

October 2016

NEW EDINBURGH NEWS

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NEW EDINBURGH COMMUNITY ALLIANCE

Annual General Meeting and Info Session on the CSST (Combined Sewage Storage Tunnel)

Thursday, October 27 at St. Bartholomew's Church
Annual General Meeting at 7 pm
City of Ottawa presentation at 7:30 pm

Meet friends, ask questions, join us for refreshments.

All New Edinburgh residents welcome.



The New Edinburgh Halloween Howl

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



Saturday, October 29
3:00pm - 5:00pm
Stanley Park Fieldhouse
For children ages 0-7
(and the young at heart)

Costume Parade leaves at 3:15 pm



Nectar Centre Is Proud To Host

DECK THE HALLS

Help us celebrate the holiday season with a chilli dinner, caroling, music, tree trimming, kids activities, a silent auction and more!

Saturday November 26, 2016

7:00 to 10:00 p.m.

at Memorial Hall - 39 Dufferin Road

Tickets are \$10 each or \$30 per family
and can be purchased at Nectar (255 MacKay)
and Books on Beechwood starting October 26th



Photo by Dino DiLabio

Rest in peace: Mourners gathered at the Notre Dame Basilica to say a final farewell to Ottawa-Vanier MP Mauril Bélanger, who passed away Aug. 16 after a short and courageous battle with ALS. Tributes on p. 4.

LCBO not on list of Minto Beechwood retail

By Jane Heintzman

As of press time, the brickwork and glazing are proceeding apace at Minto Beechwood, and despite some construction delays over the summer, Minto remains on target for a February 2017 move-in date for condo owners. Should there be any further glitches in the timetable, owners will have to be notified by the end of October.

On the commercial front, tenants are slated to take possession in December and to move ahead with the fit-up of their premises in time for a February opening in lock-step with the residential units. Kevin Harper reports that, so far, only one commercial tenant has been nailed down, the identity of which should be revealed shortly. Negotiations on a number of the other commercial units are reportedly going well, but are not yet finalized, and one of the larger spaces remains

an open question, with the possibility of subdividing the unit still under active consideration.

The only piece of hard news on the commercial front is that the LCBO will **not** be among the ground-floor occupants at Minto Beechwood. That faint hope went out the window with a management change at LCBO which occasioned a wholesale review of operations, putting expansion options on hold for the moment. Kevin has revealed, however, that Minto Properties' search for businesses to occupy the Beechwood commercial units has focused on the following priorities: specialty foods; home décor; sports and fitness; and health and wellness. (Alas, hardware did not make the shortlist.) Somewhat to Minto's surprise, the current crop of applicants for the available spaces are primarily smaller local—as opposed to national—businesses, which

is good news.

Throughout the summer, Minto has been collaborating with City of Ottawa planners to sort out the details of the building's streetscape in keeping with the city's "Complete Street" design, an ambitious plan intended to accommodate pedestrians, cyclists, motorists and limited parking for shoppers. At publication time, that design had yet to be finalized, but time is tight as Minto is scheduled to begin streetscape construction in early October, and to wrap up by the end of the month. According to Kevin, the ambitious nature of the city's design poses some challenges, including the very tight fit for Minto's planned street trees. These trees are a top priority for Minto, however, and planting will go ahead, even if the species has to be changed to suit the limited space.

Continued on page 24

Two by-elections on the horizon

By Christina Leadlay

Ottawa-Vanier is in an unprecedented situation, with both its federal and provincial seats now vacant since the summer.

Liberal MPP Madeleine Meilleur's surprise resignation this past June triggered a provincial by-election approximately 18 months sooner than expected. Then, on August 16, Liberal MP Mauril Bélanger died following a heartbreakingly swift battle with ALS, leaving our riding without a representative at the federal level as well.

According to an Elections

Canada press release from August 24, the earliest a federal by-election could take place in Ottawa-Vanier is October 10, which is highly unlikely since, as of September 25, no date had been set.

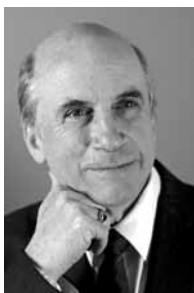
"The election must be held on a Monday," reads the release. "Since the date of the election must be at least 36 days after the issue of the writ, the earliest that the by-election in Ottawa-Vanier can be held is on October 10, 2016." The government has until February 19, 2017 to announce when the vote will take place.

In the interim, Ottawa-Orleans Liberal MP Andrew Leslie issued a letter to Ottawa-Vanier constituents, offering his support. "Until such time as a new M.P. is elected in a forthcoming by-election (at a date to be determined), as Chief Government Whip, I will ensure that the Ottawa-Vanier riding office continues to serve its constituents," reads Leslie's letter, which can be found in this newspaper on page 4.

As of press time, none of the federal party associations have officially chosen their candidates for the forthcoming

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Junction Committee ends, but local issues still top of mind



Tim Plumptre
NECA President

Over the summer—and what a glorious summer!—there's been a lot of email traffic among leaders of our three community associations as well as members of the Junction Committee on the issue of programming in our community and, more recently, concerning the fall agenda of the New Edinburgh Community Alliance (NECA).

As noted in my last column, some community members suggested that research needed to be done to allow residents to have a full discussion

of programming issues. Also, NECA board members are conscious that our strategic plan is due for an update in 2017. This would also require some research.

Here's what has been decided in the wake of these activities and developments.

In previous community consultations, some residents have sometimes (quite reasonably) queried why we have three separate associations (NECA, NECTAR and CCC.) These associations do not overlap—they have quite separate missions, and

there are historical reasons for their separate existence. But some residents, particularly new ones, find it confusing to sort out their mandates. In response and in recognition generally of the value of ensuring coordination across these three associations, I'm pleased to report that NECTAR president Sean Flynn and Crichton Community Council president Debra Conner have recently agreed to join the NECA board as full members. Both Sean and Debra already make considerable contributions to our community in leading the boards of their own associations, so taking on this new responsibility is a generous move on their part.

The New Edinburgh website (newedinburgh.ca), which NECA maintains, is being updated and will soon provide access to information and activities of each of the three associations. This makes it a gateway to the whole community, and is another step to improving communication with residents. Once the update is complete, we expect to post the agendas of upcoming NECA board meetings about a week in advance of each meeting. Minutes will also be posted once they have been approved.

Following consultation with Junction Committee members, a decision was taken in September to close the committee, for two reasons. One is that the composition of the NECA board is now very similar to that of the former Junction Committee, especially since it has been enhanced by the addition of a new member, Joe Chouinard. Joe is a former member of the Junction Committee who has a strong interest in Stanley Park in addition to other community-wide issues. He brings a rich background of personal and professional

experience to the board, and we are very pleased to welcome him.

Also, some residents had become concerned that the idea of enhancing the existing Fieldhouse in Stanley Park and renaming it the "Community Junction" might involve large incursions into Stanley Park, and possibly other undesirable developments such as the introduction of commercial activities. While there was never any intention to make changes such as these, for some in the community the name "Junction" has come to have too many negative perceptions attached to it, so the name has been dropped along with the Committee.

In my last report, I mentioned that we planned to hold another community forum sometime after the summer. We still expect to do this. But first, the NECA board, in cooperation with NECTAR and the CCCs, is launching a series of initiatives designed to learn more about our community, its demographics, and our residents' interests and priorities. These initiatives will be carried out largely by volunteers—details are currently being worked out. Sometime in the next couple of months, you may be invited to respond to an online survey, take part in a discussion group, hold a conversation on your doorstep with someone else from our community, or contribute to this initiative in other ways.

The timing of the forum, and

its agenda, will be announced once the program of research just described comes to an end.

Meanwhile, preparations are underway to hold the Annual General Meeting of NECA on Oct. 27 at 7 p.m. at St. Bartholomew's Church. In collaboration with the City of Ottawa, we will at the same time also hold an information session regarding the CSST (Combined Sewage Storage Tunnel). This is a very large-scale engineering project intended to prevent the discharge of untreated sewage into the Ottawa River. It is a good cause, but it will bring significant disruption to Stanley Park, where the tunnel will end.

NECA has already voiced strong concerns to the city through Councillor Tobi Nussbaum about noise, traffic, and safety issues associated with CSST construction. We encourage interested residents to attend the session on Oct. 27 to learn more about this important but worrisome development.

On a final note, I wish to pay tribute to Patricia Begin for her contribution to the NECA board in recent years. Patricia has stepped down due to new professional responsibilities as well as important personal obligations. We understand her decision, but we regret her departure. Her sharp mind and her general support to the board on a number of issues will be missed. Thank you, Patricia, from all your colleagues.

Call for nominations to NECA's Board

We have a great neighbourhood, and it takes some care and attention to protect the quality of life that makes it so special. That's where the board of directors of the **New Edinburgh Community Alliance (NECA)** comes in.

If you or someone you know wants to help us address issues in our neighbourhood or has great ideas to improve it, we want to hear from you.

NECA has been involved in specific issues such as planning Beechwood development, working to get Fieldhouse construction approved and started, and fighting construction of the

Vanier Parkway extension.

However, few of our achievements have come easily, and all have taken the time and effort of a number of people. Consider whether you can spare some time to get involved and join the board.

Nominations are open from now until the evening of the Annual General Meeting on Oct. 27 at 7 p.m., but we encourage nominations in advance, please. If you are interested, please contact **Tim Plumptre**, NECA president, at 613-852-6557 or timwp87@gmail.com.



NECA MEETINGS All Welcome

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

Meetings will be held at the **NECTAR Centre, 255 MacKay 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, October 18, 8 p.m.
Tuesday, November 15, 8 p.m.

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

Your NECA Representatives 2016-2017

Noor Ahmed 613-746-0354	Transportation & Safety noorahmed@shaw.ca
Sylvain Bélanger	sylvainbelanger@rogers.com
Ted Bennett	ted.bennett808@gmail.com
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Debra Conner	chair of NECTAR sflynn@pobox.com
Sean Flynn	Communications jirwin-jackson@elmwood.ca
Jennifer Irwin Jackson	Heritage & Development gailmceachern@rogers.com
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Deadline
for the next issue of the
New Edinburgh News
NOV 10

Letters to the Editor

Accessible parking and sidewalk upkeep get lost in traffic talk

In all the discussions regarding traffic calming, parking on Beechwood, making Beechwood more attractive to cyclists and pedestrians, eliminating on-street parking on Beechwood etc., (re: "Traffic issues evoke strong opinions, unclear priorities", NEN June 2016) one group of residents seems to have been forgotten in the mix: persons with mobility issues. I am one of those.

Having lived in New Edinburgh for the better part of my 79 years, I know the area very well, and can honestly say there is a shortage of handicapped parking spots in and around the Beechwood commercial area. There are two designated spots in the drugstore parking lot and two in the Metro parking lot. That's it!

It would be wonderful if we all could ride bicycles or walk to Beechwood to do our shopping or other errands. Unfortunately, many of us cannot—and it's not necessarily because of old age. Younger people can have mobility issues, too: a sports injury or car accident, an injury on the job, or being struck by a speeding vehicle while trying to cross Crichton Street to get to the dog park, etc.

I have issues with being unable to park in front of a store on Beechwood. If I cannot park in front of Brown's Cleaners, I will have to take my business to another location—in the McArthur Plaza, perhaps, where there is parking for persons with mobility issues. I drive to Trainyards, where there are handicapped parking spots in front of the stores. I drive to Costco, where handicapped parking is close to the entrance.

There is also a serious problem with the condition of the sidewalks in New Edinburgh. They are uneven and in some places, the gap between one section of sidewalk and the next can be as much as one inch. I've had the misfortune to trip and fall on the uneven sidewalk on Crichton Street. That fall resulted in a broken nose, broken glasses and two black eyes. This past winter, sidewalk maintenance reached a new low. Some



Photo by Louise Imbeault

"It would be wonderful if we all could ride bicycles or walk to Beechwood to do our shopping or other errands. Unfortunately, many of us cannot," writes Eleanor Dunn

sidewalks did not get plowed until days after a snowfall. Salt and grit are dumped by city sidewalk plow operators in mounds at street corners, not spread on the sidewalks where there's an ice buildup. Frankly, the sidewalks were better maintained in the winters of the 1940s when snow was cleared by a horse-drawn plow rather than these dinky toys which pass for sidewalk plows these days.

The issues of sidewalk maintenance during the winter months and the general condition of sidewalks in New Edinburgh need to be addressed by NECA and the Beechwood-Vanier BIA. If you want people to walk in the neighbourhood, you should ensure the sidewalks are in safe condition for walking—12 months of the year! Eleanor Bates Dunn, 7 The Mews

Dear constituents of Ottawa-Vanier,

I would first and foremost like to offer my sincere condolences for the passing of our dear friend and my fellow M.P., the Honourable Mauril Bélanger. Like so many of you, I was witness to and beneficiary of his generosity, knowledge and kindness.

Until such time as a new M.P. is elected in a forthcoming by-election (at a date to be determined), as Chief Government Whip, I will ensure that the Ottawa-Vanier riding office continues to serve its constituents.

If I can be of assistance, please call me at 613-947-7961.

**The Hon. Andrew Leslie, M.P. Orleans
Chief Government Whip
168 Charlotte St., Suite 504, Ottawa**

Chers commettants, chères commettantes d'Ottawa-Vanier,

J'aimerais d'abord et avant tout vous offrir mes sincères condoléances : L'honorable Mauril Bélanger était un très cher ami et collègue. Comme plusieurs d'entre vous, j'ai été témoin et bénéficiaire de sa générosité, de son savoir et de son altruisme.

Jusqu'à ce que les élections partielles prochaines déterminent un ou une nouvelle élue (date à être déterminée), en tant que whip en chef du gouvernement, je vais m'assurer que le bureau de circonscription d'Ottawa-Vanier continue à desservir ses commettants et commettantes.

N'hésitez pas à m'appeler au 613-947-7961.

**L'hon. Andrew Leslie, député d'Orléans
Whip en chef du gouvernement
168, rue Charlotte, pièce 504, Ottawa**

NEW EDINBURGH NEWS

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Long-time Ottawa-Vanier MPP steps down

By Christina Leadlay and Jane Heintzman

The *New Edinburgh News* bids farewell and thank-you to our woman at Queen's Park, Madeleine Meilleur, who stepped down from her seat and Cabinet posts this past June. After 13 years as Ottawa-Vanier's Member of Provincial Parliament, Madeleine says she felt the time was right to spend more time with her husband Marc and their family.

"This was not an easy decision, but after 25 years I have reached a point in my life where I would like to spend more time with my family and be closer to home," she said in a press statement. "I have always been so proud to represent the people of Ottawa-Vanier, the most caring, diverse and vibrant community there is."

Madeleine's announcement came just days before a cabinet shuffle. She was one of two ministers to resign that week.

Born in a small town east of Maniwaki, Que. in 1948, Madeleine studied as a nurse and lawyer before entering politics. Following stints as municipal councillor for Vanier and later for Ottawa,



Photo by Louise Imbeault

After 13 years representing us at Queen's Park, Liberal MPP Madeleine Meilleur stepped down in June, citing the need to spend more time with family.

she was tapped by then-Ontario Liberal leader Dalton McGuinty to run in Ottawa-Vanier under his banner in 2003. She easily won her seat and was re-elected in 2007, 2011 and 2014.

Madeleine has gone on to become one of Ontario's most accomplished francophone politicians. Until her departure, she was the province's

Attorney General and Minister Responsible for Francophone Affairs. Her previous Cabinet portfolios include Minister of Community Safety and Correctional Services, Minister of Community and Social Services and Minister of Culture.

Despite her long hours in Toronto, Madeleine has remained connected and

involved here in Ottawa-Vanier. Her local legacies include her involvement in a new theatre building for La Nouvelle Scène on King Edward Avenue; her support for the Montfort Hospital (where she did her nursing training); and her advocacy for the study of a downtown tunnel for trucks instead of an east-end bridge. A tireless supporter of francophone rights, Madeleine is responsible for establishing the office of the French Language Services Commissioner and for creating Franco-Ontarian Day on Sept. 25.

Ellen Goodman, a long time New Edinburgh resident and moving spirit behind the CCCC (the precursor to NECTAR), worked closely with Madeleine for many years, remembering her as "a true and effective politician, and a stalwart community supporter whose door, mind and heart were always open to the concerns of her constituents." Ellen recalls that when asked for assistance in support of the CCCC, "[Madeleine] stepped up, quickly grasped the issues and followed up with targeted action. She demonstrated in word and deed an unwavering commitment to the CCCC

and their goal of preserving public space as a community hub in New Edinburgh after the closure of Crichton School."

As a teacher of students who are blind or have low vision, Ellen also worked with Madeleine to help bring about province-wide early intervention services for babies born with visual impairments. "Madeleine facilitated a crucial meeting with the Minister of Community and Youth Services," Ellen recalls, "and her steady, considered and compassionate tracking of this initiative greatly assisted us in achieving our goal of securing specialized support for infants diagnosed with blindness or low vision, establishing a foundation for success for their future."

But Madeleine is not about to disappear entirely. "I'll try to stay active in public life, to take on a new role to serve the people of Ottawa-Vanier in a different way," she told the *Manor Park Chronicle* in the September 2016 edition.

We sincerely thank Madeleine Meilleur for her steadfast support of the *New Edinburgh News* as both a regular contributor and advertiser, and we wish her all the best in her future projects.

Bélanger's legacy will continue to inspire our community

By Paul Moen

Our community, province and nation recently celebrated the life and contributions of the late Mauril Bélanger, an outstanding Member of Parliament for Ottawa-Vanier.

Those fortunate enough to have known Mauril and to have had the opportunity to attend the service in his honour on August 27 heard the eloquent tributes that poured forth, highlighting his many

and varied achievements in service to his country.

During his more than 20-year tenure, Mauril worked collaboratively with Ottawa City Council on a number of initiatives. At the provincial level, he played a critical role in leading the charge to keep the Montfort Hospital open in the face of a reluctant provincial government of the day, among a host of other joint federal-provincial projects in partnership with MPP Madeleine Meilleur.

At the federal level, his many and historic accomplishments were those that set him out as eminently qualified to serve as the Speaker of the House of Commons—an opportunity that was tragically snuffed out by the onset of amyotrophic lateral sclerosis (ALS). And yet, his forbearance and determination—both mental and physical—fuelled his commitment to press on. He continued

to serve his constituents and country with grace, dignity and authenticity until the very end, modernizing Canada's national anthem as his final act of courage.

Many in our community knew Mauril, but some did not. So it is fitting to recount what it was about him that made Mauril Bélanger a true leader.

First, Mauril was in many ways the embodiment of Pierre Trudeau's idea of the Just Society. His riding of Ottawa-Vanier contains such a strikingly diverse cross-section of constituents of different socioeconomic, cultural and other backgrounds that it almost represents a microcosm of Canada. In so well representing the interests of his constituents, Mauril was able to strike a balance between the competing values of liberty, equality and community.

Supporting local businesses, championing grassroots

groups, including engagement with Indigenous communities: these were the hallmarks of his 20-year career as MP. His fight for French-language rights and institutions, and his commitment to bilingualism and multiculturalism made him an effective implementer of the Just Society.

Second, while Mauril's local contributions were legion, he was also global in his outlook. His bridge-building between Canada and many African and Middle Eastern countries, through the years in his capacity as a Parliamentarian, were efforts that didn't necessarily grab headlines, but did much to build Canada's reputation as a force for pluralism and globalism.

