

February 2016

NEW EDINBURGH NEWS

www.newedinburgh.ca



Artwork by Martha Markowsky

Years ago, Smiley's Confectionery was a landmark on MacKay at Vaughan. City Council wants to encourage more small shops in residential areas. Turn to p. 22 for on-the-street reaction.

'Streetside parklet' pilot project coming to Beechwood

By NEN Staff

Following a comprehensive audit of the local area spearheaded by the Quartier Vanier Business Improvement Area, the parking space directly in front of Arturo's at 49 Beechwood has been selected as an ideal space for a "streetside parklet" pilot.

Last fall, the City of Ottawa launched a Streetside Spots pilot project, inviting businesses and community groups to reimagine existing parking spaces for a variety of innovative public uses. The City plans to grant up to 25 per-

mits to allow on-street parking spaces to be temporarily converted to one of three possible alternative uses during the milder months, roughly April through October:

- A streetside "parklet," an accessible public space with seating, shading, bike parking or other amenities to encourage public gathering and generally animate street life;
- A streetside patio, a private space reserved for patrons of a café or restaurant that lacks an existing patio; and
- A streetside vending stall,

a temporary outdoor business space for on-street sale of merchandise during the spring and summer.

The program is modelled on similar initiatives in other cities, including Montreal's rue St-Denis, Toronto's Church Street and a current pilot project in Vancouver. Its primary purpose is to contribute to "a vibrant and livable community while sharing the right of way space with pedestrians, cyclists and drivers."

To be eligible to apply for one of these uses, the City has established three basic

criteria for the parking space in question:

- The speed limit on the street must be 50 km per hour or less;
- The parking zone must not be subject to a time limit and
- The location must not have an existing patio or an opportunity to get an outdoor patio permit under the relevant by-law.

When the City's Neighbourhood Connection Office put out a call for applications to participate in the pilot, the QVBIA quickly rec-

ognized it as an opportunity to pursue their mandate to enliven the three main streets in the improvement area, and to create a lively "destination space" for local residents. QVBIA Executive Director Jamie Kwong reports that following a comprehensive audit of the area, only two spots met all the criteria stipulated in the application, and after consultations with the City, it was decided that the parking space directly in front of Arturo's at 49 Beechwood best filled the bill for a

Continued on page 15

Warren Sutherland to open new resto at the Kavanaugh

By Jane Heintzman

In late December, Domicile lifted the veil shrouding the identity of the first occupant of its commercial floor to announce the imminent arrival of Sutherland, a new restaurant to be owned and operated by one of Ottawa's leading chefs and culinary entre-

preneurs, Warren Sutherland. Warren is well known on the local food scene as the creator of The Smoque Shack on York Street and Slice & Co. Pizza on Elgin Street, and is also co-owner of The Piggy Market, a popular artisan deli and craft butcher shop in Westboro which fea-

tures locally sourced meats and poultry. For several years, he and his then-wife also operated Sweetgrass Aboriginal Bistro on Murray Street, offering an imaginative, diverse and delicious bill of fare.

Warren was born and raised in Kingston, Jamaica, where he first acquired a love of cooking and a passion for all things smoked: jerked pork, hickory smoked ribs and smoked meat, in particular. He went on to study engineering at the University of Michigan, and after graduation, worked for a year at Bombardier before switching gears and returning to his true vocation as a chef and foodie. Drawing on the savings he managed to build up at Bombardier, Warren enrolled in the New England Culinary Institute in Montpelier, Vermont, one of the premier cooking schools in North America. With his chef's credentials in hand, he moved to New

York City where he worked at Abigail's on Broadway and at Chanterelle's. The next stop prior to his move to Canada was a stint at Tarbell's in Phoenix, Arizona, a restaurant renowned for its contemporary American cuisine.

Warren's latest Ottawa venture, Sutherland at The Kavanaugh, will have a special place in his culinary career. He and his family live in our area, so he is no stranger to the local scene and is keenly aware of the immense potential of Beechwood and the ripe opportunities to add new life and interest to the local landscape. While his plans for Sutherland continue to evolve as the targeted May/June opening date approaches, the fare promises to reflect an intriguing synthesis of his classic French culinary training and his roots in Caribbean cooking. In keeping with his approach in his other Ottawa enterprises, Warren plans to work with local farmers and producers to supply his new

kitchen, and menus will feature fresh seasonal fare. Nor will patrons have cause to tire of the bill of fare, as regular menu changes will be introduced on a weekly or monthly basis to add new interest.

As plans now stand, Sutherland will be unique among our local eateries in offering the full gamut of daily and evening meals, including breakfast, lunch, dinner, a late night bar menu from Thursday through Saturday and brunch on weekends. This spark of new life and variety on our local food scene will be a welcome addition to the fast-evolving Beechwood landscape.

We'll bring you more details on Sutherland in our April issue when we've managed to catch up with Warren as the opening day approaches. We wish him a warm welcome to Beechwood and great success in his first year of operations at The Kavanaugh. Find more development news on p. 26.



Nascent 'Junction' idea still open to discussion, questions



Tim Plumptre
NECA President

In the October 2015 issue, I introduced the possibility of the community working with Councillor Tobi Nussbaum and the City of Ottawa on a project to expand the existing Fieldhouse in Stanley Park to create a new, purpose-built centre to serve the community and provide a focus for the activities of all three community organizations: the New Edinburgh Community Alliance (NECA), Crichton Community Council (CCC) and New Edinburgh Community and Arts Centre (NECTAR).

The intent of the project is to provide a kind of hub for New Edinburgh residents, and to ensure that the community is better served by addressing gaps in current programming, providing more adequate and accessible facilities for all ages, and alleviating the facilities and financial challenges of NECTAR, which currently struggles with severe space constraints and high overhead costs.

In that same issue, community member Paula Thompson set out the historical and thematic rationale for

naming such a centre The New Edinburgh Community Junction. (Find it online at newedinburgh.ca).

As an essential first step in the process, the three organizations undertook to engage the community and gather preliminary feedback on the proposal. The Community Forum on Oct. 29, 2015, was the first such consultation. While my most recent column in December 2015 provided a brief synopsis of the results of the forum, the more complete Forum Report (jointly authored by Sylvain Bélanger and Noor Ahmed with editorial collaboration by Jane Heintzman) appears below.

Since the forum, the informal group representing all three community organizations has become somewhat more formally constituted as the Junction Committee, which I continue to chair. Our

committee continues to work on the project with the help of Tobi Nussbaum and his colleague Jesse Cressman-Dickinson, which we greatly appreciate. At our most recent meeting on Jan. 12, 2016, in addition to approving the text of the Forum Report, we agreed to move forward with an application to the City of Ottawa for a matching grant to offset the costs if the project proceeds.

A major issue we will have to confront as the project moves forward will be how to finance the costs associated with the Junction.

Beyond this, all three community associations are keenly aware that a project such as this raises many questions and legitimate concerns that need to be taken into account, as illustrated by the Letters to the Editor in this issue (see page 3). Here are some of these questions: what will be

the impact of the proposed Junction on Stanley Park? What kinds of programming would be appropriate? What kind of facilities should be included? Will the design harmonize appropriately with the surrounding environment? What about noise? Traffic? Impact on nearby residents? Implications for Memorial Hall?

It is the goal of Junction Committee members and the participating organizations to provide a process that is transparent, open, and inclusive. Insofar as possible, we hope to be able to balance the views of all interested individuals – not always an easy task! We will certainly be providing regular updates in the *New Edinburgh News*. We will likewise be organizing other forums from time to time, open to all community members, where these issues can be discussed and debated.

Report on the Oct. 29 Community Forum

By Sylvain Bélanger
(CCC director, NECA director) and Noor Ahmed
(NECA director)

On Oct. 29, 2015, immediately following NECA's Annual General Meeting at St. Bartholomew Church Hall, the Crichton Community Council (CCC), the NECTAR Centre (NECTAR) and NECA jointly hosted a Community Forum, organized in collaboration with our City Councillor Tobi Nussbaum and his staff.

The presidents of the CCC and NECTAR provided a summary of their mandates, programming and funding models. Currently, the critical difference between the CCC and NECTAR is that CCC operates a city-owned building (the Fieldhouse in Stanley Park) whereas NECTAR operates from a site and building it owns and is responsible for maintaining. It has become increasingly financially challenging for NECTAR to continue providing community programming, given the costs of overhead in its high-maintenance heritage house at 255 MacKay St.

Councillor Nussbaum addressed the Forum to discuss how the City of Ottawa could be involved in any improvement or redevelopment of a city-owned site and building such as the Fieldhouse to cre-

ate a new Community Centre incorporating the activities of all three community groups, and providing appropriate and accessible facilities for local programming, events and activities. In addition, he explained the general city funding opportunities should the community decide to pursue such a project (e.g. matching capital grants application, specific levy on property taxes).

Forum Goals:

The goal of the Forum was to seek community feedback on:

- the level of satisfaction with current community programming;
- the desirability of moving forward with the development of a centralised community facility encompassing the activities of the existing community groups;
- the challenges of such a development; and
- the needs that must be considered in developing such a project.

Participation:

Over 50 residents of New Edinburgh attended the forum, working in groups of six to eight people to discuss these questions and report back on their collective conclusions.

Forum Results in Summary Form

1. Are you satisfied with current community programming?

There was a general consensus that New Edinburgh is not satisfied with the programming available within its borders at this time. Participants referred specifically to the need to ensure that local programming addresses needs of all age groups, as some participants felt there were gaps in the current system. Some also found it difficult to understand the distinctions among the mandates of the three community organizations, NECA, CCC and NECTAR, and questioned why such a small neighbourhood does not have one single focal point for all its activities. There was general agreement that the NE Fieldhouse in Stanley Park meets basic needs in its present form, but should ideally be expanded to deliver more programming. In the case of NECTAR, while it provides plenty of programming, it is inappropriate as a community centre due to room sizes, space constraints, and accessibility issues.

2. If there are changes, what kind of community centre and programming would you like to see in New Edinburgh?

Forum participants were in

Continued on page 15

NECA MEETINGS All Welcome



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

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

Tuesday, February 16, 8 pm
Tuesday, March 15, 8 pm

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

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2015-2016

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Letters to the Editor

New building in park would be 'beginning of the end'

I am writing to add my voice to those of other residents of New Edinburgh who have expressed their consternation regarding the proposal to redevelop the field house in Stanley Park into (yet another) new home for the community centre (Re: "Strong support for exciting possibilities in New Edinburgh", December 2015).

More recent members of our neighbourhood may not remember some of the past controversies surrounding the park. I have lived on Mackay Street since 1987. At that time, we were fighting the proposed expansion of the Vanier Parkway, which would have destroyed our park and

our neighbourhood. Thanks to a very savvy and proactive community association and a supportive municipal councillor, that battle had a happy ending, and our park was saved.

I am dismayed, some 30 years later, to see our current community association president and our current councillor seemingly in favour of another initiative that would impact so negatively on our park. We need to preserve this unique inner-city park in its entirety – especially as the neighbourhood is being developed on all sides, most notably with Beechwood slated to become a wind tunnel of high-rise developments.

A new building in the park would signal the beginning of the end for the park as it is today for several reasons. It would establish a precedent for developers who would use it as a rationale for continuing to seek and obtain variances from the zoning by-laws. It would create more traffic and parking issues on Stanley, which is already plagued by traffic and parking problems. Most of all, however, it would deprive us of green space that we have fought to preserve.

This, in 2015, I find unconscionable.

Yours truly,
Susan Rodocanachi
241 Mackay St.

'Stacked' forum didn't address legitimate concerns

Contrary to what was stated in the NECA President's Report ("Strong support for exciting possibilities in New Edinburgh", December 2015), "strong endorsement" has not been achieved for a project proposal to replace the Stanley Park Fieldhouse with a larger community center and other potential commercial facilities along the waterfront. In fact, there are a growing number of residents concerned that such a massive expansion would despoil our community of one of its jewels: the Stanley Park green space. These residents strongly oppose densification of the Park and the proposal to levy a mandatory property tax to contribute to this venture.

The relevant Oct. 29 public consultation at St. Bartholomew's church did not attract a wide range of affected residents and instead seemed to be stacked with supporters of co-hosting organizations. The forum's conduct inadequately addressed the legitimate concerns expressed by unaffiliated community members about the proposed

project's negative ecological impact and increased traffic and safety problems before concluding that there was "strong endorsement" to move forward.

Further concerns of both those neighbouring the park and many whom we have consulted farther afield in New Edinburgh and Lindenlea include overcrowding; safety and security issues; loss of school bus routes; lack of transparency in an over-hasty process; and above all, deprivation of green space. Protection of green space in New Edinburgh's only major park should be a top priority for responsible representatives of our area.

Finally, there is the question of what is to be the fate of NECTAR's existing 255 MacKay property in light of the proposed Stanley Park project. In recent years, this community has devoted significant effort and financial resources to establishing a facility for community-run programming and protecting a heritage site which was under threat of condominium redevelopment.

Concerned residents hope that going forward proper consultation with a wider set of households (including those directly affected on Stanley Ave. and River Lane) will be conducted, and that due consideration and exploration of other practical and affordable alternatives will be explored. This may include alternatives such as partnering with other local community centers, introducing a wider set of outdoor programming for children in Stanley Park in coordination with neighbouring communities, and improving nearby recreational facilities. We look forward to transparent and open discussions and collaboration as we work together in improving the future of New Edinburgh.

—*The Cappon-Malone, Gusen, McConnell, and Sacks families, on behalf of a number of affected and concerned residents.*



Deadline
for the next issue of the
New Edinburgh News

MAR 10
newednews@hotmail.com

Send us your letters

Letters to the editor must include writer's name, address and contact info. Opinions expressed are the writer's own and do not necessarily reflect those of the newspaper. Editor reserves the right to edit for length and content. Send your letters to newednews@hotmail.com

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www.newedinburgh.ca

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Brief update on five Beechwood projects



Tobi Nussbaum
City Councillor, Ward 13

I wanted to provide an update on a number of active development files and other projects on Beechwood.

The corner of Beechwood and Crichton will be getting a mini-makeover with the addition of a second storey where there is currently a terrace at 1 Beechwood Ave. The owner has said that construction will begin later this spring. There will be some changes to the facade of the building, but the

old movie theatre pillar will remain and be spruced up. The Committee of Adjustment granted a minor variance on Jan. 13 to allow this project to move forward. While a second storey was always allowed under the zoning bylaw, a minor variance was required because the addition triggered a requirement for more parking, which cannot be provided in the existing parking lot. The owner also

intends to seek approvals for a sidewalk patio on Crichton, in front of the pub.

Claridge Homes has submitted updated drawings for its proposed project at 89-99 Beechwood Ave., the site of the former Caisse populaire. The changes include: a bus stop incorporated into the building at the southeast corner of the ground floor; some balconies have been reduced in size and angled differently to address privacy issues; retail entrances have been recessed into the building; additional studies on parking and shadowing have been provided. These updated plans are available on the development applications section of ottawa.ca. I encourage you to review them and submit comments

to the City planner.

Farther down Beechwood, an application for a six-storey building at 143 Putman (formerly ZaZaZa Pizza) was submitted last spring. That application continues to be on hold while City planners await responses from the developer on a number of questions.

On the transportation front, we've been working on plans for the future of Beechwood that can be implemented as properties along the street redevelop and the City gains more space for wider sidewalks and bike lanes. The feedback from people who attended the July 2015 consultation is being thoughtfully addressed and draft plans will be available for public comment at an open house

very soon. You can read more about the project and what we heard during the consultation on my website, tobinussbaum.ca. Sign up for updates on this project by emailing me at tobi.nussbaum@ottawa.ca.

Finally, there is good news on the heritage front for New Edinburgh – an updated Heritage Conservation District Plan is in the process of being approved by the City. This plan will provide an important enforcement tool for the New Edinburgh Heritage Conservation District as it continues to evolve. The New Edinburgh Community Alliance and members of the community have been involved in the comprehensive process leading to this updated plan. The draft plan will be in front of City Council for final approval on Feb. 10.

Light Rail is on time and on budget



Jim Watson
Mayor of Ottawa

Ottawa is in the midst of an unprecedented period of growth and investment. After all, our population will grow 30 percent in the next 15 years. We need to make sure we can keep people and goods moving quickly and easily across the city.

That's why we are investing in light rail transit (LRT) – the biggest infrastructure proj-

ect since the building of the Rideau Canal. The O-Train Confederation Line project is continuing on time and on budget, and you will be able to catch your train in 2018.

LRT will strengthen our transportation system and local economy for generations to come. Looking ahead in 2016, I am very happy to share some upcoming mile-

stones on this historic project with you:

- The LRT tunnel will be fully excavated by this summer. In fact, excavation of the Lyon Station was recently completed and Parliament and Rideau Stations are nearly 70 percent complete.
- More than 3.5 km of track have been installed to date.
- All 13 LRT stations will be under construction before the end of 2016.
- Testing on some of the world-class Alstom CITADIS Spirit LRT vehicles will begin within the next year.

As many of you know, this is just the first phase of the system we will be constructing over the next 10 years. The next chapter of light rail is just around the corner: Stage 2 of LRT.

When Stage 2 is complete



(from left): MPP John Fraser, MP Anita Vandenberg, Mayor Jim Watson, VIA Rail Canada CEO Yves Desjardins-Siciliano and MP Chandra Arya visit the Tremblay Light-Rail Station.

in 2023, residents will be able to catch a train as far west as Bayshore, as far east as Place d'Orleans, and as far south as Riverside South. This will bring close to 70 percent of the city's population within five kilometres of rail. This will fundamentally trans-

form the way our city moves and grows for generations to come.

We will move forward with this ambitious vision for LRT in the nation's capital in order to benefit our families, our environment and our economy.

If you'd like to know more about this exciting project that continues to shape our city, visit www.confederationline.ca.

Finally, I encourage you to visit City Hall on Feb. 15, beginning at 11am for the Mayor's Annual Family Day Skating Party. This year promises to be bigger and better than ever before with special guests, interactive and educational exhibits through the National Research Council's "Cool Science" program, family entertainment and hot chocolate and snacks.

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Crossing Crichton could get easier and safer

By Adam Hortop and
Caroline Matt

At their Jan. 19 meeting, the New Edinburgh Community Alliance Board agreed to put forward a proposal to install a pedestrian crossover (PXO) on Crichton Street at the River Pathway access. Local residents who use the pathway or catch the number 9 bus know how difficult it is to cross Crichton, particularly during rush hour. For vulnerable road users, such as the elderly and school children, Crichton can be an impassable corridor cutting them off from the Rideau River.

A PXO is like a crosswalk, but can be located mid-block instead of at a traffic light. The biggest difference from a crosswalk is that the PXO

is nearly instantaneous, so a pedestrian can walk up, push a button and walk across the street. Ontario is the last province in the country to approve such a feature. If you are a pedestrian or cyclist in our city you know that roadways could be improved to make them safer and promote a healthy and sustainable lifestyle. Road infrastructure in our province is designed primarily to keep motorists and goods moving. The Province is gradually recognizing that the philosophy and standards promoted by our Ministry of Transportation is resulting in urban fabric that is toxic to healthy lifestyles. The latest amendments to the *Highway Traffic Act* are a small step in the right direction. And a

recent update of the Ontario Traffic Manual has introduced one of the best features to come out of the changes – the PXO – Pedestrian Crossover.

The City will pilot the PXO on Ottawa roads with construction of the first round starting this summer. Residents will be seeing new PXOs implemented across the city. While our neighbourhood will not be a recipient of a PXO in this first round, we hope to be considered for a future PXO.

The well used, but unprotected, crossing of Crichton Street at the access to the Rideau River Pathway is a very suitable location for a PXO. The NECA Board, on the recommendation of



The proposed pedestrian crossing between Electric and Vaughan.

its Transportation and Safety Committee, is putting this site forward as a strong candidate for the first PXO in our neighbourhood. It would provide direct and safer access to paths and bus stops for elderly residents of The Edinburgh and New Edinburgh Square, as well as students at MacDonald Cartier Academy and Fern Hill School. Young

families and dog walkers who would like to stroll by the river, as well as road-shy cyclists wishing to access the path network will also benefit from safer access.

If you support this idea for a safer community more connected to our river's edge and our trail system, send a short email to crichtonPXO@gmail.com.

Son of the Burgh takes on LCBO

By Jane Heintzman

Charles Benoit, son of long time New Edinburgh residents Barbara and Paul Benoit, is currently suing the LCBO for the alleged unconstitutional-ity of its substantial mark-ups on the spirits produced by The Toronto Distillery Co. Ltd., a micro-distillery which Charles and co-owner Jesse Razaqpur, a Lisgar Collegiate friend, launched in 2013. The company distills small batches of spirits made from local organic corn, wheat, rye, juniper and beets, which it sells directly from its own premises near St. Clair Avenue West and Keele Street in Toronto.

