

December 2017

NEW EDINBURGH NEWS

www.newedinburgh.ca



The drive into Beechwood cemetery during a winter's night.

Photo by Louise Imbeault

Lack of consultations is status quo at City Hall

By Cindy Parkanyi,
NECA President

Appropriate consultation provides an opportunity for invaluable community input, encourages cooperation and can ultimately improve outcomes. According to the City of Ottawa, its Public Engagement Strategy is

“designed to provide support to staff across all departments in order to improve public engagement outcomes. Improved public engagement outcomes also build cooperative and trusting relationships between local government and residents.”

However, engagement can

Continued on page 2

Residents propose new off-street route for interim cycle path

By Jeff Smith

The existing multi-purpose path traversing Stanley Park is currently closed for the next few years while the park remains a construction site for the Combined Sewage Storage Tunnel project (CSST).

The City of Ottawa and its project contractor had established a detour route for cyclists along Stanley Avenue between Dufferin Road and Queen Victoria Street, where it rejoins the existing path. However, Queen Victoria is the main construction vehicle access point to the site, creat-

ing a high-risk situation in which construction and heavy truck traffic share the same route as the cyclists.

At the community's request, the pathway's access route has been moved from Queen Victoria to Union Street.

This detour was the best that could be established within the “immediate” time frame required, given the community had been excluded from the project planning process. But it is far from an ideal solution. During busy cycling periods, large groups of cyclists are exposed to commuter traffic rushing through, and to con-

struction vehicles.

Given that access to the detoured pathway will be needed over the next three years, an interim plan is being developed to provide full cyclist access through New Edinburgh park itself starting in early 2018.

A concept drawing (page 4) identifies the route starting at the existing pathway heading north at Dufferin and Stanley:

- The pathway would continue adjacent to the Stanley roadway on the river side past the playground and crossing the existing pathway

Continued on page 4

Beechwood development slows down for winter

By Jane Heintzman

Takyan Development and Construction's application to develop the properties at 143 Putman Ave. and 137 Beechwood Ave. is currently on hold in the City Planning Department. As reported in the October edition of the *New Edinburgh News*, the company's proposal entailed the demolition of both the Jacobson's building and the former home of ZaZaZa Pizza as a precursor to the construction of a new mixed residential-commercial building.

In response to serious community concerns about the Jacobson's demolition proposal, Councillor Tobi Nussbaum triggered a review

by the City's heritage planners to determine whether the red brick building meets the criteria for formal designation under Part 4 of the *Ontario Heritage Act*. His office reports that the review is currently in abeyance, pending the developer's reconsideration of the initial design. Depending on the degree to which the original structure could be preserved in a possible new design, heritage planners will decide how – or whether – to proceed with their review.

The councillor's office advises *NEN* that it's highly unlikely the process will be wrapped up before the New Year, as Takyan is free to take as much time as they

require to revamp their original proposal and to submit a revised application to the City Planning Department. Once the file does move ahead, it's unlikely to go to Planning Committee, as the initial application required only a minor variance and Site Plan Control approval. The Committee of Adjustment will review the variance, whereas the Planning Department handles approval of the Site Plan Control Application.

As promised earlier, however, Tobi Nussbaum remains committed to holding a public meeting once more details are available on possible design revisions, and on heritage planners' response to

Continued on page 22

New Year's Brunch
at the Fieldhouse!

Join your neighbours for food and fun!
Monday, January 1, 2018
10:00 a.m. - 2:00 p.m.
www.CrichtonCommunityCouncil.com

CRICHTON COMMUNITY COUNCIL
Community & Family Events

HOCKEY DAY in
New Edinburgh

Shinny
Skills Contests
Food
Hot Chocolate
& Prizes

Saturday
January 20th
1:00-4:00 p.m.

CRICHTON COMMUNITY COUNCIL
www.CrichtonCommunityCouncil.com

City is ignoring its own rules on consultations too often



Cindy Parkanyi
NECA President

Continued from page 1

be many things: focus groups, online ideas campaigns, town hall meetings and surveys—not all are equal in terms of meaningful consultation. In March and April 2013, consultations on the City's proposed Engagement Strategy were conducted and residents clarified, in no uncertain terms, what some of their key expectations were with respect to community engagement:

- **Provide ample information** – residents want to have a solid knowledge-base in order to participate in an engagement activity;

- **Start engagement early in the process** – residents want opportunities to shape the outcomes before decisions are made;

- **Be open and transparent** – residents want the full picture of what is and what isn't possible;

- **Provide information on the process for consultation** – residents want clarity on what they're being asked to do and how they can have an impact.

Despite the City's own acknowledgement of the importance of appropriate community engagement, and clarity on what this means, examples of failures to appropriately and meaningfully consult are way too frequent, indicating that this seems

to be a lesson that the City and developers have yet to learn...

Next fall is a municipal election, and residents will have an opportunity to send a strong message to City Hall on the importance of meaningful engagement with the community they are supposed to serve.

CSST: What consultation?

The decision on a sound mitigation barrier at site 5c is an excellent example of the City's failure to live up to the key expectations noted above. City management and the CSST project team did not, in NECA's view, act in good faith on commitments to provide key information on the sound mitigation options and costs for 5c in advance of a consultation with local residents prior to taking a decision on the mitigation.

Instead, the City hastily organized an "information session" presenting residents with a decision already taken. Information was only shared with affected residents the night prior to the meeting. Many were so incensed by the apparent deception they opted to boycott the session altogether.

As NECA pointed out in an email to the City on Oct. 31, "the approach to the crucial mitigation for 5c did not respect the City's policy on public consultation and

was frankly disrespectful to those affected residents who are adversely affected both from a health and financial perspective as a result of the City's actions and decisions on a long-term project."

Support for Vanier's position on mega-shelter

At its Nov. 21 board meeting, NECA directors voted in favour of a motion to support the Vanier Community Association position oppos-

“Despite the City's acknowledgement of the importance of appropriate community engagement, examples of failures to appropriately consult are way too frequent.”

ing the Salvation Army's current proposal to build a 350-bed shelter complex on Montreal Road. While NECA acknowledges the positive contributions the Salvation Army makes in our com-

munity, it has concerns over the lack of appropriate consultation with local residents who will be impacted by the proposed development. This is yet another example of inadequate consultation with affected community members that seems to be the norm rather than the exception for the City and developers alike. This needs to change.

Furthermore, after significant analysis and effort had been put into developing the mainstreet concept and its associated by-law, it seems irresponsible and ill-advised to ignore it. By setting aside the by-law for an incongruous development in the heart of Montreal Road's mainstreet area, an alarming precedent is being set.

Engagement on park vision

In contrast, NECA's effort to move forward on creating a New Edinburgh Park Vision are being entirely founded on community input. Community views were collected at the recent Annual General Meeting on Oct. 25, facilitated by local resident Victoria Solan. The Park Vision working group is now busy pulling together input and gathering further information to draft a vision document for further consultation with the community and park stakeholders.

Concurrently, Traffic and Safety Committee chair Jeff Smith has been hard at work to find a safer interim cycling route for the next few years that the CSST trucks will be traversing our streets (see article on page 1). This will also provide ample time to assess the new route as a possible long-term solution.

NECA Strategic Priorities

The 2017-18 NECA board met for the first time on Nov. 21 and welcomed its newest member, Dave Arnold. At the meeting, the board also set out its strategic priorities for the year:

- **CSST:** Continue to hold the City to account for impacts of the project on residents.

- **Traffic and Safety:** Through the Traffic and Safety Committee, identify and pursue traffic and safety priorities, including pedestrian and cycling safety, traffic control measures, flood protection and emergency planning.

- **Heritage and responsible development:** Through the Heritage and Development Committee, monitor and review development proposals with a view to ensuring that development is consistent with New Edinburgh's character and heritage (including the new Heritage Conservation District overlay).

- **Community engagement:** Continue to improve communications with residents and provide opportunities for community engagement through forums, events and programming, surveys, emails and the New Edinburgh News.

- **Park Vision:** Draft and consult a vision for New Edinburgh Park based on input provided by the community to inform decisions with respect to reinstatement of the park at the completion of the CSST project and any future enhancements.

If you have a particular interest in contributing to any of these strategic priorities, please contact me at cparkanyi@yahoo.ca or 613-745-8734.

Your NECA Representatives 2017-2018

Dave Arnold	davearnold@rogers.com
Ted Bennett	Treasurer, ted.bennett808@gmail.com
Roslyn Butler	Secretary, 613-746-8037, butlerroslyn2@gmail.com
Natasha Cappon	natashacappon@gmail.com
Joe Chouinard	joechouinard@aol.com
Matt DeWolfe	President, Crichton Community Council, mndewolfe@yahoo.ca
Ann Davis	adavis@ucalgary.ca
Sean Flynn	Chair of NECTAR, sflynn@gmail.com
Gail McEachern	Heritage & Development, gailmceachern@rogers.com
Philipp-Clemens Nowotny	pcnowotny@yahoo.com
Cindy Parkanyi	President, NECA, 613-745-8734, cparkanyi@yahoo.ca

Ex officio:

Christina Leadlay New Edinburgh News, 613-261-0442, newednews@hotmail.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 St.** Meetings are open to all New Edinburgh residents. Anyone wishing to make a presentation to the board should please contact Cindy Parkanyi in advance to arrange scheduling. Our next meetings are:

Tuesday, January 16, 8 p.m.

Tuesday, February 20, 8 p.m.

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

Letter to the Editor

New resident hopes neighbours will support a central programming hub

Dear neighbours and friends of New Edinburgh,

Recently, my family and I moved into the New Edinburgh community. As a new mom, I was delighted to discover Monkey Rock and other children's activities at the NECTAR Centre. My baby and I love the program, and we've met many new friends through the class.

My husband and I have been so thankful to have a com-

munity centre nearby, so we were very concerned when we learned that 255 MacKay is for sale. We have been told that many of the NECTAR programs have relocated to different spots in the community, and that NECTAR may not exist as a community hub once New Edinburgh House is sold.

We also heard that many community residents support the idea of relocating

NECTAR activities to the Stanley Park Fieldhouse, which would require only modest renovations that would be financed after the sale of 255 MacKay.

We very much hope that the community will embrace this plan, so that residents of all ages can continue to enjoy the benefits of a central community centre for years to come.

*Shira Goldberg,
Stanley Avenue*

NECTAR chair Sean Flynn receives community builder award

By Christina Leadlay

This year's BRICK award goes to NECTAR chair Sean Flynn for his outstanding contributions as a community builder.

Sean received the award at the New Edinburgh Community Alliance's 2017 Annual General Meeting, held at St. Bartholomew's church hall Oct. 25. The NECA Board had kept their choice secret, so Sean (who sits on the board) was visibly surprised when his name was called that night.

NECA originally created the BRICK Award several years ago to recognize outstanding contributions to the built heritage of the community – that is, bricks and mortar. However, the award in recent years has been given to individuals in recognition of their notable contributions to the social and human fabric of the community through their volunteer efforts.

In her presentation to Sean, NECA president and 2016 BRICK Award recipient Cindy Parkanyi praised his many years of commitment to New Edinburgh's arts and culture centre (as known as NECTAR, formerly the 4Cs), which he has chaired for the past four years. She also cited his service on the Board of NECA and, in particular, his work this past year co-chairing the Combined Sewage Storage Tunnel (CSST) Task Force. The Task Force wrapped up in early summer after months of intense work.



Photo by Christina Leadlay

NECA president and 2016 BRICK award recipient Cindy Parkanyi (right) presents NECTAR chair Sean Flynn with the 2017 award on Oct. 25.

"This individual takes an interest in pretty much everything going on in the community, and is always willing to help out and provide his insights and technical expertise, and chip in in any way needed," said Cindy.

She noted Sean's exemplary energy, enthusiasm, intelligence and decency, praising his level-headed, common sense approach to mediating difficult situations.

"He has been instrumental in keeping the lights on for community programming through the 4Cs' move to New Edinburgh House to the present day...and hopefully beyond. When the CSST proj-

ect came along, he jumped in with both feet, volunteering to co-lead the CSST Task Force and muster the community to respond to the massive construction project. All this he does while also commuting back and forth to his high-level position within the aerospace sector by bicycle—come rain, shine or blizzard!" Cindy told the crowd of about 50 New Edinburgh residents in attendance.

On behalf of the community, we thank you, Sean, for all the time, energy, expertise and effort you give so freely to help keep our community a vibrant, safe and pleasant place to live.

NEW EDINBURGH NEWS

255 MacKay St., Ottawa, ON K1M 2B6

Publication dates: Oct. 1, Dec. 1, Feb. 1, April 1, June 1

Deadlines: Sept. 10, Nov. 10, Jan. 10, March 10, May 10

Publisher: New Edinburgh Community Alliance

Advisory Committee:

Roslyn Butler	Carolyn Brereton
Jane Heintzman	David Horley
Louise Imbeault	Gemma Kerr
Cindy Parkanyi	Dave Rostenne
Jim Watson	

Managing Editor

Christina Leadlay
78 Wurtemberg
613-261-0442
newednews@hotmail.com

Associate Editor/ Senior Writer

Jane Heintzman
613-741-0276
janeheintzman@hotmail.com

Advertising Manager

Louise Imbeault
613-741-3292
ads@newedinburgh.ca

Photographer/ Writer

Louise Imbeault
613-741-3292
louise.imbeault@live.com

Production Manager

Dave Rostenne

Bookkeeper

Nicholas Galambos

Distribution Manager

Karen Harrison
karen.g.harrison@gmail.com

Proofreaders

Adrienne Blair
Philippa Wolff

Submission Guidelines: Articles, photos and letters to the editor may be submitted to the editor. The editor reserves the right to edit for length, content and legal considerations. Submissions selected for publication will be published in both a hardcopy and an electronic version. Letters to the editor must include the writer's name, address and phone number to be considered for publication.

The *New Edinburgh News* (NEN) was established as a non-profit community newspaper in 1976 and is published five times a year by the New Edinburgh Community Alliance (NECA) and supported by its advertisers. The *New Edinburgh News* is distributed free of charge by volunteers to residents of New Edinburgh as well as to area schools, libraries and local businesses. Views expressed in the *NEN* are those of contributors and do not necessarily reflect the views of the editorial staff, the publisher or the advertisers.

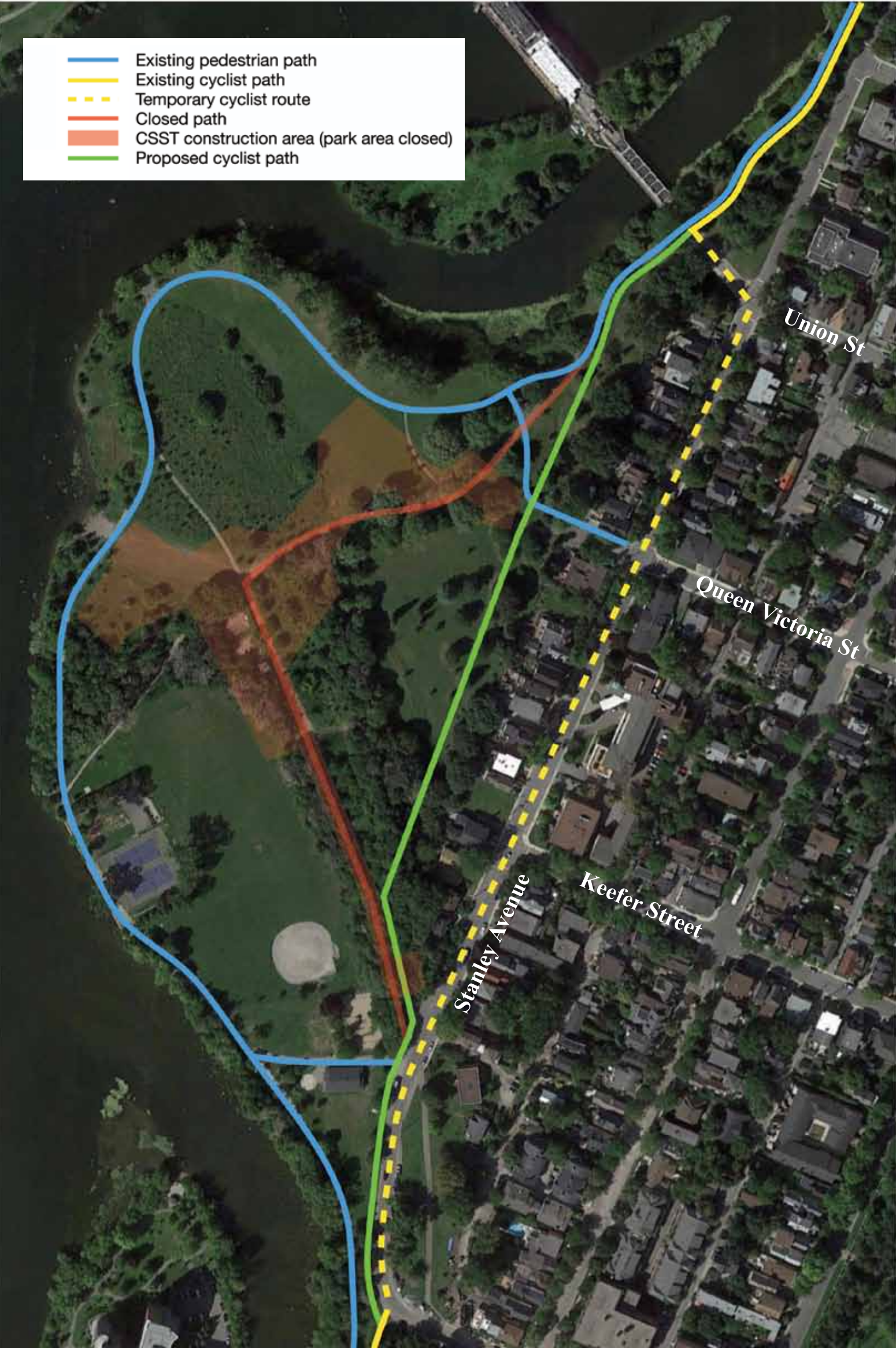
The *New Edinburgh News* is also made available online at the New Edinburgh community website:

www.newedinburgh.ca

Printed by Winchester Print & Stationery

ISSN 0703-9042

Proposal to move detoured bicycle path through park



New Edinburgh residents propose the City move the detoured cycle path from Stanley Avenue (dotted line) on to the public green space behind homes (green line), running parallel to the street.

Image by Chris Straka

Continued from page 1

line. This route would be an improvement on the pre-construction route, which currently runs on Stanley Avenue proper between Dufferin and the playground. The surface of all proposed interim paths would be compacted stone.

- The proposed pathway would continue roughly in parallel to the existing detour pathway line on Stanley Avenue, gradually proceeding to the right to avoid trees, but at a significant distance from the rear yards of the Stanley Avenue residences.
- The proposed path would then cross the Queen Victoria access route, a controlled intersection, and then proceed to join the existing multi-purpose path route.

This interim path through the open park area, if proven effective, could be maintained and upgraded as part of the park restoration. The section of the existing pathway through the park would then be available to seniors, children and dog walkers, without the safety issues inherent in the overcrowding that occurs when cyclists are included in this matrix.

This plan is subject to approval from the National Capital Commission and the City of Ottawa. A full due diligence review and comparison of the safety issues of all available options will be undertaken, with any results known a few months down the line.

New Edinburgh resident Jeff Smith tackles traffic issues on behalf of the New Edinburgh Community Alliance. Any comments on this plan can be sent to info@newedinburgh.ca.

**Keep up with
The Burgh
online!**



**newedinburgh.ca
[@newednews](https://www.facebook.com/newednews)
[fb.me/](https://www.facebook.com/newednews)
NewEdinburghCA**

Improving seniors' services, youth and Indigenous programming



Mona Fortier
Ottawa-Vanier MP

As always, I am happy to keep you up-to-date with what has been happening in our riding and what's planned for the near future. One recent major highlight was on Oct. 25, when I welcomed Finance Minister Bill Morneau to the riding for an important announcement at the Youville Centre, an organization that supports young mothers in Ottawa. As part of our government's commitment to the middle class and

those working hard to join it, Minister Morneau announced the strengthening of the Canada Child Benefit plan. For a single parent of two children making \$35,000, the strengthened Canada Child Benefit will mean \$560 more next year, tax free.

As you may have heard, my team and I hosted two consultations in the riding on Oct. 26 at the Centre Pauline-Charron and at the Gloucester Senior Adults Centre, to hear

from residents on how the government can improve our services for seniors. Discussions revolved around such key areas as housing, access to information and services, finances and physical access. Thanks to all who attended.

In addition, over the past month, I have made the selections for the Ottawa-Vanier Youth Council, another important group that will help inform me of issues of importance for our youth. This committee will meet regularly to discuss initiatives and issues facing the community and work collaboratively to find solutions. For those who might be interested, the council will again be open next fall for a new set of youth to join.

As the end of 2017 draws

near, I want to take the time to recognize members of our community who have made an especially significant contribution to making Ottawa-Vanier a great place to live, work and play. That is why this week I have opened nominations for my Canada 150 Medallion program.

I would also like to congratulate Professor Elizabeth Sheehy from the University of Ottawa for having received the Governor General Awards in Commemoration of the Persons Case. Professor Sheehy's scholarly work in the field of criminal law seeks to transform Canada's justice system to create more effective protections for victims of sexual and domestic violence, thereby highlighting the cause of women's rights in Canada and around

the world.