Third, it was Mauril's humility and authenticity in his leadership style that won the hearts and minds of his legion of followers. I was always personally struck by

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Mauril Bélanger (1955–2016): successful politician and a fine human being

By Paul McConnell

Mauril Bélanger represented the people of New Edinburgh as Member of Parliament for an impressive 21 years, until his death on August 16, 2016. He was first elected in 1995 and won every election since. That is eight successive victories, most recently in November 2015, when he won almost 60 per cent of votes in the riding of Ottawa-Vanier. Note that, although the people of New Edinburgh saw a lot of Mauril and felt well-served by him as our MP, his constituency covered the equivalent of three Ottawa City wards: Rideau-Rockcliffe, Rideau-Vanier and Beacon Hill-Cyrville, stretching from Green's Creek in the east to the Rideau Canal downtown.

Mauril was born June 15, 1955 in the small logging town of Mattawa, Ont., some 300 kilometres up the valley from New Edinburgh. He graduated from the University of Ottawa in 1977 with a Bachelor of Arts degree. In the early 1980s he was an assistant to then-Minister of Transport, Jean-Luc Pépin. Later in the 1980s he worked as a registered investment advisor. In the early 1990s, Mauril served as Chief of Staff to the Chair of the Regional Council of Ottawa-Carleton, Peter Clark. Then, after incumbent Liberal MP Jean Robert Gauthier was appointed to the Senate, Mauril won a by-election February 13, 1995 to become the Liberal Member of Parliament for Ottawa-Vanier.

We think of Mauril as our local MP, but he was a much-respected parliamentarian with a national profile. He was first appointed to cabinet by Paul Martin in 2003 and held several portfolios including Minister



Longtime Ottawa-Vanier MP Mauril Bélanger, pictured wearing his New Edinburgh tartan scarf, died August 16 after a short battle with ALS.

Photo by the Ottawa Citizen

for Official Languages, Minister for Democratic Reform, Associate Minister of National Defence, and Minister for Internal Trade. He was a defender of national unity and a strong advocate for an inclusive and equitable society. Although well known for supporting linguistic rights, his efforts were not limited to this cause. Mauril was a respected supporter of the Muslim community and of Arab Canadians, for example. He also worked on many special projects, including as champion of the co-operative movement in Canada, and as co-founder of the Canada-Africa Parliamentary Association.

Following his re-election last year, Mauril was considered the frontrunner for the prestigious position of Speaker of the House of

Commons. But he was prevented from pursuing this opportunity after being diagnosed with amyotrophic lateral sclerosis, also known as ALS or Lou Gehrig's Disease. Nevertheless, on March 9, 2016, Mauril was able to serve as Honourary Speaker for one truly memorable day. Perhaps his most conspicuous parliamentary success came in June of this year when the House of Commons passed his private Member's bill to make the English lyrics of *O Canada* more inclusive, replacing the phrase "in all thy sons' command" with "in all of us command." If this bill passes the Senate and becomes law, it will be another valuable legacy from a remarkable man.

Closer to home, many of us are familiar with the extensive range of high-pro-

file local issues that Mauril championed so effectively. He fought against the closure of the Montfort Hospital, the only francophone hospital in Ontario. He opposed the Kettle Island Bridge, which would have solved one set of problems only by transferring them elsewhere. He secured financial support and expansion of the Wabano Centre for Aboriginal Health on Montreal Road. He gained

all-party support for recognizing Beechwood Cemetery as the National Cemetery of Canada. He promoted numerous infrastructure projects in this riding, including the Shaw Centre and expansion of the Canada Aviation and Space Museum.

Other causes were on a smaller scale but still much appreciated, such as fundraising for the local Royal Canadian Legion, supporting a scholarship fund at the University of Ottawa for Canadian students of Haitian origin, and serving as United Way ambassador. No doubt we all know of many times where Mauril lent his personal support, often unsung, at all manner of local occasions and events.

Everyone speaks well of Mauril. He was a bridge-builder. Respected. Respectful. Decent. Courageous. Intelligent. Hard-working. Open-minded. Fair. Principled. This is a remarkable testament to a successful politician and a fine human being.

New Edinburgh and Canada have lost a truly honourable public servant.

Paul McConnell has lived on River Lane since 1981. He is retired from the International Development Research Centre, has served on the NECA Board, and is a former chair of the Heritage and Development Committee.

Continued from page 4

how he inevitably corrected people who prefaced their questions to him with reference to his riding. For Mauril, it was never *his* riding. It was always the riding of the people of Ottawa-Vanier.

And in response to those that claimed he had nothing to worry about because Ottawa-Vanier was the safest riding in the country, his response was always "There is no such thing as a safe riding." Mauril took absolutely nothing for

granted and always went that extra mile to make that additional phone call, shake that other hand, or knock on one more door.

If there is one lesson to draw from Mauril's life, it is that he was always a team player, alongside his campaign teams through the years, the Hill staff, his local constituency office staff, and his army of volunteers.

But above all, it was his partnership with his wife Catherine that made it all possible. Her boundless ener-

gy, tenacity and steadfastness are but a few qualities that made her and Mauril's journey so inspiring. So as we remember Mauril Bélanger and celebrate his achievements in public life, let us also honour his commitment to true team leadership that both he and Catherine so selflessly offered to all of us as a model to live by—in politics and in life.

Paul Moen is a long-time New Edinburgh resident and a principal at Earncliffe Strategy Group.

the crichton street gallery

Come and visit your neighbourhood gallery
Browse through our works of art and chat
with the local artists

Gallery hours listed on our website

299 Crichton St. Ottawa | www.thecrichtonstreetgallery.ca

Chris Ellis



Public School Trustee
Rideau-Rockcliffe/Alta Vista
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How your City budget works



Jim Watson
Mayor of Ottawa

As we prepare for the nation's excitement and attention to fall upon Ottawa as the centre of celebrations for Canada's 150th birthday in 2017, it is easy to forget the complexities and fiscal discipline required to build an affordable, caring, sustainable and prosperous city.

One of our guiding principles as a council this past

year was to find the balance between being prudent and transparent with taxpayer dollars in the present, while making the necessary investments to ensure our city's enduring prosperity.

In order to shed light on the budget process and how these decisions impact your individual property taxes, the City of Ottawa has developed new

and innovative tools available in the "Understanding Your City Budget" section of Ottawa.ca. They include:

- **How your City Budget Works:** A four-minute video that uses plain language and easy-to-understand graphics to describe the development of the City budget.
- **Get Involved in the Budget Process – The City of Ottawa's Budget Process Made Simple:** A printable infographic that describes the budget and consultation process and highlights when and how residents can have their say.
- **Budget Planning Tool – Citizen Budget**

Consultation: This online tool provides you with the opportunity to play the role of politician or administrator and determine what areas of City services and programs require increases, decreases or status quo funding, and gives you the opportunity to provide comments. To show the impact of your decisions, the tool will also show how your changes will affect the budget rate and your individual property taxes.

These budget tools will help you better understand how your tax dollars are spent. It's also an opportunity to express your views on how property tax dollars will be used, and to take part in the decisions City staff and council are faced with when develop-

ing and approving the annual budget.

The 2017 simulated budget exercise is a pilot project. Although the feedback received will not directly inform the creation of the proposed budget, your feedback will be consolidated in a report and provided to Council during the budget process. The tool will remain live until the budget is tabled on Nov. 9, 2016.

To ensure your opinions are heard, I encourage you to attend the public consultations that will be take place from mid-September to mid-October. For a schedule of public consultations or online consultation tools, visit Ottawa.ca and have your say in Budget 2017.

Complete street in Phase 1, parklet season ending, CSST Info Night Oct. 27

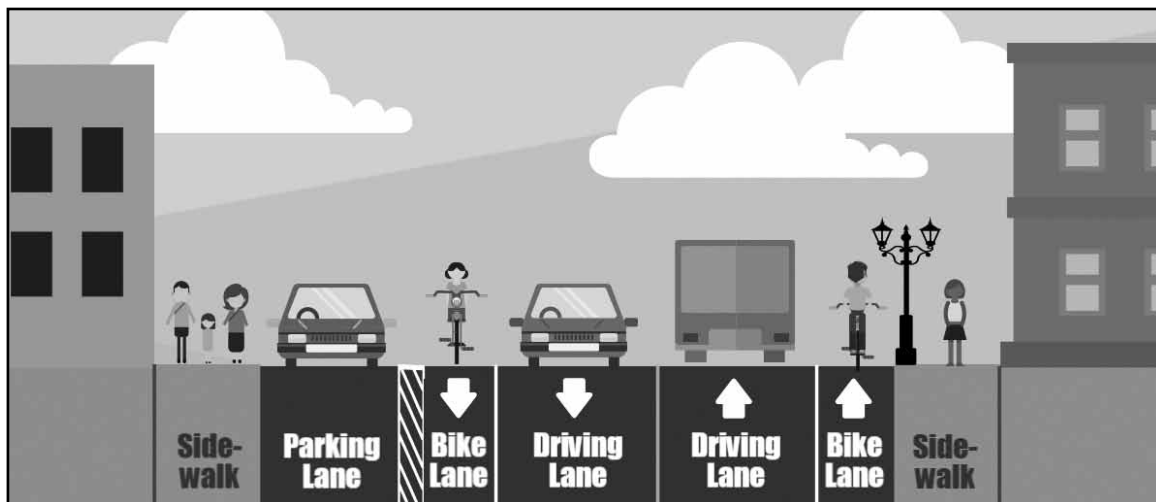


Tobi Nussbaum
City Councillor, Ward 13

Beechwood Avenue is an important artery that joins many communities together. With this in mind, the City of Ottawa is turning Beechwood Avenue into a complete street, with safer options for all modes of transportation. This is the first step towards making the street a safer, more thriving main-street and an inviting corridor that accommodates all road users. These were priorities identified by

the more than 200 participants who attended the two public consultations held.

You will notice new lines on Beechwood between Charlevoix/Springfield and Putman/Marier. The new configuration will include bicycle lanes, alternate-side parking, and changes to and consolidation of bus stop locations. This first phase of Beechwood's transportation makeover will be followed



Phase 1 of Beechwood's traffic makeover includes cycle lanes, alternate-side parking, and consolidation of bus stop locations.

in spring of 2017 by construction to portions of the curb in the section between the Vanier Parkway/Crichton and Charlevoix/Springfield. View the plans at Ottawa.ca/BeechwoodAvenue.

Beechwood parklet

Also on Beechwood, many residents have noticed the new parklet on the north side east of Springfield, near Arturo's restaurant. This public space is part of the city-wide Streetside Spot pilot program and an initiative of the Quartier Vanier Business Improvement Association.

The purpose of the program is to transform full-time parking spaces on main streets into spaces for people to rest, sit or gather, and to enliven our main streets with greater vibrancy and a pedestrian focus. Find more information on my website: TobiNussbaum.ca. The parklet will be removed at the end of the pilot period in fall 2016 and city staff will provide a report on the pilot program to the Transportation Committee—the report is expected by the end of the year.

Combined Sewer Storage Tunnel (CSST)

The final and most significant project of the Ottawa River Action Plan is getting underway. The construction of the Combined Sewer Storage Tunnel (CSST) under the downtown will improve the health of the Ottawa River by significantly reducing the number of sewage overflows

into the river during heavy rainfalls.

Construction is starting in the downtown core this fall. Stanley Park will not be affected until next summer: a portal will be created in the park where excavated material will be extracted from the tunnel. Unfortunately, this work will significantly disrupt use of the park. I have been working with City staff for a number of months to find ways to reduce the disruption, ensure safety, establish pathway detours and minimize the noise caused by truck movements.

You are invited to hear more about the CSST project at a public information session with city staff to be held following the New Edinburgh Community Association Annual General Meeting.

When: October 27, 7–9p.m.

Where: St. Bartholomew's Church, 125 MacKay Street

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District staff recommends Rideau HS close Sept 2017



Chris Ellis
Public School Trustee, Zone 6

District staff of the Ottawa-Carleton District School Board are recommending Rideau High School be closed and students from its Grade 9–12 catchment area be redirected to Gloucester High School effective September 2017. The recommendation is part of the Eastern Secondary Area Pupil Accommodation Review, launched Sept. 7 when staff presented their analysis and recommendations in a report to trustees at Committee of the Whole.

The schools involved in this review are Rideau HS, Gloucester HS and Colonel By SS. The staff report indicates that the proposed changes are intended to support:

- more equitable access to

- program offerings;
- the alignment of programs to the secondary school program framework;
- enriched breadth of program offerings to support student achievement;
- enhanced learning environment for students;
- more equitable access to programs of choice in a robust facility;
- better consolidation of support services for students; and
- the optimization of available resources.

The rationale for closing Rideau is its low enrolment, which is due in part to the number of students in its catchment who transfer to schools offering French

Immersion and more options for university-bound courses. District staff state that redirecting the students from Rideau's catchment area to Gloucester will enable the School Board to provide students with French Immersion and a greater range of course options in their new home school (Gloucester).

I have been raising the question of whether, if Rideau closes, Lisgar CI should be considered for redirection of at least some of the catchment's students as, possibly, more of a community school for their neighbourhoods than Gloucester HS is. Students in the Rockcliffe/New Edinburgh neighbourhoods already go to Lisgar and other areas of Rideau's catchment are as close or closer to Lisgar. Or, if Lisgar is too full to accept new students, should consideration be given to redirecting Rockcliffe/New Edinburgh students to Gloucester HS as well?

Consultation

It is critical for you, the community, to get involved in

the public process. As of this writing, the first of two public meetings will be Nov. 1, 2016. The second will be Jan. 11, 2017. Final decision by the Board of Trustees is slated for March 7, 2017. The Key Consultation Timeline is as follows:

Sept. 7: Staff report presented to Committee of the Whole

Sept. 13: Board approval of consultation plan

Sept. 14: Notification to Municipalities, Ministry

Sept. 15: Thoughtexchange Share Phase Launches (online consultation: opportunity for comments)

Oct. 2: Thoughtexchange Share Phase Closes

Oct. 17: Thoughtexchange Star Phase Launches (online consultation: opportunity to "like" specific feedback)

Oct. 20: Formation of initial Accommodation Review Committee (includes representatives of affected schools)

Nov. 1: First Public Meeting for Eastern Area Review

Nov. 6: Thoughtexchange Star Phase Closes

Nov. 9: Accommodation

Review Committee Meeting
Dec. 6: Accommodation Review Committee Meeting
Jan. 11: Second Public Meeting for Eastern Area Review

Jan. 27: Final staff report is published

Feb. 15: Board of Trustees consider final staff report for Eastern Secondary Area (Committee of the Whole)

March 7: Board Meeting – final decision for Eastern Secondary Area

Zone meetings

Trustee Zone meetings are an opportunity to ask me questions and provide input on Board and Zone 6 school issues and are open to everyone. It is important for me to hear from my constituents!

Oct. 15 – 9–11 a.m. at Hillcrest HS

Nov. 12 – 9–11 a.m. at Rideau HS

Chris Ellis is the Trustee for Zone 6 Alta Vista and Rideau-Rockcliffe, Ottawa-Carleton District School Board. Contact him at 613-818-7350 or www.SchoolZone6.org.

Proposed change in the Eastern Secondary Area Pupil Accommodation Review Phase One:

Rideau High School would be closed and Grade 9 through 12 English and French Immersion students from its catchment area would attend Gloucester High School effective September 2017.



It is critical for you, the community, to get involved in the public process. The first of two public meetings will be November 1, 2016. The second will be January 11, 2017. Final decision by the Board of Trustees is slated for March 7, 2017.

Trustee Chris Ellis Zone 6 - Rideau-Rockcliffe & Alta Vista
www.SchoolZone6.org Email Chris.Ellis@ocdsb.ca
613-818-7350

Key Consultation Timeline

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This advertisement paid for by Trustee Chris Ellis

A great summer at the Fieldhouse

By Debra Conner,
Crichton Community
Council

We're pleased to announce that the Crichton Community Council won best cheering station during the Tamarack Ottawa Race Weekend back in May. Kudos to **Sylvain Bélanger** and his volunteer crew—it was a terrific event. Sylvain also outdid himself as MC, tracking particular runners and cheering them by name as they ran past. This year, the event extended into the afternoon to include a barbecue picnic, complete with games and a bouncy castle: thanks to **Roxie Clark** for organizing! We were impressed to see such a great turnout of neighbours and families who came to cheer and enjoy the picnic and games—and apparently, so were the judges. Our prize will be reinvested in Fieldhouse activities and New Edinburgh Park playground structure upgrades.

Once again this year, we were able to hire a student to run children's activities out of the Fieldhouse over the summer. The CCC would like to thank this year's Fieldhouse manager **Gabe Roberge**. Gabe impressed us all with his positive, easy-going attitude, fun activities and awesome

magic tricks. We wish Gabe all the best for the upcoming year! The CCC would also like to acknowledge the generous financial support from the Canada Summer Job Program that has funded our summer students for six years running.

The playground improvement project design phase is underway. CCC members are working with the City of Ottawa to design an accessible park that will better utilize our beautiful space and update the aging structures. Community consultation will begin the fall: please see our Facebook page for updates on how you can provide your

input.

The New Edinburgh Garage Sale was held September 17. As one of the CCC's major fundraisers, this event helps make possible such CCC events as the New Year's Day brunch and winter carnival, the Marathon Cheering Station, Hockey Day and the Halloween Howl. Garage Sale funds also go towards maintaining our rinks maintenance and improving our playground. Sellers were requested to donate 20 per cent of their revenues: a grateful thank-you to those that have donated already. If you have not yet done so, you can be drop off your dona-



The New Edinburgh Garage Sale is one of the Crichton Community Council's major fundraisers.



tion at the CCC mailbox at the Fieldhouse at 193 Stanley Avenue.

Our next event is the Halloween Howl on October 29, from 3–5p.m. at the Fieldhouse. Aimed at children up to seven years old, this event includes a parade and fun, themed games and crafts.

The Fieldhouse is available

for rental up until the start of the skating season. Contact us at nelfieldhouse@gmail.com to reserve the facility for your event. The CCC is always looking for new members. Meetings are held the second Monday of each month (except July and August). Come out and become more involved in your community!



Photos by Debra Conner

No dates have yet been set for either by-election

Continued from page 1

by-election. But that hasn't stopped speculation as to who might put their name forth for consideration.

Emilie Taman, who ran for the NDP in last fall's federal election, is reported to be seriously contemplating another bid for Ottawa-Vanier. A lawyer by training, Taman told the CBC on September 1 that another run would be "taking care of unfinished business."

"In the context of the very large number of promises this government has made, it's particularly important that

the government is held to do what it said it would do, and that's important to the people of Ottawa-Vanier," Taman says.

Catherine Fortin LeFaivre, who ran unsuccessfully for Ottawa City Council in 2014, is reported to be considering a run for the Liberal nomination. She could potentially be up against her former rival: current City Councillor Mathieu Fleury has closed the door to running provincially for the Liberals, but not to the possibility of a federal bid. Fleury has reportedly

said he'd like to focus on his family life in Ottawa in the near future.

Other names being floated for the Liberal nomination run include Lowertown community activist Nicolas Moyer; strategic communications consultant Mona Fortier; former MP and ex-Liberal staffer Francis LeBlanc; as well as Mauril's widow, Catherine Bélanger, according to the September 26 issue of the *Hill Times*.

The federal Conservative riding association has yet to hold its nomination for by-

election candidates, as of late September.

At the provincial level, Ontario Premier Kathleen Wynne has until December 2016 to call a by-election for Ottawa-Vanier.

Some local hopefuls have spent their summer organizing for the upcoming by-election. As of press time, we can tell you about some of the prospective candidates.

