

# NEW EDINBURGH NEWS

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Photos by Louise Imbeault

It's been a blast: Da Bombe owner Bill Ross is taking a break from the food business. He closed the popular café in late December.

## Majority of responses lukewarm to local programming: survey

By Phil Nowotny  
NECA board member

In autumn of 2017, the New Edinburgh Community Alliance initiated a community survey in partnership with NECTAR and the Crichton Community Council. The goal was to better understand current and future needs by the community. The survey included a focus on activities and programming to support NECTAR with their future development following the sale of their building (see page x for details). We are excited to present the results to the community as follows:

### General and demographics

The survey was offered online and in print and we aimed to make it as anonymous as possible (respondents' household size, age, and rough geographical location were the only personal identifiers). Ninety-four people participated in the survey, predominantly in English (93 per cent). Though the residents of New Edinburgh were the target group, 7.4 per cent of all respondents were non-local constituents. Household sizes included single (11.1 per cent), double

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## Sidewalk coming to gravel section of Dufferin Road

By Chris Straka

Big yellow construction machines are coming back to Dufferin Road this spring.

City officials confirm that in 2018 a sidewalk will be added to the southeast side of Dufferin Road from Crichton Street to the Stanley Avenue bend, where the truncated Rideau River Eastern Path spills into traffic. Currently, pedestrians use the gravel shoulder on the Beechwood side of Dufferin to get to the paved path from New Edinburgh's network of sidewalks. The safety of pedestrians currently using the road-

way is compromised further by the fact that the block serves as an egress route for heavy trucks and other construction vehicles leaving the CSST project site.

Sidewalk construction will also include the installation of a storm sewer and catch basins.

This block of Dufferin Road has long been challenged by poorly directed or ineffective drainage. Notwithstanding road grading work done in 2016 to redirect flows toward catch basins in Crichton Street, surface water on this

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## Da Bombe quietly closes its doors

By Jane Heintzman

In late December, the lights at **Da Bombe** went out for the last time. After what he recalls as "11-plus *really* good years on Beechwood," owner **Bill Ross** quietly closed the doors of his local eatery at 18 Beechwood in order to take a restorative break from the relentless demands of operating a small business.

Bill looks back with satisfaction on Da Bombe's long run in the neighbourhood, but recognizes that the time has come to take a breather and to fully restore his health and strength after his surgery last summer.

But faithful clients, take heart: Bill plans to maintain Da Bombe's Facebook page in case he decides to launch a small home-based operation down the road.

All good things must come to an end. And Da Bombe was indeed a good thing, offering tasty, affordable fare, from freshly-prepared soups, salads and sandwiches to handy take-home meals; appetite-busting weekend brunches; and – last, but not least – irresistible desserts and sweet treats including Bill's memorable mousse cakes, cheese-cakes, cookies or squares. It's cold comfort that our New Year's resolutions may be easier to keep this year following Da Bombe's departure.

Bill began his food business as a wholesale operation based in his home kitchen, where he prepared his now-legendary desserts for distribution to high-end restaurants, golf clubs and other institutions. Through a combination of culinary flair and scrupulous insistence on

high-quality ingredients (not least, the finest Belgian chocolate), Bill swiftly established a city-wide reputation as a leading provider of sumptuous desserts.

When the time came to launch a retail outlet, Bill set up a small shop at 176 Beechwood in the complex now housing Pet Valu, Nuvo Optometry and Mood Moss Flowers. Back then, Da Bombe was a small, family-run operation with only a handful of seats. Bill's fine fare swiftly built a following in the 'hood and in 2008, he moved into much larger premises at 18 Beechwood, in the heart of the Beechwood shopping area.

Bill made full use of the larger space to accommodate many more in-store patrons, offering both light fare for coffee and tea breaks and hearty lunches. Over the years, the store introduced a number of additions to its repertoire. For a brief period, Bill offered home-style roast beef Sunday dinners and later introduced weekend brunches, a popular innovation which was maintained until closure. But despite the pressures of rising costs and competition, Bill resisted the temptation to scale up into a licensed operation, keeping his eye firmly on his primary goal: "offering good, simple food at reasonable prices." Anyone who knows Bill won't be surprised by his confession that "I just wouldn't feel good about charging high prices."

It's been far from smooth sailing for Beechwood merchants since the fire of March 2011, when the commercial core of the neighbourhood was decimated and some

residents lost their homes. Indeed, at the time of the fire, Da Bombe became a sanctuary for displaced residents, offering shelter and comfort in an extraordinarily stressful situation. Dramatic a blow as the fire was to the community, Bill recalls that his business actually got a boost in the year immediately following the fire, when our neighbourhood was briefly in the local media spotlight, garnering him appearances on local television.

Grateful as we are for the cozy and welcoming neighbourhood haunt Da Bombe provided over the past decade, we're perhaps most grateful for Bill's outstanding example as a generous, humane and endlessly hard-working member of our business community. Not only has he invariably had a smile and a cheery word for clients and friends, but for many years he has reached out to less fortunate members of the community, offering an annual Christmas dinner to anyone lonely or in need. Bill pulled out all the stops for these dinners, serving up an ample feast of turkey, stuffing and all the trimmings. In some years, two sittings were needed to accommodate all the appreciative diners. At the same time, Bill has been generous and supportive to other local businesses in their times of trial, reaching out, for example, to Bread and Roses following the fire to offer space in his store to market their wares.

Much as we will miss Bill's fine, homestyle cooking and cozy café, he'll be remem-

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# Thank you for being such an engaged community



**Cindy Parkanyi**  
NECA President

Ever since I moved into the 'Burgh over 20 years ago, I have been aware of the very special sense of community that exists here. It sometimes feels more like an extended family—albeit one where not everyone always agrees or gets along all the time, but where you can count on those around you when things get tough. This coming together in times of difficulty was evident during the ice storm of '98 when neighbours helped out neighbours in any way they could; it was evident again after the Beechwood fire, when residents, community groups and businesses came together to help those affected. And when confronted with the real possibility of a major mining operation being plunked down in the heart of our community, people came out in droves to protest at City Hall and attend City-held information sessions to voice their dismay. More recently, a fire on River Lane that destroyed one house under construction and severely damaged two others, has also incited many in the community to reach out to ask what they could do to help.

I feel blessed to live in a community that is so engaged. And speaking of engagement...

## Cycle Path and Park Vision

To begin with, I would like to thank Jeff Smith for spending many, many hours working on behalf of local residents and the wider cycling community to try to find a safer solution to the current configuration of the cycle path through Stanley Park, both in the interim during the CSST construction and longer term.

NECA felt that Jeff's proposed solution warranted further consideration and encouraged him to provide an article for the December *New Edinburgh News* describing the idea and requesting community feedback. It worked, as you will see from the several letters to the editor on page 3. This input, as well as feedback from others in the community and from the City, will be further reviewed and before any changes are proposed to the City regarding the cycle path configuration – or any other major changes within the park – further consultations with the community will be undertaken. Cycle path options will be examined as part of the larger Park Vision project being undertaken and any proposals coming out of this work will be subject to full consultation with the residents of New Edinburgh.

The Park Vision working group is currently working on a draft vision statement

and collecting relevant information that will help inform possible park enhancements as part of the CSST reinstatement and beyond. Watch this space.

## CSST Update

At a recent meeting with CSST staff, it was decided that the daily CSST email updates will become weekly 'looks ahead', with ad hoc updates provided if there are substantial changes to the planned activities. Also, the weekly construction meetings will cease, with the understanding that NECA or residents can request a meeting at any time.

Meeting attendees were also given a sneak peek of what's coming – in the form of photographs of the current construction work of

the North-South tunnel. It's big, noisy and very industrial looking.

NECA representatives and other residents also provided City staff with a list of concerns:

- **Emergency access to River Lane** - City staff assured community members present at the meeting that emergency services were aware of the River Lane closure and that proper protocols were followed in response to the fire on River Lane on Jan. 19.

- **Diesel exhaust fumes from generators running 24/7** - The City has moved the generators farther from homes and will be checking in with affected residents to ensure that the fumes have not returned.

- **Drilling six days a week**

**to complete the starter tunnel** - Why is it necessary given the delays in the arrival of the borer machine? According to City staff, the contractors would not be paying the overtime premiums if it were not deemed necessary to avoid costly delays. Residents were dubious.

- **Dufferin Road improvements** - A request that the City consider extending sidewalks and intersection improvements in the Dufferin / Stanley area will require further consultation and consideration – by the City and by the community.

If you would like to get more involved with your community or would like to provide input on NECA's activities, please feel free to contact me at [cparkanyi@yahoo.ca](mailto:cparkanyi@yahoo.ca).



Sketch of Avon Lane.

By Martha Markowsky

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### 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, February 20, 8 p.m.**

**Tuesday, March 20, 8 p.m.**

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



# Letters to the Editor

## Cycle path article prompts new ideas for broken route

Many readers felt NEN's December 2017 cover story, "Residents propose new off-street route for interim cycle path," contained phrasing both in the article and in the headline which implied the proposal to move the detoured cycle path off Stanley Avenue was an approved plan endorsed by the NECA board. This is not the case and NEN regrets any confusion. As it stands, the NECA board continues to look for proposals from residents for ameliorating the multi-use pathway which is currently being detoured onto Stanley Avenue for the next few years. The following are some responses from readers concerning the original article. —Editor

I write to register strong dismay and disagreement with the proposal to extend the bike path through the middle of Stanley Park (Re: "Residents propose new off-street route for interim cycle path," NEN, December 2017). The proposal comes with little to no consultation that I am aware of with the many that would be affected.

Chief concern is that the pathway would fragment the widely used section of the park, reducing its general utility for the sake of bike commuters who could very well use Stanley Avenue. Over the years, I have seen the section of park used by picnickers, for baseball and soccer, for dog walkers, etc. Having a bike lane through the middle effectively cuts the size in half, reducing its value as an open green space.

The proposal comes at a time when the neighbourhood is under serious assault from construction, noise, diesel fumes and greatly reduced use of the wider park as a result of CSST. Surely further cutting up the parts of park is not a solution. If bike safety over the three blocks along Stanley is indeed a significant concern, the bike path could be routed to run along the river in parallel with the existing walking path with little to no additional fragmentation of the park.

*Tijs Creutzberg  
Stanley Avenue*

We would like to express our views concerning the proposed new off-street route for the interim cycle path in Stanley Park. We live at 137 Stanley Ave. which places our house close to the CSST access point at the end of Queen Victoria Street.

The present cycle route along Stanley Ave discourages cyclists from using the Queen Victoria entrance to the park due to the potential truck-bicycle collisions at this point. The CSST site access point features a wooden wall and a screened gate which act as blinders, severely hampering the sight-lines of emerging construction vehicles. The 'No Bicycle Entry' sign is often ignored and cyclists continue to use the path to connect with the original multi-use pathway. We feel that the circumstances which make this a potentially dangerous intersection would be exacerbated with a proposed path which crosses the CSST site access at right angles.

Walkers have been crossing this entrance safely, but a collision would be far more likely with cyclist crossing at higher speeds. The article refers to this access route as a controlled intersection. Our experience would indicate otherwise as construction vehicles move quickly from the construction site along

Queen Victoria from Stanley Ave to the construction site.

We imagine that the proposed crossing at the CSST site exit at the playground has similar potential hazards.

We would like to propose that a safer route which circumnavigates the entire CSST site to the southwest closer to the river should be considered to avoid the crossing of both CSST access points. A combined walking-cycling multi-use path might be appropriate.

Alternatively, we would suggest that the present route along Stanley is safer than the route proposed in the NEN article. The present route features a four-way stop at Queen Victoria, better sight-lines and a safer distance from the CSST site access at the playground.

*Bruce McLaurin and Catherine McConkey  
Stanley Avenue*

The only break in the entire length of the Rideau River Eastern Pathway is the 150-metre stretch of Stanley Avenue between the bend and the fieldhouse. Through every other neighbourhood on the east side of the Rideau River one can cycle safely and continuously on a path segregated from motorized vehicles.

The unification of the paved bike path on the river side of Stanley Avenue would resolve a longstanding public safety issue: the uncontrolled intersection of bicycles and motorized vehicles (as well as the potential conflict between pedestrians and cyclists choosing alternate routes). Although the potential for conflict is exacerbated by traffic associated with the CSST project, the issue was not created by the CSST, and it certainly will still exist after the CSST is completed.

Now is the time to work with the City of Ottawa to complete the Rideau River Eastern Pathway. A detailed design effort would demonstrate that the space exists for a grade separated paved path of standard dimensions between Stanley Avenue's street trees and the edge of the roadway. The process of public consultation, planning, design, tendering and construction of the pathway link should begin now so it is ready to be rolled upon the day the CSST fences come down.

A prospective bicycle path connection in the Stanley Avenue road right of way (along the river side, between the bend and the Fieldhouse,) should be considered independently of any realignment of the existing path through New Edinburgh Park (between the homes on Stanley Avenue and the Rideau River).

*Christopher Straka  
Dufferin Road*

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**www.newedinburgh.ca**

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# News You May Have Missed

By Christina Leadlay and Jane Heintzman



Photo by Seanna Kreager

## Three-alarm fire on River Lane

Fire destroyed a house under construction on 112 River Lane on Jan. 19 and spread to two neighbouring homes, causing hundreds of thousands of dollars in damage. No injuries were reported from the three-alarm blaze that took fire crews more than four hours to knock down. Queen Victoria resident **Bryan Kreager** noticed the fire around 11:15 p.m. and quickly began knocking on doors to alert neighbours, including **Carol Geller** and her 13-year-old son **Kent Sherry**, who made it out safely. The house where the fire started, owned by

**Deepee and Raewyn Khosla** (who were not living there during construction), has been deemed a complete loss. Neighbours on the other side, **Scott Clegg**, **Jill Steube** and their children **Gordon**, **Martha**, **Billy**, **Wesley**, **Ben** and **Hannah**, were not home when the fire spread to their residence. Scott tells *NEN* the family has relocated to Noel Street for the next six months as their River Lane house is uninhabitable due to water and fire damage. Carol tells *NEN* her house is in a similar state, and that while she is currently staying with her sister on Ivy Crescent, she is looking to rent a house or apartment (potentially fur-

nished) in the area for the next eight to 10 months. As of deadline, there is no word on the cause of the fire. Both Carol and Scott are thankful to the community for the outpouring of support. If you are interested in helping out Carol, Scott and their respective families, contact [info@newedinburgh.ca](mailto:info@newedinburgh.ca).

## Des Rosiers joins Wynne Cabinet

Ottawa-Vanier MPP **Nathalie Des Rosiers** was appointed to Ontario Premier **Kathleen Wynne**'s Cabinet on Jan. 17. Des Rosiers takes over as Minister of Natural Resources and Forestry from **Kathryn McGarry**, who has moved to the transportation portfolio. The *Toronto Star* reported the goal of this Cabinet shuffle was to fill vacancies left by ministers not seeking re-election in June. It has also made the Wynne cabinet more gender-balanced, now featuring 13 women (including the premier) and 16 men.

## PC Candidate for Ottawa-Vanier declared

With the Ontario election expected no later than Jun. 7, the provincial Progressive Conservatives recently announced their candidate for our riding. Local business owner **Fadi Nemr**, a restaurateur in the Pineview community, won the nomination in January. "I'm here to be your candidate because I

know how much harder life has become over the last 14 years as a business owner," Fadi said in a press release. Fluently trilingual and educated in Lebanon, Fadi holds a Master of Science in Chemistry. He supports numerous community building organizations, and is very active in the community. Fadi is married to **Jouhaina**, and their daughter **Mira** is a university student.

## NECTAR update: 255 MacKay conditionally sold



Photo by Louise Imbeault

New Edinburgh House, home of NECTAR at 255 MacKay St., has been conditionally sold. Real estate agents at [Sezlik.com](http://Sezlik.com) report having received considerable interest in the property over the past four months. According to NECTAR chair **Sean Flynn**, "the current buyers are working through their initial conditions and progressing towards the more substantive planning asso-

ciated with the property. In the interim, New Edinburgh House continues to operate at its current reduced capacity with some limited events and programming happening during this period of the conditional sale." Sean says that while the Board has not been directly involved in any discussions between the buyers, the City of Ottawa and community representatives, they continue to be optimistic that the proposal by the buyers will be well-received by the City and our community.