In mid-October I also had the opportunity to witness first-hand the tremendous work that is being done at the Minwaashin Lodge in order to help aboriginal women and families in our community. After a visit of the centre's impressive facilities, I took part in a productive meeting with the dedicated staff, who provided me with a lot of information on the programs they offer and their current challenges and successes in the community.

As always, my team and I are here to help if you need assistance with federal programming. Please reach out to my team at 613-998-1860 or drop in to our office at 233 Montreal Rd. to book an appointment.

Salvation Army plan, city budget and CSST update



Tobi Nussbaum
City Councillor, Ward 13

After three days of deliberation and debate, I voted against the recommendation of the planning staff to permit the application by the Salvation Army to amend the Official Plan and zoning by-law to allow the siting of a shelter as part of a proposed 350-bed facility on Montreal Road. The application was required since the proposed site is on a traditional main street, a zoning designation that does not permit shelters. City Council voted 16 to seven in favour of the proposal on Nov. 22.

I was not convinced by City staff's rationale as to why this application should be exempted from the existing planning rules after hearing from over 140 speakers, speaking both for and against the application. At Planning Committee, I proposed to delay the decision and strike a 100-day task force of stakeholders to explore revisions to the proposal that better meet the goals of the City's Housing and Homelessness Plan, as well

as the provincial and national homelessness strategies. Unfortunately, my motion did not pass and so we were left with a binary decision on land-use grounds instead of addressing the many concerns about the model and size of the proposed facility. It is important to note that my dissenting vote was not a vote against the Salvation Army, nor its important work in serving our community, nor the huge opportunity that flows from its planned \$50 million investment to improve the provision of social services to our most vulnerable residents. Please visit tobinussbaum.ca to learn more about the application.

City Budget

The City's draft 2018 budget was tabled Nov. 8 at Council. The draft budget is now being debated at the relevant Council committees into early December, during which members of the public are invited to provide their input and reaction. After that stage, the final consider-

ation of the budget will be at Council on Dec. 13, 2017.

In the lead-up to the budget consideration, I co-hosted a public session, entitled #budgetspeak, which explored four thematic areas: winter walkability; arts, culture and music; social services and housing; and carbon footprint reduction. At the session, local experts provided their recommendations on potential budget treatment for each theme, and we engaged the audience on a series of questions through an instant voting process. A summary of resident feedback along with a complete listing of the above-mentioned committee dates can be found on my website at tobinussbaum.ca.

Cityscapes – events for urban enthusiasts

In an effort to generate discussion and share new perspectives on urban issues, I have been hosting a series of moderated panel conversations. These public events, entitled Cityscapes, feature subject-matter experts who explore issues of interest with community members. This fall we hosted two Cityscapes events and filled one of Beechwood's newest venues, One Up Beechwood (above the Royal Oak), with interested residents.

At the first event, we looked at how to ensure mixed-use development contributes to communities. The panel explored the challenges to


and potential solutions for building better main streets. If you are interested in this topic, I encourage you to visit my website and read my *Ottawa Citizen* op-ed on the topic of main streets, intensification and public trust, which specifically references the new Beechwood Bank of Montreal layout as an example of why we need to improve the design of our main streets. The second event highlighted the intersection of health policy and city building and featured a discussion on how public health evidence can be better used to promote a walkable, sustainable and more equitable city.

Combined Sewage Storage Tunnel (CSST)

I continue to work with the New Edinburgh Community Alliance and other residents

through the Community Construction Monitoring Committee with project staff to ensure effective measures are taken to mitigate the negative impacts of the CSST on the community. As part of that effort, there is also a regular biweekly CSST drop-in meeting – the first meeting in December is scheduled for Dec. 6 at 9 a.m. at the Stanley Park Fieldhouse. For any inquiries, CSST Field Ambassador Alistair Hart can be reached at **613-580-2424 ext. 22778 (2CSST)**. You can also sign up for daily construction updates at ottawa.ca/csst.

Lastly, stay tuned for the timing of the re-opening of the new playground and all ward and city-related events via Tobi Talks, my monthly e-newsletter, which you can sign up to receive on my website.



Chris Ellis

Public School Trustee
Rideau-Rockcliffe/Alta Vista
Zone 6 Ottawa-Carleton District School Board

www.SchoolZone6.org
613-818-7350 - Chris.Ellis@ocdsb.ca

Remembering Canada's 150th and Ottawa 2017



Jim Watson
Mayor of Ottawa

As we approach the holiday season, it is also a time to begin to say farewell to 2017 and to reflect on the incredible year that was our country's 150th birthday.

Ottawa 2017 did a fantastic job at organizing and celebrating Canada's sesquicentennial in our City, and I am thankful for the lasting memories they've created for residents and visitors alike.

It will be impossible to forget some of the year's events, which transformed our City, captivated our imagination and elevated Ottawa onto the international scene.

Some of 2017's highlights include the Juno Awards and Juno week, Red Bull Crashed Ice, MosaiCanada 150, the Canadian Pacific Women's

Open LPGA Tour, Miwàte – Illumination of Chaudière Falls, Canada's Table, the Interprovincial Picnic on the Bridge and the 105th Grey Cup and Festival.

Ottawa also saw record crowds in 2017. More than 250,000 guests celebrated close to 50 nations during their national days during "Ottawa Welcomes the World" at Lansdowne Park.

More than 325,000 people made their way underground to the future Lyon Street LRT station for the multimedia show Kontinuum, and got a glimpse into Light Rail Transit in our city.

But the most impressive crowd we had was most certainly the 750,000 people who immersed themselves into

the magic that La Machine brought to our city. Long-Ma and Kumo will forever be engraved into our hearts and memories, and have changed the way we see our city.

We would not have been able to make 2017 the success it has been without the tremendous contributions from our funding partners CIBC, Bell, and the Governments of Ontario and Canada. I would also like to extend my sincere gratitude to the amazing local volunteers who were superstars throughout the whole year – 3,000 strong!

But the celebrations are not quite over yet. The month of December will be a winter sport extravaganza, with many exciting events taking place.

On Dec. 16, the Ottawa Senators will face the Montreal Canadiens at Lansdowne Park during the 2017 Scotiabank NHL100 Classic™ outdoor hockey game. This historical game marks the 125th anniversary of the Stanley Cup, the 100th anniversary of the first NHL game and the 25th anniversary of the Ottawa Senators.



Mayor Jim Watson tends to Long-Ma the dragon, half of the La Machine duo that roamed Ottawa streets this past summer.

The following day on Dec. 17, the Ottawa 67s will host the Gatineau Olympiques for an exciting outdoor hockey game at Lansdowne Park and from December 2–10, the best men's and women's curling teams from across the country compete to represent Canada at the 2018 Winter Olympics. Tickets for these events can be purchased at ottawa2017.ca.

Lastly, residents will be able to take in the breathtaking views of our Parliament building while skating on an outdoor rink right on Parliament Hill from December 7–31, 2017. The skating rink will be free to access, and a great family-friendly activity.

As we head into 2018, I want to wish you and your loved ones a Merry Christmas, Happy Holidays and the very best for the New Year.

New seniors' plan promotes independence and dignity



Nathalie Des Rosiers
MPP Ottawa-Vanier

On Nov. 7, the Ontario government announced "Aging with Confidence: Ontario's Action Plan for Seniors." It is a plan that empowers people to make the choices that are right for them when it comes to their care, their independence and how they access government services — whether that's finding ways to keep up an active lifestyle or getting the support needed to live at home longer.

This new action plan offers:

- **support for "naturally occurring" retirement communities** by investing more than \$15 million over two years for apartment buildings or housing developments where many seniors already live close to one another.
- **more volunteering opportunities connecting seniors**

and youth, fostering learning and mentorship while reducing older people's risk of social isolation.

- **5,000 new long-term care beds over the next four years and 15 million more hours of nursing, personal support and therapeutic care annually for residents in long-term care homes**, as well as a 10-year plan to create more than 30,000 new beds over the next decade, working with the long-term care sector.
- **an annual high-dose influenza vaccine**, targeted to protect seniors, that will be available free of charge as part of the Ontario Universal Influenza Immunization Program.
- **A one-stop website** (Ontario.ca/AgingWell)

where seniors — about 70 per cent of whom go online every day — can find information about tax credits, drug coverage, powers of attorney, recreation programs and more. Seniors will also be able to get information over the phone in more than 150 languages

Through the new action plan, *Aging with Confidence*, Ontario wants to help all seniors, now and in the future, age with independence and dignity, and continue to contribute and participate as in the community. To learn more about *Aging with Confidence*, go online: Ontario.ca/AgingWell

Le 7 novembre 2017, le gouvernement de l'Ontario a annoncé « *Viellir en confiance : le plan d'action de l'Ontario pour les personnes âgées*. » C'est un plan qui vise à permettre aux gens de faire les choix qui leur conviennent par rapport à leurs soins de santé, leurs loisirs et leur participation communautaire. Le plan vise à permettre à ceux et celles qui le désirent d'obtenir le soutien nécessaire pour vivre plus

longtemps à la maison.

Le nouveau plan d'action offrira:

- **du soutien pour les collectivités de retraités** qui « se forment naturellement », en investissant plus de 15 millions de dollars en deux ans pour de nouveaux immeubles d'habitation ou ensembles résidentiels où de nombreuses personnes âgées vivent à proximité les unes des autres;
- **d'avantage de possibilités de bénévolat pour les aînés et les jeunes**, afin de favoriser l'apprentissage et le mentorat tout en réduisant les risques d'isolement social pour les aînés;
- **5 000 nouveaux lits de soins de longue durée au cours des quatre prochaines années et 15 millions d'heures additionnelles de soins infirmiers, de services d'appoint et de soins thérapeutiques chaque année** offerts aux résidents des foyers de soins de longue durée ainsi qu'un plan pour créer plus de 30 000 nouveaux lits au cours de la prochaine décennie, en travaillant avec le secteur des soins de longue durée.
- **un vaccin annuel à dose**

élevée contre la grippe pour protéger les personnes âgées sera disponible gratuitement dans le cadre du Programme universel de vaccination de l'Ontario contre la grippe;

- **un site Web à guichet unique** (Ontario.ca/VieillirBien) où les personnes âgées — dont environ 70 pour cent accèdent au Web tous les jours — peuvent trouver les renseignements sur les crédits d'impôt, la couverture médicale, les procurations, les programmes récréatifs et bien plus. Les personnes âgées pourront aussi obtenir des renseignements par téléphone dans plus de 150 langues;

Au moyen du nouveau plan d'action, *Viellir en confiance*, l'Ontario veut permettre à toutes les personnes âgées, maintenant et dans le futur, de vieillir dans l'autonomie et la dignité, et de continuer de contribuer et de participer à leur collectivité. Pour en apprendre davantage sur Vieillir avec confiance, visitez : **Ontario.ca/VieillirBien**.

Contact Nathalie Des Rosiers at 613-744-4484; ndesrosiers.mpp.co@liberal.ola.org and nathaliedesrosiers.onmmp.ca.

News you may have missed

By Christina Leadlay

Crosswalk coming at Electric Street

Pedestrians on Crichton Street will soon have a safer time crossing the road at Electric Street. According to City Councillor **Tobi Nussbaum's** website, construction of a new, formal pedestrian crossing was to start Nov. 20. Tobi and the **New Edinburgh Community Alliance** worked together to get Combined Sewage Storage Tunnel (CSST) project staff to agree to this new pedestrian crossover – also known as a PXO – in response to the construction at Stanley Park in particular, and to improve road safety in general. The project will feature a “bulb-out” traffic calming feature as well as signs, pavement markings and pedestrian-activated flashing lights warning vehicles to yield to pedestrians crossing the road.

QVBIA names new director

The Quartier Vanier Business Improvement Area chose its



Photo from eventbrite.com

new director in early October. **Nathalie Carrier** (above) grew up in Vanier and has a wealth of experience in events production, most recently with Ottawa 2017, helping to organize some of this year's most memorable events, including Red Bull Crashed Ice, Picnic on the Bridge, La Machine and Kontinuum. “We are going to need to beautify this area more through the arts and events, some of which I hope to bring in,” Nathalie told the *Ottawa Business Journal* in October. “Beechwood (Avenue) is thriving and is living up to the expectation

of an urban neighbourhood,” she said. “Montreal Road has a variety of both, with thriving businesses coming in and still dealing with the challenges. You look at McArthur (Avenue), which is a complex neighbourhood.”

Des Rosiers to run in 2018 election

Ottawa-Vanier member of provincial Parliament **Nathalie Des Rosiers** will run again under the Ontario Liberal banner in next year's provincial election. Des Rosiers won a byelection in November 2016. She has introduced an anti-Islamophobia motion and has tabled a Private Member's Bill to amend the Human Rights Code to include immigration status, genetic characteristics, police records and social condition as prohibited grounds of discrimination. And she has worked on The French Language Services Bill, which would recognize the bilingual character of the City of Ottawa. The provin-

cial election is expected to take place by Jun. 7, 2018.

Wateridge update

Work is proceeding on a number of green spaces at the former Rockcliffe air base, known as Wateridge Village. Parks #5 and #9 are currently under construction and are slated to open in spring 2018. According to a press release from the Canada Lands Corporation, Park #5 “commemorates and celebrates Canada's sesquicentennial...” On Nov. 7, the City of Ottawa held an information session

looking for input on the design on Parks #2 and #8. “A Commemorative Plaza celebrating the Lt Colonel William G Barker will be the primary focus of Park #8 whereas Park #2 will become the primary recreational facility for soccer, tennis, skateboarding and winter skating in the community,” read the press release. Barker was a Canadian First World War pilot and the most decorated serviceman in Canadian history. Learn more about this new development at wateridge.ca



OTTAWA'S FAVOURITE RISTORANTE SINCE 1979

“When you dine with us you are in good hands. We pride ourselves in offering you fresh culinary delights. We are dedicated to ensuring you have Italian cuisine with that home-made touch.”

Book your holiday party with us!

Don't miss out. Make your reservations early. - Adriana

LUNCH Tuesday to Friday, 11AM - 2:30PM
DINNER Tuesday to Friday, 4:30 - 10PM • **SATURDAY** 12:30 - 10PM
SUNDAY & MONDAY closed (except for Sunday Dec 24 & 31)
(We will accommodate groups of 8 or more on Sundays and Mondays)

186 Barrette Street (corner of Beechwood & Marier)
www.ilvagabondottawa.ca • adriana@ilvagabondottawa.ca

FOR MORE INFORMATION CALL 613-749-4877

TODRICS... *on everyone's lips!*



FINE CUISINE AND CATERING BY EXECUTIVE CHEF ERIC PATENAUDE.

GET READY FOR THE HOLIDAYS

Order your meat pies, roast turkey and desserts early!

Book your holiday event with us!

DISCOVER OUR TANTALIZING MENU

Come to the restaurant!

Or let us come to you!

10 MCARTHUR AVE., OTTAWA

(RESERVATIONS) 613.321.0252

(ONLINE MENU) WWW.TODRICS.COM



In a religion that was born in a barn,
the door should always be open.



St. John Lutheran Church

The little church with room for everyone and every question

Join us Sundays at 10 a.m.

Children's pageant Dec. 17th Christmas Eve Service 7:30 p.m. Christmas Day 10:30 a.m. at Garry J. Armstrong Home
270 Crichton Street, Ottawa 613-749-6953 stjohnlutheran@bellnet.ca Facebook: St-John-Lutheran Website: www.stjohnlutheran.ca



Rental
Management
for the
Foreign Service
Community

Our services include:

- market analysis
- preparation of documents
- reporting
- maintenance
- regular inspections
- simplified & competitive fees

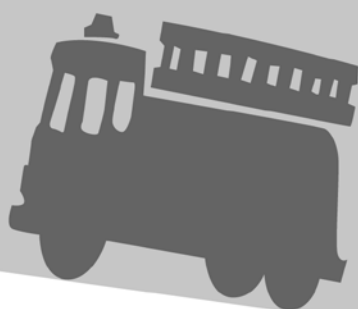
We've been there...we care!

Mary Ellen Boomgaardt
Representative

Tel: (613) 746-2367
Fax: (613) 746-3050

E-mail: greentreeco@sympatico.ca

5 Beechwood Avenue
P.O. Box 74074
Ottawa, Ontario K1M 2H9



Manor Park

PLAYSCHOOL

'Where children laugh, learn and play.'

Half-day program that engages
preschool children in a fun and enriching
learning environment.

Perfect preparation for Kindergarten!

Manor Park Community Council
mpcc@manorpark.ca
613-741-4776

manorpark.ca

New playground, New Year's brunch and new date for Hockey Day



Photo courtesy Matt DeWolfe

It was a full house for the Crichton Community Council's annual Halloween Howl on Oct. 28.



By Matt DeWolfe, Chair,
Crichton Community
Council

The Crichton Community Council (CCC) is looking forward to the completion of the New Edinburgh Park playground renewal project, delayed by wet October weather. As we go to press, the latest word from the City is that the contractor expects the new equipment will be ready for kids to start enjoying on Nov. 25. In addition to the new play equipment, the project will include regrading the hockey area, landscaping, new asphalt pathways around the fieldhouse, a new park sign, park benches, bike rack and picnic tables. Next spring, the City will also plant 11 new trees.

The Halloween Howl on Oct. 28 was exceptionally popular this year, with costumed children and adults spilling out of the Fieldhouse. Participants paraded to Governor's Walk and joined in games and crafts at the Fieldhouse. **Roxie Clark** once again spearheaded this annual event, helped by **Pascal Dubuc, Harmony Ferreira, Paula Pincombe** with **Louisa, Charlotte** and **Lara, Caroline Matt,**

Jola Sikorski, Nathanael DeWolfe and Isaac Lipman. Thank you, volunteers! Thanks also to our local MPP **Nathalie Des Rosiers** and MP **Mona Fortier** for joining in the fun.

Next on the CCC's calendar is the New Year's Day brunch. Carrying on this relatively young tradition, the CCC volunteers will ring in 2018 by hosting the community at the Fieldhouse for a helping of pancakes, sausage, ham and beans, as well as entertainment and games, including skating (if we get some cooperation from Mother Nature). Mark your calendar for Jan. 1, 2018, 10 a.m.–2 p.m.

Looking farther ahead into 2018, Hockey Day in New Edinburgh is scheduled for Jan. 20. Following last year's mild February weather, we've pushed this later in the calendar in the hopes of having the best ice conditions. Celebrate the national pastime in your community with skills competitions, food and prizes, from 1–4 p.m.

Ideal ice conditions for these events are weather-dependent, but good rinks don't make themselves! Once enough snow has fallen, we will be putting out the call for a snowshoe parade one evening to tramp down the snow into a dense base layer so the hosing can begin. Keep an eye on the community email list and the CCC's social media accounts, strap

on your snowshoes and join your neighbours in helping to prepare the rinks for winter. The call is also out for volunteer hosers to assist with nightly rink flooding. There is no experience and no shovelling necessary, and it's a great way to socialize on those quietly beautiful winter nights (and at Hoser Appreciation Night in the spring). Email nefieldhouse@gmail.com to volunteer.

When not being put to good use for community events, the New Edinburgh Fieldhouse at 193 Stanley Ave. remains available to rent throughout the year. Although unavailable during rink hours, reservations are still possible through the winter, especially during weekdays. Confirm availability using the calendar on the CCC website: crichtoncommunitycouncil.com. The Fieldhouse is a great venue for meetings, workshops, retreats, group meals, sales, weddings, anniversaries, memorials, graduations, birthday parties and celebrations of all kinds. Rental fees are \$30 per hour with a minimum reservation of three hours. The Fieldhouse is available at no cost to not-for-profit groups offering free community oriented events to the public. The renewed playground is sure to attract many users next spring, summer and fall. Reserve the building for your event now: nefieldhouse@gmail.com.

Metro Beechwood partners with food bank's protein program

By Samantha Ingram,
Ottawa Food Bank

No one should live off food that comes from a can or a box alone. Staff members at Metro Beechwood and the Ottawa Food Bank are working hard to help ensure this doesn't happen. Providing clients of the Ottawa Food Bank's community food programs a variety of nutritious food options is at the core of the organization's mission.

With this in mind, in March of this year, the food bank officially started working with five Metro locations across the city as part of their new protein program, One More Bite. Through this program, participating stores flash freeze meat nearing its best before date and donate the product to the Ottawa Food Bank.

Once the food bank receives the donated items, they are relabelled with "cooking from frozen" instructions and delivered directly to 23 meal programs across the city. These programs know how to properly handle frozen meat, and create dishes for families and individuals in their community in need of a hot meal.

Shawn Steinburg, the manager at Metro Beechwood, heard about the protein program and approached the Ottawa Food Bank expressing interest in being involved.

"Participating in a program like this is a concrete way to support those in need in our city, while reducing waste going to landfills," he said. "As a business in this community, it's our responsibility to do what we can to help



Photo by Louise Imbeault

The Ottawa Food Bank's Paul Brown (left) and Nicole Alphonso joined Metro Beechwood manager Shawn Steinburg for the launch of the protein program on Oct. 15.

others, but also our duty to be stewards of the environment. It's the right and smart thing to do."

Metro Beechwood is an ideal location to participate in the food bank's program, as they have an engaged and dedicated staff and are one of the food bank's largest grocery store contributors.