The only confirmed candidate is the New Democratic Party's Claude Bisson, who was officially chosen in August. Neither the Ontario Liberals and the opposition Progressive Conservatives have yet to call for nominations to select their respective candidates.

Currently a Dean of Law at the University of Ottawa, Nathalie Des Rosiers has put her name forward for the Ontario Liberals. Lucille Collard, a School Trustee and Federal Court of Appeal Staff

Lawyer, is also reported to be considering a run for the Liberal nomination.

On Sept. 24, former Ontario Ombudsman André Marin announced his intention to run for the PC nomination in Ottawa-Vanier. According to the *Ottawa Citizen*, Marin lives in south Nepean, but he says his years teaching at the University of Ottawa (located in Ottawa-Vanier) give him a strong connection. This announcement changed the plans of UOttawa education professor Cameron Montgomery, who on Sept. 13 had declared his intention to seek the PC nomination, but has now decided to switch to challenging Liberal cabinet minister Marie-France Lalonde in Orléans in the next provincial general election instead, the *Ottawa Citizen* reports on Sept. 25.

Once dates for both the federal and provincial by-elections are announced, *New Edinburgh News* will bring readers full coverage of the candidates and voting details in future issues.

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City launches Community Association Liaisons program



Heritage and Development Committee - Comité Patrimoine et Développement

By Gail McEachern, Chair of the Heritage and Development Committee

The Community Association Liaisons (CAL) program is a new component of the Engagement 360° initiative within the City of Ottawa's Development Review Services branch of the Planning, Infrastructure and Economic Development Department. The program is intended to improve public engagement and outreach related to the development application review process. The program aims to strengthen communica-

tion between community leaders and the staff within the Planning, Infrastructure and Economic Development Department around important topics and concepts in the planning process. Twelve staff members, including professional planners, engineers and program managers, have volunteered to act as CALs in addition to their daily professional responsibilities. Each Community Association Liaison will be assigned one or two wards and will act as a resource for all registered community associations within the specified ward.

The CALs will help guide

community groups through the application review process, and will provide information on the overall planning process. CALs will also facilitate feedback from community associations to the department. Their job will be to:

- act as a point of contact for community association leaders
- understand the community's priorities and issues
- communicate with CAL team members and internal departments
- prepare for and set up meetings as needed
- identify opportunities to help improve internal processes
- develop and maintain positive relations with stakeholders

The role of the community association will be to:

- identify one community association member as the main point of contact

- use the CAL representative as a resource in the planning process
- provide feedback
- participate in the evaluation process
- contribute to the positive continuation of the program

This is a good news event, and we congratulate the city for initiating this program. For too long, the New Edinburgh community (and many others, as well) has struggled and has been frequently frustrated in attempts to obtain information about a proposed development application in its early stages. We

have essentially been shut out of the process, until most or all of the details have been firmed up. This has resulted in the community having only an opportunity to review and comment on the application as an "afterthought." This system has often created a confrontational relationship between the community and the city—not helpful to either side. We welcome the opportunity to work with the city using this new approach.

Editor's Note: The NECA Board has appointed Gail McEachern to be New Edinburgh's representative to the CAL Program.




Sketch by Martha Markowski

A pen and ink sketch of the old stone house on the corner of Stanley Avenue and Union Street.

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BURGH BUSINESS BRIEFS

- By Jane Heintzman and Elizabeth Gray-Smith -



Photo courtesy Ottawa Foodie Girlz

(from left) City Councillor Mathieu Fleury, Chef Bryan Marcus Raja, Chef Warren Sutherland, Ottawa Foodie Girlz's Judy Hum-Delaney, Chef Resa Solomon-St. Lewis and the Unrefined Olive's Elizabeth Kilvert at the Beechwood Market's Cook-Off Aug. 13.

Sutherland restaurant to open in October

Despite predictable construction delays over the summer, as of press time, Chef **Warren Sutherland** was confident that his much-anticipated new restaurant Sutherland will be ready to open its doors by October 10 at the latest. Warren confesses that the menu at Sutherland is still a work in progress, evolving steadily in response to seasonal factors, food trends and the current offerings of competitors in the upscale restaurant market.

Warren's stellar reputation as a local chef was underscored this summer when he emerged victorious in the Beechwood Market's third

annual Cook-Off. The friendly battle took place at the Market on a rainy August 13, when Warren entered the fray with Chef **Marcus Raja**, a Cordon Bleu-trained professional with international experience, and last year's champion, Chef **Resa Solomon-St. Lewis** of Baccanalle. Competitors had to create a vegetarian dish using up to three items from their own pantries, plus fresh fare from the Beechwood Market and a bottle of olive oil, courtesy of the Unrefined Olive.

The panel of judges, including Rideau-Vanier Councillor **Mathieu Fleury**, owner of the Unrefined Olive **Elizabeth Kilvert**, and founder of the Ottawa Foodie Girlz **Judy**

Hum-Delaney, evaluated the three creations based on four criteria: execution (craft, technique and attitude); formulation (ingredients, recipe, adherence to the rules); interpretation (style, creativity) and, of course, taste. While it was reportedly a very close contest, Warren's dish (a tasty tortilla with a warm corn salsa, topped with a perfectly poached egg seasoned with salsa verde) emerged the winner.

So keep your eyes peeled as you pass The Kavanaugh in the coming days, and be sure to drop in to welcome Warren and his team and try out the 'hood's newest gourmet eatery. *JH*

Locals 'addicted' to new Union Street Kitchen Café

Each morning at 7 a.m. at the corner of Union and Crichton Streets, **Christine Garand** open the blinds to let the light flow through the windows and unlocks the door to let the neighbours in. Since quietly launching this summer, the Union Street Kitchen Café has quickly become a magnet for hungry, sociable locals. Christine welcomes a continuous flow of folks from New Edinburgh and beyond, greeting them in English and French, already on a first-name basis with many of her regulars. Maybe it's the fresh-baked chocolatines, or the homemade hazelnut spread, or maybe the paninis with melted brie, pesto and pear that keep people coming back for more. Christine serves up

in the middle of the 'hood,' says Paul, another regular.

Whether you're looking to eat in or grab some take-out, you'll be hard pressed to find the café closed. The door is open seven days a week, 12 hours a day during weekdays and nine hours a day on weekends.

"I've never worked harder, but have never been happier," says Christine as she waves at Anna, 12, a neighbour that drops in on her way home from school.

I ask Anna what draws her to the Union Street Kitchen Café. "Christine is just so friendly," she says.

Follow the Union Street Kitchen Café and Christine's loyal and growing clientele on [facebook.com/unionstreetkitchencafe](https://www.facebook.com/unionstreetkitchencafe) and Twitter [@on_unionstreet](https://twitter.com/on_unionstreet). *EGS*



Photo by Louise Imbeault

Since quietly launching this summer, the Union Street Kitchen Café has quickly become a magnet for locals.

something for every taste.

Mark, a coffee drinker from Crichton Street, has made the café a regular stop in his daily routine. "It's been a long time coming," he says. "I'm addicted to the place."

After only a few weeks, Christine has learned her customers' top menu requests. "They come for the breakfast sandwiches, the avocado toast and the soup," she says. "The kids...they come for the mega cookies, but really, I think they all come for the vibe." She's right. The *New Edinburgh News* caught up with some neighbours popping in just to mingle with others in the community.

"It's a hub of activity. Right

Craftsman finds his niche

Skilled craftsman Brian Driver is the third generation in a family of carpenters and joiners, beginning his apprenticeship in the trade as a young boy, working with his father in his native Ireland. In 2012, Brian brought his finely honed skills in European carpentry techniques to Canada, settling in Ottawa where he soon launched his own business, Heritage Carpentry and Joinery Company Inc. While the company offers complete renovation and contracting services, Brian's specialty and passionate interest is restoring historic buildings. New Edinburgh has among



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Photo by Brian Driver

Brian Driver retains control over the quality of his craftsmanship.

its many charms a wealth of heritage homes, so Brian is in his element in our community where he has had half a dozen projects on the go this year.

While Heritage Carpentry has tackled projects throughout the Ottawa Valley, Lanark County, Eastern Renfrew and even the Greater Toronto area, the bulk of their work is here in Ottawa, including a number of jobs for the National Capital Commission and restoration work on the Courtyard Restaurant on Sussex Drive. About 80 per cent of the company's work is in historic restoration. Brian's overriding aim in these projects is to replicate the intricate carpentry of earlier generations and to maintain the character and charm of an older building, while also making use of the latest advances in green technology to improve its energy efficiency and sustainability.

Heritage Carpentry's services range from custom cabinetry and shelving to doors, gates, stairs, porches, railings, windows, kitchens, family rooms, basement renovations and even custom pieces of furniture. Over the winter, Brian takes on interior jobs such as bookshelves and cabinets. He currently works with only one assistant, as the nature of his "niche business" requires tight control over the quality of his company's craftsmanship—a hands-on approach has been his guiding principle. Most of his business is based on word-of-mouth recommendations (including his first job restoring a porch here in the 'Burgh). In fact, the NEN first learned of his skills from MacKay Street resident **Katherine Arkay**, who speaks lyrically of his work on her marvellous Victorian house.

See samples of Heritage Carpentry's fine work at heritagecarpentrycompany.com. Reach Brian at **613-408-4287** or brian@heritagecarpentrycompany.com. *JH*



Photo by Louise Imbeault

Bread and Roses manager Candice Pouliotte and owner Chris Green.

New logo and website coming for bakery

Since moving to 323 St. Laurent Boulevard three years ago, Bread and Roses Bakery has put down roots in the Manor Park community, and has steadily built a local clientele of regulars, many of whom drop in frequently to enjoy a sandwich or coffee at one of the welcoming tables in the sunny front windows. While the bill of fare still includes many staples from its Beechwood days—notably its mouth-watering mocha brownies and peanut butter Nanaimo bars—the bakery has expanded its repertoire to offer specialty baguettes, its hugely popular ciabatta bread (featured in such other locations as Epicuria), fresh flatbread sandwiches and spicy samosas.

In early September, when former store manager **Sean Giroux** moved on to try his

hand at the restaurant business, long-time Bread and Roses associate **Candice Pouliotte** (a familiar face from Beechwood) took over as manager. She is busily working with owner **Chris Green** to introduce new products, new branding, a fresh logo and an increased emphasis on café-style service at the bakery. Plans include a larger menu of in-house meals, including more vegetarian options and side dishes, and ultimately, a full weekend brunch menu. Candice also hopes to diversify expand their array of products from other local businesses.

The bakery has long been active on Facebook and recently launched a terrific website: breadandrosesbakery.ca. The site is a work in progress, but the ultimate objective is to

allow clients to pre-order for parties and special occasions such as Christmas and Easter, when the race to stock up on seasonal specialties such as hot cross buns, savoury pies or Christmas cookies can be highly competitive. Customers can also submit requests and suggestions for new products they'd like to see added, so if you have a special hankering, be sure to visit the website and make your pitch. *JH*

Three new things at PTI

Exactly a year ago, we reported on the relocation of the **Physical Therapy Institute (PTI)** from its original home above the pharmacy at 350 Crichton St. to a new, custom-designed facility at **268 Durocher St.** just off the Vanier Parkway near Montreal Road. In the intervening year, owner and physiotherapist **Pam Siekierski** and her team have continued to serve many

of their Beechwood clients, along with a new contingent attracted by the barrier-free, street-level access, and by PTI's succession of new programs and services.

PTI is a well-established, full-service clinic offering physiotherapy, massage therapy, personal training, Pilates, yoga and, most recently, osteopathic treatments provided by experienced osteopathic manual practitioner **Robert Black**. Robert uses a variety of different treatment methods to address alignment and mobility problems, including:

- reflexology
- cranio-sacral and massage therapy
- Mitzvah Technique, a corrective postural and movement system with roots in the Alexander and Feldenkrais traditions
- posturology, a therapy using various corrective aids to restore the postural system to its normal state
- somatotherapy, designed to realign joints, relieve pain and improve movement and flexibility

Over the summer, Robert conducted a series of popular posture classes which attracted clients from thirtysomethings to seniors, so if you feel the need for assistance in this department, call PTI at **613-740-0380** to sign up for a class or book a private session. Classes do sound like fun, as Robert reportedly uses a variety of intriguing props such as pool noodles to help clients straighten up.

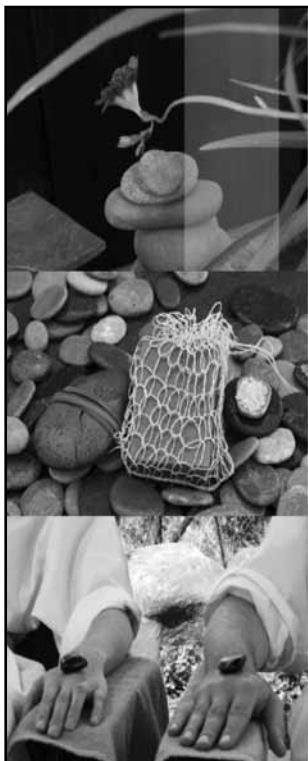
A recent addition to PTI's line up of veteran personal trainers **Eduardo Avila** and Pilates expert **Stuart Maskell**

is personal training specialist **Andrew Culham**. Andrew has a background in competitive rowing and is an enthusiast in a wide range of sports from cycling to cross-country skiing, ultimate Frisbee and calisthenics. If you're eager to keep—or get—fit but are feeling the budgetary pinch this fall, all three trainers are offering half-price sessions if you double up with a second client for your workout. Pam notes that this can actually have positive benefits: you still get plenty of personal attention throughout your exercise routine, but you have the camaraderie and inspiration of a partner working and sweating alongside you.

Other recent additions to the PTI team include yoga practitioner **Emily Tobin** (a long-time 'Burgh resident and former regular contributor to the *NEN* during her years in Botswana), and **Laura Goyos** who offers early-bird **Zumba** classes at 6 a.m. and hopes to add an evening session this fall. Skilled massage therapist **Melanie Giroux-Cook** has returned to PTI after a honeymoon sabbatical. Melanie has a wide-ranging clinical background in areas ranging from high-risk obstetrics to palliative care, neurology, geriatric care and post-game or post-marathon massage for athletes.

PTI founder and owner **Pam Siekierski** is the heart of the enterprise and the anchor of the clinic's physiotherapy team. Coming this fall, Pam plans to reserve one morning and one evening each week exclusively for clients with chronic back and neck

Continued on page 12



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The Physical Therapy Institute (PTI) team in their new clinic.

Photo courtesy PTI

Continued from page 11
problems, providing effective treatment protocols in time-saving half-hour sessions. Pam is an ardent crusader for improved healthcare for seniors to maintain their mobility, increase their fitness, nutritional health and overall wellbeing, to reduce their dependence on prescription drugs, and in general, support their efforts to live independently. She is adamant that physical therapy rather than heavy-duty narcotics should be the first line



of treatment for many of the pains afflicting older folks, a conviction borne out by her own experience treating many elderly clients. Among the PTI services specially tailored to meet the needs of seniors are physiotherapy sessions focused on improving balance, an all-important aspect of daily living, which erodes with age and can lead to debilitating accidents and injuries. Essentially, the clinic is a one-stop shop for all your aches, pains and fitness objec-

tives. Drop by and meet Pam, Karen and the team: it's just a five-minute drive down the Vanier Parkway and there's always ample on-street parking. *JH*
Feldenkrais classes now in New Edinburgh
Are you among the multitudes that have tried every new therapeutic "-ology" or fitness regime to relieve a nagging pain, limber up stiff joints or muscles, lower your stress levels or simply boost your overall wellbeing? Or perhaps you eschew the "no pain, no gain" philosophy and cringe at the thought of exhausting, sweaty workouts, painful stretches, agonizing joint "corrections" or impossible yoga contortions. Nodding your head? Then **Lynne Bedbrook** believes **Feldenkrais** may be the discipline for you. The Feldenkrais Method is gentle type of physiotherapy

developed early in the last century by Moshe Feldenkrais with the aim of restoring impaired brain-body connections and improving both body movements and psychological wellbeing. The discipline is essentially a system of correcting harmful or inefficient habits of movement. Practitioners focus on teaching clients new, more efficient patterns through slow, repetitive and gentle motions. The therapy is geared to relieving chronic aches, pains and stiffness. But it can also improve performance in posture, walking, sports, dancing, yoga and meditation, and foster an overall sense of serenity and wellbeing. Local Feldenkrais practitioner Lynne Bedbrook, a professional textile artist who lives and works on a farm in Wakefield, Que., has taught Feldenkrais: Awareness through Movement for

more than 20 years. This fall Lynne is offering classes at **35 Beechwood (New Edinburgh Square), 3rd Floor, on Wednesdays from 4-5 p.m. and 6-7 p.m. starting Sept. 21 until December.** Lynne will also hold sessions at the **Rockcliffe Community Centre on Mondays from 11am-12 p.m..** Classes are open to all comers regardless of experience. You can participate drop-in basis or call Lynne to sign up for the fall series at **819-459-2574.** Lynne notes that there are a thousand different lessons in her toolkit, so you'll learn something new each session!
In Lynne's experience, most us fall into increasingly restricted habits of movement over time, like ruts in the road that prevent us from expanding our boundaries and frequently result in aches, pains or impaired mobility. She teaches her clients to "relearn the ABCs of movement." While many actors, dancers and athletes turn to Feldenkrais to enhance their performance in their specialized areas of expertise, Lynne believes we should all equip ourselves to walk comfortably throughout our lives—much of her teaching is aimed at retraining us for that purpose.
For more information, visit **lynnebedbrook.com**, email **moonwolf144@gmail.com** or call **819-459-2574.** *JH*
Books on Beechwood Book Club resumes
Our local bookstore is hoping this fall, with the return of the popular **Books on Beechwood Book Club**, three lively sessions of **Titles@Table40** and several

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Photo by Adrien Duey

Lynne Bedbrook offers Feldenkrais classes in New Edinburgh.

in-store events featuring signings by local authors.

Once again, the **Books on Beechwood Book Club** will offer two sessions each month to accommodate the many interested participants. The first session, led by **Antoinette Fracassi**, will take place on the second Wednesday of the month at 7:30p.m. in the Second Floor Lounge at New Edinburgh Square (35 Beechwood). **Jill Moll** will lead a second session at the same hour on the last Wednesday of the month in the Penthouse at The Edinburgh Retirement Residence (10 Vaughan St.). In October, the two groups will discuss **Helen Macdonald's** acclaimed novel *H is for Hawk*. In November, they will examine **Anita Rau Badami's** riveting Canada Reads pick *The Hero's Walk*.

Over at the Fraser brothers' **Table 40** on Springfield Road, Books on Beechwood has scheduled three events for October and November. The first, on **October 26**, is an evening with **Steve Patterson**, comic and CBC host of *The Debaters*, who will be discussing his new release, *The Book of Letters I Didn't Know Where to Send*. In November, two Sunday evening *Titles@Table 40* sessions are on the agenda. On **November 20**, photographer **William McElligott** will be on hand to present his splendid new book of photography entitled *Ottawa, Canada*. The following Sunday, **November 27**, popular local historian and author **Charlotte Gray** will lead a discussion of her latest book *The Promise of Canada*—a work specially commissioned for the sesqui-centennial year. All *Titles@Table 40* Sessions begin at

5:30p.m.—tickets are available at Books on Beechwood.

In early October, book-lovers can look forward to three in-store signing events at B on B. On **October 6, from 5–7 p.m.**, **Margaret Southall** will launch her new work *A Jacketing Concern*. On **Oct. 8, from 1–4 p.m.** author **Elie Nasrallah** will be signing his latest publications, *None of the Above* and *Hostage to History*. And on **Oct. 13 from 6:30–8:30 p.m.**, **Mike Martin** will launch his newest Sergeant Windflower mystery, *A Long Ways from Home*.

