to 1860, it is now an Official Residence of the Government of Canada.



Eliza Derrick Short

## Star Forwards of New Edinburgh Seven



Capt. Jimmy Burnett needs no introduction to Cleveland hockey fans, as he has been coming to the city for several years, having played here with Ottawa University. He is playing left wing for New Edinburgh and is said to be better than ever. In Morley Bruce, New Edinburgh boasts that it has a center who will outplay Mike Trimble. A lot of Canadian teams have been making that same boast this winter, but none of the posing centers have had anything on the veteran at that. At that, Bruce is more highly touted than any of his predecessors to Cleveland. It also is said that this will be his last season as an amateur, as he will accept one of the professional offers made him.

Source: *The Plain Dealer* (Cleveland Ohio), Feb. 27 1916  
New Edinburgh has had a long association with hockey, both amateur and professional. This 1916 newspaper clipping depicts two members of the "New Edinburgh Seven" junior team: Morley Bruce and Jimmy Burnett. Bruce, a center, starred as a junior with the New Edinburgh team before joining the Ottawa Senators and helping to win the Stanley Cup.



Photos courtesy of Robert Short

The picture shows William, with son Harold and grandson Maynard in front of the house at 58 Crichton, probably in the 1920s. William's son Austin (1901-1972) skated on the Rideau River as a boy with the famous Boucher brothers and Aurèle Joliat who went on to hockey fame. He raised his family at 123 Noel, where Thomas and Eliza's great-grandson, Bob, grew up and attended Crichton School.

# L'ancienne église Saint-Charles-Borromée vendue à Modbox

Par Michel Prévost

L'église Saint-Charles-Borromée de Vanier est pendant un siècle l'un des plus importants symboles de la présence francophone à Vanier, qui a déjà compté quatre-vingt pour cent de la population de la ville créée en 1909. En effet, jusque dans les années 1960, la vie paroissiale se trouve au cœur de la société franco-ontarienne. Par la suite, la population catholique et francophone de la paroisse diminue progressivement pour regrouper en 2008 qu'une centaine de paroissiens pratiquants. Cette réalité amène l'archidiocèse catholique d'Ottawa à fermer la paroisse centenaire en 2010.

Le bâtiment religieux est alors mis en vente et plusieurs craignent sa démolition. Ce ne sera toutefois pas le cas, puisque la Ville d'Ottawa désigne en 2013 l'édifice monument historique en vertu de la *Loi sur le patrimoine de l'Ontario*.

Les élus municipaux reconnaissent alors le bâtiment, qui fait partie du paysage urbain de Vanier depuis plus de 100 ans,

et qui rappelle un volet historique, religieux et culturel de la présence francophone dans ce secteur de la capitale.

Par ailleurs, la paroisse Saint-Charles-Borromée occupe une place particulière dans la francophonie canadienne, puisque c'est dans le presbytère de la paroisse que le curé François-Xavier Barrette fonde l'Ordre de Jacques-Cartier, un ordre secret appelé aussi La Patente. De 1926 à 1965, l'Ordre œuvre particulièrement à la défense des droits des francophones en éducation et la promotion du français dans la fonction publique fédérale bien peu bilingue à cette époque.

Il importe de préciser que seul l'extérieur du bâtiment est protégé pour les générations à venir car l'intérieur est complètement modifié dans les années 1960, dans la mouvance de Vatican II.

## La vente du bâtiment

À la fin de 2014, l'archidiocèse catholique d'Ottawa confirme avoir vendu l'ancienne église avec un bénéfice net de près de 4,000,000\$. Selon Paul Gaboury du journal *Le Droit*,

Modbox, le nouveau propriétaire de l'ancien édifice religieux, souhaite développer un projet similaire au Marché By dans la Basse-Ville avec des commerces, des restaurants, des condominiums et des espaces et marchés publics.

Quant à l'intérieur de l'ancienne église, on prévoit y aménager des commerces ou des restaurants. Pour l'instant, les propos du président de Modbox, Darryl Squires, au journal *Le Droit* sont rassurants: «Pour nous, il s'agit d'un projet qui présente tout un défi en raison de la désignation patrimoniale de l'église. Mais nous avons une équipe expérimentée et nous avons hâte de le réaliser».

Quoi qu'il en soit, le milieu devra être vigilant afin que les nouvelles constructions sur le site ne viennent pas écraser le bâtiment centenaire, qui demeure toujours un témoin important du patrimoine religieux et bâti franco-ontarien.

## Historique de Saint-Charles

Nous profitons de la vente de l'ancienne église Saint-Charles pour en faire un survol historique. En 1900, le territoire de Vanier ne compte qu'une seule paroisse, Notre-Dame-de-Lourdes. Les paroissiens de l'ouest du secteur trouvent la distance pour aller à la messe beaucoup trop grande et demande à l'archevêque d'Ottawa, Mgr Joseph-Thomas Duhamel, la construction d'un nouveau lieu de culte. Le rêve devient réalité en 1908 avec l'érection de l'église Saint-Charles. Les travaux sont confiés à l'entrepreneur Venance Ladouceur, qui bâti aussi en 1913 le presbytère et la salle paroissiale. L'érection des trois bâtiments coûte 40,000\$.

La paroisse connaît un grand essor sous le règne de Mgr Barrette qui dirige d'une main de fer la paroisse pendant plusieurs décennies. En effet, le prélat se lance dans



Photo: Louise Imbeault

À la fin de 2014, l'archidiocèse catholique d'Ottawa confirme avoir vendu l'ancienne église avec un bénéfice net de près de 4,000,000\$.

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l'acquisition de terrains organise la vie de sa paroisse et fonde plusieurs clubs sociaux, la bibliothèque Vanier et bien sûr l'Ordre de Jacques-Cartier qui aurait compté plus de 10,000 personnes (certains disent beaucoup plus) réparties dans plus de 500 commanderies partout au Canada français.

En 1963, l'église est menacée de démolition afin de construire une chapelle plus fonctionnelle. Le projet de raser l'édifice est abandonné, mais malheureusement, à l'instar de plusieurs autres églises de l'Ontario français et de l'archidiocèse d'Ottawa,

l'intérieur richement décoré est défilé et repeint en blanc uniforme. Ce sont toutes ces transformations qui empêchent en 2013 la désignation historique de l'intérieur du bâtiment.

Enfin, certains dont le député d'Ottawa-Vanier, Mauril Bélanger, aimeraient bien que l'église soit désignée lieu historique national par la Commission des lieux et monuments historiques du Canada, afin de reconnaître l'importance capitale de l'Ordre de Jacques-Cartier qui a été fondée à cet endroit.

Peu importe l'avenir, il sera important que des plaques et des panneaux d'interprétation rappellent l'importance de l'église et de la paroisse Saint-Charles de Vanier pour le patrimoine religieux et culturel des Franco-Ontariens de la capitale nationale.

Michel Prévost, archiviste en chef de l'Université d'Ottawa, offre des visites guidées sur le patrimoine franco-ontarien de la région de la capitale. N'hésitez pas à le joindre aux Archives de l'Université d'Ottawa, 100, rue Marie-Curie, salle 012, tél. : 613-562-5825, courriel: [Michel.Prevost@uottawa.ca](mailto:Michel.Prevost@uottawa.ca).