"Metro Beechwood is such a wonderful example in our city," said Nicole Alphonso, Ottawa Food Bank's Development Coordinator,

Food Industry. "We are thankful to them and their customers, as they are part of

an amazing community who always contribute generously during our food drives, and throughout the year with our red donation cages."

Since One More Bite's inception earlier this year, the Ottawa Food Bank has reached 30 per cent of the protein program goal. As more stores get involved and partner with the food bank, they hope to reach 60 per cent by next October, and with the help of enthusiastic managers like Steinburg, 100 per cent by April 2019.

To learn more about the Ottawa Food Bank's commitment to healthy and fresh food visit www.ottawafoodbank.ca.

ottawafoodbank.ca.

Editor's Note: Kudos to Metro Beechwood's energetic manager **Shawn Steinburg** who quickly jumped on board this fledgling project. As a community, we're delighted that our local grocery store is now a leading participant, not only in the One More Bite protein program, but also through a regular donation of close-to-due-date items from the deli, bakery, grocery and produce departments. These donations currently take place on a weekly basis, but Shawn predicts they may become even more frequent as the program unfolds.

GOVERNOR'S WALK
RETIREMENT RESIDENCE

Ottawa's Only Boutique Retirement Residence

We are a superior, full-service independent and supportive living community. Our focus is wellness, lifestyle choices and healthy living.

Move by Dec. 31st receive 12th month FREE!

1 LEFT!
Two Bedroom

3 LEFT!
One Bedroom

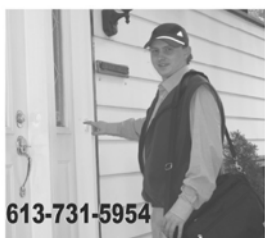
2 LEFT!
Alcove

Tour Today (613) 564-9255
150 Stanley Avenue, Ottawa, ON | governorswalkresidence.com

COMPUTER HELP IN YOUR HOME

WE COME TO YOU TO FIX COMPUTER PROBLEMS.

Compu-Home is a highly regarded family business located right near you. Service is honest, reliable, affordable and prompt.



613-731-5954

HOW CAN WE HELP YOU?

- Computer slowdowns
- Problems with Internet connections
- Spam, spyware and security programs
- Setting up and maintaining home and office networks
- Printer problems
- Helping plan, purchase and use new computer equipment
- Transferring and backing up data
- Using new digital cameras
- Coaching

Compu-Home

613-731-5954
info@compu-home.com
Malcolm and John Harding

Beechwood Auto Service

"Comprehensive car care for peace of mind"

613.749.6773

www.beechwoodcanada.com

BURGH BUSINESS BRIEFS

- By Jane Heintzman -



Photo by Louise Imbeault

Joe Yoo and his family opened Joe's Shoe Repair earlier this fall at 18 Beechwood Ave.

Editor's note: The New Edinburgh News warmly thanks our advertisers, both the faithful and the new, for their continued support of the community and of this newspaper. Your support is essential in helping us share the news of local happenings and we wish you all the best in 2018. Happy holidays!

Welcome to Joe's Shoe Repair

Joe's Shoe Repair at 18 Beechwood Ave. is a timely new arrival in the neighbourhood, as we head into a long winter season when salt and slush take a punishing toll on our outdoor footwear. Owner

Joe Yoo recently moved to Ottawa from Toronto, and since early fall has been operating the new store with his wife **Young Sook Kil** and daughter **Eunwoo Kim**. Joe has been in the shoe and leather repair business for two decades. He has plenty of experience removing salt stains, replacing zippers on boots and coats, and generally addressing the ravages of wear and winter on footwear, handbags and other outdoor accoutrements.

Joe takes particular pride in one of his specialty services: cleaning and caring for UGGs, the popular sheepskin footwear that are particular-

ly prone to damage on salty winter sidewalks. If you're in despair at the woeful condition of your prized Prada's or designer boots, Joe is available to repair and resole your treasured possessions in time for the holiday party season.

For many of us, our choice of footwear tends to have more to do with fashion than with comfort and common sense. If your snazzy new pair of Gucci tall boots are just a little snug, Joe is standing by to enlarge the leg for a more comfortable fit, or to slim it down if it's a little too spacious. As of last month, you'll find fashionable Boulet cowboy boots for both men and women available for sale at Joe's. Now there's an idea for the person on your Christmas list that has everything!

Apart from his shoe and leather repair services, Joe has a number of other useful strings to his bow, including **key cutting, watch battery replacement, and lamination services**. Joe's is open **Monday to Friday, 8 a.m.-7 p.m., and Saturday, 10 a.m.-5 p.m.** so drop by or call **613-747-7463**. We wish Joe and family a warm welcome to our community, and a successful first year on Beechwood.

Christmas paradise at Jacobsons

Each year in early November, Jacobsons closes its doors at 137 Beechwood Ave. for

a brief three-day hiatus in its normal operations. If you think the hard-working staff is taking a relaxing break during this period...think again! It's all hands on deck to transform the shop into a glittering Christmas paradise, with artful and alluring displays to inspire holiday spirit in even the most dyed-in-the-wool Grinch.

Jacobson. While the details were still a work in progress at the time of our interview, Dominique and her mother **Susan** promise glistening branches, sleighs, silver bells and lots of texture to add warmth to offset the starkness of winter white.

"We're offering a contemporary interpretation of traditional Christmas themes,"



Photo by Louise Imbeault

Dominique Jacobson and daughter Charlotte have decorated their food boutique for the holidays.

This year, the dominant theme in Jacobsons' holiday décor is bringing the outdoors inside to the cozy hearth and convivial dinner table. "We live in a city where the countryside is so close and accessible," explains **Dominique**

explains Dominique. She notes in particular that the displays will be illuminated by attractive contemporary designs from the London Lighting Company. The LED and battery-operated lights will also be available for sale.



FERN HILL SCHOOL

NURTURING CONFIDENCE - BUILDING A FOUNDATION FOR EXCELLENCE

Preschool * Kindergarten * Elementary Grades

Independent, non-profit, co-ed school
Extended French & Gym programs
Enriched curriculum

Preschool to Grade 8

Call to book a school tour.



Now accepting
applications for the
2018-2019 school year

613-746-0255

principal@fernhillottawa.com
www.fernhillottawa.com

50 Vaughan Street
Ottawa, ON K1M 1X1

Property Concierge

Prescheduled or On-Call in New Edinburgh

Absentee landlord? Snowbird? Concerned relative?
Sleep better with the help of JTM Services!

"Personal Attention" Home Watch Services

Exterior and/or interior • Daily, weekly or monthly
Per-visit reports • Entrance/lobby tidy-up • Mailbox attention,
sorting & temporary storage • Experienced handyman

Contact John for further information

JTMServices@outlook.com

613-406-3875

Whatever the season, Jacobsons is invariably a haven of hostess gifts, specialty food items and of course, its signature cheeses. But at Christmastime, the range of possibilities balloons still further to encompass every imaginable want or need for entertaining, gift-giving or family celebration. Dominique is especially enthusiastic about three of this year's highlights:

- *caves aux fromages*, attractive wooden boxes to store and preserve your holiday cheeses;
- items from the Scottish-based Just Slate Company, including slate boards with copper handles; and
- traditional panforte from Siena, Italy, a chewy Tuscan delight guaranteed to be a welcome hostess gift or a treat for your friends and family.

As always, Jacobsons' artfully designed gift baskets and gift boxes are a popular choice for harried Christmas shoppers. Visit jacobsons.ca to view the large selection of choices and order online. For the family that has everything (including hearty appetites), check out the Cheese of the Month Club subscriptions, which are a perennial favourite of regular clients. There's even a mommy-to-be option, featuring all pasteurized cheeses!

While you may be an enthusiast of Jacobsons' widely acclaimed selection of cheeses, you may not be aware of the store's catering services, offering prepared cheese and charcuterie plates and platters, along with small-bite sweet plates, for small- to middle-sized gatherings. You'll find these online at jacobsons.ca/collections/plates-platters. Call the store at 613-746-6002 to order ready-made fare for your guests. Dominique is particularly proud that there are now two qualified chefs on staff at Jacobsons to oversee catering operations. Store Manager **Renée** has a culinary certificate, as well as cooking experience in a high-end hotel, while **Sheila** is a former pastry chef at the Château Laurier. Your platter is in good hands!

In keeping with the store's annual tradition, Santa is coming to Jacobsons **Dec. 16, from 10 a.m.–2 p.m.** So bring the children along to meet Santa while you load up for the holidays at the cheese counter. And on **Dec.**

17 (time to be confirmed) another Jacobsons tradition will continue when Cundell Stables bring their jingly horse-drawn sleigh to the store to take shoppers and their offspring on rides around the neighbourhood. However chilly the weather, there will be hot chocolate waiting when you return to the store.

Keep up with all the special events at the shop by visiting jacobsons.ca.

Anytime Fitness is up and running

Anytime Fitness is now operating in full swing above the New Edinburgh Pharmacy at 350 Crichton St., signing on many new members from our community eager to take advantage of the round-the-clock access to top-flight local fitness facilities. For all the details about memberships and services, visit anytimefitnessbeechwood.ca or call 613-702-3392.

Crichton Street franchise co-owners **Chris Steeves** and **Jeff Christison** are delighted by the great take up in the community since their opening this past summer. They now have a lineup of seven personal trainers available, including **Jasmine, Mike, Andrea** and **Rebecca**. Depending on your specific fitness objectives, the personal trainers can supply a range of expertise, from weight loss to muscle development, strength training, body composition and pre- and post-natal training. All new members are entitled to two free introductory sessions with a personal trainer to get started on a well-planned fitness regime. Anytime Fitness



Photo by Chris Steeves

The Anytime Fitness Beechwood team: (from left) Ed Juarez, Jeff Christison and Chris Steeves.

personal trainers are available from **5 a.m.–10 p.m.**, so however hectic your schedule, you'll be able to find time for a session.

The team at Anytime Fitness has worked hard to maximize the use of the second-floor space, focusing on the fully equipped gym facility, which features separate activity areas, including cardio, strength training and stretching. There are also offices, washrooms and showers, so you can freshen up on-site after your work out. Come up for a first-hand look at the facilities and equipment from **11 a.m.–8 p.m. Monday to Friday, 11 a.m.–4 p.m. Saturday and Sunday.** Local manager **Ed Juarez** and other staff will be on site during these hours to show you

around – and, says co-owner Jeff, "I'm always there!"

As the name implies, the signature benefit for Anytime Fitness members is 24/7 access to the gym facilities. Once you sign up, you receive a key fob that allows you to come and go at any hour. For security purposes, the Crichton Street facility has 24-hour monitored video surveillance. And if you're frequently on the move with business travel, you can still keep up your exercise routine: your membership entitles you to the same round-the-clock access to any of the 3,000 Anytime Fitness loca-

tions worldwide.

Holiday party central at the pub

Royal Oak and **One Up** general manager **Kevin Reteff** and his team are gearing up for a busy holiday season, fielding reservations for office parties, seasonal celebrations and group events of all kinds, both at lunchtime and in the evenings. Starting Dec. 4, One Up Cocktail Pub will change its normal opening hours to take group lunch reservations throughout the holiday season. The cocktail pub has recently launched an action-packed weekly program for its evening cocktail bibbers, starting with trivia nights on Mondays and painting classes one Tuesday evening each month. Wednesdays are salsa nights upstairs at 1 Beechwood, followed by live jazz every Thursday, Friday and Saturday. There's also a DJ on Fridays from 9:30 p.m. until closing. Find the line-up of performers at facebook.com/OneUpCocktailPub.

One of the regular performers on One Up's Jazz Calendar for November was saxophonist Pete Woods. Pete wears a rather different hat in our community as the minister of MacKay United Church. From his perspective, his dual roles in music and ministry are a perfect blend: "I value all opportunities for community engagement," he explains. "One of the themes of discussion at

Continued on page 12



CELADON
salon & spa

Wrap up some relaxation
for that special someone
with a **CELADON** gift certificate!

Pressed for Time?
Then this *special* is for you.

**An express facial, manicure
and pedicure plus
a shampoo and style
for \$149 (regular \$199)**

373 St. Laurent Blvd. (at Hemlock)
613-746-3500 www.celadonspa.ca
HAIR • SKIN • BODY • NAILS

DINE IN | TAKE HOME | CATERING | GIFTS

**GIVE THE GIFT
of GREAT FOOD**

EPICURIA
FOOD SHOP & CATERING

357 ST. LAURENT BLVD.
+613 745 7356
EPICURIA.CA

Continued from page 11

MacKay lately is: 'what does it mean to be an ongoing place of play and creativity in the neighbourhood?' Gigs at One Up have helped me to see that in the broadest possible light." Find more information on Pete's musical activities at [facebook.com/peter.woods.9275](https://www.facebook.com/peter.woods.9275).

Kevin reports that the latest addition to the One Up menu – lobster ravioli – has become a popular accompaniment to the pub's signature hand-crafted cocktails. "I'm still trying to educate patrons who don't realize that these home-made cocktails take time to prepare," he concedes. If a large group places an order with multiple different selections from the cocktail menu, the service simply can't be instant without sacrificing the quality, precision and all the fresh ingredients that the pub takes pride in offering.

Downstairs at the Royal Oak, the pub's first patio season was a huge success, thanks largely to the arrival of a long and glorious Indian summer, which saw tables packed in the early fall evenings. After a cool and soggy summer, "Mother Nature made up for it", says Kevin, describing the Royal Oak patio's debut season as



One Up Beechwood featured jazz duo Pete Woods on saxophone and Peter Newsom on guitar during November.

"fantastic...a win for sure!"

The popularity of the pub's indoor premises has had an unanticipated downside: noise. The low metal ceiling in the building bounced back sound, creating a din Kevin likens to "a noisy concert or the clamour of a nightclub." The management team wasted no time calling in sound engineers, and by late October,

had installed a full set of sound baffles ("like a carpet on the ceiling") to suppress the noise. "I can't believe the difference," says Kevin with relief. "It's now 100 times better!" So fear not: when you gather at holiday time, you can enjoy a quiet conversation with friends and colleagues while savouring your brew and tasty pub meal. We wish Kevin and all the staff at the Royal Oak and One Up Cocktail Lounge a very happy holiday season, and continuing success in their second year on Beechwood.

Blush Beauty
Ottawa

A-184 Laval Street

Love the skin you're in...
Relax, Indulge, Rejuvenate

60min Custom
Organic Facial

only **\$70**

Dec. 1, 2017 - Jan. 31, 2018

Book Now

613-617-6632

www.BlushBeautyOttawa.ca



Evertrain's holiday survival guide

Burgh residents **Julie Leblanc** and **André St. Amour**, owner-operators of **Evertrain Lifestyles**, have been working hard to build their local fitness business. They now offer an impressive line-up of services for all ages. These range from Fitness After 50 programs geared to busy professionals, to private, semi-private and small group training; special mobility and flexibility programs for seniors; and post-natal fitness classes for new mothers. A timely new addition to their services is an online **holiday survival guide** offering health and fitness tips for the upcoming season of overindulgence. For details, visit evertrainlifestyles.com.

Nutrition and fitness coaching for the 50-plus set is one of Evertrain's specialties. André and Julie help clients develop good habits of nutrition, lifestyle and exercise to maintain their fitness levels over the long term. They also teach safe and effective exercise techniques to prevent injury in the process. You can even download their online guide, *Nutrition and Fitness for the Busy Professional* free from the Evertrain website. And they've designed the **Lean After 50** online program for clients who prefer the flexibility of working out at home. To help you keep those challenging New Year's resolutions, Evertrain will launch a special **30-day Fitness After 50** kick-start program at their studio location (429 St. Laurent Blvd., Prime Personal Training). The program will begin on Jan. 8, 2018.

For slightly older retirees, Evertrain has developed a special **mobility and flexibility** program, combining **fascial stretch therapy** and

coaching on safe and effective exercise routines to limber you up and equip you for a more active life. They offer this program in-home at no extra charge to residents of New Edinburgh, Lindenlea, Manor Park, Rockcliffe Park and surrounding areas.

"Fascial stretch therapy is great for treating conditions caused by tension, stiffness and restricted fascia," explains André. "Since it focuses on directly treating the joint capsule, it can also be helpful in preventing or preserving joint replacements."

Typically, clients start off with several Evertrain sessions per week, but after about a month, André provides them with a maintenance program that builds flexibility training into regular routines carried out at home.

"Coming to treatment is great," says André, "but if you want to see profound change, you need to start doing something, no matter how small, every day."

For all the new mothers in the 'hood, Evertrain now offers **post-natal fitness** training online, and in private and group training formats. Julie has created 12- and 18-week post-natal fitness programs, she says are "designed to help new moms heal their bodies properly without rushing too quickly on to more advanced stages of fitness. We teach them the proper steps to strengthen their core without causing further harm to their already stretched abdominal tissues." Find out more online at evertrainlifestyles.com, or by calling **613-295-8080**.

New year, new salon for Studio Kim

Local hairstylist and musician **Kim Kaskiw** is delighted by the new Gloucester salon she opened this past summer. "It's absolutely beauti-

PLACE FOR PAWS

Boarding Camp for Dogs and Cats

THE place to stay while your family is away!

Visit the spa-like atmosphere and see for yourself.

Dogs enjoy 6 daily supervised outings in our fenced acre & country trail walks.

Separate sunny CAT condos.

613-446-2280 ANGELA ZORN

JANE
DAVIS

Sales Representative

613.231.4663

JANE@HOMESINOTTAWA.COM



A proudly Canadian company since 2000



Kim Kaskiw in her new studio.

Photo courtesy Kim Kaskiw

during the winter months.

New services coming to New Edinburgh Pharmacy

Interior renovations at 5 Beechwood Ave. are now partially completed, with a spanking new floor brightening up the premises. There are more changes to come, however, including a lighting overhaul, mural installation and new interior and exterior signage.

"The lighting has become a larger project than we anticipated," reports **Matthew Tonon**, "so it will wait until the New Year."

Matthew and his colleagues in the dispensary are looking forward to offering several new immunizations in the New Year, including for Hepatitis A and B, pneumonia and shingles. The dispensation of flu shots is already well underway and will continue throughout the winter. According to Matthew, reported flu cases and hospitalizations have been higher than usual this fall, so he strongly advises: "the best time to get your flu shot is now! It's not too late, but remember, it takes a couple of weeks to gain immunity, so the sooner the better." The pharmacy offers flu shots to anyone aged five years and up with a valid OHIP card, but remember to call ahead for an appointment **613-749-4444**. If you have a needle-phobic little one in your household, there is also a nasal spray vaccine available.

Matthew is especially enthusiastic about a new Ideal Protein program that the pharmacy has recently been accredited to provide. "It's a safe, coach-assisted weight-

loss program that has an amazing track record if followed correctly," he explains. Interested readers are encouraged to speak to pharmacy staff about how to sign up for the program when it gets rolling in the New Year. Very timely following the indulgences of the holiday season!

CELADON's gift of rejuvenation

CELADON owner **Morna Paterson** has a wise suggestion for shoppers in the fast-approaching holiday season: "Save yourself an exhausting trek around the malls and treat your loved one to a CELADON gift certificate. Who wouldn't love a chance to relax, be pampered and look their best for the New Year?" The salon has a range of special spa packages from which to choose. Or you can purchase a dollar amount and leave it to the recipient to choose from CELADON's full-service menu of skin care and makeup; hair colouring and styling; shellac nails; eye-lash extensions; or relaxing massage and reflexology treatments. Visit **celadonspa.ca** to check out all the options or call **613-746-3500**.

A popular choice is CELADON's **rejuvenator package**. It includes a stress-busting, pain-relieving infrared sauna; a rejuvenating facial, and a shampoo and hair styling. The added bonus is a free make-up application with products from Jane Iredale's skin care and make-up line. If you're pressed for time in the hectic holiday season, CELADON offers "express" versions of many of its treatments. Or, as Morna points out, "you can

recreate your spa experience at home: all the products used in our salon are available for purchase." New arrivals in the CELADON product line include vegan, irritant-free nail polishes from Spa Ritual and an expanded range of Kevin Murphy paraben and sulphate-free hair care products.

If relaxation and stress reduction are your priorities, CELADON's **Karen** is offering a one-hour reflexology session at a reduced price of \$50, while **Prisca** is on hand to provide a tension-relieving Swedish massage and complimentary infrared sauna.

Morna and the salon team recently said a fond farewell to CELADON's long-serving RMT **James Pickard**. "James has taken a well-deserved retirement after seven years at the spa, and we're now actively searching for a replacement," Morna reports. "Any readers who know of an RMT looking for additional hours are welcome to refer them to me."

And currently on display and available for sale at CELADON are works by contemporary expressionist artist **Alexy Klovov**: **alexklovov.com**.

EPIC Fitness opens local basecamp

After a slight delay, **EPIC Fitness and Lifestyle** announced in early November that it's full steam ahead for a Beechwood launch by month's end. Its new state-of-the-art facilities for fitness training, alternative healthcare and nutritional counselling will be dubbed **BASECAMP**,

Continued on page 14

Cross-Country Ski Waxing services.

This winter, we want to help you and your family stay active. Along with FatBikes, we will be offering Cross-Country Ski Waxing services.