Condolences: The Books on Beechwood team, and indeed all her many friends and acquaintances in the community, were greatly saddened by the recent death of long-time B on B staffer **Di Bethune's** husband **Donald**. We send our sympathies to Di and her family at this very sad time. *JH*

BURGH BUSINESS BITS

At-home help for learning disabilities

Meadowlark Tutorials is a remedial education service established by **Philip J. Powel Smith** (better known as “Mr. Phil”) to provide specialized support for students grappling with such learning challenges as dyslexia, attention deficit disorder, auditory and visual processing disor-

ders and language acquisition impairment. Current estimates suggest that as many as one in five children are afflicted with dyslexia alone, so Philip has undoubtedly had no shortage of clients for his services since he launched his private practice in 1992.

Thankfully, in the space of a generation, the understanding of and sensitivity to learning disabilities has increased substantially to the point that the painful frustrations and perceived failures of students suffering from these conditions can now be diagnosed and addressed before real damage is done. Philip was inspired by his own personal experience with dyslexia. His life was turned around by early enrolment in a private school focused on specialized teaching for learning-impaired students. He went on to apply his skills to help others facing the same challenges. He provides in-home services throughout the urban and rural Ottawa area, drawing as much as possible on classroom content so students can apply their lessons directly to school assignments.

We'll bring you more information about Meadowlark Tutorials in our next issue. Visit www.meadowlark.ca or contact Philip at info@meadowlark.ca or **613-565-9889**. *JH*

No rest at Cloutier's restos

Indefatigable neighbourhood restaurateur **André Cloutier** reports that his two popular eateries, **Beechwood Gastropub** and **The Clarkstown Kitchen**, are running smoothly after a summer of idyllic patio weather. The Gastropub's new chef **Harriet Clunie** has settled in happily, adding freshness and panache to a menu increasingly focused on seasonal local ingredients. André is pleased to report that, despite the imaginative menu upgrades, Harriet has kept the small plates menu as affordable as ever, and Monday-evening diners can still savour \$1.50 oysters



Photo courtesy of André Cloutier, The Clarkstown Kitchen
Clarkstown manager Manuel Bettencourt.

alongside a \$5 cocktail or glass of wine.

Up the street at **The Clarkstown Kitchen**, André continues to emphasize affordability, introducing a special three-course offering for \$30, which includes any appetizer, any gourmet sausage dish and any dessert on the menu. The \$30 trio was reportedly a huge success this summer, with guests returning for repeat visits and bringing along groups of friends. Wednesday evenings at Clarkstown also feature \$20 bottles of wine to complement your meal and minimize the strain on your credit card. Bookings for private gatherings have also been on the rise at Clarkstown: groups of up to 70 can reserve space for business meetings or social occasions of all kinds.

André is particularly grateful to Clarkstown manager **Manuel Bettencourt**, his highly efficient and gracious right-hand man. Manuel was a long-time senior server at El Meson, and remained after the transition to help André launch and run the new Clarkstown. Needless to say, the challenges of operating two enterprises were

formidable, so being able to depend on Manuel's capable support has been a godsend—all the more now that André is a new father! Baby **Avianna** is reportedly thriving—she made her debut at both restaurants this summer, in part André confesses, because he and wife **Marla** have been too exhausted to cook! *JH*

Online coaching at Evertrain

Evertrain's **André St. Amour** reports that, in response to local demand, he and his wife **Julie Leblanc** are now offering **Online Personal Training** on a trial basis through the month of October. This service includes all the fitness, nutritional and lifestyle components of their one-on-one Personal Training sessions, but is geared to accommodate busy clients that prefer the flexibility and convenience of working out on their own timetable. Learn more at evertrainlifestyles.com.

Coming up in January 2017, **Julie** will be offering post-natal coaching sessions to help new mothers get back in shape after the rigours of pregnancy and child-

Continued on page 14

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Continued from page 13

birth. Reach her at info@evertrainlifestyles.com and visit her blog at evertrainlifestyles.com/blog for helpful pre-natal exercise tips to boost energy levels, improve posture, reduce lower back pain and build all-important core strength and muscle tone.

Julie and André report that life is returning to normal after a whirlwind summer of weddings—including their own, which took place in early August! We wish them a long and happy life together and look forward to their continuing participation as enthusiastic residents of our community. *JH*

Barber Lester Clark retires

Early in the summer, long-time New Edinburgh barber **Lester Clark**, a Beechwood institution for two decades and a valued friend of many local residents, retired from his part-time position at **Kelly's Barber and Beauty** (now relocated to Marier Street). Before the Beechwood fire of 2011 when his shop was demolished following the blaze, Lester was the go-to barber—and often confidant—to genera-

tions of families, doling out smiles, candies and haircuts to the children and grandchildren of clients he had known since their own tender years. Throughout his many years on Beechwood, he was a strong supporter of the community, a faithful advertiser in the NEN, a generous booster of community causes and a hub for all the local news. We wish him a long and happy retirement, and thank him for his countless contributions to our neighbourhood. Farewell Lester—you will be greatly missed! *JH*

New RMT at Matnik Spa

Matnik Spa owner **Abby Bassin** is entering her second year of operations at **2 Beechwood Ave.** (former home of **Beautymark Esthetics**) where she offers a full range of spa services from manicures and pedicures to facials, waxing, body sugaring, electrolysis, eyelash extensions and massage therapy. Visit spatherapiematnik.com or call **613-746-8821**.

Abby reports that two Registered Massage Therapists now offer their services at the spa, one of whom is already familiar

NEW EDINBURGH NEWS

with our neighbourhood. **John MacGillivray, RMT** specializes in deep-tissue and relaxation massage as well as postural coaching, using Swedish massage techniques to relieve muscle and joint tension, reduce stress, soothe aches and pains and improve circulation. John worked at the Physical Therapy Institute during its tenure at 350 Crichton St., and now divides his time between PTI's new location on Durocher Street and the Matnik Spa on Beechwood.

As we go to press, Abby truly has her hands full, not only operating two full-service spas in her Gatineau and Beechwood locations, but also caring for her newborn son **Noah**. Congratulations Abby, and best of luck with your family and professional endeavours! *JH*

Celebrating memories

On Sept. 17, staff and residents at **The Edinburgh Retirement Residence** got into the spirit of the epic New Edinburgh Community Garage Sale, hosting a bake sale to raise funds in support of the Alzheimer's Society of Canada. The bake sale was one in a series of



Photo courtesy The Edinburgh Retirement Residence
The Edinburgh held a bake sale on Sept. 17 in support of the Alzheimer's Society.

"Celebrating Memories" events held in recent years at Revera sites throughout Canada and the United States. These initiatives have raised hundreds of thousands of dollars for Alzheimer's societies in both countries to support research into potential cures for Alzheimer's and other forms of dementia, as well as provide services for people afflicted with the disease and for their caregivers. By current estimates, this debilitating disease affects more than three quarters of a million

Canadians, a number which is expected to nearly double within the next 20 years. The Edinburgh's staff, family and friends joined forces to fill the tables with donations of fresh baking, tapping into Garage Sale crowds to boost sales in support of a worthy and increasingly urgent cause. The next day, The Edinburgh hosted an open house: "Picture Yourself at Revera." Drop-in visitors enjoyed light refreshments and a chance to have their photographs taken with family and friends. *JH*

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Builders and schools chosen for future Wateridge community

By Christina Leadlay

It has been almost six months since the Canada Lands Company (CLC) provided an update on plans for the former Rockcliffe airbase, now known as Wateridge. But in September, the firm published its second newsletter, detailing the three builders it has selected, the schools to be constructed, and updates on construction activity, among other information.

CLC has chosen Claridge Homes, Tartan Homes and Uniform Urban Developments to construct 75, 50 and 89 homes, respectively. An on-site sales pavilion will open later this fall.

The *Manor Park Chronicle* reported in its September issue that the Algonquins of Ontario have named Tartan Homes as their designated builder.

"While the details of this cooperation is being worked out, Pierre Dufresne of Tartan said that this would include both cultural recognition—naming models using Anishnabe words for different local plants and providing work training and construction jobs for Algonquin workers," writes *MPC's* Robert Todd.

CLC also clarified that there will be no residential developments on the Sir George-Étienne Cartier Parkway, noting that the construction taking place there is part of the Wateridge infrastructure.

"The Parkway will remain

as-is and continue to be owned and managed by the National Capital Commission," according to the CLC newsletter. "The construction activity that you may have noticed is only related to the excavation of a stormwater management system which will incorporate a natural waterfall from the ridge above, hence 'Wateridge'."

Underground infrastructure work began in April, with water mains and separate sanitary and storm-water sewers for Phase 1A of the project, according to the *Manor Park Chronicle*. The site remains off-limits to the public during construction.

Infrastructure work on Phase 1A, including electrical installation and asphalt on roads, is expected to be complete by the end of 2016. Depending on the city permit process, home construction should begin shortly thereafter, with houses available for occupancy by the end of next year.

CLC has also identified three sites for future schools, announcing that the first to be built will be a French Catholic Elementary in Phase 1A. Phase 1B has reserved sites for both a French Public Elementary and English Public Elementary schools.

"The first of the schools to be built is the French Catholic Elementary; however, this could be several years away, potentially within the next five years or so," according to CLC's newsletter.

"For the other two sites, each board may optionally express its intention to proceed with the acquisition of the land as the development progresses; school boards have the right to decline or accept the site reserved to them within seven years after that parcel is registered with the City," the CLC newsletter says.

"Phase 1B is slated for registration in 2017."

The 320-acre site located east of the Aviation Parkway and south of the George-Étienne Parkway is expected to take approximately 15 years to be fully constructed.

Finally, CLC Rockcliffe Lands notes that its website—clcrockcliffe.ca—will soon be discontinued. All future Wateridge Village updates will be available at wateridge.ca.

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Central library project is cloaked in secrecy

By Sarah Anson-Cartwright

Let's start with the good news. Yes, Ottawa is making plans toward a new central library. But the bad news is the public has been shut out of the process, which isn't right for a project of this scale and importance to the city.

Secrecy will shroud the whole project for the next few months—unless concerned citizens speak up. The short-list of sites under review has not been made public, and Mayor Jim Watson agrees with that decision. In fact, the public will learn nothing about the central library project between now and December 2016.

The process is going from a long-list of 12 sites, published this past July, to a final decision on one site, likely on LeBreton Flats, which is the mayor's stated public preference. In December, we will learn the final recommendation on the site and other project details. The decision by the library board and then by city council will quickly

follow suit.

"Secrecy around library process shameful," wrote Susan Sherring in the Ottawa Sun after the library board's August meeting. Joanne Chianello wrote on CBC News online: "Secrecy shrouding library board's short list unnecessary."

Is this secrecy right—and

library, I don't think citizens gave him carte blanche on where to locate it. The lessons of locating the Victims of Communism Memorial and the Ottawa Hospital should not be lost on either him or us.

As the most public of public institutions, a central library will only succeed if

ter, but currently 81 per cent of main branch library users come on foot, and 24 per cent come directly from work. And with three LRT stations, the downtown core offers accessibility via transit as much as LeBreton Flats. But LeBreton does not offer walkability to people that live and work downtown, or to

like Sandy Hill. The new footbridge connecting Fifth Avenue and Clegg Street will provide convenient access for those on foot or bike from the growing community of Old Ottawa East.

As well, there are many office towers, restaurants and major cultural, recreational and retail attractions that are people-magnets. These assets provide synergies to ensure the success of the new central library.

While many of us in New Edinburgh may never set foot in the central library, as a citizen of Ottawa, I want this public place to be where it will contribute best to the social and economic health of our city. And where it will be most convenient for the people that need it most.

Sarah Anson-Cartwright is the founding chair of *Bookmark the Core*, a citizen's group advocating for a new central library in downtown Ottawa. Visit Bookmarkthecore.ca and follow them on Twitter and Facebook.

"As the most public of public institutions, a central library will only succeed if it is where people live, work and visit in large numbers. LeBreton Flats does not compare at all."

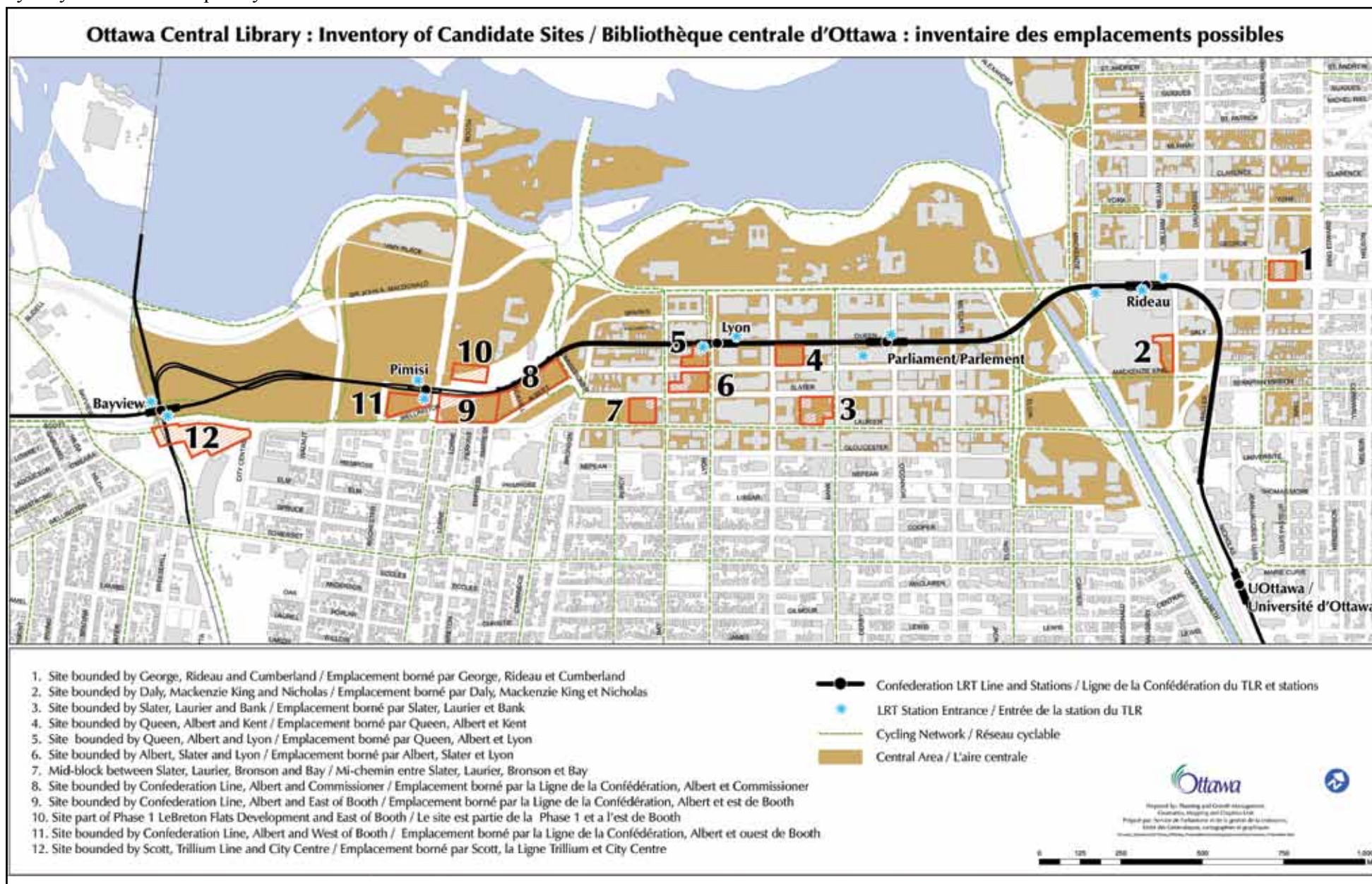
does it matter? In an era of increased openness and transparency in government, our municipal leadership is bucking the trend with a process that has effectively shut the public out. While the mayor's 2014 campaign included a commitment to a central

library, I don't think citizens gave him carte blanche on where to locate it. The lessons of locating the Victims of Communism Memorial and the Ottawa Hospital should not be lost on either him or us.

Being on the LRT line or close to a station will mat-

those that cannot afford an LRT pass.

Meantime, in the heart of downtown, the Corkstown footbridge at Somerset provides quick access to the core for University of Ottawa students and residents in neighbourhoods east of the canal



The long-list of 12 sites for the new Ottawa Central Library (above) will be shortlisted by December.

Source: ottawacentrallibrary.ca

One World Grannies' GRAND Market moves to Lansdowne

By Trudy Medcalf

Ottawa grandmothers supporting the Stephen Lewis Foundation Grandmothers Campaign are putting the finishing touches on a major event. Last fall's GRAND Marketplace was such a successful fundraiser that it is moving this year to a bigger venue: the Horticultural Building at Lansdowne Park. And the date to circle on your calendar is October 30, from 9 a.m. – 3 p.m.

The event emphasizes quality goods, from clothing to collectible treasures, all of which have been donated and carefully vetted before acceptance for the sale. One World Grannies, the event's organizer, guarantees you'll find a range of gently used clothing from cheap-and-cheerful to designer duds. Women's accessories, children's toys, games, "treasures" for your home, books, handmade beds and clothing for the family canine and much more will be on offer at ridiculously low prices.

And that's not all. Fourteen other grandmother groups in the region are presenting

art, pottery, home décor, textiles, beautiful crafts, food and plants. There will also be homemade treats at the Sweet and Savoury Café and tarot card readings by Grandmother Moon.

Several of the One World Grannies, including the author, are busy helping publicize both the Grandmothers Campaign and the GRAND Market. 2016 is a significant year for Canadian grandmother groups: it marks the 10th anniversary of the launch of the Stephen Lewis Foundation Grandmothers Campaign to support African grandmothers. Many African grandmothers have lost their adult children to HIV/AIDS, and these women struggle to care for their grandchildren and other orphaned children they have taken into their homes. The scale of personal and societal upheaval is staggering. In sub-Saharan Africa alone, there are more than 15 million young people orphaned by AIDS and nearly 26 million people living with HIV/AIDS.

In response to this crisis, 240 grandmother groups have

sprung up across Canada since 2006, including 23 in the Ottawa-Gatineau region. To date, this uniquely Canadian fundraising and advocacy movement has raised more than \$25 million in support of grassroots initiatives in Africa, such as HIV education, food and medicine distribution, home-based health care, and school fees and uniforms. The group's relationship with African grandmothers is one of respect and solidarity—not charity. They trust the recipients to use their on-the-ground knowledge of what needs to be done. The Grandmothers Campaign also supports African grandmother groups advocating for their rights.

At last year's GRAND Marketplace, the collaborative efforts of local grandmothers and grand-thers raised close to \$18,000 for the cause. Hopes are high for a substantial increase this year at the larger Lansdowne Park venue.