## An American with a Canadian Dream

By Louise Imbeault

We've all heard of the American dream, but here is the story of an American with a Canadian dream. Did you know that a descendant of the America's first Aboriginal aviator is living in our midst?

Meet **Scott "Tex" De Larm**, a resilient, jolly and generous man who arrived from his native Texas to Canada in July 2009 on a work visa, determined to find a new home for himself and his new family. A single father of two sons, he married in March 2009 before coming to Canada by himself that summer. **Anne** and her two daughters remained near Dallas until they were able to join him here in 2011.

Scott worked earnestly as a sleep apnea technician in a west Ottawa sleeping disorder clinic while renting a room in Ottawa's Sandy Hill neighbourhood. He later found his family's "forever home" on Union Street in 2011 where they now thrive with Daisy, their 11-year-old yellow lab and Charlie, the not-so-friendly female feline of six years. Scott and Anne's three adult children visit often throughout the year, though Sandi lives with them and will graduate from Lisgar Collegiate soon.

Scott's personality is as big as Texas and judging by the number of friends he has, the

man is a magnet. You may recognize him from the "Texas Heat" salsa and chip stand at the Beechwood Market last summer. Not surprisingly, he enjoys testing his culinary creations with his closest pals at home. He makes his own rubs, marinates and sauces and smokes prime cuts of meat in his multi-shelf smoker.

Still on a work visa in 2015, Scott's dream of becoming a Canadian citizen is a burning desire for a very heartwarming reason: he found the legacy of Eddie "Tall Feather" De Larm, his grandfather. The archives report the pilot's name as Captain Eddie Delorme, but his real name is Edward Orville De Larm, an Arapaho Indian, reputed to be America's first aboriginal pilot. He survived a plane crash in 1941 across the Ottawa River in a small rural area of the Gatineau Hills. (1)

The story goes that on the weekend of July 19-20, 1941, during the filming of Warner Bros.' blockbuster movie *Captains of the Clouds* at RCAF Station Uplands, De Larm was scheduled to fly the Hudson Bomber to the set. Due to poor weather conditions (mist, fog and low cloud formations), he lost his way to the destination and belly-landed the plane in a farmer's field.

As an aside, did you know some of Hollywood's biggest stars were here for the filming,

including James Cagney, Alan Hale and Dennis Morgan? Apparently, Ottawa's excitement was at a fever pitch when Governor General Alexander Cambridge, 1st Earl of Athlone and then-widowed Lady Byng with Her Royal Highness Princess Alice met the stars at Uplands that weekend.

Apparently, Tall Feather was born to a French Canadian RCMP officer and an Arapaho Indian princess. Sadly, her real name is now lost, but we know she was assigned the name "Shakespeare" on the Wind River Reservation.

On Scott's mother's side, the family were members of the military and farmers from Oklahoma and Texas.

Today, the De Larms make a habit of giving back to the community and sharing with the less fortunate. On a weekly basis, Scott delivers "goodies" to a local women's shelter. His high spirit, robust belly laugh and storytelling charisma are infectious.



Photo: Louise Imbeault

Originally from Texas, Scott De Larm and his wife Anne now call New Edinburgh home, and dream of one day becoming Canadian citizens.

Welcome to Canada, De Larm, family and happy fourth anniversary from all of us here in the Burgh.

To learn more about Eddie De Larm's 1941 adventure, visit

[vintagewings.ca/VintageNews/Stories/tabid/116/articleType/ArticleView/articleId/347/Miracle-of-the-Hudson.aspx](http://vintagewings.ca/VintageNews/Stories/tabid/116/articleType/ArticleView/articleId/347/Miracle-of-the-Hudson.aspx)

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# The Little School Where Students Think Big

By Maria Urbina-Fausser

Who said children can't achieve great things? There is a little school in the heart of New Edinburgh, where students are doing just that. Fern Hill, a private school on Vaughan Street, has only 176 students from nursery school to Grade 6, but these kids are on fire! With the support of their passionate and caring teachers, they are developing leadership skills, supporting their community, and helping others.

At Fern Hill, the older students are organized into Houses named after four Canadian National Parks: Yoho, Banff, Grasslands, and Terra Nova. The students have created crests for each House. And the school mascot, drawn by Grade 6 student Gerard Garcia, follows the House theme as the hawk is the one animal found in all four national parks.

The House structure has helped create a true school spirit and foster leadership skills among the older students. Jacob Mee, a Grade 6 student who is one of the captains of Banff House, says, "Houses bring the school's students together to work with

their housemates as a team. This encourages the students to work as hard as they can and helps us understand each other better."

The children are encouraged to help not only one another (for example, younger students are assigned an older reading buddy), but also to help out



Photo: Cindy Bennell  
In December 2014, Fern Hill students including Jaida Dorneval, collected donations for their food drive and Mitten Tree.

in their community. As soon as I step into the school I'm aware of all kinds of student-led initiatives to raise funds for important issues in our city, such as poverty and food insecurity. But kids will be kids and of course they have a lot of fun while doing their part. Crazy-Ties-and-Tights and PJ days are a big hit, with the students and teachers paying \$2 so that they can wear these silly items as part of their uniform. A portion of the proceeds go to the Snowsuit Fund.

This past Christmas, the school collected new and gently used mittens, hats, and scarfs by having a Mitten Tree, and ran a food drive for the Ottawa Food Bank. Over one hundred hats, mittens, and scarfs were donated – many by the younger nursery and kindergarten children. The students then volunteered (with adult supervision) to take the donations to the Food Bank depot on Michael Street. We are talking about 9, 10, and 11 year olds spending time after school to load large bins of non-perishable food items into a minivan!

Another way the children

have found to raise funds is through sports. Last fall the students and teachers organized the school's own Terry Fox running race at Rideau Hall, and raised \$1,800 for the Terry Fox Foundation. "I was very proud of the students' commitment to this cause," says the school principal, Deborah Gutierrez.

But the children don't just spend their extra-curricular time fundraising. They also dedicate time to connect with other cultures. Jaida Dorneval (Grade 6), Noah Bennell (Grade 6) and Katelyn Lennox (Grade 4) received an invitation to participate in the National Day celebration hosted by the State of Qatar. These students were finalists in a drawing competition and attended a luncheon at the Chateau Laurier where they met other participants, as well as the ambassador of Qatar to Canada. Noah Bennell was very proud to win second place in the competition.


This little school is an important part of New Edinburgh and holds an incredible force of talented and active young people. If they are achieving so




Photo: Cindy Bennell  
Grade 4 students Sasha Mee and Washington Dorneval were among those who took part in Crazy Tie Day, raising money for the Snowsuit Fund.

much at this age, imagine what they can do when they grow up! I am, for one, very excited to find out.

Maria Urbina-Fausser and her family live in New Edinburgh. Her son attends Fern Hill School. For more information on Fern Hill School please visit [www.fernhillottawa.com](http://www.fernhillottawa.com).