Of the \$33.34 selling price of a bottle of the company's winter wheat whisky, \$13 is remitted to the LCBO, while \$2.19 goes to Ottawa in excise tax and a further \$3.82 is split between Ontario and the feds in HST. The province then collects a \$0.14 bottle levy, a \$0.10 container deposit and a \$0.09 environment fee - leaving a whopping \$9.92 in the hands of the distillers. While Charles and Jesse have no quarrel with the government-imposed tax portion of these remittances, they are arguing that the LCBO mark-up has no basis in legislation or regulation, and effectively amounts to "taxation without representation," running counter to section 53 of the *Constitution Act* of 1867.

While Ontario regulations allow start-up wineries and breweries to remit a smaller



Photo by Torstar News Service

Former New Ed resident Charles Benoit and his business partner Jesse Razaqpur are suing the LCBO over hefty mark-ups their distillery must pay per bottle sold.

percentage of what they sell from their own premises, distilleries get no such break and are obliged to fork over the same per bottle amount owed if the product were sold in an LCBO outlet, regardless of the fact that the public corporation incurs no warehousing or retailing costs.

Charles and Jesse are both lawyers whose training no doubt fuelled their intrepid decision to launch this David vs. Goliath legal challenge. Alberta-based tax lawyer Laughlin MacEachern, another friend from Lisgar Collegiate days and a former resident of the Burgh, is representing the distillery in the Ontario Superior Court where the case was heard on Jan. 20, 2016 (coincidentally, the day Charles' sister Anne was giving birth to her first child). Laughlin argued that since the Ontario legislature

has never legislated a spirits tax, the LCBO mark-up is in violation of the core constitutional principle: No taxation without representation.

The Province's case was represented by no fewer than five lawyers, whose "mountains of factums and books of authorities Illustrated the extent to which the distillery has rattled Ontario," according to the *National Post*. The presiding judge, Mr. Justice Suhail Akhtar, reportedly intends to take some time to rule on the case, which he described as "not only complicated, but with ramifications across the province." In the interim, Charles and Jesse await the verdict with intense anticipation, acutely aware that if they lose the case and are obliged to pay court costs, they will have no choice but to close the doors of their fledgling distillery.



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Rev. Joel Crouse

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mpcc@manorpark.ca | manorpark.ca
613-741-4776

Revue de l'année 2015 in review



Mauril Bélanger
MP Ottawa-Vanier

A look back at 2015 recalls some significant initiatives. The following is an overview of some accomplishments and issues. / Un regard sur l'année 2015 montre que des initiatives notables ont été prises. Voici un survol de quelques réalisations et dossiers.

Redevelopment of the old Rockcliffe air base

Redevelopment of the former Rockcliffe Military Base is one of Ottawa's most anticipated projects. This 125-hectare plot of land is a very significant urban planning opportunity for our region. Lots should be offered to builders later in 2016 and the first block of homes should be ready for occupancy in 2017, just in time for Canada's 150th anniversary celebrations! My vision for developing this vast tract of land

has always been driven by the need for balance, viability and sustainability, by ensuring the creation of over 5,000 jobs within the community.

Un nouveau gouvernement

Tout d'abord, je tiens à remercier les électeurs d'Ottawa-Vanier qui m'ont réélu comme député à la Chambre des communes. Pour un huitième mandat consécutif, je suis fier de poursuivre mon travail en tant que député et d'aborder des enjeux qui sont importants aux yeux de mes électeurs, et du Canada tout entier, au cours de cette 42e législature. D'un bout à l'autre du pays, les Canadiens ont choisi un nouveau gouvernement libéral positif, un gouvernement qui a une vision ambitieuse pour l'avenir et un plan solide pour la classe moyenne.

My fight against Amyotrophic Lateral Sclerosis (ALS)

On Nov. 27, 2015, I met with highly respected Ottawa neurologist, Dr. Pierre Bourque. After undergoing a series of tests, he has diagnosed me with ALS. It is presently an incurable disease. Earlier in November, I sent a letter to all Members of Parliament signaling my intention to seek election as Speaker of the House of Commons. My wife Catherine and I are enormously appreciative of all the efforts deployed for my candidacy. Under the doctor's advice and following the ALS diagnosis, I announced on Nov. 30 my decision to withdraw my candidacy for Speaker of the House. I also announced that I will be continuing to serve as the proud Member of Parliament for Ottawa-Vanier. As a Member of Parliament, I intend to raise awareness by sharing this journey with my colleagues and the public so that more Canadians will learn and fight to continue research for a cure to ALS.

Président honoraire de la Chambre des communes

C'est un grand honneur qui

m'a été accordé le 9 décembre 2015, lorsque j'ai été nommé occupant honoraire du fauteuil du président de la Chambre des communes. Je suis profondément touché par ce geste et je remercie tous mes collègues du fond du cœur. Recevoir un tel honneur est vivement apprécié.

Prime ministers' row

I invite you to join a group of citizens as they work to transform Laurier Avenue into a place that celebrates Canada's past and shapes Canada's future. A place we hope will come to be known as Prime Ministers' Row. Many people have no idea that Ottawa's Laurier Avenue and surrounding area, from King Edward to Strathcona Park, has been home to eight prime ministers and seven Fathers of Confederation. This stretch, which once served as a meeting place for our nation's leaders, has been all but forgotten. But if residents have their way, it will soon be recreated as an interactive street museum and gathering place.

Travail de représentation sur le terrain

Durant l'année 2015, plus de 600 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 cafés-causeries aux quatre coins de la circonscription, afin de rencontrer les citoyens d'une façon informelle pour discuter des questions de compétences fédérales.

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 advocat-

ed a simple change in the English lyrics. It proposed that "True patriot love in all thy sons command" become "True patriot love in all of us command", therefore replacing only two words, "thy sons" with "of us". This change would have rendered the anthem gender-neutral. Although my bill was defeated at second reading in the House of Commons, the drive to make 'O Canada' more inclusive has been advanced. I intend to table my bill once more when the House of Commons resume in late January 2016 and can expect to initiate the debate on the bill around April.

50e anniversaire du drapeau canadien

Le 15 février 1965, l'unifolié rouge et blanc est devenu le drapeau officiel du Canada. Cela signifie que nous avons célébré son 50e anniversaire en 2015. Adopté par la Chambre des communes le 15 décembre 1964, le drapeau canadien fut hissé pour la première fois le 15 février 1965. En prévision du 15 février 2015, j'ai décidé d'ajouter un élément au Jour du drapeau. Environ 14 000 affiches ont été distribuées dans 39 écoles de la circonscription d'Ottawa-Vanier.

Some files to watch in 2016

Locally, a few files are likely to dominate; namely the redevelopment of the former Rockcliffe Air Base, the advancement of the Prime Minister's Row project and getting the heavy trucks out of the downtown core by exploring the possibilities of digging a tunnel. Happy New Year! Bonne Année!

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



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Know your rights before joining a gym



Madeleine Meilleur
MPP Ottawa-Vanier

The start of a New Year is a great time to put healthy lifestyle goals into action; it's also a time when Ontarians get inundated by time-sensitive promotions for fitness classes and gym memberships. In fact, the Ministry of Government and Consumer Services dealt with over 710 gym and fitness club related complaints and inquiries in 2015, most commonly contract cancellations, billing disputes and the 10-day cooling-off period.

Before you sign a contract, make sure that the gym or facility you choose fits your expectations by checking key elements such as the hours and class times to ensure they are convenient for you, verify that the trainers and instructors are knowledgeable and the condition of the facilities as you want to be in a clean environment which is not too crowded.

Once you have found a facility that is right for you, and you're ready to commit to a contract with a gym or fitness club, remember you have consumer rights that protect you under Ontario's *Consumer Protection Act*.

First of all, you have a 10-day cooling-off period; this gives you the right to

cancel a membership within 10 days of receiving a written copy of your contract. You don't need a reason to cancel. All you need to do is give notice to the business, preferably in writing. Use this 10-day cooling-off period to test out the facility to see if it's right for you.

Second of all, you have the option to pay monthly. It is often people's preference to pay month-to-month rather than paying up-front for the whole year. The business can charge up to 25 percent more for monthly payments than the total cost of the annual, up-front fee. However, monthly payments provide flexibility and convenience.

Finally, all contracts must end after a year. It's important to ask about the club's renewal policy and how you will be contacted to renew. The gym or fitness club must send you a renewal notice between 30 and 90 days before your contract expires, listing any changes to your new contract. If you received a renewal notice and do not respond to it, the club has the right to renew and bill you under the renewed contract.

Protecting Ontario consumers is part of the government's plan to build Ontario

up. For additional information, we advise you to contact Consumer Protection Ontario at 1-800-889-9768 or visit ontario.ca/laws/statute/02c30.

Connaissez vos droits avant d'adhérer à un centre de conditionnement physique

Le début d'une nouvelle année est le moment idéal pour mettre en œuvre des objectifs de vie saine. C'est aussi la période où les Ontariens sont ensevelis sous les promotions à durée limitée pour des programmes de mise en forme et d'adhésion à un centre de conditionnement physique. En effet, le ministère des Services gouvernementaux et des Services aux consommateurs a traité plus de 710 plaintes et enquêtes en 2015, le plus souvent en matière d'annulation de contrats d'adhésion à des centres sportifs ou de mise en forme, de conflits en matière de facturation et à propos du délai de réflexion de 10 jours.

Avant de signer un contrat, assurez-vous que le centre de conditionnement physique que vous choisissez correspond bien à vos attentes, en vérifiant que les heures d'ouverture et les horaires de cours vous conviennent, que les entraîneurs et les employés sont compétents et que les installations sont propres et pas surpeuplées.

Si vous êtes prêt à vous engager dans un contrat avec un centre de conditionnement physique, n'oubliez pas que vous avez des droits en tant que consommateur qui vous protège en vertu de la Loi

de 2002 sur la protection du consommateur de l'Ontario.

Premièrement, vous disposez d'une période de réflexion de 10 jours. Ceci vous donne le droit d'annuler une adhésion dans les 10 jours suivant la réception d'une copie écrite de votre contrat. Vous n'avez pas à fournir une raison d'annuler. Tout ce que vous devez faire est de donner un avis au centre, de préférence par écrit. Cette période de réflexion de 10 jours permet d'essayer le centre pour voir s'il vous convient.

Deuxièmement, vous avez la possibilité de payer mensuellement. Les gens préfèrent souvent payer au mois au lieu de payer dès le départ pour l'année entière. Votre abonnement peut vous coûter jusqu'à 25 pour cent de plus pour des paiements mensuels. Par contre, les mensualités vous donnent de la souplesse et de la commodité.

Finalement, tous les contrats doivent se terminer après un an. Il est important de se renseigner sur la politique de renouvellement du centre et comment on vous contactera

pour renouveler. Le centre de conditionnement physique doit vous envoyer un avis de renouvellement entre 30 et 90 jours avant l'expiration de votre contrat, indiquant toute modification apportée à votre nouveau contrat. Si vous avez reçu un avis de renouvellement et n'y répondez pas, le centre dispose du droit de renouveler votre adhésion et de vous envoyer des factures aux conditions du contrat renouvelé.

La protection des consommateurs de l'Ontario s'inscrit dans le plan du gouvernement visant à renforcer la province. Si vous désirez recevoir plus d'information, veuillez communiquer avec la protection du consommateur de l'Ontario au 1-800-889-9768.

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Feb. 10/24/16



Mar.09/30/16



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Session 1***		Session 2***	
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Time:	7:30pm	Time:	7:30pm
Location:	New Edinburgh Square 35 Beechwood Avenue 2nd Floor Lounge	Location:	The Edinburgh Retirement Residence 10 Vaughan Street Penthouse
Session Leader:	Antoinette Fracassi	Session Leader:	Jill Moll
Schedule:	Feb. 10-Arctic Summer by Damon Galgut Mar. 09-Fifteen Dogs by Andre Alexis Apr. 13-Outline by Rachel Cusk	Schedule:	Feb. 24-Arctic Summer by Damon Galgut Mar. 30-Fifteen Dogs by Andre Alexis Apr. 27- Outline by Rachel Cusk

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Time: 7:30 – 8:30 pm
NEW Location: The Community Room, 255 MacKay



Lack of ice didn't freeze out the Winter Carnival



By Debra Conner

The Crichton Community Council rang in the New Year with the annual Winter Carnival on Jan. 1, which was attended by over 200 people from our neighbourhood. While the weather was not quite wintry enough leading up to the New Year for the rinks to be ready, there was lots of snow to play with. We would like to thank all of our volunteers for making a delicious brunch: **Cathy McConkey's** ham is always a favourite, and our kitchen crew **Denise Bélanger, Paula Pincombe** and **Caroline Matt** got out of bed early to prepare pancakes, sausages and everything that goes with them. Of course, there was lots of family fun to be had: music was playing (courtesy of **Jerry Turchyn**), games for

the young and young at heart (organized by **Roxie Clark**),

and the always popular sleigh ride through our scenic neighbourhood. We would like to extend a special thanks to the generous donation by **Performance Mazda** (www.performancemazda.com) that sponsored the sleigh ride. If you are looking for a new car, make sure to give them a call! Many thanks also to all other volunteers who helped out throughout the day: **Sylvain Bélanger, Julien** and



Photo by Sylvain Bélanger
Julien Bélanger (right) and his mother Denise get ready to serve up brunch at the Winter Carnival.

Olivier Bélanger, the lovely Snow Queen **Maya Dubuc**, and **Pascal Dubuc** who can always be counted on to bring things the rest of us forgot, and to our set-up and cleanup crews.

We are really proud of the Winter Carnival; it is such a wonderful event for our community to connect and spend a nice morning together. If you would like to learn more about our other events and how to get involved in your community, contact us at nefieldhouse@gmail.com.

Hockey Day in New Edinburgh: Feb. 6

The skating season started late this year, but our Hosers have been hard at work getting the rinks going. The rinks and Fieldhouse will be open weekdays after school and evenings and weekends. Which brings us to our next upcoming event. **Saturday, Feb. 6**, is our **Hockey Day in New Edinburgh** event. Come out to celebrate the game of hockey with your community. There will be food, hot chocolate, prizes and more. See you there!

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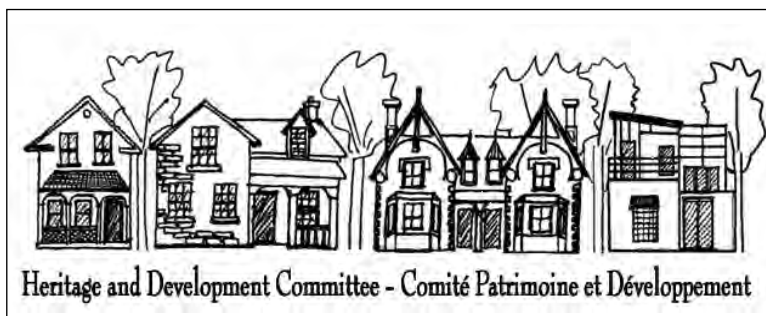
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Council to review New Ed Heritage Plan in February



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

After a year of intensive discussions between members of the New Edinburgh Community Alliance's Heritage and Development Committee, a member of the Board of Heritage Ottawa, and Heritage Planner Lesley Collins from the City of Ottawa's Department of Planning and Growth Management, we have emerged with a new and hopefully more effective document to protect the qualities that make New Edinburgh's Historic District unique, and to provide clear guidance for its future growth.

On Jan. 14, the City of Ottawa's Built Heritage Sub-Committee voted to approve the revised Heritage Conservation Plan for New Edinburgh's Historic District. The plan complies with the requirement of the 2005 *Ontario Heritage Act* to update heritage conservation plans for districts created prior to 2005. The underlying goal is to provide a stronger framework for the protection of historic districts, through the establishment of more precise language and objectives that would be supported by new city by-laws. The plan will be submitted for review to the City's Planning Committee on Jan. 26, 2016,

and to City Council on Feb. 10, 2016.

The "advisory group" met with the Heritage Planner for the first time in December 2014. At that meeting, the participants discussed the principal concerns of the group in terms of adequate protection for buildings and landscape in New Edinburgh's Historic District, and outlined what the goals and objectives of the new plan should be, and how those goals and objectives could be achieved.

During the winter and spring of 2015, a number of meetings were held to review and draft sections of the plan. There was also significant email correspondence between meetings to fine tune and clarify both the content of the plan as well as its language. A preliminary draft of the New Edinburgh Heritage Conservation District Plan was completed in June 2015, and was posted on the city's website in July 2015 with a request for public com-

ment. Several responses were received over the course of the summer and fall.

A public open house was held on Oct. 8, 2015. All residents were advised of the meeting by way of postcards sent to each household. Thirty-three people signed into the meeting, and comments arising out of that public meeting were posted on ottawa.ca. Many of the comments were incorporated into the final draft of the new HCD plan. A glossary of terms and relevant web links were added, and the language of the conservation section was simplified to make it more accessible for the general public. Some items were not included as they were either contrary to the goals of heritage conservation or fell outside the jurisdiction of the *Ontario Heritage Act*.

The Advisory Group was sent the revised draft again in November 2015. The members provided additional comments and suggestions that

were incorporated into the final draft. The draft was presented to the Built Heritage Sub-Committee on Jan. 14, 2016, which recommended its adoption.

The Planning Committee will consider this recommendation on Jan. 26, 2016, which will be designated as the statutory public meeting required under Section 41.1 (6)(b) of the *Ontario Heritage Act*. Any person attending the meeting will be given the opportunity to make oral or written submissions regarding the proposal. Persons who do not raise objections to the adoption of the proposed heritage conservation plan orally at the public meeting or in writing, may be later denied the chance to appeal the passing of the by-law adopting the plan to the Ontario Municipal Board.

The staff report and a copy of the proposed heritage conservation plan is available on the City's website: app05.ottawa.ca/sirepub/agendaminutes/index_en.aspx.

Keeping 'focus on student' paramount



Chris Ellis
Public School Trustee, Zone 6

Trustees have had an initial briefing on this year's annual budget process. School boards are funded through Ontario's "funding formula". The Ministry of Education allocates funding to each board using a formula that's based on student enrolment and the unique needs of the students in each board. Last year, financial constraints meant that only four of the 10 specialized classes needed to serve autistic students identified as meeting the criteria for placement were opened. This year, the financial picture is growing worse. It is expected that the province will not increase funding to cover inflation, in fact a reduction is likely, and the surplus of \$40 million that has been used to cover enhanced (I would argue needed) services to children over the past few years has pretty much been exhausted. A status quo bud-

get would mean a \$14 million shortfall. District staff has outlined some possible measures that could get the shortfall down to \$10 million. But even at that we are probably looking at reducing staff by 100 to 150 positions.

The OCDSB has consistently spent more on Special Education than the province designates by about 5 percent or \$1 million. I will continue to advocate for the additional spending but expect that it will be under consideration. Running the outdoor learning centres, MacSkimming and Bill Mason, has also been highlighted for consideration to reduce expenses along with some summer programming currently being offered for high needs students. Continuing Education, especially the non-credit courses, will also be scrutinized. None of these are big-buck items. The summer

program, if eliminated, would result in a saving of around \$500,000 annually. The decisions that will be forced by provincial legislation on balancing school board budgets will be heartbreaking for me. The *Education Act* states, "A member of a board shall... maintain focus on student achievement and well-being". It also compels trustees to pass balanced budgets. For me these two directives bump up against one another. I keep the "focus on student" paramount.

Secondary school review

The public school board has released and will continue to release reports looking at its high schools. The reports include high school configurations, specifically grades 7 to 12 and/or 9 to 12; delivery of the International Baccalaureate and Arts Canterbury district programs, Digital Learning, French as a Second Language, and Schools as Community Hubs. These reports will help inform a new policy outlining Secondary School programs and program delivery. The thinking is that a draft of the new policy will be brought to the Board of Trustees in February, with consultation to take place in

March, April and, hopefully, May for final approval at the end of June 2016. This will lay the ground work for the following year or two as the school board goes through a district wide look at high schools and strikes Boundary and Accommodation reviews. I am confident that there will be a review that includes Rideau HS, Colonel By SS and Gloucester HS. I think Lisgar HS should also be at the table but that hasn't historically been the case.

French in the high schools

The French as a Second Language Report has implications for Rideau HS. Currently Rideau HS does

not offer French Immersion. That could change depending on the outcome of an expected Boundary and Accommodation Review in the fall to winter of 2016 or 2017.

Budget zone meeting Feb. 25

In partnership with trustees Shawn Menard (Rideau-Vanier/Capital) and Erica Braunovan (Somerset/Kitchissippi), I will be holding an Open House/Zone meeting on Feb. 25, 7pm, at 440 Albert St. District staff will give a short presentation on this year's budget and then there will be a Q&A session.