Catherine Bell, a realtor and member of the One World Grannies, together with her business partner Pauline



Photo by Val Swinton

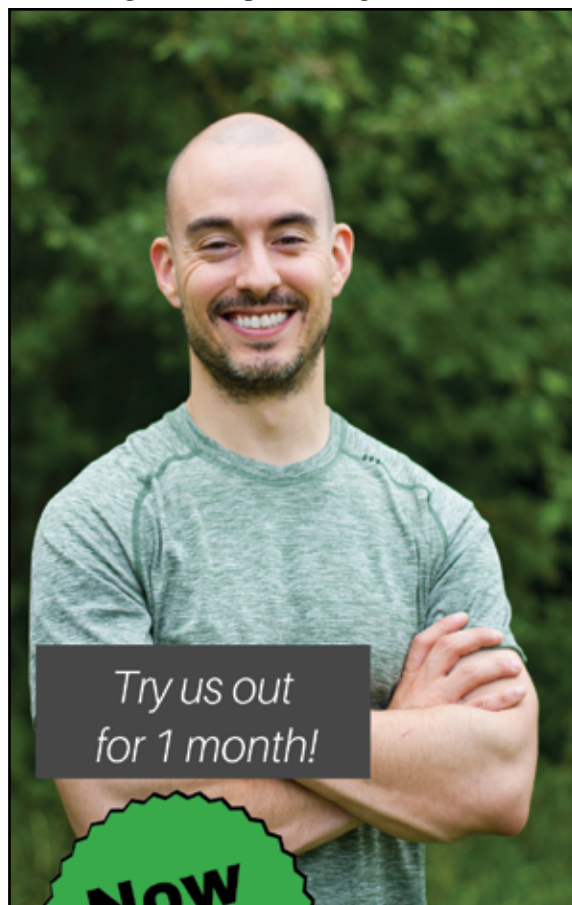
(From left) Trudy Medcalf and Dianne Breton of One World Grannies sort items for the GRAND market's Treasures Table.

Bogue, are especially pleased that their agency is sponsoring this year's GRAND Market. "It's communities helping communities, even though we are an ocean apart," says Catherine. "All of the local grandmother groups and the grandmothers of Africa are grateful to Royal LePage Team Realty for their gener-

ous support."

Visit the website at grandmotherscampaign.org or contact Val Swinton at vswinton2@icloud.com or 613-864-6442.

Trudy Medcalf is a resident of New Edinburgh and a member of the One World Grannies.



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After a great summer, Market plans winter session for early 2017

By Chris Penton
Beechwood Market
Manager

As I write, we are heading into the 15th weekend of the Beechwood Market's third season. It's a significantly evolved scene from our first year, and the vendors, community and I have all learned a lot.

Along with a lot of returning vendors like **Gentlecraft Organics**, **Jargon Preserves** and **Buddy Bites**, we have added a few newbies this year, such as **Allium Farm**, **Beking's Eggs** and **Barking Barista**. All our vendors are

carefully selected for their quality, presentation and attitude, and the idea was to enhance the shopping experience while maintaining the culture of cool and happy. A fantastic mixture of small businesses, they quickly got into cross-promoting, trading products and helping each other out. Friendships were made, and our end-of-year party will no doubt be a doozy.

With a lush new site at St. Charles Market, the residents of the East End came in greater numbers, stayed for longer stretches, and came to rely more heavily on the local

produce. With many dedicated regulars, every week I also happily heard: "I live around the corner and never knew this was here!" That's okay: you're here now. A place to shop, listen and eat, the market has become a regular part of many local residents' weekends.

My own market lessons tended to focus on how best to lift heavy things early in the morning, but I was also exposed to some new marketing avenues, plenty of different PR conduits, and an accidental crash course in electrical engineering. My greatest pleasures have been

befriending the vendors, regularly mingling with the local population, and being a part of a neighbourhood that's finding itself again.

I'd like to thank my lovely, uber-competent Market Coordinator, **Heather; Modbox**, a great marketing partner, always open to my property requests and tolerant of the odd moan; and **Jeff and Tina at Vanier Moderns** (in the church basement) who supported us in every way. And clichéd as it may sound, without the support of the community, the Market would simply not exist. Thank you so much.

We're currently planning a winter edition of the Market to be held inside the church early in the New Year. The exact format remains undecided, but you can depend on it being a place you can escape to with your kids on a Saturday, do some local shopping, and reconnect with your Market friends.

The Summer Market 2017 will take place at the same location in front of the church at St. Charles and Beechwood. Start date has yet to be confirmed, so stay tuned.



With a lush new site at St. Charles Market, East End residents came to the Beechwood Market in greater numbers, stayed for longer stretches, and relied more heavily on the local produce.
Photos by Chris Penton



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Love it or hate it? Your thoughts on the parklet

Words and photos by Elizabeth Gray-Smith

On the north side of Beechwood Avenue, in the parking lane in front of Arturo's restaurant, sits a modern, open, wooden structure complete with benches, a metal roof and a lush garden. It is our own parklet, part of an Ottawa pilot project initiated by the Quartier Vanier BIA. It is called the "Water Garden" because of the canopy's innovative design that feeds the plants inside naturally with rain run-off, and was drafted and built by fourth-year students from Carleton University's architecture program. While it is a temporary installation, it has stirred many opinions from residents and visitor alike. *New Edinburgh News* spent a September afternoon sitting on the benches and talking with people passing by—on foot, by bike and by car—to gather their thoughts on this park in the street.

"I think it is awful. It is an accident waiting to happen. In the Glebe [parklets] are on the side streets, but not like this one on a main street. It is too loud. The location is not good."

Kathryn from Douglas

"I would like it more off from the main street. Nice foliage arrangement."

Gabriel from out of town



"I am not a huge fan. It is in the wrong place. I don't know how Arturo's feels about it. We had to reroute the bike lanes."

Drew from Chapleau



"I find that it is a bit of a dichotomy. This is a bit strange because of its location on the street, but now that I'm sitting in it, I love it. It is different and from that perspective it is worth doing."

Francine

"I think it is very interesting. I like the way it looks on the inside, but I don't like it with the cars driving by. I worry about people's safety with just a plastic pylon."

Mike

Mike and Francine live in Rideau Gardens



"I think it is the tip of the spear for turning the street into a real main street. I mean, look at those plants. They are terrific!"

Jennifer from MacKay



"It is a good idea to have a place to relax and sit. I like that it is modern. It looks nice, especially the garden, but I think it might be annoying for drivers."

Oban

"I think that as an initiative in the city that is more urban, by creating spaces in the urban environment it is a great idea. But, by execution, it is not the ideal location. Not in one of two lanes on Beechwood."

Graham from Keefer

"The location is not ideal. I've never seen anyone sitting. The one time I saw folks was when it opened."

Jane from Springfield



For the Birds

By Jane Heintzman

As I write in mid-September, the fall migration is well underway, with flocks of birds raiding our backyard feeders to bulk up on calories for their journey south, and with roadside shrubbery buzzing with avian activity. *Ottawa Citizen* birding columnist **Bruce Di Labio** reports that over the Labour Day weekend, the **warbler migration** reached its peak in the Ottawa-Gatineau region, with more than 25 species passing through and touching down in significant numbers in such birding hot spots as Britannia-Mud Lake conservation area and Shirley's Bay.

By mid-month, that number had dwindled to 15 warbler species, with **yellow-rumped**

ing season, so you may also have spotted balding **blue jays** or **Northern cardinals**. While it's an entirely natural stage in the annual moulting process, it's invariably a shock in the case of these normally handsome crested creatures.

Most of us are familiar with the annual ritual of the fall migration as a massive movement of birds from Northern breeding ranges to southern habitats in South and Central America, and around the Gulf of Mexico. Within this broad context, however, there are some common variants in migration patterns, indicative of things not going entirely according to plan. Some examples include:

- drifting migrations – when flocks pushed off-course by violent weather events turn up in unusual locations;
- reverse migrations – when a group of migrants (usually juveniles not paying attention to their elders!) heads in the opposite direction on the flight path, giving northern communities a rare look at an otherwise out-of-range species; and
- skip migrations, or leap-frog migrations, which occur when a northern population migrates a greater distance than usual in order to leap over a sedentary group of the same species.

Scanty summer sightings

As I watch this year's fall exodus of migrating species, I feel slightly cheated by the comparatively meagre tally of my bird sightings in

the course of the summer. In keeping with our traditional pattern of recent years, much of our summer was spent on Georgian Bay, ordinarily a haven for songbirds, waterfowl, gulls, raptors and most forms of avian life. This year, however, bird numbers seemed eerily low across a range of species, including **ring-billed gulls; double-crested cormorants; great blue herons; warblers; vireos; thrushes** (our resident **wood thrush** was nowhere to be found); **flycatchers** (the **great-crested flycatcher** was also a no-show this year); **mallards, common mergansers**, and indeed, almost every species *other than* the ubiquitous **Canada goose**, which bucked the trend and appeared in ridiculously large numbers.

Nonetheless, a smattering of the usual suspects did



Photo by Mike Leveille

Baby screech owl at Macoun Marsh.

terns; common loons (thankfully, the loon population was reasonably robust); one or two **great blue herons; common mergansers; turkey vultures; hairy and pileated woodpeckers; black-capped chickadees**; a single **Eastern kingbird** in hot pursuit of a

better luck, reporting a thriving eagle's nest not far from our hotel.

Among our most memorable P.E.I. birding moments was a surprise encounter with a mother **ruffed grouse** and her five skittish little chicks. Rather than fleeing to safety while the mother cleverly diverted us, the chicks panicked when we came on the scene, and scuttled around almost under our feet. That family's escape protocol clearly needed practice! But the highlight was a close encounter with a half-dozen **semi-palmated plovers** foraging for prey in the rock pools only feet away from us along the shoreline at Brackley Beach. Unlike their reticent **pipin plover** cousins, the semi-palmateds appeared completely unfazed by our presence, allowing us to watch their antics and capture them on camera. In contrast to other species in the plover family, the semi-palmated population has been steadily increasing in recent years, an encouraging fact attributed to their versatility in both diet and habitat, as well as to their widespread coastal distribution in winter.

The state of North America's birds

In early June, **Bird Studies Canada** and the **North American Bird Conservation Initiative**, a multinational group created by the governments of Canada, the United States and Mexico, released the results of a comprehensive vulnerability assessment for all 1,154 native North American bird species. The study assessed each species' conservation status on the basis of its population size and trend; the extent of its breeding and non-breeding ranges, and the severity of current threats to



Photo by Amy-Jane Lawes
Black-billed cuckoo.

warblers expected to be the last to leave. On the move in late September were **vireos, hermit thrushes, winter wrens, ruby- and golden-crowned kinglets, white-crowned** and **white-throated sparrows**, along with the last wave of **ruby-throated hummingbirds**.

Even for the experienced birder, species identification is particularly challenging at this time of year, as most male warblers have shed their distinctive breeding plumage and can be puzzling in their muddier, more muted fall garb. (Exceptions to this seasonal transformation include the **American redstart, black-throated blue warbler** and the **ovenbird**, which thankfully look the same year-round.) And it's moul-



Photo by Amy-Jane Lawes

Evening Grosbeaks.

eventually turn up over the summer, and by late August, my species tally covered a respectable range, including **red-eyed vireos, song sparrows, white-throated sparrows, osprey** (our resident pair produced a healthy chick); **pine warblers; black and white warblers; yellow-rumped warblers; ovenbirds**; a solo **worm-eating warbler; common grackles; common ravens; common**

crow; several ruby-throated hummingbirds; red-breasted nuthatches; and toward the end of August, innumerable noisy **blue jays** clustered on our island's nut-laden oaks.

Plover party on P.E.I.

The birding highlight of our summer was an early August visit to Brackley Beach on the north shore of Prince Edward Island. While here, too, a number of species were notably absent or greatly reduced in numbers compared with recent years, including **great blue herons, ring-billed and black-backed gulls** and **osprey**, others were around in abundance, including **song sparrows, yellow warblers, common yellowthroats, American robins, black-capped chickadees, blue jays, red-eyed vireos, common ravens, double-crested cormorants** and a very vocal **Eastern kingbird**. Sadly, I failed to spot a **bald eagle** this year, but my children had



Photo by Francine Ouellette
Canada Goose.



Photo by Francine Ouellette

Juvenile Black-crowned night heron.

its habitat.

A disturbing total of 432 (37 per cent) of the continent's native species qualified for the Watch List, indicating the highest levels of Conservation Concern based on high vulnerability scores across a range of factors. Of the four levels of Conservation Concern, birds with habitats in **oceans and tropical forests** were ranked as In Crisis, with 57 per cent of the species facing declining populations, shrinking ranges and severe threats to their habitats: rising sea levels, coastal development, human activity and oil spills. A close second in level of Conservation Concern were species in **coastal, grassland and aridland** habitats, where numbers have been declining steeply, with some species recording population losses of up to 70 per cent since 1970.

While the majority of species with habitats in **temperate forests, tundra, wetlands and boreal forest** were ranked as only moderate or low Conservation Concern, 20 per cent of these species qualified for the Watch List, largely as a consequence of the ongoing loss of wetlands despite recent conservation efforts. Not surprisingly, the 65 **"generalist" species** that have proven most adaptable in a variety of habitats fared best in the vulnerability assessment, with the majority considered of low

Photo by Amy-Jane Lawes
Moulting blue jay.

Conservation Concern. View the full report at stateofthebirds.org/2016.

Canada's National Bird Debate

After nearly two years of public voting in the Royal Canadian Geographical Society's **Canada's National Bird Contest**, with more than 42,000 votes cast and 1,300 essays submitted from all provinces and territories in support of species nominees, voting finally closed at the end of August. Five species

Photo by Mike Leveille
Baby Virginia Rail at Macoun Marsh.

made the short list:

- **Common Loon** (13,995 votes)
- **Snowy Owl** (8,948 votes)
- **Gray Jay/Whisky Jack** (7,918 votes)
- **Canada Goose** (3,616 votes)
- **Black-capped Chickadee** (3,324 votes)

On Sept. 19, a panel of five notable Canadians took part in a public debate in Ottawa on the relative merits of the short-listed contestants, each of which will be championed by a different panelist. Adventurer and storm-chaser **George Kourounis** moderated the event, introduced by Canada's Environment Minister **Catherine McKenna**. Speaking for myself, I hope the proponent of the Canada Goose did not come close to prevailing! As a final step towards crowning

our National Bird, the Royal Canadian Geographical Society will release its official recommendation in the December 2016 issue of *Canadian Geographic* which appears on the newsstands on Nov. 21. Stay tuned!

Reports from our readers

Accomplished birder and regular *NEN* contributor **Amy-Jane Lawes**, based in Val-des-Monts, Que., had an eventful summer of birding, fuelled by a month-long visit from her U.K. based parents, both avid birders. After memorable first-time encounters with both the **black-billed** and the **yellow-billed** variants of the North American **cuckoo** species, Amy looks back on this as **"the summer of the cuckoo"** (intending no allusion to the U.S. presidential campaign)!

A **black-billed cuckoo** crossed paths with Amy and her dad during a Father's Day hike, pausing to preen its feathers for long enough to be photographed at close range. Amy was puzzled by the bird's call, which differed markedly from the mechanical "cuckoo clock" sound of the U.K. species. She later discovered that the calls of North American cuckoos more closely resemble a dove-like coo, and one morning not long after her first encounter with the black-bill, was roused from her slumbers by precisely such a soft, repetitive cooing sound. A drowsy investigation revealed a **yellow-billed cuckoo** in her garden, marking another gratifying "first" in her Canadian birding experience.

Other birding highlights during Amy's parents' visit were encounters with more than 20 dazzling **evening grosbeaks** in New Brunswick; a flock of young **gray jays** in Kouchibouguac National Park and a **Sandhill crane** flyover at sunset while camping closer to home in Gatineau Park.

Over the course of the breeding season, Amy took full advantage of her sylvan surroundings to log no fewer than 20 species of **warblers** in her birding journal, many spotted very close to her home. The bulk of her sightings took place in late spring when the males' breeding plumage was at its most brilliant, and her full-some list included the **black and white-, Northern parula-, Tennessee-, Nashville-,**

Cape May-, magnolia-, blackburnian-, black-poll-, yellow-rumped-, bay breasted-, chestnut-sided, black-throated blue-, black-throated green-, yellow-, pine-, palm-, Wilson's and Canada warbler, along with the **Northern waterthrush, ovenbird and American redstart**.

As the fall sets in, Amy's birding luck appears to be holding: she reports recent sightings of 12 shorebird species at Shirley's Bay, along



Photo by Ralph Heintzman

Common merganser group sunning itself in Georgian Bay.

with visits from a **peregrine falcon, Northern harrier, osprey, a bald eagle**, and a balding **blue jay** which haunts her feeders.

St. Laurent Academy's **Mike Leveille** was delighted to encounter a **baby screech owl** and some **baby Virginia rails** at the Marsh this fall, both of which he captured on camera—truly a feat in the case of the timid Virginia

Photo by Ralph Heintzman
Semi-palmated plover on Brackley Beach, P.E.I.

rails.

Our Victoria, B.C. correspondent **Vicki Metcalfe** had a fruitful birding expedition to the Sunshine Coast this summer, led by a knowledgeable guide from Whiskeyjack Tours who "literally wrote the book on the birds" in that area. Vicki's final tally

for the trip was 39 species, ranging from songbirds such as the **red crossbill, song sparrow, red-winged blackbird, cedar waxwing, olive green flycatcher, goldfinch, red-breasted nuthatch** and **Stellar's jay**, to waterfowl including **wood ducks, common and hooded mergansers, and pelagic cormorants**, and multiple gulls such as the **glaucous wing gull, the mew gull, the California gull** and the **Bonaparte's gull**.

Philip MacAdam's Avian Spa and Bistro has been hopping in recent weeks, with visitors raiding his feeders to bulk up for the fall migration and cooling off in the birdbaths. **Chickadees, goldfinches, house finches, nuthatches** and **Northern cardinals** have topped the list of his regular clientele, while a lingering group of **American redstarts** has availed itself of the water features and foraged in the lilac tree. A summer highlight for Philip was a visit to an active **bald eagle's nest** on Longbow Lake, just east of Lake of the Woods in northwestern Ontario.

Alberta Correspondent **Dave Collyer** did some fruitful fall migration birding around Tofield, AB, logging a long list of migrant species including **least sandpiper, American avocet, Baird's sparrow, Baltimore oriole, sandhill crane, ruddy duck, Northern shoveler, American wigeon, bufflehead, snow geese, greater white-fronted geese, bald eagle, yellow-rumped warbler, Magnolia warbler, Tennessee warbler, Swainson's thrush, peregrine falcon, merlin** and many more.

Fitness tips for new moms getting back into exercising

By Susan McDonald

Have you just had a baby? In the list of your new priorities, you've probably placed many things above a fitness routine, and we can't blame you. However, if you've ever been active, you know when you exercise (even just a little) you feel great. When you stretch your tired, achy muscles, when you take care of your body and give yourself permission to carve out the important "me time" you crave, it's better for you and your baby.

If you're beginning to feel recovered post-birth, you may be excited to get active again, but many forms of exercise aren't recommended until after six weeks postpartum. And even when you think you're ready, your body won't likely be ready to get back to running or to a fitness class, even if it's made especially for moms, like FITMOM classes are. Instead, in those first few weeks, here are some exercise recommendations for three areas you can focus on:

Your pelvic floor

Your pelvic floor muscles have lost elasticity during pregnancy and you will likely need to recondition these muscles, regardless of the type of delivery you've had.

Begin by contracting your pelvic floor: a series of 10 one-second contractions. Follow with contractions where you hold your pelvic floor contraction longer: begin holding for about three seconds and work your way



Photo by Sara McConnell

For new mothers ready to begin exercising again, FitMom holds weekly classes at Memorial Hall.

up to 10 seconds.

Ensure you're doing these contractions correctly. Remember:

- don't hold your breath
- don't tighten your tummy, thighs or buttocks
- don't squeeze your legs together

Try to complete 10 short and 10 long contractions a few times a day, remembering that pelvic floor muscles tire easily. To prevent fatigue, you can complete fewer contractions more often in the day.

Your shoulders

Your tired shoulders really do take the brunt of so much both during pregnancy and with a newborn. Between growing bellies, feeding and holding

a baby, and the poor posture that often results, your shoulders are always hard at work.