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## Nordic Walking: A Better Way to Get Moving

By Nina LePage

There is plain old going for a walk, and then there is Nordic Walking. You may have seen people striding briskly down the street, swinging ski poles with big smiles on their faces – they are Nordic walkers. Scandinavians have been practicing Nordic Walking for years. The only equipment you need is a good pair of Nordic Walking poles and comfortable shoes. Using 90 per cent of the muscles in your body, you can burn as much as 40 per cent more calories Nordic walking in comparison to regular walking or slow jogging.

There are many significant benefits involved in using Nordic poles, and here are just a few:

- Strengthening core muscles and bones
- Improving posture
- Toning the upper body
- Improving balance
- Providing cardiovascular exercise
- Fostering weight loss

Despite the greater caloric burn involved in Nordic walking, it actually feels less strenuous and tiring than ordinary walking. The balanced weight distribution improves your

gait, and takes a load off your knees and ankles, which is an especially huge benefit if you have arthritis. Pole walking also engages your abdominals, upper back and triceps, and improves your posture. Nordic Walking is an activity for people of all ages and fitness levels, and even top athletes practice it for interval training and for recuperating after an injury. Walking three to five times per week is the optimum for the best results.

So why walk at all when it's cold and snowy out there? There's a very good reason: we are made to move. Many positive things come with physical fitness. Daily exercise is a great way to regain or keep our good health, as well as strengthen our muscles and bones. Plain walking is good, but not good enough. Nordic Walking is an integral part of recovery programs aimed at women with osteoporosis. It is also recommended for people suffering from high blood pressure and diabetes, and the Ottawa Heart Institute recommends it for their rehab patients. Many other chronic diseases will also benefit greatly.

The full body workout you

get when pole walking allows you to break into a sweat. Sweating brings on detoxifying effects and stimulates the pleasure centre of your brain. Walking in a group adds a social dimension to the sport. There is plenty of research telling us that spending time with friends is not only important, but also good medicine.

Worried by the challenge of having to learn a new sport? Actually, the technique is very easy. You need to have the poles adjusted to your height. Then you drag the poles behind you to find a good arm swing rhythm. Once you have a good movement, you put pressure on the pole tips just behind your heel in order to propel you forward. In order to get a really good technique, it certainly helps to have some class instruction.

Program participant **Marie Mullally**, who also happens to be a new energetic photographer for the *NEN*, has high praise for the benefits of the sport: "I found Nordic Walking a truly exhilarating way to start my day. The brisk walk, flexible and core building exercises in the early morning air helped me embrace my day. I



Photo: Marie Mullally  
(from left) Marie Mullally, Karin Munthe, instructor Nina LePage, Bernadette St. Jean and Karen Harrison gather outside the Nectar Centre for a session of Nordic Walking.

also enjoyed the social aspect of chatting with other walkers, and learning more about the hidden short cuts in New Edinburgh and surroundings".

Prices for poles vary from \$20 –\$120. If you plan to walk on asphalt, a top-of-the-line brand like Urban Poling 300 is highly recommended. It has a strapless handle, telescopes, locking system, metal tip for ice and rubber traction tips for hard surfaces. The pivot and specially designed handle and rubber booty do an excellent

job of absorbing any vibration, and they are very quiet. There is no clicking at all when you use the rubber tips.

To learn from the pros, classes are available at our local Nectar Centre, so check out the schedules at [nectarcentre.ca/adult-fitness-programs](http://nectarcentre.ca/adult-fitness-programs) or call Nectar at 613-745-2742. If you have questions about the program, please feel free to visit my Facebook page at [facebook.com/nina.m.lepage](https://www.facebook.com/nina.m.lepage) or contact me directly at [nina.lepage@gmail.com](mailto:nina.lepage@gmail.com).



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# Madwomen and Misfits Take the Stage at Elmwood

By Sophia Swettenham

Elmwood Theatre is busily preparing for their upcoming production of "The Madwoman of Chaillot" by Jean Giraudoux. Written in 1943, the play tells the tale of the Countess Aurelia, the Madwoman of Chaillot, and her efforts to overcome 'evil' in the world. Upon hearing from her trusty friends – the Misfits who make up the usual setting at a local café – that a group of sinister

individuals plan on digging for oil under the streets of Paris, the Countess decides she must take matters into her own hands and, for the sake of humanity, save her beautiful and innocent world. The Countess then joins up with the Misfits and other Madwomen of Paris to accomplish this task.

Although "The Madwoman of Chaillot" was written just over 70 years ago, Elmwood Theatre is giving the play a rather contemporary inter-

pretation. This is being done through the incorporation of "steam-punk" props and costumes. The complement of the Victorian style – such as flamboyant hats, and long, layered skirts – with industrial metal tidbits – such as watches, springs and gears – help to meld together the original world of the play with topical issues that we face today.

An allegory, "The Madwoman of Chaillot" is a satirical look at the threat of individuality and artistry in the face of ever-increasing greed. The malicious characters represent the rich and the ambitious that seek economic gain and prosperity at all costs. Those at peril are the pure-hearted characters that see themselves as the appointed caretakers of this world. Our director, Angela Boychuk, says she was drawn to this play because "it is a work that still speaks to audiences. Many of the concerns that Giraudoux expressed through his writing still resonate in our world today. An idealist, he sought to present on stage those same themes of good versus evil that echo again and again in fables and fairy-tales."

To prepare for this show, the company of young actresses in Elmwood School's High



Photo by the Elmwood Theatre Marketing Team. (from left) Elmwood theatre students Maya Mainland-Gratton, Sophia Swettenham, Claire Avisar and Louisa James-Beswick rehearse for the Feb. 25 opening of "The Madwoman of Chaillot."

School theatre program has devoted much of their time to character development and scene analysis workshops, not to mention their practical participation in countless hours of rehearsal. Though this is not a musical, song has also been added to the play, which has involved several of our more musical performers. Supporting their efforts is teacher, Cathy Wiley, who has composed and arranged pieces, ranging from cryptic nursery rhymes to traditional Parisian

love-songs.

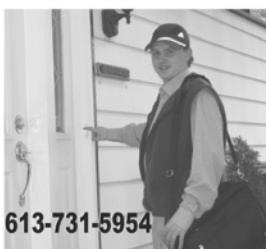
As opening night approaches, the students and staff of Elmwood School await in anxious anticipation for the show. Elmwood Theatre not only brings together a range of performers from grades nine through twelve but it also attracts an audience from our Junior, Middle and Senior School, as well as our graduates, friends and family members, and members of our neighbourhood community. Show-week at Elmwood is more than just 'playtime' for performers – it is a time when we come together with our audiences to share in the 'making and enjoyment of theatre.'

Sophia Swettenham is a Grade 10 theatre student and member of Elmwood Theatre's 2015 cast. "The Madwoman of Chaillot" opens Feb. 25, and runs until March 1. Call 613-749-6761 for more details.

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# MacKay Concert Series Opens with 19th Century French Music

By Carolyn Bowker

The MacKay Concert Series is delighted to welcome back Canadian pianist Dr. Maria Guénette, as it continues its 2014-15 program with a recital of late 19th century French music on March 7, at 7:30 pm. MacKay concertgoers may well remember Guénette's exciting performance in 2010 with Robert Crutchfield on marimba.