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BURGH BUSINESS BRIEFS

- By Elizabeth Gray-Smith and Jane Heintzman -

Five years since fire

March 16 will mark the fifth anniversary of the tragic fire, which gutted the core of our commercial area and triggered a dramatic and permanent change in the landscape of Beechwood. In the intervening years since, many of the small businesses displaced by the fire have successfully re-established their operations further east along Beechwood, shifting our commercial centre of gravity away from the Beechwood/MacKay “gateway” corner. These relocated operations include Nature’s Buzz, Huong Lam at Brown’s Cleaners, Kelly’s (formerly Lester’s) Barber and Beauty, and Co-operators Insurance; while Bread and Roses Bakery, Time Sharpening Jewellery and Watch Repair, and Epicuria Fine Foods and Catering are not far away at St. Laurent and Hemlock. The owners of Beechwood Home Hardware, where the fire began have also re-established, though sadly not in our neighbourhood, and now operate Capital Home Hardware on Bank Street.

For the surviving businesses, the early post-fire years were a difficult struggle as walk-by traffic was reduced to a trickle, but slowly life has been returning to the area with the arrival of popular new eateries such as Ola Cocina, Red Door Provisions, the Beechwood Gastropub



Patrons raise a glass for New Edinburgh Pub owner Paul Williams (centre).

and Clarkstown Kitchen, combined with the anticipation of an imminent influx of new residents and businesses as planned condominium/commercial developments by Domicile, Minto, ModBox and Claridge emerge along the corridor. And coming up in late March, not long after the fire anniversary date, the structure of Minto Beechwood is scheduled to be “topped off,” marking a milestone in the steps towards the revival of the community’s long-empty core. The new emerging Beechwood will inevitably bring major change to what was once, in the pre-fire days, a low-rise, eclectic streetscape of small, often family-run, shops. But here’s hoping that the spirit of our old, much cherished

Beechwood with its congenial, village-like atmosphere, can be preserved as the metamorphosis unfolds.

Uncertain future for pub

Just after NEN’s December 2015 issue went to press, the local jungle telegraph was abuzz with the alarming news the New Edinburgh Pub might be closing its doors for good at the end of April 2016. For the community in general, and for the Pub’s large and intensely loyal contingent of regulars in particular, the news came as a shock, prompting anxious speculation about the backstory and genuine distress about the threatened loss of a cherished institution. On Grey Cup night at the Pub, the cheers of support for the

Ottawa Red Blacks were very nearly eclipsed by resounding cries of “Save Our Pub!”

After 26 years at the helm of the Pub (half of his life!), owner Paul Williams is a well-known and widely admired figure in our neighbourhood, where he and his wife Tracy have created what is arguably the most popular gathering place in the area. The Pub’s regular roster of Tuesday and Thursday wing nights, Kids-Eat-Free Wednesdays, Live Music Saturdays, boisterous big screen Sens games and annual signature events such as Lobsterfest and the summer Charity Golf Tournament have established a familiar rhythm to life in our ‘hood, and it’s no surprise that the prospect of its closure has caused concern.

Paul and Tracy have also contributed tirelessly to innumerable community causes, including the South East Ottawa Community Health Centre, the Children’s Wish Foundation, the Juvenile Diabetes Foundation and Voice for Hearing Impaired Children. In our immediate neighbourhood, they have generously supported our

local organizations such as the Crichton Community Council, regularly providing contributions to community events, and playing a major role in equipping the Fieldhouse kitchen.

But perhaps above all, their swift and openhearted response in coming to the aid of those displaced by the 2011 Beechwood Fire will long be remembered. Within 10 days of the tragedy, Paul and Tracy had organized a major neighbourhood fundraising event on March 26, opening the pub’s doors to any and all well-wishers, and featuring silent and live auctions, Monkey Rock entertainment for the kids and an evening concert. Local businesses chipped in contributions to the auctions, and Burghers gave generously to the cause while enjoying one heck of a great party in the process. An astonishing \$20,000 was raised thanks to Paul and Tracy’s extraordinary efforts, forming the basis of a special dedicated account for those directly affected by the fire, which grew steadily in the weeks thereafter as others took their cue from the Williams’.

As things stand at press time, the future of the Pub remains in limbo as Paul awaits a resumption of negotiations on a new lease for his premises when the existing lease expires at the end of April. The terms of the lease initially offered at the start of talks with the building owners were simply not manageable for Paul, but he remains open to the consideration of other options and in the ideal world, would like to be able pursue his plan to put in another decade at the pub before retiring. At this point, he is biding his time as the owners review the possi-

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bilities in the context of their planned exterior renovation of the building. (You'll find details in a separate article on Beechwood Development on page 26).

One aspect of the proposed renovation about which Paul has reservations is the possible enclosure of the rooftop terrace to create a year-round useable space with large glass windows, which can be opened to the elements, weather permitting. From Paul's perspective, the rooftop terrace is perhaps his greatest asset in attracting clients through the warm weather, and there's no question that it's an immensely popular hangout. While the building owners envision an expanded ground level patio operation on Crichton Street to serve thirsty sun-seekers, Paul's experiments with a street patio in the early 1990s and again about a decade ago were not a great success, and he is dubious about sacrificing the rooftop in favour of this option.

While we await a resolution (one way or another), rumours are swirling about potential new occupants of the space such as Royal Oak, Barley Mow or another of the larger chain operations. Paul is not optimistic about his prospects, but is admirably philosophical about the difficult spot in which he finds himself. He particularly laments for the sake of his loyal and long-serving staff, whose lives stand to be seriously affected. For the moment, he's elected simply to "let the chips fall" as the situation plays out between now and April, but it's a safe bet that his friends and admirers in the community will be hoping against hope that they fall his way. Stay tuned for more news in April! *JH*

Friendly, unique fashion

Clara, the Clothes Encounters of the Second Time's feline mascot, meanders through the leather shoes, purses and the bases of clothing racks filled with high-end, gently used clothing. When she reaches the glass-encased counter at the front, she rubs up against the store's owner, Monique Dugas, who returns her affection. As each customer walks through the door (obvious regulars), they say their hellos to Monique and give Clara a quick rub behind the ears.

Clothes Encounters opened its doors 30 years ago. After

spending some time as the store's manager, Monique took the plunge and bought it.

Originally from northern Ontario, Monique has travelled the globe to keep on top of evolving fashion trends. "I like creating my own style," she says. "I love the variety the store offers to everyone. We have something for everyone – for all personal styles, all sizes, all ages, each gender."

This is definitely not fast fashion. All items are brought to the racks from fine clothing collectors. Each designer item has been assessed and cleaned before it is priced.

"I have clothing shipped to me from Vancouver, Victoria, and Toronto," she says. "This is what I do. I bring all kinds of styles and brand names, some vintage, and some more contemporary, to Ottawa."

And they have it all: tall leather boots to wrap around those skinny jeans, heels to give you height, dresses that dazzle on the cocktail party circuit, blazers to impress at that important interview, and coats to sum it all up. And how about a Longchamp bag to hold all the accessories?

"Trends come, and trends go, but just because something is 'in' doesn't mean it is going to suit everyone. Being 'in' is about being true to yourself. That is what the shop offers," says Monique.

Clothes Encounters recently held their annual clearance sale to make room for all new shipments. The store's regulars always look forward to February when the racks get fully refreshed.

Clothes Encounters is located at 67 Beechwood Ave. You can also window shop the latest Hermes, Chanel, Burberry, Ferregamo and Michael Kors arrivals on Facebook. *EGS*

Some toast with your marmalade?

Since opening its doors at 117 Beechwood in October 2014, Red Door Provisions has become a bustling place where locals meet to enjoy a steaming cup of tea or coffee and a mouth-watering array of light fare, ranging from Red Door's signature gourmet toasted cheese sandwiches to freshly baked buttermilk scones and an infinite variety of sweet treats reflecting chef/owner Lauren Power's culinary creativity and whimsy. Throughout the summer and unusually balmy fall, the outdoor patio was a hive of



Photo by Louise Imbeault

Learn the art of jam making at the Red Door's monthly preservation workshops.

activity, and now that winter has closed in in earnest, the cozy interior is frequently full, almost to capacity.

During the Christmas period, Red Door was especially popular as a depot for gift-buyers who swiftly scooped up attractive gift packs of homemade preserves, jams, syrups and marmalades, along with funky Red Door T-shirts and tote bags. Chances are when the winter coats come off this spring, you'll spot plenty of locals sporting the Red Door brand as they drop in for their daily refreshment.

Coming up in January and February are Lauren's amazing marmalades, including such intriguing varieties as Seville and Cacao (Seville orange/coca nib), Pink Lady (pink grapefruit/vanilla), and Seville and Single Malt (Seville orange/single malt scotch). Marmalade lovers may already have sampled Red Door's Christmas Morning Marmalade (clementines/rum/raisins) and Rites of Spring Marmalade (lemon/lavender) which were on the shelves over the holiday period to whet your appetite for the new crop to come as citrus reaches its peak season this winter.

In January, Lauren launched what she hopes will be a continuing series of monthly "Preservation Workshops" where participants are taught the basics of seasonal preservation, focusing on storage crop pickles and citrus preserves in the winter months, and moving on to fresh crop pickles and fresh field berry jams as the warm weather arrives. The first workshop took place on Jan. 18 when Lauren went through the ABC's of pickling. If you're intrigued by the possibility of learning a new skill, watch for notices of sessions to

come in the store or on Red Door's Facebook page.

Lauren and her partner Greg Boone are delighted by the warm welcome they have received in the neighbourhood and look forward to presenting their growing clientele with "lots of new offerings" in the food and coffee line in 2016. We wish them both, and all the friendly staff at the store, a very healthy, happy New Year and continuing success as a lively neighbourhood haunt. *JH*

Skin saviour Sylvie Sauvé

After more than three decades of wide-ranging experience dealing with clients of all ages from pre-teens to 90s, and with all imaginable conditions of skin, hair, nails and feet, Manor Park-based esthetician Sylvie Sauvé has honed her skills to offer a high quality service to an appreciative clientele in her fully equipped, home-based studio at 54 Dunvegan Rd. Sylvie offers the full range of esthetics treatments from facials to waxing, electrolysis, manicures, pedicures, eye brow correction and permanent make up.

Apart from her seasoned expertise and conscientious professionalism, one of the

greatest benefits for clients is the privacy of Sylvie's home studio where she serves only one client at a time, focusing her attention entirely on his or her specific needs. Few of us relish the thought of being in a busy salon awaiting an anti-aging, wrinkle-tackling facial, a hair removal procedure or, in the case of the younger folk, a treatment for problematic teenage skin. Hence the appeal of a one-on-one session in Sylvie's quiet nearby Manor Park home.

One of Sylvie's specialties is foot care, an essential service to the elderly and to those suffering from diabetes whose circulatory problems can compromise the health of their feet. She has been trained in the techniques of "podology" which address a broad range of common foot conditions such as thickened or ingrown nails, callouses, corns, cracked heels and fungi, and has qualified as an Advanced Podologic Foot Care Technician. In addition to providing cosmetic manicures and pedicures, she offers therapeutic pedicures to her older clients and to those with problematic feet, many of whom are immensely grateful for her services and relieved to have found help addressing a longstanding condition.

Sylvie takes care to use top quality brands in her esthetics practice, opting for Belnatur and SkinYoga skin care products, Artdeco makeup, OPI products for nails, as well as long-lasting Shellac, and the Footlogix line of treatments for foot care and pedicures. Interested readers in need of a restorative or beautifying treatment can contact her at 613-748-0352. Sylvie has been a longstanding and loyal advertiser in the NEN, and we wish her a very happy,

Continued on page 12

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Continued from page 11

healthy and successful year in 2016. *JH*

Helping reach fitness goals

One of the recent arrivals on the health and fitness scene in our area is Prime Personal Training, which we welcome as a new regular advertiser in NEN. Prime opened its doors at 429 St. Laurent Blvd. in late fall of 2014, and now serves a broadly-based clientele from all over Ottawa, as well as a growing contingent of local residents.

The studio offers individualized programming for all ages and fitness levels, focusing on the gamut of health and fitness goals from strength training to muscle building, fat loss, injury prevention and rehabilitation, sport specific training, nutrition coaching and – perhaps most important of all – “lifestyle management”: the techniques of developing healthy habits and routines to maintain fitness levels and prevent backsliding. The majority of clients are served on a private one-on-one basis, but Prime also offers semi-private “partner training” for friends, co-workers, spouses or partners, as well as budget-friendly small group sessions. At the moment, Prime PT has small group programming



Photo courtesy Prime Training
(from left) Prime Training's Peter Koutras, owner Leslie Robertson, Julie Leblanc and André St. Amour.

on the schedule on Thursday mornings at 9:30 am, but for the early birds 7 am classes will be offered in the winter months.

Workouts take place in Prime PT's recently refurbished facilities on St. Laurent, which include a fully equipped gym with all new equipment and a consultation room where owner/trainer Leslie Robertson meets each new client to discuss his or her background, interests and fitness objectives. These preliminary consultations are free of charge, and are a crucial step in both the assignment of a specific trainer and

the design of a customized fitness program.

Leslie has an impressively wide-ranging background in the health and fitness realm, having earned a BSc in Kinesiology, a Bachelor of Education in Physical Education, and Certification as a CAN FIT PRO Personal Training Specialist. She has also achieved Levels 1&2 in the National Coaching Certification Program, and is a certified teacher of Hatha Yoga (Rama Lotus) and Power Yoga (Rama Lotus). In the course of her career as an elite volleyball player, she suffered a serious knee injury which led to a lengthy period of rehabilitation, working with a personal trainer and physiotherapist. It was this experience that first sparked her interest in personal training, and she went on to make it a career, starting initially with Good Life Fitness before branching out on her own in 2011.

Leslie's specialties include

fat loss and strength training, training programs for long distance runners, yoga and flexibility training, sport specific training and nutritional guidance. But above all, she is passionate about the overarching importance of lifestyle management, or building health habits addressing all aspects of well-being from proper nutrition to stress management, sleep and exercise. Leslie is delighted to have been recently selected as the first New Balance ambassador in Ottawa. Find out more about her approach at getfit-withles.com.

Leslie's colleague Peter Koutras is another Prime PT trainer with 14 years' experience. Peter's specialties include health and fitness programs for those with mental health challenges such as anxiety, depression and dementia; weight and fat loss; and injury and disease prevention and rehabilitation. You'll find more details on his website at fasttrackfit.ca.

New on the scene at Prime PT are trainers Julie Leblanc and André St. Amour, owners of Evertrain Lifestyles (another new NEN advertiser). André and Julie recently moved into our neighbourhood where Julie currently teaches at Fern Hill School. She will be taking on clients on a part-time basis, while André works full time as trainer and stretch therapist in the Prime studio.

If you're struggling to keep up your fitness resolutions and could use a helping hand, call Prime Personal Training at 613-601-7037 or go online at primepersonaltraining.ca. We wish Leslie and her team a successful new year

in our neighbourhood, and thank them for supporting our paper. *JH*

Arturo's 'take & bake'

In the 18 months since they took over ownership of popular local eatery Arturo's Market from its founder André Cloutier, current proprietors Laura Dunn and Richard Primeau have maintained the tradition of fine home-made Italian fare and friendly service, and added some appealing new features and services for the benefit of their clientele. Shortly after taking over in the summer of 2014, Laura and Richard extended restaurant hours to open up on Sundays, when brunch is served from 10 am-2 pm and the regular menu is available thereafter from 2-9 pm. A reservation system was introduced during peak hours on Fridays and weekends, and you can now reserve online at www.arturos.ca.

Laura reports that Arturo's "Take and Bake" take-out service is going gangbusters, with prepared meals going out the door at a brisk pace to serve busy households with a hankering for home-style Italian "comfort foods" such as meat and vegetarian lasagna, ravioli, handmade pasta (including gluten-free) and pasta sauces, pizza and pizza dough. In the winter months, the comfort food agenda will also include shepherd's pie. If you haven't yet tried this tasty, time-saving service, check out the take out menu options online and drop in to 49 Beechwood or call ahead to place an order (613-321-4613). Laura notes that Arturo's is also pleased to arrange delivery of your order right to your door if you call the restaurant or book online at www.skipthedishes.com.

Over the summer months, Arturo's operated a small 20-seat outdoor patio at the side of the building, an innovation which proved highly successful. Richard is currently collaborating with QVIA Executive Director Jamie Kwong to work with the City of Ottawa on a public "streetside parklet" pilot project to test the waters in promoting street life along Beechwood. (See details on page 1.)

While Arturo's menu has remained relatively stable since Laura and Richard's arrival, the kitchen offers an ongoing roster of specials to

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Photo montage by Louise Imbeault

Arturo's Market owners Laura Dunn and Richard Primeau.

tempt the palate, and regular Friday seafood specials. Throughout the winter, you'll also find osso bucco added to the line-up in keeping with the cold-weather comfort food theme. Once returned and refreshed after a well-deserved holiday in Dominican Republic this January, Laura's culinary imagination will be in high gear, so watch for new additions to the menu as the year unfolds. *JH*

From the Hill to the Hood

Jacque LaRocque, a strategic communications guru armed with years of experience and contacts, has moved from the foot of Parliament Hill to the heart of Beechwood, downsizing

her endeavour.

Q: What services do you provide?

A: Compass Rose works on all parts of the public affairs landscape: public relations, media relations, lobbying, strategic communications, public policy development, and stakeholder engagement. I work with the best in the business across a number of other disciplines including research, campaigns and social media.

Q: What prompted you to make the move from a large office, surrounded by colleagues and supported by juniors, to a one-person-focused enterprise?

A: Compass Rose is small by choice to be close to our clients. Running a larger shop

post-election Parliamentary session. New year, new beginnings, new digs. The irony is I created a start up in a new space just off the beaten path – only to get a better view of Parliament Hill here than from my old Queen Street office.

Q: Your company name is Compass Rose Group. What is the story behind the icon and how does it relate to the work you do?

A: A compass rose is what helps people find their way. It's that simple. What's your destination? We'll get you there. 'Group' exemplifies that I'm not working alone but working with a strong team, the best in the business.

Q: Why did you choose Beechwood to establish your new office?

A: I am really big on community. Our family moved to Rockcliffe Way six years ago and we have only looked forward. I have client space downtown, private club space downtown, and social spaces to meet. I don't need downtown to think. I walk to work every day and am steps away from my one-year-old daughter and some of the best shops in Ottawa.

Q: What can we expect from Compass Rose Group operating in the trenches of Beechwood Village?

A: I think you will see people coming from downtown to work here and be in the community here, to discover it and like it as much as we do. I will continue to be a strong cheerleader on that. We'll be buying local and sponsoring community events that matter. In fact, if there is a community event please do get in touch: jlarcque@compassrosegroupp.org. *EGS*

The singing stylist

Local hairstylist Kim Kaskiw has a multitude of talents, only one of which is her mastery of the techniques of cutting, styling and colouring hair. Kim is well known in Ottawa's music community as an accomplished jazz vocalist, performing for many years with her own jazz band, The Kim Kaskiw Sextet, who have been regulars at the Ottawa Jazz Festival and in venues throughout the region.

In addition to her performing career, Kim also has long experience as both a voice coach and a singing instructor, taking on private students from a wide variety of backgrounds to whom she has

imparted the techniques of breath control, warm up exercises, posture, dynamics and musicality, voice projection, tuning and the myriad other secrets of melodious singing and commanding public speaking. Over the years, her singing students have included stars such as Juno-award winning Kelly-Lee Evans and Sue Foley.

As a vocal coach, she has taught hundreds of teachers, politicians and others grappling with voice challenges. Kim is a member of the Faculty of Music Performance at Carleton University, and has extensive training and experience in the realm of voice pathology, working with singers suffering from vocal cord nodes or chronic voice strain, as well as those recovering from vocal fold surgery.

While Kim has had no shortage of music and voice students, and serves a steady clientele of hairstyling customers at her home-based studio on Marier Street, individuals seeking help in all three of these domains – at once! – are a relative rarity. Shortly before Christmas, Kim was touched to receive a glowing letter entitled "Songs of Praise for Kim" from freelance writer Lydia Louli, an appreciative client who is, in

fact, a recipient of both her singing instruction and voice coaching, as well as of her hairstyling wizardry.

Lydia first met Kim when she resolved to pursue a life-long dream of learning to sing, and overcoming her shame and embarrassment at what she assumed was her "tin ear." Once embarked on a weekly routine of lessons with Kim, Lydia was thrilled with her progress: "The first thing she addressed was my breathing.... We worked on this and matching notes she played on the keyboard," said Lydia. "The first time I sang a melody from start to finish on key – I was amazed! I have continued my lessons for three years and my ability to carry a tune has improved greatly. My sessions with Kim are bright spots in my week and I love working with her on new, and ever more challenging songs."

