

April 2018

NEW EDINBURGH NEWS

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Photo by Louise Imbeault

Melting snow, warmer weather and longer days have us looking forward to spring flowers.

Sundae School set to return this summer as Bridgehead's next door neighbour

By Christina Leadlay and Karen Harrison

Ice cream fans will be happy to learn that Sundae School is set to return this summer, but in a new location: next door to Bridgehead on the corner of Beechwood and Putman.

New Edinburgh News reported in October 2017 that Bridgehead had initially considered expanding their coffee shop into the space

vacated earlier that year by Details Home Apparel. But Bridgehead President and CEO **Tracey Clark** confirmed to *NEN* in March that plans have since changed.

"Although it's true that at sometimes a seat is hard to come by, the reality is that for eight months of the year, our patio doubles our seating and the additional space is not needed," Tracey

explains in an email to the *New Edinburgh News*.

"When we considered this alongside the fact that the cost of expansion would have been the same as building a brand-new Bridgehead, we opted not to expand, but to renovate instead."

The renovations, which took place this past December and January, included tiling the

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NECTAR programs continue at 255 MacKay as conditional sale moves ahead

By Sean Flynn, chair of NECTAR

In early 2017, the Board at NECTAR embarked on a journey towards preserving its remaining assets and gradually shifting its focus towards a more sustainable approach to delivering programming and community events. The most significant part of this journey was the decision to sell New Edinburgh House located at 255 MacKay St. This decision was not taken

lightly and was the result of a number of conversations with many in the community. Although it was a sad day for some, marking the end of five years of community ownership of this splendid old house, we are excited to look at how we can continue to serve the community and collaborate with other partners and organizations going forward.

The house was officially listed on the market in

the summer of 2017, and attracted considerable interest from a wide range of buyers. However, given the unique characteristics of the building and the current zoning of the property, it proved to be a challenging proposition for most buyers, who were typically looking for more turn-key properties with fewer hurdles to overcome.

Late last fall, the board was

Continued on page 3

Syrian refugee family to arrive this month

By Abby DeWolfe

After two long years of waiting for our Syrian refugee family to arrive in Ottawa, the New Edinburgh Welcomes Refugees (NEWR) group is happy to announce that the refugee application has been approved and the family should be here in April.

NEWR is a group of individuals from our community that has come together to sponsor a refugee family from Syria.

The MacKay United Church is our Sponsorship Agreement Holder and Norma McCord, who has helped in welcoming many refugees to Ottawa, has been instrumental in guiding our group along the way.

This journey began in the fall of 2015 when a couple of us had the idea to connect like-minded people in the neighbourhood to make some small contribution to help those affected by the

growing crisis in Syria. We held a fundraising party approximately two years ago and it was wonderful to bring together a diverse group of people who shared a common desire to make a difference. A core group was formed and NEWR was connected with a displaced Syrian family living in Beirut, Lebanon.

The family consists of a young couple in their 30s

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New Edinburgh's Annual

Plant Sale



Stanley Park Fieldhouse
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stay for music, family fun
and barbecue.

With springtime come concerns regarding health, flooding and road safety



Cindy Parkanyi
NECA President

In the past, when New Edinburgh residents have heard booms and blasts coming from the park area, it was considered a positive sign of things to come – blasting of the river ice, which meant warmer weather, spring flowers and the sweet sound of chirping birdlife. This year, however, the sounds also portend a period that will be bittersweet – spring weather and blossoms mixed with unmitigated and excessive noise and diesel fumes wafting in through (now open) windows.

New Edinburgh Community Association (NECA) Board members and residents have been steadfast in raising the noise and air quality issues to the Combined Sewage Storage Tunnel (CSST) project staff at the Community Construction Monitoring Committee (CCMC) table. The response from the City project staff thus far has been consistently underwhelming and unapologetic. We will continue to push for appropriate mitigation to protect the health and wellbeing of residents and are interested in hearing about any other issues of concern that we should raise at the next CCMC meeting, which takes

place Apr. 11 at 5:30 p.m. at the Fieldhouse.

Flood prevention

Another sure sign of spring is the rising water level and swift current in the Rideau River. Luckily, it appears that aside from the very real dangers of the swiftly flowing water, the threat of major flooding this year is not high. Nevertheless, in anticipation of the potential of flooding, City staff and Councillor Tobi Nussbaum held a Flood Mitigation Information Session on Mar. 19 at St Bartholomew's Church Hall.

There were a number of tables set up displaying emergency preparedness information, specifically how to prepare for or recover from flooding. Pierre Poirier, Manager of the City's Security and Emergency Management Department, spoke to the small crowd about the different activities and groups that are involved in flood response and the measures that individuals can take to prepare for (or prevent) flooding of their properties. When asked about specific plans for measures that the City would take in case of flooding in our particular area, either as a permanent solutions – such as installing a berm or wall – or

as temporary solutions to an actual flood situation – such as building sandbag walls along the riverfront in strategic areas – Poirier replied that he was relatively new to the job and would review the New Edinburgh Flood Control Study (2015) and explore the possible options for moving forward. The City was asked to take a more proactive approach to planning for these events, particularly given the intricacies of establishing mitigation on National Capital Commission lands and the delays associated with obtaining approvals.

NECA will be following up with Poirier and Councillor Nussbaum to explore possible next steps.

Dufferin sidewalk extension

At its Mar. 20 meeting, the NECA Board of Directors approved in principle a motion to request that the City consider extending the sidewalk along the south side of Dufferin Road from Crichton Street to the west side of the driveway leading to the back of the townhouses that face onto Crichton. The Traffic and Safety Committee will work with the City to ensure appropriate consultations take place with affected residents once design and engineering plans are more fully developed.

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.



Photo by Liba Bender

Boats belonging to the crew that helps break up the Rideau river ice, as seen from the St. Patrick street bridge.



See page 3 for details

**Casting
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for
NEN!**

**Stanley Park Fieldhouse
Sunday May 6, 2-4 p.m.**

Your NECA Representatives 2017-2018

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

Ex officio:

Christina Leadlay *New Edinburgh News*, 613-261-0442, newednews@hotmail.com



NECA Meetings - All Welcome

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

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

Tuesday, April 17, 8 p.m.

Tuesday, May 15, 8 p.m.

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

Wanted: local talent to join our team



Christina Leadlay
Managing Editor

We have an incredible team of volunteers who run the *New Edinburgh News*. But we are a small team, and when one of us goes down (literally), there isn't much of a pool of backup to draw from. This became evident in early March when our senior writer and associate editor Jane Heintzman suffered a broken shoulder, which put many of her contributions in jeopardy. Thankfully, between myself and Advisory Committee members Karen Harrison and Carolyn Brereton, as well as regular For the Birds contributor Amy-Jane Lawes, we were able to fill in any gaps for this edition.

But this has highlighted our need for a larger pool of talent. This is where you, dear reader, come in. Are you interested in writing about

local events and local people? Or are you handy with a camera and have the time to take photos of our merchants and community members for the Burgh Business Briefs, Breezy Bits and the like?

If you answered yes, then we would like to meet you! Join the *New Edinburgh News* on **May 6** for an open house and casting call at the Stanley Park Fieldhouse from 2-4 p.m. Come by, have a coffee and some refreshments and meet the team that helps create this little newspaper. Tell us what you think and share your story ideas and thoughts on how we can improve. Bring us your writing samples or photography portfolio so we can see your talents. Everyone is welcome, regardless of age, background or experience. All you need

is the time, the energy and the commitment to spreading local news.

Now in our 41st year of publication, *NEN* is a not-for-profit, volunteer-run community newspaper, so we can't pay you for your photos or writing. But you will get the satisfaction of seeing your name in print when we publish five times a year, knowing all the latest news and connecting with the community in a meaningful way.

Many hands make light work, so the more people we have available to call on to help, the better and more diverse and inclusive *NEN* will be.

So please drop by the Stanley Park Fieldhouse on **Sunday, May 6 from 2-4 p.m.** I will be there with our core *NEN* team: Dave Rostenne, Jane Heintzman, Louise Imbeault and our Advisory Committee members, including past editors Cindy Parkanyi and Carolyn Brereton. We will be happy to answer your questions and to hear your ideas. If you are interested but are unable to attend this event, please contact me directly at newednews@hotmail.com.

NECTAR board supports buyer's proposal for future use

Continued from page 1

pleased to accept an offer from a prospective buyer who hopes to transition the property back to its former residential use in a way that is financially viable and attractive to prospective homeowners in the current real estate market. The buyers have been working in collaboration with the City of Ottawa and community heritage groups to develop their proposed vision for the building. We encourage everyone to drop by New Edinburgh House to view the large City of Ottawa Development Notice that

includes a sketch of the new design.

The NECTAR board is supportive of the buyer's efforts to date. It is a challenging space and building to work with, and we believe the buyer's proposal strikes a delicate balance between honouring the building's past and reinventing it for future use. The rezoning and planning processes associated with the property are ongoing, and NECTAR will retain ownership until the closing of the sale, forecast toward the end of summer 2018. Consequently, New Edinburgh House will con-

tinue to function as a community centre until the end of September, and we encourage you to enjoy this beautiful facility until that time. Drop by Tuesdays or Thursdays to chat with Paul Tonkin, our office manager, if you would like to rent space for any kind of function, or simply to learn more about NECTAR. Feel free to send me your comments about the future of NECTAR at sflynn@gmail.com.

For more details about the proposal for 255 MacKay, turn to pages 6 and 29.

NEW EDINBURGH NEWS

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Advisory Committee:

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

Managing Editor

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

Associate Editor/

Senior Writer

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

Advertising Manager/

Photographer

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

Production Manager

Dave Rostenne

Bookkeeper

Nicholas Galambos

Distribution Manager

Karen Harrison
karen.g.harrison@gmail.com

Proofreaders

Adrienne Blair
Philippa Wolff

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

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Recognizing the contribution of women in our community



Nathalie Des Rosiers
MPP Ottawa-Vanier

On Mar. 8, we celebrated International Women's Day. At my office, we recognized the contributions of five Ottawa-Vanier women and girls. They have each volunteered many hours and played an important role in the community. Once again, I congratulate Sabreen Aby-Zeyada, Hildana Adan, Menal Aman, Ruweida Shire and Lauren Touchant.

Sabreen Aby-Zeyada has been providing volunteer support to newly arrived refugee women and families in a variety of capacities. As an interpreter, a guide and an aide, she has become a familiar face to more than 350 refugees in Ottawa and to numerous service providers such as various doctors' offices, lawyers and case workers at Ontario Works. She is a helping hand for refugee women who are low income, at risk, isolated or otherwise marginalized. Thank you Sabreen,

on behalf of our community.

I am proud to be part of a government that recognizes women and girls' contributions and potential. On Mar. 6, 2018, Premier Kathleen Wynne unveiled *Then Now Next: Ontario's Strategy for Women's Economic Empowerment*, which aims to help remove long-standing barriers that have kept women from benefiting equally in Ontario's rapidly changing economy. It includes the introduction of legislation to increase transparency in hiring processes and give women more information when negotiating fairer compensation that is equal to their male peers.

It's time for all women's economic empowerment. Because it's fair, and because it means a stronger, more inclusive economy.

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Le 8 mars, nous avons célébré la Journée internationale de la

femme. À mon bureau, nous avons reconnu les contributions de cinq femmes et filles d'Ottawa-Vanier. Elles ont chacune fait un grand nombre d'heures de bénévolat et ont joué un rôle important dans la communauté. Je félicite encore une fois Sabreen Aby-Zeyada, Hildana Adan, Menal Aman, Ruweida Shire et Lauren Touchant.