Her program is entitled "Fauré: Friends and Foes". The title refers to a period in French musical history which saw the founding of the Société Nationale de Musique in 1871 by Fauré's teacher and friend, Saint-Saëns, to provide a platform for new composers and to promote a school of French music distinct from the "national" music movements that were evolving in Germany and elsewhere in Europe. Their declared intention was to act "in brotherly unity, with an absolute forgetfulness of self." The leading composers of the day were invited to submit their compositions for adjudication by the organizing committee. Debussy and Ravel would later become members.

Inevitably, as sometimes

occurs in artistic groups, brotherly unity did not last. In 1886 the society split over the issue of promoting non-French music, with d'Indy and Franck leading the opposition to Fauré, his mentor Saint-Saëns, and their friends. To make things worse, Ravel later left the society and formed the Société de Musique Indépendante in 1909, which aimed to promote contemporary music that was free of any restrictive influence or style.

However, the creative disagreements among these talented composers produced a rich legacy of musical achievement that Guénette will bring to life for our listening pleasure. The program will include the following works: Valse-Caprice No. 1, Op. 30 (Fauré), Suite Op. 90 (Saint-Saëns), Menuet Antique (Ravel), Fantaisie pour piano sur un vieil air de ronde française, Op. 99 (D'Indy) and Eglogue Op. 3 (Franck).

Maria Mika Guénette began her studies at the age of eight and made her debut, at the age of 14, with the Windsor Symphony Orchestra. Since then, she has appeared in numerous solo and collaborative performances in Canada,

the United States, Japan and Austria.

She was awarded a doctorate of music from the Eastman School of Music in Rochester, New York. She also has a master's in harpsichord performance, a baccalaureate in piano performance from the University of Ottawa (studying with Jean-Paul Sevilla and Andrew Tunis) and a master's in piano performance. This latter degree was made possible by a grant from the Japanese Government (Monbusho) to pursue her studies at the Tokyo National University of Fine Arts and Music (Tokyo Geijutsu Daigaku) where she studied with Dr. Takejiro Hirai.

Her duo "Well-Tempered Keyboards" –a collaborative project for piano and keyboard percussion with Robert Crutchfield– commissioned and premiered in 2010 Evan Hause's "Night Voyages" and a work called "Nocturnes" by Canadian composer, Christine Donkin (this latter work was performed at MacKay in 2010).

Dr. Guénette is currently staff accompanist at Southern Methodist University in Dallas, Texas. She also serves as an examiner for The

Royal Conservatory of Music Examinations.

Tickets for this concert (adults \$25, seniors and students \$20) will be available at Books on Beechwood, the Leading Note on Elgin Street, or through MacKay United Church (613-749-8727) and at the door, 39 Dufferin Road at MacKay Street. Concert time is 7:30 pm.

The following concert in the

MacKay concert series will take place on April 18: "Paris to Vienna" featuring the music of Debussy, Schubert and Kreisler, performed by David Thies-Thompson on violin and viola, and Parv Eshghi on piano. The May 3 concert will feature string quartets by Elgar, Bloch and Beethoven performed by the Silflay String Quartet.



Photo: Don Veatch

Canadian pianist Maria Guénette is staff accompanist at Southern Methodist University in Dallas, Texas. She will perform at MacKay United Church on March 7.

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# What I Learned Knocking on Ottawa's Doors

By Tobi Nussbaum

*This story was originally printed in the Ottawa Citizen on Jan. 4, 2015.*

The naked man opened his door partway to tell me that he was sorry he couldn't speak but that he had no clothes on. I immediately threw up my hands to indicate my full appreciation for his predicament and quickly moved to carry on to his neighbour's apartment.

"But hold on, come to think

of it...", he said, and proceeded to ask about the plans for the vacant lot across the street. I tried to balance a proper answer with a very brief one. Brief was winning out. As we conversed, the door – initially opened only a few inches – was ever widening. I now had ample evidence that this gentleman was not at all lying to me.

2014 brought me a whole host of new insights and experiences, thanks to the main

activity I undertook throughout the year: knocking on the doors of thousands upon thousands of fellow residents to ask about their thoughts, ideas and preoccupations when it came to improving their quality of life and building a better city.

For example, I learned that my Mr. Rogers-like propensity toward slippers and sweaters when sitting around at home, while not exceptional, is certainly not shared by all. That was lesson number one.

The second lesson was that Ottawans are far more polite, respectful and open than many give us credit for. I could count the number of slammed doors on two hands. Far more often, the interrupted, the harried, the angry or the disinterested would explain their state of mind in words, mostly polite ones with a hint (or so I liked to believe) of apology for not offering this perfect stranger at their door more of their time. In a vast majority of cases, the door would stay ajar, my initial questions answered by thoughtful ideas on what improvements could be made, changes affected and civic dreams imagined.

The third lesson learned was that while many of my fellow residents know their neighbours on their streets and in their buildings, a surprising number do not. And density alone is not a solution. I was struck by the isolation of some living in situations where there is no lack of neighbours. Apartment hallways could be forlorn and empty spaces, shuttling residents from locked and bolted door to the elevator. Insufficient upkeep of properties and fear of crime can be important contributing factors.

So too, however, is how we design our density.

As we increasingly focus the growth of our city upwards instead of outwards, developers, architects and planners need to come up with more thoughtful ways to build our multi-unit dwellings to allow for more spontaneous and

organic interactions among neighbours. Open staircases for low- and mid-rise buildings – not to be confused with hard to access, concrete fire escapes – offer an opportunity for able-bodied residents to have easy and relaxed encounters, unlike the claustrophobic awkwardness of interminable elevator rides. Amenity spaces on each floor – whether a kitchen, dining room or lounge – could provide a chance for residents to socialize in smaller, less anonymous ways.

*"Credit for healthy social bonds rests with the people who welcome their new neighbours, organize block parties and nurture neighbourly ties."*

Outside, thoughtfully-designed courtyards can provide protection and intimacy for playgrounds, and seating areas for book readers. Similar objectives of small-scale, safe public spaces which encourage neighbourly interaction also need to be a part of design for streets with houses and stacked townhomes.

Why should socially connected residents interest municipal government? Because the last, and perhaps, most important, lesson I learned over my seven months of almost daily walking through my ward is that famil-

iar neighbours are critical to building healthy communities. The most successful streets and buildings I encountered were the ones where people know each other; where milk is borrowed, plants are watered and kids looked after. The conversations at the doors of those blocks and floors turned to neighbourhood improvements, community meetings and a sense of ownership over the

future. Those were also the doors of areas where trust and happiness seemed to this walking visitor to be higher. Credit for healthy social bonds rests with the people with the courage and energy to welcome their new neighbours, organize block parties and consciously nurture neighbourly ties. But good planning can abet or spike such efforts. We know that such bonds are less likely on streets with speeding traffic, poor public spaces and a lack of walkable destinations.

As I enter 2015, my new year's resolutions include a commitment to remember the lessons of 2014 and work to ensure that City Hall does more to support – not frustrate – the efforts of residents to build healthy neighbourhoods and positive social bonds among neighbours.

And whether my list of resolutions also includes a more open mind to my domestic loungewear, I'm not telling.