613.741.2443 | 401 St. Laurent Blvd | **fullcycle.ca**

OakWood
DESIGN • PLAN • BUILD

Ottawa's **Most Trusted Renovator**

Voted **Ottawa's Best Home Design and Renovation Company**

CONSUMER CHOICE AWARD 2015 OTTAWA

8 YEAR WINNER

2 Torch Awards

BBB A+ Rating Accredited Business

HOLMES
Canada's Only **Mike Holmes Approved Renovator**

OHBA 2014 Ontario Renovator of the Year

613.236.8001
OakWood.ca

Where to find us

The *New Edinburgh News* is distributed free of charge by volunteers to residents of New Edinburgh. In addition to home delivery, you can find copies of our community paper at these fine businesses:

- Arturo's

Bank of Montreal

Beechwood Cemetery

Beechwood Gastropub

Beechwood Animal Hospital

Books on Beechwood

Bread & Roses Bakery

Bridgehead

Burgers on Beechwood

Cat's Fish & Chips

CELADON Spa

Clocktower Brew Pub

Da Bombe

Dr. Martins Dentistry

Epicuria

Fraser Cafe

Fresh Hair Salon

Full Cycle

Il Vagabondo

Jacobson's

Joe's Shoe Repair
- Kalyana Yoga Shala

Kelly's Barber + Beauty

Marilyn Wilson Dream Properties

Metro

Monson Deluxe Cleaners

Muckleston & Brockwell

Nature's Buzz

New Edinburgh Pharmacy

Beechwood Oasis Nails & Spa

Ottawa Skin Clinic

Ottawa Canine School

Prime Personal Training

Quickie

Rassi Coiffure

The Royal Oak

The Scone Witch

Second Cup

SushiME

The Works Gourmet Burger

Time Sharpening

Local business owners: to get bulk copies of the *New Edinburgh News* for your clients, please contact newednews@hotmail.com

Straightforward · Caring · Dedicated

Janny, Jeff and Shan...

The Power of Three... Working for You!

proven performance in
New Edinburgh
since 1986



JannyMills · JeffRosebrugh · ShanCappuccino
Sales Representative Sales Representative Sales Representative



613.238.2801
jannyjeffandshan.com

Continued from page 13

EPIC's operational hub. In keeping with its emphasis on building connections to the natural world and fostering outdoor activities, EPIC will also continue to offer offsite activities and events: visit epicfitnessottawa.com for details.

In tandem with its opening at 222 Beechwood Ave., EPIC is launching a new non-profit educational program for children and youth, **#EPICKids** – epicfitnessottawa.com/for-kids. Starting in the New Year, #EPICKids will be offered at BASECAMP in partnership with a number of Ottawa schools. Its objective: to give children an early start in learning the importance of what EPIC dubs its “four pillars:” functional training; holistic nutrition; connection to nature and self and universal care. All proceeds from EPIC's \$10 Friday classes will fund the #EPICKids program. Call **613-741-4348** for more information or to sign up.

A special thank-you

Many of our Beechwood businesses became involved in social programs and charity fundraising this past autumn. **Metro** joined forces with the **Ottawa Food Bank's** protein program, which helps reduce food waste while providing food bank patrons with quality food. (See page 9 for

details.)

Also, a number of Beechwood-based restaurants – **Sutherland, Arturo's, Burgers on Beechwood, the Clocktower** at MacKay and the **Beechwood Gastropub** – joined the Feed-a-Veteran fundraiser during Remembrance Week in November. (See page 16 for details.) *NEN* thanks all the owners and managers for their involvement in these important initiatives!

News on Beechwood:

Congratulations to owner and CEO **Steve Barkhouse** and his team at **Amsted Design-Build, 17 Springfield** – amsted.ca. For the seventh consecutive year, Amsted was named Ottawa Renovator of the Year at the Greater Ottawa Home Builders' Association Annual Awards in October, and took home two Housing Design Awards for recent projects.

Our sincere condolences to long time *NEN* advertiser **Margot Robinson of Fresh Hair Salon** on the loss of her mother, who passed away in mid-November.

Welcome to **Dr. Pierre Brunet** who now offers chiropractic care at **Studio One PT** at 1 Springfield Rd. – studioonept.com/chiropractic-care. Dr. Brunet is a certified practitioner of Active Release Technique (ART)® and acupuncture. More details to come in our February 2018 edition.

Kudos to our carriers

The *New Edinburgh News* offers a sincere thank you to all the hardworking neighbours who volunteer with our distribution team, helping to deliver this newspaper to you five times a year. We appreciate all your time and efforts.

- William Beddoe

Liba Bender

Isobel Bisby

Mieke Bos

Susan Boyd

Carolyn Brereton

Stephen Chappell

Roxan Clark

Jim deFaye

Larry Doshen

Ian Fraser

The Fyfe family
- Carol and Peter Gusen

The Harrison Family

David Horley

Louise Imbeault

The Kerr Family

Phillip McAdam

Cindy Parkanyi

Christine Plouffe

Robert Todd

Pierre Trudel

The Young Martin family.

Special thanks to Karen Harrison and David Horley for organizing the team.

In Memoriam: M. Joyce Bryant, CM., BEM

By Christopher McCreery

Joyce Bryant (née Turpin) was born in Winnipeg, Man., on Jul. 3, 1922, daughter of Constance Muriel and Norman Scott Turpin. She was the beloved wife of the late Bertram Bryant. On Nov. 4, 2017, Joyce died peacefully in her New Edinburgh home, surrounded by loved ones.

During the Second World War, Joyce served in England in the Royal Canadian Air Force (Women's Division), and later as secretary to the Director of RCAF Medical Services, Air Commodore A.G. Corbett, ED, CD, QHP. In recognition of her meritorious service throughout the war, Joyce was awarded the British Empire Medal (Military Division).

In 1946, Joyce was posted to the Department of National Defence in Ottawa, where she continued to serve in the RCAF until she was transferred to Rideau Hall in 1951. At Rideau Hall, she began by working for General Letson, secretary to Field Marshal Lord Alexander of Tunis, and



Long-time New Edinburgh resident Joyce Bryant passed away on Nov. 4. She had worked at Rideau Hall for more than 40 years, serving eight Governors General.

Photo courtesy Liz Heatherington

moved on to become the personal secretary to the first Canadian Governor General,

the Right Honourable Vincent Massey. For seven years, she was Massey's literary sec-

retary, travelling extensively with him throughout the country.

When the Order of Canada was created by then-Prime Minister Lester Pearson in 1967, Joyce returned to Rideau Hall as the first permanent member of the honours secretariat staff. In recognition of her distinguished service, she was herself appointed a Member of the Order of Canada in 1973. Following an eventful career serving under eight Governors General, Joyce retired in 1992.

In later life, following her move to The Edinburgh retirement residence, Joyce took on a new literary challenge. She developed a passion for writing, and successfully authored two books based on her colourful life experiences, *Slender Threads: A Memoir* (2007) and *Changes, Challenges and Chats* (2015).

In addition to her absorbing professional life, Joyce was active in various voluntary organizations for 50 years, notably St. Bartholomew's Church, the Altar Guild,

Anglican Church Women of Canada (ACW), the Royal Canadian Air Force Association and the Royal Heraldry Society of Canada. At her funeral on Nov. 24 at St. Bart's (Joyce's spiritual home for many decades) the church overflowed in tribute to this remarkable lady and beloved member of our community.

Editor's Note: Joyce Bryant was a legend in New Edinburgh, where she lived for close to seven decades between the end of World War II until her death. For five of those decades, Joyce lived in her family home on Crichton Street, later moving to The Edinburgh retirement residence on Vaughan Street. We are grateful to her long-time friend Christopher McCreery, a former Burgh resident, for supplying the background for this tribute to Joyce's full and remarkable life as a pivotal force both at Rideau Hall, and in the St. Bartholomew's Church community. We extend our sympathies to Joyce's many close friends and admirers.

SHE IS OUR **FIRST** PRIORITY TOO.



www.elmwood.ca

We are experts in how girls learn, grow and succeed. Like you, our goal is to make sure your daughter reaches her full potential.

In our girl-centric learning environment, the first student to raise her hand is a girl, the first student across the finish line is a girl, and the first student to lend a hand is a girl. This safe, supportive atmosphere fosters academic excellence, self-confidence and a healthy outlook on life. That's why our graduates are well prepared to go on to their first-choice universities and take on first-class careers.



Elmwood School puts families first too. Come learn more about everything we can offer you and your daughter.

- Unparalleled academic program
- All three levels of the International Baccalaureate Programme
- Before- and after-school programming, including homework supervision
- Healthy meals prepared on-site
- Individualized support from our Student Success Centre
- Wide range of enrichment opportunities

Come see for yourself. Call (613) 744-7783 or visit info.elmwood.ca/elmwood-tour to book your private tour.

Local restaurants support Remembrance Week fundraiser

By Mathieu Deshaies

It all began with a bad tour guide.

In 2012, I organized my first student trip to Vimy Ridge. The tour director we had was very bad, so instead of giving them a tip, the students voted to donate the money instead to the War Museum and to Operation Veteran.

I had never heard of Operation Veteran until then.

Operation Veteran was founded in 2009 by Dr. Paul Kavanagh, based in Montreal, QC, and has provided more than 12,500 complimentary meals to veterans at the Canadian War Museum. Dr. Kavanagh is truly an amazing character and has been an inspiration.

Operation Veteran has been close to my heart ever since, and I always hoped I could give more with each subsequent trip. In 2014, I went back to Vimy with a new group of students.

The mother of one of my students owns The Foolish Chicken restaurant in Ottawa. She offered to donate a percentage of the proceeds on a given date to Operation Veteran. I have tried to pro-

mote the restaurant annually and to have as many students and parents participating in the fundraiser ever since.

Fast-forward to 2017. I wanted to do more this year for the 100th anniversary of Vimy. I had the idea to have 11 restaurants each choose a date between Nov. 1 and 11 (#11restaurants11days) and donate a percentage, as the Foolish Chicken had done, to Operation Veteran either directly via the museum website, or by donation form. My goal was to raise \$3,000.

I teamed up with my friend Michelle Reimer from Citizens First – **citizensfirst.ca** – who specializes in this sort of thing. In very little time, she helped organize this campaign and provided the tools, coordination and know-how needed to make this thing work. We called it “Feed a Veteran” and she created both Twitter and Facebook accounts, along with all the promotional materials. We started with restaurants nearest to De La Salle high school (where I work) with the idea to have the students go out and support our cause by eating out.



Photo courtesy Mathieu Deshaies

De La Salle teacher Mathieu Deshaies (second left) brought some students to meet Operation Veteran founder Dr. Paul Kavanagh (centre) at the War Museum, Nov. 11.

We expanded to beyond the immediate boundaries of the school, pitched our idea to restaurant owners, and waited for them to get back to us. That’s how Joe Thottungal and Coconut Lagoon came on board. Foolish Chicken was, of course, on board from the beginning. Other early participants were the owners of Arturo’s Ristorante and Burgers on Beechwood. Other restaurants soon followed – including Sutherland, the Clocktower on MacKay and the Beechwood Gastropub – thanks to Michelle’s relentlessness.

Michelle put in countless hours putting out press releases, flyers, etc. She got the Ottawa Citizen to write a story. After that, my school board took notice and, thanks to De La Salle’s principal Gabrielle Moreau, I had the opportunity to promote the campaign on Unique FM. I chatted with “Canada Now” with Jeff Sammut on SiriusXM Canada Talks (we are also family friends).

In the end, we didn’t quite get 11 restaurants, but came very close to reaching our goal of raising \$3,000. We consider it a very success-

ful first attempt and we fully expect to do much better in the years to come, with an earlier head-start and by getting other schools involved.

My goal is to get more students involved in canvassing

campaigns, be it for charity or otherwise.

The War Museum has been supportive and Dr. Kavanagh has expressed an interest in helping make this thing grow, so I’m very optimistic. I have



Photo courtesy Mathieu Deshaies

Michelle Reimer (left) helped De La Salle teacher Mathieu Deshaies (right) get support from local restaurant owners like Joe Thottungal (centre) for the Feed A Veteran fundraiser, Nov. 1–11.

their neighbourhoods, getting more restaurants on board and to use this year’s experience as a blueprint for future

also been in contact with a retired veteran who would like to copy the idea and run a similar campaign in the Maritimes.

Mathieu Deshaies teaches history at École secondaire publique De La Salle in Lowertown. Learn more about Operation Veteran at warmuseum.ca/support/operation-veteran.

Great BIG smalls #13
Over 60 Top Artists
Nov 28 - Dec 31

cubegallery.ca
 1285 rue Wellington ouest, Ottawa 613 728 1750



Deadline
 for the next issue of the
 New Edinburgh News

January 10
newednews@hotmail.com

Rideau Sport Centre offers new activities in historic venue

By Amanda Jackson

At the beginning of November, the Rideau Sports Centre (RSC) opened its doors to the public. RSC is a new multi-sport facility with restaurant, wellness centre and yoga studio located on the beautiful four-acre property along the banks of the Rideau River in the heart of Ottawa. Located at 1 Donald St., RSC is a community hub open to the public – connecting all ages, sports, skill levels, abilities, interests and demographics.

RSC is situated on the land of the former Rideau Tennis Club (RTC), which has been an Ottawa landmark since 1912 – its historic role in the recreational and social life of the National Capital is legendary. Notwithstanding the devastating clubhouse fires of 1919 and 2001, and the great flood of 1981, the club has always rebounded to serve the Capital's need for a beautiful sports and social centre.

Since opening RSC's doors on Nov. 1, hundreds of people have already played tennis

on a pay-per-use basis in the new tennis dome, complete with four resurfaced tennis courts and new LED lighting. Many of the former RTC members have commented that its dome lighting is the best in the city.

The new multi-sport dome opened Nov. 20 for volleyball (four courts), basketball (three courts) and futsal – a version of soccer played indoors on a hard surface (two courts).

“Our vision will be to conserve, animate and revitalize this historic landmark for present and future generations of adults and children,” explains RSC founder and CEO Nicki Bridgland. “We will reinvent the clubhouse and site by introducing a vibrant mix of year-round multi-sport, recreation, play and social activities open to the public while honouring the decades of tennis history.”

“Together with architect Barry Padolsky, we have already begun working with National Capital Commission and City of Ottawa to rei-



Ottawa architect Barry Padolsky's design for the Rideau Sports Centre (formerly the Rideau Tennis Club).
Exterior sketch by Barry Padolsky

magine the waterfront of the Rideau River and to expand on the current footprint, enlarging the recreational corridor and activities offered by RSC,” Nicki says.

From state-of-the-art multi-sport and tennis courts, to a yoga studio, outdoor pool and relaxing wellness centre, you're sure to enjoy your time at RSC. You can even fuel up ahead of time at the new res-

taurant, opening in January 2018. The best part: there is no membership required. RSC is open to the public on a pay-per-use basis, so everyone is welcome to participate.

RSC will also make its community room available to rent for such gatherings such as community association meetings, speakers, games nights and special occasions.

Says Nicki: “RSC will add

so much to the community: a place to play, a place to connect, a place to meet, a place to rejuvenate and to bring the entire city together.”

Amanda Jackson is in charge of Guest Services and Events at Rideau Sports Centre. Learn more at rideausportscentre.com, via email: info@rideausportscentre.com or by phone: 613-749-6126.

Want to prevent injuries and perform better?

Low Back Pain

Symptoms: band like pain across low back, localized sharp pain on one side of low back

Piriformis Syndrome

Symptoms: Local one sided glute pain or pain radiating down back of leg

Achilles Tendonitis

Symptoms: Increased pain along back of ankle at the beginning of an activity, burning sensation

Plantar Fasciitis

Symptoms: Pain on bottom of heel, burning sensation

Ankle Sprain

Symptoms: Potential ankle muscles & ligament damage. Swelling, limping, bruising and pain

Shin Splints

Symptoms: pulling or sharp pain along or in front of shin

IT Band Syndrome

Symptoms: lateral knee pain, snapping sensation, increased pain during downhill running

studio
one

Dr. Pierre Brunet welcomes new patients

To make an appointment, call 613.740.1555 or visit <http://studioonept.com/>



For the Birds

By Jane Heintzman

Ottawa's welcome stretch of Indian summer in October meant a late departure for numerous migrating species which lingered in the area to take advantage of warm days and bumper seed and berry crops—the legacy of our soggy summer. In early October, our own garden played host to **Northern flickers** (suckers for our heavily-laden mountain ash tree), **blue jays**, **American robins**, **house finches**, **purple finches**, a group of six **white-crowned sparrows**, **song sparrows**, a vocal **white-throated sparrow** (still belting out its “O Canada, Canada” refrain), **American goldfinches**, **Northern cardinals**, **hairy woodpeckers**, **black-capped chickadees**, **European starlings**, **dark-eyed juncos** and even a very late-linger female **palm warbler**. According to reports from the Ottawa Field Naturalists Club, a number of other **warbler species**, including **Tennessee** and **yellow-rumped**, were spotted in the region even in the final week of October.

In our October rambles along the Ottawa River Parkway, our regular encounters included large flocks of **dark-eyed juncos**, **American robins** and **European starlings**, as well as frequent sightings of a very vocal

common raven. The raven is a remarkably intelligent bird with a multitude of different “voices,” from a deep-throated croak to a high-pitched knocking sound, and even a frog-like gurgle. Check them out at allaboutbirds.org/guide/Common_Raven/sounds. On one occasion, my raven friend appeared to have angered a noisy flock of **American crows**, provoking a high-speed chase through the woods, punctuated by deep dives and sweeping diversionary moves.

As I write in late November, the birding landscape has changed dramatically following the first blast of winter. Most of the migrants have moved on to more hospitable habitats (assuming these have survived the devastating September hurricanes), leaving a much-reduced population of stalwarts preparing to deal with the rigours of winter.

As always, large numbers of over-wintering **black-capped chickadees**, along with **white-breasted nuthatches** and **blue jays** remain in the area, busily caching seeds for the chilly months to come. The birds are able to store hundreds of seeds a day, placing each one in a different location, which they're somehow able to remember months later. Studies have



Photo by Francine Ouellette

Snowy owl in flight.

shown chickadee brains actually change size, depending on the season. In fall and winter, the hippocampus – a portion of the brain linked to memory – expands to facilitate the caching and finding of food, and contracts in spring and summer when food is abundant.

Many **woodpeckers** also cache seeds, insects and in some cases, acorns. In our area, there are **hairy**, **downy** and **pileated woodpeckers** still in abundance. If you hang a suet feeder in your backyard this winter, you're guaranteed to see them at close range.

Winter-hardy **American robin flocks** remain in evidence throughout the neighbourhood, with ample supplies of mountain ash berries, crab apples and buckthorn berries to sustain them as the cold weather approaches. **Northern cardinals** are another all-season resident, relying on a profusion of backyard sunflower and safflower seed feeders for daily sustenance. For many years, a cardinal family has been a permanent fixture in our back garden – a welcome splash of brilliant colour to the bleak winter landscape. If you keep your nyjer seed feeders charged over the coming weeks, you can also expect visits from **house finches** and **purple finches** which remain in the area.

Wild turkeys: “Like grouse on steroids”

Much to the consternation of our dogs, we've had numerous encounters with **wild turkeys** this fall, many of them along the Ottawa River parkway where they scuttle around in the forested areas. Since 1997 when they were

released as game for hunters in Eastern Ontario and the Outaouais, the wild turkey population has steadily ballooned into the thousands, causing concern about their impact on forest health.

The American species that was introduced 20 years ago have somewhat different characteristics than the native Ontario species, which had disappeared due to over-hunting. The American turkeys are big bruisers: tough, cold-hardy birds that forage aggressively, scraping away the layers of decomposing leaves that hold moisture, recycle nutrients and provide seeds with fertile ground in which to take root. The birds are especially partial to acorns and beechnuts, and it's feared that their population growth could undermine oak and beech regeneration.

In a recent *Ottawa Citizen* article by science columnist **Tom Spear**, Ottawa ecologist **Dan Brunton** sounded the warning that “wild turkeys are feathered roto-tillers with sickle-like claws, tearing up the uppermost and most biologically active layer of the forest floor and stripping the life out of it.” Learn more about these ungainly critters at: allaboutbirds.org/guide/wild_turkey.

2017–2018 winter finch forecast

For many years, Ontario ornithologist **Ron Pittaway** has published an annual Winter Finch Forecast predicting the irruptive migration patterns of a range of finch and other species over the winter months. “Irruptions” in the ornithological context are irregular seasonal migrations triggered by food shortages in the birds' normal rang-

es, and vary significantly from year to year. In winter and early spring, the irruptive species most common in our area include **common redpolls**, **hoary redpolls**, **purple finches**, **pine siskins**, **white-billed** and **red cross-bills**, **pine** and **evening grosbeaks**, **Bohemian waxwings** and some northern owls such as the striking **snowy owl** and the **Northern hawk owl**.

Ron's forecast is based on an analysis of food supplies in the Northern Boreal region, the factor that drives the birds' irruptive movement. This year, there are reportedly bumper cone crops and seed crops across the northeast, and Ron predicts “a banner winter to see boreal finches in central and northeastern Ontario, Quebec, Atlantic Canada, northern New York and northern New England states.” More southerly regions are likely to have slimmer pickings, as most



Photo by Ralph Heintzman

Merganser Dance.



Photo by Sharon Edwards

Hairy woodpecker in the Burgh.



Photo by Amy-Jane Lawes

Red-Tailed hawk with tail on display.

birds will remain in their northern range to take advantage of this year's bounty.

Here's a snapshot of Ron's predictions for individual species:

- **Pine grosbeaks** are likely to stay in the north, as the mountain ash berry crop is excellent across the boreal forest. (If they do turn up at your feeder, roll out the black oil sunflower seed.)