## Let there be lights

A major portion of the scenic stretch of the Sir George-Étienne Cartier Parkway that loops off Sussex Drive between Buena Vista Drive and Princess Avenue is getting new lamp posts. The National Capital Commission has cleared the area (normally off-limits for the winter months and popular with dog walkers) to allow access for heavy equipment to replace the 14 old lamp posts along the route. The project is part of a multi-year "electrical rehabilitation program," and entails the installation of new light fixtures with high efficiency, low consumption LEDs. The plan is to retain the heritage style of the concrete aggregate lamp posts, which were a graceful enhancement of the road's natural beauty, strongly evocative of the entrance to Narnia in *The Lion, the Witch and the Wardrobe*!

# Three federal initiatives to help keep more money in your pockets



**Mona Fortier**  
Ottawa-Vanier MP

As we are now well into 2018, I wanted to alert you to a few important initiatives that our government has undertaken to help Canadians keep more money in their pockets.

In 2016, our Government launched the Canada Child Benefit (CCB) and committed to providing increased support for low to middle-income families with children. The CCB is targeted to families who need it most—low- and middle-income families—while higher-income

families receive lower benefits. As the Member of Parliament for the Ottawa-Vanier, I am very pleased to see that our Government was able to strengthen the CCB in 2018 for the hard-working families of our riding.

For a single parent of two, this means approximately \$560 more this year, tax-free, for books, skating lessons or to invest into a Registered Education Savings Plan for their children's future.

National Revenue Minister

Diane Lebouthillier recently announced that the Canada Revenue Agency has introduced new ways to file your taxes, improving the tax-filing experience for Canadians. This means that 950,000 eligible individuals on low or fixed income will be able to file their taxes over the phone. Eligible individuals will be able to file their taxes simply by answering a series of questions over the phone; there are no paper forms to fill out or calculations to make. File My Return is free, secure and easy to use.

Lastly, to help lift thousands of low-income seniors out of poverty, we have introduced the Guaranteed Income Supplement (GIS) top-up. Seniors who live alone will receive an extra \$947 per year through GIS, helping

900,000 vulnerable seniors across Canada, of which 70 per cent are women.

As always, my staff is here to support your interactions with the federal government. My office is located at 233 Montreal Rd. and is open

from 9 a.m. to 5 p.m. from Monday to Thursday and 9 a.m. to 4:30 p.m. on Friday. If you would like to contact my office, please call **613-992-4766** or send an email to [mona.fortier@parl.gc.ca](mailto:mona.fortier@parl.gc.ca).

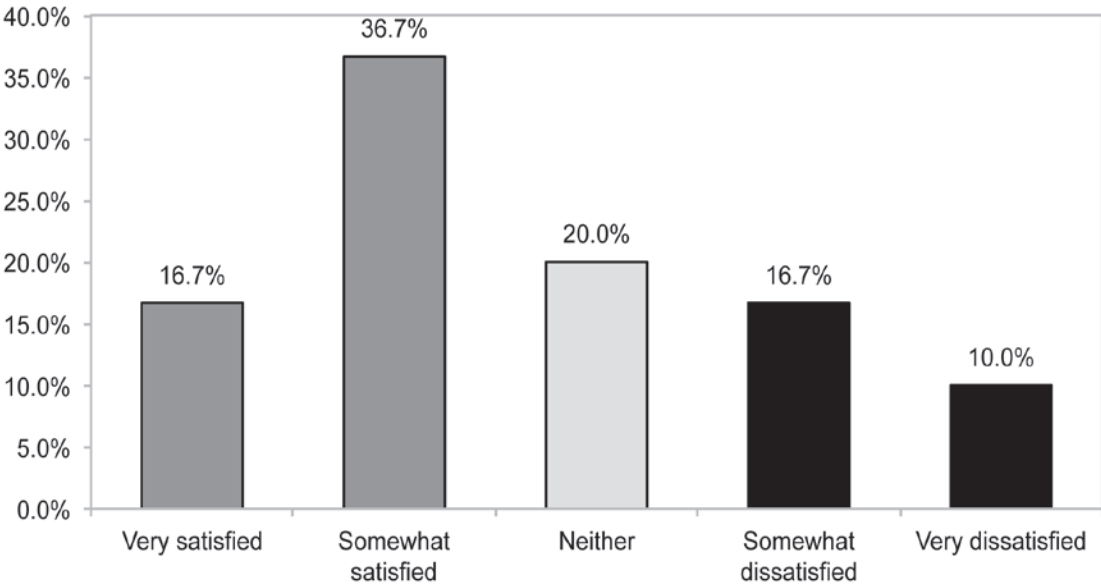


## Chris Ellis

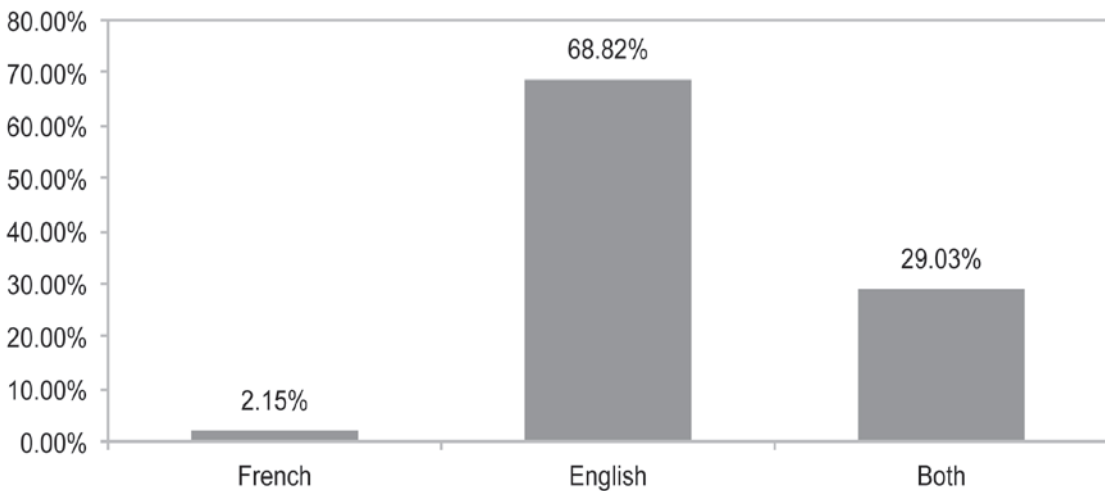
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How satisfied are you with the programming provided by New Edinburgh facilities?



In what language do you prefer to take these activities?



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(35.6 per cent) and 3–6 family members (53.3 per cent) with roughly one-third aged 0–19; slightly more than half aged 20–65; and 11.2 per cent being above 65, seniors 22 per cent. In contrast to the ward’s demography, we

had an over-representation of children, an under-representation of seniors and single-households (visit [neighbourhoodstudy.ca/lindenlea-new-edinburgh](http://neighbourhoodstudy.ca/lindenlea-new-edinburgh)).

**The results**

When asked what are the

top three concerns regarding programming and events in New Edinburgh, most respondents mentioned sufficient or attractive programming (e.g. timing, selection, programs aimed at families or seniors); advertising of events; more

concerts, and no more build-up in park.

The most popular activities are outdoor sports, playing in park, dog walking, fitness classes, local events, arts and culture and activities for children that are often done multiple times a week, if not daily. Activities are attended to equal shares in the morning or evening, respectively during the week or on the weekend. Many attend activities locally, for example in Stanley Park and at the fieldhouse, New Edinburgh House, or area churches, although residents do travel further for instance to gyms or yoga studios, museums or community centres in Lindenlea or Rockcliffe Park.

Despite a vast majority of people responding to this survey in English, 29 per cent enjoy their activities in either of the official languages.

When asked: “Of the leisure activities that you leave New Edinburgh for, which ones would you prefer to do in New Edinburgh?”, residents cited swimming, athletics and yoga, arts and kids’ activities. Appreciating the proximity to regional activity venues, some responses were along the line: “None really - not worth investing to build something if we can get it five

minutes away.” A vast majority would also be strongly interested in using these and other activities locally. To put things into context, we asked how satisfied residents are with the local programming. A small majority turned out to be somewhat or very satisfied, while about a quarter expressed at least some degree of dissatisfaction.

**Next steps**

The result of this survey will be used to inform the NECA board and partners for the newly established Stanley Park visioning committee and other activities. The detailed results (including raw data) of this survey will be made available online to further serve all residents.

On behalf of NECA, I would like to thank the residents, partners and NECA board members who helped to develop this study, as well as the many volunteers who knocked on hundreds of doors: Caroline Matt, Cindy Parkanyi, Debra Conner, Gail McEachern, Hope Celani, Jane Heintzman, Jennifer Irwin, Joana Chelo, Joni Hamlin, Katherine Hall, Margaret Opazo-Baer; Sean Flynn, Tara McKenzie and Tim Plumptre.

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# BURGH BUSINESS BRIEFS

- By Jane Heintzman and Elizabeth Gray-Smith -

## Continued from page 1

bered and missed above all for his unfailing good cheer and good heart. We sincerely thank him for his many enduring contributions to the life of our neighbourhood and wish him a full recovery and a restful (even if temporary!) retirement.

## New digs for local dog school

If Ottawa neighbourhoods were ranked by dog-friendliness, ours would be right near the top of the list. Our canine population has it all: Stanley Park for companionable romps; the Rideau River for joyous (and odiferous) bathing; lovely walking areas for a quiet stroll and sniff and devoted families to cater assiduously to their needs. It just doesn't get any better. But like their young human counterparts, many (most) of these pampered pooches require a little schooling to become good citizens, and that's where the **Ottawa Canine School** comes in.

The school is owned and operated by well-known Ottawa dog trainer **Chantal Mills**, who was an experienced educator in the Ottawa-Carleton District School Board before launching her dog-training career. Long-time Burghers may remember Chantal's early days running training classes on the second floor of 200 Crichton, former home of the 4Cs (precursor to NECTAR). Since then, the school has expanded considerably to meet a growing demand for training services. Until very recently, it was located at 425 St. Laurent Blvd., but in January 2018,



Photo by Louise Imbeault

**Doggie daycare manager Amanda with some of her clients at the Ottawa Canine School.**

it moved again to **401 St. Laurent Blvd.**, (virtually next door to its former space) and is now in the same building as Full Cycle bike shop. The school entrance is at the side of the building.

Although the fit-up of the premises was challenging, Chantal is delighted with the new, more spacious location, which has a larger training hall, a bright reception area overlooking the park, and – biggest bonus of all – a fenced-in outdoor area where canine clients (including doggie daycare charges) can get some fresh air. As in the previous location, the floor has been outfitted with recycled rubber tires to reduce the stress on dogs' muscles and joints as they go through their paces in the training sessions.

Ottawa Canine School's core services include **group classes; private training and behavioural consultations; week day doggie daycare; and a highly-regarded trainer certification program**, as

well as playdates and seminars. Group classes range from Puppy Kindergarten to Good Manners (a.k.a. Obedience, Basic and Intermediate), Outdoor Manners, Total Recall, Reactive Rover, and such specialty classes as Agility, Pet Tricks and Rally Obedience. Visit **ottawak9school.com/group-classes** for details and class schedules.

Chantal reports that private training is in high demand. She and her fellow trainers offer private sessions to clients within a 15 km radius of the school, although they can occasionally accommodate farther-flung clients if a trainer happens to live close by. Sessions take place in the client's home, at a convenient outdoor spot in their area, or in some cases, at the school. In addition to such typical behavioural quirks as barking, pulling on leashes, jumping up at the front the door, and overall "reactivity" to other dogs or people, some new issues have cropped up recently which call for Chantal's expert advice and assistance. The first involves the tricky adjustment process when a puppy or new dog is

introduced into a home with an elder canine statesman. It's not hard to see the minefield in that scenario!

A second problem area involves newly-rescued dogs, particularly those from such countries as Mexico, Cuba and India. These rescue dogs can have serious difficulties adapting to their new environment, whether it's life in the Canadian climate, or even life indoors if they've been street dogs all their lives. In such cases, Chantal urges owners not to rush the adjustment process by immediately immersing the dog in all aspects of their life. Given the obvious trauma of travel and dramatic change, Chantal strongly recommends a "doggie detox" approach, allowing the stressed-out pooch at least five days of quiet, undisturbed downtime in its new home, before gradually introducing it to new adventures.

The school's well-regarded trainer certification program has attracted students from as far afield as Hamilton and Montreal. Most candidates have some previous experience in the field, for example as dog-walkers or breeders. In one instance, the program caught the eye of a woman with expertise in human behaviour theory, presumably curious about how the canine world compares! The program involves two weekly sessions: hands-on and theory. Participants are entitled to take every class on the school's roster while they're in the training program, and to attend all seminars at no charge. Chantal feels that the trainer certification program has an invaluable side benefit: she can choose from the pool of highly qualified graduates, and indeed, has already hired several to become part of her team!

Ottawa Canine School's doggie daycare program is a perfect option for busy households in which Rover is solo for many hours while the family is at work or school. The daycare operates from Monday through Friday, from 7 a.m.–5:40 p.m., and provides your pooch with a companionable day (or half-day) of play and snoozing under the supervision of two qualified staffers. There's a pre-screening process for each applicant to ensure the dog is able to deal with group activity and, as Chantal explains, "doesn't spend hours shivering under the table!" To find out all the details, visit **ottawak9school.com** or call **613-744-1185**. - JH

## Montreal-style bagels now on Montreal Road

A Montreal-style bagel shop is finally within arm's reach. No need to drive to the west end anymore. Cadmans Montreal Bagels recently opened at the corner of Montreal Road and the Vanier Parkway, allowing local bagel buffs to happily walk away with dozens of their store-made goods.

Cadmans' founder, **Ranjeev Sharma**, explains why it is worth the five-minute trip down the Parkway to pick up the new breakfast and lunch trend in the hood.

"Montreal-style bagels are simply the best bagels on the planet," he says. "They are thinner, more dense and chewy with a bit of sweetness to them."

Ranjeev was a Kettleman's Bagel Company franchisee for over a decade, so he understands the art of making a good bagel.

The sodium-free dough is a perfect blend of simple and natural products. Without completely giving away his secret recipe, Ranjeev lists off the top ingredients as water, vegetable oil, eggs and malt.

Each bagel is individually hand rolled and boiled for about 20 seconds in honey water before getting all dressed up.

At Cadmans you will find 14 varieties of bagels and 12 flavours of cream cheese to choose from.

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Shubham "Sam" Bawa is the manager of Cadmans Bagels on Montreal Road.

Photo by Louise Imbeault

fill the take-out bag. Through strong relationships with renowned Montreal bakeries Solly's and Snowdon Deli (to name just a couple), Cadmans brings a taste of kosher Montreal to the area. No more driving to College Square mall for the Jewish holidays' hard-to-find products!

Anyone looking to take Cadmans menu for a test drive can look to Ranjeev's recom-

mendation of the breakfast combo, complete with tea/coffee/drink, choice of bagel with egg, real cheddar cheese, bacon and a potato latke.

Lunching locals can reach for the Cadmans special bagel sandwiches. Think the classics like smoke salmon and cream cheese, the BLT, and the Reuben. Or get creative with the vegetarian option, the chicken melt or the "Italian."

Cadmans fans can order through UberEATS and skip-the-dishes.com or contact Ranjeev directly to wow the next business meeting with catered platters.

But, Ranjeev urges you to drop by in person.

"My favourite part is when my customers eat the bagel right out of the oven," he says. "Our staff feel really proud and this puts a huge smile on their face." - EGS

#### Yoga café has fresh ideas for 2018

In 2015, the City of Ottawa solicited public opinion on the idea of promoting small, walkable corner stores and retail services within residential neighbourhoods. A large majority of respondents were in favour of zoning changes to encourage such small neighbourhood enterprises, and judging by the constant, bustle at the **Union Street Kitchen Café** at 42 Crichton St., that's no surprise!