Try simple shoulder rotations to relieve some of the stress. Begin by inhaling and lifting your shoulders towards your ears. Exhale and roll your shoulders back and down, allowing your shoulders to fall as far from the ears as possible and squeezing your shoulder blades together. Release to normal position and repeat.

This exercise will remind you to correct your posture, open your chest and strengthen your upper and middle back at the same time. Try to complete 10 repetitions a few times a day, while you are watching television, sitting at

the computer or even when feeding; once a good latch and breast feeding is established, you can practice this exercise as baby is snuggled in your arms.

Your abdominal muscles

We know that core muscles are affected during pregnancy, but we also know they don't just go back to what they were like pre-pregnancy the moment baby arrives.

Try pelvic tilts: begin by lying on your back with your knees bent and your feet flat on the floor. Inhale to fill your belly with air. Exhale while pulling your belly button towards your spine and slightly rolling your hips towards your ribs, but not lifting your hips or glutes off the

ground. Release and repeat.

Try to complete 10 repetitions a few times a day. Work up to 20 or 25 repetitions as you begin to feel stronger. You can practice pelvic tilts after you finish nursing as you are cuddling with your baby.

Your body has gone through so many changes since becoming pregnant, and it continues to change in the weeks after your baby arrives. By focusing on these three areas and incorporating some simple exercises, you'll help reduce tension and relieve some pain. Of course, the most important thing in these first few weeks is spending time as a new family, but there's nothing wrong with wanting to feel better also!

When you're ready to begin exercising again, a fitness class is a great way to get motivated and to meet other moms. FITMOM offers Mom and Baby and FITWOMAN classes during the week at the NECTAR Centre. Find more information or check our schedule at fitmomottawa.com.

Susan McDonald is an experienced, certified personal trainer and an expert in the area of pre- and post-natal fitness. As the proud owner of FITMOM Ottawa, she has offered prenatal fitness, mom-and-baby fitness and boot camps for women in Old Ottawa South, New Edinburgh and Ottawa West for more than five years. Sue lives in Old Ottawa South.

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Reducing poverty, one woman at a time

By Theresa Redmond

Friends of Jagruti is organizing a music fundraiser November 5 in Centretown to help Jagruti Seva Sanstha, an NGO run mainly by women.

Jagruti Seva Sanstha offers healthcare, educational support, employment opportunities, micro-credit, counselling and even shelter to disadvantaged women and children in the city of Pune in western India. Among its educational support programs is a course for health facilitators.

This course takes place at two of Jagruti's centres in Pune's urban slums and at one rural centre. Students range from needy young widows with no education, to girls that need studying guidance, to some rural men.

Also called nursing aid, the course began as a way to help women earn a good living. But it also boosts their sense of worth and provides jobs that earn them respect.

"Jagruti helped me put my sorrows aside," says Suvarna Sore, a widow working two part-time jobs—as a cook and security guard—to put food

on the table for her daughters. By chance, she met a Jagruti teacher that told her about the nursing aid course. Having just eight years of education, Suvarna was afraid she would fail.

The first few days were tough. "I couldn't understand anything and worse, I couldn't remember anything either. I thought it was impossible," Suvarna recalls. But the teachers' patience and the supportive atmosphere kept her going, and today she is thankful. Suvarna now works at a hospital and earns twice what she made at both part-time jobs combined.

Another student, Komal Randhir, says, "We had wonderful teachers at Jagruti who explained everything to us very well. The staff at Mai Mangeshkar hospital where we took additional training were also very good. We were trained in the (Intensive Care Unit), we learnt to take care of patients with bedsores, patients in a coma, how to take blood, measure blood pressure and more. This training has helped me stand on

my own two feet," she says proudly.

When Vaishali Sangle heard about Jagruti's nursing aid course, she found the three-month course very attractive with its low fees and the promise of a job on completion. "My dreams got wings again," she declares.

Jagruti has changed Vaishali's life and she's full of praise for the five teachers, four of them medical doctors. Jagruti has become more than just a learning centre for Vaishali—it is also a home and a family to her. "Jagruti taught me how to interact with others and helped me gain confidence in myself—for that I will forever be grateful," she adds.

Poonam Rahate echoes Vaishali's praise for the teachers at Jagruti, whom she says taught the students much more than how to look after patients. Learning about illness and healthcare was just one part of their education. Students also learn how to talk to patients, and can access other Jagruti programs that help broaden their hori-



Photo courtesy Debjani Mitra-Levesque
Women in Pune, India are benefiting from educational support through the NGO Jagruti Seva Sanstha. A fundraiser will take place November 5 in Ottawa.

zons. "Now I intend to pursue nursing seriously," Poonam says.

Those are just four of many success stories. Jagruti Seva Sanstha is reducing poverty in Pune one woman at a time.

To raise funds for Jagruti Seva Sanstha, Friends of Jagruti are holding a folk-

rock-country music morning November 5 at St. John the Evangelist Church, corner of Somerset and Elgin Streets. Revival Duo Ian and Hal will be performing from 10–11:30am. Tickets are \$20 and include refreshments. Learn more at friendsofjagruti.org.

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February to be a hot month for Beechwood projects

Continued from page 1

During the Lumière Festival back in August, the south-facing wall of the Minto Beechwood building was temporarily illuminated with a display of Braille characters reading “Courage my friends.” The phrase was inspired by a quotation from Tommy Douglas: “Courage my friends; ‘tis not too late to build a better world.” Once the building is completed, this uplifting phrase will appear on the “Gateway Wall” after dark, controlled by a light sensor.

Pub to open in February

After a number of summer construction delays related to Hydro Ottawa requirements and some minor flooding problems, work is now progressing well on the former New Edinburgh Pub building. Steel framing was completed in late September and window installation is expected to take place during October. If all goes to plan, the Royal Oak fit-up should begin by early November, working towards a target of “soft opening” by mid-February 2017, when

the taps will once again be open at 1 Beechwood Ave. to welcome the neighbourhood. Royal Oak Pub Group CEO **Jonathan Hatchell** looks forward to the pub’s inaugural St. Patrick’s Day celebration, which promises to be an especially lively occasion when all systems at the new establishment will be up and

running. One unexpected but welcome occurrence during the demolition phase of the pub project: the discovery of a handsome, well-preserved redbrick interior wall, probably a legacy from the building’s Towne Cinema days. Royal Oak plans to preserve as much of the exposed wall

as possible during the fit-up later this year, and even to extend it into the barrier-free washroom on the main level.

St. Charles Market evolves

The ModBox team has been working feverishly on plans for the St. Charles Market (SCM) development, with Zoning By-Law Amendment,

Site Plan and Heritage Approval applications now under review in the City Planning department. City Councillors **Mathieu Fleury** and **Tobi Nussbaum** have been collaborating closely in the process, which is expected to continue through the remainder of the year.

Since it was last presented to the community in late May 2016, the project design has evolved significantly in response to comments and suggestions by city planners and local residents—particularly in relation to the existing heritage structure: St. Charles Church. ModBox is keenly aware of the importance of the church’s role and heritage in the local francophone community in Vanier, and is been working hard to be open and responsive to its concerns as the process unfolds.

The design team has been steadily refining all aspects of the ambitious project, including the treatment of the church itself, the number of residential units, amenity spaces and open areas for public use. Public spaces continue to be a top priority. The ModBox plan limits total coverage of the lot to only 50 per cent (well below the



Photo by Louise Imbeault

Steel framing is up at the future Royal Oak Pub, and windows are expected in October.



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A little bit differentIt's the difference that counts.

average for comparable urban developments) in order to create space for a large public courtyard at the front of the church and other gathering spaces for the community.

The signature SCM courtyard will include landscaping, seating and public patios designed for year-round use. "The objective," reports ModBox sales and marketing director **Melissa Reeves**, "is to celebrate all the seasons and plan for them."

The current design envisions three commercial spaces available for lease: an 1,800 square-foot unit behind the church with street access to Beechwood; a bigger space facing the courtyard close to St. Charles Street, and a large area inside the church. The plan is give a food-market/restaurant focus to the area within the church—the search has begun for a commercial tenant that will realize its full potential.

ModBox is proud to highlight some interesting features of its current design for SCM, notably:

- terracotta exterior on the new building
- ample glazing to maximize views of the bell tower
- a wall featuring a scattering of windows of different sizes, back-lit to produce a "starry night" effect
- a "secret" patio tucked between the church and the new building, and
- three periscope cubes in some 7th- and 8th-floor units that create viewing

rooms on to the bell tower.

In keeping with SCM's overall aim of environmental sustainability, ModBox plans to create an underground "puzzle parking" system, a fully-automated system using sliding platforms to bring individuals car into a compact parking space underground. ModBox also plans to upgrade the bicycle path and sidewalk along the property on the south side of Beechwood in conjunction with the city's "complete street" design for the corridor.

More project details can be found at Ottawa.ca: go to the "City of Ottawa Development Application Search" and search for code **D02-02-15-0091** and **D07-12-15-0200** to find all the elements of the SCM package.

Over the past two years, the St. Charles Church site has increasingly become a neighbourhood gathering-place. Over the summer, the popular **Beechwood Market** drew a steady stream of locals to shop for farm-fresh produce and a wide range of artisanal fare. On the last weekend of September, the ModBox team is expected to be at the market to share their updated designs and respond to comments and questions from the public. That same day, **September 24, from 4–9 p.m.**, St. Charles Market will host the annual **Ottawa Food Truck Rendez-Vous** in support of the Ottawa Community Housing Foundation's local healthy food initiatives: Good

Food Markets and Market Mobile. ModBox is once again the title sponsor of this lively event, which will bring together 17 of the city's finest food trucks, along with a number of local craft breweries, for an evening of great food and family entertainment in support of a worthy community cause.

The Kavanaugh nearly full

Domicile reports that at last count, The Kavanaugh is very nearly a full house, with only a handful of the smaller units unoccupied. The building was featured in a recent *Ottawa Citizen* photo story, and has earned Domicile a Greater Ottawa Home Builders' Association Award nomination in the High Rise Building category.

There is still no news from Domicile on the disposition of the decommissioned Sales Centre building at 86 Beechwood, or on

the future occupants of some of the commercial spaces on The Kavanaugh's ground floor. Sutherland Restaurant remains the only confirmed tenant and it is hoped that once **Warren Sutherland** opens his doors this month, other businesses will be drawn to the site on the strength of the commercial buzz generated by this hip, new local eatery (see p. 10 for details).

Projects on hold

Development applications for **143 Putman (ex-ZaZa-Za Pizza)**, **196 Beechwood (formerly Burton's Dive)**, and the **Claridge** property at **St. Charles and Beechwood (once Caisse Desjardins)** are all presently on hold. In the case of the proposed Claridge development, the City Planning Department has submitted its comments on the Site Plan Development application and is awaiting a response from the developer.

Metro Interior Makeover Slated to Start January 2017: Metro Management has confirmed that a long-awaited interior renovation of the store is now scheduled to begin in January. There are no details available yet, but stay tuned for more information in our December issue. A parking lot repair at Metro, including the resetting of a defective drain and filling of potholes, was carried out in late September.



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What's happening at Nectar these days?

The heart of the New Edinburgh community is beating strong at the Nectar Centre at 255 MacKay. Programs include classes in art and dance, individual music lessons, theatre programs, fitness classes (ranging from Pilates and Yoga to Dance Fit and Nordic Walking).

Nectar also provides a variety of children's programming including a toddler playgroup, soccer, an afterschool program for students in senior kindergarten to grade 6, a one-on-one tutoring programme and a *Monkey Rock* program for infants and toddlers.

Nectar is also home to seasonal programs such as *Food Talks*, historical lectures, dance and music performances, art shows, book readings and much, much, more.

Want to know more about the Nectar buzz?

Check us out at nectarcentre.ca
 Call Charlie at 613.745.2742, or
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 fall programs.**

A Day in the Life of Nectar: Just a few of our offerings

10:00 am: Playgroup and Monkey Rock

A weekly favourite for parents, grandparents and caregivers with their pre-school children.

11:00 am: Dance-Fit. This adult fitness class has been offered by OA specialist Alex MacDonald who has been teaching dance and fitness for the past 26 years. For all ages and abilities.

1:00 pm: Life Drawing & Painting Class

Artist John Jarrett has been teaching for the past 16 years. John, an accomplished artist, started painting in retirement and has welcomed over 157 budding artists in his classes over the years.

3:00 pm: Piano in the Community Room

A senior has just arrived in the community and is living in a condo. She is a pianist without a piano! Nectar welcomes her to play our piano in the Community Room when it's not being used for other activities.

3:30 pm: Tutoring in the Nectar Kitchen

A ten-year old special needs child meets with a tutor in the Nectar kitchen.

6:30 pm: Volunteer Lumiere Committee Meet

The August 2016 event was another resounding success, with over 4,000 people attending. Planning has already begun for 2017...

7:30 pm: The Nectar Community Choir

For Ages 12 to 85. Now in its third year this open choir now provides subsidies for seniors and families. From Beethoven to the Beatles... singing helps us all stay healthy.

Son of the Burgh, Albert Currie (1880-1965):

By Robert Currie

My grandfather, Albert Henry Currie, was born Nov. 18, 1880 and raised in New Edinburgh, the eighth child of Margaret and Robert Curry (the spelling was changed around 1900). His Irish-born parents had arrived in Ottawa, via Brockville, Ont., in 1866

and were market gardeners on a six-acre property across the street from Rideau Hall. The family farmhouse still stands at 20 Rideau Terrace as do several homes built by the progeny along Dufferin Road and Rideau Terrace. Baptized at New Edinburgh Presbyterian (now McKay

United) Church, Albert attended the original two-room schoolhouse on Crichton Street. Albert learned the plumbing trade and would operate his business from several downtown locations: 775 Bank Street (1907), 104 Bank Street (1909-1914) and 230 Albert Street (1915). He

married Margaret Elizabeth Irvine, a Sandy Hill girl of Irish descent, on Dec. 10, 1906 at St. John's Anglican Church on Sussex Street, a union that would last until his death 59 years later. Albert and Margaret lived in self-built homes, on property severed from his parents' urban farm, at 18 Rideau Terrace (1906-10)—where two children were born—and 190 Dufferin Road (1911-1916). When Albert joined the military during the Great War, the family moved briefly to Halifax, N.S., from where Lt. Currie was twice sent overseas and where a third child—my father, Carleton—was born on Armistice Day, Nov. 11, 1918.

My grandfather was a military man from an early age. As a teenager he was a member of the Boys' Brigade and when Canada joined Great Britain's war against the Boers in South Africa he became an infantryman in the 3rd Battalion, The Royal Canadian Regiment and was stationed in Halifax (1900-01). During the Great War, Albert enlisted at the rank of lieutenant in the 156th Battalion, Canadian Expeditionary Force (1915-17) and in the Royal Canadian Engineers (1918-19). After the war he served in the Reserve of Officers in Halifax (1919-22) involved in rebuilding the city decimated by the 1917 Explosion, and he later served as a civil engineer with the Royal Canadian Air Force during the Second World War (1939-45).

An early bit of family lore had Albert manning the military telegraph in Halifax on Jan. 22, 1901 when the message of Queen Victoria's death was received, making him the first in Canada to learn the news. However, this claim cannot be verified, especially given a family penchant to exaggerate and embellish. But as someone had to be the

first to receive the news, why not Albert?

Albert was unquestionably an officer and undoubtedly a gentleman, but he was not destined to be a war hero. Volunteering in 1900 to fight the Boers, he found himself garrisoned in Halifax with the battalion replacing one that had been sent to South Africa. Volunteering in 1916, he was twice sent overseas and both times fell inexplicably ill within days of arriving in England, experiencing convalescence rather than combat both times. Notably, he sailed the first time in August 1916 aboard the S.S. *Olympic*—the identical sister-ship of the ill-fated S.S. *Titanic*. She was stripped of her peacetime fittings, armed with 12-pounders and 4.7-inch guns and chartered by the Canadian government to transport troops from Halifax to Britain. Albert's failure to reach the front lines in South Africa and the Western Front in Europe was a godsend and helped ensure his survival.

The automobile, introduced to Ottawa at the turn of the 20th century, became a passion for Albert. In a 1948 *Ottawa Journal* article, he claimed to have owned more than a dozen cars in his lifetime and to have driven a million accident-free miles. Perhaps this was more hyperbole, along with his account of a 1908 motor-trip to Toronto, cited in Harry Walker's history *Carleton Saga*, aboard his four-cylinder Cadillac to attend a lacrosse match between Ottawa Capitals and Toronto Tecumsehs. Accompanying Albert was Johnny Powers, a star member of the Capitals club and Rough Rider alum, and Alf Smith, the former Silver Seven star, future Senators coach and, ultimately, member of the hockey Hall of Fame. The trip to Toronto over rough, unpaved roads reportedly took three days,

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Soldier, builder, car nut



Photo courtesy Robert Currie

Albert Currie's military career spanned from the Boer War through to the Second World War.

cost more for tolls than for fuel, and resulted in several flat tires. The outcome of the game remains unknown, but it could only have been anticlimactic after such an arduous journey.

Albert built a number of houses around Ottawa in addition to the ones erected on the family farm in New Edinburgh. One house, of which he was particularly proud, was the imposing, turreted, redbrick residence (since turned into condominiums) that stands at 550 Queen Elizabeth Drive, overlooking the Rideau Canal.

Albert and Margaret left Ottawa in 1930 to take employment in Quebec, settling in a tiny village southeast of Montreal where they lived until their deaths in 1965 and 1970, respectively. Their home, on the banks of the Richelieu River, was the family summer vacation destination of my childhood in the 1950s and '60s. On each visit to my own family home in Alta Vista, usually at Christmas and Easter, there would be the requisite side-trip to New Edinburgh and Beechwood Cemetery where their parents and many family members are buried. Both Albert and Margaret were proud and prominent life-long members of the Masonic Order (A.F. & A.M.: The Builders) and the Imperial Order of the Daughters of the Empire, respectively.

Albert Currie's grandson, Robert Currie, is a retired, long-time Ottawa resident.



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Golden summer for Ottawa Rowing Club crews



Photo courtesy Melissa McKenzie, Ottawa Rowing Club
A win for the senior women's lightweight coxed eight.



in Rio. ORC National Team Affiliates Jennifer Martins and Nicole Hare finished second in the C Final in the women's pair and Christy Nurse, Christine Roper and Ante von Seydlitz finished fifth in the women's eight.

Longtime ORC member Andrew Todd took to the water in Rio for Canada at the Paralympics in the LTA Mixed Coxed Four. Andrew's crew took Paralympic bronze in the event, which ended with a close final between Britain, the United States and Canada.

Also on the international stage, ORC rowers Alanna Fogerty and Anna Currie raced for Canada in the lightweight women's double at this year's World University Championships (FISU) in Poznan, Poland from September 2-4.

The fall rowing season has arrived and that means a lot more racing ahead for ORC crews, including the Head of the Rideau regatta hosted on the Rideau River by the ORC. Interested in learning to row? Find out more and keep up to date on ORC events and news at ottawarowingclub.com.



Photo courtesy Melissa McKenzie, Ottawa Rowing Club
Hayley Watt and Gillian Cross won the U19 junior women's pair.



Photo courtesy Melissa McKenzie, Ottawa Rowing Club
Alex Bernst and Sam Garber won the U23 lightweight double.

By Melissa McKenzie

The Ottawa Rowing Club kicked off an exciting period of racing late this summer during the Royal Canadian Henley Masters Regatta in St. Catharines, ON, the most prestigious and high profile summer regatta in North America.