- **Purple finches** will also stay north this winter because of heavy seed crops. (Ditto on the black oil sunflower seed if you spot them.)

- **Red and White-winged Crossbills** should be in evidence in our part of the world, and will likely be abundant in Algonquin Park.

- **Common redpolls** are expected locally in significant numbers, as white birch and alder seed crops are poor in northern Ontario. Ron predicts "feeding frenzies" at our nyjer seed feeders when they arrive. A smattering of **hoary redpolls** should also turn up with the common redpoll flocks.

- **Pine siskins** should be abundant in northeast regions, thanks to bumper white spruce cone crops.

- **Evening grosbeaks** are unlikely to be frequent visitors, as conifer seed crops are plentiful in the north and spruce budworm outbreaks are on the rise.

- **Bohemian waxwings** are expected to stay put in northern regions where berry crops are excellent. However, in recent years, they've also been drawn to our area by reliable annual crops of European mountain ash berries, buckthorn berries, and small ornamental crab apples

— all of which are thriving in our own garden!

The full Winter Finch Forecast can be found at jeaniron.ca/2017/wff17.htm.

The end of an era

In early October, long time *Ottawa Citizen* bird columnist **Elizabeth Le Geyt** died at her home in Greely, Ont., at the age of 103. For nearly 40 years, Mrs. Le Geyt penned a weekly column chronicling reports of local bird sightings, exploring the intriguing world of bird behaviour and offering useful tips to aspiring birders. Her engaging column was a must-read for Ottawa birders from expert to novice, and over the 15 years of its existence, the *NEN's* "For the Birds" column has benefited enormously from her wisdom and unfailing, infectious enthusiasm for the feathered world. With the assistance of her son Michael, Mrs. Le Geyt published *Bird Lady*, a memoir of her years of engagement with the world of birds. For more information about the book and where to find it, visit birdladybook.com.

Fuel for winter warriors

One of Mrs. Le Geyt's particularly passionate messages to her readers concerned the vital importance of helping year-round bird residents survive the winter. The first essential step in the process is to keep backyard feeders filled with oil-rich, high nutrient foods such as **black oil sunflower seed, nyjer seed, safflower seed, peanuts and suet**. Winter finches are especially drawn to nyjer seed silo feeders, but be warned: they are notoriously picky about stale seed, so be



Photo by Amy-Jane Lawes

Evening Grosbeak.

sure to replenish your feeders regularly.

Here are three top local suppliers of high quality seed:

- **Gilligallou Bird Store** 160 Preston St. – gilligalloubird.com; 613-695-7333 (SEED)

- **Ritchie Feed and Seed**, 1390 Windmill Lane – ritchiefeed.com/bird-feeders-seed; 613-741-4430

- **Wild Birds Unlimited Ottawa** 1500 Bank St. South (Blue Heron Mall) – ottawa.wbu.com; 613-521-7333.

Reports from our readers

Val-des-Monts, Que., correspondent **Amy-Jane Lawes** reports a couple of rarities on her bird list this fall: a **Parasitic Jaeger** on the Ottawa River and a **black-throated grey warbler** at Britannia ridge: "both great surprises," says Amy. In early October, she spent a couple of

days at Toronto's High Park, one of the province's Hawk Count sites, where she spotted 10 species of migrating raptors flying overhead. The Park's resident **red-tailed hawks** proved to be more cooperative photographic subjects, one of them obligingly showing off its signature rusty rear plumage for a portrait.

Amy's other fall birding adventures were focused on waterfowl. Highlights included **scoters (black, white-winged and surf), long-tailed ducks, hooded mergansers, bufflehead, green-winged teal** and a **red-breasted merganser**. Because of flooding in the area in the wake of torrential rains, the lake at Val-des-Monts has been too deep for dabbling ducks such as mallards. As the cold weather approaches, Amy is on the lookout for a finch invasion, with nyjer seed feeders at the ready to feed the hungry hordes.

Here in New Edinburgh, **Philip MacAdam's** avian bistro is an increasingly popular spot as the temperature plummets. **American goldfinches, house finches, white-breasted nuthatches, Northern cardinals, black-capped chickadees, downy- and hairy woodpeckers** are all regulars at Philip's feeders.

"Even a **pileated woodpecker** dropped by the other day," he reports, "and the **blue jays** love the peanut feeder." In mid-November, Philip spotted his first **dark-eyed junco** of the season – no

doubt the first of many yet to come.

From Victoria, B.C., **Vicki Metcalfe** reports that the Victoria Natural History Society is gearing up for its annual Christmas Bird Count, scheduled to take place on Dec. 16. Organizers are aiming for a new record number of species this year, and are recruiting specialists to watch for rarities during the count. Last year's total of 141 species (and 73,000 individual birds) was described by chief organizer Ann Nightingale as "average." I wish!

Two other local birding events in Vicki's bailiwick included **Hawkwatch Day** west of Victoria, B.C., a bonanza for raptor fanciers, and the **All Buffleheads Festival** in Sidney, BC, in mid-October. The diminutive bufflehead duck is renowned for its clockwork routine of summer in the B.C. interior and a return to the coast in the fall – punctually on the 298th day of the year! (They were a whole week late this year, occasioning much speculation about the cause of delay).

In her own garden, Vicki has spotted **dark-eyed juncos, Anna's hummingbirds** – year-round Victoria residents – and a brief influx of **white-crowned sparrows**.

Happy New Year and good birding to all of our readers! Please make it a New Year's resolution to send your sighting reports and bird photos to us at janeheintzman@hotmail.com.



Photo by Francine Ouellette

Great egret with Canada geese on the Ottawa River.

Queen E school's sports teams had a great fall season

By Joe Reilly

It was a rich fall harvest for sports teams at Queen Elizabeth Public School in October. In intermediate football, the girls' squad took gold-medal honours at their regional tournament, while the boys' team finished second and took home silver medals. In junior soccer, the girls' team took second place in a championship game that went for 11 tense rounds of shootout madness.

The big story of the autumn was definitely the amazing play of the intermediate girls' touch football team. Through round-robin group play, the squad finished first by posting three wins and a single loss in a tight game that ended 7-6 in Trillium Elementary's favour. During those four games, the Queen E girls outscored the opposition 51-15 – impressive stats. In their semi-final match the girls continued their winning by cruising to a 13-0 victory over Henry Larsen Elementary School.

This set up the final match that everyone had been anticipating: a rematch between

the Queen E Royals and Trillium. It was another tight match, but the Royals pulled out a 13-6 victory for the gold medal game. Coach Mark Holowka was beaming at school the next day, describing how proud he was of the team's efforts to persevere and work together.

"The defence was so tight and the offence was fierce," he noted. "The biggest thing was how well the girls bonded through the day. They won because everyone was so supportive of one another. It was great to watch that happening on and off the field."

The girls now await the arrival of their hard-won banner so they can proudly hang it in the large gym.

The boys' touch football team also had an amazing tournament. Through round-robin play the boys pulled out two wins and one loss to finish second in the standings. The boys blasted through a convincing semi-final victory over Henry Larsen Elementary. In the final, the Queen E boys came up against a very fast team from Terry Fox Elementary and

wound up on the short end of a well-played match.

Coach David Row notes that everyone showed great character all day long and that Omid Majidi and Kervens Jean Paul were leaders on the field.

"I was proud of everyone," he adds, "but have to thank Nader Kilani for stepping into the quarterback role. It wasn't what he expected to be doing, but he took on the challenge and did a great job as a leader and a player."

A couple of girls stood out on the junior girls' soccer team and helped propel their team to a second-place finish at the regional soccer tournament.

"I don't like to single out players on a team," says head coach Martin Detto, "but Olivia Bissonette and Mary Mark really sparked the offence and made it possible for us to advance as far as we did this year."

The girls won their semi-final game against York Street Public School on a last-minute goal and the tension increased in the final against Dunlop Public



Photo by Joe Reilly

The girls' football team at Queen Elizabeth Public School took home the gold medal at their regional tournament in October.

School. The teams ended up tied at the end of the match and nobody scored in a very tight overtime period. It took 11 rounds and 22 shooters in total before Dunlop nailed down the win for first place.

"It's a tough way to lose," adds Coach Detto, "but I told the girls to keep their heads high after a very tough day of soccer. They should all be proud."

The junior boys went into

their tournament as the defending champs and kept improving as the day went on. However, they came up against a tough team from Connaught Public School and lost in a shootout as well. It only took three shooters per team, but the loss stung just as much for the boys who vow to come back stronger next year.

Joe Reilly teaches at Queen Elizabeth Public School.



FULL SERVICE REAL ESTATE BROKERAGE
(INDEPENDENT & PRIVATELY OWNED)
9 MURRAY STREET, OTTAWA ON K1N 9M5
OFFICE: **613-744-5525**
ADMIN@CALDWELL-REALTY.CA

PROPERTY MANAGEMENT SERVICES
IS A DIVISION OF
CALDWELL & ASSOCIATES REALTY LTD.

DIONNE CALDWELL
BROKER OF RECORD
CELL: **613-277-7508**
dcaldwell@caldwell-realty.ca

BILL WELSH
PROPERTY MANAGER/SALES REPRESENTATIVE
CELL: **613-816-1144**
bwelsh@caldwell-realty.ca

MARY LOU MARTIN-GERHARDS
SALES REPRESENTATIVE
CELL: **613-698-7740**
lgerhards@caldwell-realty.ca



Visit www.caldwell-realty.ca for
a full list of available properties.
Follow us on   

 <div>5 ARUNDEL AV Manor Park 4 bdrm & 2 bath FOR RENT \$2,900. PER MONTH</div>	 <div>17-12 CLARENCE By Ward Market 2 bdrm & 2 bath FOR RENT \$3,000. PER MONTH</div>	 <div>51 CRICHTON ST NEW EDINBURGH 4 bdrm & 3 bath FOR SALE \$1,199,000.</div>
 <div>704 -160 GEORGE ST By Ward Market 2 bdrm & 2 bath FOR SALE \$360,000.</div>	 <div>71 REID AV Civic Hospital 4 bdrm & 3 bath FOR RENT \$3,850. PER MONTH</div>	 <div>49 CONCORD ST N Ottawa East 3 bdrm & 2 bath FOR RENT \$2,800. PER MONTH</div>

A little bit different

It's the difference that counts.

Local butcher proud to support local farms and ethical meat

By Jennifer Bardwell

Editor's note: Jennifer Bardwell, who lives on Lonsdale Road, wrote this piece as part of the Culinary Management program at Algonquin College. She visited Muckleston & Brockwell Butchery to discover how this local business embodies the Farm-to-Fork movement.

I met the owner and operator of this attractively laid-out business at his shop early one Sunday morning. Andrew Muckleston has been interested in food his entire life, and he embodies the farm-to-fork movement.

"I'm doing something that I believe strongly in, and I couldn't be happier here," he tells me.

People in his neighbourhood, on Beechwood Avenue, are very supportive of the locally sourced food movement. Well-raised, ethical meat is very important to this community.

The meat at Muckleston & Brockwell is all locally sourced. Andrew says: "When we were opening up, we decided to stick with local farms." He has chosen his suppliers with care. For beef, after evaluating a lot of farms, he chose the Enrights, in Tweed, Ont., who now have an exclusive agreement with the butchery.

"We look for quality and consistency," Andrew says.

Muckleston & Brockwell use a different supplier for each animal. Their pork, for instance, comes from Upper Canada Heritage Meat, who raise a specific

breed of endangered Old-World English hog, called the "Large Black Pig." This pig is a hardy variety ideally suited to being raised outdoors, and has excellent marbling.

"Her pork was awesome," says Andrew of his pork supplier. Using this farm also gave his business a chance to be a little bit different and stand out from the competition.

I ask Andrew what differentiates the offerings at Muckleston & Brockwell from the meat at a local supermarket. Andrew says his beef, pork, lamb and chicken

ery," says Andrew. "We have all the uncommon cuts. Word of mouth has been working for us. We want to do things slowly and do it right."

Andrew Muckleston got into the butchery business at an early age. He regularly accompanied his father to the local butcher and was so interested in the process of cutting meat that the butcher gave him a job. He then moved on to other parts of the food industry, but missed working with meat. So, he decided to jump-start his career by attending the Seaway Meat Cutting Institute in Cornwall, ON. He says it was the fast track to where he wanted to be.

I ask what he would say to convince a vegetarian that it was ethical to eat his meat, as people are concerned about the way the animals are raised.

"Meat is a great thing, and something I think we need," he says. "Often if it is well-raised and treated right, it might help you make that decision. We've had lots of people that come in and are vegetarian, but they cook the meat for their husband or whatever. They've tasted it, and now they are our number one customers."

Muckleston & Brockwell is located at 127 Beechwood Ave.; mucklestonandbrockwell.com. Learn more about the meat suppliers: enrightcattlecompany.com; uppercanadaheritagemeat.ca; ferme-des-voltigeurs.ca/en-CA/home and maplemeadows.ca.

"It's all about the quality... There's a huge difference in the taste and texture."
— Andy the Butcher

all come from small, local farms where the animals are all well-raised.

"It costs a little more to raise them," says Andrew. "It's all about the quality ... You can tell when you eat something from a local farm, compared to, say, a big meat packer. There's a huge difference in the taste and texture."

"We should really be pushing that what we do is a local, whole animal butch-



Photo by Jennifer Bardwell

Andrew Muckleston, known to locals as Andy the Butcher, specializes in local, whole animal butchery.

JOE's Shoe Repair

18 Beechwood Ave.
613-747-7463

- Expert Shoe, bag & suitcase repair (18+ years experience)
- Cowboy boots & Orthopedic Shoes repair
- **UGG Boots Cleaning**
- Expand or Narrow boots on the calves
- Zipper change on boots or jackets
- KEY cutting
- Watch Batteries
- Laminating Service
- We sell Handmade Leather belts

20% OFF

One coupon per visit
Must present coupon with
incoming order
Expires Jan 31 2018



ONE UP COCKTAIL PUB



new edinburgh's hottest new venue

at the corner of beechwood and crichton: 1 beechwood ave, 2nd level
613.680.1130 - oneup@royaloakpubs.com
open daily from 4 pm to 1 am

BOOK YOUR PARTY 613.680.1130

→ christmas, anniversaries, socials
bring your guests to a venue that has a chic atmosphere, amazing cocktails and food, and friendly staff. our professional team will work with you to ensure that you and your guests have something extra to celebrate while visiting.

SPECIALS + EVENTS

→ everyday of the week
from monday night trivia, half priced inception wine bottles on wednesdays, to live jazz on thursdays, fridays and saturdays and more! details at royaloakpubs.com/oneup



No update on new retail coming to Beechwood condos

Continued from page 1

those revisions. City Planner Andrew McCreight continues to track the file, and can be reached at andrew.mccreight@ottawa.ca.

Construction at St. Charles Market takes first step

ModBox's project man-

agement team, The Lake Partnership Inc. (TLPI), will soon launch a project to stabilize and reinforce the limestone foundation of St. Charles Church. This work is to ensure the century-old heritage structure is able to withstand the invasive construction of the new develop-

ment directly adjacent.

Preserving the integrity of the historic church as the distinguishing feature and hub of the St. Charles Market project is a top priority for ModBox and TLPI. As a result, they've enlisted the engineering services of John G. Cooke and Associates – well known spe-

cialists in heritage masonry construction – known for their work on such landmark projects as the West Block on Parliament Hill, St. Patrick's Basilica and the Fairmont Royal York in Toronto.

ModBox Sales Director Chantal Smith reports that hours of operation for the Presentation Centre's are being worked out while construction is underway. It's probable that during the week, sales office hours will be moved to company headquarters at 126 York St., with the Beechwood location open on weekends. In the interim, contact Chantal for an appointment at 613-301-7782 or chantal@modbox.ca. Half the units in the new development have now been sold, and interest in the imaginative new community remains high.

Starbucks coming January 2018

It's a very short story from Minto's Kevin Harper this month: "The building is essentially complete, everyone has moved in, we still have six units remaining for sale, and" – (drumroll) – "there's no further news on the retail front!"

There are still multiple contenders for the large commercial space, including both small and large businesses, local and national in scale. With so many competitors still in the running, it seems unlikely that we'll

have definitive news any time soon. But on the immediate horizon, Starbucks remains on target to open its doors in January, so 2018 will usher in at least one new addition to Beechwood's commercial landscape.

When new commercial tenants are finally installed in the building, the thorny issue of parking (or lack thereof) is certain to become front and centre. Even now, the situation is fraught for those with mobility issues.

Spaces to fill at the Kavanaugh

The *NEN* has learned that Domicile's Commercial Management group is still actively negotiating with potential new tenants for the remaining ground floor commercial spaces at The Kavanaugh, but there's no final word yet on future occupants.

Epic Fitness & Lifestyles was expected to set up shop in November, but with the closure of Sundae School in October, there remain empty spaces to be filled at 222 Beechwood. Sutherland Restaurant is still going strong from morning 'til night, and was among the local participants in the November fundraising campaign for Operation Veteran, a charity dedicated to providing meals for veterans visiting the Canadian War Museum (learn more about this fundraiser on page 16).

Sezlik.com

OTTAWA HOMES & CONDOS



Rockcliffe Park - \$2,890,000

Manor-style living in the capital is achieved. Nestled on a cul-de sac, backing onto the Rockeries and embraced by age-old trees; privacy and discretion are implicit in your everyday routine.



Rockcliffe Park - \$2,699,000

The best way to celebrate family life is here; this entirely convivial, totally restored home is a beacon within an active community, and favorably located - it's the perfect refuge for family life to evolve.



Rockcliffe Park - \$2,290,000

With classic Rockcliffe allure; find an unequalled balance in early 20th century architecture and contemporary upgraded interiors - if you're searching for a luxury home, this one should top your list.



Faircrest Heights - \$1,795,000

187 Billings tells a story like no other home; originally built by the Billings family in 1823, this once modest cottage is getting a 21st century luxury upgrade to suit the needs of modern family life.



New Edinburgh - \$949,000

Ideal home for buyers looking for exceptional space, own a slice of history with this century home. A strong foundation provided the base for years of community involvement and support of the arts.



New Edinburgh - \$939,900

Nestled nearly amid row homes in the trendy New Edinburgh neighbourhood - this single family home blends old and new with traditional details combined with modern styling and upgrades.



Rockcliffe Park - \$799,000

In one of the city's most loved neighbourhoods, 42 Acacia claims a coveted corner enclave amongst the green vistas of Rockcliffe Park. Mid-century stunner boasts countless updates throughout.



New Edinburgh - \$699,000

Take a neighbourhood where heritage is preserved with meticulous care, a modern home that reflects its historic surroundings to great success, and find an impeccable address to call home.



Lindenlea - \$415,000

Within the townhome community that surrounds 32 Putman, find a dwelling that checks all the right boxes; classic finishings, prime location, stunning natural light, and functional spaces at every turn.

Discover what working with Ottawa's Best, can do for you.

#1 IN OTTAWA - ROYAL LEPAGE*

#1 IN EASTERN ONTARIO - ROYAL LEPAGE*

613.744.6697

ROYAL LEPAGE
Team Reali



Charles Sezlik, Cindy Sezlik, Dominique Laframboise
Sara Adam Sales Reps. & Trystan Andrews Broker

*#1 Royal LePage Realtor in Eastern Ontario, 434/- Office, 1150+/- Realtors, based on gross closed commissions.

Help for learning disabilities and difficulties learning



Serving Ottawa since 1992

patient ~ understanding ~ trusting

Please contact Meadowlark for
at-home remedial education services

meadowlark.ca ~ info@meadowlark.ca
613-565-9889

Local performer reimagines Macbeth's queen in India



Photo courtesy Tony Gaston

Some of the masks used in *Lady Macbeth*, inspired by Shakespeare's original play, but set in India with a focus on the queen.

By Tony Gaston

New Edinburgh resident Anjali created *Lady Macbeth* in India with her Kathakali master of many years, Sadanand Balakrishnan. Selected portions of Shakespeare's play trace the emotional life and downfall of Macbeth's queen, as the couple rushes headlong towards their doom.

Anjali has reimagined the play using the techniques and aesthetics of Indian dance drama, setting it in the lofty halls of an Indian palace. The action is portrayed using the precise, flamboyant hand gestures and expressions of Kathakali, a 17th-century dance-drama technique from Kerala in South India. The costumes are silk saris, encrusted with gold.

Evocative videos and images of Indian palaces and forts serve as a backdrop to this modern use of the Kathakali technique. Like Macbeth's Scotland, early India was full of warring fiefdoms, of violence, treachery and betrayal.

And it included characters like the witches with "more than mortal knowledge." The theatrical dances, costuming and make-up of the witches – Alix, Jeanne and Frederique from The School of Dance pre-professional program – add to the production's sinister, malevolent atmosphere.

The outlines of women's hands are still evident on the walls of Rajasthan forts and palaces, witness to a royal tradition of the past: when defeat in war was inevitable, women of the court took their lives by fire. As they walked to the pyre, the women pressed their red hennaed palms on the whitewashed walls – a final signature on the palaces where they had ruled.

Born and raised in Ottawa, Anjali – also known as Anne-Marie Gaston – was the first professional classical Indian dancer to perform across Canada. Her solo recitals included sold-out performances at the National Arts Centre in Ottawa and across

Canada from 1970 onwards. She has performed several styles of South Asian classical dance: Bharata Natyam, Odissi, Kuchipudi, Kathakali, and Chhau. Anjali's international career includes recitals throughout India, the United Kingdom, United States, Mexico, France and Greece.