Since its opening in summer 2016, the café has become a popular destination for New Edinburgh residents, as well as for passing cyclists

and strolling employees from Global Affairs Canada in search of a tasty lunch. Co-owner, operator and talented chef **Christine Garand** attributes the café's success to two basic operating principles: flexibility and creativity (modestly failing to mention that her imaginative fare is irresistibly delicious). If one menu item or service doesn't work out, she swiftly changes gears, as she did recently when she pulled the sweet potato sandwich from the menu. This caused such an outcry that the item was promptly restored!

Christine takes her cues from her clientele and is always ready to make positive changes. To accommodate allergy sufferers, the Union Street Kitchen Café offers plenty of gluten-free options, including homemade soups (always gluten- and dairy-free), salads, avocado toast on gluten-free bread, and even sweets like meringues and occasionally a yummy chocolate cake made from a gluten-free flour blend.

Christine's strong suit is creativity. She returned from

a recent trip to New York City filled with inspirations for 2018 – she plans to draw on the example of hip Big Apple cafés to introduce "little touches and notes of surprise" to her lunch fare. At the time of my visit, she was about to introduce a delicate new sauce laced with healthful turmeric, garlic, tahini and lemon. The creation got a definite thumbs-up from the first client to try it. And later this winter, stay tuned for some tasty carrot variations – including one that mimics the flavour of bacon!

Other plans for 2018 include a fresh coat of paint to beautify the shop's exterior. The colour scheme is yet to be decided, but Christine promises a "nice blending" with the existing frontage. **Craig Pederson**, Christine's partner and co-owner, has been sidelined since the fall with a broken ankle, but come spring he hopes to start on the touch-ups in time for the busy season. Craig also plans to make adaptive use of a splendid awning made for a side patio

Continued on page 8

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Photo by Louise Imbeault

**Luise serves up a fresh batch of chocolate almond cookies at the Union Street Kitchen Café.**

**Continued from page 7**

at Il Primo (his Preston Street restaurant). The awning has been unused since the side patio was closed down because of a City regulatory issue, and will be cut down to size to adorn the front of 42 Crichton. When life hands you a lemon, make lemonade!

Craig is the mastermind behind the lovely side garden that flourished on the Union Street side of the café last year and plans to further enhance it this spring. The outdoor seating around the Union Street garden was enormously popular last year, with rarely an empty chair. Christine describes the spot as a "calm little oasis" only feet from busy Crichton Street, but somehow magically tranquil. The outdoor seating will be back again "as soon as the snow melts," promises Christine – though even now, there's a chair outside for one hardy customer who comes by daily with his dog and braves the elements! And "it's official", declares Christine: they'll install a bike rack this year for the café's large clientele of cyclists.

In the spacious studio behind the café, the **Shunnya Centre** offers classes in yoga and meditation, including several led by Christine herself, wearing her other hat as an experienced yoga instructor and practitioner. (Visit **shunnya.ca** for details). But that's not all that happens back there. The space has become a hub for a whole range of neighbourhood activities, "like an extension of the park" says Christine.

In recent months, she's hosted pop-up shops selling children's clothes and toys along with vintage clothing, as well

as potters, painters and even a group of neighbourhood kids running an organic lemonade stand. And when the café itself is filled to bursting, Craig and Christine bring out a stock of unused patio furniture to provide overflow seating at the back. The surplus furniture was originally purchased last year for a planned patio expansion, but that plan was shelved due to prohibitively high City patio fees.

If the City is looking for evidence that small businesses can enrich residential communities, it need look no farther than 42 Crichton St. The Union Street Kitchen Café has firmly established its niche as a cozy neighbourhood hub, and we wish them continuing success in the New Year! Contact them at **onunionstreet.ca** and **shunnya.ca** or call **613-695-9642**. - JH

**Starbucks joins local coffee scene**

Beechwood Avenue is fast becoming a mecca for caffeine lovers! In recent years, our "coffee infrastructure" has been steadily expanding throughout the 'hood, with our newest facility, Starbucks at **409 MacKay St.**, having officially opened Jan. 25. In its first few days of operation, many residents have been checking out the new premises, sampling Starbucks' cutting-edge Clover® brewing system and slow-steeped Nitro Cold brew. Both are new brewing technologies that aren't available at all Starbucks's locations, so district manager **Jeff Lapointe** and store manager **Allan McNeil** are excited to introduce them to their new Beechwood clientele.

Allan is a long-time resident of nearby Overbrook and he looks forward to managing the new Beechwood-MacKay location. "I can't tell you how excited I am to open a store almost in my own backyard," he tells *NEN*. "This is my 10th year with Starbucks, and I can't think of a better way to spend it!"

In keeping with Starbucks's emphasis on community engagement, Allan has been an active volunteer with organizations and charities in his own neighbourhood, including the Overbrook Community Centre and the Ottawa Inuit Children's Centre. He's looking forward to meeting community contacts in our bailiwick as Starbucks's first year on Beechwood unfolds.

Management is considering a springtime patio operation, but no final decisions have been made. It's become clear from the experience of other local businesses that launching a patio facility in Ottawa is no simple matter: there are significant fees and myriad regulations involved. With luck, however, it's possible that we could see outdoor seating at the Beechwood Starbucks before the end of 2018.

When reminded that Starbucks's opening day was on Robbie Burns Day, store manager Allan rose to the challenge with flair and good humour: "I'll look into a Whiskey Frappuccino and if that doesn't fly, I'll see about a piper and reciting some poetry at the door!" -JH

**Counsellor opens practice above Tea Tyme**

We warmly welcome new advertiser **Katryn de Salaberry**, a psychotherapist and counsellor who recently launched a private practice on the second floor of **Tea Tyme, Philly Kingsley's** long-running tea room at **81 Beechwood**. Kathryn grew up in Ottawa, but until late 2017 was based in Waterloo, Ont., where she earned her qualifications as a practitioner, and subsequently worked with a psychological counselling service. Katryn holds two master's degrees: an MA in theology, spiritual care and psychotherapy from Wilfrid Laurier University, and a Master's of theological studies, pastoral studies and counselling from Conrad Grebel University College at Waterloo University. She is





Photo courtesy Katryn de Salaberry

**Katryn de Salaberry has opened her counselling practice in Tea Tyme at 81 Beechwood Ave.**

also a certified member of the Canadian Counselling and Psychotherapy Association.

To date, Katryn's practice has largely focused on working with women, typically those suffering from depression, anxiety and "codependency." Katryn says that codependency is an extremely common condition among women, particularly those over age 30. In a nutshell, codependency entails sacrificing one's own personal needs in an attempt to serve the needs of a partner or close relation who, in many cases, may suffer from an addiction such as alcoholism or drug addiction.

Codependency can seriously undermine an individual's sense of self-worth, dignity and security, and can ultimately lead to anxiety and depression, and in some cases, even physical symptoms. Working with clients to overcome these conditions, Katryn explains that she focuses on "helping them to establish healthy boundar-

ies" as a preventative against "being twisted out of shape" by a dysfunctional relationship.

Katryn begins by focusing on a client's family history. She notes that a commonly used diagnostic tool in this context is a "genogram" – a fleshed-out family tree that goes beyond traditional family relationships to analyze hereditary patterns and psychological factors that may affect relationships. By helping the client identify such recurrent patterns as addictions, mental illnesses or dysfunctional behaviours, Katryn is able to work with them to break these patterns, and to re-establish mental and emotional balance. One important technique in this context is "mindfulness" – becoming more fully aware of one's recurrent thoughts, feelings and behaviours. In some cases, Katryn suggests keeping a detailed journal to achieve this heightened self-awareness.

In keeping with her practice's community-oriented approach, Katryn is offering **home visits** for those who may prefer consultations in their own, familiar surroundings. In-home sessions can be arranged after a preliminary meeting in Katryn's office at 81 Beechwood Ave. Contact her at [berrycounselling.ca](http://berrycounselling.ca) or [berrycounselling@gmail.com](mailto:berrycounselling@gmail.com) or call 613-407-3220.

#### **Red Door looks ahead to another great year**

**Lauren Power** and **Greg Boone**, the energetic local duo who co-own and operate Red Door Provisions, have clearly hit on a winning formula for their popular small

business at **117 Beechwood Ave.** Key elements: great food, marvelous coffee and tea, a relaxed and welcoming neighbourhood vibe and a lively sense of humour infusing the whole operation. Where else will you find an eclectic menu that juxtaposes gourmet grilled cheese sandwiches like The Green Belt (gouda, basil, kale, sunflower pesto and cherry tomatoes) with the Low-brow version featuring Kraft singles on Wonder Bread with ketchup?!

Lauren is a skilled baker with the confidence and imagination to experiment with flavour. While she and her team consistently offer such high quality standard fare as croissants, buttermilk scones and muffins, she throws culinary "political correctness" to the winds in many of her creations. Sweet-toothed clients can delight in zany treats like Nutella-and-espresso morning buns, confetti shortbread, candy-cane doughnuts, sprinkle-laden pop tarts and (my personal favourite) Froot Loop cookies. Lauren also offers a full range of gluten-free items, so even those with food sensitivities can happily indulge.

The café has become a local haven for coffee aficionados, offering a high-end roster



Photo by Louise Imbeault

#### **Red Door Provisions.**

of brews from local Ontario roasters such as Pilot Coffee (Toronto), Little Victories Coffee (Ottawa) and Detour Coffee (Burlington, Ont.), as well as flavourful, calming Sloane Teas. And when you've reached your daily coffee quota, you can kick back and relax with a glass of wine or beer. Red Door Provisions offers a selection of Ontario wines from Norman Hardie, Hinterland, Tawse and Redstone, as well as local beers from Ottawa's Dominion City and Beyond the Pale breweries. Over the winter, the store is offering a special promotion: \$5 pints and \$5 glasses of wine. Yet another incentive to come in

from the cold and make yourself at home.

Lauren is full of energy and optimism for the New Year. "We've had a great Christmas season and are hoping for another record-breaking winter," she reports, noting with satisfaction that "last year was our best yet, and we're excited to work even harder in 2018."

Over the holiday season, Red Door clients not only gobbled up Lauren's Christmas baking and candy-cane hot chocolate, but also many got a jump on their holiday shopping, scooping up the store's new line of merchandise. In addition to Red Door's signature small-batch preserves and jams, clients nabbed special edition T-shirts, tote bags and mugs designed by local illustrator **Guillaume Perreault** – @gperreault on Instagram and Twitter – along with cozy sweaters and tees by @phil.id, another local designer. Red Door also featured a full line of swag for the coffee aficionado, including grinders, coffee makers and handy "keep cups."

If there's a downside to Red Door Provisions' success, it's the strain that increasing numbers frequently place

**Continued on page 10**

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Photo by Louise Imbeault

Robert and the team at Full Cycle offer cross-country ski maintenance during the winter.

#### Continued from page 9

on the limited space at **117 Beechwood Ave.** While the situation is partially relieved in good weather when the outdoor patio is in operation, Greg and Lauren are well aware that they may need larger premises to accommodate their bustling client base. "We're definitely looking for a bigger home for the shop to grow into in the near future," says Lauren, "but we're hoping to stay in this great neighbourhood!" And we hope they do! Contact Red Door Provisions at [reddoorprovisions.com](http://reddoorprovisions.com) or **613-695-6804**. - JH

#### Bike shop offers winter ski maintenance

It's the dead of winter: the temperatures are bone-chilling, the winds are bitter and the roads are treacherous. But if you think that **Full Cycle** manager **Phil** and his team at **401 St. Laurent Blvd.** are putting their feet up and relaxing through this climate-enforced cycling hiatus, think

again! In fact, Phil reports, these are busy times at the long-running store, which for more than two decades has served as a one-stop shop for local cycling enthusiasts.

For starters, Full Cycle bicycle technicians are currently working on the new line of 2018 models set to launch this spring. And many forward-thinking clients are bringing in their bikes for a full tune-up in advance of the hectic spring rush. Full Cycle also provides winter storage for many clients, and as a free tune-up is offered as part of the storage package, technicians have that task on their winter agenda. If you're considering buying a new bike this spring, Phil says this is the perfect time to drop by for a consultation with the knowledgeable sales team. Without the pressures of the spring rush, they'll have more time to review the options and introduce innovations in equipment and cycling gear coming this year.

About 15 years ago, Full

Cycle offered a ski-tuning service throughout the winter months. They discontinued that service, but in recent years, there's been growing demand from cross-country skiers to have it restored. In response, Full Cycle now offers cross-country ski cleaning and waxing, so you can save time and have the messy job taken care of out of your house. No appointment needed: just drop in with your skis and check out the service options. They can clean grit and dirt from the base of your skis, and apply basic wax or low-fluoro glide wax. Depending on when and where you expect to ski, Full Cycle staff can advise you on the most appropriate treatment. During the week, turn-around time is typically about 24 hours, so if you need your skis for the weekend, best bring them in early in the week.

And when the weather finally changes for the better, drop in to 401 St. Laurent Blvd. to see the new models for 2018, or visit [fullcycle.ca](http://fullcycle.ca) to check out their full range of spring tune-up packages. Call **613-741-2443**. - JH

#### Studio One welcomes Dr. Pierre Brunet

Struggling with the aches and pains of too much snowshovelling? Or perhaps a too-vigorous start to the ski season? Or maybe a painful fall on an icy sidewalk? For these and many more uncomfortable afflictions, both acute and chronic, help is now right around the corner. In October 2017, chiropractor **Dr. Pierre Brunet** set up shop in a purpose-built treatment room at **Studio One Personal**



Photo courtesy Pierre Brunet

**Chiropractor Dr. Pierre Brunet has set up shop at Studio One on Springfield Road.**

**Training, Craig Adams' studio at 1 Springfield Rd.** above the Second Cup. Visit [studioonept.com/chiropractic-care](http://studioonept.com/chiropractic-care) or call **613-740-1555**.

Since the fall, Pierre has been steadily building a clientele of local professionals, athletes and residents needing assistance with a wide range of musculoskeletal disorders, from lower back and neck pain to sports injuries, repetitive strain conditions, headaches, sciatic pain and osteoarthritis. Pierre's treatment techniques include Contemporary Medical Acupuncture, Active Release Technique®, custom-made orthotics and spinal adjustment.

Pierre is a native of Ottawa, and earned his Bachelor of Science degree in Health Sciences at the University of Ottawa. An active athlete himself, he learned the value of chiropractic care while involved in sports at uOttawa. He went on to study at the Canadian Memorial Chiropractic College in Toronto and graduated in 2014. Before launching his

practice at Studio One, Pierre worked with the Canadian Back Institute, gaining valuable experience treating painful afflictions of the lower-back and spine.

Pierre's connection with Craig and Studio One could be described as accidental – pun intended. "I'd heard about Craig's reputation as a great trainer," Pierre explains. "It just so happened that he had an injury. I treated him and he very quickly recovered. It was then that he suggested a move to Beechwood where my skills would be welcomed," Pierre explains. The arrangement has worked out beautifully, with many of Craig's personal training clients enjoying on-site help with chronic conditions and injuries.

Pierre's treatment protocol begins with a thorough one-hour assessment to determine the roots of a specific problem and recommend a treatment plan. He spends significant time with each patient, not just for treatment, but also to prescribe and explain an ongoing home exercise routine to promote and maintain



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improvements in their condition.

His treatment methods vary, depending on the specific problem, and client preferences – some may be squeamish about acupuncture needles. For soft tissue injuries and such common afflictions as carpal tunnel syndrome, back or shoulder pain, knee problems, and headaches, Active Release Technique® is a preferred option. It essentially involves manipulating a trigger point where scar tissue has built up, trapping nerves or restricting the movement of tendons and ligaments. “It’s not the most glamorous procedure,” Pierre confesses, “but it’s highly effective.” Another valuable tool in his arsenal is contemporary medical acupuncture, a variant of traditional Chinese medicine, but more closely based on conventional scientific theory. The treatment focuses on restoring proper function of the nervous system to promote tissue healing.