*Tobi Nussbaum is the city councillor representing Rideau-Rockcliffe, ward 13.*

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# Help Lesotho Celebrates 10 Years with Empowering Message

By Kate Lambert,  
Help Lesotho

Amidst the bustle of the holiday season, one Ottawa-based charitable organization passionately kept its focus on the critical need to empower girls and women as strong, independent decision-makers. With the help of many New Edinburgh residents, Help Lesotho held numerous events to mark its 10th anniversary in December 2014 –celebrating 10 years of helping 10,000 vulnerable children, girls, youth and grandmothers every year in the tiny southern African mountain kingdom of Lesotho, which has the second-highest rate of AIDS in the world. New Edinburgh resident Dr. **Peg Herbert** started the organization in 2004, and has experienced many challenges and successes since then.

In honour of this tremendous milestone, four inspirational girls and women came from Lesotho to Ottawa to share their moving stories. Two were royalty: Her Majesty Queen 'Masenate and her daughter Princess Senate. Two were from Help Lesotho's rural village programs: 'M'e Makatleho, a grandmother, and Felleng, a

16-year-old *GIRL4ce* leader.

As well as a reception at Parliament Hill, a visit to our neighbour Governor General David Johnston, school visits and donor meetings, Help Lesotho held wonderful public events in Ottawa, Toronto and Kingston. Hundreds of guests and supporters attended an evening reception at the Museum of Nature on Dec. 11 and the 'PossibiliTEA', a multi-generational afternoon tea hosted by Ashbury College on Dec. 13.

While all four Basotho guests shared important perspectives on gender equity, it was young Felleng who stole the show at each event. Felleng bravely shared with guests what it's like to grow up as a girl in Lesotho confronting the gender-based violence, the lack of opportunities, the high rates of teenage pregnancy, and the discrimination that limits girls from achieving their goals. Guests were encouraged to step up and speak out about gender equity, and the need to focus on investing in girls and women as the best opportunity to influence social justice.

The New Edinburgh area was well represented at the




Photo: Ricardo Borcka

From left: Felleng, Dr. Peg Herbert, Queen 'Masenate, Princess Senate and 'M'e Makatleho at the Canadian Museum of Nature on Dec. 11, 2014.

Ottawa events, with champions such as **Rob and Joanne Nelson, Shelagh M'Gonigle, and Mary Mahoney**. Peg continues to credit many of the residents of New Edinburgh for providing the support she needed back in 2004 to make Help Lesotho possible, from the many members of St. Bartholomew's Church who sponsored vulnerable girls in Lesotho of the St. Mary's program, to loyal volunteers such as Rob Nelson who served on Help Lesotho's Board of


Directors from 2004-2014. Also Peg is grateful for the support of the New Edinburgh News, which she regards as instrumental in sharing the story of the remarkable impact Help Lesotho's programs had, and continue to have in the remote mountains of this incredibly beautiful and desperately poor country. Special thanks to Jane Heintzman as a long-time child sponsor and author of many of the NEN articles about Help Lesotho's work.

To see photos of the events and learn more about Help Lesotho, visit [www.helplesotho.org](http://www.helplesotho.org). Our organization is especially in need of new sponsors for the **Child Sponsorship Program** which supports vulnerable students to enrol in the five-year high school program, so if you can help by reaching out to offer assistance, support and above all, hope to a young person in this struggling country, please email [kate@helplesotho.org](mailto:kate@helplesotho.org).




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# Austrian Prince Orlovsky Holds Court at St. Bart’s Church

By Chelsea Honeyman

If you live near Mackay and Queen Victoria streets in New Edinburgh, you may have heard church bells chime at midnight on January 1. If you did, you shared in Ottawa’s contribution to a Viennese New Year’s tradition – much like the over 100 Ottawa residents (both from the neighbourhood and beyond) who attended an “Evening in the Court of Prince Orlovsky” at the Church of Saint Bartholomew on New Year’s Eve.

For one magical night, St. Bart’s church and hall were transformed into a 19th-cen-

tury Austrian court, complete with stunningly clad singers, a refined string quartet, graceful waltzers and a glittering reception fit for a prince! **Ulrike Butschek**, the Embassy of Austria’s deputy head of mission and head of the Cultural Forum, and **Ruth Honeyman**, artistic director of local arts group Ars Nova, ensured that the evening would transport attendees to the opulence of 19th-century Vienna, from the concert’s repertoire of J. Strauss, Lehar and Mozart to the crystal-themed décor of the following reception.”

Hosted by **Rob Clipperton**,



Christopher Oliveira.

its own set of Fritz Kreisler’s works; they concluded the program with an energetic version of J. Strauss’ *Radetsky March*.

But the concert only marked the beginning of the evening! The night gave way to a reception in St. Bart’s hall, where guests entered a winter wonderland of silver and crystal. As they enjoyed Austrian wines and delicacies, they were once again serenaded by the night’s performers, and some even took to the dance floor to waltz away the final hours of 2014. At midnight, St.

Bart’s partook in a Viennese tradition by ringing in the New Year on the church bells while the Harea Quartet played the *Blue Danube Waltz*.

This lovely evening was bittersweet for Ulrike and her husband **Wolfgang Lassl**, as they will be leaving New Edinburgh and Canada this summer for another diplomatic posting. However, the impression this evening left on those who attended, ensures that Ottawa “will remember Vienna”!



Ulrike Butschek and Wolfgang Lassl.

the concert was a celebration of established and new local talents. Accompanied by **Timothy Piper** and former Manor Park resident **Ros Weeks**, sopranos **Jordanne Erichson**, **Stephanie Piercey Beames**, and **Lydia Piehl**; tenor **Chris Oliveira**; and baritone **Garth Hampson** entranced the audience with works from *The Merry Widow*, Delibes’ *Lakmé*, and of course J. Strauss’ *Die Fledermaus*. The **Harea String Quartet** offered lively support and shone in



Jordanne Erichson and Lydia Piehl.

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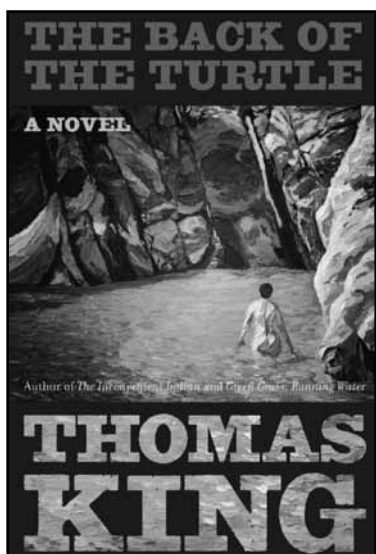


# What's Popular and What's Coming Up at the Book Shop

## By Books on Beechwood Staff

### Top Picks of Christmas 2014

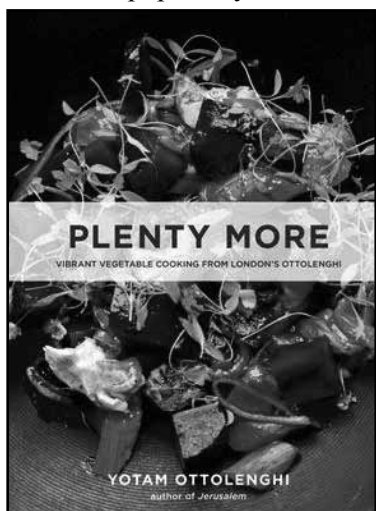
This year's Christmas crop included a profusion of wonderful books rather than just a few run-away best sellers. In the **Fiction** category, the top picks for B on B shoppers included **Frances Itani's** latest work *Tell; Conductors* by **Sean Michaels**; *Sweetland* by **Michael Crummey**; **Miriam Toews' All My Puny Sorrows**; **Thomas King's** Governor General's Award-winning *The Back of the Turtle*; *The Paying*



*Guests* by **Sarah Waters**; *The Long Way Home* by **Louise Penny**, and *Adult Onset* by **Ann-Marie MacDonald**.