This production is a fundraiser for Multiple Myeloma (Cancer) Research.

Lady Macbeth runs Dec. 1 and 2 at 7:30 p.m. at the Ottawa Arts Court, 2 Daly Ave. Tickets are \$30 (adults) and \$20 (students). Learn more at culturalhorizons.ca.

Michael K. Edwards, CPA, CA

Personal and Corporate Income Tax
Financial Statement Preparation

68 Stanley Ave
Ottawa, ON K1M 1P6

Tel: 613-749-7013
Cell: 613-290-9030

Email: michael.k.edwards@bell.net

Rent-A-Wife OTTAWA



"Every working person
needs a wife!"

- ✓ Regular & Spring Cleaning
- ✓ Pre & Post move cleaning and packing
- ✓ Pre & Post renovation cleaning
- ✓ Organizing cupboards, basements...
- ✓ Bartenders/Waitresses
- ✓ Estate Planning & Organizing

Website: rent-a-wife-ottawa.com

We are members of: homestars.com

Laurel 749-2249

Cecilia Taiana Ph.D (Psychology)

Registered Psychotherapist (RN) & Psychoanalyst (FIPA)

Psychodynamic psychotherapy for individuals, couples and families experiencing emotional and functional adjustment to the stresses of contemporary life, inter-personal relationships and/or who wish to focus on personal growth.



Sliding scale • Insurance plans accepted

Day time and evening appointments

Office located in Lindenlea

613-746-9416

SANDY HILL CONSTRUCTION

Your neighbourhood
QUALITY HOME
RENOVATIONS
and
restoration
specialists

AWARD WINNING
CONTRACTOR –
RENOVATOR OF THE YEAR

For a comprehensive overview,
please visit our web site:
www.sandyhill.ca
or call Nathan Gurnham at
(613) 832-1717

**SERVING NEW EDINBURGH
FOR OVER 20 YEARS**



Mona Fortier, députée d'Ottawa—Vanier, MP

À VOTRE SERVICE! WORKING FOR YOU!

Connect with me. Contactez-moi.

613 998 1860 • mona.fortier@parl.gc.ca • www.monafortier.ca

Sylvie Sauvé

Esthetician – Electrologist
PODOLOGIST

Advanced Podologic Foot Care Technician
Receipts available

- Facial Treatments
- Electrolysis
- Microdermabrasion
- Full body waxing
- Led light treatments
- Permanent make up
- Compulift/Dermapen
- Microblading
- Manicure/Pedicure

613 748-0352

54 Dunvegan Road (Manor Park)
Ottawa, Ontario K1K 3G3

New Edinburgh Square hosts Beechwood winter market

By Chris Penton

Two notable farmer's markets in town recently made location shifts. Neither move did wonders for attendance. Thankfully, both have recovered. So when I announced at the beginning of the season that the Beechwood Market was to move to Optimiste Park on Labour Day weekend, vendors were understandably apprehensive. I eased their minds with tales of an enchanting new playground surrounded by lush grass, tall trees and dozens lounging around a sky blue pool.

We got the word out early enough, educated our patrons, distributed literature and made the move on Sept. 2.

Beechwood Village being the magical place that it is, the move had the opposite effect from our fellow markets in other ordinary locations. The crowds grew, people stayed for longer periods and the sense of community cemented itself.

Back at our new home behind the fire station next season, the playground will



Photo courtesy Chris Penton

Beechwood Market manager Chris Penton (right) welcomes a special guest to last year's Winter Market.

be lonely from the winter, the pool will be open all summer and the trees will be in full bloom.

To tie the two seasons together, we'll hold a **Christmas edition** of the Beechwood Market on **Dec. 2 from 10 a.m.-3 p.m.** Our gracious host, the New Edinburgh Square Retirement Residence

at 420 McKay (enter off of Beechwood Avenue) is offering up its newly renovated first floor.

A yuletide maze of Market items, gift ideas and baked goods will be complemented by the Beechwood Breakfast by Beechwood Gastropub, live music and kids' crafts. Santa will be there between

11:00 a.m. and noon. He plans to hang around after the Grey Cup for a wee bit.

From a mix of summer vendors and Christmas crafters, you'll be able to get some of your weekly staples alongside your holiday shopping.

- Harvest Honey
- Sunflower Soaps – artisanal soaps
- Seedling Yarn – cozy knitted items
- Allium Farms – preserves and all things garlic
- Happy Goat Coffee – coffee by the bag and cup
- Bez Gluten Free Baking – it's a gluten-free Christmas!
- Beking Eggs – free-roam Eggs
- Gentlecraft Organics – preserves, handcrafted jewelry
- Harwood Estates Vineyards – various blends for your table
- Hall's Apple Market – apples, baked goods, ciders, jams
- Ilias & Sons – locally pressed olive oils
- Maison Baguettes – your daily baking and Christmas goodies
- On the Bend Sugar Shack

– maple products

• Snell House – salsas and salad dressings

• Lisana – ready-to-eat Indian food

• Jane's Little Woodshop – functional handmade wood items

• Uptown Sox – a sock for every man

• Infocus Canada – Canadian photography on scarves made of recycled bottles

• Lindenlea Paper – marbled paper, cards, journals

• Boxwood Designs – handcrafted didgeridoos

• Portraits of Your Life – photos of the human spirit

• Silly Baby Designs – items for silly and serious babies

• Elliot Woods – handmade wooden gifts

• Red Leaf Designs – warm knits for all ages

• Sweet Peas Creative – gifts from reclaimed wood

• Fraser Road – embroidered art

• Miss D's Artsy Accessories – hemp based jewelry

Chris Penton is the manager of the Beechwood Market. Visit beechwoodmarket.ca for details.



Moments That Matter

CHARTWELL DUKE OF DEVONSHIRE

1095 Carling Avenue, Ottawa • 613-688-1883

CHARTWELL LORD LANSDOWNE

920 Bank Street, Ottawa • 613-688-1885

CHARTWELL NEW EDINBURGH SQUARE

420 MacKay Street, Ottawa • 343-882-4759

CHARTWELL RIDEAU PLACE

550 Wilbrod Street, Ottawa • 343-882-4761

CHARTWELL ROCKCLIFFE

100 Island Lodge Road, Ottawa • 343-883-9902

CHARTWELL.COM



Harp and flute music bring festive mood to little gallery

By Mary Pratte

December at the Crichton Street Gallery will be filled not only with original, local art, mulled cider and yummy goodies, but also with the sounds of music! Harp and flute music, to be precise, thanks to three wonderful women who have offered to bring some holiday cheer to the neighbourhood.

Susan Sweeney Hermon, who lives in New Edinburgh, and her musical partner, Janine Dudding, make up the duo of Acacia Lyra, well known here in Ottawa (acacialyra.com). The two have been performing traditional and contemporary harp music and original material together for more than 10 years, and have produced three wonderful CDs, which will be available for sale at the gallery.

Laurel Ralston, who grew up in Manor Park, is our other visiting musician. She will bring her flute and will serenade us with seasonal pieces. Laurel has been involved

with music for years, both in and around Ottawa and out west when she lived in British Columbia and Alberta. Dates and times for our musical afternoons can be found on our website: thecrichtonstreetgallery.ca.

This December, paintings and photographs by our core artists – Elisabeth Arbuckle, Louise Tanguay, Pat Carbonneau, Mary Pratte and Mary Ann Varley – will be on display. We will also have some new jewellery made by our talented glass artist, Jennifer Kelly from Almonte, ON, as well as some one of a kind pieces made by local jewellery artist Nancy Sutton, who uses many different stones and pearls to fashion her necklaces and earrings. As always, there will also be a wide selection of greeting cards, unframed photographic prints, Jennifer's stunning glass bowls, lanterns and platters.

Can't decide? We have gift certificates to make your job

easier. After all, what could be better than receiving a gift of art this year?

From now until Dec. 23, the gallery will be open both Saturdays and Sundays from 11 a.m.–4 p.m., or by appointment at the number below. We encourage browsing and chatting about art. We hope you will pay us a visit!

Come January 2018, Louise Tanguay and Mary Pratte will present a joint exhibition entitled Knock, Knock, comprised of photos of doors – doors of all kinds from many different cultures and countries which make us wonder who lives behind them, why they are decorated as they are, and how doors symbolize transitions or passages from one space into another. Are they open or closed? Welcoming or confining? Come and see what you think!

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

Spring book sale is taking donations

Books, books, beautiful books – we can't seem to get enough!

As the Book Fair at Rockcliffe Park Public School closes, the **Rockcliffe Library Spring Book Sale** organizers and volunteers are springing into action. If you're considering a pre-Christmas clear-out, now is the time to bring your gently used books, CDs, DVDs and vinyl to the **Rockcliffe Park Public Library** during opening hours, or call for assistance at **613-580-2424 x 27623**. The sooner you bring them in the better, but please: **no encyclopaedias, magazines or textbooks.**

It's hard to believe, but the **2017 Spring Book Sale** broke yet another record. Proceeds



Photo courtesy Claire Schofield

allowed the Rockcliffe Park Residents Association's Library Committee to make a major donation to the Ottawa

Public Library's Rockcliffe Park Branch in support of increased services and programming, and to other libraries serving communities in need across Ottawa.

Save the date for the 2018 Rockcliffe Park Spring Book Sale:

Saturday, Apr. 21, 2018 – 10 a.m.–5 p.m.

Sunday, Apr. 22, 2018 – 11 a.m.–5 p.m.

The Rockcliffe Park Community Centre
380 Springfield Road,
Ottawa, K1M 0K7

Many thanks in advance for your contributions – every book counts!

—Jane Dobell, *RPR Library Committee Chair, and the Rockcliffe Park Spring Book Sale volunteers*

Studio Kim Hairstyling

Hairstyles that reflect the real you

Precision haircuts and colours to suit your lifestyle, skin tone and face shape

Kim Kaskiw

Licensed & experienced stylist & colourist in New Edinburgh area

Allow yourself to be pampered!



By appointment only

(613) 747-8835 kimk11@rogers.com www.kimkaskiw.com

www.edwardjones.com



Dreaming about retiring is your job. Let us do ours.

Karim Gwaduri
Financial Advisor

361 St. Laurent Boulevard
Ottawa, ON K1K 2Z7
613-741-6262
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member - Canadian Investor Protection Fund



Physical Therapy Institute
SPORTS MEDICINE & FITNESS

optimum health

GIFT CERTIFICATES

Give the Gift of Health

This year give the Gift of Health. Gift certificates are available for all of our exceptional services.

Come by **PTI** to acquire this gift for your loved ones.



BUILDING BLOCKS OF WELL BEING

Tel: 613.740.0380



ptisportsmed.com

268 Durocher St. Ottawa Ont. K1L 7S6

Download Your Fitness & Nutrition "Holiday Survival" Guide



Ottawa's fitness after 50 specialists

Download the FREE guide at:

evertrainlifestyles.com/holiday-survival-guide

Evertrain presents The **"HOLIDAY SURVIVAL GUIDE"**
How To Stay Healthy and Fit While Enjoying The Holidays For the 50 Plus Person



Stairwell Carollers celebrate 40 years with gala concert

By David Rain

I am a marathon runner and I love running through your New Edinburgh neighbourhood on my training runs. I also sing in the Stairwell Carollers, a choir that also has deep connections to the New Edinburgh area.

We used to practice at St. Bart's on MacKay Street, and, though we moved up the road a bit to St. Columba on Sandridge Road in Manor Park, we never abandoned our roots. You may have seen us on Wednesdays, having a pre-rehearsal choir meeting at Bridgehead on Beechwood, or later that evening, at one of your great local pubs, soothing our tired vocal chords after yet another gruelling choir practice!

We are a choir with very humble origins, founded by our director Pierre Massie, not far away, in the stairwells of the University of Ottawa in 1977. Since then, we have grown to become an award-winning a cappella choir, producing eight professionally-engineered CDs.

Pierre himself has won prestigious awards for his choral compositions.

The Carollers are excited to be presenting a very special program this Christmas season, "A Canadian Christmas."

"Canada's 150th year happened to coincide with our 40th season," says Pierre. "It seemed appropriate to offer an all-Canadian Christmas concert to celebrate both milestones."

New Edinburgh residents will have a chance to hear the choir sing three brand new carols this Christmas season. Pierre has created a lively arrangement of the ever-popular "Carol of the Bells," and has written a special bilingual carol in honour of Canada's 150th and the choir's 40th: "A Baby is Born / L'Enfant est né."

In addition, the Carollers will be singing the famous German carol, "Es ist ein Ros entsprungen," in a brand-new arrangement for the choir by yours truly. And as a bonus, my "Rideau Carol" – inspired by one of my training runs that took me beside the Rideau



To celebrate their 40th year, the Stairwell Carollers will perform a gala concert Dec. 15 featuring an all-Canadian lineup of music.

Photo courtesy David Rain

Falls – will again appear on the program: "Chutes, chutes, chutes! As the icy curtain descends..."

New Edinburgh residents are fortunate this year that they have two Stairwell Carollers concerts from which to choose. The first is on Dec. 15 at Knox Presbyterian Church, 120 Lisgar St. at 7:30 p.m. This is the choir's 40th anniversary gala concert, at which we will make a special 40th anniversary donation to the Shepherds of Good Hope.

The second concert is closer to home – the choir's

final concert of the season at our home church on Dec. 20, at St. Columba Anglican Church, 24 Sandridge Rd. at 7:30 p.m.

Tickets are \$20 at the door, or \$15 in advance at stairwellcarollers.com; or from The Leading Note, 370 Elgin St; Compact Music, 206 and 785 ½ Bank St. locations; or Books on Beechwood, 35 Beechwood Ave. Sincere thanks for these merchants' support again this year!

And, if you're looking for that perfect Christmas gift, the choir's CDs will be on

sale too, including for the first time a brand new live CD! You'll be giving twice, as proceeds from our concerts and CD sales allow the Stairwell Carollers to present donations to local charities and music scholarships to local high school students totalling over \$130,000.

Hope to see you at one of our concerts. I'm sure you won't be disappointed.

David Rain sings tenor and is in his 25th year with the Stairwell Carollers. For more information, please visit stairwellcarollers.com.

WHAT ARE YOU DOING Saturday?

Over 100 artisan cheeses, charcuterie and specialty pairings await you.

Concept Gourmet
Jacobsons

141 BEECHWOOD AVE. | 613-746-6002 | JACOBSONS.CA



A birthday homecoming for a 'Tillie baby'

By Peter Dalton

I was born in Callington, Cornwall, England. The Second World War was raging and Germany had conquered more than 20 countries in Europe and Africa. England was certain that an invasion was imminent. The Luftwaffe began its mission to destroy the naval stronghold of Plymouth not far from the Alexandria Nursing Home in Devonport, where expectant mothers in the Devon and

Cornwall areas awaited the birth of their babies.

The Alexandria Nursing Home had to relocate to a safer place, away from the falling bombs and the English Channel. In 1941, they moved inland only a few miles from Callington and requisitioned a part of Pentillie Castle as a maternity hospital. So, for the next four years, this emergency maternity hospital delivered babies into what must then have seemed an uncer-



Pentillie Castle in Cornwall, England served as a wartime maternity hospital. It is now a bed-and-breakfast.



Photos courtesy Peter Dalton

Peter Dalton, aged four months, pictured with his mother in 1943.

tain world. It was during that time and place that I was born on Oct. 23, 1942.

Following the war, like immigrants before and after them, my family embarked on the S.S. Aquitania and passed through Pier 21 in Halifax to settle in rural Nova Scotia. My mother was one of an estimated 48,000 young women who met and married Canadian servicemen during

the War.

Birthdays flew by quicker than I could imagine. When my 75th was just a couple of months away, I felt that I really should make this one noteworthy. A search on the web revealed that in 2009, Pentillie Castle was transformed into a country retreat and bed-and-breakfast. Perfect!

And so, it was that on

the night of Oct. 23, 2017, after 75 years, I was back in Pentillie Castle where I had drawn my first breath of life. When I awoke the next morning, I'm pleased to say that this "Tillie baby" hadn't drawn his last.

New Edinburgh resident Peter Dalton is affectionately known as the "Mayor of Bridgehead."



Intensive, Immersive, Accelerated Learning

Ottawa's Macdonald-Cartier Academy has been teaching students how to learn since 1990. A private, non-denominational junior high school located in New Edinburgh, the Academy offers an intensive French immersion program combining rigorous and accelerated academics with athletics and experiential learning. If you want your child to be equipped with learning skills and knowledge that will continue serving them in their high school and university years, this is the place for them.




2018 Entrance Testing

Now administered on an individual basis

Apply online or contact the school today

mccademy.ca or 613-744-8898

MACDONALD-CARTIER
ACADEMY



COUNCILLOR

TOBI NUSSBAUM

RIDEAU-ROCKCLIFFE

email


Tobi.Nussbaum@Ottawa.ca

telephone

613.580.2483

110 Laurier Avenue West
Ottawa ON, K1P 1J1

HERE TO HELP



Get into the holiday spirit with OrKidstra's Dec. 13 concert

By Rebecca Russell

You can't miss it: a large black-and-white sign on the east side of St. Laurent Boulevard near Donald Street. The sign boldly announces ORKIDSTRA.

If you haven't heard of OrKidstra before, prepare to be inspired. OrKidstra is a local charity that gives children from under-served communities free instruments and free professional music lessons – allowing them to reach for success through music.

With a passionate belief in the transformative power of music, OrKidstra began with 27 children in 2007. Now in its 10th year, OrKidstra reaches more than 600 children,

ages 5 to 18, from 42 linguistic and cultural backgrounds. Through playing and singing together, these children are learning important life skills, such as respect, compassion, teamwork and responsibility.

In the fall of 2016, OrKidstra expanded its after-school music programming to Vanier, one of Ottawa's priority neighbourhoods. This expansion is giving new students, like 12-year-old Jason, the opportunity to build their potential through music. Jason's first spoken language is Spanish, but OrKidstra gives him the opportunity to learn the universal language of music.

Jason loves being part of OrKidstra. "For a long time,



Photo by Robert S. Vibert

OrKidstra's free, family-friendly concert will feature over 100 children performing together.



Twelve-year-old Jason is one of the many OrKidstra players who will be performing on Dec. 13.

Photo by Robert S. Vibert

I was really sad because my mom was very, very sick. When I saw the violin, it really interested me. Last year, OrKidstra gave me a big opportunity to be involved in music and they gave me a violin to practice on. I've discovered that music is my passion! I now love to play for my mom and I want to give a big, big thank you to OrKidstra."

Jason and all the beginner OrKidstra students are practicing hard for their second-ever Vanier Hub Holiday Concert on Dec. 13 at 6 p.m. This family-friendly, free concert will feature more than 100 kids singing and playing together. The one-hour concert will be filled with world,

jazz, classical and holiday music. OrKidstra's abundant joy and growing skill will be sure to put you in the holiday spirit.

OrKidstra Vice-Chair, former managing director of CBC Ottawa and New Edinburgh resident Jane Anido is delighted at how OrKidstra's Vanier Hub is growing.

"I believe music has the power to be an agent of social change. I invite you to come to the concert and see and hear for yourself the wonderful transformation that is happening in the lives of these beautiful children. Also, we've learned over the past 10 years that 100 per cent of our kids graduate from high

school and all have gone on to university or college. A remarkable achievement in every case," says Jane.

"Our holiday concert is free, but if you feel inspired by what you hear, we would be grateful if you could give what you can to support OrKidstra, knowing that every cent of an individual's donation goes directly to support programming for the kids."

Join the kids of OrKidstra for their Vanier Holiday Concert on Dec. 13 at 6 p.m. at the Ottawa Technical Secondary School, 485 Donald St. It's all free – though donations are welcome. Learn more by visiting orkidstra.ca or call 613-859-3559.



Nathalie Des Rosiers
MPP/députée Ottawa-Vanier

*Proud to serve
our community!*

*Fière de servir
notre communauté!*

Constituency Office /
Bureau de circonscription
237 Montreal Road
Ottawa, ON K1L 6C7
613-744-4484
ndesrosiers.mpp.co@liberal.ola.org
www.nathaliedesrosiers.onmpp.ca



Dr. John Martins
Dr. Patricia Prud'homme
Dentistry



200 Beechwood Ave.
Ottawa, Ontario K1L 8A9
T (613) 742-8016 F (613) 742-6818
E mpdentistry@rogers.com

CELADON
salon & spa

Rebalance Your Body
with
REFLEXOLOGY

Take charge of your health with
this introductory offer

\$50 for a full hour
(regular \$80)

373 St. Laurent Blvd. (at Hemlock)
613-746-3500 www.celadonspa.ca

HAIR•SKIN•BODY•NAILS

Gary Hutchinson pens his second book for children

By *NEN* staff

New Edinburgh resident Gary Hutchinson has published his second book, *Poppa's Goat* (Iguana Books) just in time for Christmas. A follow-up to 2016's *Catch Me the Moon*, *Poppa's Goat* is also set in our historic New Edinburgh neighbourhood.