You can book appointments with Dr. Pierre Brunet

online at [drbrunet.com](http://drbrunet.com) or [studioonept.com](http://studioonept.com). - JH

### Music and learning at Governor’s Walk

It may be cold and wintry outside, but there’s music in the air at **Governor’s Walk Retirement Residence**. Every Thursday morning, the **Capital Voices Collective Choir** meets for its weekly practice, under the direction of **Joan Fearnley**, an accomplished vocalist and choral conductor. She currently directs the Bytown Voices, as well as two choirs at Notre Dame Cathedral. The 19-person choir is part of a broader musical endeavour, **The Capital Strings and Voices Collective (CSV)**. Local cellist and music educator **Joan Harrison** is the CSV’s Founder and Artistic Director.

The choir and orchestra began as part of a research project into the potential benefits of musical training in an intergenerational and interdisciplinary context. The project currently involves

participants of all ages and varying skill levels, from professional musicians and music students to seniors in long-term care facilities, including many keen singers at 150 Stanley Ave. where the choir practises. Governor’s Walk activities director **Rosal Yade** reports that participating residents eagerly look forward to the weekly Thursday practice, which features instruction in breathing techniques, warm-ups and above all, rehearsing a wonderful musical repertoire of largely Canadian compositions.

On **Feb. 7 at 7:15 p.m.** Governor’s Walk will host a special treat for music lovers: an evening concert invitingly called the **Fond of You Chocolate Soirée**. Local physician and classical pianist **Dr. Carol Wiebe** will team up with tenor **Dr. Fraser Rubens**, a leading Ottawa cardiologist, to present an evening of musical entertainment. Prior to the concert, from **6:15–7:15 p.m.**, concertgoers will be treated to chocolate desserts and wine

– but be sure to polish off that dreamy éclair before you sit down, as food and drink are strictly off limits during the performance! The public is welcome: contact **Rosal** at [activities@governorswalk-retirementresidence.com](mailto:activities@governorswalk-retirementresidence.com) or call **613-564-9255**.

Another musical project in the works at Governor’s Walk involves the younger set – MUCH younger, including babies and toddlers. Every Friday from **Jan. 26–Mar. 23**, the residence will join with **Aspire and Achieve** to host a Music Together® Generations Class: seniors interact and participate with parents and their wee ones, playing the role of “musical grandfriends” in these lively sessions. Music Together® is an internationally acclaimed program of music and movement education for children from infancy to the age of five. For details, contact Aspire and Achieve director **Jesse Kahat** at [info@aspireandachieve.ca](mailto:info@aspireandachieve.ca), [aspireandachieve.ca](http://aspireandachieve.ca), or at [facebook.com/AspireNAchieve](https://facebook.com/AspireNAchieve) and [twitter](https://twitter.com/AspireNAchieve).

[com/AspireNAchieve](http://com/AspireNAchieve).

Throughout the month of February at Governor’s Walk, the **Dementia Society of Ottawa and Renfrew County** is offering a series of weekly information sessions for families or friends of those living with dementia. Subject to a registration of at least six participants per session, the series will run **Monday evenings, February 5, 12, 19 and 26**. The course, entitled **Next Steps**, aims to provide family caregivers with a better understanding of the condition, and an overview of community support services available as the disease progresses.

Topics covered will include: understanding dementia (types and symptoms of dementia), connecting changes in the brain to symptoms, planning for the future, managing risk, coping strategies and community supports. To register, call **Rosal** at **613-564-9255**. Visit [governorswalkresidence.com](http://governorswalkresidence.com).

## Sidewalk work will also include better drainage

Continued from page 1

block of Dufferin continues to run toward drains on private property behind the townhomes on the southeast corner of Crichton and Dufferin, placing them at greater risk of flooding.

It is unclear why the City’s infrastructure planning and design process did not include these improvements to public safety and storm water management when work was initially undertaken on the block back in 2016.

Construction to replace some century-old infrastructure, including deep utilities, roadways and portions of sidewalk on blocks of River Lane, Crichton Street and Dufferin Road, extended from 2016 through 2017.

What is known is that these safety and drainage issues will ultimately be addressed as a result of the CSST project’s impact on the neighbourhood. Ziad Ghadban, the City of Ottawa’s Manager responsible for the CSST project, consulted with local residents to identify safety issues associated with the CSST truck route, then facilitated the design and approval of the project.

“This initiative will certainly serve to improve pedestrian safety and manage



Photo by Chris Straka

**A proper sidewalk will replace the gravel shoulder on the Beechwood side of Dufferin between Crichton and the Rideau River.**

stormwater flows,” reports CSST project manager Ziad Ghadban. “We are currently processing Ministry of the Environment approvals for the proposed storm sewer,”

he writes. “We are aiming for late spring to get this construction underway.”

An information meeting will be held later this winter. Detailed project informa-

tion will also be forwarded to directly affected neighbours in the coming months.

*Chris Straka has lived behind two different doors*

*on Crichton Street in the last 10 years. He and his family currently reside on Dufferin Road.*

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# Wacky winter weather no match for family events

By Matt DeWolfe  
Chair of CCC

The Crichton Community Council (CCC) was pleased to see the unofficial opening of the playground at the Fieldhouse just before the snow began to fly in late November 2017. While the timing was not the best, enthusiastic children quickly took to the new equipment, giving positive early reviews and the playground has since seen plenty of winter use. Shortly before opening, CCC members met with City staff and Councillor Tobi Nussbaum to review changes to the plans for the playground, including choices of colour, layout and grading. Discussions will continue over the winter to finalize changes to be made in early spring before the official re-opening of the playground.

It may have been the coldest Jan. 1 in Ottawa's history, but that didn't seem to discourage people from venturing to the Fieldhouse to join their neighbours for the annual New Year's Brunch. CCC volunteers served pancakes, baked beans, ham and sausage to more than 150 people. Hardy souls took in

some skating and shinny, while indoor entertainment was provided by magician **Mike Kosowan** and games led by **Roxie Clark**.

Behind the scenes, many volunteer hours were given to make the event a success, including planning and funding efforts, advertising, shopping, decorating, cooking, serving and cleaning. Special thanks to the **Bélanger family (Denise, Sylvain, Olivier and Julien), Paula Pincombe, Roxie Clark, Caroline Matt, Debra Conner, Daniela Pohl, Jerry**

**Turchyn, Cathy McConkey and Chris Straka** for their efforts. We extend our gratitude to the City of Ottawa for the Civic Events Funding Grant and to the Rideau-Rockcliffe Community Resource Centre for providing the sound system.

The December chill allowed for an early opening of the Fieldhouse rinks, thanks to our dedicated volunteer Hosers who packed snow and did many hours of flooding to get the ice in shape. One rink is dedicated to shinny hockey and the other is for general



Photo by Matt DeWolfe

Neighbours braved the bitter cold on Jan. 1 for the annual New Year's Day Brunch.



Photo by Matt DeWolfe

Hockey Day on Jan. 20 was warmer, but the ice remained good for skating.

p.m. and Sundays 11 a.m.–6 p.m.

The mercury shot up for the next event on the CCC calendar, Hockey Day in New Edinburgh, held on the afternoon of Jan. 20. While the air was well above freezing, the ice stayed firm and hockey enthusiasts enjoyed contests of skill and speed and lots of shinny. Horse-drawn wagon rides by Cundell's (postponed from the New Year's brunch due to the bitter cold) were a popular addition to the event. Thanks to organizer **Debra Conner** and volunteers **Steve and Sam Grabner, Caroline Matt, the Bélangers, Paula Pincombe, Jerry Turchyn and Norah DeWolfe**, as well as the poster brigade volunteers for advertising the event. Additional thanks to the Clocktower Brew Pub for donating hot chocolate, the City of Ottawa for equipment and the Rideau-Rockcliffe Community Resource Centre for the loan of a sound system and printing of posters.

Hockey Day was our last event of the winter, but we are already planning for the next events in May, including the Bike Rodeo, Plant

Sale and Marathon Cheering Station.

Are you looking for a venue for a meeting, workshop or party? Although unavailable when the rinks are open, you can still reserve the Fieldhouse during the winter, especially during weekdays. You can confirm availability using the calendar on the CCC website: **crichtoncommunitycouncil.com**. Rental fees are \$30 per hour, with a minimum of three hours. Not-for-profit groups offering free, community-oriented events to the public may book the Fieldhouse for free. Reserve the building for your event now by emailing: **nefieldhouse@gmail.com**.

The CCC always welcomes new volunteers, whether as members or just to provide occasional help. Thanks to those who answered the recent email call for new members of the Poster Brigade who assist with putting up and removing posters advertising CCC events. If you are a regular neighbourhood wanderer and interested in helping out with this task a few times a year, please contact **nefieldhouse@gmail.com**.

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# Cityscapes panel returns with ‘visions from around the world’



**Tobi Nussbaum**  
City Councillor, Ward 13

Join me on Feb. 7 for the next edition of Cityscapes. I will be moderating an informal panel discussion upstairs at the Royal Oak on Beechwood between 6–7:30 p.m. Together with journalist Andrew Cohen and German Ambassador Sabine Sparwasser (and more guests to come), we will explore new perspectives on “Creating Captivating Cities: Visions from Around the World” and lessons from various capital cities that Ottawa can draw from.

## Rideau Rockcliffe art display at City Hall

Over the past two years, we have displayed a large array of local artwork at the entrance of the Ward 13

office at City Hall, garnering much positive feedback from visitors and passersby. It has been a great way to promote local artists and their work, ranging from photography to mosaics to abstract paintings. Our current rotation features New Edinburgh resident Sara Alex Mullen’s colourful landscapes. Please contact my office if you are an artist yourself and are interested in being featured in a future rotation cycle.

## City tools and updates

In an effort to increase ease of use and reduce the time it takes to report a service issue, the City of Ottawa has recently expanded the online 311 platform. Residents can now report a wider range of



**Tobi joined New Edinburgh artist Sara Alex Mullen to celebrate her works currently on display at City Hall.** Photo courtesy Tobi Nussbaum

service related complaints or make requests directly from the landing page of the [ottawa.ca](http://ottawa.ca) website.

On the topic of service-related concerns, in case you were wondering what that unfamiliar sound was this winter, the City is now piloting a new snow-plow reverse noise that is somewhat akin to a cricket chirp. If it results in a reduced number of noise complaints from the traditional high-pitched beep, the City will consider expanding it to its entire fleet. Seasonal information is also available on the City’s website where residents can sign up for

e-mail alerts for winter street-parking bans and learn more about snow-plow operations and standards.

## 2018 Drop-ins and Team Tobi news

I will continue to host my monthly “First Friday” drop-ins in 2018 (starting Feb. 2) at various locations throughout the ward. I much enjoy meeting residents through these opportunities. It’s a great way for me to connect, learn, exchange ideas and respond to questions. I hope to see you at an upcoming First Friday.

My team here at City Hall has recently undergone

a staffing change, as Jesse Cressman-Dickinson has taken on an exciting new role in the private sector. Starting in 2018, our team now consists of Alexandre LeBlanc, Laura Mueller, Birgit Scheichl and Elizabeth Whyte. They are the friendly voices at the other end of the phone helping residents navigate the various city departments and assisting me in my committee and Council work in order to advance priorities for Rideau-Rockcliffe and the city.

Lastly, I wanted to acknowledge the devastating fire last month on River Lane. I was able to speak to neighbours the morning following the fire, and was grateful to learn of their quick action in both calling 911 and ensuring adjacent residents got out safely. My gratitude also to emergency services and those who have reached out seeking ways to assist those impacted.

Please visit my website – [tobinussbaum.ca](http://tobinussbaum.ca) – or call the office at 613-580-2483 to find out more details for the monthly drop-ins and other contact information.

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# Two changes to help create a fairer province for everyone



**Nathalie Des Rosiers**  
MPP Ottawa-Vanier

On Jan. 1, people across Ontario started the new year with a higher minimum wage and free prescription medications for everyone age 24 and under.

Ontario's economy is booming. In 2017 we created 180,000 jobs and unemployment shot down to a 17-year low. But we know that not all families are sharing in the prosperity.

Many people in Ottawa-Vanier are struggling to raise

families on minimum wage. In addition, many families are unable to pay for the medications their children need because they don't have access to an employee benefit plan. They're worried about falling behind, even as they're working hard to get ahead.

That's why our government is bringing forward these changes – to create a fairer province for everyone.

Starting Jan. 1, the minimum

wage in Ontario will increase to \$14 an hour. It will rise to \$15 an hour a year from now. Personal emergency leave and paid vacation are also being expanded.

We're also helping families afford the care they need to stay healthy with OHIP+: Children and Youth Pharmacare. Starting Jan. 1, people age 24 and under will be able to get more than 4,400 medications free of charge, including antibiotics, asthma inhalers, EpiPens, insulin, diabetes test-strips and drugs to treat depression, anxiety and epilepsy. All these people need to do is show their prescription and Ontario health card number at any pharmacy.

A just society ensures that workers are not exploited and are paid decent wages for their labour. It also strives to

provide access to medication so that all children and youth can receive the healthcare that they need and deserve.

Contact Nathalie Des Rosiers at **613-744-4484**, [ndesrosiers.mpp.co@liberal.ola.org](mailto:ndesrosiers.mpp.co@liberal.ola.org) and [nathaliedesrosiers.onmpp.ca](http://nathaliedesrosiers.onmpp.ca)

\*\*\*

En Ontario, le début de l'année 2018 a été marqué par l'augmentation du salaire minimum et le lancement de l'Assurance-médicaments pour les enfants et les jeunes.

L'économie de l'Ontario est en plein essor. En 2017, nous avons créé 180 000 emplois et le taux de chômage a dégringolé pour atteindre son plus bas niveau en 17 ans. Nous savons toutefois que ce ne sont pas toutes les familles qui connaissent cette prospérité.

Beaucoup de personnes d'Ottawa-Vanier peinent à élever leurs familles en travaillant au salaire minimum. De plus, plusieurs familles ont de la difficulté à payer les médicaments dont leurs enfants ont besoin parce qu'elles n'ont pas de régime d'avantages sociaux. Elles s'inquiètent de leur situation financière même si elles travaillent fort pour joindre les deux bouts.

C'est pourquoi notre gouvernement apporte ces changements, afin de créer une province plus équitable pour tous.

En date du 1er janvier 2018,

le salaire minimum en Ontario est passé à 14 \$ l'heure. Dans un an, il sera augmenté à 15 \$ l'heure. De plus, le congé d'urgence personnelle et les vacances payées ont été élargis.

Nous aidons aussi les familles à assumer les coûts des soins qui leur sont nécessaires pour demeurer en santé grâce au programme Assurance-santé Plus : assurance-médicaments pour les enfants et les jeunes. Depuis le 1er janvier, les personnes de 24 ans ou moins peuvent obtenir plus de 4 400 médicaments sans frais, dont des antibiotiques, des inhalateurs pour l'asthme, des auto-injecteurs EpiPen, de l'insuline, des bandelettes réactives pour les diabétiques et des médicaments pour traiter la dépression, l'anxiété et l'épilepsie. Elles n'ont qu'à présenter leur ordonnance et leur numéro d'assurance-santé à n'importe quelle pharmacie.

Une société équitable assure que ses travailleurs ne sont pas exploités et qu'ils reçoivent un salaire adéquat pour leur travail. Elle s'efforce aussi de veiller à ce que les familles aient accès aux médicaments nécessaires pour faire en sorte que tous les enfants et les jeunes reçoivent les soins de santé dont ils ont besoin et auxquels ils ont droit.

Contactez Nathalie Des Rosiers: **613-744-4484**, [ndesrosiers.mpp.co@liberal.ola.org](mailto:ndesrosiers.mpp.co@liberal.ola.org) et [nathaliedesrosiers.onmpp.ca](http://nathaliedesrosiers.onmpp.ca)

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# Ottawa as a winter wonderland



**Jim Watson**  
Mayor of Ottawa

Ottawa residents are familiar with tenacious winters. Several times a year, Ottawa even enjoys the title of the world's "Coldest Capital City." Despite the brisk temperatures and generous snowbanks, residents across the city embrace winter and make the most of the distinct geographic features that our northern climate provides.