History and biography dominated in the **non-fiction** category of popular picks, where leading contenders included: **David Halton's** *Dispatches from the Front*; *Who We Are* by **Elizabeth May**; *Two Days in June* by **Andrew Cohen**; *Party of One* by **Michael Harris**; **Naomi Klein's** *This Changes Everything*; *The Morning After* by **Chantal Hébert**; and *The Necessary War: Volume One*, by local historian and author **Tim Cook**.

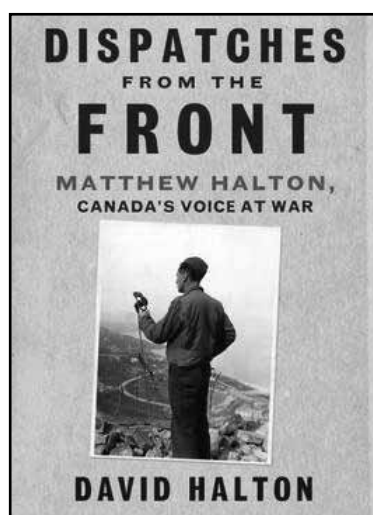
The run-away best-selling cookbook this Christmas was **Yotam Ottolenghi's** *Plenty More*, building on the enormous popularity of his two



previous publications, *Plenty* and *Jerusalem*. In the fine art category, **A.K. Prakash's** work *Impressionism in Canada* was in high demand, but unfortunately sold out very rapidly as a result of an unexpectedly small first print run by the publisher. Don't despair, however, as the store is hoping to get hold of more copies in the near future. Jigsaw puzzles also sold like hotcakes at B on B this Christmas.

### Titles@Table40

**February 22, 5:30 p.m.:** **David Halton**, former chief Ottawa political correspondent for the CBC, will be guest author at the next B on B Titles@Table 40 event, and will lead what promises to be a fascinating discussion of *Dispatches from the Front*, a memoir about his famous father, war correspondent **Matthew Halton**. For reservations, drop by the store or call **613-742-5030**

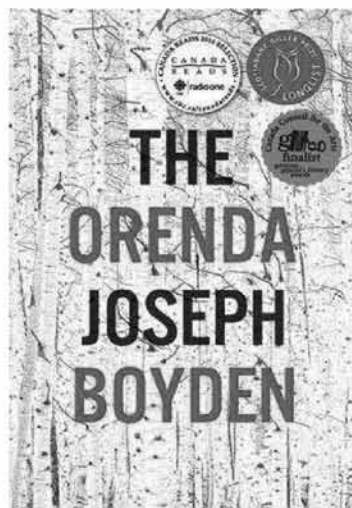


### Coming Soon!

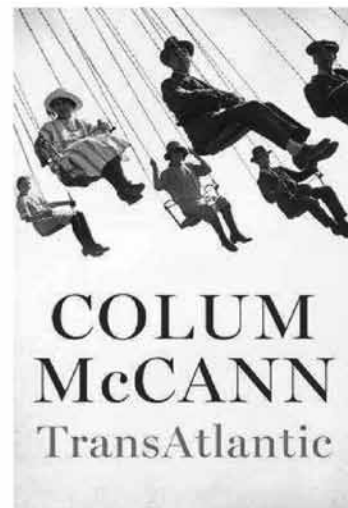
Plans are in the works to arrange Titles@Table 40 events featuring **Helen Humphreys** whose latest novel will be released in February, and popular local author **Elizabeth Hay** who has a new work, to be entitled *His Whole Life*, scheduled for release in August. Stay tuned for more details at the store or on the B on B website at [booksonbeechwood.ca](http://booksonbeechwood.ca).

### B on B Book Club

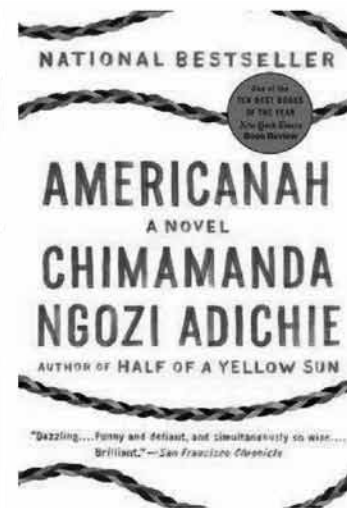
The popular B on B Book Club is going strong, with two separate sessions each month, the first led by **Antoinette Fracassi** on the second Wednesday of the month in the second floor lounge of New Edinburgh Square, and the second guided by **Jill Moll** on the last Wednesday of the month in the Penthouse at The Edinburgh. On the agenda in February is **Colum McCann's** *Transatlantic*, and in March, participants will discuss *Americanah* by **Chimamanda Ngozi Adiche**.



January 14/28



February 11/25



March 11/25

## Books on Beechwood Presents TWO Monthly Book Club Sessions!

Session 1***		Session 2***	
<b>Date:</b>	Second Wednesday of month	<b>Date:</b>	Last Wednesday of month
<b>Time:</b>	7:30pm	<b>Time:</b>	7:30pm
<b>Location:</b>	New Edinburgh Square 35 Beechwood Avenue 2nd Floor Lounge	<b>Location:</b>	The Edinburgh Retirement Residence 10 Vaughan Street Penthouse
<b>Session Leader:</b>	Antoinette Fracassi	<b>Session Leader:</b>	Jill Moll
<b>Schedule:</b>	January 14 - <i>The Orenda</i> by Joseph Boyden February 11 - <i>Transatlantic</i> by Colum McCann March 11 - <i>Americanah</i> by Chimamanda Ngozi Adiche	<b>Schedule:</b>	January 28 - <i>The Orenda</i> by Joseph Boyden February 25 - <i>Transatlantic</i> by Colum McCann March 25 - <i>Americanah</i> by Chimamanda Ngozi Adiche



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Email: [mca.admin@bellnet.ca](mailto:mca.admin@bellnet.ca)



# Perfect Weather for a Winter Celebration

**Photos by Louise Imbeault**  
Governor General David Johnston and his wife Sharon Johnston welcomed their New Edinburgh neighbours and visitors from across Ottawa to the grounds of Rideau Hall on Jan. 24 for their annual winter cel-

ebration. With warmer weather this year than last, thousands of people took part in a selection of winter activities, including skating on the outdoor rink, dog-sledding, kicksledding, horse-drawn wagon rides provided by the ByWard Market's Cundell's stables, and lots of

sports in honour of the Year of Sport in Canada. A dozen foreign missions were also on hand with their own tents, offering information and food samples from their respective countries.