Next on Lydia's agenda was seeking Kim's expertise as a voice coach: "Kim coached me in voice projection and diction and my oratory skills were enhanced to the point where I felt comfortable speaking to a large group. My oration was successful and the boost to my ability to speak has become a huge

Continued on page 14



Hill Times photo by Jake Wright

A better work/life balance is the main reason Jacquie LaRocque chose Beechwood for her new firm's headquarters.


from an office of 10 to a funky studio space fit for her talented hub of four. It is here, above Victoria Island Real Estate, where Jacquie now gets the strategic and creative wheels turning. It is a new chapter for Jacquie, complete with a new brand (Compass Rose Group) and a fresh style of working for her clients. She spoke with *NEN* about

means taking on far more clients, more management, less direct client work, less time for charity work I had always been known to do. I looked to refocus, work on a select set of clients – and work with them directly.

Q: When did you launch?

A: I launched in December 2015 with a vision to get into our new space before the

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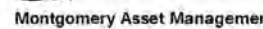
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Continued from page 13

asset,” said Lydia.

Last but not least, Lydia topped up her successes in singing and oratory with a hairstyling transformation: “Kim was incredibly diligent, giving me highlights that looked natural(and) a style that suited me...Every cut and style was done with strict attention to detail and utmost care...my hair has never looked better!”

Summing up her happy experience at Studio Kim, Lydia writes: “for either vocal coaching or hairstyling, Studio Kim is definitely the place to be. For the fortunate few such as myself, it can be a One Stop Shop. I found my voice and a rocking hairstyle to boot!” JH

BURGH BUSINESS BITS**Calling cyclists and cycle repair pros!**

Terry Kavanaugh, owner/operator of Kavanaugh's Garage at 145 Marier St, is giving serious thought to bringing in a bicycle repair and tune-up specialist this spring to complement his car repair and electric bike services. Terry currently has ample space for a bicycle

repair facility in his second spacious garage at Marier and Pères Blancs, and given the growing number of cyclists in the community, it's a fair bet there's a market out there for a new service of this kind. For some years, we had such a service here in the 'hood at various spots on Beechwood and on MacKay, and its proximity was a huge help to those of us who were daunted by the difficulties of heaving bikes into and out of the car to go farther afield.

If you'd be interested in having a local facility to tune-up your bicycle (or family collection of bicycles) in time for spring, drop by the garage or give Terry a call (613-746-0744) to let him know you'd be a likely client if the service is made available. And if you are, or happen to know, a repair/tune-up specialist who might be interested in taking on the job for the cycling season, please contact Terry to follow up on this possibility.

A rockin' Christmas party

Da Bombe owner Bill Ross reports that once again, his annual Christmas Eve turkey dinner was a great success. Although numbers were somewhat lower than last



Kim Kaskiw is not only a skilled stylist, but also a talented jazz vocalist.

year, as Bill points out that's actually a hopeful sign, since fewer people were in need of help enjoying their fare of the delights of the season. But the highlight of the evening (apart from Bill's delicious homemade fare) was the arrival of a volunteer singer/guitarist who regaled the diners throughout the evening with what Bill describes as “catchy, gypsy-style rock ‘n roll.” Who knows — maybe Bill will be inspired to introduce live entertainment at Da

Bombe in 2016! JH

Loaves for the Food Bank

Throughout the Christmas season, Bread and Roses owner Chris Green operated an ingenious system of donations to the Ottawa Food Bank, with customers purchasing fresh whole wheat and whole wheat / wheat bran loaves at a 25 percent discount, filling in a personalized donation slip and popping the loaves into a box for delivery to the Food Bank. The program was a huge success, with 240

nutritious loaves shipped off within the first few weeks, and according to Chris, Food Bank staff are thrilled both to have freshly-baked (as opposed to day-old) bread, and to receive it from a small, independent baker rather than a large corporation. Chris plans to repeat the program at all major holidays, including Easter and Thanksgiving, and has hopes to expand it and keep it running throughout the year if he's able to secure some corporate sponsorship. JH

Changes at New Ed Square

Two weeks before Christmas, New Edinburgh Square introduced a number of upper management changes at the residence, with Guylaine Waldron taking over from former manager Christine Clare, and Jennifer Drapeau assuming the marketing and sales responsibilities from Pina Bernardi. We look forward to speaking with Guylaine once she has had a chance to settle into her new role, so stay tuned for details about events and activities coming up at the residence in our next edition in April. And a warm welcome to Guylaine and Jennifer! JH

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October 29 community forum report

Continued from page 2

general agreement that the community needs a facility that is adaptable to varied programming needs and meets the functional needs of the three community groups. It was further agreed that these three groups must find a new way of working together more closely, or merging. Programming areas of importance to participants included the arts, music, child care, fitness, group and individual lessons. Community event spaces were also identified as important facilities in a new

community centre. A number of participants also raised the possibility of some small commercial operations to take advantage of the natural setting in the park close to the river, e.g. kayak rentals, café.

3. What are the key issues that New Edinburgh would need to tackle in looking to new programming or a new community centre?

Forum participants were in strong agreement that funding must be well defined and in place at the start of the project to ensure successful implementation and deliv-

ery. Participants also wanted to ensure that the project be based on a clear business plan addressing the way forward, and stressed the importance of clear governance through a new, formalised governance structure involving all three community groups. Engaging all groups of all ages and interests was considered critical in the consultation process as the project moves forward. Traffic, parking, security, and noise issues were also identified as challenges that will need to be addressed in the development of the project, and remedial options shared with the community before

the project proceeds.

4. Any obstacles to continuing the work and analysis of the feasibility of a new community centre?

No specific obstacles were identified by the forum as impediments to continuing the work, but participants did note a number of major challenges that will need to be addressed prior to getting project approval. These included:

- Funding: the capacity of the community to raise the appropriate funds;
- Levy on property taxes: will the community agree to a neighbourhood spe-

cific levy to finance a new community centre;

- Transparency: transparency of the process and community groups;
- Overall vision for new facility: shaping a vision that addresses community needs; and
- Clear and coherent governance: clear governance through a new/formalised governance structure involving all three community groups

Conclusion: The forum participants gave overwhelming support to the three community groups to continue working on this initiative.

Carleton students' design chosen for public 'parklet'

Continued from page 1

"streetside parklet", in light of its close proximity to several cafés and to the summer Beechwood Market.

In the course of preparing the application for a City permit to launch the project, the QVBIA team has consulted extensively with groups and merchants in the community, including Arturo's owner, Richard Primeau, who is on board and enthusiastic about the scheme, as well as other surrounding businesses such as Second Cup. City Councillor Tobi Nussbaum is reportedly also a keen backer of the concept.

Jamie stresses that while the QVBIA will take the lead in spearheading and coordinating the pilot project, as well as in covering its costs, for which \$20,000 has been earmarked in the group's budget, they are hoping to engage the wider community in the process. The plan is to encourage

local residents to embrace the new idea, whether by playing an active role in painting, planting or otherwise enhancing the space, or simply by making use of it through the spring, summer and fall as a novel and entertaining outdoor spot to enjoy a coffee or chat with friends and neighbours.

As a first step in engaging the community, the QVBIA invited participants at their recent Annual General Meeting, held at St. Charles Church on Jan. 21, 2016, to vote on a design for the proposed pop-up parklet, drawing on the imaginative models prepared by students at Carleton University's Azrieli School of Architecture and Urbanism under the guidance of Assistant Professor Johan Voordouw. More than 70 of the AGM attendees voted on which streetside maquette they'd like to see on Beechwood.

The QVBIA takes great pride in having established a partnership with the Architecture School, which has undertaken to work with the merchants association and the community to design, source and build the Beechwood parklet once the City has given final approval to the application this March.

The only design criteria established by the QVBIA for the parklet as a preliminary guide are:

- Full accessibility to all comers;
- Greenery;
- Continuation of the QVBIA's "Red Flower Pot" theme in touches of colour, materials and ambience.

Jamie reports that while all the students' design concepts were interesting and original, the clear popular choice at the AGM was the Water Garden. She looks forward to bringing us more details

on the Beechwood streetside parklet in our next issue in April, once the application has received the go-ahead from the City. If all goes as planned, construction of the project should be launched by mid-April, with the pop-up parklet in full swing through

the late spring, summer and early fall. The City plans to re-evaluate the pilot at the end of this season, and if the results are positive, we could see a repeat of the initiative in the spring of our 150th Anniversary year in 2017.



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'I want to be a computer engineer when I grow up'

By Maria Urbina-Fausser

Countries like England, Australia, and the Netherlands, among many others, are changing their approach to how they teach technology to children. A big shift is taking place from teaching how to use existing software packages, to educating on how to build useful computer programs. While Canada hasn't yet made this move in its educational system, institutions such as Fern Hill School, a non-profit private school located in New Edinburgh, have identified technology as a key learning area.

Fern Hill School partnered with Shopify's Chief Technology Officer, Cody Fausser (full disclosure: he's my husband), to run a pilot training workshop on coding for its grade 5 and 6 students. Cody sees this as a key area to teach at a young age as "technology professionals are in extremely high demand and there are no signs of this slowing down," he says. "Students learning these skills at an early age can become



Photo courtesy Fern Hill School
Fern Hill's 5th and 6th grade students visited the Shopify office on Elgin Street where they were inspired to consider future careers in technology.

professionals before they're done high school. For example, a 16-year old can now, become an intern at Shopify and work on real large-scale software problems."

Long time Shopify employee Julian Nadeau originally founded Ottawa's Code for Kids Initiative, and Shopify

continues to be involved in other technology education programs. The company's goal is to get children engaged at an early age with science and technology by teaching them fun course materials related to things that they already like and can identify with, such as

Minecraft, the wildly creative block-building game. "This type of exposure can help set them up on an extremely successful career path by developing skills that a lot of the work force doesn't have until their 20s," Cody says.

Fern Hill's 5th and 6th graders visited the Shopify office on Elgin Street where they were inspired to consider future careers in technology. At the coding training, they also received an overview of technology and software applications that are known to them, such as Google, as well as novel applications, such as virtual reality (Oculus Rift), space exploration (Space X), and electric cars (Tesla). The students learned to write their own basic computer program, learning the fundamentals of programming. They also used a visual programming system to solve several programming challenges. For part of the training, Cody used Code.org, a non-profit application dedicated to expanding access to computer science.

Grade 5 student Axelle Dolan says: "I love comput-

ers. They can be frustrating at times, but they are very interesting. I want to be a computer engineer when I grow up." There is an underrepresentation of women in technology, a trend that can be reversed if addressed at the elementary and high school levels. "Programs like this can get children interested in tech early, they debunk the myths about programming and they encourage students (often young girls) who wouldn't otherwise consider these fields of work," emphasizes Anna Lambert, Director of Talent Acquisition at Shopify.

Whether Canada jumps on the technology education wave or not, it's great to see schools taking the lead in exposing children to different learning paths. Watch out for Fern Hill's Science and Technology workshops coming in March, where the children will learn more about Coding, Robotics, and Health Sciences.

Maria Urbina-Fausser and her family live in New Edinburgh. Her son happily attends Fern Hill School.



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New Edinburgh Welcomes Refugees (NEWR) needs help

By Paula Thompson

We are living in the midst of a global refugee crisis. Some 60 million men, women and children have been displaced from their homes around the world. These refugees are ordinary people, families, who have been forced to flee their countries due to extraordinary circumstances including violence, armed conflict and different forms of persecution. Many residents of New Edinburgh and neighbouring communities are helping directly by working in Jordan, Lebanon, Turkey and Egypt processing Syrian refugees. Many others are working here in Ottawa to support Canada's efforts to bring more of these refugees to safety.

We are fortunate in Canada to have a program that allows regular citizens and communities to personally contribute and sponsor refugees privately. If you have wondered how you could get involved in welcoming refugees to Ottawa, here's a chance to put those thoughts into action.

Last fall a core group of a dozen or so New Edinburgh residents banded together to privately sponsor a refugee family. We call ourselves New Edinburgh Welcomes Refugees (NEWR). We are collaborating with MacKay United Church, a sponsorship agreement holder with the Government of Canada. MacKay United has kindly agreed to guide us through this complex process. We hope to sponsor a small family of three to five people who may arrive in Ottawa as early as Spring 2016.

Many friends and neighbours have expressed an interest in helping our group, either through joining the core group, contributing financially, or donating time or household furnishings. All forms of support are welcome! We are looking to raise \$30,000 to support the refugee family for their first year in Canada, but we will also need household furnishings and many other items once the family arrives. To this end, on Feb.12 our core group members will have a Pledge Party Open

House at the neighbourhood home of Paula Thompson.

If you would like to contribute, in kind or with a cash donation, or if you can donate your time to helping the family settle in after they arrive, please drop by during the open house. Members of our group will be on-hand to answer questions and receive pledges of support of all kinds. Financial donations are tax-deductible. Please do drop by and enjoy a glass of wine with neighbours and learn more about the sponsorship project.

A special call out to the guys of New Edinburgh: our core group is comprised entirely of women and we will need some men to assist us once the family arrives! We will also need individuals who are typically home during weekdays to help with getting family members to appointments, and someone with access to a good sized truck and able bodied helpers to move donated furnishings and items into the sponsored families' permanent home.

To find out exactly where

the pledge party will be, or to get more information on the group's activities or to join our core group, please contact Paula Thompson at 613-800-

2251 or paulaLthompson@gmail.com or Abby DeWolfe at abigailloveday@yahoo.com.

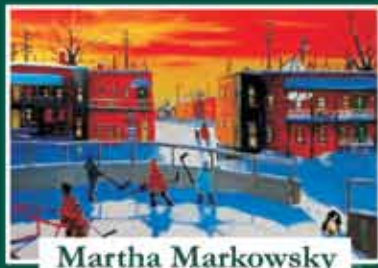
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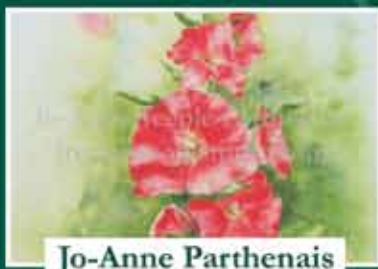
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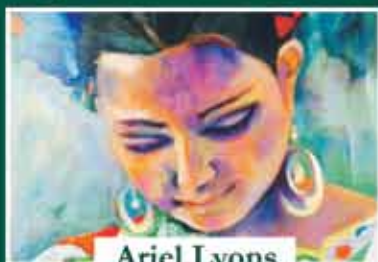
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Heritage Day to honour Beechwood Cemetery Foundation

By Catherine Lindquist

Ottawa Heritage Day takes place on the third Tuesday of February during Ontario Heritage Week. It was established in 1973 by the Heritage Canada Foundation to raise awareness and encourage preservation and promotion of Canada's nationally significant historic, architectural, natural and scenic heritage.

Every year, the Council of Heritage Organizations in Ottawa/le Conseil des organismes du patrimoine d'Ottawa (CHOO/COPO) partners with the Cultural and Heritage Services Branch of the City of Ottawa to present this heritage showcase event. An annual theme selected by the National Trust for Canada is reflected in the proceedings. A proclamation

is presented and bestowed by the mayor on an outstanding local heritage organization which reflects the theme. Last year's theme was "Main Street: at the Heart of the Community" and the proclamation recipient was the Beechwood Village Alliance (BVA) for their great work in pursuing the revitalization of the Beechwood Avenue corridor.

This year's theme is "Distinctive Destinations: Experience Historic Places". And, most fittingly, the recipient will be the **Beechwood Cemetery Foundation** in recognition of its exemplary stewardship of this designated National Historic Site. The Beechwood Cemetery comprises 160 acres of inspirational and scenic grounds



Photo courtesy Beechwood Cemetery Foundation

Established in 1873, Beechwood was officially named Canada's National Cemetery by an Act of Parliament in 2009.



Photo courtesy Beechwood Cemetery Foundation

Beechwood Cemetery Foundation will be honoured on Feb. 16 for its stewardship of this National Historic Site.

urban area, for other Ottawa residents and visitors, it may still be an unknown gem.

According to their website, "Beechwood Funeral, Cemetery and Cremation Services was founded in 1873 just 14 years after Queen Victoria selected Ottawa as the capital of the Dominion of Canada. At that time, city council had decreed burials were not permitted within the city limits, so Beechwood was located beyond what were then Ottawa's boundaries, on a 160-acre tract of land which was part of the original McPhail farm (100 acres) and the MacKay/Keefer estates. It became a prime example of the type of rural cemetery that emerged in the United States and Canada in the 19th century characterized by winding roads, picturesque vistas, wooded groves, unique landscaping, as well as monuments and markers of considerable architectural and historical interest. As an example, monuments to St. Charbel, Our Lady of Fatima, Élisabeth Bruyère and St. Marguerite d'Youville are visible on the grounds."

The site can be explored with the assistance of guid-

ed tours, highlighting the resting places of such high profile Canadians as Sir Robert Laird Borden (1854-1937), Canada's eighth Prime Minister; Sir Sandford Fleming (1827-1915), scientist, engineer and inventor of our modern-day time zones; William McDougall (1822-1905), father of Confederation; and Faith Fyles (1875-1961), botanist and artist at Ottawa's Experimental Farm. The Cemetery itself boasts botanical gardens, including an annual spring display of more than 35,000 tulips and Macoun Marsh, a unique urban wetland that welcomes school groups, artists, photographers and walkers.

Heritage Day helps highlight our rich heritage offerings and brings together many of Ottawa's local historical societies, heritage groups, and museums to promote Ottawa's heritage community through themed displays, book sales, entertainment and costumed interpreters. The day is a great opportunity for anyone interested in Ottawa's rich heritage to learn more about the various organizations and their offerings.

We look forward to welcoming everyone to Heritage Day at Ottawa City Hall on Feb. 16 from 11:30am-2pm in Jean Pigott Place, 110 Laurier Ave. W.

Catherine Lindquist is executive director of the Council of Heritage Organizations in Ottawa. She lives in New Edinburgh.



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dedicated to commemorating all Canadians and their diversity, and to the National Military Cemetery, RCMP National Memorial Cemetery and Ottawa Police Service Memorial Cemetery. In 2009, Bill C-17, an Act of Parliament, designated Beechwood as the National Cemetery of Canada.

Although many Beechwood area residents may be familiar with this national historic and unique heritage site and pastoral place, despite its expansive grounds within the

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The power of climate fiction in a post-COP21 world

By Gaye Taylor

In August 2015, Simon and Schuster released *Loosed Upon the World*, an anthology of climate fiction, an emerging literary genre in which climate change plays a critical role. Barbara Kingsolver's *Flight Behaviour* (2012) is a recent example of such work. But because these stories are set in more or less the present day and in parts of the world where climate change is only just starting to bite, the lives depicted in their pages are messy, but big picture: things are still fairly manageable, Predictable and Stable.

Such descriptors belong to a paradise long gone for the characters of people in the stories *Loosed Upon the World*. The title is drawn from W. B. Yeats' poem "The Second Coming" (1920) which begins as:

"Turning and turning in
the widening gyre
The falcon cannot hear the
falconer;
Things fall apart; the centre
cannot hold;
Mere anarchy is loosed
upon the world..."

Written in the wake of the First World War, "The Second Coming" prophesies a further apocalypse, the nature of which is still unknown, an uncertainty registered in its nightmarish final question: "And what rough beast, its hour come round at last, / Slouches towards Bethlehem to be born?" In *Loosed Upon the World*, however, whose earliest stories are set around 2100, there is no mystery about why things are falling apart, the rough beast of climate change having slouched into Earth's every corner. Notably, while some cities have survived to exert a (swiftly eroding) degree of municipal control, there are no nation-states in this broken world; just pan-global corporations with names like The Consortium and Kyocera-Merck.

The latter is a presence in "Hot Sky," set in 2133, somewhere in the South Pacific. Carter is the 30-something captain of the *Tonopah Maru*, a vessel outfitted by a rival company to drag back to a parched San Francisco the remaining fragments of icebergs to be used as drinking water. While homing in on a floe, the *Tonopah Maru* crew

receives an SOS signal from a Kyocera-Merck ship which they swiftly discover moored to the iceberg itself. The brief bitter drama that ensues will find "the ancient laws of the sea, as well as every other vestige of what used to be common decency" (208), swamped by a brutal and brutalizing pragmatism. At story's end, the second ship has foundered, its terrified crew is adrift in provision-less lifeboats, and the *Tonopah Maru* is leaving the area, iceberg in tow. Its own crew is mutinous with horror at Carter's callous refusal to rescue the sailors, but ultimately obedient to his command that they focus on fulfilling the terms of their contract as a ship with the business of hauling ice: not conducting rescue missions, especially not for the employees of a rival firm.

Part of the power of "Hot Sky" lies in its demonstration of how the problems that have always attended normal (that is, obscure and often neurotic) human interactions, will be magnified in a world destabilized by climate change run amok. No one in "Hot Sky" is evil: just struggling to survive in a world where drought, wildfire, flooding, disease, famine, and guerrilla warfare over scarce resources are the only certainties. In the one searing moment in which he permits himself to think of the sailors he has abandoned to die under the blistering sun of a ruined Earth, Carter wonders, brokenly, who on this "whole ... poisoned heat-blighted world ... had asked for any of this, the heavy green sky, the fiery air, ... the million frantic improvisations that made continued life on earth possible? Not us. Our great-great-grandparents had, maybe, not us. Only they're not here to know what it's like, and we are." (219).