The ORC's masters team ended a successful Henley weekend with four first, four second-place finishes and one third-place finish. The ORC ranked fourth in the overall rankings with 10 fewer entries than clubs that ranked first through third, and the ORC masters women's team was the most successful Canadian team at the regatta.

From August 2-7, the ORC's junior and senior competitive crews brought home four Henley gold medals to add to the four Henley golds the ORC's masters women won on July 31, as the 134th Royal Canadian Henley regatta week of racing wrapped up.

The ORC's senior women won in the big-boat events: the U23 lightweight women's coxed eight and senior women's lightweight coxed eight. ORC rowers Hayley Watt and Gillian Cross also won the U19 junior women's pair. The ORC men's crew of Alex Bernst and Sam Garber won the U23 lightweight double.

ORC crews came close to more gold medals, with several second place finishes in

tight, fast races, including the senior men's lightweight quad, senior men's lightweight 8+ and U23 women's lightweight four.

The weeklong regatta, in hot and dry conditions this year, is the largest and most challenging summer regatta, with qualifying heats early in the week followed by finals on the weekend. More than 2,400 rowers from 137 clubs from across North America compete in the six-day event.

In addition to our crews racing for gold at Henley, the ORC had five members striving for Olympic gold



The U23 lightweight women's coxed eight brought in the gold.

Photo courtesy Melissa McKenzie, Ottawa Rowing Club

Burgh founder's family Bible comes home to MacKay Church

By Alan Bowker

MacKay United Church will formally dedicate the family Bible that belonged to Thomas McKay at its Anniversary Sunday service on Nov. 20, which marks the church's 141st year. In view of the historical importance of Thomas McKay as founder of New Edinburgh, builder of Rideau Hall, and pioneer industrialist, the entire community is cordially invited to attend this service.

The Bible was published in 1848. It is folio-sized, leather-bound, and in fine condition. In the pages reserved for recording family births and deaths, an entry by Thomas McKay dated 1850 lists the marriages of his parents, of himself and Ann Crichton in 1813, and of three of his daughters: Annie to John MacKinnon (1846), Elizabeth to Thomas Coltrin Keefer (1848), and Christina to Robert MacKay (a Montreal lawyer, later a judge, and no relation) in the same year.

Other pages list the birthdates of Thomas McKay and his wife Ann Crichton, the dates of their coming to Canada, and the births of their 16 children between 1814 and 1842. Tragically, there is also a record of the deaths of eight of their children, including one by drowning in Ottawa, and of McKay's own mother and father. The final entry (in a different hand) records McKay's death in 1855 at Rideau Hall.

Last February, Brian Elgie of the Blessed Sacrament Catholic Church in Chatham, ON, contacted us, saying church officials had discovered this Bible during renovations of their residence, and that they wished to return it to those for whom it would have significance. The Bible arrived in Ottawa through the good auspices of the MP for Chatham-Kent Dave Van Kesteren and was handed over in a modest ceremony in his Ottawa office.



Photo courtesy Alan Bowker
Discovered in Chatham, Ont., Thomas McKay's family Bible has returned to New Edinburgh, and will be formally dedicated November 20.

The only condition attached to this gift was that we proudly display it. This Bible and others, and some artefacts belonging to the church, are now on view in the Sanctuary at MacKay. By formally dedicating this Bible on Anniversary Sunday, we will acknowledge this gift and its importance to the heritage of New Edinburgh as well as to our church, which carries his family name.

The Bible presumably passed to one of McKay's children, but his sons (including Thomas, Alexander, Charles, and John, after whom the oldest streets in New Edinburgh are named) all died young. When his son-in-law, John MacKinnon (for whom Thomas McKay built Earnscliffe), died intestate, leaving many debts, management of the estate was entrusted to another son-in-law, Thomas Coltrin Keefer, one of Canada's leading engineers, after whom a street is named in New Edinburgh. Keefer liquidated many of

Rockcliffe Manor (now the Apostolic Nunciature) near Birkenfels, where Thomas McKay's widow was living. When Keefer's wife Elizabeth died, he married her sister—his sister-in-law—Annie MacKinnon, and his extended family lived with him at the Manor until his death in 1915. It is possible that the Bible passed into the hands of Keefer and one of his children, who continued his dream of developing Rockcliffe as a planned parkland village.

Thomas McKay was a staunch Presbyterian who built the original St. Andrew's Church downtown, and taught Sunday school to the children of New Edinburgh. In 1874, when the time was propitious to establish a New Edinburgh Presbyterian church, his grandson, William Alexander MacKinnon, took a leading role in raising funds and petitioning the Presbyterian Church to establish the congregation. MacKinnon donated the two building lots on which the church now stands, and his mother, aunts, grandmother, and his stepfather Thomas Keefer, were all very active in the new church. Unfortunately, MacKinnon

died, still in his twenties, a few years later. In 1894 another daughter, Christina (who, like all the family had taken to spelling their surname MacKay), donated the lot next door with funds to build the manse, now New Edinburgh House. In 1901, to honour the family that had done so much to establish it, New Edinburgh Presbyterian Church was renamed MacKay Presbyterian.

This leaves the question of how this family Bible wound up in the residence of a Catholic Church in Chatham. It would seem that some descendant of the McKay-Keefer family moved to Chatham with it, where it was stored and forgotten—but this is only a theory. We are continuing research to solve this mystery. If any readers have information that would shed light on this piece of history, we would be delighted to know it.

Meanwhile we have great pride in displaying this artefact that relates to the history of our community and our church. We also wish to express our gratitude to the parishioners of Blessed Sacrament in Chatham.



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Ten years of theatrical joy for Linden House Theatre



By Janet Uren

You may have noticed recently that yet another big, colourful sign has appeared outside 139 Crichton St. (chez me) and outside Books on Beechwood. Once again, my madly grinning face—joined this year by that of actor **Kurt Shantz**—is advertising the annual production of the Linden House Theatre Company. In fact, it is advertising our 10th annual show!

In this, our anniversary year, we'd like to invite you to not only attend the play, but also to come to the anniversary

shindig. We will be having a post-show party at the theatre after Opening Night (Nov. 4). The audience that night is invited to meet the cast and crew and to celebrate with sweets and savouries and lots of chatter. It's a chance for us to say thank-you for the wonderful support you have given us over the years.

Linden House was created to bring comic classics—the works of such theatrical luminaries as Noel Coward and W. Somerset Maugham—to Ottawa audiences. In the anniversary year, we're building on a record of hilarity with a more modern work, *Imaginary Lines*, by British playwright Reggie Oliver. It's all about what we say and what we imagine saying—and those are very different things.



Photo courtesy Janet Uren

Kurt Shantz (left) and Janet Uren star in Reggie Oliver's *Imaginary Lines*, Linden House Theatre's 10th annual show.

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The Linden House Theatre Company has a slogan: "Theatre for the joy of it!" And that's what we're aiming for yet again. *Imaginary Lines* was written in 1985 at the specific request of famous British director and playwright Sir Alan Ayckbourn, and it launched the career of a promising young playwright. Since then, Reggie Oliver has written a number of successful plays.

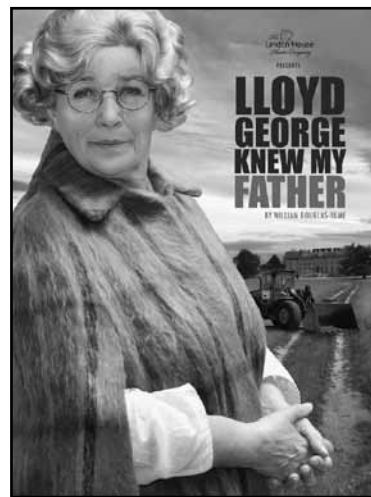
Linden House offers its patrons a broad experience, including quality theatre, live piano music before the show and complimentary refreshments during intermission. The Elmwood Theatre in nearby Rockcliffe features

comfortable seating in an elegant and intimate theatre space and, last but not least, the convenience of plentiful free parking.

We have been fortunate for most of our 10 years to count on the loyal sponsorship of **Steve McIlroy** (financial advisor with our local branch of Edward Jones), **Sezlik.com** (locally based realtors), **Kessel's Upholstering** and **McCay Duff Chartered Professional Accountants**. The **New Edinburgh Spa** has also helped us with sponsorship in kind (hairdos for our divas). I'm also proud that the company has allied itself with a number of community groups and has shared

many thousands of dollars over the years with a variety of good causes, including **Cornerstone** (a program for women in crisis delivered through **St. Bartholomew's**).

This year's production of *Imaginary Lines* will take place on Nov. 4, 5, 11 and 12 at 7:30p.m., with two Sunday matinees on Nov. 6 and 13 at 3p.m.. The play will be staged at Elmwood Theatre in Rockcliffe (261 Buena Vista). Tickets are \$25, available online at lindenpro.ca, at Books on Beechwood (35 Beechwood) or by calling 613-842-4913. Free parking is available at the theatre.



Some of the plays that Linden House Theatre has performed over the years.

Source: lindenpro.ca

Local author Gary Hutchinson publishes first book

By Gary Hutchinson

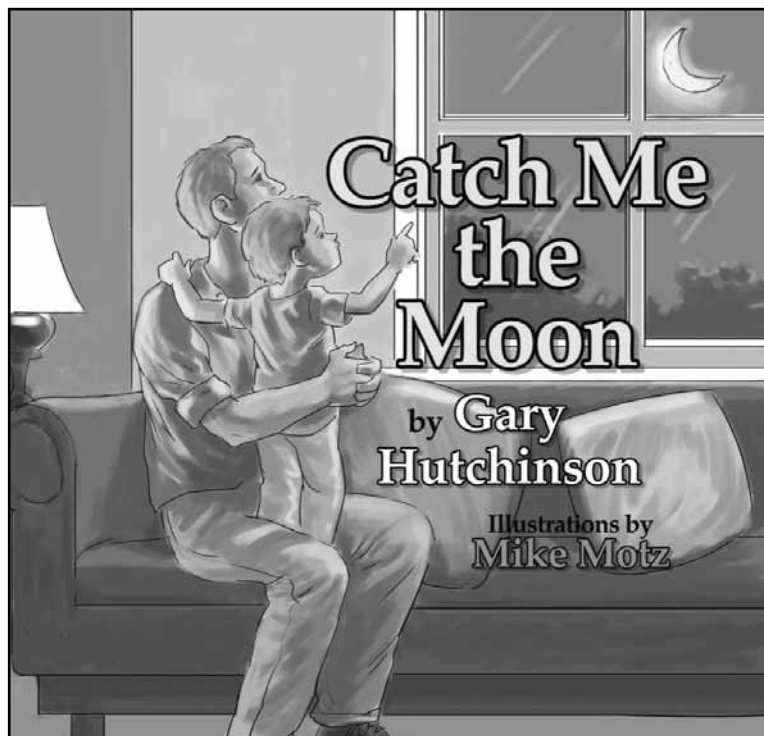
My wife Lori and I moved to New Edinburgh with our family in September 2006 and we absolutely love it. We live on Stanley Avenue beside the Minto Bridges and Stanley Park.

This summer I was fortunate enough to have my children's picture book, *Catch Me the Moon*, published by Toronto-based Iguana Books. *Catch Me the Moon* is for children aged two to five, and for first readers (grades 2 and 3).

This 32-page picture book is a heartfelt story about the positive, optimistic "anything is possible" approach to life present in very young children, and that I can vaguely remember from my own rural childhood. I love this positive optimism and work to reinforce it and keep it alive in the young children in my life.

Two-year-old Madeline loves playing with her Gramma and Poppa and with their very large dog Stanley. The games they play! The only problem is they can never catch the moon in the "moon box" Poppa made for her. Inspired by Madeline's complete faith that they will succeed, Poppa does find a way to catch the moon, triggering a full day of playing and celebration.

When my daughter Rachel was born, a few years ago now, I read her countless books and told her "made-up" stories every night at bedtime up until her 16th birthday. My wife and I have seen first-hand the positive impact reading books and storytell-



ing has had on her intellectual development and creativity. I am convinced of the importance of reading to preschool children and I am committed to writing stories that children will love to hear and that their parents will love to read. *Catch Me the Moon* is the first of what I plan will be multiple children's picture books.

Catch Me the Moon is geared to baby boomers welcoming their first grandchild, or grandnieces and -nephews. Baby boomers may recognize *Catch Me the Moon* as a return to the longer, more richly illustrated and involved picture book stories that were prevalent in the 1950s to the '70s. I believe that to help children fall in love with books and become life-long readers, their early experiences should be with quality

picture books that can stand the test of repeated readings. I believe great picture books, in which the illustrations and story work together to appeal to both the reader and the child, heighten the reading experience, enrich the child-reader relationship, and can instill a deep and permanent love of reading in the child.

The early feedback for the book has been positive. *The Children's Book Review* writes:

"*Catch Me the Moon* is a sweet story about a girl and her very inventive grandfather. Catching the moon is no simple task, but somehow he finds a way to give his little granddaughter her greatest wish. Along the way they have a lot of fun, building inter-generational relationships and strengthening familial bonds. This would be

a fun book for grandparents to read to their grandchildren, or for any little one right before bed."

Aside from telling children's stories, I've spent time as a rocket scientist, a wireless telecommunications engineer, a Government of Canada intelligence officer, and as the Chief Operating Officer of a high tech start-up. Today, I work as the Chief Technology Officer, engineering consultant, and part owner of our family engineering and business consulting company, Balla Machree Inc.

Of note, though the book is listed under "children's fiction" it is a true story. On March 10, 2015, after approximately two years of trying, I actually "caught the moon"

in Safdie Tower, the very big moon box. After the capture Madeline and her family did have a full day of celebration, including baking a moon cake with moon stars.

Many New Edinburgh merchants—including the Guardian-New Edinburgh Pharmacy, Union Street Kitchen Café and Books on Beechwood—have provided exceptional support, and are currently selling *Catch Me the Moon* from their places of business. Rickshaw Studios is doing an excellent job designing and printing posters and other promotional items for the marketing of *Catch Me the Moon*.

Thank you to everyone for your support of *Catch Me the Moon*.

Gary Hutchinson's book signing tour:

Oct. 8, 10:30-11:30a.m. at Mrs. Tiggy Winkle's Bank Street
Oct. 15, 12-1:30 p.m. at Books on Beechwood
Oct. 16, 1-3p.m. at Chapters Rideau
Oct. 29, 10:30-11:30 a.m. at Mrs. Tiggy Winkle's Westboro

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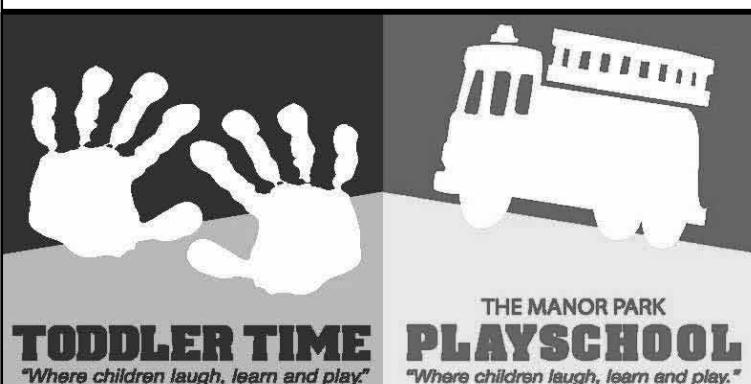


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Memories of Carol Reesor: writer, cultural advocate and friend

By Joseph Cull and
Barbara Gamble

Passionate. Colourful. Creative. Witty. Inspirational. Dynamic. These are just a few words that capture the essence of a woman larger than life, whose light was extinguished too soon.

Carol Reesor passed away suddenly on August 15, after a brief stay in the hospital due to a stroke. She was such a vibrant colourful character who was fierce, fiery and

always had an opinion.

Carol brought that passion to her study, writing and support of the visual arts in both Ottawa and Brockville, Ont. When an artist had an opening, when a studio had a group show or when a new exhibition opened, Carol was there lighting up the space with her *joie de vivre*. She organized and curated several exhibits featuring local artists' works, including a highly successful show in support

of WaterCan at the Canadian Museum of Nature.

Carol and her husband Berne displayed their collection of art in their New Edinburgh home where they hosted many people involved in Canada's cultural scene. Carol wrote an article for the *New Edinburgh News* about a solo exhibition that artist Barbara Gamble had at the former Dale Smith Gallery on Beechwood. Like many other artists, Barbara valued Carol's friendship, wisdom and determined spirit.

Carol championed causes that brought people together. She was an instrumental part of the creation of what is now known as the New Edinburgh Community and Arts Centre (NECTAR) whose programs enhance the body, mind and spirit through community fellowship. Her contributions have permanently enriched Ottawa's cultural life.

Her winning smile, dancing eyes and joyous laughter will not be forgotten. Carol and Berne shared a love that endured and inspired many! Our thoughts are with Berne and their family. Carol will be greatly missed by all.



Photo courtesy the Reesor family
Burgh resident and arts advocate Carol Reesor passed away suddenly on Aug. 15.



Deadline for the next issue of the
New Edinburgh News
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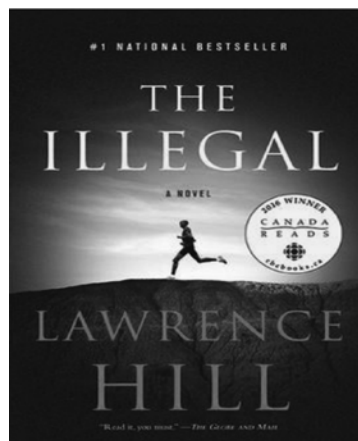
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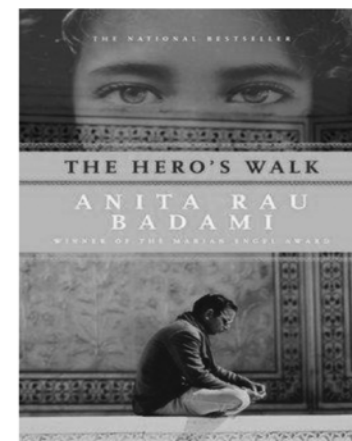
Books on Beechwood Book Club



September 14/28



October 12/26



November 9/30

Books on Beechwood Presents TWO Monthly Book Club Sessions!

Session 1***		Session 2***	
Date:	Second Wednesday of month	Date:	Last Wednesday of month
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:	September 14 – <i>The Illegal</i> by Lawrence Hill October 12 – <i>H is for Hawk</i> by Helen Macdonald November 9 – <i>The Hero's Walk</i> by Anita Rau Badami	Schedule:	September 28 – <i>The Illegal</i> by Lawrence Hill October 26 – <i>H is for Hawk</i> by Helen Macdonald November 30 – <i>The Hero's Walk</i> by Anita Rau Badami

*** select whichever session is most convenient for you

for more information: call 613-742-5030 or e-mail staff@booksonbeechwood.ca

We've got a good feeling about this: RPPS Book Fair returns Nov. 4-6

By Adrienne Blair

The yearly campaign to choose the Book Fair theme is always exciting for the students of Rockcliffe Park Public School. The themes they suggest aren't always obviously literary. Sometimes a theme is just in the air, like an energy field created by all living things. It surrounds us and penetrates us; it binds the galaxy together. Yes: it's **STAR WARS**. We're looking forward to a weekend of cool costumes, amazing decorations, maybe even a Death Star piñata....

The RPPS Book Fair attracts thousands of avid readers each year to browse through

more than 50,000 donated titles in every genre. They also find magazines, DVDs, CDs, vinyl, puzzles and board games—all at great prices. Many folks make a day of it: kids settle in at the Craft Corner and families drop in to the café for tasty snacks and even hot lunch and dinner options.