Sabreen Aby-Zeyada fournit un soutien aux femmes et aux familles réfugiées nouvellement arrivées dans différents domaines. Elle est connue en tant qu'interprète, guide et accompagnatrice de plus de 350 réfugiés à Ottawa ainsi que de nombreux fournisseurs de services tels que divers cabinets de médecins, d'avocats, de travailleurs sociaux d'Ontario au travail et bien d'autres. Elle aide les femmes réfugiées à faible revenu, à risque, isolées ou autrement marginalisées. Merci Sabreen, au nom de notre communauté.

Je suis fière de faire partie d'un gouvernement qui reconnaît les contributions et le potentiel des femmes et des filles. Le 6 mars 2018, la première ministre Kathleen Wynne a dévoilé *Le passé, le présent et le futur : Stratégie ontari-*



Photo courtesy Des Rosiers' office

Sabreen Aby-Zeyad (right) was among five local women Nathalie Des Rosiers (left) recognized Mar. 8 for their work in Ottawa-Vanier.

enne pour l'autonomisation économique des femmes, qui vise à éliminer les obstacles qui empêchent les femmes de bénéficier pleinement de l'économie ontarienne. La stratégie comprend, entre autres, l'adoption d'une loi visant à accroître la transparence des salaires en exigeant que certains employeurs publient des renseignements sur la rémunération dans leur organisation.

Il est temps que toutes les

femmes puissent réaliser leur potentiel, parce que non seulement c'est juste mais aussi parce que cette autonomisation permet de créer une économie plus forte et plus inclusive.

To reach Nathalie Des Rosiers, visit her constituency office at 237 Montreal Rd., call 613-744-4484, email ndesrosiers.mpp.co@liberal.ola.org or visit nathaliedesrosiers.onmpp.ca.

River level warnings, zoning & pathway reviews this spring



Tobi Nussbaum
City Councillor, Ward 13

Flood mitigation

Residents who live within the floodplain in New Edinburgh will want to stay tuned to the Rideau Valley Conservation Authority website and my social media (Twitter and Facebook) over the course of the spring to get updates on water levels during the thaw period, known as the "freshet." I also worked with the City's Emergency Management department and organized an information session in New Edinburgh at St. Bartholomew Church on Mar. 19 where residents

heard about what they can do to mitigate flooding and the support the City and RVCA can offer during flood season.

255 MacKay proposal

Later this spring, the City's Built Heritage Subcommittee and Planning Committee will consider an application to add an addition to the former MacKay United Church manse (most recently known as the home of NECTAR) at 255 MacKay St. to convert it into a residential duplex. The proposed alterations include an addition to the northwest, a small addi-

tion to the southeast and the demolition of an existing rear addition constructed in the 1960s. Other elements of the proposal include the reconstruction of the front porch, the addition of a new rear modern porch, a new garage on Avon Lane, the creation of a new window opening on the second floor, as well as the addition of a dormer, and relocation of an existing dormer. The application will also require a rezoning, since the site is only zoned for institutional use – not residential. The designs are available for viewing and public comment (until Apr. 3) on the City's Development Applications page on ottawa.ca.

R4 zoning review

Since January 2016, the City of Ottawa has been reviewing the R4 family of zones, including many in New Edinburgh. You can see the proposed Zoning By-law

Amendment resulting from this review and provide feedback until Apr. 9, 2018. Read more about this project and submit your feedback on the City's website here: ottawa.ca/R4zoning

NCC capital pathways consultation

The National Capital Commission is embarking on a renewal of its 2006 plan entitled "Pathway Network for Canada's Capital Region." The purpose of the revised plan will be to provide a framework for future plan-

ning and day-to-day management of the capital pathway network, including pathways along the Rideau and Ottawa rivers in our ward. Consultations began this winter in theme areas including: integrated network, multi-use and user-friendly paths, public safety, resilient facilities, pathway network expansion and seasonal use. Visit ncc-ccn.gc.ca to stay connected with this process, which is expected to produce a draft report for public comment as early as this summer.

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MARGOT

It's been a season of community celebrations



Mona Fortier
Ottawa-Vanier MP

What an amazing beginning to the year! We celebrated many things together in January and February, with family and community. For Family Day on Jan. 19, more than 30 families went bowling and played board games at the Centre Francophone Vanier. It was an honour for me to co-host this event with MPP Nathalie Des Rosiers.

February was Black History Month, which highlights and celebrates the contributions of Black Canadians. This year, the theme was "Black Canadian Women: stories of strength, courage, and vision." I am proud to

see such a vibrant and strong community in Ottawa-Vanier filled with such incredible leaders and active stakeholders. On my Facebook page, you can find interviews with some of these leaders.

On Feb. 27, Finance Minister Bill Morneau announced the 2018 budget. It's the next step in our plan to strengthen the middle class, and to build an economy where each Canadian has a fair and equal chance to participate and contribute to the success of our economy.

Lastly, I had the pleasure to announce the launch of the corridor for francophone

heritage, culture, and tourism with Mélanie Joly, Minister for Canadian Heritage, at Museopark in Vanier. This website and mobile app showcases a select range of Francophone heritage, cultural and tourism products in Canada with more than 150 sites that offer visitor services in French. Ottawa-Vanier is an area with a rich francophone culture and heritage, and I am excited to have the opportunity to share it with the rest of the country. Please visit corridorcanada.ca to explore this new initiative.

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Quel début d'année qui commence en présence et en force! Nous avons eu l'occasion de célébrer plusieurs événements et initiatives ensemble en janvier et février dans la communauté. À l'occasion de la Journée de la Famille le 19 février, plus de 30 familles se sont réunies avec moi au Centre Francophone Vanier

pour jouer aux quilles et des jeux de société. C'était un privilège pour moi de co-animer cet événement avec la députée provinciale Nathalie Des Rosiers.

Le mois de février était le Mois de l'histoire des Noirs, qui souligne et célèbre les contributions des Canadiennes et Canadiens de la communauté noire. Cette année, le thème était « Femmes canadiennes noires : des histoires de force, de courage et de vision ». Je suis fière de voir une communauté noire vibrante, forte avec des leaders et intervenants de tout horizon à Ottawa-Vanier. Sur ma page Facebook, vous trouverez plusieurs entrevues avec ces leaders.

Le 27 février, le ministre des Finances, Bill Morneau, a annoncé le budget 2018. C'est la prochaine étape de notre plan pour faire croître la classe moyenne et bâtir une économie où chaque

Canadienne et Canadien a une chance égale et juste pour y participer et contribuer au succès économique.

Dernièrement, j'ai eu le plaisir de dévoiler avec la ministre du Patrimoine canadien, Mélanie Joly, le lancement du Corridor patrimonial, culturel et touristique francophone au Muséoparc de Vanier. Il s'agit d'un site web et d'une application mobile qui mettra en valeur plus de 150 sites patrimoniaux, de produits culturels et touristiques francophones au Canada, sélectionnés qui proposent aux visiteurs des services en français. Ottawa-Vanier est une circonscription avec une culture et un patrimoine francophone riche et je me réjouis à l'occasion de pouvoir la partager avec le reste du pays. Je vous invite à visiter le site corridorcanada.ca pour découvrir cette initiative.

Investing in our roads, sidewalks and paths



Jim Watson
Mayor of Ottawa

One of the most important aspects of our city that sets it apart from others is its particularly large geographical scale. Its total land surface of 2,758 square kilometres is large enough to encompass the cities of Calgary, Edmonton, Montreal, Toronto and Vancouver, and we are still larger by 100 square kilometres. From rural and farming areas to

family-centric suburbs to vibrant urban neighbourhoods, Ottawa's geography makes it a uniquely diverse and rich city. But Ottawa's large size also means that we have an extensive network of more than 5,460 kilometres of paved roads to continuously develop, improve and maintain.

Road maintenance is particularly challenging in Ottawa

because of our fluctuating climate. As winter turns into spring, temperatures vary daily from cold to warmer. This rapid change in warmth is called a freeze-thaw cycle, and it deteriorates our road surfaces. During these freeze-thaw cycles, water seeps into the crevices of the road. Fluctuations in temperature, vibrations and traffic volumes all create stress on the asphalt road surface, resulting in potholes.

Over the years, the abundance of rain and spring flooding, the extraordinary amount of snow, and the number of freeze-thaw cycles, have significantly impacted the quality of our roadways, shoulders, sidewalks and road beds.

Last year alone, City crews filled 259,153 potholes. Each year, the City fills more potholes than the last, but with the increase of freeze-thaw cycles and our ever-expanding road network, our roads are still in rough shape come the spring. Even with this level of activity, I have heard consistently from residents that we need to do more and better.

I, too, see the effect of freeze-thaw cycles every day that I am in the community and travel to different parts of our city. I share your concerns and frustration about the state of our roads and I recognize the need to fix them. This is why I insisted that Council invest more dollars in our basic infrastructure needs by increasing the City's 2018 road resurfacing budget. The 2018 road-resurfacing budget has increased \$11.6 million from 2017, for a total budget

of \$45.2 million. We have also added an additional \$10 million in the overall road, facilities and sidewalks budget, and made permanent the \$400,000 one-time increase in the pothole and minor asphalt repair program introduced in 2017.

Well-paved and resurfaced roads mean that we can travel and move through our city more efficiently and safely. These investments will ensure that the roads we pave today will also be enjoyed by the generations of tomorrow.



Last year alone, city crews filled 259,153 potholes.

Photo courtesy Mayor's Office

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New life for an historic landmark

By Gail McEachern, NECA Heritage and Development Committee

Julian Smith is a prominent heritage conservation architect and internationally recognized advocate of a flexible approach to respecting established cultural landscapes. He emphasizes the need to find a middle ground between total preservation and total demolition of cultural heritage sites by preserving original landscapes while accommodating adaptive reuse buildings.

This appears to be the approach taken with the current proposal for the former MacKay United Church Manse at 255 MacKay St. Historically, William Alexander MacKinnon – the grandson of New Edinburgh founder Thomas MacKay – donated two lots at the corner of Dufferin and MacKay on which the original church was built in 1875. It was small, measuring 75 by 35 feet. It was replaced in 1910 by the current building designed by architect Henry F. Ballantyne, who incorporated elements found in the Arts and Crafts Movement, such as new styles of stained glass windows, a more open interior with elegant wood beams, and hammered brass chandeliers. The red brick house next to the church which had been built by Henry Avery, a cabinet maker for Thomas MacKay and contractor for many New Edinburgh buildings, was donated to the church in 1894 by Thomas MacKay's daughter, Christina, for use

as a manse – the primary residence of the church's ministers and their families. The house was in residential use for well over 100 years until the church sold the property to the community and NECTAR was created, offering a rich variety of artistic and cultural programs as well as organizing and promoting special community events. Unfortunately, it became evident recently that in spite of the dedicated efforts of staff and volunteers, it was not economically viable to continue offering programming from New Edinburgh House and the decision was made to sell it.

This is a unique property with restrictions limiting the development of additional living units on the site. For example, nothing is permitted to be built on the open green space on the MacKay side of the church and manse, as it is a protected "heritage cultural landscape." Several years ago, there was a proposal to build six townhouses along the side and rear of the property, crowding the original house and overwhelming the lot. Following a strong negative reaction from the community and NECA's Heritage and Development Committee, the developer withdrew the plan.

A new plan for the adaptive re-use of the manse is about to wend its way through the City's heritage review process. The proposal, submitted by Robin Fyfe of Routeburn Urban Developments through an application for a heritage



Photo by Louise Imbeault

255 Mackay as it is today.

permit, intends to transform the manse into two semi-detached residential dwellings. The footprint of the original building will be largely retained (a later addition on the south side will be removed), and the existing west facade will become integrated into the interior of the new design to accommodate an expansion on the west side. A new two-storey, zinc-clad projecting bay will be added to the west and east facades, which will be similar to an original east side porch that has since been removed. The mansard roof will be maintained but will be expanded to include larger scale dormers to provide

more light and useable space on the third floor of the two units. Two small rear porches will be added along the south façade, which will connect with semi-private terraces. For each unit there will be a one-car garage and an open carport at the rear of the property on Avon Lane.