COP21: Still fresh hope

Back in the present world of fact, it is 2016---and millions of individuals, organizations, and institutes from around the globe, across the political spectrum, and from all walks of life, private and public, are now working round the clock to try to ensure that life in the 22nd-century will not have devolved into a daily fight for survival via "frantic improvisations." Certainly,

in the wake of the COP21 Climate Conference, there are grounds for optimism. The strong international consensus on the need to restore and preserve the world's forests (as carbon sinks, most immediately) is foremost. However, also at the forefront is the acknowledgement that 1.5 degrees of warming—and *not* 2 degrees—should be considered the threshold of relative security; the discussions about how to finance the necessary transition to renewable energy in the developing world; and the pledges for transparency and accountability, which are strong signals of a global commitment to act to prevent climate change as full-on apocalypse.

But time is short. And we need all our tools at hand. And this is where stories like those found in *Loosed Upon the World* come in. Sure, there are a few leadenly didactic pieces, but most are nuanced representations of probabilities that will become certainties if we do not swiftly act, as individuals and in the collective, to cool our planet down.

Where "Hot Sky" is likely to engender feelings of horror, a story like "The Netherlands Lives with Water" may well bring tears as readers register the fact that even the Dutch, a most resilient people, who have for hundreds of years effectively managed the ever-present threat of sea and storm, are likely to find the fully awakened beast of climate change untameable. The Dutch tendency to see manuals on risk-management

as holy writ, forms a kind of gentle running gag for most of the story, but in its final lines, as dykes burst open and careful modelings of calculable risks dissolve helter-skelter into "a million frantic improvisations", none of which work for long, we see the ultimate failure of centuries. Valiant and clever efforts to keep the North Sea at bay and the flows of the Rhine contained have all the force of tragedy.

We are at a desperate turning point. According to the latest science, we have perhaps 20 years left to try to ensure that future generations aren't everywhere born adrift under a cruel sun with no hope whatsoever of safe

harbour. Simply reading the stories in *Loosed Upon the World* will, of course, do nothing to guarantee a kinder future. But reading climate fiction, and entering into the hearts and minds of those alive 100 years hence, will help to motivate the necessary sense of urgency because we are hard-wired to respond to stories. So take a walk to our lovely neighborhood bookstore, or to the library, and get your hands on some works of climate fiction. Be moved to actions, large and small, that will, taken together, help to keep the worst effects of climate change a matter of speculative fiction, rather than irremediable and irredeemable fact.

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For the Birds

By Jane Heintzman

December 2015 will be remembered around here for its record-breaking mild temperatures and spring-like weather, reaching an eye-popping peak of nearly 17C on Dec 24. Not surprisingly, the local bird population took advantage of the balmy conditions to stick around long after most migratory species would normally have headed south. The rivers were wide open and ice-free for a lingering contingent of waterfowl, and thanks to an abundant supply of berries, seeds and other wild foods, backyard feeders were eerily quiet. Much to our disappointment, our usual colourful collection of Northern cardinals, rosy house finches, American goldfinches and black-capped chickadees were nowhere to be seen on Christmas morning.

Birding reports from Ottawa Citizen birding columnist Bruce Di Labio and the Ottawa Field Naturalists Club (ofnc.ca/breports.php) highlighted a variety of unusual sightings around the region in December and early January. Observed were a Mountain bluebird (native to the western half of the continent); hermit thrush; wood thrush; pine warbler; Northern mockingbird; Carolina wren; red-winged blackbird; swamp sparrow; Baltimore oriole and a brown thrasher. But the two most spectacular rarities spotted during this period were a female Bullock's oriole found in the Pakenham area, and an immature male summer tanager, which turned up at backyard feeders in our neighbourhood, along Avon Lane. The tanager was first spotted shortly before Christmas and was still being reported regularly in the 'hood' in late January, surviving on peanuts and seeds at local feeders.

The summer tanager is a relatively rare sight even in the spring/summer breeding season, but in December and January, when most members of the species are long gone to wintering grounds in South America, it's a startling sight indeed, and no doubt caused the original spotters to rub

their eyes and look again, scouring their field guides in the process. While the adult male is uniformly bright red (the only completely red bird in North America), the female and immature male are bright yellowish-green, yellower on the head and underparts, and greener on the back and wings. Molting immature males can be patchy yellow and red. Summer tanagers are insectivores, specializing in bees and wasps, but presumably this one had expanded its diet.

Many readers may have heard or read about the female Bullock's oriole who turned up in the Pakenham area in December and came close to perishing in mid-January



Summer Tanager.

Photo by Bruce Di Labio

when real winter set in at last. Like the wandering summer tanager, this little creature clearly had an iffy sense of direction, straying far from her native turf in western North America and heading east rather than south as winter approached. She appears to have survived on apples during the prolonged mild spell, but once the deep cold arrived and the apples froze, the bird was near starvation when local bird enthusiast Ray Holland rescued her at the 11th hour. Holland sought the experienced aid of Bruce Di Labio who restored the tiny creature, which Holland named Lucky, with a nutritious mixture of fruits and nuts before delivering her to Wild Bird Care Centre where she will be cared for over the winter. And the good news is that since Bullock's orioles are genetically similar to the

Baltimore orioles found in our part of the world, Lucky may well find a mate when she's released into the wild this spring.

Bird count logs near-record numbers

December's balmy weather created ideal conditions not only for late lingering bird life in the area, but also for birders who took part in the Annual Ottawa Christmas Bird Count on Dec. 20. With no snow cover to impede trekking in the region and open water conditions on the rivers, local birding enthusiasts were able to cover a lot of often inaccessible territory, logging a near-record 86 species in the course of the day. Highlights of the count included winter wren, swamp sparrow, hermit thrush, Northern mockingbird and wood thrush.

With the exception of a solo pine warbler which turned up in our garden in early December, I was not lucky (and/or sharp-eyed) enough to have spotted any of the



Pileated woodpecker.

Photo by Amy Jane Lawes

American robins, American goldfinches, house finches, Northern cardinals, black-capped chickadees, dark-eyed juncos, white-breasted nuthatches, downy-, hairy- and pileated woodpeckers on the scene in significant numbers.

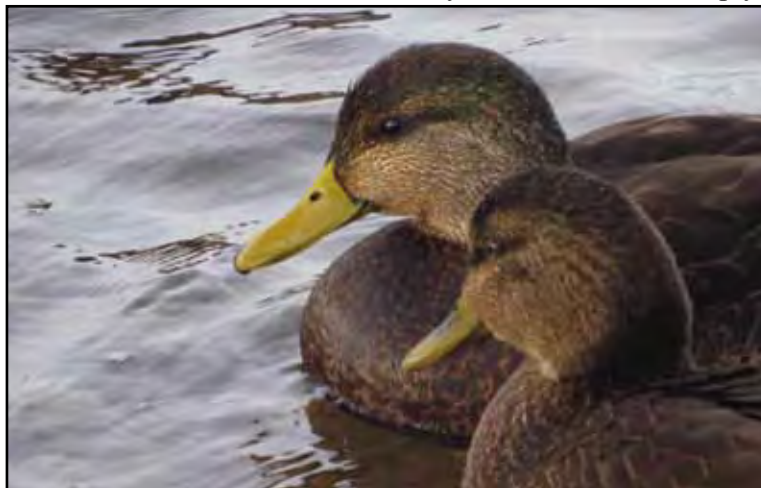
Other regulars on my daily bird log included a spectacular male purple finch which I spotted regularly in a lilac bush on Thomas Street, sharp-shinned hawks, a very vocal pair of common ravens cruising over the wooded area close to the Rockcliffe Pavilion and of course, hundreds of American crows in virtually all corners of the community. Despite daily efforts to spot the snowy owl which neighbour Philip MacAdam reported seeing near the Pavilion, to date, I've had no such luck and am still on the lookout for a glimpse at one of these striking creatures which have flocked to our area in increasing numbers for the past few winters.

Thanks to the mild December, the rivers were open to waterfowl until well into the New Year, with common mergansers, hooded mergansers, common goldeneye and mallards still ply-

ing the chilly waters of the Rideau River in front of our house over the Christmas holidays. At one point I spotted what I thought was a female wood duck, but given the date (end of December), I decided it was a case of wishful thinking until I discovered numerous other reports on the OFNC website and in Bruce Di Labio's Ottawa Citizen column confirming that this graceful little female was in fact around on our stretch of the river.

Winter of the American Robin

2015 was a banner year for fruit and berry crops in the community in general and in our garden in particular. Both our Northern spy apple tree and our mountain ash produced a bumper crop, with branches weighed down almost to the ground and windfalls blanketing the lawn and flower beds. Even our faltering crab apple tree produced a respectable harvest. In the late fall and early winter, this readily accessible feast was largely ignored by all but the squirrel population and a few intrepid house finches, but in recent weeks, a flock of about a dozen overwintering American robins has moved in to devour the thick clusters of mountain ash berries. Unlike the lean, faded creatures I spotted last winter, these robins are strikingly robust: fat, sleek and brightly coloured despite breeding season being a long way off. Their attack on the bountiful crop of orange berries has been systematic and thorough, with the flock arriving en masse each morning for the past few weeks, and spending several hours feasting before flying off.



American Black Ducks.

Photo by Amy Jane Lawes

Although it's been fun to watch the robins' antics and see a splash of colour on the winter landscape, my one regret is that they have denuded the tree before the bohemian waxwings have had a chance to claim their fair share. In past years, bohemian waxwings have been regular visitors to our garden, perching in small flocks in the tree tops along River Lane behind our house, and then swooping in when the coast is clear. No reason to swoop this year, I'm afraid: the cupboard is bare!



Photo by Mike Leveille
Female Pine Grosbeak at Macoun Marsh.

The migratory habits of American robins are more variable than those of many species, with groups of robins often remaining in northern areas during winters when fruit and berry supplies are sufficient and there's open water to be found. It's most often the male of the species that lingers in the north, as the females must gear up for their spring duties of creating and laying eggs, and raising offspring. These are tasks which demand good nutrition and plenty of food energy, so the females head for milder climates where food supplies are abundant and the weather less rigorous.

If you happen to have a group of hardy robins hovering around your backyard this winter, don't bother trying to tempt them with seed. Robins are simply not interested in birdseed, and are generally disinclined to make use of your feeders. It's apparently possible to lure them into taking frozen fruit from the ground in your garden if you think they need fattening up, and the best way to do this is to begin by spreading mealworms around to attract their attention, and then offer fruit in the same spot, preferably

their favourites: blueberries, raspberries and strawberries.

Crows and Ravens

Few of us would pick the common raven when enumerating our favourite birds, and fewer still would choose the American crow, with that unmelodious and ubiquitous presence whose raucous caw caw is the backdrop of our daily urban lives. While both have glossy black plumage and high levels of intelligence, there are significant differences between the two species and there are a number of helpful clues to distinguish between them when you're out birdwatching.

For my money, the most telling differences are size—the raven is considerably larger than the crow; call—the crow's nasal caw caw is quite distinct in pitch from the raven's deep-throated gronk gronk; and flock size—crows tend to move in large (often massive) flocks, while ravens normally fly solo or in pairs. Another less visible but interesting difference is lifespan. While the crow rarely makes it past eight years (and given its dubious habits, it's perhaps not surprising), ravens can live to the ripe old age of 30.

Reports from our readers

Our Val-des-Monts correspondent Amy Jane Lawes reports an unusual start to winter in her environs, where she and her partner were still venturing out in kayaks and canoes until the week after Christmas. In the course of their excursions on the lake, they spotted several small groups of hooded mergansers, common goldeneye and common mergansers, along with three majestic bald eagles, two adults and a juve-



Photo by Amy Jane Lawes
Bohemian waxwing.

Here's a useful comparison chart:

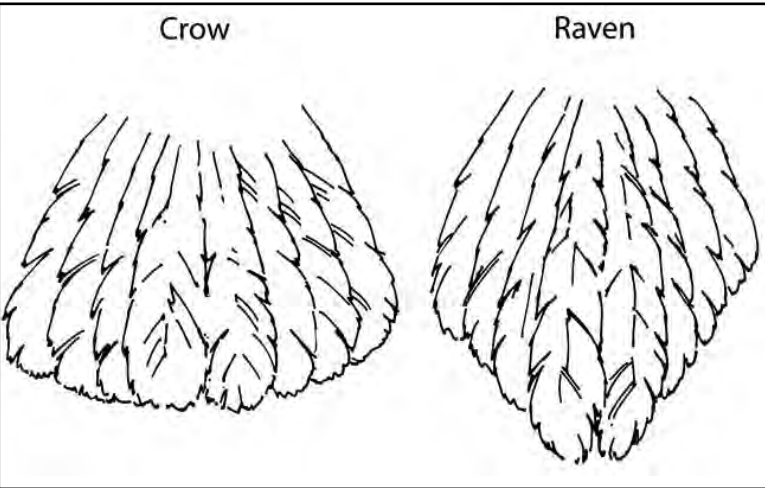
Characteristic	American Crow	Common Raven
Size	17-19 inches, large pigeon size; weight about 20oz.; Wingspan 32-40 inches	24-27 inches, red-tailed hawk size; weight about 40oz.;
Bill	Slender, pointed, no tuft of hair on top	Thick, heavy, curved upper ridge of bill; tuft of hair on top
Throat	Smooth	Shaggy when calling
Wing Shape	Straight; blunt and splayed wing tip	Crooked wrist, splayed primaries; pointed wings
Tail Shape	Straight or slightly curved across; fan- shaped	Strong pointed wedge
Flight	Quick flapping	Soaring, gliding, can somersault in flight or fly upside down; longer-necked than crow in flight
Voice	Nasal "Caw-Caw"	Low, hoarse "gronk gronk"
Flocks	Family groups or large flocks	Solitary or in pairs
Habitat	Adapted to human, populated areas; social and bold	Less social, more cautious; found most often in the wild

nile, soaring together over the water. But while the weather was mild and the water unfrozen, the population at Amy's feeders was scantier than usual, with far fewer finches than last year. Since then, as true winter has set in, many of the wanderers have returned to feeders, including downy- and hairy woodpeckers, red- and white-breasted nuthatches, blue jays, black-capped chickadees and American goldfinches.

Early in the winter, Amy had an interesting day hiking in Gatineau Park where she encountered a large flock of about 50 bohemian waxwings foraging on the forest floor. To top off a successful day, she spotted a snowy owl on a lamp post on Highway 50 while en route home, and even managed to capture a photo of the imposing creature in the process.

In late December, Amy took part in the annual Val-des-Monts Christmas Bird Count, taking advantage of good weather to log a variety of species, including mallards, American black ducks, hooded and common mergansers, bald eagles, American goldfinches (masses of them), a purple finch and a barred owl keeping a close eye on the busy feeders. She has also added the rough-legged hawk to her life bird list since the start of the New Year.

St. Laurent Academy's Mike Leveille reports a varied collection of winter birds at the Macoun Marsh, notably American goldfinches, dark-eyed juncos, black-capped chickadees, white-breasted



A comparison of Crow and Raven tail shapes.

nuthatches, downy- and hairy woodpeckers, and mourning doves.

Vicki Metcalfe reports from sunny Victoria, B.C. that her garden is abuzz with chestnut-backed chickadees, glaucous-winged gulls, European starlings, Oregon juncos, yellow-crowned sparrows, house sparrows, house finches and the occasional Anna's hummingbird. No wonder Vicki is a convert to winter on the west coast!

Philip MacAdam reports that his avian bistro at Alexander and Thomas Streets was hopping on New Year's Day, with downy woodpeckers, white-breasted nuthatches, house finches, purple finches, black-capped chickadees, Northern cardinals and American goldfinches "all keeping my staff busy throughout the day!" All was quiet on the following day, however, and it wasn't long before Philip spotted a sharp-shinned hawk swooping out of the bistro, leaving in its wake a badly mutilated pigeon carcass and a pile of feathers. Coopers hawks and sharp-shinned hawks have

been widely reported at feeders throughout the region this winter, so be on the lookout for hungry party crashers eager to make short work of the smaller birds.

Naturalist Dave Collyer reports that it's a birding mecca out in central Alberta, where he has logged an impressive number and variety of species this winter. His list includes: brown creeper, golden-crowned kinglet, American robin, Bohemian waxwing, cedar waxwing, yellow-rumped warbler, white-throated and song sparrows, chipping sparrows, dark-eyed juncos, snow buntings, evening grosbeaks, pine grosbeaks, red crossbill, white-winged crossbill, common redpolls, hoary redpolls, pine siskins, Northern goshawk, rough-legged hawk, bald eagles, merlin, prairie falcon, gyrfalcon, ruffed grouse, short-eared owl, great-horned owl, snowy owl, Northern hawk owl, black-backed woodpecker and gray partridge.

Your thoughts on more small shops in residential zones

New Edinburgh has a sprinkle of commercial entities amongst the residential streets. Imagine if that sprinkle became a shower, with the addition of corner stores, barbershops, bakeries, baristas and sandwich take-outs all within arm's reach? The City recently studied the potential and impact of mixed neighbourhoods, where storefronts sit next door to front lawns, where entrepreneurs and homeowners share the sidewalk. With the study complete, word on the street is that the findings favour the contribution of smaller retail spaces and services, what the City coins small "c" commercial endeavours, to Ottawa's neighbourhoods, including New Edinburgh.

Is it a benefit to have that cup of sugar available for purchase across the street or a hindrance to welcome a commercial footprint to the quiet street? What better way to gauge than to take it to the streets. **Elizabeth Gray-Smith** asked New Edinburghers for their opinion on injecting more small businesses into the larger residential space.



"I think we should do it because it is an environmentally sound thing to do. Having stores that we can walk to instead of drive to makes sense."

Jock (left) on Stanley Ave.

"It would definitely be a good idea to have a convenience store close by for kids so they wouldn't have to travel far or into traffic. Even fun stuff like candy, ice cream. We could use some neighbourhood hubs like those."

Lachlan (right) on Stanley Ave.



"Yeah, I would like more places where I can bump into friends. And a place to get chocolate croissants. More shops please."

Rose on MacKay St.



"Having been away recently from the neighbourhood, this is what I missed: leaving my windows open at night and being woken up by the birds in the morning. Even though I was raised a city girl, I had never experienced that. Will we lose it if things change?"

Ren on Stanley Ave.

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“I’m all for it as long as there is oversight and that guidelines are enforced. My preference would also be to prevent obnoxious signage. I think it would be an improvement to our neighbourhood by having additional locally owned small businesses who appreciate the heritage of the community and are invested in improving it long-term. I certainly don’t see it as a hindrance. My wife and I are really hoping for a homemade ice cream shop.”

Trystan on Crichton St.

“A benefit! It would bring back some of lost New Edinburgh, our historic village where until the middle of the 20th century many, many businesses were nestled amongst the homes. From an environmental and health perspective, it could result in less car use and more walking. And socially, these small shops would be where you would meet your neighbours, get caught up, take a moment just to chat. All good!”

Paula on John St.

“We would welcome “small businesses” as an addition to our community. As a growing neighbourhood, it could be beneficial to homeowners and businesses alike. Yet, as the city considers our New Edinburgh, as a possible “mixed neighbourhood”, it MUST keep in mind the uniqueness that we presently enjoy and the closeness we thrive on as a community.”

Jill on Crichton St. and Scott on Ivy Cres.

“I grew up in the neighbourhood and remember the days when there was a corner store at MacKay and Dufferin. As kids, we would bike down with our allowance and buy a Popsicle, pop rocks or a slushie. Let’s open our arms to small entrepreneurs and build the community.”

Kristin on Rideau Terrace

The best place for her future is a place with a lot of history.

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Janice McDonald wins Top 100 Award for third year in a row

By Kita Szpak

Janice McDonald, a 10-year resident of Rockcliffe Park and president of The Beacon Agency in Ottawa, continues to shine in the community of Canada's most iconic women leaders upon being named an Executive Network (WXN) 2015 Canada's Most Powerful Women: Top 100 Award Winner for the third year in a row. She is keeping good company with such illustrious past award winners as Margaret Atwood, Dr. Roberta Bondar and Michaëlle Jean.

Launched in 2003, the Top 100 Awards celebrate the incredible accomplishments of Canada's top female executive talent. WXN creates and delivers innovative networking, mentoring, professional and personal development to inform, inspire, connect and recognize its community of more than 19,500 smart women and their organizations in the pursuit of excellence.

Janice received the BMO Arts and Communications Award – the category that has been hers to win for the

last three years – during a gala celebration at the Metro Toronto Convention Centre a couple of months ago. This category recognizes women who have shaped Canadian thinking and culture through the profound impact they have made in the Arts or Communications industry.