Winter activities in Ottawa and on the Rideau Canal are often synonymous in the minds of residents and visitors, but our city has so much to offer in addition to this historic attraction.

Did you know that Ottawa has more than 150 km of cross-country ski trails in the heart of the city, throughout the Greenbelt? These trails

are free to use and suitable for skiers of all abilities. They are great for snowshoeing as well!

Additionally, Ottawa has outdoor skating rinks for you to enjoy in all parts of the City, including our beautiful Sens Rink of Dreams at City Hall, the newly opened covered skating rink at the Canterbury Recreation Complex, and of course, the Canada 150 rink on Parliament Hill. The Canada 150 rink invites you to take in the breathtaking views of our Parliament building while skating on an outdoor rink, right on the Hill. The skating rink is a great family-friendly activity and free to access by reserving your spot at [canada150rink.com](http://canada150rink.com), but



*Photo courtesy the Mayor's Office*

**Rideau Canal Skateway.**

hurry, it closes on February 25, 2018!

The Nation's capital is also home to Winterlude, our annual winter festival. This year, we will celebrate a special, fun filled, 40th edition of Winterlude for three weeks from February 2–19. Winterlude activities take place on numerous sites across the Ottawa-Gatineau region, including City Hall.

Visit Winterlude's website for a full calendar of events and activities that will be taking place: [canada.ca/en/canadian-heritage/](http://canada.ca/en/canadian-heritage/) and select Winterlude.

But if the cold isn't for you, I encourage you to visit [ottawa.ca](http://ottawa.ca) and sign up for one of the many exciting recreation programs we have available across the city, for all age groups, in both official

languages.

Finally, I invite you to join me for a day of fun, free activities at my annual Mayor's Family Day Skating Party on Family Day, February 19, at City Hall. There will be giveaways, special guests, and hot chocolate as well as indoor and outdoor activities for the whole family.

I hope to see you in great numbers!



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# For the Birds

By Jane Heintzman

As the champagne corks popped to usher in 2018, the **International Year of the Bird** made its official début. While admittedly not a headline grabber, the initiative marks a significant step in the ongoing effort to increase public awareness of the plight of the world's bird populations and the serious threat to birds' survival posed by climate change and human incursions into life-sustaining habitat. The project is a joint undertaking of four leading bird conservation and research groups: the **National Audubon Society**, **BirdLife International**, **National Geographic** and the **Cornell Lab of Ornithology**, along with more than 50 other participating organizations.

The International Year of the Bird celebrates the centennial of the passing of the **Migratory Bird Treaty Act**. The Act is a U.S. federal law implementing a 1916 convention for the protection of migratory birds, signed by the U.S. and Great Britain (acting on behalf of Canada). Its intent was to prohibit the hunting and commercial exploitation of migratory species – since its passage, the legislation has saved the lives of countless birds and continues to do so. Now, however, there are ominous new threats

to the survival of many species – these will be the focus of The Year of the Bird.

The list of threats to bird life in the 21st century is long and daunting. Relentless human activity, from mining to large-scale farming, pesticide use, clear-cut logging and rampant urbanization have long been leading causes of bird habitat loss. And now the ravages of climate change – extreme weather, powerful hurricanes and storms, droughts, wildfires and rising sea levels – are taking an alarming toll on bird populations. As traditional breeding ranges are disrupted, many species are drawn to regions with inadequate food sources and enhanced risk of predation. In these alien environments, breeding success may be threatened and species populations dwindle as a result.

Throughout the year, organizations participating in The International Year of the Bird project will spread the message via magazines, television, videos, books and the full spectrum of digital platforms. *National Geographic* promises a monthly magazine feature on birds; two new bird-focused National Geographic books, *Birds of the Photo Ark* (March 2018) and *The Splendor of Birds*:



Female pileated woodpecker.

Photo by Amy-Jane Lawes

*Art and Photography from National Geographic*; children's features, including a *National Geographic Kids Bird Guide of North America, Second Edition* (March 2018); migration maps, including a dynamic digital map powered by data from the Cornell Lab of Ornithology (March 2018); and an active digital campaign offering infographics, videos, photo galleries, species profiles and more. For more information, track **#birdyourworld** on Twitter, Facebook and Instagram, visit **birdyourworld.org** or **audubon.org/yearofthebird** or search for "International Year of the Bird."

Beyond raising awareness of the plight of birds, the International Year of the Bird project is intended to spread the word on how communities, individuals and families

can help promote bird survival in a variety of ways, large and small. Here are just a few:

- volunteer in or financially support bird conservation organizations
- participate in citizen-based monitoring programs
- lobby governments to pro-

ties and how you can help to protect our all-important feathered population.

## Oh birdy, it's cold outside!

Ottawa's bird population got less than a warm welcome at the start of 2018. A hostile mix of sustained bone-chilling cold, arctic winds, snow



Photo by Amy-Jane Lawes

A flock of snow bunting rests in the tree tops in Val des Monts, Que.



Snowy owl in flight.

Photo by Sandy Sharkey, photographer

tect bird habitat from development, or to "bird-proof" public buildings where countless birds perish in crashes during migration

- create a bird-friendly habitat right in your own backyard, with well-stocked feeding stations, sheltering shrubbery, roost boxes and fresh water

One of Canada's leading bird conservation and research organizations is **Bird Studies Canada**. Visit **birdscanada.org** to learn more about its local activi-

ties and how you can help to protect our all-important feathered population.

In one report, *Ottawa Citizen* science writer Tom Spear cited local birding expert **Bruce Di Labio**, who speculated that the sudden onslaught of wintry conditions likely killed off many birds that lingered too long into December. Two specific examples noted in Bruce's travels: an off-course **black-throated gray warbler** and a group of chilly **great blue**



**herons** spotted west of the city. He rescued a partially frozen **black-crowned night heron** and dropped it off at the Wild Bird Care Centre on Moodie Drive where it is now recovering, with only frost-bitten toes to show for its ordeal.

Bruce notes that the **American robins** which were around in large numbers last winter made the wise decision to leave the region this year in search of less hostile climate conditions and more abundant food supplies. But the good news is that for a record-breaking fifth consecutive year, our area

oil for added insulation and waterproofing;

- special scales on their legs and feet to minimize heat loss and a dedicated temperature-control system for their legs and feet, allowing them to restrict blood flow to their extremities to further reduce heat loss; and

- substantial fat reserves, built up during the fall to serve as insulation and energy to generate body heat when the cold sets in.

In addition to their physical adaptations, birds have a range of remarkably effective winter survival tactics, notably:



Photo by Mike Leveille

**A chilly female cardinal fluffs her feathers against the cold at Macoun Marsh.**

is experiencing an influx of **snowy owls** driven south by food shortages in their Arctic habitat.

During the treacherously cold days of early January, many of us wondered just how tiny birds *do* survive in such hostile conditions. The answer is largely a matter of ingenious physiological and behavioural adaptations, combined with the conscientious efforts of residents to offer fully-stocked bird feeders and the shelter of roosting boxes.

Birds have a much higher metabolic rate than do humans and thus a higher body temperature, averaging about 40°C. The key to their survival is minimizing heat loss and their physical adaptations for this purpose are critically important. These adaptations include:

- a covering of feathers which afford significant protection against the cold and are coated with a protective

- fluffing their feathers to create pockets of air for added insulation;

- tucking their legs under their feathers to protect them from the cold, often standing on one leg while the other is warming up, or crouching low to shield both legs and feet;

- turning their backs (the largest surface on their bodies) towards the sun on clear days and raising their feathers slightly to maximize the solar heating effect;

- shivering to raise their metabolic rate and generate more body heat; and

- roosting in large, tightly packed flocks to share body heat during cold winter nights.

To conserve energy overnight, many birds may also enter a state of **torpor** when their body temperature drops – sometimes dramatically – and reduces the calorie load required to sustain them. This can be risky, however, as their



Snowy owl.

Photo by Sandy Sharkey, photographer

reaction time is much slower in this state, leaving them more vulnerable to predators.

#### Winter warriors in the 'hood

Since our last edition, the majority of my own (very scanty) birding encounters happened in December, before the onset of the polar vortex early in the New Year. My sightings included most of the hardy winter regulars in our area, including **American goldfinches**, **house finches**, **dark-eyed juncos**, **blue jays**, **white-breasted nuthatches**, **black-capped chickadees**, **hairy-**, **downy-** and **pileated woodpeckers**, **Northern cardinals**, **American crows** (now gathering in increasingly large flocks), **common ravens**, **European house sparrows** and a low-flying **sharp-shinned hawk**.

The highlight of my winter birding to date was a majestic **bald eagle** cruising over the Ottawa River towards Gatineau, spotted just as I was passing the gates of Rideau Hall.

#### Reports from our readers

**Amy-Jane Lawes** is relieved that the birds have finally found her feeders in Val des Monts, Que. and reports an inundation of **dark-eyed juncos**, along with a noisy mixed flock of **pine siskins** and **American goldfinches**. In early January, Amy and her partner encountered a large flock of more than 100 photogenic **snow buntings** which clustered in the top of a tree, before swooping off across the fields. A highlight of Amy's winter was the recent sighting of a lovely female

**red crossbill**, embedded in a flock of **American goldfinches** descending on her feeders. Still to come on her winter birding agenda is an expedition to the Pontiac in search of **short-eared owls** and continuing vigilance for the arrival of **snowy owls** and **rough-legged hawks** in her bailiwick.

At the Macoun Marsh in Beechwood Cemetery, **Mike Leveille** reports a cast of winter regulars, including **Northern cardinals**, **white-breasted nuthatches**, **black-capped chickadees**, **house finches**, **American goldfinches**, **hairy-** and **downy woodpeckers**, **mourning doves** and **dark-eyed juncos**.

**Philip MacAdam's Avian Bistro** in New Edinburgh has been hopping in the frigid

weather, with as many as six pairs of **American goldfinches** descending on the finch feeders by 7:30 a.m., accompanied by a mixed group of **house finches**, **black-capped chickadees** and **Northern cardinals**. An elf-like, little **red-breasted nuthatch** also turned up at the bistro on at least one occasion and Philip spotted a pair of **American robins** (a rarity this winter) in the shrubbery opposite his house. He strongly suspects the lurking presence of a hawk around his feeders, as the bistro frequently empties out in a sudden, precipitous exodus, reminiscent of a police raid on a speakeasy back in Prohibition days!



Photo by Amy-Jane Lawes

**Female red crossbill at feeder in Val des Monts.**





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# Fern Hill School introduces coding for students

By Christine Minas

In such a high-tech hub as Ottawa, interest in having children learn coding has a particular significance. Technology giants are as much a part of the national capital's landscape as the federal government and Parliament Hill. It is in this setting, that the integration of coding in the elementary school curriculum is being introduced at New Edinburgh's Fern Hill School.

Coding involves programming a computer – using various computer languages – through a series of instructions in order to execute tasks or solve problems. Applications of coding can include, for example, developing websites or games. Sequencing is a key element in programming as the instructions which are elaborated must be inherently logical.

In addition to the core curriculum subjects focusing on language arts, mathematics, science and technology, Fern Hill School will be introducing coding to students. Learning to program develops analytical skills which can be useful in various sub-

ject areas. While computer science classes have been present at the secondary and post-secondary levels for many years, their inclusion at the elementary level is a more recent development. For years, numerous camps have offered coding as a way to introduce children to programming in a fun environment. Now, students will have an opportunity to learn these skills as they take part in the Hatch project-based coding program offered at Fern Hill School.

The emphasis on science and technology at Fern Hill School runs through a number of the programs that start at the primary level. The school's infrastructure supports this with the use of SMART™ Boards in elementary grade classrooms, along with laptops and tablets for students' use during class time. There are such after-school activities as Robotics, Chess and Math, Science and Math and Science Olympics for students at the various grade levels. Students learn about science through interactive and hands-on workshops which often include experts who share not only



Photo by Lyne Robinson-Dalpe

Fern Hill students will be taking part in Hatch: a project-based coding program.

their equipment, but also their passion.

The educational approach at Fern Hill School is that elementary school is all about building a foundation for learning in a caring environment. The important transition that takes place starting in third grade – in which children go from learning to read to reading to learn – marks a major milestone in their development. Exposure to various ideas and subjects

(such as coding) at this stage can have long-lasting effects on children as they grow and develop.

This foundation for learning has been recently expanded at Fern Hill School with the introduction of the Grade 7 and 8 Intermediate Program in September 2017. The Intermediate Program, based on a small-class setting, focuses on enriched academic programs and offers Core and Advanced French levels.

Recognizing that this is a critical period of preparation for secondary school, the curriculum includes organizational and study skills to support students working more independently.

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# On Apr. 21, learn how to make your old home more energy efficient

By **Susanna Kam and Angela Plant**

In celebration of Earth Day 2018, local environmental organisations are partnering with the Glebe Community Association's Environment Committee to host the second Old Home Earth Day Event (OHEDE 2018). On Apr. 21, this event will provide residents with an opportunity to learn and share ways they can conserve energy, reduce car-

bon emissions and live more sustainably.

The goal of OHEDE 2018 is to help Ottawa residents take action to reduce their energy costs and carbon footprint. This event is targeted at all types of residents, including homeowners and renters, from those who are just starting to consider ways to reduce their energy costs, to those who have already undertaken energy retrofits and are looking for the next step.

Various opportunities are available for residents of Ottawa to save money and fight climate change by reducing their energy consumption. Currently, this includes the Green Ontario Fund's (GreenON) energy-saving program for Ontario residents.

Ontario's new carbon pricing system brought in nearly \$2 billion last year, some of which has been used to create GreenON, a fund

tasked with reducing greenhouse gas pollution in buildings and industry. The most recent addition to this fund is a series of home retrofit rebates for homeowners and renters. Visit [GreenON.ca](http://GreenON.ca) for an up-to-date directory for all of the provincial programs that residents in Ontario can take advantage of, whether they are a homeowner, renter, business owner or landlord.

By working with a regis-

tration can include ensuring that your walls and attic are properly insulated. In this regard, GreenON currently offers homeowners rebates of up to \$7,200 for insulation of homes built before 1980.

OHEDE 2018 will feature information on available grants, energy advisory and design services and such specific topics as air sealing, insulation, windows, mechanical systems and renewable

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 <p><b>New Edinburgh - Call For Price</b> 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.</p>	 <p><b>Byward Market - From \$689,000</b> This superbly appointed condominium is ideal for those who demand the ultimate in comfort and convenience and proximity to the business centre of Ottawa.</p>	 <p><b>Centretown - \$454,900</b> Large, loft style windows with black casings stand out against traditional red brick that climbs a modest three stories. As if not to give away a fabulous secret, it harbours some of the coolest loft condos in the city.</p>

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tered contractor, homeowners can potentially get thousands of dollars back towards such projects as insulation, draft sealing and replacing windows in their home. Low-income residents who meet certain criteria can also apply to have energy-saving devices and appliances installed in their homes free of charge.

With so many options available, determining the most efficient ways to reduce your carbon footprint requires considering various factors. For example, did you know that windows are not always the best way to save money on energy? A more cost-efficient way of reducing energy con-

sumption can include ensuring that your walls and attic are properly insulated. In this regard, GreenON currently offers homeowners rebates of up to \$7,200 for insulation of homes built before 1980.

The Old Home Earth Day Event will take place at the Glebe Community Centre on Apr. 21. Admission is free. Please contact [glebeoldhomes@gmail.com](mailto:glebeoldhomes@gmail.com) to find out how to participate or contribute to the event.

*Susanna Kam and Angela Plant are members of the organising committee for OHEDE 2018.*

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# Searching for Canadian commonality now the 150 party's over

By Charlotte Gray

Welcome to Canada 151!

So far, I'd say that 2018 is looking good for those of us who live in this historic neighbourhood. According to the *Ottawa Citizen*, house prices around here are rising. The brutally cold weather in early January (helped by wonderful volunteers) produced great ice for local rinks. Beechwood developments are nearing completion and the monstrous excavations in Stanley Park have somehow lost their shock value.