The developer presented the proposal to the Heritage and Development Committee in January. The committee supported the project based on the following criteria:

- 1) The property is being returned to residential use.
- 2) The expansion of the original dwelling into two parts offers a restrained but realistic approach to the viable use of this property.
- 3) The materials being proposed for the "add-ons" are identifiably distinct from the original brick house, but

don't overwhelm it.

The one aspect of the design which the committee deemed both inappropriate and disconnected from the original facade was the use of contemporary slim columns supporting flat roofs over the primary entrances. A look one might see in a second-rate motel. We were glad to see that the most recent updated drawings indicate peaked roofs and more traditional columns reminiscent of the original house. The proposal will be reviewed by the City's Built Heritage Subcommittee on Apr. 12, by the Planning Committee on Apr. 24 and by City Council on May 9. Members of the public are welcome to attend and comment.

To view the proposal for 255 MacKay, visit newedinburgh.ca/nectar.



Image by Robertson Martin Architects

The conditional owners of 255 MacKay propose an adaptive re-use of the former manse making it into two semi-detached residential dwellings.



Image by Robertson Martin Architects

North-West perspective.

Fundraiser underway to improve washrooms at Memorial Hall

By Eleanor Dunn

When an older building, such as Memorial Hall at MacKay United Church, is opened up for community use, it becomes necessary to upgrade some of the facilities to meet new standards. Last summer, MacKay's congregation undertook the cost of upgrading one of Memorial Hall's washrooms to meet new accessibility and gender-inclusivity requirements. But the second washroom is still in need of an upgrade. On Apr. 1, the "Gotta Go MacKay" campaign launched with the aim to raising sufficient funds from the wider community, along with contributions from the congregation, for the second washroom to be upgraded during the summer.

Memorial Hall at 39 Dufferin Rd. has become a

hub for community activities, along with the New Edinburgh Park Field House, ensuring the continuation of NECTAR programs as NECTAR winds down and 255 MacKay Street is sold. What's on at Memorial Hall? Fitness classes; Tai Chi sessions; art and drawing classes; violin, piano and guitar lessons; High Horizons day out for physically challenged adults; City Kidz programs; and the 'Burgh Carving Club keep the hall busy six days a week – morning, afternoon and evening. A new program, the MacKay Brainery, is up and running, and there's the possibility of a summer program for area youth.

MacKay United Church had previously been in a lease arrangement with NECTAR, allowing NECTAR to use the Memorial Hall for some of its programs — primarily fitness

classes. When the lease ended in June 2017, and NECTAR announced it would be winding down and selling its property at 255 MacKay St., it became apparent other space would be needed to accommodate music lessons and art programs. So MacKay United Church offered space in Memorial Hall, space that previously had been used solely for church functions. And judging by the usage, the wider community has embraced Memorial Hall as a community hub.

Did you know church buildings constitute some of the most underused spaces in Canadian cities? That's the conclusion of a study recently undertaken by one of the country's large Protestant denominations. The study found that if these underused spaces were opened up to community use, municipali-

ties would not have to build new community centres and taxpayers would be spared the cost.

Memorial Hall already has a wheelchair ramp and elevator to the upper floor music studios, costs of which were borne by the congregation – public funds have never been in play. Its washrooms are also used by the public during the annual New Edinburgh Garage Sale and by members

of the public who attend the chamber music and jazz concerts.

Donations to the "Gotta Go MacKay" campaign may be made through the "Gotta Go MacKay" Go Fund Me page, or by electronic funds transfer via Canada Helps or the church's e-mail address: admin@mackayunitedchurch.com. Receipts are given for income tax purposes.

New QVBIA head shares vision for more arts, events and social enterprises

BY Nathalie Carrier,
QVBIA executive director

The Quartier Vanier Business Improvement Area (QVBIA) has had quite a winter. In the late fall, I joined the team as the new executive director, fresh off my role as manager of event production at Ottawa2017, where I was instrumental in organizing projects like La Machine, Picnic on the Bridge and Red Bull Crashed Ice.

At the annual QVBIA Board visioning session in November, I presented my vision for more arts events, more services for merchants, more new businesses and a push for social enterprises. The merchants ratified this vision at our annual general meeting which has allowed us to begin implementation.

Over the winter, Beechwood Village has continued to flourish with completion of the Minto projects, the Kavanaugh building and the beginning of construction on the St. Charles Market development. We also welcomed Epic Fitness as a new business in our neighborhood.

The Sutherland restaurant has quickly become one of the hottest in the city and its recent menu revamp – "Jamrock Hour" – will for sure be a great way to spend a springtime lunch. On Mar.



21, Chef Warren Sutherland joined Chef Harriet Clunie (Beechwood Gastropub) and Chef Donna Chevrier (Ola Cocina) to represent the best of Beechwood at "A Taste for Hope" a fundraiser for the Shepherds of Good Hope. It's fantastic to see our businesses shining brightly throughout the city.

As the snow melts and makes way for spring flowers, we've started turning our attention to new streetscapes and new artwork. The Better Beechwood initiative murals will be going up very soon and we look forward to seeing strollers, wheelchairs, cyclists and shoppers reclaim the streets. Patios will reopen at the Royal Oak and the

Clocktower Pub, so you can take in the sunshine with friends. We hope you'll take the time to have a nice stroll and grab a coffee and treats from Red Door Provisions, some sausages from Muckleston & Brockwell, a few scones from SconeWitch and some cheeses from Jacobsons for the first big barbecue of the season.

As we look towards the summer we're very happy to announce that the QVBIA recently acquired the "East Feast" Festival and has plans to bring it to a whole new level this summer. We want to increase the visibility of our own businesses, really highlight our amazing food and beverage establishments, increase family activities, bring in more community members and add some great entertainment.

We look forward to seeing you all out and about supporting your local businesses!

Learn more about the QVBIA at vanierbia.com.



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BURGH BUSINESS BRIEFS

- Jane Heintzman, Christina Leadlay and Karen Harrison -

floor, replacing the lighting and reupholstering the banquet seating.

"We have a second phase to come where we will replace our service counters to make a better workflow," says Tracey.

Bridgehead has been in its current home at 131 Beechwood Ave. since 2007. The building is owned by **Robin Fyfe** and **Bill Metz** of Routeburn Realty. Of note, Robin is a long-time resident of the area, and is currently involved in the proposal to renovate 255 MacKay St. (see the Heritage and Development report on page 6 for details).

Tracey welcomes Sundae School as her new neighbour. "Coffee and ice cream naturally go together!" she says.

"**Lindsay Taub**, owner of Sundae School, opened her shop to bring ice cream to the community. She's a believer, as am I, that the best traditional mainstreets have many small independent food, retail and service uses that invite the community to visit and



Photo by Randy Hogg



Photo by Louise Imbeault



Photo by Louise Imbeault

Bridgehead CEO Tracey Clark (left) will not expand her Beechwood location into the empty space next door (centre). Instead, she looks forward to new neighbour Lindsay Taub (right) and her ice cream parlour, Sundae School.

that this animation brings life and vibrancy," explains Tracey.

Lindsay opened the popular ice cream parlour in 2017 as a one-season pop-up in the Kavanaugh building at 222 Beechwood Ave. Outfitted with retro classroom furniture, blackboards on the walls with long lists of ice cream flavours, and a long row of

huge tubs bursting with ice cream of every colour, Sundae School welcomed walkers and cyclists of all ages during the summer months it was in operation.

"I decided to open an ice cream shop because as a person living in this neighbourhood, I felt we desperately needed one," Lindsay says in a recent interview with the

New Edinburgh News.

"After I had my daughter (two years ago this June), I was often taking this evening walks with her and my husband, and I mentioned to him how nice it would be to be able to walk somewhere to get ice cream. He encouraged me to fill that void, and the following summer, I did!" she says.

"We're excited for the new location," Lindsay says. "There will be a fresh new design, but it will maintain everything people loved about us. We'll still be a fun classroom. We are looking

into offering some new items, but people will have to come see us when we open to find out more," she explains.

"Sundae School needed a new home and the space beside us was available," says Bridgehead's Tracey. "We are two great local businesses beside each other."

The corner of Beechwood at Putman is set to become an oasis for residents in need of refreshment this summer. Tracey tells *NEN* that residents can expect delicious crushes, shaken teas, cold coffees and house-brewed kombucha to be on Bridgehead's menu for

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Photo by Louise Imbeault

In February, the SconeWitch began inviting local residents to sample the new Afternoon Tea for Two.

summer 2018.

As for Lindsay, her first year in business at Sundae School will surely inform her product decision for the coming season: "The most valuable lesson that I learned was to always order more chocolate ice cream than I think I'll need!" she says.

SconeWitch introduces afternoon tea for two

"There are few hours in life more agreeable than the hour dedicated to the ceremony known as Afternoon Tea," said renowned American author Henry James. These sentiments have been echoed by countless tea bibbers over the years since the custom was first introduced in the early 19th century.

While tea drinking is an age-old practice dating back to the third millennium B.C. in China, the institution of afternoon tea as we now know it emerged much later. In 1840, Anna, the sev-

enth Duchess of Bedford, is alleged to have suffered from hunger pangs ("that sinking feeling") between breakfast and her fashionably late dinner at 8 p.m. She took decisive action, calling for a light afternoon meal of tea, cake, and bread and butter, to be brought to her rooms in her summer residence. The duchess invited friends to share in the new ritual, and before long a fashionable social institution was born, continuing to this day.

As the quintessentially English custom evolved, the tea menu became somewhat more elaborate, consisting of tiny sandwiches on thinly-sliced bread (no crusts, cucumber mandatory), scones with clotted cream and preserves, platters of cakes and pastries, and of course, piping hot tea served in thin china cups (no mugs allowed). The Devonshire Cream Tea, featuring rich Devonshire clot-

ted cream with scones and strawberry jam, is perhaps the best-known variant of this basic model, still served each afternoon in such great London hotels as Claridges, the Ritz and the Savoy.

For residents of New Edinburgh and environs, we need go no further than the **SconeWitch** at 35 Beechwood Ave. to treat ourselves and our friends to a refreshing afternoon tea – no pricey flight to the UK required. Early in the New Year, SconeWitch owner **Heather Matthews** introduced the new service, which is now offered from 2–4 p.m. from Monday through Friday on a by-reservation basis.

Heather's menu includes a few variations on the traditional theme, but still features its core elements. For \$25 per person, you'll be treated to small, open-faced "scone-witch" sandwiches garnished with crudites, scones with

Devonshire cream and preserves, and a choice of homemade lemon curd or warm fruit compote to top it all off. While the fare is fulsome, Heather reports all her early clients have polished off every morsel. One avid gentleman was even spotted scooping the last dollops out of the jam pot with his teaspoon!

The SconeWitch has special gift cards available to cover tea for two on special occasions and welcomes small groups that gather for a companionable interlude, keeping up a timeless afternoon tradition. For tea reservations, call the SconeWitch at **613-741-4141**. And as the Royal Wedding approaches in May,

watch for some special, celebratory tea-time events.