“It is a great honour to have been recognized again in 2015 alongside so many remarkable women. Canada is the best country in the world and I am proud to play a role in the advancement of women in leadership in Canada,” said Janice.

Many remember Janice as the local co-founder of CD Warehouse Inc. and president of Mymusic.ca where her entrepreneurship savvy first caught fire with clients and public alike. To win such a prestigious award in a prohibitively competitive climate three years running is a testament to Janice's combination of leading-edge education, business success, and focused ambition all threaded through with the intention to do good before the term “social entrepreneurship”

was even invented.

A true pioneer in this regard, Janice has Leadership training from Harvard and INSEAD graduate school, and was appointed to the Women's Leadership Board at Harvard Kennedy School in March 2014. She is past chair of Women in Communications and Technology, and the Organization for Women in International Trade – Ottawa. She is current chair of the International Women's Forum Ottawa Chapter, and board director with Futurpreneur. As the quintessential mentor, Janice works to create the necessary conditions and opportunities for women to thrive and succeed in business in Canada.

For her two previous wins in the ranks of Canada's Top 100 Most Powerful Women in 2013 and 2014, Janice was awarded a World of Difference 100 Award in Washington from The International Alliance for Women and National Leadership Award from Canadian Women in Communications.

Always ready to broaden her horizons, Janice was part




Photo by Paul Couvrette
Rockcliffe Park's Janice McDonald, co-founder of CD Warehouse, was honoured for her entrepreneurship in 2015.

of the first all-women trade mission to Sao Paulo, Brazil last May. She's presently studying towards another master's degree (Fine Arts) at King's College in Halifax

in addition to the M.A. in Canadian Studies that she already has, as well as certification from The Canadian Institute for Conflict Resolution and an ICD.D designation from The Institute of Corporate Directors. A new book *Hashtag Niceland: For Business, It Pays to Care* is expected to be released this year.


As president of The Beacon Agency, which offers customized breakthrough insights in social entrepreneurship, business strategy, and leadership training, Janice continues to do good in a remarkable way. The agency is currently conducting a national study on women entrepreneurs and their approach to risk in partnership with BMO and Carleton University. Her latest startup is *This Space Works*.

Given her credentials, accomplishments and continued determination to lead others effectively, it is no wonder Janice has claimed the Arts and Communication Award once more – exceptional Canadian that she is.




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First of many new projects opens with tribute

By Jane Heintzman

The two-month “move-in” process at The Kavanaugh wrapped up this fall, and on Dec. 2, 2015, Domicile celebrated with the residents at a reception in the main lobby. Stars of the show were the legendary Rupert Kavanaugh, owner/operator of Kavanaugh’s Esso,

our local gas station and garage for nearly six decades, along with his entire family. Although for the moment they remain in their family home of over 50 years, Rupert and his wife Mary are now proud owners of a condo in the building named in their honour, so the Kavanaugh tradition at 266 Beechwood

lives on!

The surprise of the evening was the unveiling of a beautifully restored 1940s vintage gas pump, now installed in the main lobby as a lasting tribute to Rupert and his many years of service to the community. To underscore Domicile’s gratitude to the Kavanaghs and recognition of their role



Photo courtesy of Domicile
The Kavanaugh family was honoured at Domicile’s condo launch in December. From left: Kavanaugh’s Garage owner Terry Kavanaugh with Rupert, Mary and Clarence Kavanaugh, and Domicile’s senior VP David Chick.

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in the site’s history, Rupert and his commemorative gas pump are currently featured on the company’s new marketing materials.

In late December, Domicile broke the news that well-known local chef and culinary entrepreneur Warren Sutherland will open a new restaurant in one of the commercial spaces on the ground floor of The Kavanaugh in late May or June 2016. You’ll find more details on page 1, but in a nutshell, the new eatery, to be (appropriately) called Sutherland, will serve breakfast, lunch and dinner, along with a late night bar menu and weekend brunch. Full service indeed! Watch for more details in the next issue as Sutherland’s opening date approaches.

Two floors high and rising

Thanks to a long stretch of balmy weather in early winter, construction has been proceeding apace on the Minto Beechwood site, and barring a sustained siege of arctic temperatures and/or blizzards, the project is on target to “top off” in late March or early April. High-rise Development Manager Kevin Harper notes that extreme cold can be a serious impediment to progress, as the electronics on the crane shut down in temperatures below -25C. There is, however, considerable wiggle room built into the construction schedule, so with luck we should see the topped off structure in time for April’s *NEN*.

The ground floor slab

was fully completed before Christmas, marking a major project milestone. The parking garage is also complete, and Kevin is delighted by the simple, user-friendly design, and well laid out parking spaces. The second floor slab—the second greatest challenge after the ground floor work—is scheduled for pouring beginning in late January, and thereafter, the higher floors will go in at a brisker pace in the course of the following six weeks. Plans for a celebratory “topping off” party are currently in the works.

Minto Beechwood is located at a busy intersection on a well-travelled artery and major bus route. Purchasers are made well aware of this fact in a Notice of Disclosure on title with the unit. They also have the protection of strict City regulations or Sound Transmission Criteria applying to noise levels for the units, so sound mitigation measures are a top priority in the construction process.

Project approval requires a detailed analysis of the measures needed to meet City noise guidelines in the case of each unit, with wall, door and window construction, as well as the view, taken into account for each individual unit. Once building construction is complete, actual noise levels are tested and if they fail to meet City standards, the builder must fix the problem before occupancy takes place. Needless to say, sound-proofing is a top priority for Minto as the construction process unfolds.

Sales of the Minto Beechwood condos have been steady in recent months, despite the closure of the Sales Centre nearly a year ago. Kevin estimates that they are about 80 per cent sold, but a good selection on all floors and at all price points still remains. He has hopes that the topping off and steady glazing and fleshing out of the structure will spark renewed interest this spring. In the lead up to the final push towards move-in and project launch later in the fall.

As of press time, the identity of Minto Beechwood's commercial occupants remains a mystery, with no clear indications of when the long-awaited news might be revealed. The only certainties are that two of the occupants (collectively accounting for about 6,000 sq. ft. of the 17,000 sq. ft. available for commercial use) are now locked down, while intense negotiations continue on the third space: a whopping 11,000 sq. ft. This unit has proven a trickier proposition to settle, with a number of hopefuls coming close to an agreement but pulling out before the deal was closed. There is, however, a wealth of interested parties for the prime space. Kevin is hopeful that the final piece of the puzzle will be in place before long. Maybe, just maybe, we'll have an announcement on at least one of new Minto Beechwood businesses in our April edition –and no, it won't be a bit of April Foolery on the back page, we promise!

'Gateway' upgrades taking shape

In mid-January, the City approved an application from the owners of the pharmacy building, Witt Lewandowski and Frank Tonon, for minor variances relating to the parking lot area and building's corner yard setback. Due to by-law changes introduced since the building and parking lot were constructed, the variances were required to permit the existing layout to remain "as is" despite the fact that it is technically no longer in compliance with all the new rules. Specifically, the variances applied to the width of the drive aisles, the length of the parking spaces, the new requirement for a landscaping buffer (no room!) and the corner yard setback of the building, which does not meet the new standard of one

metre from the lot line.

Now that these minor regulatory issues have been resolved, the owners and their design team are moving ahead with the exterior renovation, preparing Building Permit applications for the planned alterations of the building façade and enclosure of the second floor open terrace to create a year-round useable space. In order to recreate the outdoor patio ambiance of the existing terrace, while offering protection from inclement weather in the summer months, the plan is to install large sliding glass windows on the second floor, allowing for an opening of about five feet for each set of four windows. The same arrangement will apply to the ground floor windows facing Crichton Street and the proposed outdoor patio area, while the Beechwood facing windows will remain closed because of their proximity to the street.

As we reported on the future of the New Edinburgh Pub (see page 10), no decision has yet been taken on the future occupant, but a range of options is now under active consideration. While the owners' vision for the upgraded building includes an expanded ground level patio for as many as 60-plus

patrons, the pub occupant would be the operative in making that arrangement with the City and obtaining the requisite patio licence. Paul Williams currently has such a licence but in recent years he hasn't actually operated an on-street patio, focusing instead on the perennially popular roof top terrace. The 2,674 sq. ft. second floor space vacated by the Physical Therapy Institute this past summer is still vacant and available for lease.

The owners' agent, Allan Jackson, reports that the project team has been consulting with City Councillor Tobi Nussbaum and QVBIA

Executive Director Jamie Kwong, both of whom are extremely supportive of the planned facelift of the building as a significant landmark at the gateway to Beechwood. We'll keep you posted on the progress of the project, and on any breaking news related to the future occupants of the building.

Metro plans a mystery

If no news is good news, Metro's planned renovation of the Beechwood store promises to be a stunner, when and if it ever comes to pass. Metro Head Office still offers no details on the project, nor any indication of the timetable envisaged. Metro's



Image courtesy Allan Jackson
A rendering of the proposed facelift for 1 Beechwood, current site of the New Edinburgh Pub.

retraction from its original ambitious expansion plans to an apparently low-priority – and indefinitely postponed – store renovation would seem to add fuel to a rumour now in circulation that the store may soon be sold to another corporation. Stay tuned!

St. Charles: a busy venue

Just over a year ago on Dec. 19, 2014, the Catholic Archdiocese of Ottawa sold the former St. Charles Church and surrounding property to local developer ModBox and a group of private investors with plans for a mixed residential/commercial development on the site. In the intervening 12 months, the team has been hard at work, moving ahead with ambitious plans to transform and recreate the space as a lively community hub, complete with shops, cafés, restaurants, a year-round market, open spaces for public gatherings, and a new on-site residential development wrapping partially around the church building.

Lead architect Andrew Reeves and LineBox Studio have been steadily refining the plans, carefully respecting the heritage character of the church building and the iconic bell tower, which Andrew

Continued on page 28

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Planning progresses for ModBox and Claridge projects

Continued from page 27

regards as a beacon for the area. The group has presented its preliminary plans and has been absorbing community feedback, both good and bad, as a guide to its ongoing project modifications. In late December, a Site Plan Control application was submitted to the City, and in the next few weeks, the project will be presented to the Urban Design Review Panel. If all goes as planned, the neces-

sary City approvals should be in hand in about a year's time, and the proverbial shovels will be ready to break ground.

In the meantime, ModBox is working hard to establish the property as a welcoming gathering spot for community events. As we reported in our last issue, St. Charles Market played host in early December to an event focused on Vanier as a "City in the City." The session was co-organized by associate professor Roger Connah of Carleton's Azrieli

School of Architecture and Urbanism, and QVBIA head Jamie Kwong, and featured a presentation of the work of fourth-year architecture students, followed by discussion of Vanier's challenges and opportunities as it continues to develop and change. ModBox is hoping to share some of the imaginative student projects with the community in the months ahead.

On Jan. 19, Refugee 613 and the Coalition in Ottawa for Refugees hosted an information session at St. Charles Market. Participants included local Councillor Tobi Nussbaum. The session covered the basics of the sponsorship process, including an overview of the various pathways to sponsorship, pairing options and opportunities to network with others interested in sponsorship. QVBIA also held its annual general meeting at the venue on the morning of Jan. 21.

Chris Penton, manager of the summer Beechwood Market, is planning a series of indoor winter market days at the Church, which started Jan. 23 and will run on the three following Saturdays, Jan. 30, Feb. 6 and Feb. 13. All market wares will be locally-sourced and will

include greenhouse tomatoes, free range eggs, apples and apple products, artisanal cheeses, preserves, jewelry, therapeutic skin creams and prepared meals to take home or eat on site. Shoppers will be treated to live music and entertainment, arts and crafts, and a tasty Caribbean breakfast.

The last of the markets on Feb. 13 will lead into the annual Vanier Après-Snow party, "Carnavale" which ModBox hosted at the Church last February, not long after taking possession of the property. The family party promises to be a lively community celebration with kids' music, balloon twisters and a face painter on hand.

Claridge plan back in play

After a second extended hiatus with its application on hold in the city pipeline, planner Erin O'Connell advises that Claridge has recently reactivated the application and submitted a revised proposal for its planned mixed commercial/condo development at 89-99 Beechwood (the old Desjardins bank).

While the broad lines of the six-storey project remain as they were, with 67 residential units of varying sizes and configurations planned for the 2nd through 6th floors

and two commercial spaces of approximately 600 square metres each slated for the ground level, Claridge's resubmission includes a number of detail changes, notably:

- Submission of a parking study
- Adjustments to the design of bicycle parking at the site's south west corner
- Incorporation of a bus shelter into the building on the south east corner
- Changes to the scale and design of the balconies of some of the units and extension of a wall to enhance privacy for several units, and
- A deeper recess of the retail entrances to avoid encroachment on sidewalk space

For more details about the project and/or its current status in the pipeline, contact Erin O'Connell at erin.o'connell@ottawa.ca.

Two projects on hold

City of Ottawa planner Kimberley Baldwin reports that the two small-scale mixed commercial/residential developments proposed for 143 Putman (formerly ZaZa Pizza) and 196 Beechwood (ex-Burton's Dive) are both on hold. The City has provided the developers with comments on both applications but as of press time, was still awaiting a response. Kimberley also noted that no development application has yet been submitted for the Jacobson's property at 141 Beechwood.

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Let me introduce... Andrea Kmetty



Louise Imbeault
Social Columnist

February is one of the most difficult months of the year. Many of us are feeling winter's bite; cabin fever manifests as the holiday visitors depart, and a strong feeling of isolation can set the tone for many ailments such as seasonal affective disorder and depression.

On the bright side, the days are getting longer with a few more precious minutes of daylight to give us hope that winter will end soon. The festivals and outdoor activities abound such as Winterlude, Valentine's Day and Family Day. It's an invitation to celebrate, a time to show our loved ones appreciation, affection and compassion in small daily gestures by just being present, aware and supportive on this journey toward spring. The following story is to encourage and motivate us to set aside the blues and enjoy a momentary escape.

Meet Andrea Kmetty, a resilient master of self re-invention. Her journey is one of creativity, resolve and discovery.

In 1989, Andrea, her husband, and then-three-year old daughter fled Hungary to Canada as political refugees. Arriving in Hull, Que., strangers in a foreign land without knowledge of English or French, their new life was far from ideal. After settling in a small apartment, their first priority was to learn the language in order to secure employment. Andrea could not fall back on her education as a certified aesthetician, so she worked as a chambermaid in a local hotel. "Even if I can't speak the language, I'm healthy and strong and I can work," she said.

It's this positive outlook and hard physical work that kept the family housed and fed, waiting for a better opportunity. Five years later, however, the stress proved to be too much and the couple split up, but kept their parental responsibilities intact.

Andrea's adaptation to our

Canadian lifestyle is remarkable. She learned enough English to re-enter the world of esthetics. For the next eight years, Andrea built a loyal clientele, providing them with skin treatments, massage and foot therapy and even made time for home visits to her older clients.

By late 2002, Andrea was prompted to re-invent her life. She graduated from Herzing College in office technology and secretarial sciences, landed a few short contracts in Ottawa's Heart Institute and later at the Civic Hospital.

Again, a lack of permanent employment pushed her into a different field. This time, she chose to follow a long time passion for geographical information systems and mapping. Her daughter, by this time a teenager, was well-supported and living with Andrea's ex-husband, so Andrea moved to Toronto to study at Ryerson University while working part-time as a rental agent in a property management firm. She graduated in 2008 with a Bachelor's degree.

But while Andrea thought she was "mapping out" a good life, a sudden long distance call from her father shook up her plans. He (a widower) had fallen very ill. She flew to Budapest immediately to care for him, and nursed him back to health in three short months. "He is now 83 years old and still dating," she smiles proudly.

Back in Ottawa, she vowed to resume her career. But no permanent jobs were available. Once again, Andrea found herself in foreign territory and in 2009 registered for classes at Nova Scotia's Centre for Geographical Sciences.

Andrea's multiple academic achievements are a tribute to her keen mind and analytical intelligence. Nearing the end of the term, again a crisis demanded her attention. A classmate she knew well fell ill. His family in British

Columbia was too far away, and he was too unwell to fly home. After graduation, she cared for him for the next two years, commuting daily from her job in Halifax to Lawrencetown, N.S.

By 2011 her friend was strong enough to fly home and enter a long-term care facility surrounded by his family. Upon completion of her Government contract and missing her port of call – the Outaouais – Andrea came home with two new additions to the family (her adult daughter was established on her own by now): Lilly and Bailey, both eight-week-old Chu-Poos (Chihuahua Poodle mix).

Again, Andrea searched for employment in her field, but to no avail. In 2012, she had no choice but to accept an office position as a rental agent for a local property management firm.

The last two decades of uncertainty finally caught up to her and she now needed to take care of herself. She found a spacious well-lit bachelor apartment in the Burgh in 2014 for herself and Lilly her companion (Bailey had passed away).

Andrea did much introspection and for the third time re-invented herself with a holistic approach. She read, meditated, did art therapy interspersed with organic nutrition and took long healthy walks in the neighbourhood. Keeping busy with DIY projects and décor, she soon found her footing.

All these twists, turns, turmoil and obstacles had prepared her spirit for expansion. Questioning life (as we all do at some point) she prayed the Universe incessantly to finally have a Eureka moment. Andrea realized she was a microcosm of the "whole". With her charming east European accent, she joked: "Do you know how to make God laugh? Tell Him about your life plans!" We both cracked up with laughter.

This revelation taught Andrea to abandon herself to a higher power, letting go of the rational mind and allowing the energy to guide her where she was needed most. Realizing that people in need gravitated toward her and the message in her heart became clear: "I am a CAREGIVER" she exclaimed with joy.



Photo by Louise Imbeault
Burgh resident Andrea Kmetty (pictured with therapy dog Lilly) came to Canada from Hungary as a political refugee in 1989.

"This is my mission, this is what I was born to do", she said. Yes, Andrea Kmetty is a caregiver – not the product of schooling but by vocation. A mission of compassion blessed with intuition and crowned with experience. The journey was the discovery of her calling.

In 2015 Andrea emerged as the founder and owner of her new business, Convenience At Home, specialising in the care for the elderly, in particular assisting families facing the mental destruction of their loved ones diagnosed with Alzheimer's disease.

Andrea created a unique approach to support this debilitating malady, knowing that even though the cognitive functions and mental faculties can quickly diminish, the emotional facet of the person remains intact.

Her method is simple: keep the client in the moment and do things with them that engage their emotions and feelings. She uses tactile

stimulation, visual art expression and develops their need to nurture with dog therapy assisted by cuddly Lilly. The results are surprising and the clients clearly respond to this human approach. Such soothing feelings bring peace to both the affected and their families.

Andrea practices a one-on-one therapy and she also adds an educational facet to the family's primary caregivers by teaching them coping mechanisms thus making the experience a balanced package. (www.convenienceathome.com)

Andrea's uplifting personal journey is a testament to the strength and power of the human spirit which is restless until the pursuit of one's life mission of service to others becomes a reality.

Thanks to Julie-Ann Levett of Springfield Road for this profile lead. Send article ideas to louise.imbeault@live.com.

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Malcolm and John Harding

Maintaining 'normal' life in New Ed while getting the gift of life

By Elizabeth Gray-Smith

It was a warm spring morning in 2015 when Kenny Douglas's usual school run routine was interrupted by a long-awaited call. The screen flashed 'unknown', but he had a feeling he knew who it was. On the other end of the line was his transplant co-ordinator telling Kenny to get himself to the Toronto General Hospital by the afternoon. His double-lung transplant surgery was a go.

"There was a little adrenaline," recalls Kenny. "After dropping off the boys, I picked up a coffee from Bridgehead. Through all this, I have wanted to maintain as normal a life as possible and that included my morning coffee and croissant."

He laughs, "Of course, I called my wife first."

Word spread fast around New Edinburgh. In an instant, neighbours came to Kenny's Stanley Avenue home, ready to shuttle him and his wife, Sally, down the 401. Grateful but sending them on their way, she announced that they would drive themselves to Toronto, with Kenny at the helm.

"Just his style to take the wheel in a moment like that,"

notes Sally.

With the encouraging possibility of lungs waiting for him in Toronto, Kenny would be out of Ottawa for at least three months, leaving his boys in the care of good friends, John and Judi of MacKay Street, and leaving his wide network of supporters in New Edinburgh while he recovered in Toronto from this life-saving, life-changing surgery.



Photo by Elizabeth Gray-Smith
Stanley Ave.'s Kenny Douglas.

"For me, as the caregiver, being away from the community was the hardest part,"

says Sally. "It is one thing to take care of someone, but doing it in a place we didn't know, that was tough."

And, yet, while they were in Toronto, all systems fell into place back home. "Our house was looked after, indoor plants were watered, our fridge was emptied out, our mail was collected, our garden was tended, and our boys...they were cared for," says Sally. "All by lovely neighbours."

"Our boys would have been hanging around in Toronto with their dad sick, without friends." Says Kenny: "That continuity John and Judi provided, keeping them anchored in the community, was the psychological security we all needed during that time."