International comparisons always demonstrate that Canadians are optimistic people and we have much to be optimistic about. But last year's sesquicentennial taught me to say: "Not so fast."

We started off pretty optimistic about Canada 150, didn't we? There were going to be great local celebrations, free entry to national parks and a grand party on Parliament Hill on July 1. We all learned to pronounce "sesquicentennial," and its logo was plastered over every conference, government publication and street party. And we found our country on the covers of international magazines including the super-brainy *Economist* and the uber-cool *Monocle*.

In late 2016, I published a book to mark this milestone year: *The Promise of Canada: 150 Years – People and Ideas That Have Shaped Our Country*. To my (and my publisher's) joy, it was instantly a bestseller. As a result, I was invited to give talks and lectures all over the country, to groups as large as 500 and as small as 20. Altogether I gave my *Promise* presentation, in

various forms, more than 50 times.

But as the year went on, although my audiences remained enthusiastic and thoughtful, I felt sesquicentennial excitement curdle. Too many groups either didn't see themselves reflected in the celebrations, or didn't think that there was much to celebrate. Indigenous peoples were chief amongst those who challenged the whole idea of commemorating the British North America Act's 150th birthday – but they were not alone in trying to reframe the whole story to highlight their own experience.

Some of those experiences have been shocking: residential schools, Chinese exclusion laws, anti-Semitism and homophobia. But others, which tended to get lost in the wake, were uplifting: escape from failed states, steady entrenchment of progressive values, second-generation successes and outdoor exhilaration.

I heard many stories, bad and good, from readers – sometimes during my public appearances, others through my inbox. Different audiences were looking for *their* pieces in the national jigsaw. Older audiences wanted reassurance that the Canada of their youth still exists underneath the demographic churn.



Photo by Michelle Valberg

New Edinburgh author Charlotte Gray will speak at a Walrus Talks event Feb. 28.

Younger audiences wanted moral certainty that today is superior to yesterday.

And there was an underlying question that was rarely voiced. Given the incredible diversity of the Canadian population and the warp-speed changes that the country has undergone in the past 150 years, what do we have in common?

I ponder this question frequently as I walk our two dogs, Herbie and Jake, through the neighbourhood. (Yes, I'm that swaddled figure marching along the riverbank with two cockapoos.) I'm glad to report that my

thoughts are frequently inter-

rupted, by greetings from my fellow dog-walkers, or by early signs of spring, or by the urge to drop into the Union Street Café. It is hard to identify what holds a country together, particularly when it assumed its present form only 150 years ago. But it is easy to diagnose what holds a neighbourhood together: friendly neighbours, tranquil rhythms and great coffee.

Author Charlotte Gray, a New Edinburgh resident since 1980, will be among the speakers at the Walrus Talks "Canada 150: What Next?" on Feb. 28 at Library and Archives Canada. Visit [thewalrus.ca/the-walrus-talks-canada-150-what-next](http://thewalrus.ca/the-walrus-talks-canada-150-what-next) for more info.

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# Inventory project aims to capture buildings outside heritage zone

By Avery Marshall,  
Adrian Phillips and Amber  
Polywkan

Built-Heritage Researchers,  
City of Ottawa

The City of Ottawa is undertaking a major project identifying buildings, structures and other built resources of cultural heritage value. The Heritage Inventory Project is a city-wide project involving the surveying and evaluation of a vast array of Ottawa's built resources, from the modest workers' houses of Lowertown, to the fine Arts and Crafts homes in Brantwood Place, to the century-old barns of Kinburn and even the numerous bridges that span our city's many waterways.

The goal of the Heritage Inventory Project is to create certainty around Ottawa's heritage resources. Properties identified through the project will not be designated under the Ontario Heritage Act – rather they will be added to the City's Heritage Register. A rigorous update to the City's Heritage Register will be beneficial for property owners, developers, heritage

advocates, elected officials, planning staff, community groups and all concerned residents. The research method for the project includes photographing, describing architectural characteristics and evaluating thousands of built resources throughout the city.

As this project is looking to add non-designated properties of heritage significance to the Heritage Register, designated buildings, including all buildings within the New Edinburgh Heritage Conservation District (HCD) are not within the scope of this project. The New Edinburgh HCD is bordered by MacKay Street, Stanley Avenue, Sussex Drive and Dufferin Road (the west side is within the HCD).

We're asking *New Edinburgh News* readers to share information about their properties or other buildings or structures in their neighbourhood. We would love to know who designed your home or the original use of a particular building.

Please connect with the City of Ottawa's built-heritage researchers: Avery

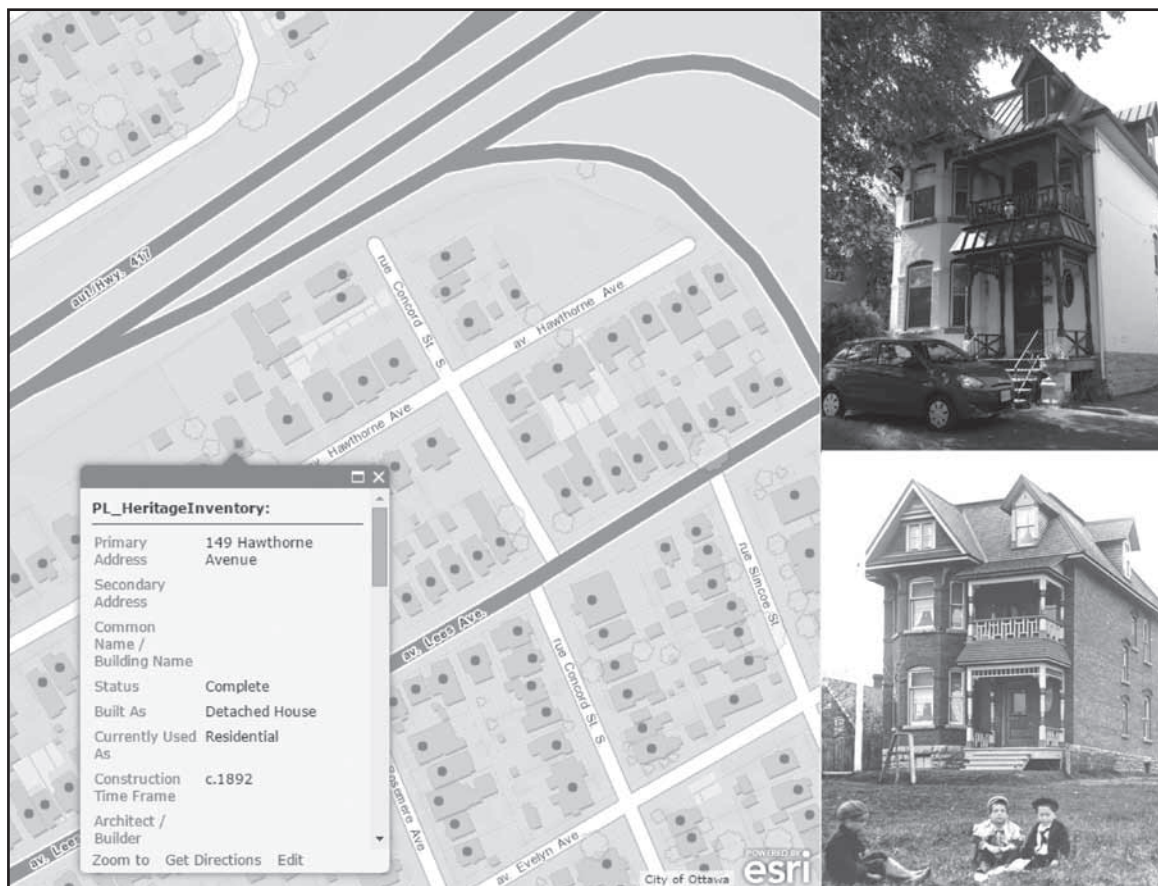


Photo courtesy of the City of Ottawa

The City of Ottawa Heritage Inventory Project uses software to collect heritage data on neighbourhood buildings.

Marshall, Adrian Phillips  
and Amber Polywkan at  
[heritageinventory@ottawa.ca](mailto:heritageinventory@ottawa.ca)

or say hello if you see us  
in the neighbourhood.  
Visit [ottawa.ca/](http://ottawa.ca/heritageinventory)

[heritageinventory](http://heritageinventory) to find  
more information about the  
Heritage Inventory Project.

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# Celebrating the legacy of Beechwood's Caisse Populaire



Looking east on Beechwood at St. Charles street is a mechanical box featuring a re-imagined 1950s scene, part of the Capital History Kiosks project.

Photo by David Weatherall

**By Sara Hollett and David Dean**

Celebrating Ottawa's history by turning our streets into exhibits: this was the idea behind Capital History Kiosks, an Ottawa 2017 project led by the Worker's History Museum, Carleton University and Chapter One Studio. It transformed dull, grey mechanical boxes owned by the city, wrapping them with vivid images of our past. Each installation also features a QR code taking visitors to capitalhistory.ca where they can learn more about each story. There's one such exhibit in our neighbourhood.

Researcher Sara Hollett chose to showcase the pivotal role the Caisse Populaire played in the Vanier and New Edinburgh neighbourhoods from its founding in 1941. Since the original building has disappeared and there were no suitable archival photographs to use, Sara worked with Ottawa artist Ross Rheame to re-imagine the 1950s location with a vivid and eye-catching painting that now adorns the mechanical box at

St. Charles and Beechwood.

Sara has always been fond of the Vanier-New Edinburgh area of Ottawa. She tells *New Edinburgh News* that scenes of families shopping and vendors selling their products at the Beechwood Market on the grounds of the former St. Charles Church caught her eye as the perfect site for this community-based exhibit.

"As I began researching," she says, "I discovered that the quaint Saturday market was only the most recent example of this neighbourhood's co-operative spirit. With the ongoing redevelopment of the St. Charles Church building, this location had been receiving quite a bit of news coverage and I wanted to tell a story that reflected its parishioners and its legacy in the community."

By focusing on the Caisse Populaire Saint-Charles, Sara hopes to remind pedestrians that the history of the intersection is about the people who lived and worked in the area, as much as it is about the history of the church.

"It was important to me to showcase a story that spoke

to both long-time franco-phone residents, as well as new residents of different backgrounds. My experience working with the Vanier and New Edinburgh communities helped me feel more connected to these wonderful spaces and the area remains my favourite spot in the city!" she says.

Carleton history professor David Dean led the project. "Seeing my students engage in Ottawa's history and then work with community partners like the Beechwood Market, Vanier Museopark and the Vanier BIA to communicate their discoveries was incredibly rewarding," he says.

Created in partnership with Ottawa 2017, Capital History kiosks' stories were funded by the Ottawa 2017's Arts, Culture and Heritage Program, stewarded by AOE Arts Council, Ottawa Arts Council and Council of Heritage Organizations in Ottawa.

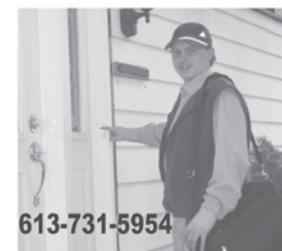
Please contact David at [david\\_dean@carleton.ca](mailto:david_dean@carleton.ca) for more information and with ideas for future stories.

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# Landmarks and nature inspired artist in 100-day painting challenge



Minto bridges in winter.

Painting by Sara Alex Mullen



New Edinburgh charm.

Painting by Sara Alex Mullen

## By NEN staff

This February, the Crichton Street Gallery will display artwork by New Edinburgh artist Sara Alex Mullen. This collection explores contrasting views of New Edinburgh from park space to laneways, sunrise to sunset, summer to winter. Such familiar landmarks as the Minto Bridges and Avon Lane, as well as less-recognizable scenes like the forest trails of Pine Hill, are featured in this collection.

This collection has been a year in the making and showcases how Sara's style has evolved over the course of completing an intensive 100-day painting challenge. This challenge drove Sara to make a new painting every single day for 100 consecutive days. With little time to plan for many of these pieces, Sara drew from her everyday surroundings. She says she feels lucky to live in such a beautiful neighbourhood, one which has endless opportunities for inspiration and connection.

Sticking to the commitment of this 100-day project wasn't easy for Sara – a mother to two young boys and a part-

time nurse practitioner – but it paid off with some artistic breakthroughs. Sara stays true to her landscape roots by focusing primarily on the nature within: trees and shadows are the predominant subjects in many of her pieces.

You are invited to meet the artist and see her stylistic evolution at a vernissage at the Crichton Street Gallery on Feb. 8 from 5–8 p.m. To see other works completed as part of Sara's 100-day painting challenge, visit [saraalexmullen.com](http://saraalexmullen.com).

In addition to this exhibit, Sara also organizes the New Edinburgh Artists Studio Tour (NEST) which will return for its third year September 22–23, 2018. Submissions are now open and applicants can apply through [neststudiotour.com](http://neststudiotour.com) until the end of February. Last year's NEST was a great success, showcasing 27 artists in 13 locations – all within walking distance throughout New Edinburgh.

The Crichton Street Gallery (299 Crichton St.) is open Saturdays from 11 a.m.–4 p.m. or by appointment by calling **613-299-0064**. Visit [thecrichtonstreetgallery.ca](http://thecrichtonstreetgallery.ca) Sara's work will be displayed

at the gallery Feb. 8–Mar. 3 and her vernissage runs Feb. 8 from 5–8 p.m.

## Upcoming events at the Crichton Street Gallery

**March 2018 – Jennifer Anne Kelly: Magic!** Jennifer will present a collection of glass inspired by natural magic. This collection offers a harmonious blend of natural elements with the science of forming glass. These modern forms have ancient roots. The glass has an appearance of tumbling into existence. As always, Jennifer's interpretation is optimistic and playful. Meet the artist, Mar. 8 from 5–8 p.m. – the show continues Mar. 10, 17, 24 and 31 from 11 a.m.–4 p.m. each Saturday.

**April 2018 –** Crichton Street's core group of artists will have new work on display Saturdays from Apr. 7–28, with a "Meet the Artists" event Apr. 5, 5–7 p.m. The event features pieces by Elisabeth Arbuckle, Jennifer Kelly, Mary Anne Varley, Pat Carbonneau, Louise Tanguay and Mary Pratte include photographs, mixed media, encaustics and glasswork.



# Heritage Day in Ottawa to honour two indigenous groups



Photo courtesy Catherine Lindquist

The Algonquin Anishinabe Host Nation partnered with Ottawa 2017 in the Miwàte illumination of Chaudière Falls last summer.

## By Catherine Lindquist

Heritage Day in Ottawa returns on Feb. 20. This year's theme: "Heritage Stands the Test of Time."

Join the Council of Heritage Organizations in Ottawa and the City of Ottawa Museums and Heritage Programs Branch from 11:30 a.m.–2 p.m. in Jean Pigott Place at City Hall. Browse informational displays and mingle with more than 40 exhibitors at the 2018 Heritage Showcase – including our own New Edinburgh

al centres of Algonquins of Pikwakanagan First Nation and Kitigan Zibi Anishinabeg First Nation. Both groups work resolutely on the preservation, interpretation and revitalization of Algonquin Anishinabe heritage and culture.

This is a most fitting and timely recognition. Ottawa is built on unceded territory of the Algonquin Anishinabe Nation and reconciliation has brought an opportunity to better understand the millenary history of the land

Pavilion on Victoria Island and with the Ottawa 2017 Bureau, serving on its Board of Directors and contributing to the Miwàte Illumination of Chaudière Falls.

Heritage Day is part of Heritage Week, a nationwide celebration that encourages all Canadians to explore their local heritage, to get involved with stewardship and advocacy groups and to visit museums, archives and places of architectural significance. Heritage Day is a chance to recognize the contributions of the many dedicated staff and volunteers promoting heritage conservation and educating the public about their city's history.

Find out how your community is celebrating its heritage. Learn about services offered by local heritage organizations, public programs and special initiatives, as well as professional development and volunteer opportunities. Discover how our "Heritage Stands the Test of Time" during Heritage Week Feb. 19–25, 2018.