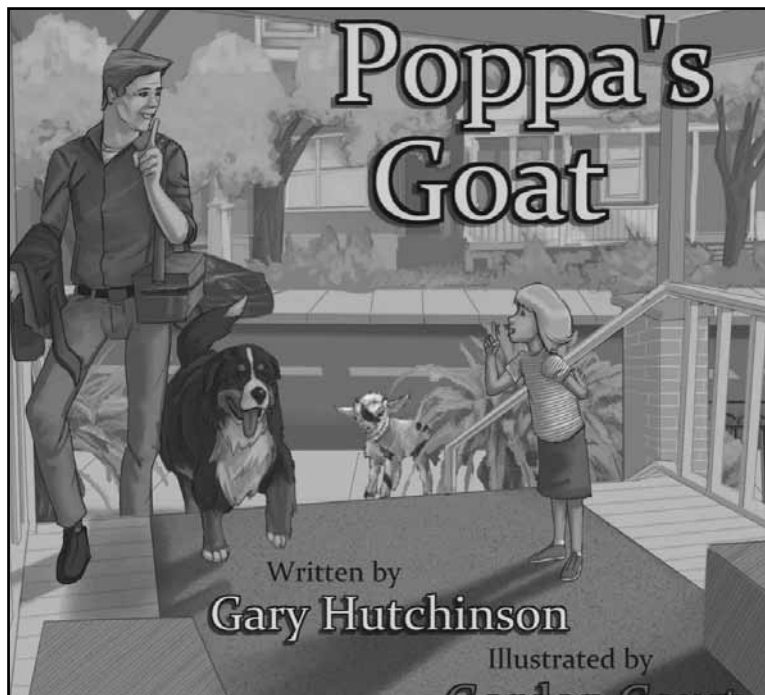
In *Poppa's Goat*, three-year-old Madeline loves playing with her Gramma and Poppa, and with their very large dog, Stanley. But Poppa has a problem. Every Thursday, the paperboy leaves his flyers on Gramma and Poppa's walk, and the papers blow all over the front lawn so Poppa has to pick them up.

"That paperboy really gets Poppa's goat," says Gramma. Madeline didn't even know that Poppa had a goat. But she doesn't want anyone to get it, so she decides to help her Poppa.

For children who love dogs and animals, and for adults who love a good story with a bit of humour, *Poppa's Goat* is a great picture book for parents with children between the ages of two and six, and is an early reader book for children in grades one, two and three.

Gary explains that he is committed to creating picture books that entertain both children and their parents – ones in which the story and the illustrations work together to create an experience both the child and the reader can share.

"These are the picture books that stand the test of repeated readings, create a special child-reader relationship, and help instill a lifelong love of reading in the child," says Gary. "I'm convinced of the importance of reading to pre-school children, so I want to write stories that children love to hear and that adults love to read."



Set in New Edinburgh, *Poppa's Goat* is a funny, charming tale by local author Gary Hutchinson.
Image courtesy of Gary Hutchinson

"There are two major aspects to writing a good children's book," Gary explains. "The first is you've got to come up with a good story. In my stories, there have to be animals, and I like to include a 'little hook' that appeals to the parents."

"The second aspect is you've got to get your book into people's hands. When you've written enough good stories, a big publisher becomes interested, and takes over the job of getting your book out there," says Gary. "But if you're a new author, like me, you've really got to work at it."

"I am very fortunate to live in New Edinburgh," says Gary. "I know it's a cliché, but New Edinburgh is really a small town; people aren't too busy or too self-important to take the time to get to know, and help, their neighbours. The support the local New Edinburgh merchants have provided in helping me with my books has been really special. Shawn at the Metro, the staff at Books on

Beechwood, Sue at the New Edinburgh Pharmacy, Nathan at the Rideau Metro, have all opened their businesses to me and have taken a genuine interest in helping with sales of *Catch Me the Moon*, and now, *Poppa's Goat*."

Follow us
on Twitter
@newednews



Marnie Edwards R.M.T.

Registered Massage Therapist

Serving New Edinburgh, Rockcliffe and Manor Park for over 20 years

Back Pain, Sports and Repetitive Strain Injuries, Whiplash Headaches, Insomnia, Chronic Fatigue, Arthritis, Stroke, and more...

For an appointment, Call 613-741-3470

10 Braemar St.
Manor Park



Nectar Community Choir

Invites families, friends, and neighbours
to our seasonal

Recital

on
Wednesday Dec 6th

at 7:30pm

255 Mackay

The Nectar Community Choir is delighted to share
our latest repertoire of joyful choral music

Refreshments will be served



MACKAY UNITED CHURCH

Sunday services at 10:30am
Music, concerts and jazz
Hall and room rentals available
Sanctuary rental available for
recitals and recording

The Community Church

39 DUFFERIN ROAD, OTTAWA, ON
MACKAYUNITEDCHURCH.COM/

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



DENYS BUILDS DESIGNS

I am an Ottawa based renovator that specializes in everything from modern renovations to historic restorations. As a creative designer who also builds, I have a passion for combining historical elements with new technology.

Please feel free to take a moment and explore some of our exceptional spaces at Denys.ca.

Paul Denys

EXPERIENCE THE DENYS DIFFERENCE

Holiday decorating tips from a local professional

By Lori Lovett

Holiday decorating doesn't need to be a chore: put on the Christmas music and get yourself in the spirit. If you are starting from scratch, you will need to decide on a theme. Your theme should blend well with the colours and style of your décor. If you have been collecting holiday items for years, bring out the boxes, and be selective – only use what you like, and what works.

Celebrate with colour

Use the traditional red and green and glam it up by using jewel tones. Or add lots of gold and silver for a classic upscale statement. Be whimsical and use white with blue, red, teal or pink as the accent colour. Create a laid-back, rustic theme using brown and white, and decorate with things found in nature.

Holiday decorations and ornaments come in all shapes and sizes. Purchase fresh greenery and branches, go for a walk and gather twigs and pinecones, or purchase high quality artificial garland. Use a variety of fresh and artificial items to add colour. Balls, ribbons, burlap, bells,



Image from Leanne Michaels Interiors
A fresh wreath at the front door is just one way to give your home a holiday feel.

feathers, birds, and beads are just a few ways to infuse colour. Fresh, fragrant flowers and candles add an extra special touch. Choose lights that complement the theme. Natural lights are my favourite.

Embellish your entryway

Swags of greens, pretty bows, and a few unique embellishments are all you need to dress up your staircase and brighten your entryway for Christmas. Oversized pinecones, magnolia leaves and

pretty white flowers make for a glam update on the traditional garland. The key to adding fresh greenery to your holiday decor is abundance and timing, fresh boughs won't last the entire month, so don't add them to your space until just before you plan to entertain.

Create your welcome with a fresh wreath. Embellish it with textured ribbons in complementary hues. Fill out the rest of the wreath with ornaments in your theme colours. A decorated fireplace mantle is key to getting that holiday feel. It's the perfect place to showcase special collections or to hang a lush garland, and stockings.

Deck the table

If you're feeding a crowd, or just want a more casual vibe, there's no better focal point than the buffet table. Load it up with tasty treats, pretty plates, napkins and silverware. Let guests loose to serve themselves and mingle freely. Edible decorations lend a friendly feel to a buffet table. Fill clear glass bowls with brightly-coloured licorice and classic candy canes. You will charm the pint-sized guests, especially if a chic

gingerbread house is given pride of place.

A chandelier overflowing with abundant greenery transforms a simple table into an instant focal point. For more formal gatherings, half the fun is setting the perfect table. Time to use your best glasses, dishes, chargers, cutlery, textiles and accents, including lots of candlelight. Clusters of tiny vases, tall candles and tea light holders add warmth and glimmer. Christmas crackers also add a fun touch.

Trim your tree

Decorating the Christmas tree is one of the most exciting parts of the holiday season. Gather your family and friends and make it a special tradition. Bring it all together with lots of lights, and ornaments that complement your theme. Top the tree with something eye-catching and dress it with a matching skirt. Sit back and enjoy the warm, fuzzy feeling you get each year when you are finished, and let the festivities begin. Cheers!

Stanley Avenue resident Lori Lovett is an interior designer with Interior Synergy. Learn more at interiorsynergy.com.

WHEN IT REALLY MATTERS...



Nancy O'Dea, M.Ed.
Sales Representative

EXCEPTIONAL PROPERTIES

Member of the Emerald Award, 2013-2016
(awardees represent the top 40 in Eastern Ontario, based on sales earnings)



nancyodea@exceptionalproperties.ca
165 Pretoria Ave - 613-238-2801

Brokerage, Independently Owned and Operated



IMAGES

louise.imbeault@live.com
613-741-3292

BOOKS ON

BEECHWOOD

Winter is here!

Keep warm between the covers of a good book!

staff@booksonbeechwood.ca

@beechwoodbooks

613-742-5030

35 Beechwood Ave.

Shop online at

store.booksonbeechwood.ca



ENVIRONMENT

- \$80 Million invested into cycling and pedestrian infrastructure in this Term of Council
- Ottawa River Action Plan underway and cleaning up our precious waterways
- Planted 150 trees in all 23 wards through the Canada 150 Maple Groves project
- Redeveloped Main St. into a cycling and pedestrian friendly street



ARTS

- Opening of the newly expanded and renovated Ottawa Art Gallery (OAG) and Arts Court in December 2017
- Hosted the inaugural Mayor's Gala for the Arts which raised \$75,000 for the OAG
- \$250,000 invested through the Ottawa 2017 Arts, Culture and Heritage Investment Program
- Increase the City's base funding through the City's Arts Momentum Fund



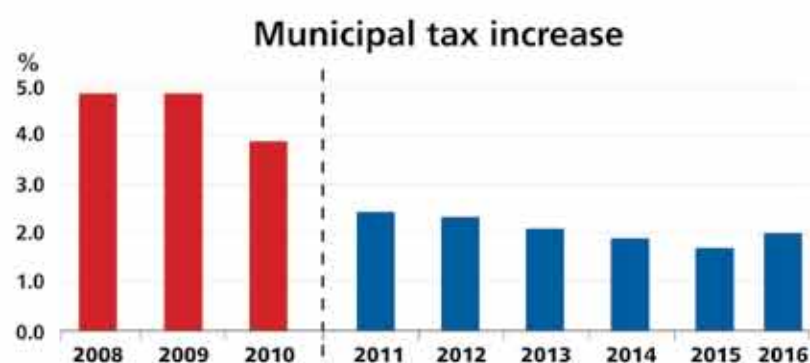
HELPING PEOPLE

- Implemented the low income transit pass, EquiPass, and fare, EquiFare
- Invested record amounts in Affordable Housing
- Renewed parks, community spaces and recreation facilities
- New Central Library coming



COMMUNITY SAFETY

- Hiring 75 new Police Officers over 3 years
- Increased the number of Paramedics
- Approved the use of photo radar in school zones
- New red light cameras installed



FISCAL DISCIPLINE

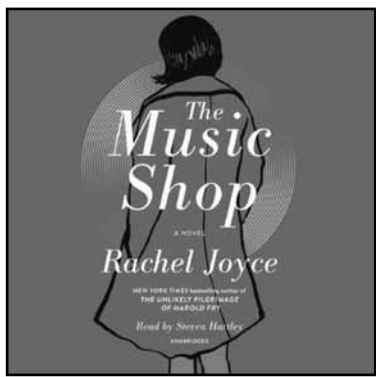
- Keeping the City affordable with a 2% tax cap
- Maintained a Triple A Moody credit rating
- Keeping City projects on or under budget

Winter reading suggestions from Books on Beechwood staff

Editor's Note: The annual list of Christmas reading suggestions from staff at Books on Beechwood has become a tradition in our December edition. This year's list is more fulsome and diverse than ever, and we are grateful to Hilary and her colleagues for their intriguing ideas for readers of all ages and interests.

Antoinette recommends:

Brother by **David Chariandy:** This is a story of two brothers growing up in Scarborough, Ont., where a wrong choice or move with local police can change many lives. Tender, heartbreaking and poetic.



The Music Shop by **Rachel Joyce:** The author of the *Unlikely Pilgrimage* of Harold Fry has written a sweet novel of two people trying to find their place in a changing world – with music as a central character.

Seven Fallen Feathers by **Tanya Talaga:** Investigative journalist Talaga explores the stories of seven Indigenous high school students who died in Thunder Bay, Ont., hundreds of kilometres away from their homes.

Strangers with the Same Dream by **Alison Pick:** Pick has written an unforgettable novel about a group of Jewish pioneers who start a kibbutz in 1921 on land already occupied. Physical challenges, difficulties with personal relationships and collective versus individual goals all present obstacles to their utopian dream.

The Shoe on the Roof by **Will Ferguson:** This novel is a dark, humorous story of Thomas and three delusional homeless men he tries to help. It explores questions of sanity and madness, science and faith – a psychological experiment gone wrong.

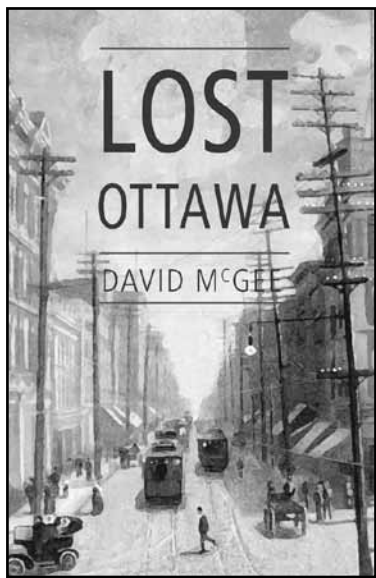
Trudeau to Trudeau by **Terry**

Mosher: This is handsome celebration of 50 years of the Montreal Gazette's acerbic but thoughtful cartoonist Terry Mosher, aka Aislin. The cartoons – political and personal – cover the span from the first to the second Trudeau. Many are like old friends and they tell a pithy tale of the last five decades.

Will's Red Coat by **Tom Ryan:** A touching memoir of Will, a 12-year-old schnauzer that needs end-of-life care. Tom Ryan takes on the difficult task, providing loving care and changing his own life in the process. Readers may need some tissues.

Bridget recommends:

Les Parisiennes by **Anne Sebba:** This book is the "silent bestseller" of our season. Sebba's eighth book, a bestseller in the U.S. and U.K., is a rich, insightful and fascinating look at the lives of women during the Nazi occupation of Paris. Some we know – Coco Chanel, Elizabeth de Rothschild, Jeanne Lanvin – and many will be revealed in all their complexity. Sebba rejects depicting the occupation as a black-and-white situation, but a time of constant moral ambiguity. This is popular social history at its best.



Lost Ottawa by **David McGee:** This is the book all of Ottawa loves this year, and you don't have to be that old to be totally charmed by it. It began as a Facebook community with the simple goal of finding out if Ottawans were interested in their history. McGee posted pictures of old Ottawa buildings, neighbourhoods, objects and sat back to receive the response. The result is a lively and quite

intimate conversation from people who have lived in and experienced this city over the last 100 years or so.

Glass Houses by **Louise Penny:** Penny returns to the village of Three Pines and its endearing and complicated residents for her 13th Gamache mystery. Already being touted as one of her best, it features an unnerving death-like figure that makes an appearance at the village Halloween party and is followed by a death. The quick resolution leaves Gamache's conscience standing in judgement eight months later in a steamy courtroom.

At the Strangers' Gate by **Adam Gopnik:** Subtitled "Arrivals in New York," the New York Times bestselling author documents his and his soon-to-be wife's pilgrimage as they leave the comforts of home in Montreal for the allure of the Big Apple. It's an ode to New York and a chronicle of an immigrant couple, told in Gopnik's signature essayist style.

Sleep No More by **PD James:** This is another welcome collection of short stories from one of the truly great crime fiction writers. Previously published in other collections many years ago, they are here together for the first time. The dark motive of revenge is revealed at the heart of each story. A perfect distraction for a wintry night.

First Snow, Last Light by **Wayne Johnston:** A 14-year-old boy arrives home in a snowstorm to find his parents have disappeared and he is alone in the world. This and other dark family mysteries haunt him and drive him to succeed as Newfoundland's first media mogul. Johnston's wonderful evocation of place and his fascinating characters are truly memorable.

A Legacy of Spies by **John le Carré:** The indomitable octogenarian shows no sign of his age as he delivers a brisk, witty, and predictably convoluted novel that harkens back to the height of the Cold War as an ancient operative is brought back to explain his actions in the past. George Smiley appears in a cameo, and this has resurrected sales of *The Spy Who Came in from the Cold* for a whole new generation.

A few of our favourite musical offerings:

- **Van Morrison** has a wonderful new CD out: *Roll with the Punches*. He's in great early form in a very bluesy way.
- **Alan Doyle** – *A Week at the Warehouse*
- **Gord Downie** – *Introduce Yourself*



- **Buffy Sainte-Marie** – *Medicine Songs*

plus a great crop of new and favourite Christmas CDs. Other great Christmas gift ideas include White Pine Pictures' award-winning documentary DVDs: *Painted Land: In Search of the Group of Seven*; *West Wind: The Vision of Tom Thomson*; and *Genius Within: The Inner Life of Glenn Gould*. We are happy to have a new set of CDs from the late Stuart McLean: *Vinyl Café: The Unreleased Stories...* is a treasure trove of 13 stories never before available for sale.

Dickon (Bridget's Literary Dog) recommends:

Dog Bingo: No, it's not a book, but Dickon really isn't much of a reader. He played this at a friend's cottage this summer and loved it. You match dog breeds (with pictures and descriptions) rather than numbers and letters. It's a perfect family present and he grudgingly thinks you should know that there are Cat, Bird, Bug, and Royal Family editions, too.

Hilary recommends:

Still Stuck by **Shinsuke Yoshitake** (Ages 3–5): Adorable and ridiculous, this picture book centres around a little boy who gets stuck in his shirt when he's getting ready for a bath and starts to imagine what his life would be like if he was stuck that way forever.

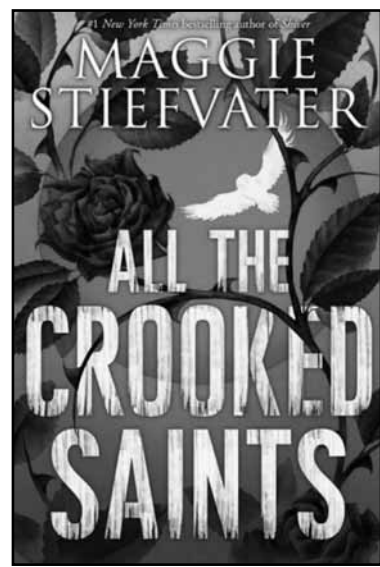
You Must Bring a Hat! by **Simon Philip** (Ages 3–7): One of my favourite picture

books of the year, this story begins with a simple criterion for attending a birthday party and quickly gets completely out of hand. Charming illustrations and brightly coloured, this book is bound to be a bedtime hit.

Smoot by **Michelle Cuevas** (Ages 5–8): Beautifully imaginative and thoughtful, this storybook follows the adventures of Smoot, the shadow attached to a young boy who never does anything exciting. One day, when he wishes for a little more fun, Smoot finds himself free to run, jump and explore on his own. But what happens when all the other shadows decide they want to do the same?

Insignificant Events in the Life of a Cactus by **Dusti Bowling** (Ages 8–12): This is perfection in book form! Funny, strong, charming, and sweet, Aven will steal your heart even as she makes you laugh till your sides split. This is easily my favourite book of the year!

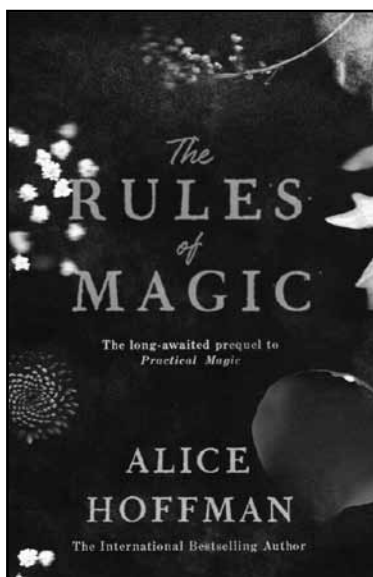
The Winnowing by **Vikki Vansickle** (Ages 12+): With a hint of *The Giver* by Lois Lowry, Vansickle's new story is set in a small town where all adolescents must undergo a procedure called "the winnowing" – after which they remember nothing about the experience itself. Along with her friend Saren, Marivic is determined to cheat the system and discover the secrets behind this mysterious rite of passage.



All the Crooked Saints by **Maggie Stiefvater** (Ages 12+): Most people want a miracle, but aren't always willing to pay for it. In the small town of Bicho Raro in Colorado, three cousins are

at the centre of a magical family looking for a miracle of its own. When you want to change your future, what better place than in a dark, mysterious town full of mad owls, dangerous dreams, and watchful stars?

Iskari: The Last Namsara by Kristen Ciccarelli (Ages 13+): The first book in a sweeping fantasy series, this epic novel is a riveting, action-packed read. Asha is a strong, determined heroine who hunts deadly dragons, but still finds herself subject to her father's rules. Caught in a maelstrom of unwanted betrothals, forbidden loves and a kingdom at war, Asha must find a way to escape her past and the bleakness of her future unscathed.



The Rules of Magic by Alice Hoffman: Set in New York in the 1960s, this is the prequel to the bestselling novel *Practical Magic*. It's a wonderful, magical story of three siblings fumbling their way through a childhood full of rules and unspoken truths while constantly dodging the threat posed by a legendary family. Through tears, laughter and heartache, you will love the adventure this book takes you on.