—Jane Heintzman

Lino's on York: colour and cut specialist

Hairstylist and colourist **Lino** has a long and successful track record in the business, with a substantial contingent of faithful regular clients to show for it, many of them residents of our neighbourhood and environs. During the course of more than three decades in the trade, Lino has operated largely in the ByWard Market area, working in salons on Murray Street, George Street, and most recently, in his present location at 180 York St., which opened its doors January 1, 2007. Lino admits



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Photo courtesy Lino's on York

ByWard Market-based Lino has more than three decades of experience as a hairstylist and colourist.

that “the Market has been suffering recently,” citing a variety of factors behind the drop in pedestrian traffic. Notable among these are media reports of violent incidents, along with construction and a visible decline in the vibrancy of the outdoor farmers’ market. But Lino remains optimistic and is confident that the area will rebound once the LRT is in operation, bringing back shoppers and visitors to boost the fortunes of local businesses.

While Lino has years of experience and skill in cutting and styling hair, he is particularly proud of his expertise in the ever-changing realm of hair colouring. His current focus is on natural and organ-

ic product lines that are free of the toxins and harsh chemicals which can pose a significant health risk. Among the featured product lines at his salon are gluten-, paraben- and sulfate-free Verb shampoos, conditioners and styling products; Onesta natural products; and ammonia-free Koko colour by Alcove, a Canadian-based manufacturer. But by far the most popular of Lino’s colour lines is BES-Beauty and Science, an Italian company specializing in vibrant colouring products made from vegetable dyes. According to Lino, “this spring is the year of the blondes: golden and sun-sprinkled.”

Lino keeps up-to-date on

the ever-evolving trends in hair-styling, noting ruefully that “I’ve come full circle at least twice” in catering to the fashions of the day. At the moment, longer bobs with “baby bangs” are a popular pick, as are bobs with “beachy curls,” a style which has helped to revive the perm – once ubiquitous, but in recent years a somewhat out-moded hair treatment. Lino openly admits that both new trends are a boon to hairstylists, as they’re high-maintenance styles requiring professional treatment on a regular basis. As the industry has been struggling for the past decade, most salons warmly welcome this latest swing of the fashion pendulum.

Lino’s client base now spans two generations. While his longstanding clients in the 40 to 50 years and up range remain faithful regulars, many of their offspring also seek out his services. One young bride-to-be even travelled across the country from the West to have Lino create the *balayage* effect she had selected for her wedding day! He continues to welcome new clients, so drop by 180 York St. or call **613-241-5366**.

The *NEN* is especially grateful for Lino’s choice of advertising vehicles. Throughout his professional career, he has focused exclusively on community newspapers in the neighbourhoods where his clients are concentrated, quipping that “just one highlight treatment pays the price of the ad!”

—Jane Heintzman



Photo by Louise Imbeault

Pierre Fortier took over Beechwood Auto Service from his father in 2004.

Niche auto service with continent-wide connections

For close to four decades, the **Fortier** family has been in operation at 188 Beechwood Ave. (at Marier Street), serving drivers from the surrounding communities and beyond. **Pierre Fortier**, current owner-operator of **Beechwood Auto Service**, is a “lifer” on Beechwood. He recalls the early days when his father ran a BP gas station at the site, later switching to the PetroCan banner in the mid-1980s. Pierre got his start in the business pumping gas as a young teenager, remaining a regular on his father’s crew throughout his high-school years. When his father retired, Pierre took

over the business in 2004 and remains happily at the helm.

While Beechwood Auto Service has long since given up its gas operation, under Pierre’s ownership it continues to provide a full range of repair and maintenance services for cars and trucks of all makes and models. The list is long and includes tire storage, inspections and emissions, undercar services, brakes, tires, engines and transmissions, electrical and electronic services, heating and cooling, collision repair and towing. (Visit **beechwoodautoservice.com** for all the details).

Pierre is particularly proud of his team’s expertise handling import repairs. Having



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swiftly taken note that our neighbourhood is home to an unusual variety of models, from imports to hybrids and electric vehicles, he has made a point of building up the specialized knowledge and tools required to service these vehicles, giving his operation a competitive edge over many other businesses in the field. "It's all about competition," he explains, "you have to be proactive."

As his business evolved in recent years, Pierre has shrewdly sized up his client market in "the new generation" of 30- to 40-something drivers, detecting an interesting paradox. On the one hand, this tech-savvy group is well-informed, with ready digital access to comparative services and rates for servicing their vehicles, and tend to "go for higher value, and a feeling of professionalism." But on the other hand, Pierre observes that this value-seeking contingent is increasingly turning away from large, standardized operations to seek out small, independent auto shops which offer personalized service and an ongoing relationship with knowledgeable technicians. This is Pierre's niche, and he works hard to cultivate it.

But even the highest quality small independent can't operate in isolation, and it's here that Beechwood Auto Service's affiliation with the continent-wide TechNet Professional Auto Service network comes in. Pierre and his crew able to keep up with the rapidly-evolving technology of computerized vehicles through educational programs run under the TechNet banner. At the same time, they can offer their clients the protection of such TechNet services as the To Your Rescue™ Roadside Assistance Program, offering 24-hour assistance throughout North America to clients with flat tires, empty tanks, lost keys, dead batteries or towing. With just one invoice for a service per-



Photo by Louise Imbeault

Formerly of Kelly's Barber + Beauty, Melissa Staples has been running Blush Beauty for more than a year now.

formed by a TechNet affiliate such as Beechwood Auto Service, you've got coverage for a full year. TechNet also runs a Nationwide Warranty Program covering parts and labour for 24 months or more than 40,000 km – whichever comes first. Visit techauto.ca for all the details.

As spring tune-up time approaches, call Pierre at **613-749-6773** or drop into the shop at Beechwood and Marier to book your appointment. If you're lucky, you may encounter Pierre's lovely "shop dog" **Daisy**, who accompanies Pierre to work most days and plays a key role in maintaining high-quality customer relations!

—Jane Heintzman

Take a tranquil moment at Blush Beauty

Tucked away in a cozy studio at 184 Laval St. (Unit A), **Blush Beauty Ottawa** owner-operator **Melissa Staples** is now in her second year serving local clients with a full suite of one-on-one esthetics services, from organic spa manicures and

pedicures to custom organic facials, eyelash treatments and waxing.

After a year working at **Kelly's Barber + Beauty** (her current next-door neighbor), Melissa branched out on her own in August 2016, and has since been steadily building a local clientele through exposure on social media platforms such as Facebook and Instagram. Word of mouth has increasingly played a role, as appreciative clients responded to her personalized approach and the scrupulous care with which she performs her services. Blush Beauty Ottawa also caught the eye of **Manor Park Chronicle** business columnist **Fiona Williams**, who sensibly chose to do some first-hand research by indulging in a custom organic facial, an experience which she described in her MPC report as "divine.... relaxing and rejuvenating."

Melissa undertook her esthetics training at the Atlantic Hairstyling and Esthetics Academy in

Fredericton, N.B. where her husband was posted with the Canadian Forces. She was accredited by the Cosmetology Association of New Brunswick which regulates the profession in the province. Her choice of career was rooted in a simple motivation: "I really enjoy taking care of people," she confesses. As a busy mother herself, she is well aware how chaotic and stressful life can become, and how important it is to find tranquil moments in which to fully relax and be pampered. And it's precisely this kind of restorative oasis she works hard to provide at Blush Beauty.

Melissa's luxurious custom facials are a direct reflection of her conviction that time and care are the essence of high quality esthetics service. The hour-long process involves multiple steps, from pre-cleansing to skin analysis and consultation; relaxing face, head and neck massage; exfoliation; extractions; serum treatment; mask; toner; and moisturizer. Blush Beauty now offers two lines of organic facial products: Corpa Flora from Montreal, and Italian-made Diego Dalla Palma. Melissa stresses the importance of a thorough skin analysis prior to every facial, even for repeat clients, pointing out that not only does skin change with the seasons, but it's also affected by stress, fatigue or changes in eating habits.

She is equally scrupulous in her manicure and pedicure services, using high-quality toxin-free products such as Bio-Seaweed Gel to protect her clients' health, and provide greater durability with-

out dehydration or weakening of the nails.

Blush Beauty can be reached at **613-617-6632** or you can book an appointment online at **blushbeautyottawa.ca**. To keep track of Melissa's frequent specials, visit her Facebook page at **facebook.com/Blushbeautyboutiqueottawa** or find her on Instagram at **instagram.com/blushbboutique**.

—Jane Heintzman

Nesbitt Property Management Inc.

Property Management specialist **Dave Nesbitt** has 24 years of experience and a good deal of accumulated expertise in the business, serving both clients in need of reliable renters and ongoing maintenance for their homes during prolonged absences, and those in search of short-term accommodation while on assignment in Ottawa. Dave is a self-described "local guy," having grown up in the neighbourhood where he attended Rockcliffe Park Public School, Ashbury College and Lisgar Collegiate. He currently lives on Noel Street, sticking close to his roots in our community.

The majority of Dave's clients on the "temporary landlord" end of the spectrum are employees of Global Affairs, International Development and the Department of National Defence. In many cases, these clients are first-time landlords, unfamiliar with either the challenges of renting in general, or the complexities of the Ontario Landlord Tenant Act in particular. A major part of

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Photo courtesy Dave Nesbitt

Dave Nesbitt specializes in property management for homeowners departing on a foreign posting.

Continued from page 11

Dave's role at the outset is to bring these families up to speed on the rules of the game, and to educate them on best practices as landlords. Thereafter, he plays an ongoing supportive role in helping them to keep their properties well maintained and their tenants happy throughout their absence.

Typically, the period prior to departure on a foreign posting is "a high-pressure time" for Dave's clients, so the job of screening and touring potential renters, and dealing with last minute tasks – such as cleaning, painting touch ups, steam cleaning of carpets, and minor repairs – is left in his hands. Down the road, he handles all manner of maintenance issues in the clients' absence, including even such major repairs as roof replacement. Over the years, Dave has built up a pool of competent, dependable contractors to carry out any necessary work on his clients' properties, stressing that "it's all about reputation and reliability" to give owners confidence that things will go smoothly under his company's watch.

But the property manager's most crucial role is the choice of appropriate renters for a departing client's home. On this question, Dave asserts with conviction, savvy managers "just don't take risks." Given the strictures of the provincial Landlord Tenant Act with its significant emphasis

on tenants' rights, Dave considers it critical to take pains in screening potential renters to ward off the hassles of non-payment or (heaven forbid) unruly behaviour or abuse of property. He's well aware that the reputation of his company hangs on this, and he works hard to "do his homework upfront" to ensure a successful arrangement. At present, the majority of his renters are diplomats from other countries, federal employees from other cities on assignment in Ottawa, employees of large corporations, and even a smattering of politicians and hockey players.

The recent high-profile case involving an employee of the American Embassy in Ottawa claiming diplomatic immunity to evade payment of substantial rental arrears was, in Dave's experience, a rarity. In his over two decades in the business, he has had only one issue with a foreign government renter and has successfully rented to American foreign service employees on numerous occasions. But it certainly underscores the wisdom of his "No Risk" philosophy!

Visit nesbittproperty.com to learn more about Dave's services, or give him a call at **613-744-8719**.

—Jane Heintzman

Welcome to Goulding Naturopathic

Burgh resident **Sarah Goulding**, a naturopath and health educator, recently

joined the group of therapists and holistic practitioners working on the third floor in New Edinburgh Square at 35 Beechwood Ave., where she sees clients on Wednesdays and Saturdays. (On Thursdays and Fridays, she operates from a second location: a physiotherapy clinic on Montreal Road at St. Laurent Boulevard.) Sarah and her husband moved here from Sudbury, Ont. not long ago, in part to be closer to supportive grandparents for their two small children. Before leaving Sudbury, the enterprising couple had established the Nickel Ridge Natural Health Clinic, as well as a yoga studio (channeling Sarah's other expertise) and a climbing gym.