-Christina Leadlay



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## Vice-Regal Novel on the Horizon

Anyone who has visited Rideau Hall during the tenure of Governor General David Johnston will be aware that his wife and vice-regal

consort **Sharon Johnston** is loaded with warmth, energy, enthusiasm, and charm. Her broad-ranging talents include a master's and doctoral degree in rehabilitation science, combined with notable expertise as a successful horse trainer, having operated Chatterbox Farm, a horse-training centre in classical dressage for 12 years before coming to Rideau Hall in 2010.

Mrs. Johnston has recently added another string to her bow in the literary realm, and will publish her first novel, *Matrons and Madams* (Dundurn Press) this coming April. The novel deals with the struggles of veterans adjusting to life in Canada after World War I, focusing on the tale of

two women who devote themselves to helping wounded veterans. We'll bring you more details in our April issue, so stay tuned!

-Jane Heintzman



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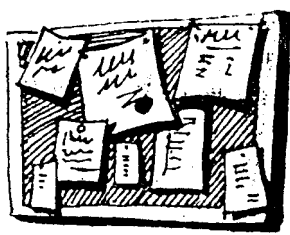
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## Burgh Bulletin Board

### February

**Until Feb. 17 – “Révélations anticipées” exhibit.** Centre d’artistes Voix Visuelle, 67 Beechwood Ave. 2nd floor. Open Tuesday to Saturday, 11 a.m.-4 p.m. 613-748-6954, [www.voixvisuelle.ca/en](http://www.voixvisuelle.ca/en). Come see the exhibit “Révélations anticipées” by artist Janie Julien-Fort, featuring an installation of abstract and figurative photos assembled to form constellations. The images are reminiscent of ancient photography, but show contemporary subjects.

**Through March 22- “Beach: Memories of Nova Scotia” exhibit** Gallery 200, the School of Dance, 200 Crichton St. Open Monday to Friday 10am-9pm; Saturday 9am-5pm; Sunday is closed. [aide@the-schoolofdance.ca](mailto:aide@the-schoolofdance.ca). Gallery 200 presents “Beach – Memories of Nova Scotia,” a photography and multi-media exhibition by Bea Solyom, featuring photographs of Nova Scotia hand-treated with various techniques using epoxy to create unique finished pieces and sculpture.

**Through May 24- “Views of Orleans” exhibit** ByTown Museum, 1 Canal Lane. 613-234-4570 x222 [www.bytown-museum.ca](http://www.bytown-museum.ca). Open 11am-4pm, Thursday to Monday. Closed Tuesday and Wednesday. \$6.50 adults, \$4.50 seniors and students, \$3.50 children between 5 and 12, \$15 families. Ottawa-

based photographer Graham Iddon has travelled to Orléans in Ottawa’s East End to explore the area between city and country. In his solo exhibition of 16 enlarged photos, Iddon asks how photographers of the first generation, those travelers of foreign lands with their magic boxes, would view such a place? What monumental works and uplifting vistas would they bring back for public display? How strange and exotic would it all appear to them?

**Feb 3 – “From War to Victory”** Simard Hall, Room 129, 65 University Dr., University of Ottawa. 7pm. Free. The Embassy of Poland invites you to the opening of an exhibition “From War to Victory” and a lecture by Przemyslaw Gasztold-Sen, from the Institute of National Remembrance, Poland.

**Feb 4 – School Council Speakers Series** Rockcliffe Park Public School Library, 350 Buena Vista Rd. 7pm [caroline@lectern.ca](mailto:caroline@lectern.ca). Free. RPPS School Council presents a talk by Dr. Marian Small, an educational speaker, academic, and author on how mathematics teaching has and has not changed and why, with suggestions for how parents can support their child’s mathematical success.

**Feb 7 – Manor Park Community Council Skating Party** Manor Park Community Centre, 100 Thornwood Rd. 5-7pm. Free. [www.manorpark.ca](http://www.manorpark.ca).

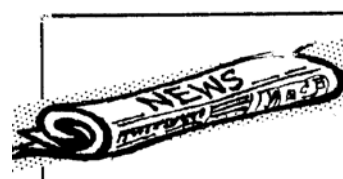
ca. Come watch the hockey game from 4-5pm and join us after for skating, hot dogs, homemade chili and chili-dogs! Hot chocolate and apple cider will also be available (all refreshments are for sale). Enjoy the bonfire and participate in a game of tug-of-war in the snow.

**Feb 11 – Public Budget Consultation** St. Laurent Complex, 525 Coté St. [tobinussbaum.ca](http://tobinussbaum.ca) 7pm. City councillors Tobi Nussbaum and Mathieu Fleury co-host this public budget consultation for residents of ward 12 and ward 13. This interactive session is a great opportunity for citizens to articulate their priorities and provide views on trade-offs.

**Feb 12 – Nectar Food Talks** The Sconewitch, 35 Beechwood Ave. 7:30-8:30pm \$10 at the door. [nectarcentre.ca/food-talks](http://nectarcentre.ca/food-talks). Meet Cyril and Leslie, passionate and edgy risk takers in the art of chocolate, and owners of Cylie Artisans Chocolatiers on Dalhousie St. Part of Nectar’s Food Talks series, hosted by Joseph Cull and Cindy Riley.

**Feb 14 – Hockey Day in New Edinburgh.** Stanley Park Field House. 1:30-4pm. The Crichton Community Council invites you to a great family event. Come on down and have a game of shinny hockey, participate in some skills competitions, and take part in the jellybean count. Hot dogs and drinks will be available for purchase.

**Feb 14 – Vanier Après-Snow Party** Vanier Moderns, St Charles Church, 131 Barrette St. 7-11 pm. Dress up in your favourite vintage winter wear for the annual Vanier après-snow party. There will be a fashion show, dancing, prizes



## Classified Ads

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

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

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for the best outfits, food and a cash bar. Don’t miss this vintage, mardi gras-flavoured party, perfect for Valentine’s day.

**Feb 16 – Family Day on the Farm** Canada Agriculture and Food Museum, 901 Prince of Wales Dr. 9am-4pm. Adults \$10, kids \$7. [cafuseum.techno-science.ca](http://cafuseum.techno-science.ca). Explore the sights and sounds of farm life through animals, exhibitions, treasures from the collection, hands-on demonstrations, and delicious foods. Get the whole family to participate in creating a “garbage soup” using up those odds and ends from the veggie crisper, which often go wasted.

**Feb 17 – Heritage Day in Ottawa.** Jean Pigott Place, Ottawa City Hall, 110 Laurier Ave. W. 11:30am-2pm. Mayor Jim Watson will recognize the importance of main streets at the heart of the community and what they tell about a community’s social and economic history as he proclaims today Heritage Day in Ottawa. Browse international and local displays, and enjoy some refreshments.

**Feb 25 through March 1 – “The Madwoman of Chaillot”** Elmwood Theatre, 261 Buena Vista Rd. Feb. 25 to March 1 at 7pm, Feb. 28 and March 1 at 2pm. Call 613-749-6761 for tickets and details. Elmwood Theatre presents Jean Giraudoux’s play “The Madwoman of Chaillot” adapted by Maurice Valency. See article, page 32.