A Secret History of Witches by Louisa Morgan: This sweeping family saga is a great tale for historical fiction fans. Following the narrative through five generations of powerful women, Louisa Morgan takes readers on a grand tour from Brittany in the mid-1800s through to London at the end of the Second World War.

A Newfoundlander in Canada by Alan Doyle: This lovingly-rendered memoir from one Canada's most beloved entertainers is a real treat to read. Chronicling the

first cross Canada tour that Newfoundland folk group Great Big Sea ever did, you will find your heart warming and your lips smiling the whole way through. Laughing out loud is a guarantee, too!

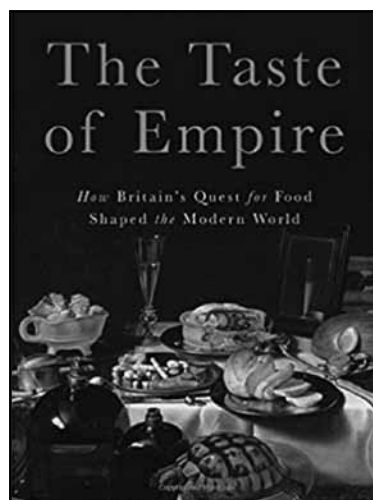
Jill recommends:

The Last Castle: The Epic Story Love, Loss, and American Royalty in the Nation's Largest Home by Denise Kiernan: This remarkable book is the extraordinary story of Edith Vanderbilt, her marriage to George W., their relationship with famous artists and authors of the time, and her incredible strength and resilience against all odds.

Meetings with Remarkable Manuscripts: Twelve Journeys into the Medieval World by Christopher De Hamel: Described as partly a travel book, a detective story and a history book, this is a beautifully illustrated journey into the worlds of 12 famous manuscripts.

Jane Austen: The Banker's Sister by E. J. Clery: Janeites and non-Janeites will enjoy reading about the relationship between Jane and her banker brother, Henry, who supported and encouraged his sister in her determination to become a published author.

Peter and Dan Snow's Treasures of British History: This is a beautiful coffee-table treasure. Britain's history is told through 50 of the most important documents in history, some of which are reprinted and removable for better viewing.



The Taste of Empire: How Britain's Quest for Food Shaped the Modern World by Lizzie Collingham: This is an interesting look at how Britain's desire for food leads to a push towards imperialism across the continents. The recipes included in this

book are an added bonus. Try to make a "syllabub from the cow" or "a potage of chicken garnished with asparagus" and enjoy.

Historical Atlas of Early Railways by Derek Hayes: This beautiful coffee-table book includes 300 maps, 450 photos, illustrations and information about early railways in Britain, France, Germany, Canada and the United States. It is a comprehensive look at monorails, electric, underground and mountain (rack) railways.

Leonardo da Vinci by Walter Isaacson: The author of biographies of Steve Jobs, Einstein, Benjamin Franklin and Henry Kissinger turns his pen upon the legend. In this beautifully illustrated biography, Isaacson reveals the nature of an artist who not afraid to question authority, who combined art and science and who loved staging theatrical productions to produce some of the world's most extraordinary works of art.

Stephanie recommends:

Lightfoot by Nicholas Jennings: This is a revealing and insightful look at Canada's legendary troubadour and the stories behind his timeless songs.

Three Pleasures by Terry Watada: The Japanese have bombed Pearl Harbour, and racial tension is building in 1940s Vancouver. This is an intimate and passionate novel concerning a painful period in Canadian history.

A History of Canada in Ten Maps by Adam Shoalts: This is a fascinating story of what our country looked like to those called upon to map it. Every map tells a story and every map has a purpose.

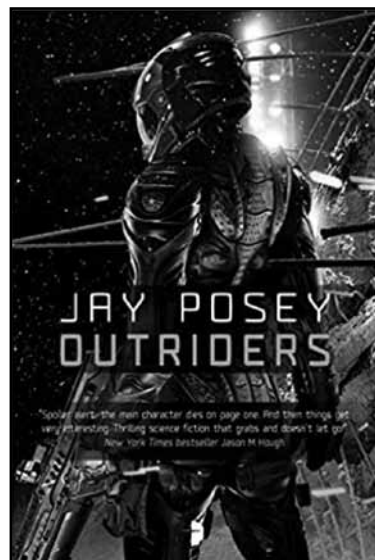
Dunbar by Edward St. Aubyn: In this intense retelling of King Lear, Henry Dunbar is the tyrannical head of a media empire that he is dividing between his two

daughters. This is the latest in the Hogarth Shakespeare series.

The Riviera Set by Mary S. Lovell: This is a social history, meticulously researched, about the high society characters who populated this decadent mid-twentieth century world.

David recommends:

Dark Run by Mike Brooks: Reminiscent of *Firefly*, this is a quick read in the classic space-opera style. It features a maverick captain, his assorted crew and their adventures across space. *Dark Sky*, the second in the series, is on my order list, and *Dark Deeds* will be out in late November: I can't wait for any of them!



Ready for some fast moving sci-fi? **Outriders** by Jay Posey is the first, *Sungrazer* is the second: a fast-paced blend of military action and sci-fi. You will not be able to put either one down until you're done!

Five Ingredients: Quick and Easy Food by Jamie Oliver: Oliver has another hit on his hands. Another brilliant take on making simple meals easy. Lots of great recipes. I've already given it to a friend as her early Christmas present!

UPCOMING EVENTS

December 2: "A Serving of Murder – Celebrating the 35th Anniversary of The Crime

Writers of Canada (CWC)"

The CWC has organized a citywide celebration of their anniversary, with stops in multiple bookstores around town. Five authors will be spending time with us to sign and chat about their books.

11 a.m.–12:30 p.m. – T.E. Wilson and Melissa Yi

12:30 p.m.–2 p.m. – R.J. Harlick and Katherine Prairie
2 p.m.–3:30 p.m. – Brian Lindsay

December 3, 1–3 p.m. – Claire Smith will sign copies of her new book, *Falling Into Now*,

December 10, 12–2 p.m. – John Graham will launch his new book of cartoons, *Potholes and Politics: A Cartoon Portrait of Ottawa*.

STORE PROMOS

12 Days of Penguin Random House Christmas Promotion

From Dec. 13–24, we will be celebrating the 12 Days of Penguin Random House Christmas with one featured title each day. The daily pick will be 30 per cent off for that day only.

Here's a look at this year's picks:

December 13 – *The Book of Dust* by Phillip Pullman

December 14 – *Lost in September* by Kathleen Winter

December 15 – *All We Leave Behind* by Carol Off

December 16 – *Feast* by Lindsay Anderson

December 17 – *Turtles All the Way Down* by John Green

December 18 – *Legacy of Spies* by John Le Carré

December 19 – *Vimy* by Tim Cook

December 20 – *Lincoln in the Bardo* by George Saunders

December 21 – *Artemis* by Andy Weir

December 22 – *Sweet* by Ottolenghi

December 23 – *Munich* by Robert Harris

December 24 – *Christmas at the Vinyl Cafe* by Stuart McLean

Mair Oriental Rug Services

ESTABLISHED 1983

Serving the public for 35 years

- appraisal and evaluation
- expert repair and restoration
- free consultation
- fringing, rug hanging, reweaving, et al.
- proper washing including pick-up and careful re-installation
- repairs completed in original format, using top quality materials

Douglas Mair
75 Jardin Private

(613) 741-7806
mair@orientalrugservices.com



EVENTS CALENDAR

December

Dec. 1 – Uke Jam Sing-along at Heartwood House, 404 McArthur Ave. at 7 p.m. Tickets \$15, available at heartwoodhouse.ca, at Heartwood reception or Books on Beechwood. Join Jamie Anderson for a festive Uke Jam Sing-along. Bring your ukulele and your singing voice! Tickets include a pizza dinner and songbook. Cash bar available.

Dec. 1–3 – Elmwood Art Show at Elmwood School, 261 Buena Vista Rd. 613-749-6761 x 297. Dec 1 from 6:30–9 p.m.; Dec. 2 and 3 from 10 a.m.–4 p.m. Elmwood School presents the Elmwood Old Girls' Art Show, Dec. 1–3. On Dec. 2, there will be a holiday marketplace, Holly Tea from 1–4 p.m., and a visit from Santa at 2 p.m.

Dec. 2 – Winter Market at New Edinburgh Retirement Residence, 420 MacKay St. beechwoodmarket.ca. 10 a.m.–3 p.m. The Beechwood Market presents its winter edition, featuring gifts, goods, music and fun! See page 24 for details.

Dec. 3 – Christmas in Canada at St. Thomas the Apostle Church, 2345 Alta Vista Dr. 3 p.m. Tickets \$20; \$10 for students; free for children under 12. OttawaBrahmsChoir.ca; 819-568-8169. The Ottawa Brahms Choir, directed by Christopher Askwith, invites everyone to its annual Christmas concert. Music includes composers

Praetorius, Brahms, Rutter and Askwith.

Dec. 3 – Tree of Life Remembrance Ceremony at Beechwood Cemetery. 4–6 p.m. \$12 in advance; \$15 at the door. bfo-ottawa.org/events; 613-567-4278. Bereaved Families of Ontario invites you to honour and remember loved ones. Speakers, including Ottawa City Councillor Allan Hubley, will tell personal stories of grief and healing, followed by a candle-lighting remembrance ceremony. Refreshments will follow.

Dec. 5 – Candlelight Christmas at Dominion-Chalmers United Church, 355 Cooper St. Tickets \$45; seniors \$40; students \$10; available at Books on Beechwood and thirteenstrings.ca; 613-738-7888. 7:30 p.m. Thirteen Strings presents a holiday concert featuring works by Corelli, Rutter and Schoenberg, and a new piece by Canadian jazz composer John D. Geggie. The Ottawa Regional Youth Choir and conductor Jamie Loback will join for a performance of Vivaldi's Gloria. Intermission will include a collection for the Centretown Emergency Food Centre.

Dec. 6 – Community Choir Recital at NECTAR Centre, 255 MacKay St. 7:30 p.m. The NECTAR Centre invites families, friends and neighbours to the Community Choir's seasonal recital featuring its latest repertoire of joyful choral music. Refreshments will

be served.

Dec. 7 – Weekly drop-in playgroup at the New Edinburgh Fieldhouse. 9–11:30 a.m. Thursdays. Parents, caregivers and children aged 0–5 years are welcome to a free drop-in playgroup, hosted by the Crichton Community Council and the Rideau-Rockcliffe Community Resource Centre. Children must arrive and remain with their parent or caregiver throughout the program featuring play, story time, song circle, crafts, etc.

Dec. 7 and 8 – Handel's Messiah at Southminster United Church, 15 Aylmer Ave. 7:30 p.m. Adult tickets \$35; seniors \$30; students \$20. 613-263-0637; rideauchorale.org. Matthew Larkin conducts the Rideau Chorale in a performance of Handel's Messiah, featuring soloists Kathleen Radke (soprano), Whitney O'Hearn (mezzo-soprano), Jeff Boyd (tenor), Joel Allison (bass) and Roland Graham, (concertmaster and harpsichord).

Dec 10 – Family Christmas Spectacular at St. Joseph's Church, 174 Wilbrod St. 3 p.m. cantatasingersottawa.ca; 613-798-7113. Tickets \$10–30; children under 12 years: free. The Cantata Singers of Ottawa's presents its Family Christmas Spectacular featuring choir sing-alongs, carols in English and French, brass fanfares, descants, and an interactive version of The 12 Days of Christmas. With special guests the Ottawa Children's Choir and the

Send event listing details to newednews@hotmail.com
Visit our website at newedinburgh.ca/events for the most up-to-date listings.

Cathedral Brass.

Dec. 13 – OrKidstra's Vanier Hub Concert at Ottawa Technical Secondary School, 485 Donald St. Free, donations welcome. 6 p.m. orkidstra.ca; 613-859-3559. Join the kids of OrKidstra for their second-ever Vanier Holiday Concert. Details page 28.

Dec. 14 and 15 – In Terra Pax at St. Joseph's Parish Church, 174 Wilbrod St. 7:30 p.m. Tickets \$26.50–34; chamberfest.com. Part of the Ottawa Chamberfest fall concert series, the Ottawa Choral Society presents a world of radiant beauty with Gerald Finzi's exquisite In Terra Pax in time for Christmas.

Dec. 15 and 20 – Stairwell Carollers gala concert at 7:30 p.m. stairwellcarollers.com. Tickets \$20 online or at Books on Beechwood. The choir presents its 40th anniversary gala concert Dec. 15 at Knox Presbyterian Church, 120 Lisgar St. A second concert will take place Dec. 20 at Columba Anglican Church, 24 Sandridge Rd. Details on page 26.

Dec. 16 – Holly sale at St. Columba Church, 24 Sandridge Rd. stcolumbaanglican@bellnet.ca; 613-749-5103. The Altar Guild at St. Columba hosts a traditional holly sale, featuring fresh holly, baked goods, jams and jellies, and embroidered gifts.

Dec. 20 – Bittersweetness of Christmas service at MacKay United Church, 39

Dufferin Rd. 613-749- 8727. mackayunitedchurch.com. 7 p.m. A service recognizing that for some, Christmas can be a difficult time. All are welcome.

Dec. 24 – Christmas Eve services at MacKay United Church, 39 Dufferin Road. 613 - 749 - 8727. mackayunitedchurch.com. A Christmas Eve morning service with special music takes place at 10:30 a.m. Then at 4:30 p.m., MacKay United holds a family service with communion and special music.

Dec. 24 – Four Christmas Eve services at the Church of St. Bartholomew, 125 MacKay St. stbartsottawa.ca. St. Bart's hosts four church services, as it's also the fourth Sunday of Advent. Regular Sunday services will be held at 8:15 a.m. and 10:30 a.m. Then for Christmas Eve a family service will start at 4 p.m., followed by an evening service at 7:30 p.m.

Dec. 24 and 25 Christmas services at St. Luke Lutheran, 326 MacKay St. stlukeottawa.org; saintluke-lutheran@gmail.com. St. Luke's Lutheran Church will hold a Christmas Eve carols and candlelight service at 7:30 p.m., Dec. 24. The Christmas Day service starts at 10:30 a.m. on Dec. 25.

January

Jan. 1 – New Year's Day Brunch at the New Edinburgh

UrbanOttawa.com



You are invited to join us at 115 Beechwood Ave for an Open House, from noon to 6pm on Saturday, December 16th.

We will be featuring works of local artists, namely two Manor Park residents Beth Stikeman and Martha Nixon, along with Sara Mullen and Darlene Provost. Check out UrbanOttawaArt.com for details.

All those attending will have their names entered in to a draw to win a \$200 gift certificate towards a piece of art of your choice.

10% of the proceeds from the sales will go to the Children's Miracle Network.

Hope to see you there!



Natalie's
URBANOTTAWA
the art of urban living

RE/MAX Hallmark Realty Group Ltd. | brokerage

613.747.9914

Broker | Courtier **Natalie Belovic**

Classified Ads



Burgh Breezy Bits

DEADLINE: JAN 10
newednews@hotmail.com

Congratulations

Congratulations to **Jane Dobell** who received the Order of Ottawa on Nov. 16. Co-founder of the former Sussex Drive bookshop, The Bookery, Jane helped establish the Book Fair at Rockcliffe Park Public School, served as school trustee, and until recently was chair of the Rockcliffe Park Library Book Sale.



Happy seventh birthday, **Julien**. We love you, Maman et Papa.

Happy birthday to *NEN*'s former Advertising Manager, **Brian Gallant**. Best wishes and thanks again for your years of hard work with our little newspaper!

Best wishes to **Rachel Leadlay**, who celebrated her eighth birthday on Nov. 25.



Angelica Olomoi, Sue Henderson, Ms. Younger, Nancy Hooper (in back), Dr. Marie Kiar, Michele Corriveau (in back) Julia Olomoi and Penny Younger.

Photo courtesy Liz Heatherington

The Church of St. Bartholomew held its annual bazaar on Nov. 4. City Councillor **Tobi Nussbaum** opened the event and was piped into the hall with Canon **David Clunie** by parishioner Dr. **Dan Cameron**. The event was well attended and the tea-room was constantly busy. Thanks to all who attended! All proceeds go to the work of the Church, including the lunch program at Cornerstone Women's Shelter and many other charities. We thank our sponsors: Goodies Fine Catering, The Rockcliffe Retirement Residence, The Edinburgh Retirement Residence, Chartwell New Edinburgh Square Retirement Residence and Governor's Walk Retirement Residence for providing delicious food.



Two movies were shown *al fresco* on the block of River Lane between Dufferin and Keefer this fall. **Justin Swan** of 140 River Lane constructed a screen and obtained a projector. The first impromptu event attracted most of the lane's emerging cinephiles under the age of 10, including members of the Swan-Mackinnon, Martin-Young, Lajeunesse-Andrews, Genta and Straka-Bohn families. Word spread beyond the lane for the second movie night, which featured pizza and other refreshments. More outdoor movies are in the works for 2018 through a collaboration between neighbours, the Rideau-Rockcliffe Community Resource Centre and the Crichton Community Council.

Photo courtesy Chris Straka



Photo by Louise Imbeault

MacKay United Church held its annual bazaar Nov. 25. **Ruth Holden, Shirley Sloan and Eleanor Bates-Dunn** helped with the home-made pies, pastries, cookies, jams and preserves. Well done, ladies.



Photo by Liba Bender

Susan Jacobson (left) and her daughter **Dominique Jacobson**, of their eponymous fine foods shop, held a delightful invitation-only Night Market on Nov. 17, featuring several of their high-quality vendors.



Copious thanks to everyone who helped make RPPS Book Fair 2017 a resounding success: donors, shoppers, sponsors and especially the volunteers. True to the mythology theme, our veteran fiction team **Michele Hayman** (left) and **Seanna Kreager** transformed into sassy gorgons! Book Fair 2018 will take place November 2-4.

Electric Street welcomes its newest and most adorable resident, **Anna Rose**, born September 27 to **Sarah Smith**

and **Carlo Zambri**. Anna Rose has impressed her neighbours with her relaxed attitude towards life (which will come in handy when she realizes that there are more boys than houses on her street).

Farewell

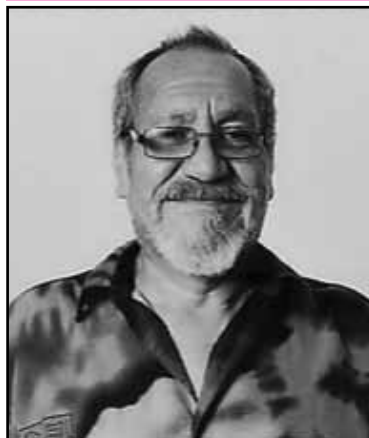


Photo by Louise Imbeault

New Edinburgh bade farewell to **Ernie Smith** who moved to Almonte, Ont. in October. Ernie had been very active in our community, volunteering for the past 17 years and serving a term on the NECA board. We wish him much happiness in his new home. Please visit soon, Ernie! Those wishing to send him a message can do so via adpalou@gmail.com.

Farewell to **Charlie Johnson**, former general manager of NECTAR, who recently moved with her husband to Prince Edward Island. Best of luck out in the Maritimes!

Condolences



Sad to announce the sudden passing of well-known local Aboriginal artist and Burgh resident **Ron Noganosh** on Nov. 15 in his home with his wife **Maxine Bedyn** by his side. Ron was a wonderful and caring husband, father, grandfather and neighbour cherished and respected by many. He will be deeply missed. His photo proudly hangs at Ottawa City Hall (above).

Celebration of Life at 2 p.m. on Sunday, December 17 at Arts Court Studio, 2 Daly Ave.

Donations to the Heart and Stroke Foundation in lieu of flowers are welcome.

Condolences to **Jeff Rosebrugh**, a long-time advertiser in the *NEN*, on the recent death of his sister, **Jennifer Rosebrugh**, a career Foreign Service Officer with Global Affairs Canada, an active member of Amnesty International and Heritage Ottawa, and a resident of Lindenlea with her husband **Jeff Murray**. She will be greatly missed by family and friends.

Three venerable and much-loved canine senior citizens have died in the past two months: **Gypsy Rose**, the charming basset hound companion of **Pauline Whelan**; chocolate Labrador **Tucker**, the park-loving sidekick of **Sue Abbott** and **Bill Driver**; and yellow Lab **Becky**, the cherished "older sister" in the **Heintzmans'** Labrador family. All three will be sorely missed by their devoted owners.

Wanted

Isobel and Mark Bisby are looking to borrow or buy an indoor exercise bike. If you have one to sell or share, please call **613-304-7919** or email ibisby@gmail.com.

Calling all fashionistas, dress designers, haute couturiers, hat makers, knitters, seamstresses and garment stylists! **Tea Tyme** would like to showcase your creations Apr. 28-29, 2018 11 a.m. – 6 p.m. Drop in to 81 Beechwood Ave. or call 613-741-8360. Please join us for music, tea and biscuits. All are welcome!

NECTAR News

255 MacKay is still looking for a new owner. We've had many showings of this fine old house over the past two months and we hope to have an announcement very soon. Meanwhile, we have studio space for rent for anyone looking for a space away from home to be creative! The NECTAR Community Room continues to be available for birthday parties, meetings, workshops etc. Contact nec-tarcentregm@gmail.com.

Correction

Our apologies to **Alex and Isabelle Reid** on our misplaced 'Farewell' in October. The Reids remain happily ensconced in their home on Crichton Street with their black Labrador, **Hadley**.