Following the completion of her undergraduate degree in Neuroscience from Dalhousie University in Halifax, N.S., Sarah embarked on the Naturopathic Medical Program at the Canadian College of Naturopathic Medicine in Toronto. Having successfully completed the Ontario Prescribing and Therapeutics examination, she is qualified to prescribe a broad range of naturopathic treatments for her clients, including bioidentical hormones, vitamin B12 injections and high-dose vitamin C. She is also a self-described "gateway practitioner," frequently referring clients to other specialists such as physiotherapists, osteopaths, surgeons and massage therapists if warranted by her initial investigations.

The vast majority of general practitioners are forced by the pressures of client load to race through a 15-minute consultation – generally for only one issue per visit. By contrast, the approach of the naturopath is all about taking time and digging deep to get to the root of a problem. Sarah devotes at least an hour and a half to her first visit with a new client, undertaking a thorough review of their history, encompassing past illnesses, diet, exercise, sleep habits, medications, supplements, family history and – not least – lifestyle stresses associated with careers or human relationships.

The second visit takes place from two weeks to a month later, and entails an hour-long session to review lab results, assess the impact of any early interventions such as herbal supplements



Photo courtesy Sarah Goulding

Burgh resident and naturopath Sarah Goulding has opened a practice at 35 Beechwood Ave.

or changes in diet and exercise, and carry out a physical exam. Thereafter, follow-up visits of about half an hour are scheduled to review progress and tweak treatments as needed. On average, Sarah reports, clients require about five visits to resolve a problem.

To date, the majority of Sarah's clients have been women seeking help with a range of conditions from menopausal complaints to pre- and post-natal issues, fertility, menstruation problems and thyroid issues. Very frequently, tackling these conditions entails lifestyle changes, not simply in diet and exercise habits, but through "letting go of stress" by measures as dramatic as changing jobs or even severing relationships. In these sensitive areas, Sarah observes, "everything is a negotiation" and in the first instance, she may meet with resistance from the client. But through a process she describes as "gentle nudging" as opposed to instruction, even the most reluctant of clients will come to see the wisdom of these measures, and to embrace them as an essential first step in recovery.

Visit her website at gouldingnaturopathic.ca for more information about Sarah's practice or to schedule an appointment.

—Jane Heintzman

Books on Beechwood: April highlights

Spring is traditionally a busy time at Books on Beechwood, with CBC's annual *Canada Reads* in full swing, and excitement building around the competing titles. In April, the store will host two in-house book signings, beginning **Apr. 7, from 12–2 p.m.**, when local author **Alberte Villeneuve-Sinclair** will be signing copies of her new work *Muses from the Blue Shack*, a collection of her articles from *Perspectives Vanier's Seeds for Thought*, *True North Perspective* and *Canaan Connexion*.

On **Apr. 21 from 10:30 a.m.–12:30 p.m.**, children's author **Kate Robinson Dunne** will be at the store to sign copies of *Ludlow Lost*, her new chapter book for 9- to 12-year-olds. It's a magical tale of fairies, goblins, banshees and other mystical creatures beyond the realm of the adult imagination.

Another **Titles@Table40** event is also in the works for this spring (exact date to be confirmed). Local political scientist and author **Fen Hampson** will join participants for an evening of fine Fraser Café fare and great conversation, focusing on his new publication *Master of Persuasion: Brian Mulroney's Global Legacy*. It's sure to be a popular event, so drop in at Books on Beechwood to pick up your tickets. (Each \$60 ticket covers a three-course



Chef Eric Patenaude closed his McArthur Avenue bistro, Todric's, on Feb. 25.

meal, tax and tip).
 –Jane Heintzman

Farwell to Todric's
NEN bids farewell to longtime advertiser **Eric Patenaude** of **Todric's** restaurant. Eric confirmed to the *New Edinburgh*

News he closed his McArthur Avenue bistro Feb. 25 in order to start a new role as executive chef at the Royal Ottawa Golf Club on Mar. 6. He says it's a big change, but a great opportunity that he couldn't refuse. We wish Eric

all the best in his new role and thank him for his years of support.
 –Christina Leadlay

Vanier Moderns on the move
 As work progresses on the St. Charles Market project, **Vanier Moderns** has recently moved out of the church basement to set up shop at 78–5450 Canotek Rd. in the Canotek Industrial Park. But fear not, local lovers of mid-century modern furniture. Vanier Moderns is keeping a foothold here in the 'Burgh at 115 Beechwood Ave., right next door to Red Door Provisions. Courtesy of **Natalie's Urban Ottawa Real Estate Company**, the store will operate a small satellite showroom featuring an evolving selection of furniture, lighting and jewellery. Browsers are welcome during store hours, **Saturdays 10 a.m.–5 p.m., weekdays 9 a.m.–3 p.m. or by appointment.** Find them at **facebook.com/pg/vanier.moderns** or at **instagram.com/vaniermoderns**. For an appointment, contact Tina or Jeff at **613-746-8181** or **vaniermoderns@gmail.com**.
 –Jane Heintzman

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Sponsor group in need of home for refugee family arriving this month

Continued from page 1

(both trained in IT and with English language skills), their two young daughters and the husband's mother. We have been able to meet them over Skype and start to get to know them and their hopes for the future. His sister, her husband and two daughters are already living in Ottawa and were among the first privately sponsored refugees to arrive. We have had the opportunity to meet this family in person on a few occasions and have appreciated learning about their previous life in Syria and their journey of adjusting to life here.

Unfortunately, the bureaucratic process both here in Canada and in Lebanon has been a long one. The family

we are sponsoring are anxious to move to Ottawa, to start their life here, and to reunite with their relatives. As sponsors, it has been difficult to keep up our momentum, as we have been stuck in a pattern of "hurry up and wait." Now two years into this process, we have been informed that the application has been officially approved and we now are waiting only for notification of their travel date.

With their arrival anticipated in the next month or so, the core group is hard at work on the many tasks that are required to settle a family in a new country, including arranging for housing, school registration, healthcare, transportation, language assessment, orientation to the city and finding work.

Certainly, one of the rewarding aspects of this process has been meeting new people in our community and watching the collaboration towards such a worthy goal. We may be helping only one family, but we are participating in a long-standing tradition of welcoming refugees across Canada. We anticipate by June this family will have arrived and will be adjusting to life in Ottawa. We are looking for an affordable three bedroom apartment/townhome/home for them to rent as soon as possible. We are open in terms of location. If you have any leads please be in touch.

If you would like to help out in any way, there are still jobs to be done, so please be in touch at newedinburghwelcomesrefugees@gmail.com.

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Spring book sale readies for another great year – with new leadership

By Carolyn Brereton

After 10 years at the helm of the Rockcliffe Park Spring Book Sale, Jane Dobell is passing the torch to a new management team: Linda McDonald, Jane Newcombe and Kevin Phillips. All three have been deeply involved with the library's Spring Book Sale for some time. Linda McDonald will also take over as Chair of the Rockcliffe Park Residents Association Library Committee. The indefatigable Jane Dobell remains actively involved with the Spring Book Sale as a volunteer.

"Jane's legacy can never be underestimated," says Linda. "She leaves huge shoes to fill, but thanks to her leadership and tenacity, the Spring Book Sale has gone from strength to strength."

The Rockcliffe Park Spring Book Sale continues to receive very generous donations from local residents. "We've already surpassed last year's record of 35,000 books and are therefore accepting books until Apr. 7," Linda continues. As a result, a fresh

stock of quality books will now be available for purchase on Sunday, Apr. 22, the second day of the sale which will much improve the selection for Sunday buyers who want to avoid the Saturday rush, or for those customers coming a second time.

Jane Dobell's commitment to education, literacy and libraries is legendary and dates back more than 50 years. In 1965, she and Joan Askwith came up with the idea of selling high-quality and hard-to-find children's books in order to raise money for a new library at Rockcliffe Park Public School. For many years, this Book Fair – forerunner of the current used Book Fair held at the school every November – provided one of the largest displays of children's books in Canada.

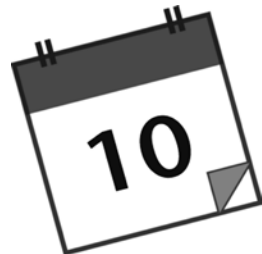
In 2001, the Rockcliffe Park Library branch was threatened with closure following amalgamation with the City of Ottawa and its incorporation into the Ottawa Public Library (OPL) system. Jane fought to keep the branch open and remains a vigorous advocate for local libraries. She has been involved with the Spring Book Sale almost since its inception more than 20 years ago. Under her leadership, revenue has continued to grow exponentially, allowing for greater allocation of funds to support system-wide initiatives, such as OPL's outreach to the indigenous community and to communities in need.

Quality continues to be a hallmark of the Spring Book Sale. "This year's special



Photo courtesy Claire Schofield

Jane Dobell (seated) has passed the reins of the Rockcliffe Park Spring Book Sale to (from left) Linda MacDonald, Kevin Phillips and Jane Newcombe.



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strengths include Art, Politics and History, Biography, Science Fiction and Fantasy," Linda says. "The Children's Section is also doing very well and will make this a thoroughly family-friendly event."

In addition, organizers are introducing a new feature to enhance the shopping experience: credit cards will be accepted for the first time for purchases of more than

\$50. The music program is back by popular demand. On Saturday, from 2–3:30 p.m., a professional quartet will entertain shoppers with light classical music in the tent and on Sunday afternoon, also from 2–3:30 p.m., local harpist Susan Sweeney Hermon of Acacia Lyra will perform beautiful international folk tunes.

The 2018 Rockcliffe Park Spring Book Sale takes place

Saturday, Apr. 21, from 10 a.m.–5 p.m. and Sunday, April 22, from 11 a.m.–5 p.m. at the Rockcliffe Park Community Centre, 380 Springfield Rd. The committee is grateful for the generous support of the Chartwell New Edinburgh Square Retirement Residence, Montgomery Asset Management, RBC|Wealth Management, Dominion Securities, and Dymon Storage.



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Three great events coming to the fieldhouse in May



By Matt DeWolfe, chair of the Crichton Community Council

The Crichton Community Council (CCC) is looking forward to resuming community events this spring following a quiet late winter. Freezing rain and warm temperatures in early February resulted in closing of the Fieldhouse rinks a bit earlier than usual. Helmets off to the brigade of volunteer hosers, the rink organizers, **Michel Giroux and Brian Torrie**, and our rink attendants for keeping skaters on the ice as long as possible.

Now that the skating season is over, the CCC is coordinating with the City of Ottawa to have the Fieldhouse ship-shape for events and space. Once the paint is dry, the

Fieldhouse will resume its regular rental schedule. To reserve the Fieldhouse for your event, email **NEFieldhouse@gmail.com**.

The first CCC activity of the spring season will be the return of the **Bike Rodeo on May 5 from 11 a.m.–1 p.m.** Bring your precocious pedal-pushers along with bikes and helmets to the Fieldhouse.

This popular event will provide a fun setting for young children (ages 4–8 years) to learn safe cycling fundamentals such as hand signaling and the rules of the road. There will also be other activities, demonstrations and bike safety checks.

On **May 12, from 8 a.m.–4 p.m.** the CCC will hold its **annual Plant Sale**, just in time for Mother’s Day on

May 13. This is one of our main fundraising events, with proceeds from the sale going to support CCC events and Fieldhouse improvements. Choose from a variety of beautiful hanging baskets, annuals, and flats. Organic vegetable plants and herbs will also be available for sale.

The third May event is the **Ottawa Race Weekend cheering station and community barbecue, Sunday May 27, 8 a.m.–1 p.m.** Our neighbourhood’s cheering station is a regular award-winner thanks to the enthusiasm of our residents who give loud encouragement to marathon runners and walkers in the closing stretch of the race. Coffee and sweets will be available at the start of the day with the barbecues firing up at 11:30 a.m. along with music, crafts, games,



Last year’s Bike Rodeo (above) was a success, with 50 children receiving bike safety instruction. The Bike Rodeo returns May 5 to the Fieldhouse.

and face painting.