Heritage Day in Ottawa takes place Feb. 20 from 11:30 a.m.–2 p.m. at Jean Pigott Place, Ottawa City Hall, 110 Laurier Ave. W. Visit [choocopo.ca](http://choocopo.ca) for details.

New Edinburgh resident Catherine Lindquist is the executive director of the Council of Heritage Organizations in Ottawa. She has served on the NECA board and with the Beechwood Village Alliance.



Photo courtesy Catherine Lindquist

The Miwàte illumination of Chaudière Falls.

Community Alliance.

Mayor Jim Watson will recognize the importance of reflecting on the achievements of past generations, accepting responsibility for protecting our heritage and embracing the promise of our future, as he proclaims Feb. 20 to be Heritage Day in Ottawa.

This year, two deserving organizations will receive the proclamation: the cultur-

we inhabit and to restore our relationships with Algonquin Anishinabe Host Nation, First Nations, Inuit and Métis peoples in Ottawa.

This recognition also reflects the contributions of the Algonquin Anishinabe Host Nation to Canada's sesquicentennial in Ottawa. They were pivotal partners with the National Capital Commission in presenting the Kabeshinân Minitig

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## IMAGES

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### General Manager, Rockcliffe Lawn Tennis Club

The Rockcliffe Lawn Tennis Club is looking to fill the position of General Manager, effective spring 2018. The GM's role is to manage a small part-time staff including the Head Pro and the Junior Pro and the club's day-to-day operations.

The GM position is full-time during the tennis season from April 15 to October 15 and it could be a modest part-time position during the winter months. The compensation package is fair and competitive. This position reports to the club President and to the Board of Directors.

This is an excellent position for an experienced and enthusiastic person seeking to enhance his or her sports management experience. Previous management experience and bilingualism would be considered important assets for the position.

Applications with a CV and a brief letter should be sent to [tony.stikeman@rogers.com](mailto:tony.stikeman@rogers.com) before February 16.

# The true story of a fairytale friendship

By Maggie Tam

In fairy tales, when children are in need of help, fairy godmother will appear and come to their aid. In fairy tales, the girls are always young and impressionable. Had they been mature and resilient, would fairy godmother still care to help them?

Gaby was 84 years old. She was too old to believe in fairy godmothers, well beyond the age to feel the tingling magic of fairy tales. She lived by herself in a brick house in New Edinburgh. Originally from Vaudreuil, Que., she moved here after she got married. Gaby and her husband first lived in Vanier and they moved to the brick house after they had children. Their three children had long since moved out on their own. Ever since her husband passed away some 20 years ago, she had lived in the brick house all alone.

Gaby had her daily routine, the same for more than 20 years. She read the newspaper in the morning after breakfast, sitting in the kitchen at her white wicker table.

She read the paper, cover to cover, from the front page to the obituaries and the weather section. She completed crossword puzzles with a dictionary in hand, she followed news programs on television and she people-watched from her house. She lived across the street from an elementary school with a nursery.

From September to June, from the comfort of her living room, she watched parents dropping off their children in the morning (parking illegally on her street). In the afternoon, she sat in her lawn

for the following two weeks. The little boy always waved at her after school and said to her "hi" and "bye." Gaby did not say anything in return. She did not wave back. She did not even smile. However, she made sure she was sitting on her front porch by three o'clock, because she knew the school bell rang at ten past three.

One afternoon, her tummy was not feeling particularly well. She was in the bathroom when she heard the school bell rang. By the time she hurried to the front door, she

*Some say Gaby is the boy's fairy godmother.  
Others may say he made her wishes come true.*

chair on the front porch and watched as parents collected their children (oftentimes blocking her driveway with their vehicles). She was the old lady who always sat on the front porch across from the school. She was the silent backdrop of busy city lives.

But Gaby's daily routine of 20 years was disrupted one day when a little boy waved at her from the school steps. He looked to be about two years old. She asked herself: "Did he wave at me?" She was not sure. Passersby seldom acknowledged her presence. She kept her facial expression blank, just in case she had mistaken. She watched as he crossed the street, holding onto his mother's hand. She watched as he climbed onto the sidewalk with his chubby little legs.

She watched as he stood by her front lawn, right next to her grandmother's rose bush, which she had brought with her when she moved to Ottawa. The little boy waved at her again and said: "Hi." Gaby looked at him with a stern face. She was really trying hard to think of something to say. She could not think of anything to say in English. She was francophone and spoke very, very little English. She continued to watch as he turned, hopped into the car and got buckled into his car seat. He waved at her for a third time and said "Bye" as the car drove away.

The same thing happened

could tell the usual school crowd had dispersed. She felt the cold bitterness of disappointment.

Reluctantly, she opened the front door, ready to sit in her usual spot – the same old lawn chair, the same old front porch. She was surprised to see someone standing on her porch. It was that little boy. When she opened the door, he looked up and the biggest smile grew on his face. She felt the warmth from the afternoon sun.

She gathered her courage and spoke the one English word which she had been practicing for the past two weeks. She smiled and said, "Biscuits?" Before she could blink, the little boy ran under her arm that held the door open and dashed inside the house. She beckoned his mother to come inside (might as well) and Gaby followed the little boy.

In the foyer, she saw a little pair of running shoes with Velcro straps scattered on the floor. She felt a tug in her heart. With no grandchildren of her own, she had forgotten how small her children's feet once were. She quickly walked past the empty living room, the dark dining room with curtains drawn, to the kitchen. There he was, already seated at her white wicker table. Gaby took down her biscuit tin from the cupboard and asked, more confidently this time, "Biscuits?" He said, brightly: "Two!" It took her a

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Photo courtesy Maggie Tam

New Edinburgh resident Gaby was 84 when a friendly toddler waved hello to her one day. An unlikely friendship blossomed. The boy, Darren, is now 10 years old and they remain fast friends.

second to translate the word in her head, but he seemed to figure it out, put up two little fingers and said: "Deux!"

From that day onwards, Gaby spoke more and more English and the little boy quickly learned his French, beyond counting one-two-three. Her biscuits became ice-cream in the summer, ham sandwiches in the fall and potatoes fried in butter in the winter. Gaby was the perfect listener to everything a little boy had to say after school. He did his homework at her white wicker table and they played card games afterwards. His school pictures

proudly lined up on her living room cabinet, next to her own family pictures. His scribbled drawings decorated her kitchen walls. He reminded her to take her five o'clock blood pressure pills. She attended his school functions.

Gaby is now 92 years old and the little boy is 10. They enjoy watching cartoons together – she has made sure to subscribe to the children's television channels. It is now the little boy's turn to bring her biscuits and sometimes roast chicken dinner, too!

Some say Gaby is the boy's fairy godmother. Others may say he made her wishes come

true. Or perhaps fairy tales are just embellished stories of everyday lives. Whichever way it is, the friendship between Gaby and the little boy is truly magical.

We may be too old to believe in fairy godmothers, but with a little wave, a genuine smile and some biscuits, we can all turn our lives into fairy tales.

*A former resident of New Edinburgh, Maggie Tam is a working mother of two who volunteers with the Girl Guides and with the Ottawa Storytellers. Her son is the boy in this true story. He currently attends Fern Hill School.*

## Designers, tailors and stylists wanted for spring fashion show

By Christina Leadlay

Memories of meeting tailors in India and the yearnings of friends in Ottawa have inspired Philly Kingsley to organize a fashion show this coming April.

Philly, owner of the Tea Tyme tearoom on Beechwood at Langevin, describes meeting two tailors in Kalimpong during a trip to India two years ago.

"I had them make me pants, tops and dresses with the material I had bought in Ottawa," she recalls. "One tailor was quite good and I was impressed with the profusion of affordable colourful cottons."

Philly is making another trip to Kalimpong this spring and plans to seek out those talented tailors once again to make some dresses and other outfits to bring home to Ottawa – not

just for herself, but for her friends.

"Some of my friends at the Chartwell seniors' residence were in need of good quality cotton clothes," she says.

"Most of them have lived the good life, replete with high-quality gems and gowns," she says. "They nostalgically yearned for linen, pure silk and exquisite cottons." However, she says the cost of such dresses at places like Nordstrom is out of reach for many retirees.

"Sometimes I would meet designers who were working online or sewing from home. On occasion, someone would be searching for that extra special outfit," she says.

Philly says these experiences have inspired her to organize a springtime fashion show at Tea Tyme and she is looking for input from

local dressmakers and clothing designers who would also like to showcase their creations.

"Why not invite all local designers, tailors, seamstresses to show off their creations at a weekend Fashion Show?" Philly says. She's putting out a call to all fashionistas: dressmakers, haute couturiers, milliners, knitters and garment stylists to get in touch for a weekend of fashion and fun. Philly envisions showing off the bespoke clothing she will have made in India, as well as creations by local artists.

All are welcome and there will be music, tea and refreshments.

*Tea Tyme's Fashion Show will take place Apr. 28 and 29. To take part, contact Philly at 613-741-8360 or drop into 81 Beechwood for details.*

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# Vibrant world of Oliver Twist coming to Elmwood Theatre

By Stephanie Townsend, Angela Boychuk and the Elmwood Cappies Team

Picture this: crates instead of stairs, orphans in rags poking out their dirty little heads, pick-pockets working the crowd, a judge who is a little deaf, a little blind and maybe a little tipsy. This is the world currently being created by Elmwood Theatre courtesy of Neil Bartlett's adaptation of the classic Charles Dickens novel, *Oliver Twist*.

Born in a workhouse, an orphaned baby is collected by a parish beadle and a malevolent matron. Later, when the small and hungry boy chal-



Photo by Karenna Boychuk

**Elmwood student Alexa Bothwell will become the Artful Dodger in the school's Feb. 28 production of *Oliver Twist*.**

lenges their authority by daring to ask for more gruel, the pair quickly sell him off to a malicious undertaker and his officious wife. However, the young *Oliver Twist* chooses instead to run away from his new employers, rather than stay and suffer their abuse. Alone on the road to London, Oliver is befriended by the Artful Dodger – a natural storyteller – who promises the lad a safe haven, where he himself resides.

Little does Oliver suspect that he is entering a lair where mischief and thievery are common practises, encouraged by none other than Fagin – a notorious keeper

of stolen goods. When Oliver is threatened by the brutal fiend Bill Sikes, the latter's girlfriend Nancy attempts to restore the innocent boy to his rightful family. Little is known about Oliver's true identity, but when it comes to light who he really is, the child's worth renders him a valuable commodity. Lives are threatened as the story builds to a climactic finale, where evil attempts to reign supreme over good.

Bartlett's boisterous and vibrant melodrama is brought to life by the 25-member cast of award-winning Elmwood Theatre and features Fagin's ragtag ensemble of orphans.

These young rascals keep the audience on their toes and more importantly, closely guarding their wallets! *Oliver Twist* is an energetic and emotional show that will leave you begging for more.

*This year's Elmwood Theatre production takes place Feb. 28–Mar. 3 at 7 p.m.; afternoon matinees are at 2 p.m. on Mar. 3 and 4. Tickets (\$25 adults/\$20 students and seniors) can be purchased in advance or at the door. For more information, call 613-749-6761 x 221. Elmwood Theatre is located at Elmwood School, 261 Buena Vista Road.*

## Exquisite music for harp and strings coming to MacKay United

By Carolyn Bowker

The MacKay Concert Series continues its season Feb. 11 as the Silflay String Quartet teams up with Michelle Gott in a program of music for string quartet and solo harp.

The Silflay Quartet – violinists Leah Roseman and Mark Friedman, violist Sonya Probst and cellist Thaddeus Morden – has delighted MacKay audiences by introducing them to lesser-known works and performing well-known pieces with sensitivity and panache.

Michelle Gott, professor of harp at the University of Ottawa, is a versatile per-

former who has been praised by the *Ottawa Citizen* for her "exquisite playing." She made her Lincoln Center debut in 2009 as winner of the Juilliard Concerto Competition. She has played with the New York Philharmonic, the Boston Symphony Orchestra, the St. Louis Symphony, the Toronto Symphony Orchestra, the National Arts Centre Orchestra (NACO) and the Boston Pops. Michelle has been featured as a solo and chamber performer in numerous festivals and has worked with composers and premiered new music in Europe and North America. A keen educator, she was awarded



Photo by Dave Poulin

**The Silflay String Quartet (Thaddeus Morden, Leah Roseman, Sonya Probst and Mark Friedman) teams up with harpist Michelle Gott for a concert Feb. 11.**



Photo by Karol DuClos

the Juilliard School's Peter Mennin Prize for Outstanding Leadership and Achievement in the Arts. Michelle holds her B.M., M.M. and D.M.A. degrees in Harp Performance from the Juilliard School.

For this concert, the Silflay will present the second string quartet by Erich Wolfgang Korngold (a composer better known for his lush scores for early Hollywood films), a piece first performed in 1934, but unjustly neglected until it was performed again in 1997. The Silflay Quartet played this work to great acclaim in Saskatoon, Sask. last October during the NACO national tour and it promises to be a rare treat.

Mark, Leah and Michelle will play *Deux Interludes*, two short pieces by Jacques Ibert which they performed five years ago. Ibert was a 20th-century French composer, taught by Fauré and of the generation of the great French impressionists, whose work nonetheless defies clas-

sification. The Interludes, says Leah, are "captivating gems written in a Spanish style and I was hoping for another opportunity to perform them!"

The Silflay Quartet and Michelle Gott will perform Debussy's *Danse Sacrée et Danse Profane*, composed in 1904 as a test piece for a newly invented chromatic harp and went on to become one of his most beloved compositions. The sacred dance is virtuous, poised and logical, in contrast with the warm and seductive second dance – each compounds the beauty of the other.

Michelle will conclude with a solo harp sonata by Paul Hindemith, a sonata which, "is one of my favourite solo works to play because it embodies the majestic resonance and power of the harp, but ends with a slow, instrumental lied based on a poem by the German writer Christoph Holty," she says.

"This is particularly emo-

tional for me, as the poem speaks of someone nearing death. The person's last request is that a small harp be hung behind the altar of a church where it mysteriously seems to play, like an Aeolian harp in the wind, after the person has died. My mother, who taught me to play the harp, passed away in 2009. In many ways, this movement is part of my enduring connection to her," Michelle explains.

Another exciting blend of the well-known and the new, with virtuosic playing and music of exquisite beauty, this is a concert not to be missed.

*The Silflay Quartet and Michelle Gott will perform at MacKay United Church, 39 Dufferin Road (at MacKay Street), 7:30 p.m. on Feb. 11. Tickets are \$25, \$20 for seniors and \$15 for students, available at Books on Beechwood, the Leading Note, or at the door.*

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# Beechwood Market presents a Valentine's Edition

By Chris Penton,  
Beechwood Market  
Manager

The Beechwood Market's Christmas Edition showed us that folks enjoy doing their holiday shopping in the neighbourhood. Supporting small Ottawa businesses is certainly a thing here in Beechwood Village. Most of the vendors have done a fair few Christmas shows, craft shows, etc. When they commented on how engaged the



crowd was, I was well armed with tales of cohesion and community spirit.

To keep this trend roll-

ing, Beechwood Market and New Edinburgh Square Retirement Residence bring you the Valentine's Edition taking place Feb. 10 from 10 a.m.-3 p.m. at 35 Beechwood Ave.

The Valentine's Edition will be another display of resident participation, local pride and the desire to see more shopping options in the area. Beechwood Market shares the vision of a traditional Mainstreet and wishes to help

make it a reality

On Feb. 10, the Kaz Kitchen will be cooking up gluten-free, nut-free, dairy-free breakfast options in addition to their Persian noodle soup "Aash reshteh" and delicious hot cocoa. Chris and Leah, our favourite local lovebirds, will serenade visitors through the day.

Whether you are after chocolate, soap or knitted items for your Valentine, the crew at Beechwood Market have

put together a varied line up of vendors. With honey for your honey, socks for a fella and jewellery for all sorts, there is no need to leave the comfort of your own neighbourhood to find the perfect Valentine's gift. The best part is that everything is designed and made in Ottawa.

As long as you all keep coming to these events, we'll keep producing 'em!