Book Fair is one of the community's most anticipated annual events. Dedicated volunteers give more than 4,000 hours of their time, many working year-round to collect, sort, store and price donations. The proceeds from Book Fair flow not only back to RPPS, but also to other area schools in the form of

grants to support literacy programs.

Mark your calendars for the best Book Fair on 12 systems!

Join us for the 55th annual RPPS Book Fair

When: November 4-6, 2016

Where: the Rockcliffe Park Public School gymnasium (Queen Juliana Hall – enter off Springfield Road near Buena Vista)

For more information on hours and location, or to volunteer check our website **rockcliffeparkbookfair.com** or **Facebook: RockcliffeParkBookFair** or get in touch on **Twitter: @rppsbookfair**



Photo by Seanna Kreager wedloop.com

Storm troopers and Jedis alike eagerly await the 55th annual Book Fair at Rockcliffe Park Public School.

Glass act coming to local gallery

By Mary Pratte

We at the Crichton Street Gallery hope you'll visit this fall and early winter leading up to Christmas to explore our wide range of affordable, original, local art works. We encourage you to drop in to chat with us and see what's new—we change our displays frequently.

Our four core artists always have work on display in the gallery. **Martha Nixon** does acrylic painting, encaustics, prints and mixed media in both subtle and bright colours.

Louise Tanguay is a professional photographer specializing in capturing the natural world, and she also produces stunning abstract, portrait and travel photography. **Elisabeth Arbuckle**, a long-time art teacher at Ashbury, works with mixed media to create large, bold, intricate canvases, often emphasizing the mystical. **Mary Pratte**, an amateur photographer, loves capturing nature scenes, but is also driven by light and pattern in their myriad forms. Come **Oct. 21**, **Jennifer Anne Kelly**, a glass artist

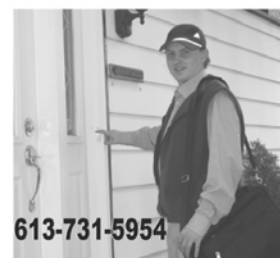
trained at the Corning Glass Studio in New York, will have a solo show entitled *Water's Edge* which will highlight her wide range of beautiful bowls and platters, whimsical lanterns (also sold through the Cirque du Soleil boutique), jewellery with glass detailing, beautiful panels to hang in windows, decorative glass canoe paddles and charming spun-glass nests.

The Crichton Street Gallery is located at 299 Crichton St. Visit thecrichtonstreetgallery.ca.

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Refugee families to benefit from historic St. Bart's bazaar

By Irene Templeman Walker

Every year, the Church of St. Bartholomew at 125 MacKay Street (known locally as St. Bart's) holds a

successful bazaar with proceeds topping \$10,000 that are divided among four charities: Cornerstone (women's shelter and support services), the Garry J. Armstrong long-term care facility (both situ-

ated in central Ottawa), Bales for the North (which sends household goods and clothing to isolated communities) and, this year, the sponsorship of two refugee families from Syria. One is expected to arrive before Christmas and the other in the spring.

"We have no idea exactly when they will arrive, but we want to be ready," says Rosemary MacDonald, head of the Refugee Committee. Last fall, even before the Liberal government's push for resettlement was underway, the people of St. Bart's church voted overwhelmingly to support a family that is currently living a perilous existence in Lebanon. The initial response was so great that St. Bart's decided to sponsor a second family. "We're counting on the bazaar to top up the private donations we've received to date," Rosemary adds.

What makes the bazaar a success? Book-lovers and dealers alike return every year for the Book Room. Carefully curated by Joan and Tony Kellett, no damaged, dusty or mouldy books make the cut.

"We organize them so buyers can find their favourites easily. Our parishioners have wide tastes, and there are lots of unusual finds," says Tony.

Linda Assad-Butcher credits the popular luncheon with adding to the bazaar's success. "Tea with sweets and fancy sandwiches is a ritual from the past we don't see any more, and people look forward to sharing a nice hot cup of tea with friends. Often we see them treating nieces, nephews and grandchildren, too."

"Our jewellery table includes estate silver, gold and vintage costume jewellery, 'one of a kind' handmade items, ultra-

collectible vintage costume pieces, and a unique selection of scarves and purses," says Ruth Honeyman.

Carol Matson, convener of the gifts table, sums it up this way: "Success is due to parishioners, and often their neighbours, generosity in donating attractive items, plus the teamwork of the volunteers, which creates great enthusiasm." She notes that the bazaar greatly benefits from the community spirit in New Edinburgh, both as donors and customers.

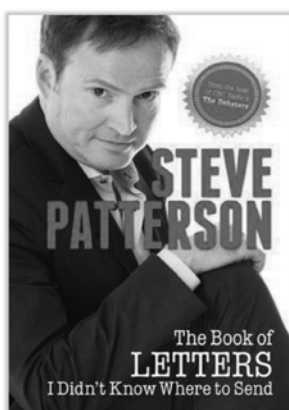
St. Bart's bazaar will take place on November 5 from 1-4 p.m. at St. Bartholomew's Church, 125 MacKay Street.

Books on Beechwood invites you to

Titles@Table 40 with Steve Patterson

When: Wednesday, October 26 at 5:30 PM
Where: Table 40, 7 Springfield Road

The evening starts at 5:30pm with dinner, followed by the author presentation and book signing. Attendees must reserve their spot through the bookstore with a non-refundable deposit of \$20.00 which will go towards the cost of the meal (a set menu with a vegetarian option). The total cost of the meal is \$40.00, which includes a three course meal (family-style). No substitutions will be allowed. Tax, 18% gratuity, and refreshments are not included.




Reservations are necessary. Please call or visit:
Books on Beechwood, 35 Beechwood Ave.
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30 CLARIDGE HOMES

NEST brings a new season of colours to New Edinburgh

By Jenn Verma

New Edinburgh residents have a brand-new display of colour to take in annually. Before the fall splendour bursts onto the scene, neighbours can look forward to the artists' studio tour season. This year marked the first annual New Edinburgh Studio Tour (NEST), following the lead of neighbourhood artist studio tours across Ottawa. On Sept. 17 and 18, residents enjoyed free, self-guided tours, featuring 17 artists in eight locations—11 counting area businesses that featured artworks.

A few of the stops along the tour are familiar to local residents. The Crichton Street Gallery is in the heart of New Edinburgh's historic neighbourhood, featuring artists Martha Nixon (mixed media, prints and encaustics), Elisabeth Arbuckle (acrylics and mixed media), Jennifer Kelly (glass), Mary Pratte



Photos by Jenn Verma
Sara Alex Mullen (above), Wendy Trethewey (below left) and Josée Robillard (below right) were some of the local artists that opened their doors during the New Edinburgh Studio Tour on Sept. 17.

and Louise Tanguay (photography). And the Gordon Harrison Studio on Rideau Terrace is the well-known home studio of painter Gordon Harrison (Canadian oil landscapes). While the Nectar Centre's community

gallery on MacKay Street features an array of work year-round, including that of Susan Ashbrook (in what she calls "artistic explorations") and Karen Dyrda (acrylic landscapes).

The Urban Ottawa Art Gallery (east of the Bridgehead on Beechwood Avenue) featured a shared gallery by Darlene Provost (contemporary), Sarah Lake (skyscapes) and Ronny Ritschel (photography).

Destinations at artists' homes were a particular treat, offering a glimpse into where and how artists work. At her lovely home, Josée Robillard (mixed media and printmaking), walked visitors through her printmaking process and

the delicate but luminescent touch she adds by sewing threads into her prints. Josée, who is also the creator of NEST's logo, also opened her home to fellow artist Wendy Trethewey (oil and pastel portraits). With dry pastels at the ready, Trethewey sketched subjects as part of the live demonstrations that many artists offered throughout the two-day tour. Painter Ariel Lyons (acrylics) opened her entire living space, showcasing in every room her diverse portfolio of work from portraits to landscape to mixed-media. Sara Alex Mullen (oil landscapes) began her home-studio tour on her front porch, where visitors enjoyed her moody blue Algonquin Provincial Park reflecting-pines painting with its pops of peach and strokes of salmon. Meanwhile, Lori Coulter (mixed media) transformed her home for the tour, sharing her space with Michelle

Bishop (ceramics). Their work showed exceptionally well together: seemingly relic and found items, that were in fact curated, assembled, or made by hand.

Many residents took the opportunity to make this year's tour, with artists reporting between 60 and 100 visitors per day at each stop. The tour offered an opportunity to meet local artists. But more than that, it offered a stunning display of light, texture and shape; art that reveres landscape, nature, people and story.

Organized by the artists along with gallerist Phil Emond, this year's studio tour owes thanks to a number of local sponsors. For more information about all the featured artists, sponsors and more, visit neststudiotour.com. And next year, pay tribute to the new NEST season by stopping by an artist's studio near you.



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Something old, something new at Something New Edinburgh

By Tania Barton

The Something New Edinburgh craft show is back, and year two promises to be even better, highlighting local artisans and one-of-a-kind craftsmanship at Memorial Hall on Nov. 5.

Following a fantastic community response to last year's debut show, an encore was never in doubt for show organizers Jenny Nelson and Tania Barton. When you pair unique art and handiwork with a great local venue, New Edinburgh's residents respond with vigour.

"Jenny had said that New Edinburgh needed a craft show and last year proved her right," says Tania, a new vendor at this year's show. "We heard it from vendors, we heard it from anyone who walked through the door. The vibe, the scale and the venue were just right for the neighbourhood."

Enthusiastic interest from many of last year's vendors will produce a well-curated blend of old and new. Expect to see new work from such makers as Seedling Yarn,

Littlest Bird Workshop, In the Ply, Sara Alex Mullen and Matthew Hinder Photography. The show kicks off the holiday shopping season with textiles, art, woodwork, body products, jewellery and much more. Pre-order holiday wreaths from

Briggs Trees, grab lunch outside from The Flatbread Pizza Company and enter to win more than \$1,000 in door prizes from Beechwood Avenue businesses, local artisans and vendors alike.

Something New Edinburgh is thrilled to welcome back

sponsors Sezlik.com Realty and The Shallowbrook Group (of Muckleston & Brockwell and Fraser Café fame). Neighbourhood heavyweights in homes and food respectively, the enthusiastic support of these businesses for an up-and-coming com-

munity event adds to the vibrant urban atmosphere that pervades New Edinburgh.

Something New Edinburgh take place at Memorial Hall (39 Dufferin Rd) on November 5 from 10 a.m. – 3 p.m. Admission is free.



Kick off the holiday shopping season with Something New Edinburgh November 5.

Photo courtesy Tania Barton

Celebrating 4 years of peace of mind.

Since Aurel moved into his Chartwell home, he and daughter Maja have transitioned from worry and concern about household responsibilities to spending more quality time together, including enjoying Sunday dinners and time together on the residence's piano. Now you too can experience the peace of mind that comes with living in an engaging and supportive community.

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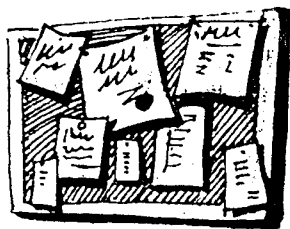
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Burgh Bulletin Board

October

Oct. 15 – OCDSB Trustee Zone meeting Hillcrest High School, 1900 Dauphin Rd. 9 - 11 a.m. www.SchoolZone6.org. 613-818-7350. Meet with Chris Ellis, Public School Trustee Zone 6 Alta Vista and Rideau-Rockcliffe. Come with questions and provide input on Board and Zone 6 school issues (see p. 7).

Oct. 22 – Cool it for the Kids workshop Ottawa Public Library – Main Branch auditorium, 120 Metcalfe St. 10 a.m. - 2 p.m. Free. Register at coolitforthekids.ca. Are you 11-18 years old and want to learn more about climate change? Cool It for the Kids hosts "Climate Change: The Science and the Solutions Info Day," featuring scientists, artists, entrepreneurs and educators. Come with questions, stay for answers and cake.

Oct. 29 – Halloween Howl New Edinburgh (Stanley) Park Fieldhouse. 3 – 5 p.m. CrichtonCommunityCouncil@gmail.com. The Crichton Community Council invites little ones up to age seven to dress up for costume parade departing at 3:15 p.m. for the Governor's Walk Retirement Residence. Crafts, games and prizes at the Field House to follow.

Oct. 30 – GRAND Marketplace Horticultural

Building, Lansdowne Park. 9 a.m. – 3 p.m. grandmotherscampaign.org. One World Grannies holds a fundraising market featuring used clothing, accessories, toys, plants and household treasures, as well as a café. See page 17 for details.

November

Nov. 4-6 – Book Fair at Rockcliffe Park School RPPS – Queen Juliana Hall (gym entrance, 370 Springfield Rd.) Find your new favourite fiction, non-fiction, children's books—even board games, puzzles, movies and vinyl. See p. 35

Nov. 5 – Something New Edinburgh Memorial Hall, 39 Dufferin Rd. 10 a.m. – 3 p.m. facebook.com/SomethingNewEdinburgh. Free admission. Browse the wares of fantastic local artisans, artists and crafters, then grab lunch from The Flatbread Pizza Company. Last year's inaugural show brought together more than 30 local vendors, drew more than 500 attendees, and awarded more than \$500 in fantastic door prizes from local artisans and businesses. See page opposite.

Nov. 5 – Fundraiser for Jagruti Seva Sanstha Church of St. John the Evangelist, corner Somerset and Elgin Streets. 10 – 11:30 a.m. Admission \$20 including

refreshments. In order to raise funds for Jagruti Seva Sanstha, the Friends of Jagruti are hosting a folk-rock-country musical morning featuring Revival Duo Ian and Hal. See page 23 for details.

Nov. 5 - St. Bart's Bazaar St. Bartholomew's Church, 125 MacKay St. 1 – 4 p.m. Quality used books, one-of-a-kind jewellery, gifts and the popular tea room can be found at this annual bazaar, which is raising funds for refugees families. See page 36 for details.

Nov. 12 – OCDSB Trustee Zone meeting Rideau High School, 815 St. Laurent Blvd. 9 – 11 a.m. www.SchoolZone6.org. 613-818-7350. Meet Chris Ellis, Public School Trustee Zone 6 Alta Vista and Rideau-Rockcliffe. Everyone is welcome to ask questions and provide input on Board and Zone 6 school issues. (See page 7.)

Nov. 13 – Fall Fiddle Fundraiser Mill Road Community Space (formerly Chelsea United Church), 8 chemin Mill, Chelsea, Que. 2:30 p.m. A musical presentation by In Concert for Cambodia, directed by IC4C Youth Coordinator, Kyle Burghout. Cambodian silk scarves will be on sale. All proceeds to the Peaceful Children's Homes in Cambodia. Please bring family and friends!

Nov. 20 – MacKay United's Anniversary Sunday MacKay United Church, corner Dufferin and MacKay. The community is invited to celebrate MacKay United Church's 141st year, featuring a dedication service for

the McKay Family Bible. See page 31 for details.

Nov. 20 – Reflections Concert MacKay United Church 7:30 p.m. 613-749-8727. Adults \$25, seniors \$20, students \$15. John Dapaah performs music by Debussy, Schubert, Chopin, Liszt and Bach.

December

Dec. 3 – Christmas Bazaar MacKay United Church, corner of Dufferin and MacKay Streets. 12 – 4 p.m. Free admission. 613-749-8727. Find baking, preserves,

Christmas decorations, vintage and couture clothing, accessories, jewellery, CDs, vinyl and more.

Dec. 11 – Christmas Candlelight Service Beechwood Cemetery 6 p.m. A special way to remember loved ones, this service features a candlelight memorial with carols and a tree-lighting ceremony. Bring an ornament to place on our outdoor tree in memory of a loved one. We welcome your donation of non-perishable food items for the Food Bank. Dress warmly. Hot beverages will be served.

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Congratulations



Chris Straka of **VERT plan.design.build** marked his business's 10th year in operation on July 19 with the completion of the first phase of the project at 15 Dufferin Road/205 Crichton Street. Work on the second phase will begin in the coming year. During the past decade, **VERT** has led the

planning approvals, architectural design and construction management of more than 70 projects, primarily resource-efficient residential buildings.



Congratulations to **Sue Abbott** and **Bill Driver** who were married in late September. Sue and Bill are hard at work on a renovation project at their home on Stanley Avenue. We wish them many years of happiness together.

Hats off to **Joseph Cull** who made *Ottawa Life's* annual



Congratulations to (from left) **Emma Kerr**, **Rebecca Lipman** and **Anna Chedore** who earned their black belts in Taekwondo this spring. These strong, confident young women have been attending classes at the Lindenlea school under Master **Taylor Haas** for half their lives. What's more, with their shiny, new black belts they've earned the stripes to be called "Sir" in class and they couldn't be more proud. Look out world: these girls are fearless!

list of the Top 25 People in the Capital. Joseph was cited for his "volunteerism, outstanding acts of kindness, and inspiring charitable work," and was declared "beloved within the Ottawa community" and "an invaluable and irreplaceable part of the fabric of the Capital." Amen to that!

Congratulations to **Julia** and **Geoff Heintzman** who welcomed their new Old English Bulldog puppy **Cooper** in late August. To the whole family's amazement, Cooper proved to be an outstanding swimmer in the true Heintzman Labrador tradition!

Welcome

Welcome to **Sue** and **Doug Ironside** who moved into their new digs at 295 MacKay this summer.

In Memoriam

A ceremony took place in early September to dedicate a rock garden in memory of longtime Ivy Crescent resident **Simone Lecours**, who passed away this spring. Family, friends and neighbours were in attendance.

Condolences

We send our sympathies to **Susan Torrie (Jarescni)** and **Brian Torrie**, both of Noel Street, on the death of their brother **Ian** in late July. **Ian** will no doubt be greatly missed by Susan and Brian and their families, and by his six other siblings, their partners and families.

Our thoughts and sympathies are with **Vicky Henry** and her family at this very sad time following the recent death of her son **Angus**.

Affectionately known as "Skyboy" to his owners, **Sky**, the red-toned 10-year-old golden retriever, succumbed to an unknown illness in early September. The extended **Smith** family, all of New Edinburgh, will miss him. Thank you to the Beechwood Animal Hospital for their help and support.

Farewell

New Edinburgh bade farewell to the **Schroeder** family this summer. Formerly residents of Noel Street and lately of Vaughan Street, parents **Jeff** and **Jess** with children **Ben**, **Katelyn**, **Lucas** and **Jacob** have relocated to the Manotick end of Bank Street. They will be missed!

Hello neighbour!



Photo by Louise Imbeault

Sophie Grégoire Trudeau (left) stopped by for her caffeine fix at the **Union Street Kitchen Café** on Crichton Street in early September. *NEN* Photographer **Louise Imbeault** happened to be there, taking pics of owner **Christine Garand** (right) for this issue's Business Briefs. What timing!



Photo by Liba Bender

(From left) Artists **Sara Alex Mullen** and **Ariel Lyons** painted *al fresco* in the middle of Beechwood Avenue during the inaugural East Feast on Sept. 10. Neighbours turned out on a humid evening to enjoy music, dancing, a beer garden and food from local purveyors. Let's hope the event will return next year!



Photo by Louise Imbeault



Photo by Louise Imbeault

Governor General **David Johnston** and **Sharon Johnston** welcomed their Burgh neighbours and all Ottawa residents to the Savour Fall event at Rideau Hall on Sept. 10. This harvest season celebration featured family activities, local purveyors, food from top chefs and a tour of the official residence's State rooms.