If you would like to contribute your time to help with any of these events, or others throughout the year, please email the CCC at **crichton-communitycouncil@gmail.com**.

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Session Leader:	Antoinette Fracassi	Session Leader:	Jill Moll
Schedule:	March 14- <i>The light Keeper's Daughters</i> by Jean E. Pendziwol April 11 – <i>Lincoln in the Bardo</i> by George Saunders May 9- <i>The Pigeon Tunnel</i> by John LeCarre	Schedule:	March 28- <i>The Light Keeper's Daughters</i> by Jean E. Pendziwol April 25- <i>Lincoln in the Bardo</i> by George Saunders May 30- <i>The Pigeon Tunnel</i> by John Le Carre

*** select whichever session is most convenient for you

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

For the Birds



By Amy-Jane Lawes

Editor's Note: Due to an injury in early March, Jane Heintzman was unable to do her usual For the Birds report. The NEN is grateful to Val-des-Monts, Que.-based regular birding reporter-photographer **Amy-Jane Lawes** for sharing her recent birding observations for this issue. For several years, Amy-Jane was a resident of Union Street, where she kept close track of bird life in our neighbourhood.

Bird's Eye View from Val-des-Monts

Although as usual it has been a quiet winter bird-wise, what has been interesting has been the difference in species in comparison to other years.

Here in Val-des-Monts, Que., we have been inundated with **dark-eyed juncos** – as many as 40 early in the season. In previous years, juncos haven't appeared until March. It has been great to have them around, as they're very entertaining to watch, burrowing in the fresh snow under our feeders.

The other highlight in 2018 has been the **red crossbills**, one of the "irruptive" species of winter finch that is rarely seen in the urban core. We hear their *kip-kip-kip* calls daily now, and watch them flying high up in the treetops. Close up sightings are less frequent, so when we were able recently to spend 20 minutes watching a female collecting nesting material from a hanging basket, it was a real treat. We first spotted a male, resting on the bracket above, who appeared to take his supervisory role very seriously! It was only last June that I saw my first red crossbills, so to have them nesting locally now is fantastic.

The highlight of my birding trips away from Val des Monts this season has been a chance encounter



Pair of mallards take flight.

Photo by Francine Ouellette

with a flock of **waxwings** on Huntmar Drive in Kanata. After an unsuccessful wild goose chase, my birding friend B and I were on our way home when, fortuitously, we happened to drive past a flock of beautiful **cedar waxwings**, feeding on berries by the roadside. There were at least 60 birds, in stunning springtime plumage. Whenever a vehicle passed by, they flew back into the trees, then returned en masse. A lone **bohemian waxwing** mingled with the cedars, and it was great to see the two species side by side.

As I write in mid-March, spring migration is slowly warming up. We've seen our first **American robin** locally, as well as **Canada geese** flying overhead. Although I had seen robins at Britannia during the winter months, being a little farther North here in Val-des-Monts, we don't see them in our environs over the winter. I am looking forward to the arrival of the other **thrush** species, and to the woods being filled with birdsong once again.



American robin.

Photo by Mike Leveille



Female northern pintail.

Photo by Francine Ouellette



Common Merganser.

Photo by Francine Ouellette

Expert tips for identifying some winter birds

Species descriptions are from the Cornell Lab of Ornithology allaboutbirds.org/guide



Photo by Amy-Jane Lawes

Red Crossbill

• A crossbill's odd bill shape helps it get into tightly closed cones. A bird's biting muscles are stronger than the muscles used to open the bill, so the red crossbill places the tips of its slightly open bill under a cone scale and bites down. The crossed tips of the bill push the scale up, exposing the seed inside.

- Stocky red or greenish finch
- Plain blackish wings
- Short notched tail
- Thick, curved bill with crossed tips
- **Male:** Head and body deep brick red to reddish yellow or greenish. Wing feathers blackish, with no wing bars. Tail blackish brown.
- **Female:** Olive or grayish, with green or greenish yellow chest and rump. Wing feathers blackish brown with no wing bars. Tail blackish brown.



Photo by Amy-Jane-Lawes

Female Crossbill with a beak full of bedding.



Photo by Amy-Jane Lawes

Cedar Waxwing

• The cedar waxwing is a silky, shiny collection of brown, gray, and lemon-yellow, accented with a subdued crest, rakish black mask, and brilliant-red wax droplets on the wing feathers. In fall these birds gather by the hundreds to eat berries, filling the air with their high, thin, whistles. In summer you're as likely to find them flitting about over rivers in pursuit of flying insects.

• The name "waxwing" comes from the waxy red secretions found on the tips of the secondaries of some birds. The exact function of these tips is not known, but they may help attract mates.

• Cedar waxwings are pale brown on the head and chest fading to soft gray on the wings. The belly is pale yellow, and the tail is gray with a bright yellow tip. The face has a narrow black mask neatly outlined in white. The red waxy tips to the wing feathers may not be easily visible.



Photo by Samir Zeitouni

Bohemian Waxwing

• True to their name, bohemian waxwings wander like bands of vagabonds across the northern United States and Canada in search of fruit during the nonbreeding season. High-pitched trills emanate from the skies as large groups descend on fruiting trees and shrubs at unpredictable places and times. These regal birds sport a spiky crest and a peach blush across their face. Unlike the familiar Cedar Waxwing, they have rusty feathers under the tail and white marks on the wings.

• Bohemian waxwings are full-bellied, thick-necked birds with a shaggy crest atop a pin head. The wings are broad and pointed, like a starling's. The tail is fairly short and square-tipped.

• The bohemian waxwing is grayish brown overall with subtle peach blushing around its black mask. The wings have two distinctive white rectangular patches and red waxlike tips on the secondaries. The undertail is rusty and the tail is tipped in yellow. Juveniles are grayer overall with a streaked belly, and lack both the adult's peach blushing around the face and the red-tipped secondaries.

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Resource Centre working on community hub and many fun events

**By Lauren Touchant,
Rideau–Rockcliffe
Community Resource
Centre**

The Rideau–Rockcliffe Community Centre is back in 2018 with exciting activities for our community.

First, our New Edinburgh playgroup is still very successful, taking place every Thursday from 9:30–11:30 a.m. We regularly welcome 15 children. This winter we have offered the service at Governor's Walk, but the playgroup will return to the Stanley Park Fieldhouse in May.

As spring gets closer, we are planning our spring and summer activities. We invite you to celebrate Police Community Day with us on May 17 from 3:30–6:30 p.m. at the Overbrook Community Centre, 33 Quill St. The Ottawa Police Service will showcase such Ottawa Police sections as Marine, Dive, and Trails. It is a family event, so activities for children will be offered. We hope you will be able to join us and learn more about our Ottawa Police Service.

We are also pleased to announce the return of our

beloved Lumière Festival on August 25, from 5–10 p.m. at Stanley Park. For those of you not familiar with Lumière, it is a fun, free, family-friendly festival with a magical atmosphere for all to enjoy. We will be organizing lantern making workshops in your community over the next few months, so stay tuned for details. We are also recruiting volunteers to help us organize the Festival. You can contact us at communications@crerr.org if you would like get involved.

The Rideau–Rockcliffe Community Resource Centre is organizing its annual Lunch Fundraiser on May 31 from 11:30 a.m.–2 p.m. Tickets are \$25 (before May 1) or \$30 (afterwards). It will be held outside at Gil-O-Julien Park (201 Donald St.) and in case of rain, the lunch will be held inside at the Centre at 225 Donald St. Please support our ward's Community Resource Centre: the proceeds go back to our programming including our Food Bank. To purchase tickets, contact Esméralda Alabré, Resource Development Officer, at **613-745-0073 x 142**.

Finally, another exciting

project in the pipeline is the Rideau High Community Hub. We have been working closely with 23 community organizations including the Manor Park Community Association, Overbrook Community Association, Vanier Community Association, Friends of Rideau High School, and Ottawa Carleton District School Board to save Rideau High and build a community hub. In January 2018, the Government of Ontario selected the Rideau High Community Hub project, through the Surplus Property Transition Initiative, to receive funding to cover such property holding costs as ongoing maintenance and operating costs for up to 18 months. During this time, community groups are working on developing a long-term business plan to ensure a smooth transition to the community hub and develop a sustainable governance model. The Rideau–Rockcliffe Community Resource Centre is proud to be the co-lead with Odawa Native Friendship Centre to develop a community hub in Ward 13.

For those who may not know, the Rideau–Rockcliffe Community Resource Centre is a non-profit organization offering services to residents of Ward 13. Through three programmatic pillars, we focus on children, youth and families; poverty reduction; and community development.

Our poverty reduction program aims to work with residents to address causes and consequences of poverty. It offers many services to achieve this goal: health promotion and awareness, Good Food Markets, the MarketMobile, counselling services, community gardens, housing and employment supports, and our Emergency Food Program. In 2016, our Food Bank helped 13,850 users living in Ward 13. Unfortunately, this number increased to 14,500 users in 2017, putting more pressure on our food stock. Due to the increasing demand, we often have to purchase fresh produce and meat to ensure families receive enough fresh and nutritious food to last about 48 hours.

Our children, youth and families program promotes the development of healthy

and active children and youth, as well as harmonious parental and family relationships. We offer such activities as playgroups, the baby cupboard, leadership programs for youth, March Break activities, and parental skills workshops.

Finally, our community support and development team aims to support individuals and build healthy communities. We work with residents, local groups, and community associations to enhance community engagement, support capacity building and help communities respond to their needs. This program offers such services as Gifts-In-Kind, Movies in the Park, and community celebrations that bring people together, including Lumière Festival. We also support community association and tenant circles. Very recently, we opened the first Incubator Space in eastern Ottawa. GenerationNeXt Ward 13 helps youth, newcomers, and women, who would like to start a business by providing training, workshops, networking sessions and help developing viable business plans. Our incubator is funded by the Social Planning Council of Ottawa and the Royal Bank of Canada. To learn more, please contact Théodore at **613-745-0073 x 132**.

Our team is always interested in hearing from you, so please feel free to contact us or visit us at 225 Donald St. We look forward to seeing you soon at our centre or in New Edinburgh!



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A house tour-lover's dream come true



Photo by Arthouse Developments



Photo courtesy the homeowner

These are two of the six interesting homes and gardens in Ottawa you can visit during the IODE's annual House and Garden Tour on May 12.

By Elanor Brodie

The 57th Annual House and Garden Tour takes place May 12 from 9:30 a.m.-4:30 p.m., featuring six interesting homes and gardens of varying styles across Ottawa that will appeal to people who love house tours. The tour is presented by the IODE Laurentian Chapter.

There is one lovely home in New Edinburgh and a house in nearby Rockcliffe Park.

The one in New Edinburgh built well over a century ago, designed and built for workers in industrial New Edinburgh and – as was common in this conservative, working class community – was inhabited for nearly 100 years by one family. Today, it has been updated and filled with eclectic art.

The Rockcliffe Park home was built in the 1930s,

when Rockcliffe was growing despite the effects of a long Depression. The building expresses all the classical calm of middle-class Ottawa of the time. The interior, with modern updates, expresses the rich inheritance of lives spent in the Foreign Service.

In Westboro we have two fantastic homes on this year's tour. The first is a wonderful home on Hillcrest Avenue that was originally small, but has undergone many additions over the years. The second homeowners added an extension for a new living room and the current owners added a second storey to this extension in 2001 for a master bedroom suite. The old summer kitchen has been incorporated into the house with a side door bricked-in with glass, and the kitchen modernized with built-in cabinetry to divide some of

the rooms. Windows are custom-made from fir by Lowen Windows of Manitoba with a stained finish. Outdoors, the garden features a cowboy statue from Yardley's and a water feature surrounded by the retained large trees.