Visit [beechwoodmarket.ca](http://beechwoodmarket.ca) for more details.

## Rising musical stars unite for Cambodian fundraiser concert



Young musicians like those who performed at IC4C's 2016 concert (above) will gather Mar. 11 for this year's fundraiser.

Photo courtesy Flora Liebich

By Flora Liebich, IC4C  
Coordinator

The community is warmly invited to the 12th Annual In Concert for Cambodia (IC4C) fundraiser on Mar. 11, to be hosted by CBC Radio's Laurence Wall and featuring guest of honour Per Sjögren, Ambassador of Sweden to Canada. Sweden is highly supportive of human rights internationally and has a particular interest in the increasingly challenging situation in Cambodia.

We have a terrific lineup of musicians, including Peter Woods (MacKay United Church Minister) on jazz saxophone, accompanied by the legendary Brian Browne on piano; Danielo and Maria Krstic on violin (Maria, now 15, is a multi-

year winner of the Canada Music Competition); and Kyle Burghout and Jane Cory on fiddle (Kyle is the IC4C Youth Coordinator and winner of the 2015 Eastern North America Fiddling Competition). There will also be cello, vocal and piano performances, and to top it off, traditional Cambodian music! The concert will be followed by complimentary refreshments and a silent auction.

This youth-based volunteer initiative was started in 2006 by 13-year-old Ottawa violinist Laurent Côté (2009 recipient of the Ontario Youth Philanthropist Award), to raise funds for The Peaceful Children's Homes in Cambodia. Since that time, successive groups of young Ottawa musicians have vol-

unteered their time and talent to this worthwhile cause. Many of the musicians are students or graduates of the University of Ottawa, while others are rising stars in the music world.

The Peaceful Children's Homes (PCH) were created in 1994 to provide a permanent home to unaccompanied children returning from refugee camps on the Thai border in the aftermath of the Khmer Rouge regime and the Vietnamese occupation. Today, the Homes take in children who have been orphaned, abandoned or rescued from the street, from domestic violence or from human trafficking. The Homes remain a beacon of rights awareness and integrity in a challenging domes-

tic environment. All proceeds from our concerts go directly to the Homes for food, education, medical care, and self-sufficiency projects. IC4C is proud to support the university studies of four talented young people from the Homes, including a young woman studying law.

In December 2015, IC4C representatives visited The Peaceful Children's Homes and found that our donations are being well-utilized. We met many young people, now successfully employed and raising their own families, whose lives have been transformed by the Homes. The

current PCH director grew up as a child in the Homes and has now returned, after completing university and working abroad, in order to give back.

*The In Concert for Cambodia fundraiser will take place Mar. 11 at 2 p.m. at MacKay United Church, 39 Dufferin Rd. We encourage you to purchase your tickets in advance! Tickets (\$20 for adults, \$15 for students, \$10 for ages 12 and under) are available at [inconcert4cambodia.wordpress.com](http://inconcert4cambodia.wordpress.com) and at Books on Beechwood. Tickets will also be available at the door (\$25 for adults).*

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# EVENTS CALENDAR

## February

**Feb. 1 – “Méthodologies pour touristes” exhibit** at Voix Visuelle gallery, 67 Beechwood Ave., 2nd floor. voixvisuelle.ca. Tues.-Sat. 11 a.m.-4 p.m. The Centre d'artistes Voix Visuelle hosts an exhibit work of Mathieu Léger. His work reflects on themes of wilderness, time (geologic) and natural biological processes. On until March 1.

**Feb. 7 – Cityscapes discussion** at One Up Beechwood, 1 Beechwood Ave. 6-7:30 p.m. Tobi Nussbaum moderates “Cityscapes,” an informal panel discussion with journalist Andrew Cohen, German ambassador Sabine Sparwasser and others exploring new perspectives on “Creating Captivating Cities: Visions from Around the World” and lessons from various capitals that Ottawa can draw from.

**Feb. 9 – Gurdjieff film screening** at St. Columba Church Hall, 24 Sandridge Rd. 7:30 p.m. Free. Register at 613-746-6547 or contact@gurdjieffottawa.org. The Ottawa Gurdjieff Study Group hosts a film screening: *Gurdjieff and the Call to Consciousness*. Interested adults are invited to attend this complementary screening. Informal discussion and refreshments follow the screening.

**Feb. 9 – Lumen ad Revelationem concert** at Trinity Anglican Church, 1230 Bank St.,

7:30 p.m. 613-862-4106; caelisacademyensemble@gmail.com. Matthew Larkin directs the Caelis Academy Ensemble in *Lumen ad Revelationem*, a concert featuring works by Byrd, Eccard, Holst, Howells, Larkin, Mendelssohn, Palestrina and others. Featuring a cash bar and silent auction.

**Feb. 11 – Gott and the Silflay String Quartet** at MacKay United Church, 39 Dufferin Rd. 7:30 p.m. The MacKay United Church Chamber Music concert series returns with Gott and the Silflay String Quartet featuring the music of Korngold, Ibert and others. Details page 28.

**Feb. 19 – Learn to curl mini clinic** at the RA Centre, 2451 Riverside Dr. Register at doodle.com/poll/yapey35gf5b6zdrn or 613-733-5100. Are you looking for a fun and new activity, at no cost, for your family on Family Day? The RA Curling Club is hosting three mini learn to curl clinics at 11 a.m., 12:30 p.m. and 2 p.m.

**Feb. 23 – Prime Ministers' Row whisky tasting** at all-saints Event Space, 10 Blackburn Ave. pmr-apm.ca. 6:30-9:30 p.m. \$130. Join Prime Ministers' Row for a special evening of whisky tasting. Within the unique, cozy atmosphere of the Lower Chapel in Sir Robert Borden's former church, come and enjoy live music; cheese, charcuterie and desert boards; and five samplers of premium whisky, guided

by an expert sommelier.

**Feb. 24 – RCMP Musical Ride open house** at the RCMP Musical Ride Centre, 1 Sandridge Rd. Free parking. 10 a.m.-3 p.m. The RCMP host the annual Musical Ride open house and Ottawa Food Bank drive. Tour the stables, meet the horses and riders of the world famous Musical Ride, visit a variety of displays and see various RCMP demonstrations. The Mountie Shop will also be open for visitors. Bring a non-perishable food item or cash donation for the Food Bank.

**Feb. 27 to March 27 – Learn to curl program** at the RA Centre, 2451 Riverside Dr. Register at racentre.com or 613-733-5100. Members: \$90; non-members: \$100. The RA Curling Club is offering a Learn to Curl program on Tuesdays, February 27 to March 27, from 5-7 p.m.

**Feb. 28 to March 3 – Oliver Twist** at Elmwood Theatre, Elmwood School, 261 Buena Vista Dr. 7 p.m. and weekend matinees at 2 p.m. \$25 adults; \$20 seniors and students. 613-749-6761 x 221. Elmwood Theatre presents their latest play adapted from the novel by Charles Dickens. See page 28 for details.

**Feb. 28 – ‘Canada 150: What Next?’** at Library and Archives Canada 395 Wellington St. 7 p.m. thewalrus.ca/the-walrus-talks-canada-150-what-next. The Walrus Talks presents “Canada 150: What Next?” What did we learn about

the country during Canada's sesquicentennial? How do we see ourselves? Where do we go from here? Featuring local author Charlotte Gray, former cabinet minister Ujjal Dosanjh and others. See page 21 for details.

## March

**March 9 – Lego Contest 2018** at the Aviation and Space Museum, 11 Aviation Parkway. 11 a.m.-1 p.m. Register at ingeniumcanada.org. Use your LEGO® building blocks to create an aircraft — any aircraft you would like. Entries must be built ahead of time and brought in ready to display (the Museum does not provide building blocks).

**March 11 – In Concert for Cambodia** at MacKay United Church, 39 Dufferin Rd. 2 p.m. inconcert4cambodia.wordpress.com CBC Radio's Laurence Wall hosts In Concert for Cambodia. Per Sjögren, Ambassador of Sweden, will be the guest of honour. \$20 adults (\$25 at the door), \$15 students, \$10 children 12 and under) available online and at Books on Beechwood. See page 29 for details.

## April

**April 21 – Old Home Earth Day Event** place at the Glebe Community Centre, 175 Third Ave. Free. Contact glebeold-homes@gmail.com. Learn to conserve energy, reduce car-

bon emissions and live more sustainably. Details, page 20.

**April 27 and 29 – ‘Hommage à Chopin’ recital** at MacKay United Church, 39 Dufferin Rd. Tickets at the door or via eventbrite.ca. \$15 adults, \$10 students and seniors. 7:30 p.m. (Friday) and 3 p.m. (Sunday). Pianist Sarah Molenaar will perform two shows of the same repertoire featuring music by composers influenced by Chopin as well as a piece by Chopin himself.

**April 28 and 29 – Fashion Show** at Tea Tyme, 81 Beechwood Ave. 613-741-8360. Calling all fashionistas, dress designers, haute couturiers, hat makers, knitters, seamstresses and garment stylists! Tea Tyme would like to showcase your creations. Please join us for music and refreshments. Details page 27.

**April 29 – ‘Une Célébration Française’ concert** at St. Thomas the Apostle Church, 2345 Alta Vista Dr. 3 p.m. OttawaBrahmsChoir.ca; 819-568-8169. The Ottawa Brahms Choir, directed by Christopher Askwith, accompanied by pianist Svetlana Logigan, invites you to its annual spring concert. Music includes excerpts of ‘Cantate pour une joie’ by Pierre Mercure, with soprano soloist Cara Gilbertson-Boese and works by Gabriel Fauré, Charles Gounod, Camille Saint-Saëns, Morten Lauridsen and others.

## UrbanOttawa.com

*Wishing you and yours a happy and healthy year to come. Thank you kindly for all your business and referrals again during 2017. I look forward to working together in the years to come.*

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*Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandé vos proches au cours de l'année 2017.*

*J'espère avoir le plaisir de travailler avec vous dans les années à venir.*



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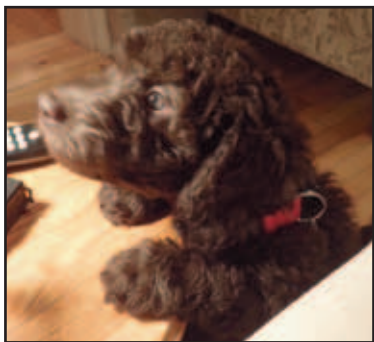


# Burgh Breezy Bits

**DEADLINE: MAR 10**  
newednews@hotmail.com

## Welcome!

The health practitioners located on the third floor of New Edinburgh Square recently welcomed osteopath **Maryse Tassé** to their group. Maryse is pleased to be back in the neighbourhood where she first worked at the Bread and Roses Bakery 20 years ago. Learn more about Maryse at [maryseosteopath.com](http://maryseosteopath.com).



The **Galambos-Mundie** household of Stanley Avenue welcomed **Tobi** the Goldendoodle in mid-January. Born Nov. 25, Tobi is quite excited to make new friends in Stanley Park. Be on the lookout for the enthusiastic puppy with a curly chocolate brown coat!

## Condolences

Our sympathies to **Linda and Vern Krishna** and family on the recent death of their much-loved golden retriever **Biggy**. Biggy was a handsome and memorable character – he will be greatly missed by his family and friends in the community.

## Wanted

Two local researchers working on new book, *The History of Ottawa Parks Pre-1950*, are looking for submissions (interesting story ideas or tidbits and old photographs) of parks in New Edinburgh and elsewhere. Any help is appreciated. Contact **Mark Lowell** at [househistory@tricolour.ca](mailto:househistory@tricolour.ca); [househistory.tricolour.ca](mailto:househistory.tricolour.ca) or 343-996-5132.

## Miscellaneous...

Are you a parent with a baby or toddler looking to connect with others in the neighbourhood? Join us at the free and informal **Monday**

**Morning Playgroup**, held at St. John Lutheran Church (corner of Crichton and The Mews), for play, chats and crafts. Please note the group is for mums and dads with their children aged 0–3. For details, email **Janet** at [janet.nielsen@utoronto.ca](mailto:janet.nielsen@utoronto.ca).



Photo by Michael Larass

**Michael Larrass** took advantage of early January's extreme cold to create an ice sculpture on his Douglas Avenue front lawn.



Photo by Louise Imbeault

The Scone Witch's **Heather Matthews** recently launched high tea at her Beechwood location. A selection of tasty items including her delicious scones and tea is available between 2–4 p.m. Reservations required. \$25. Call **613-741-4141**.

## Congratulations

Best wishes and safe travels to **Ross Fraser** of Fraser Café and Table 40. Ross and five of his staff head to PyeongChang, Korea, to



Photo courtesy Gavin Murphy

Lisgar Collegiate students **Jonah Leinwand** (left) and **Isaac Glassman** (pictured with the Churchill Society's **Michael Adams**) were voted the best debaters at the Sir Winston Churchill Society of Ottawa's inaugural Churchill debate tournament at Ashbury College on Dec. 11, 2017. Lisgar outdebated three Ottawa-area high schools, including Ashbury, in three rounds. The format of the debate followed the Canadian National model: constructive speeches of six minutes, followed by rebuttal speeches of three minutes. Burgh resident **Gavin Murphy** of the Churchill Society was one of the judges.

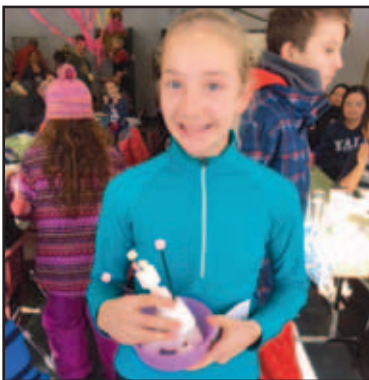
feed guests during the 2018 Winter Olympics. According to the *Ottawa Citizen*, Ross and his team will oversee the kitchen at the hospitality venue of Intel, the multinational tech company. This is not Ross's first time cooking during an Olympiad, having cooked at a high-end hotel during the 2016 Rio summer games.

Best wishes to **Henry Patterson** of Vaughan Street who turned 50 on January 13.



Photo by Liba Bender

Local artist **Hugh McBride** (above), pictured at the January 18 vernissage for his "Framing the Interior" exhibition of street photography at Table 40, in support of Youth Services Bureau of Ottawa.



**Frida** was among the winners of the marshmallow snowman contest held at the fieldhouse during the CCC's New Year's Day brunch. Photo by Liba Bender



Photo by Marion Hutton

**DunelmOTTAWA**, a group of Ottawa-area alumni from England's Durham University, held their annual Christmas reunion at Dunelm, the New Edinburgh residence of alumnus Gavin Murphy, on Dec. 9. It was a record turnout of alumni and friends for the Christmas event, with an abundance of food and drink and plenty of laughs. Back row from left: **Lasker Cova** (not an alumnus but born in Durham!), **Betty Rivera**, **Ramon Cova**, **Andy Welch**, **Norman Hughes**, **Paul McConnell** (also a Burgh resident). Front row from left: **Roger Stacey**, **Jack Lindsey**, **Nadia Monast** and **Gavin Murphy**.



Photo courtesy the Office of the Secretary to the Governor General

**Rideau Hall** held its annual Winter Celebration on Jan. 27, the first for Governor General **Julie Payette**. The day featured dozens of winter activities presented by a number of European embassies, as well as Inuit cultural performances and relaxing horse-drawn wagon rides.



(From left) **Peter Honeywell**, **Joanne Lochhead**, **Liz Heatherington**, **Anne Troise** and **Lynne Houwing Evenson**.

The Elmwood Art Show opened Dec. 3, with over 100 guests at the vernissage. Curated by **Peter Honeywell** and assisted by **Joanne Lochhead**, the show featured works by 35 artists in various media including watercolour, oil, acrylic, ceramic, jewellery, textile and mixed media. Funds raised will go to the Old Girls Endowment Scholarship, helping Elmwood to support a gifted student with financial challenges each year. The art show took place the same weekend as Elmwood's Holly Tea and Marketplace, which featured over 13 vendors selling beautiful seasonal items.

Photo courtesy Liz Heatherington