Sally and Kenny planted roots in New Edinburgh about eight years ago, first in Avon Lane, then in the house they purchased on Crichton Street, and later in the house they rented on Stanley Avenue.

"I used to live in Edinburgh, Scotland, so there is that whole parallel," says Sally. "Our good friend once told us, 'the microcosm you surround yourself with becomes your perspective on the country you land in'. He couldn't



The original 'Go Kenny D' message sent from Kenny's weekly breakfast club at the Vanier Grill on the day of his surgery.

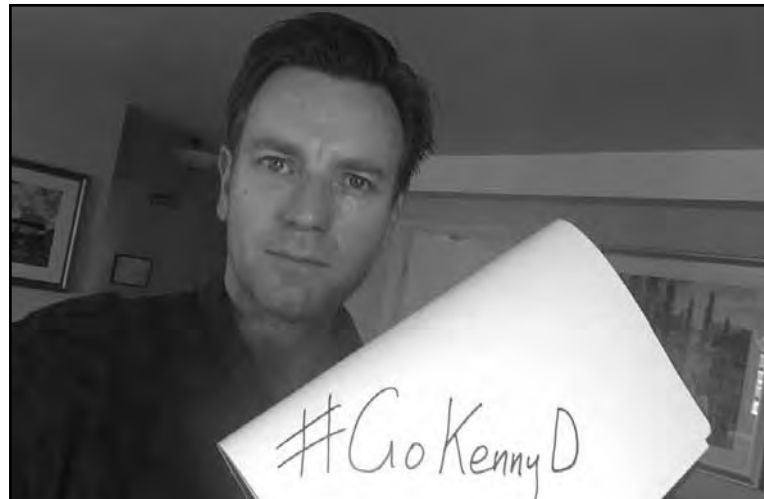
have been more right about that."

"We could have stayed in Toronto for the pre- and post-surgery management," she muses. "Traditionally, Toronto General had insisted that those on the transplant list relocate to Toronto. We were fortunate enough to make the decision – with the support of the hospital – not to do that because our community is such a network

for the 13-hour surgery. While under, Sally sat in the waiting room with friends from Toronto and many from New Edinburgh.

Meanwhile, back home, Kenny's weekly Friday morning breakfast group stayed the course, meeting over eggs and coffee at the Vanier Grill on Montreal Road.

Kenny describes this lot as, "a good mix of folks: a pastor, a lobbyist, a business-



The #GoKennyD movement reached around the world, with Scottish actor Ewan McGregor adding his support.

of strength for us: the ability to stay in the heart of the community, to be surrounded and supported by friends. We didn't want to be just waiting for the transplant, we wanted to be living up to it."

There is more than one theory of how his lungs were damaged, but all theories point towards Kenny's time served in the first Gulf War as a member of the British Army. The first sign of the pulmonary fibrosis appeared during Kenny and Sally's honeymoon, some 19 years back. By the time he got the call for this surgery (there had been false alarms), he was down to less than 20 per cent of lung capacity.

Once at the hospital in Toronto, after the necessary tests, the operating room was booked. Kenny was prepped

man, a journalist, and others who contribute greatly." and whose slogan is: "eating bacon and talking bollocks."

That was a tough morning for the breakfast club. Pulling their positive energy together for their missing tablemate, the collective grabbed a clean square of cardboard and scratched out the simple message, "Go Kenny D". They photographed it and sent it to Sally. She posted it online. And so began a movement that would spread fast and far to wish Kenny well.

During the first 12 hours, with Kenny still in surgery, photos of folks holding "Go Kenny D" signs began pouring in to Sally's inbox, and with a hashtag attached, the movement caught fire on Facebook.

"These photos filled me

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Photos of encouragement sent from neighbours and from strangers abroad, such as the New Zealand All-Blacks rugby team, gave strength to Kenny and his wife Sally during his long recovery.

with such joy," recalls Sally. "They helped me get through what felt like an endless day. It reconnected me to my community, both in New Edinburgh and my home in Scotland."

When Kenny came out of surgery, the nurse told Sally that he might be able to hear them. The nurse leaned in to his ear and told him it was successful, that his wife was with him in the room and that he had new lungs. Still heavily sedated, he lifted both arms and gave them two thumbs up.

And, still, the images of support continued to stream in after Kenny's surgery was declared successful.

Then-prime minister Stephen Harper was photographed holding a sign; new Burgh neighbour and Liberal leader (now PM) Justin Trudeau and held a sign with Conservative MP Peter MacKay; Scotland's First Minister, Nicola Sturgeon, posted a photo; as did the entire New Zealand All-Blacks rugby team; the internationally known freefall parachute team, the Red Devils; and Scottish actor Ewan McGregor. Not to mention, neighbours. So many neighbours. Upwards of 20 neighbours of Stanley Avenue crafted a 40-foot-wide sign which was photographed in Stanley Park.

"The photos came in from around the globe: the Philippines, India, Sudan, Turkey, New Zealand, Fiji, Hong Kong, Singapore, Afghanistan, countries in Europe... everywhere," recalls Sally. "It even appeared on the leaderboard at the British Open."

While Kenny remained under sedation in recovery, Sally printed and taped the hundreds of photos to his hospital room walls.

"My body took a hammering and I was a little sleepy

after 16 days of sedation," recalls Kenny. "But, I can remember opening my eyes and trying to piece together all the photos. I spent hours looking at them. It helped me focus and concentrate and bring me back. I could feel the support, the warmth. It felt good, which is exactly what you need when you are recovering."

"I also knew that these photos were just as important for Sally," says Kenny. "They no doubt helped her while she was waiting for me to come out of it. Sally values her community. This movement was a testament to the community around us."

The Douglasses remained in Toronto over the summer, arriving back to New Edinburgh in the fall of 2015. With Sally at the wheel this time, they turned onto Stanley Avenue to a sea of neighbours welcoming them home.

Sally and Kenny's car is now parked on Crichton Street, in front of the house they own. The license plate holds a Gift of Life logo. It is just one way Kenny can get the conversation going about what he went through and what others can do to save lives, like his.

"It is somehow the rule of twos," says Kenny. "There are two things, one is to register as a donor. The second is to tell your loved ones you've done it. Those two minutes it takes to do those two steps can mean a lifetime to someone else."

Sally agrees.

"If there is anything I take out of this, don't not tell people you have been registered. You can register but not telling your family can be an obstacle to giving someone else life. It can be difficult for family members, unless they know your wishes."

The Canadian Transplant Society states that 90 per cent of us support organ and tissue

donation, but fewer than 25 per cent have taken steps to register. "The sobering stat is the people who die waiting for organs. It is called gift of life for a reason," says Kenny.

Since Kenny's return to New Edinburgh, certain clusters of neighbours have tested his "rule of twos" and timed the process of signing up. He challenges others to do

the same. "It really does take a minute for each step," he says.

If neighbours are looking to talk to Kenny about his story and how easy it is to register, you can find him strolling, sometimes jogging, the paths and sidewalks of New Edinburgh.

"Now that I'm back in the community, I'm walking the

paths of Rideau Hall that I missed while in Toronto," he says. "I'm thinking of taking up cross-country skiing in there."

"We are really back home now," says Sally. "It was quite the journey. It is good to be back home."

Type #GoKennyD into Google to view many of the photos posted.

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Volunteer Opportunities at Nectar

The NECTAR centre provides a diverse selection of activities for all ages in New Edinburgh and its surrounding communities. 1,500 people a year enjoy the recreational, wellness, and arts courses we provide at New Edinburgh House and Memorial Hall. We also have a thriving special interest speaker series and community events which offer opportunities to meet and mingle. Of course, our signature event, Lumière is now entirely volunteer driven, attracting thousands of people in the Ottawa area each summer.

Our dynamic and engaging team of volunteers is the lifeblood of Nectar and such a key part of our success. We have the facilities. Do YOU have the ideas, skills, and energy?

- Sit on the Nectar Board of Directors? Meetings are held one Tuesday evening a month.
- Join the Lumière Team? It's already time to start planning!
- Help organize a fundraising event?
- Plan a speaker series based on a subject of YOUR choosing e.g. authors, politicians, etc.?
- Host a coffee morning or afternoon tea?
- Coordinate a concert or open stage event in the Memorial Hall for the younger members of the community... pop, jazz, blues, folk?
- Help with house and garden maintenance? New Edinburgh House at 255 Mackay is 130 years old and needs much TLC!
- Start a theatre group? We have the perfect facility. Many of us miss the New Edinburgh Players who provided annual performances for over 20 years!
- Curate the Nectar Community Art Gallery? A wonderful opportunity for art lovers!
- Lead a Jane's Walk? This annual walk on the weekend of May 5th celebrates the life and work of urban activist Jane Jacobs.

If YOU have an activity that you would like to organize at Nectar this is YOUR opportunity to be heard! Please contact Isobel Bisby or Lee Benson at info@nectarcentre.ca.

Sean

Sean Flynn, Chair

MEET LEE AND CHARLIE — TWO OF NECTAR'S LEADING LADIES



Hello! My name is Lee. After 2 years with our Afterschool Program, I began working as Nectar's General Manager in June of 2015. While I still make time to pop next door and spend time with the children and our new ECE Charlie, I'm enjoying the opportunity to meet the adults that are a part of the Nectar community and get involved in more of our programming. With a decade of experience working in not-for-profit organizations and a grad degree behind me, I'm thrilled to continue working with Nectar and the community of New Edinburgh. My spare time tends to include coffee, books (of all flavours!), old cars, music, puzzles, good food and good friends.



Hello! My name is Charlie, and I have been lucky enough to be chosen as the new Program Co-ordinator for Nectar's afterschool service. I have been working in recreation for about eight years now and am looking forward to bringing the best of that experience to the children at the centre. Some of the things I like to focus on are the importance of free play, loose materials and child-led creative endeavours. In my spare time I tend to read, play video games, and would like to get back into sketching and painting. My husband assures me that I am a terrible cook.

visit nectarcentre.ca to register for our winter programs

Elmwood stages joual-accented revolutionary tale

By Sophia Swettenham

Montreal in the 1960s was on the verge of revolution; modernization was emerging, and life was bursting with vibrancy. The verve was irrepressible in everyone, except for the poor housewives of the Main. This same monotonous life is reflected in Michel Tremblay's play, *Les Belles Soeurs*, until one lucky housewife, Germaine Lauzon, wins a million trading stamps. When her female friends and family members gather together to help her paste the stamps into booklets, the women are begrudging in their efforts, gradually turning on each other, and exposing the extraordinary hardships of their commonplace lives.

Elmwood Theatre has been rehearsing since October 2015 to prepare its production of this Canadian tragicomedy. First performed in Montreal in 1968, *Les Belles Soeurs* explores the lives of these Québécois women. Through a mixture of dark humour, wit and choral cynicism, Tremblay showcases the deep oppression of mid-20th



Photo by Angela Boychuk
Members of Elmwood Theatre's ensemble rehearsing a scene from Michel Tremblay's *Les Belles Soeurs*.

century Quebec society, and exposes the suffering endured by women from years caught in a socio-economic rut.

Tremblay, himself, grew up on the Main in Montreal and witnessed the tribulations of women – neighbours and family members – of this era. However, when he wrote *Les Belles Soeurs*, he not only wanted to reveal the flaws in Quebec society, he also wanted to celebrate Québécois culture.

Although historically situat-

ed, the play's relevance is not restricted to a specific era; the sentiments of the women are universal, and its feminist message still resonates. An integral aspect of this play is the strong collective of female roles, and, while the characters may seem to judge one another and indulge in petty behaviour, the audience sympathizes with their inability to connect, which stems from their long-suffering repression.

To prepare for the produc-

tion the group of 24 students (ranging from grade nine through 12) have worked on mastering the "joual" dialect for the performance. Joual is a form of informal French that is spoken as slang. The original play was written in Joual French in order to accurately depict how the women of the Main communicated with one another. Recognizing its importance in creating authenticity, our director, Angela Boychuk, decided it would be appropriate for the cast to learn and perform using the accent. The cast has had some training sessions with Junior School French teacher, Gail Gavan, to learn the pronunciation, inflexion and tonality of joual, and also to receive more context and background information about the Québécois culture of this time period.

In addition to cast-members, other Elmwood production students are creating costumes for each character in the show. Using a wide spectrum of colours, our four-member team is crafting outfits to reflect the styles of the 1960s. As a result, this

production will transport us back to an important time in Quebec history

More broadly, Grade 11 students at Elmwood are studying the play in English Literature class. This opportunity has provided them with a deeper understanding of Tremblay's motivations and intentions for the production, and has given them a more meaningful appreciation of the text.

As our opening night approaches the cast is spending more and more time in rehearsal at Elmwood. We are excited to showcase our work to our friends and families in the Elmwood community, and hope to share the compelling story of *Les Belles Soeurs* with the New Edinburgh community as well.

Les Belles Soeurs runs from March 2-6 at Elmwood School, 261 Buena Vista Rd. For tickets call 613-749-6761 x 221 or visit [facebook.com/elmwoodschooltheatre](https://www.facebook.com/elmwoodschooltheatre) and help support Elmwood Theatre!

Sophia Swettenham is a CAPPIES Team Leader and Grade 11 Theatre student at Elmwood School.

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Return trip to Cambodia finds Peaceful Children's Homes thriving

By Flora Liebich
IC4C coordinator

We arrived in Phnom Penh on a sweltering Thursday afternoon. December is normally the be-ginning of the "winter" here, but global warming has hit Asia, and temperatures are around 34-35C (plus humidity).

Having known Phnom Penh since 1998 and coming back after a 10-year absence was a bit of a shock. A new city has superimposed itself on the beautiful old city that I remember. Noisy construction sites have sprung up everywhere. Traffic is unbelievably dense and even more chaotic than before –the rich drive

huge gas-guzzling SUVs and super-fancy trucks that hog the road. Poorer drivers on motorcycles carrying families of five (including babies) and armies of tuk-tuks (now powered by motorcycles instead of humans), weave in and out like a motorized ballet, but still a hair-raising ride.

Our first week in Cambodia was set aside to visit both of the Peaceful Children's Homes (PCH) Home 2 in Battambang, (a 5-6 hour drive northwest of Phnom Penh) and Home 1 in Sre Ampil (an hour north of Phnom Penh) which I first visited in 1998 and which have been supported by "In Concert for

Cambodia" since 2006.

Visit to PCH2 in Battambang

For the drive to Battambang, we were accompanied by Ms. Chi Huay, a talented young student from Home 2 who is attending law school in Phnom Penh, thanks to the donation from Vesak Day in Ottawa (held at City Hall) in May 2014. She is very grateful to the Vesak Day organizers, including Visita Leelaratna, Ian Prattis and "Friends of Peace", for allowing her to pursue her dream of "helping people in Cambodia through law."

Home 2 is situated very close to the quiet, provincial town of Battambang. We were greeted by Son Soubert, who along with his father Son Sann, founded the PCH in 1994 to take in homeless children returning from the refugee camps in Thailand. Twenty-six Singaporean volunteer medical students and doctors were just winding up a visit, while a group of Albertan dentists were scheduled to arrive to provide free dental services to the Homes and adjoining villages.

We were very happy to meet Veuk Chum, the remarkable and personable young Director of the Homes. Veuk was one of the first children to grow up in Home 1, studied and later worked in Bangkok, but returned to take over as Executive Director of the Homes. A manager for each of the homes reports to Veuk, who travels between the homes on a weekly basis. We also re-connected with Luc Payant, a (now retired) nurse from the Ottawa area, who is volunteering for a year at Home 2, after connecting with IC4C at the "Journée Expérience Asie" in Gatineau in May 2015.

Home 2 is a model of self-sufficiency: raising chickens, fish and rice, both for profit and Home consumption, and teaching self-sufficiency to nearby villagers. This initiative is led by Ok Boeun-thern, a talented and enterprising young man from Home 2, who was able to study agriculture at the University of Battambang thanks to "In Concert for Cambodia."

Both Homes follow a system of self-management and shared responsibility by the children and young people, with five Committees (edu-

cation, agriculture, hospital-ity, security and reconciliation) led by elected young "leaders". Separate teams are responsible for housework, gardening, the kitchen, dining hall and sleeping areas.

Home. Two young boys were "bought" back after having been sold to traffickers for US \$50 each. A 13-year old girl was found abandoned, 10 years ago, with huge growths disfiguring her face. She has



In 2006, Ottawa violinist Laurent Côte started a fundraising concert to benefit the Peaceful Children's Homes in Cambodia and the students taking refuge there.

Special emphasis is placed on education, with additional "tutoring" provided on a group basis where possible. In 2014, 70 per cent of the young people from the PCH passed the national exams, compared to an overall national average of 25 per cent.

The PCH are governed by an international Board of Directors, which includes a French Judge working at the Khmer Rouge Tribunal, a Dutch businessman working in Cambodia, a Cambodian working at the UN Development Program, and two Canadians: Sabrina Ouellet, currently working at the Parliamentary Institute of Cambodia, and Mary Prum, who has worked in Cambodia with PATH and Oxfam-Quebec and, having returned to Gatineau, is now a member of the IC4C Organizing Committee.

Although very modest by Western standards, Home 2 is a happy, bustling community of children and young people, playing, attending the local schools and university, and many are involved in the agricultural projects. On first glance, one could easily overlook the fact that many of these children and young people have experienced significant trauma. Two young girls were rescued by an NGO from human traffickers in Thailand and brought to the

had several operations and is now a smiling and engaging young girl.

Visit with Queen Mother

Just before leaving for Battambang, we were informed that Soubert, his visitors and some of the children, would be granted an audience with the Queen Mother, Monineath (Monique), widow of King Sihanouk and mother of the current King, Norodom Sihamoni.

We were driven to the Royal Palace a dazzling assortment of small southeast Asian style palaces, pagodas and gardens. After the security search, we paid our respects in front of a life-size statue of the late King Sihanouk, donated by North Korea. The queen greeted us on the steps of her Art Deco villa, paying particular attention to the six children from the Homes who accompanied us. Once we took our seats in her reception room, she spoke quietly but knowledgeably, in French, about the many complex challenges facing Cambodia and the world: rapid urbanization, climate change and drought, drugs, and the challenges of development. She was very grateful for the assistance offered to Cambodia and to the Peaceful Children's Homes by various members of the group, including "In Concert for Cambodia".

The afternoon was spent visiting the Royal Palace

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(from left) Son Soubert, founder of the Peaceful Children's Homes, Ngounkim "Tory" Santory, who arrived in 2003 and now studying electronics at a vocational training school; Flora Liebich, IC4C coordinator, and one of the younger children at Home 1.

grounds and buildings, as well as the National Museum, which is recovering many ancient Khmer artifacts previously stolen and removed from Cambodia. We also spent a sobering hour at Tuol Sleng - the high school in central Phnom Penh used as a torture centre by the Khmer Rouge (principally directed against teachers, doctors, intellectuals and even their children) The KR individually photographed all those who passed through the doors of Tuol Sleng - the haunted look on those thousands of faces is hard to forget.

Anniversary party

On Dec. 19-20, 2015, the Khmer Foundation for Justice, Peace and Development (KFJPD), which manages the Peaceful Children's Homes, held its 22nd anniversary celebration at Home 1. Which is located in the countryside, about an hour from Phnom Penh, with vistas of rice fields in all directions. Saturday morning opened with the opening speeches, chanting and blessings by Buddhist monks, and the children performing traditional Cambodian music and dance, together with their teacher, the smiling and graceful 86-year-old Madame Theay.

Sunday's festivities were less formal, featuring a soccer game between Home 1 and the local police team. We were given a tour of Home 1, including the children's dorms and the guest-house, the outdoor kitchen, a solar project involving a local NGO, as well as the solar panels - some of which were donated by IC4C.

Among the guests were many young adults who had

grown up at the PCH. Most of them now have finished their studies and hold very good jobs, made possible by the Khmer Foundation's Revolving Educational Fund. It was particularly meaningful to reconnect with a young woman whom I had met when she was a child in 1998, now working as a hospital nurse, and with a young man who had just arrived with his brother in Home 1 in 2003, and is now studying electronics at a technical vocational school.

It was a joy to see these children and young people flourishing in their "PCH" environment. The visit also confirmed the value of the support that "In Concert for Cambodia" has been providing to the children and young people at the Homes for 10 years. Warmest thanks to all those who have supported IC4C and attended our concerts. We look forward to seeing you at our 10th Anniversary Concert on Feb. 28, 2:30pm, at Mackay United Church!

Flora Liebich has lived in New Edinburgh for 20 years and is coordinator for In Concert for Cambodia (IC4C). She has worked with the UNHCR and CIDA in Southeast Asia, including Cambodia. Flora retired from CIDA in 2012 and now works as a consultant. In 2006, Flora's stories about the Peaceful Children's Homes prompted 13-year-old Ottawa violinist Laurent Côté to set up IC4C, as a fundraiser for the Homes. This report is from a private trip she took to Cambodia, Laos and Vietnam in December 2015.