The second Westboro location is a modern house on a corner lot on Highland Avenue completed in 2015. Architect Alex Diaz of Arthouse Developments and Interior Designer Candice Sutcliffe responded to the owners' desires, with an airy, open plan house, centred around the kitchen; its clean lines, limited colour palette and "rustic" fixtures expressing the inhabitant's taste.

The patio area is designed for outdoor entertaining and is adjacent to the kitchen. It features a very private outdoor room, sheltered from the elements, but open to the

pool area. The pool echoes the linear design of the whole house.

Over in Alta Vista on a large, treed lot is a charming home which was designed and built by the owners in 1996. This house is filled with a mixture of furnishings, ranging from antiques and family heirlooms to thrift-store purchases and curbside finds. The result of this eclectic blend is a house that is both interesting and easy to live in. The gardens are large and fairly natural for both ease of care and attracting wildlife.

And the final home, located off Prince of Wales Drive, is a well-appointed family home built by Marco D'Angelo of DeAngelus Contracting with a Rideau River view and a small indoor pool.

The Rockcliffe Retirement residence will serve as the hub of the tour, where guests

will have a chance to purchase baked goods, listen to speaker David Jeanes talk about the Light Rail Transit, and listen to a barbershop quartet at lunch.

The Youth Services Bureau of Ottawa will be the focus recipient for the funds raised from this event. IODE Laurentian Chapter is partnering with them to support their Mattress Program which will ensure homeless youth have a safe place to sleep.

Tickets are \$35 and will be available at retailers across Ottawa, including Books on Beechwood, Mood Moss Flowers and Jacobson's Gourmet Concepts.

For updated news about our tour and to buy tickets online, please visit our website at laurentian.iode.ca.

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Quartier Vanier: Delightful, historic, quirky turn of the century home. Located on a quiet cul-de-sac, near Montreal Road. This single home with a beautiful yard provides lots of living space for a growing family or could easily be reconverted back to the duplex it once was. Tons of main floor living spaces and possible configurations. Bright and cheerful. Three upper bedrooms and two full bathrooms, one on each floor. Check out the gorgeous 3 season solarium off the second floor. Lovingly maintained and upgraded over the years.



255 Bradley Ave - \$399,000

Quartier Vanier: Nifty single home with unique walk-out lower level. As a cul de sac, Bradley is a gem of a street: a village within a village. Spacious ground floor with huge eat-in kitchen and a full bath, four bedrooms upstairs and another full bath plus a very functional lower level with family room, hobby area, laundry, work-out space and a third full bath! The lower level could easily accommodate a tenant and help offset the cost of running the home. Bright and cheerful, in good condition. 2 gas fireplaces are used to heat the house.



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MacKay Brainery offers inspiring workshops and speakers

By the MacKay Brainery Team

The MacKay Brainery is up and running! You may be familiar with the concept of a brainery: a community-driven learning place featuring workshops or speakers. The key is that you don't need to register for a session that runs over several weeks – each session is a single event. This means participants aren't locked into a long-term commitment. One-time workshops fit well with busy schedules. Ideas are crowd-sourced so that the workshops are focused on community interests. People can pick and choose what they would like to learn and how they might like to help – on a short-term basis.

This brainery, close to home at 39 Dufferin Rd. in New Edinburgh, is an initiative of MacKay United Church. There was a feeling that as a neighbourhood resource, we could be doing more to connect people, to encourage people to meet the larger community and join together through common experiences that teach us something new. The MacKay Brainery will be shaped by its participants and we welcome your ideas for upcoming workshops or issues to address.

Our first event, hosted by an enthusiastic *boulangère-pâtissière*, was a hands-on class where we learned tips and tricks for baking scones. This was followed by a session on fermenting tea to



make kombucha. Participants in both classes left with what they needed to make their own product.

Future events include:

Apr. 4, 7–9 p.m.

Life, Money and Illusion: Finding a Path to Sustainability in the City

Presenter: Mike Nickerson of the 7th Generation Initiative
Tickets: \$20

Listen to author and activist Mike Nickerson talk about hopeful options for a sustainable future in our community. Mike believes that social and environmental indicators are as important as the economic ones. Join the discussion!

Apr. 20, 7:30–9:30 p.m.

Dance! Salsa! Merengue!

Presenter: Oscar de Leon, Salsa Dance Fever Studio
Tickets: \$20

If you've ever wanted to learn how to salsa and merengue,

and meet others who want to, this is your chance! Learn from a professional on a Friday night and then...the evening is yours!

May 12, 2–4 p.m.

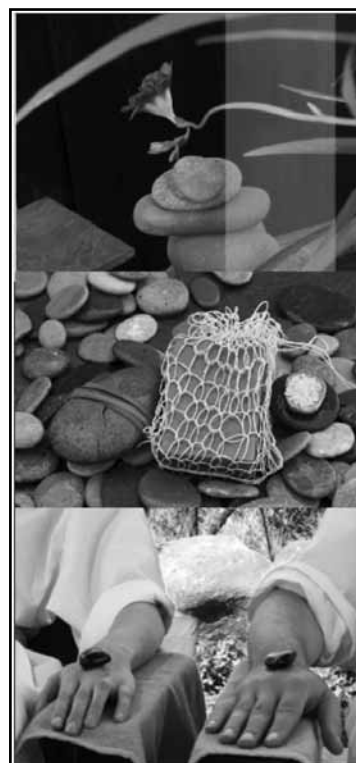
Navigating the Healthcare System for the Aging Population and Individual Needs

Presenter: Susan Hagar of Nurse on Board Ottawa
Tickets: \$20

Imagine having a personal guide as you embark on your journey through the healthcare system: someone with experience who knows where to turn and what to ask. Patient advocate and nurse Susan Hagar talks about knowing the system inside out and getting the best care possible.

In the fall and winter of 2018, we will present on such topics as: "Preventing Dementia," "The History of Surgery," "Fermented Foods: How to Make Sauerkraut and Kimchee," "Staying Well in Winter" and much more.

For details, follow us on Facebook @ **MacKayBrainery**, find us on Eventbrite, or email us at **mackaybrainery@gmail.com**. We look forward to meeting you!



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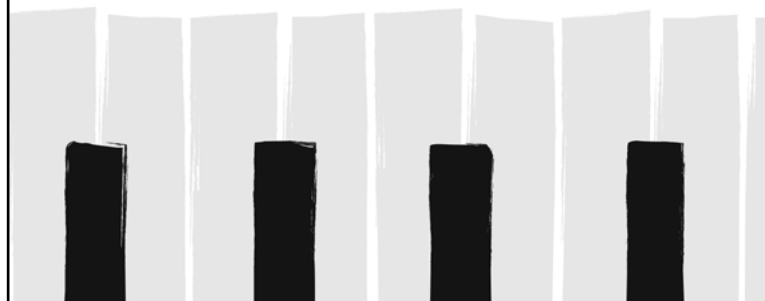
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Seeing first-hand what donations do

By Barbara Young

Friends of Jagruti raises money to support disadvantaged women and their families in a poor area in Pune, India. The group is holding a benefit dinner at Coconut Lagoon, 853 St. Laurent Blvd., on May 28.

All funds are sent to Jagruti Seva Sanstha, which serves the residents of this bustling slum neighbourhood by providing medical and legal ser-

vices, educational programs, daycare for children, a hostel for students and community outreach. Their popular Health Facilitator Program is in full expansion.

Friends of Jagruti founder and co-president Barbara Young spent January studying yoga in Pune and wrote the following about attending the opening of a rural Health Facilitator Program:

Dear friends,

Today was an altogether remarkable day. Myself and two other Canadians studying yoga here, Jean Ogilvie and Jayne Jonas, visited a small rural village an hour from Pune. It was the first day of the Health Facilitator Program sponsored by Jagruti Seva Sanstha. Words are weak when it comes to describing what we saw, heard and felt.

We were fêted and hon-



Some of the women – including grassroots worker Mangala (second right) – taking part in Jagruti Seva Sanstha's new Health Facilitator Program in Pune, India. Photo courtesy Barbara Young

oured with gifts and the ceremony applying kumkuma [ceremonial coloured powder]. There were speeches by one of the village leaders; the village teacher; Jagruti's director, Jaya; Jagruti's grassroots worker, Mangala; one of the young women about to enter the program; and me.

Though an hour from Pune may not seem far, it was a world away, up in the dusty hills. We went from a highway to a smaller road, entering the village on a rutted, gravelly track. There are about 25 girls in the program, and at least one of them will be walking 18 kilometres to attend!

The young woman who spoke to the group (pictured above, far right) told us how she earned her equivalent Grade 10 in a larger town and then was married to someone from this village where there is not much for her to do with her education and leadership skills. She leapt at the opportunity to join the program so she could become the area's "barefoot nurse."

The program lasts three months, Monday to Saturday,





2–6 p.m., and is followed by a practicum in one of the hospitals in the region. Once through, the young women will be able to give injections, perform minor tests (such as for tuberculosis), and do health promotion and education. One woman spoke about why she joined the program: she realized that a little knowledge would go a long way toward improving life in her village by simply teaching basic health precautions such as preparing water properly before drinking it. She knows she will be able to make people in her village healthier.

I was so incredibly moved by it all that I thought I'd send you a special news bulletin. Sometimes we're so caught up in our busy lives that India and the people Jagruti serves can seem very far away. Today confirmed that everything we do is worthwhile beyond our imaginings.

To make a reservation for the Friends of Jagruti fundraising dinner on May 28, please contact friendsofjagruti@gmail.com or visit friendsofjagruti.org.

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Celebrating diversity and community at Fern Hill School

By Lyne Robinson-Dalpe

Fern Hill School's community is a mosaic of cultures that is representative of all the world's continents. The school regularly welcomes new families from other countries who have chosen to settle either temporarily or permanently in Ottawa.

An important part of Fern Hill School's cross-curricular programming is the long-standing tradition of celebrating International Week. This year's fun-filled educational week will take place the week of Apr. 23. Throughout the years, students from pre-school to intermediate school have participated in a variety of activities including an English Teddy Bear Picnic and Tea Party, indigenous drumming lessons, and creating origami figures. Students have also had the opportunity to visit a number of embassies. Parent volunteers and teachers are currently organizing the series of events for this year's program which



Photos by Cindy Bennell

Fern Hill students look forward to the school's annual International Week in April, when they can dress in their country's heritage clothing and learn about other cultures.

will include a visit by some grade-school students to the Embassy of Kuwait.

An important day during International Week is "Wear Your Country's Colours Day"

where the children proudly parade their country's clothing heritage or wear a piece of clothing representative of their country. However, the most popular event is the

International Potluck Dinner where families gratefully prepare one of their country's traditional savoury dishes or desserts to share with other members of the Fern Hill

community. It is an occasion for families to sample flavours of the world while connecting as a community.

International Week is yet another perfect example of activity supporting Fern Hill School's philosophy to build awareness and expose students to the diverse community that makes up both the neighbourhood of New Edinburgh and of the world. Global awareness and international collaboration at a young age results in empathetic, well-rounded individuals. These experiences encourage students to see things from different perspectives and will also help them make better informed decisions. Acquiring such transferable skills at a young age will be useful to them now, will remain with them for life and perhaps, may help them make a difference in the future.

Lyne Robinson-Dalpe is a board member at Fern Hill School.

Local sleep consultant offers tips to new parents

By Allison MacEwen

Since the birth of my daughter and her own struggle with sleep, it has been my mission to help families teach their children the skills for independent sleep. As a Certified Sleep Sense™ Consultant and New Edinburgh resident, I am happy to share with you my favourite tips for babies and young children!