### March

**March 7 – Maria Guénette in concert.** MacKay United Church, 39 Dufferin Rd. 7:30 pm. [mackayunitedchurch.com](http://mackayunitedchurch.com). The MacKay Concert Series is delighted to welcome back Canadian pianist Dr. Maria Guénette, as it continues its 2014-15 program with a recital of late 19th century French music. See article, page 33.

**March 24 – Goodbye, Piccadilly** Ottawa Little Theatre, 400 King Edward Ave. 7:30pm Runs through April 11. [ottawalittletheatre.com](http://ottawalittletheatre.com) Adults \$25, seniors \$22 and students \$12. Full of heart, humour and surprises, this is a universal story about families, family secrets that we have and the families we make.

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**3 Anjou:** Chic, Urban Ottawa 3 bedroom townhome on quiet cul-de-sac in the heart of Manor Park. Bathed in light all around. Charming, recently renovated, private courtyard. Main floor family room with outdoor access. Balconies front and back from the main living spaces. Gleaming hardwood throughout. Elegant Maple kitchen with Granite counters and eating bar. Garage. Full basement. Elegant, easy living!



**59 Kilbarr:** Entertain with style and flair! Great public spaces in this much added on to and renovated Manor Park home. Close to downtown. Excellent schools in the area. Great family home with 4 bedrooms, 3 full baths, mudroom, main floor laundry and huge entertainment spaces. Ground floor family room is closed and private and could be used as den or for a nanny or in-law suite: there is a full bath on the main floor. Available until June 2016.



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# Burgh Breezy Bits

DEADLINE: MAR 10    breezybits@hotmail.com

## Congratulations!



**Fraser** was born on Dec. 28 at 10:53am, to parents **Fiona McKean** and **Tobi Lütke** of Ivy Cres. Big brothers **Tristan** and **Sam** are thrilled with the new addition.

## Hip Hip Heintzman Hooray

Thankfully 2014 has passed and **Jane** and **Ralph Heintzman** are back walking the family dogs on the streets of New Edinburgh! It is amazing how life can change on a dime and thankfully all is well in Heintzmanland after a few rather hair-raising health concerns. Thankfully, all is well and both are on the mend and may 2015 be a stellar year for you and your family.

—Joseph Cull

Former New Edinburgh resident **Ciara Phillips** was one of four artists short-listed for the 2014 Turner Prize, a prestigious yet controversial £25,000 award given annually to a visual artist in Britain under the age of 50. Ciara grew up here in the Burgh in a very creative family. She attended Lisgar Collegiate in the 1990s, and has a fine art degree from Queen's University, and enrolled at the Glasgow School of Art in 2002 to pursue her artistic career. Ciara's exhibition of screen prints *Workshop (2010-Ongoing)* earned her the Turner nomination, and an extract from that work entitled *Things Shared* was shown in the Turner finalists' exhibition at the Tate Gallery. She's exhibited in Frankfurt, Berlin, London, Zurich, the U.S., Calgary and Montreal. Let's hope she'll have a show in Ottawa soon!



Ciara Phillips



Photo: Louise Imbeault

We congratulate long time Manor Park residents **Robert** and **Marion Bennett** who are celebrating their 70th year of nuptial bliss in September 2015. Family friend **John W. Graham** (centre) is very proud of their milestone!

## Condolences

Our deepest condolences go out to Ivy Cres. resident **Doris Proulx** and family for the passing of her eldest son **Calvin** who succumbed to cancer in his home last November. May the support of the community bring healing to a mother's heart.

Sincere sympathies to the family of **John Beedell**, a former science and outdoor education teacher at Ashbury College. Mr. Beedell was struck by a school bus at the intersection of Springfield Road and Beechwood Ave. on Nov. 29, 2014, and died of his injuries in late December, aged 81. Condolences to his wife **Ann** and to his sons **Michael**, **Jeff** and **David** and their families. Mr. Beedell had a distinguished history as an athlete and outdoorsman, having paddled for Canada in the 1958 Prague World Championships and in the 1960 Rome Olympics. In addition to his prowess as a veteran of numerous ski and running marathons, he is remembered for his contribution to outdoor education as a director of the Ontario Camp Leadership Centre, and for his years teaching at Ashbury. A celebration of his life was held at Ashbury on Jan. 24.

Condolences to Nectar studio artist **John Jarrett** on the recent death of his brother **Ross Jarrett**. Mr. Jarrett was a former school principal with the Ottawa Board of Education, and will be greatly missed by his family and friends. Our thoughts are especially with John at this sad time.

We extend our sincere sympathies to **Brian** and **Susan Torrie** and their respective families on the recent death of their mother, **Edna Letitia (Leta) Torrie**. Mrs. Torrie died on January 20, 2015, at the age of 88, leaving an impressive legacy of nine children and their spouses, 19 grandchildren, and one great grandson.

## Miscellaneous

**Nectar** is looking for someone to lead the **Jane's Walk** on the weekend of May 5, 2015. This is our fourth year celebrating the work of urban activist **Jane Jacobs** in our community. It has proven to be a most popular event for those of us who care about building people-focused neighbourhoods. If interested

please email [info@nectar.ca](mailto:info@nectar.ca) or call **Tony** at 613-745-2742.

Best wishes to **Isobel** and **Mark Bisby** on their trip to India. They departed Dec. 16, 2014,

and expect to return home on April 13. Visit [mbisby.weebly.com](http://mbisby.weebly.com) for a sporadic account of a trip to South India, starting in Chennai.



Photo: Garth Gullekson

(From left) **Joseph Cull**, **Isabelle Daoust**, **Jill Hardy** and **Cindy Ryley**.

**Deck the Halls** - A magical evening took place on Nov. 22 in MacKay United Church and Memorial Hall in aid of Nectar. The Ottawa Police Chorus sang their magic to a fabulous crowd and wowed them into the Christmas holiday spirit. To have raised over \$2,000 took the commitment and dedication of so many including: **Nicole Vallée** from Domino Creative, **Catherine Strevens-Bourque** from The Rockcliffe Retirement Residence, **Andre** and **Hayden Marcus** from Mistura, **Dominique Primeau** Décor, Nectar artists, MacKay United Church, the Nectar Board of Directors and so many community donors for the silent auction. Thank you to all who supported this event and we look forward to our next "Affair to Remember". Help us continue to make Nectar our gathering place!



The Liquid Lunch Alumni of Dunelm Society (LLADS), a group of Ottawa and Kingston-area alumni from England's Durham University, held their annual Christmas "meeting" on Dec. 14 at the New Edinburgh home of **Gavin Murphy**. From left are **Roger Stacey** (University College), **Jack Lindsey** (Van Mildert College), **Kieran Broadbent** (St. Cuthbert's Society) and **Gavin Murphy** (Graduate Society at Ustinov College). Among other members, Burgh resident **Paul McConnell** (Van Mildert College) was unable to attend. For further details, or to make contact with LLADS, Durham alumni can contact Gavin at [gmurphy@dunelm.org.uk](mailto:gmurphy@dunelm.org.uk).



Photo: Louise Imbeault

Governor General **David Johnston** hosted a winter celebration at Rideau Hall on Jan. 24, collecting donations from visitors for the Snowsuit Fund and the Ottawa Food Bank. Turn to page 38 for more photos of the event.