In Concert for Cambodia set for Feb. 28

You are warmly invited to the 10th annual fundraising concert for the Peaceful Children's Homes in Cambodia, taking place Feb. 28 at 2:30 pm at MacKay United Church, 39 Dufferin Rd. "In Concert for Cambodia" is a volunteer, youth-based initiative that, for the last 10 years, has supported two homes for children who are abandoned, orphaned, rescued from the street or from human trafficking.

Hosted by CBC TV's **Adrian Harewood**, In Concert for Cambodia (IC4C) will feature an afternoon of chamber music by young professional musicians, many from the University of Ottawa, as well as 14-year-old violin virtuoso, **Maria Krstic**, two-time winner of the Canada

Music Competition. On the lighter side, we'll have fiddle music by **Kyle Burghout**, winner of the 2015 Eastern North American Irish Fiddle Competition. The concert will be followed by refreshments and a silent auction (which can be previewed as of 2p.m. in Memorial Hall). All of the past Youth Coordinators will be in attendance, including the founder of IC4C, **Laurent Côté** (2009 Ontario Youth Philanthropist Award).

All proceeds will be used to provide food, healthcare and education for over 100 children and young people at the Homes. IC4C has supported the university studies of three outstanding young Cambodians, and has facilitated the law studies of a young

woman from the Homes, our modest contribution to Cambodia's development.

If you would like to attend this exceptional musical event, and help children in Cambodia at the same time, tickets are available at Books on Beechwood, 35 Beechwood Avenue (adults/\$20, students/\$10, children under-12/\$5). Tickets can also be purchased online or at the door. Do-nations are welcome (online or at the concert.) For further information, please refer to our website at **inconcert4cambodia.wordpress.com**.

—**Kyle Burghout**, IC4C Youth Coordinator, and **Flora Liebich**, IC4C Coordinator.

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Discover new instruments at East European folk-inspired concert

By Carolyn Bowker

“Homeland,” the next concert in MacKay United’s 2015-2016 concert series, takes place on March 18 at 7:30 pm at MacKay United Church, 39 Dufferin Road. It features Carissa Klopoushak on violin, and Alexandru Sura playing cimbalom.

Carissa Klopoushak has made a name for herself as a curious, creative, and versatile violinist. She recently moved to Ottawa, where she is a proud member of the National Arts Centre Orchestra. A charismatic and engaging performer, her playing has been described as the complete package of sensitive musicianship and effortless technique. Laureate of the 2009 Eckhardt-Grammatté Competition and the 2012 Canada Council of the Arts Instrument Bank Competition, she has toured extensively across Canada, including appearances at Ottawa Chamberfest, the Montreal Chamber Music Festival, Toronto Summer Music, and her own Ritornello Festival in Saskatoon.

As a Ukrainian-Canadian,



Photo by Bo Huang
Charismatic Ukrainian-Canadian violinist Carissa Klopoushak performs a folk-inspired program with cimbalom virtuoso Alexandru Sura.

Carissa grew up singing and playing Ukrainian folk music, and continues to do so whenever she can. She currently plays and sings in a Ukrainian folk-rock band, Tyt i Tam.

Joining Carissa on the March 18 concert is Alexandru Sura, a cimbalom virtuoso who divides his time between his native Moldova and Montreal. For those unfamiliar, a cimbalom (also



tambal, tsymbaly) is a many-stringed instrument played with little hammers, ubiquitous in Eastern European folk music. Alexandru performs in many varied styles - from folk music, to classical, to improvised jazz and new music.

The concept behind the programming for “Homeland” came when Carissa was approached to put together a program for Toronto Summer Music Festival’s Shuffle series in 2014. She and Alexandru had not yet done any playing together, but Carissa had a strong feeling that a collaboration between the two would work well – and she was right! The pair looks forward to taking the Toronto program a step further for the MacKay concert series.

For this particular concert, Carissa and Alexandru have put together a truly

unique program that explores Eastern European folk music as it intersects with the classical tradition. You’ll hear some folk-inspired classical violin favourites, including Ravel’s Tzigane and Bartok’s Romanian Folk Dances – inspired by, reimagined, and rearranged in a folk tradition. You’ll also hear folk music from Ukraine and Romania, and you may hear instruments you’ve never heard of before!

You can read more about Carissa’s various projects and see videos from the Toronto concert at www.carissaklopoushak.com.

Tickets 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.

Readers may wish to note the next concert date in the MacKay 2015-2016 series: May 8, 2016: *Tree of Life*: Jazz-infused chamber music with award-winning guitarist Roddy Elias and the Silflay String Quartet performing Tom Hoffman’s *Tree of Life*, and music by Roddy Elias, Gavin Bryars and Mozart.

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A little bit differentIt's the difference that counts.

Used book drive underway for Rockcliffe Park Library sale

By Claire Schofield

If you're already dreaming of warmer weather and want to stock up on summer reading, mark your calendars now for April's **Rockcliffe Public Library 2016 Spring Book Sale** organized by the Rockcliffe Park Residents' Association (RPRA) Library Committee and a 40-strong team of dedicated volunteers. Once again, there will be books galore in a wide variety of genres, and yes, the prices are unbeatable!

"We are collecting very actively now," said RPRA Spring Book Sale organizer Jane Dobell. "So please drop off your old books at the Rockcliffe Park Public Library during opening hours or call for assistance at 613-580-2424 x 27623. And the sooner you bring them in the better, as it helps our volunteers. But please remember, no encyclopaedias, magazines or text books."

"As ever, the RPRA Spring Book Sale is indebted to its



Photo courtesy Claire Schofield
Rockcliffe Park Public Library Spring Book Sale Art section volunteers (from left) Claire Schofield, Joan Kellett, Bill Cameron and Tony Kellett.

sponsors," Jane continued. "We are delighted that this year's event is generously supported by the Rockcliffe Retirement Residence, Rockcliffe Landscaping, Brian Montgomery of Montgomery Asset Management, RBC/Dominion Securities and Dymon Storage."

Now in its 19th year, its reputation as one of the best, used book sales in Ottawa is spreading far and wide. The 2015 event achieved record

sales resulting in more services and programming at the Rockcliffe Park Branch of the Ottawa Public Library, which serves New Edinburgh, Manor Park, Lindenlea, Rockcliffe Park and surrounding communities.

The Rockcliffe Public Library 2016 Spring Book Sale takes place April 23 and 24 at the Rockcliffe Park Community Centre, 380 Springfield Rd. Looking forward to seeing you there!

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You are also welcome to come and discuss your Arctic travel plans with us at the Northern Lights Conference at the Shaw Centre in Ottawa, January 27 to 30, 2016. See you there!

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Rideau Chorale warms up with *Carmina Burana*

By Debbie Rose

Soprano, Rideau Chorale

Need a pick-me-up to break out of the mid-winter doldrums? Come and enjoy Rideau Chorale's performance of Carl Orff's energetic, modern, secular cantata, *Carmina Burana*.

The highly popular work is the Old Ottawa South-based community choir's first concert under its new name. As the former OFC Tuesday Choir, the group presented Vivaldi's *Gloria* in December 2014 and the Fields of Gold concert in June 2015 to enthusiastic audiences.

Rideau Chorale is led by Roland Graham, well known as Director of Music for Southminster United Church, where he also produces the Doors Open for Music at Southminster noon-hour concert series, as well as the Master Piano Recital Series. Roland's vision for Rideau Chorale, in addition to promoting and presenting beautiful



pieces of music to the public, is to provide mentorship and opportunities for choristers to develop their musical talents, such as sight-reading and vocal performance, from beginner to intermediate to more advanced levels.

Between 1935 and 1936, Carl Orff wrote the music for *Carmina Burana*, based on 24 poems from a 13th century German manuscript of 254 poems. The wide-ranging themes of the work's 25 movements include: luck, wealth, satire, love, lust, drinking, gambling, spirituality, greed in the church, and the return of spring.

The highly percussive cantata, which features lyrics in Latin and Middle High German, was first performed by the Frankfurt Opera in 1937 and became instantly popular, gaining international fame by the 1960s.

In fact, the popularity of *Carmina Burana* extends beyond the world of classical music. The first movement in particular, 'O Fortuna', has appeared in many films, such as *Excalibur*, as well as numerous commercials and movie trailers.

Rideau Chorale's presentation of *Carmina Burana* is Carl Orff's official version for two pianos and percussion, which retains much of the grandeur of the symphonic version.

The concert also features two piano accompanists, Robert Dvorkin and Carol Wiebe; a trio of outstanding local soloists, including Gary Dahl, baritone; Fraser Rubens, tenor; and Susan Elizabeth Brown, soprano; the Stickato Percussion Quartet; as well as the ragazzi, or children's choir, Chorale Lyrica, conducted by Timothy Piper, Music Director at St. Bartholomew's Church on MacKay Street.

The performance takes place on Feb. 6, 8 pm, Southminster United Church, 15 Aylmer Ave. Tickets are available at Compact Music in the Glebe, the Southminster Church Office, The Leading Note on Elgin Street, and from choir members.

Editor's Note: Local resident Jennifer Strachan of Thomas Street is a soprano with the Rideau Chorale and an active member of the choir's Recruitment and Concert Organization Committee.

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Burgh Bulletin Board

February

Feb 6 - Carmina Burana Southminster United Church, 15 Aylmer St. 8 pm. 613-263-0637. Tickets: \$25 adults; \$20 seniors; \$10 students. The Rideau Chorale, conducted by Roland Graham, invites you to a performance of Carl Orff's Carmina Burana.

Feb 9 - Nectar Food Talks Community Room, NECTAR, 255 MacKay St. \$10. 7:30-8:30 pm. Co-hosts Cindy Ryley, Joseph Cull, Nina LePage and Julie McInnes lead discussions with some of Ottawa's best food authors, chefs, suppliers and restaurateurs, taking you behind the scenes in the region's best kitchens. We will be jamming it up with Michael Sunderland, pastry chef, founder and proprietor of Michaels' Dolce gourmet jam.

Feb 11 - Martha Markowsky exhibit at Victoria Island Realty, 119 Beechwood Ave. Artist Martha Markowsky presents an art exhibition of new small format paintings of local scenes, on display until Feb. 22. Come meet the artist on Feb. 13 and 14, and at the exhibit closing Feb. 21. Everyone welcome. Refreshments will be served.

Feb 13 - NEWR Pledge Party Open House Paula Thompson's residence. 6:30-9:30pm. New Edinburgh

Welcomes Refugees (NEWR) is hosting a pledge party open house. New Edinburgh residents, business and anyone interested are invited to contribute to sponsoring a refugee family financially or through time/household goods donations. Enjoy a glass of wine and bring your chequebook! Contact paulaLthompson@gmail.com or abigailloveday@yahoo.com for details. See article on page 17 for details.

Feb 16 - Heritage Day in Ottawa Jean Pigott Place, Ottawa City Hall, 110 Laurier Ave. W. 11:30 am-2 pm. Join Heritage Ottawa, the Council of Heritage Organizations in Ottawa and the City's Cultural and Heritage Services Branch for a heritage showcase event. This year's theme is "Distinctive Destinations: Experience Historic Places." Beechwood Cemetery Foundation will be honoured. Learn more about Ottawa's rich heritage.

Feb 16 - Discover Arctic Travel NECTAR, 255 MacKay St. 7 pm. Free. 613-795-2824. www.carolegobeil.ca. Some places on the planet need to be seen to be believed. Discover travel to the Arctic with polar travel specialist Carole Gobeil. Registration required.

Feb 20 - Viennese Winter Ball Westin Hotel, 11 Colonel By Dr. 613-241-0777.

www.viennesewinterball.ca. Tickets: \$450. One of Canada's most glamorous and magical social events returns for its 19th year. Under the patronage of Austrian Ambassador to Canada, Arno Riedel, the evening's entertainment includes performances by Thirteen Strings conducted by Kevin Mallon, fine dining and an evening of dancing on one of Canada's largest dance floors. Proceeds will benefit Music and Beyond's young people's initiatives, the Junior Thirteen Strings and OrKidstra.

Feb 23 - Discover Antarctic Travel NECTAR, 255 MacKay St. 7 pm. Free. 613-795-2824. www.carolegobeil.ca. Some places on the planet need to be seen to be believed. Discover travel to Antarctica with polar travel specialist Carole Gobeil. Registration required.

Feb. 25 - OCDSB Budget Zone Meeting 440 Albert St. 7 pm. schoolzone6.org. Ottawa-Carleton District School Board trustees Chris Ellis (Rideau-Rockcliffe/Alta Vista), Shawn Menard (Rideau-Vanier/Capital) and Erica Braunovan (Somerset/Kitchissippi) will hold an Open House/Zone meeting. District staff will give a short presentation on this year's budget. A Q&A session will follow.

Feb 28 - In Concert for Cambodia MacKay United Church, 39 Dufferin St. 2:30 pm. Tickets \$20 adults; \$10 students; children \$5. inconcert4cambodia.wordpress.com. CBC TV's Adrian Harewood hosts the 10th annual fundraising concert

for the Peaceful Children's Homes in Cambodia. The concert will feature chamber music by young professional musicians as well as fiddle music. Refreshments and silent auction will follow.

Feb 29 - Social Media and Cyber Bullying Ashbury College, 362 Mariposa Ave. ashbury.ca. 7 pm. Free. Donations to 'The Refugee Sponsorship Initiative' will be accepted. Join Toronto lawyer Eric Roher as he speaks about online risks for kids on this presentation on "Social Media and Cyber Bullying: A Legal Perspective for Parents."

March

On through March 8 - "The Mask of Ages" exhibit Gallery 200, The School of Dance, 2nd Floor, 200 Crichton St. Mon.-Fri: 10 am-9 pm; Sat: 9 am-5 pm. 613-238-7838. Artist Vasile Mosanu cordially invites you to his exhibition of paintings: "The Mask of Ages."

March 2 through 6 - Les Belles Soeurs Elmwood School, 261 Buena Vista Rd. March 2-5: 7 pm. March 5-6: 2 pm. Tickets: \$20 adults; \$15 students and seniors. facebook.com/

elmwoodschooltheatre. 613-749-6761 x 221. Elmwood Theatre presents Michel Tremblay's *Les Belles Soeurs*, a Canadian tragicomedy set in 1960s Montreal. See page 32 for details.

March 8 - Nectar Food Talks Community Room, NECTAR, 255 MacKay St. \$10. 7:30-8:30 pm. Co-hosts Cindy Ryley, Joseph Cull, Nina LePage and Julie McInnes lead discussions with some of Ottawa's best food authors, chefs, suppliers and restaurateurs, taking you behind the scenes in the region's nest of kitchens. Guest will be Kent Van Dyk, chef and creator/developer of the culinary arts program at Longfields-Davidson Heights Secondary School.

March 18 - 'Homeland' Concert MacKay United Church, 39 Dufferin Rd. 7:30 pm. Tickets: \$25 adults, \$20 seniors; \$15 students. Tickets at Books on Beechwood, MacKay United Church and at the door. 613-749-8727. The next concert in MacKay United's 2015-2016 concert series features Carissa Klopoushak on violin and Alexandru Sura playing cimbalom. See page 36 for details.



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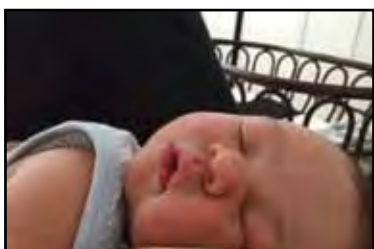
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Congratulations!



Congratulations to **Alexandra McLaurin** (formerly of Stanley Ave.) and **Francis Sevor**, who welcomed baby boy **Remi Austin Yawo Sevor** on Aug. 27, 2015 (pictured above at four months old). Thrilled grandparents **Cathy McConkey** and **Bruce McLaurin** say Remi has changed their lives forever.



Barbara and Paul Benoit of Noel Street announce the birth of their first grandchild, **Lawrence Albert Maxwell Miller**, born Jan. 22 in Sydney, Australia. Young Lawrence and parents, **Anne and Tom**, will enjoy an extended visit to the Burgh this spring.

Congratulations to **Leslie and John Booth** of Alexander Street on the recent arrival of granddaughter **Juliet Booth**, a second child for **Lauren and Tim Booth**, and sister for two-year old **Ashley**.

Best wishes to River Lane residents **Meg Andrews** and **Alain Lajeunesse** on the arrival of their first child,

Gabrielle, born mid-January. No word yet on how puppy **Fergus** is coping, but chances are he's enthusiastic!

Congratulations to local harpist **Caroline Léonardelli** whose latest recording, *Impressions de France*, was recently selected as one of 10 virtuoso recordings in Apple Music's Classical Editors' Choice Playlist for harp music.

Congratulations to NECTAR Board Member **Cindy Ryley** and her husband **Tim** on their 55th wedding anniversary. Looks good on them!

Welcome...

Tony Capello and **Nancy Lauzon** recently moved from the ByWard Market to Crichton Street, and are excited to be stewards of a home in such an historic district. "We look forward to adding to the vibrancy of such a lively neighbourhood," says Tony.

Condolences

New Edinburgh Square resident **Connie Elton** died on Dec. 24, 2015, at the venerable age of 104. Mrs. Elton was renowned for her cheerful, positive outlook, and energetic approach to life. New Edinburgh Square held a celebratory tea in her honour on Jan. 9. Sincere condolences to her daughter and son-in-law **Jo-Ann and Hugh Robertson** of Manor Park, and all her family members.

Sympathies to **Mary Ann de Chastelain** and all the family of **Frances Laverty**, a long-time resident of The Edinburgh who died age 103 in early December. Prior to her final move to the Perley Rideau Veterans' Health Centre, she was a member of The Edinburgh's residence community and will be



Photo courtesy Elmwood School

Bravo to all of the students from Rockcliffe Park P.S., Elmwood School, Ashbury College and Manor Park P.S. who participated in the Kids' Lit Quiz, an international competition for students aged 10-13, hosted at Elmwood School on Jan. 18. Also pictured are quizmaster **Wayne Mills** (far left), **Nancy Davidson**, Kids' Lit Quiz Canada coordinator, and Governor General **David Johnston** (far right).

missed by her close circle of friends there.

Condolences to **Karen and John Harrison** of River Lane on the recent death of Karen's mother **Myrla Lidstone** on Dec. 24 in her 88th year. For many years Mrs. Lidstone has been a pillar of the Christ Church Cathedral community. She will be greatly missed by her family and by all who knew her.

Our sympathies to **Don Eldon** and his family on the Jan. 18 passing of his wife **Jean Eldon**, age 90. Jean was a long-time resident of New Edinburgh and an active member of St. Bartholomew's Church. She will be remembered as a talented artist, a keen gardener and an energetic volunteer in the community.

The **Heintzman family** is deeply saddened by the loss of **Frank**, beloved Valley Bulldog of **Julia and Geoff** and cherished "granddog" of **Jane and Ralph**. Frank died in late January of complications from lymphoma. He was a gentle, cheerful and loving soul who brought great joy to his family and to all who knew him.

Thank You

The Food Talks Series at NRCTAR was a resounding success thanks to all our guest speakers, and 2016 looks like a very promising year for all things culinary. The Wine/Food paring evening was a sold out crowd pleaser.

Found

Nintendo 3DS player with ear buds still attached, in a snow bank on the corner of Crichton and Dufferin; game card is still in the player. Call 613-741-2151.



Photo by Gavin Murphy

DunelmOTTAWA, a group of Ottawa and Kingston-area alumni from Durham University in England, held their annual Christmas get together at 'Dunelm', Gavin Murphy's New Edinburgh home. From left: **Paul McConnell** (executive member and New Edinburgh resident), **Roger Stacey** (executive member and Quartier Vanier resident), **Gavin Murphy** (past-president and New Edinburgh resident) and **Jack Lindsey** (president). DunelmOTTAWA welcomes new members. Contact Jack@dunelm.org.uk or on Twitter @DunelmOTTAWA.



Photo by Garth Gullekson

The Ottawa Police Chorus serenaded guests into the Christmas spirit at MacKay United church on Nov. 28, 2015, as part of Deck the Halls, in aid of the New Edinburgh Community and Arts Centre (NECTAR). Guests enjoyed a lovely musical selection and dined on tasty morsels at the "After Cocktail Party Reception" created by Mistura CEO **Andrea Marcus** and her husband **Hayden**. VIP guests **Paul and Tracy Williams** were honoured for their tireless support for organizations in need. Special thanks to MacKay United and photographer **Garth Gullekson**, graphic designer **Nicole Vallée**, and **Catherine Strevens-Bourque** of the Rockcliffe Retirement Residence for their unwavering generosity. The silent auction raised \$4,200. The Organizing Committee thanks you all for sharing in a festive evening and supporting our beloved NECTAR. Visit nectar.ca for a list of the evening's generous donors.