Darkness matters

I highly recommend using blackout blinds, cardboard taped over the windows, whatever it takes! In some cases, even the glow from a digital alarm clock can be enough to disrupt your child's sleep cycle. This goes for naps, too. Darkness can make a big difference in how long your child will sleep during the day.

Be predictable (and boring)

Babies and toddlers love routines. A consistent bedtime routine is a great way to let your child know when the time for sleep is coming. Lots of children will try to drag out bedtime by playing games, throwing things out of the crib, etc. When that happens, calmly return the item without saying a word.



Photo courtesy Allison MacEwen

Local sleep consultant, Allison MacEwen.

Take five

Before you put your child to bed, make sure the five-minute period before they are put to bed is very calm and relaxing.

Same time, same place

Remembering that children love predictability, it's a good idea to have your child sleep in the same place, at the same time, every day. This means that as much as possible, nap-time should happen in the same place as nighttime sleep.

Feed after naps, not before

For many babies, the single biggest reason they don't sleep well has to do with a feeding-sleep association. Feeding upon waking also helps to ensure that your child is alert and energetic enough to eat well, thereby avoiding the cycle of snacking and snoozing. (Note: This strategy should only be used before naps, as I always recommend a top-up feed before bedtime).

Shorter awake times during the day

One of the biggest enemies of sleep, especially for babies, is overtiredness. Here is a quick guide to how long your child should be awake between naps during the day:

Newborns (0-12 weeks): 45 minutes of awake time
3-5 months: 1.5-2 hours of awake time
6-8 months: 2-3 hours of awake time
9-12 months: 3-4 hours of awake time
13 months-2.5 years: 5-6 hours of awake time

Wait

When your child wakes up in the night, or during a nap, wait before going into their room. It is totally normal to

wake after a sleep cycle, but most adults go back to sleep so quickly that we don't even remember it the next morning. Children who haven't learned to fall asleep independently need a chance to learn this skill. By waiting a few minutes, you are giving your child the opportunity to learn to fall asleep without your help.

Allison is a Vancouver native who moved to Ottawa

in 2013. She was so moved by the experiences she and her husband had as new parents – particularly their daughter's struggle with sleep – that she made it her mission to help other families. She completed her Sleep Sense™ certification last summer. Allison and her family live in New Edinburgh. Contact her at info@allisonmacewen.com or allisonmacewen.com.

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Son of the 'Burgh behind Italian team's Olympic success



Photo by Daniele Cuzzo



Photo by Azzuri di Gloria

Kenan Gouadec (right) is technical director of the Italian short track speed skating team, and grew up in New Edinburgh. Pictured at left, he congratulates Arianna Fontana after she won gold in the 500 m short track speed skating competition in PyeongChang.

By Loïc Gouadec

In February, many Canadians enjoyed watching the Winter Olympic Games take place in PyeongChang, South Korea. We were all proud of the Canadian athletes who brought home so many medals. Meanwhile, two residents of Noel Street were particularly focused on the Italian speed skating team, as their son, Kenan, has been coach-

ing the short track Italian national team for the past seven years.

Loïc and Yvette Gouadec have been living in New Edinburgh for almost 40 years and their two sons made their first (unsteady) steps on the nearby ice at the Governor General's skating rink. Later, the boys enjoyed playing hockey in Stanley Park.

As a preteen, Kenan would build an ice rink in the back-

yard to practice skating with friends. He joined the Ottawa Pacers Speed Skating Club and he trained as well with the Gloucester Concorde. Later, he honed his skills at the Olympic Oval in Calgary. At university, he studied exercise science. His goal was to become a speed skating coach.

Kenan accepted a position with the Italian national short track speed skating team and

prepared athletes for the 2014 Sochi Olympic Games and for the 2018 Games in South Korea. In PyeongChang, the Italian team really made history! Arianna Fontana won the gold medal in the 500 metre short track competition and a bronze medal in the 1,000 metre race. The Italian women's team also won the silver medal in the 3,000 metre relay race.

From their home in the

'Burgh, Loïc and Yvette were happy to catch a glimpse of Kenan when the camera showed the coaches' box at the Gangneung Ice Arena, especially when he shared the Italian athletes' joy of winning. PyeongChang is a long way from the GG's ice rink and from New Edinburgh, but on skates, you know, it goes so much faster!

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Myths and facts about exercise during pregnancy

By Susan McDonald

Congratulations on your pregnancy! This is an exciting time in your life with months of learning and self-care ahead while you work on growing a baby. As you surf the internet for pregnancy information and read the latest baby books, there may be moments of worry, confusion and the discovery of a lot of misinformation. You may also be wondering which foods to eat, how you can find the most comfortable position for sleeping, and how you can stay fit and healthy for your entire pregnancy.

Before you rule out exercising, it's important to know that you don't have to stop working out—or avoid beginning—because you are pregnant, if you are healthy and have no contraindications. In fact, if your doctor has given the okay and you're feeling well, try to find a prenatal exercise class that focuses on improving your muscular balance, cardiovascular endurance and core stability, so that you feel more energetic and strong throughout your pregnancy. Research has proven that active and healthy pregnant women go into labour with an advantage that helps them endure the physical demands of delivery. Plus, there's the added benefit of meeting other expectant moms.

Some myths and facts about exercising when pregnant

Myth: I shouldn't exercise early in my pregnancy.

Fact: Current guidelines from the Society of Obstetricians and Gynaecologists of Canada (SOGC) recommend beginning your exercise program as soon as possible. It's never too late to start!

Myth: I haven't exercised much before, so I shouldn't start now.

Fact: A great prenatal fitness class will be tailored to take into consideration your specific pregnancy related risks, your fitness level and your stage of pregnancy, and all classes should offer appropriate modifications to help meet individual needs.

Myth: My heart rate should not be any higher than 140 beats per minute while I'm



Photo by Sara McConnell

The side-plank position is great for pregnant women to help develop their core strength.

exercising.

Fact: In a regular exercise program, you may be working within a targeted heart rate zone. When you are pregnant, using your heart rate to determine an appropriate level of intensity is less accurate as it doesn't properly consider your age, your stage of pregnancy or your level of fitness. For instance, 140 bpm may be too intense for some, who have not been previously active, but not intense enough for others, who may have been very active before becoming pregnant. Heart-rate response to exercise during pregnancy can be quite variable and this is why governing societies such as the SOGC, recommends using the "talk test" as a more appropriate measure of intensity than heart rate. In this test, a pregnant woman should be able to hold a conversation without becoming out of breath. If you're having trouble talking during your workout, you need to dial down the intensity.

Myth: You shouldn't do core training exercises when pregnant.

Fact: Developing core strength during pregnancy is recommended, because it will help you learn which muscles to use during your labour and delivery. Instead of crunches, front planks and exercises with twisting movements, try other positions, such as side-planks during your pregnancy to help develop those core muscles.

Myth: You shouldn't lift weights while pregnant.

Fact: Strength training can be healthy for expectant mothers; however, modifications may be needed—not only to the size of the weight, but also the type of lifting. Try weights that aren't too heavy; you shouldn't have to hold your breath to lift the weight. When done with the guidance of a prenatal fitness expert, strength training can be a welcome addition to your pregnancy fitness routine.

At FITMOM Ottawa, we invite women at any stage of their pregnancy to join us in our classes. As you progress through your pregnancy, our instructors are trained to provide modifications to help alleviate some of the discomforts you may be feeling on a day to day basis. Exercising during your entire pregnancy (including right up to your delivery), is not only recommended, but provides the stamina, strength and mental focus required during your labour, delivery and recovery.

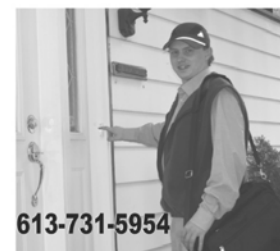
Susan McDonald lives in Old Ottawa South. She is an experienced certified personal trainer and an expert in the area of pre and post-natal fitness. She is the proud owner of FITMOM Ottawa, where she has offered prenatal fitness, mom and baby fitness and boot camps for women in Old Ottawa South, New Edinburgh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

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Amateur choir gets new director, new rehearsal venue and new name

By Isobel Bisby

Three years ago, NECTAR started a community choir for everyone who wanted to experience the joy of singing with friends and neighbours. We met in the community room at 255 MacKay St. every Monday evening, and for many of us it became the musical highlight of the week. Each year we held two concerts for friends, families and neighbours and also visited local retirement homes to provide entertainment for residents. Our repertoire was rich and varied, ranging from pop to classical to folk songs.

We now have a new choir director who is moving us in a new musical direction. The **New Edinburgh Adult Global Choir** recently relocated to **St. John Lutheran Church** at 270 Crichton St., where we rehearse Monday nights from 7:30–8:45 p.m. Made up of members from the local and wider community, the choir celebrates all manner of song, with particular emphasis on the music of our neighbours from around the world.



Photo courtesy Josh Zentner-Barrett

Ottawa-based conductor and organist **Josh Zentner-Barrett** is the new director of the New Edinburgh Adult Global Choir.

Josh Zentner-Barrett, an Ottawa-based musical enlivener, conductor and organist directs the choir. He helps singers to grow individually and as an ensemble, and also challenges them to hear the stories of the songs and consider the contexts from which they come.

“Global song is about building community,” Josh says. “In the music of others, not only do we stand in solidarity with their struggles, we also

learn more about ourselves and what we value.”

The emphasis on community-building means that everyone is welcome to take part. Prospective singers undergo no auditions – they need only have a desire to sing and a willingness to explore the new and sometimes different.

For more information, contact Josh at ottawasingspeace@gmail.com or just show up on a Monday night!

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New Edinburgh House has been conditionally sold.

Although it is a sad day, ending five years of community ownership of this splendid old house, we are delighted with the new owner's design proposal which honours the spirit of our heritage community. We encourage everyone to drop by the House and view the City of Ottawa Development Notice that includes a sketch of the new design (shown right).

Rezoning the property will take up to six months, and Nectar will retain ownership until sale closure. Consequently, the House will continue to function as a community centre until the end of September, and we encourage you to enjoy this beautiful community facility until that time. Drop by on Tuesdays or Thursdays to chat with Paul Tonkin, our office manager, if you would like to rent space for any kind of function or gathering e.g. birthday party, pop-up event, art show, special interest group etc.



Programs and Activities still underway at the House include:

COMMUNITY MEDITATION CIRCLE

Wednesdays from 1:00 to 2:00 pm

MELT METHOD WORKSHOPS – TBA

FIGURE DRAWING & PAINTING WORKSHOP

Wednesdays from 9:30 to 12:30 pm

MONKEY ROCK MUSIC

Thursdays from 9:15 to 12:15 pm

UKULELE GROUP PRACTICE

Thursdays at 1:00 – 2:00 pm

NECTAR COMMUNITY CHOIR continues under the new name of New Edinburgh Adult Choir at St John's Lutheran Church on Crichton Street.

Many of the past Nectar programs and activities have moved elsewhere in the community. We can help you track them down!

A TASTE OF SPRING

On the evening of **Saturday June 9**, Nectar will again be hosting *A Taste of Spring* where dinner guests stroll around the community enjoying fine food and company in the homes of our generous hosts.

Tickets are \$75 each and all funds raised go towards community programs and activities. Contact Nectar to reserve your tickets today.

COMMUNITY ART GALLERY

The Community Art Gallery continues to host exhibits, and art projects are ongoing in the upstairs studios. These rooms are being rented at reduced rates by community artists during this time of transition.

Many people are asking about the future of the Nectar organization after the sale of the House. If you have an interest in joining a group to explore the possibilities, please let us know asap.

For more information, please contact Nectar at 613.745.2742, during office hours on Tuesdays or Thursdays or write us at nectarcentregm@gmail.com.





IMAGES

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Children's festival returns with inspiring live performances

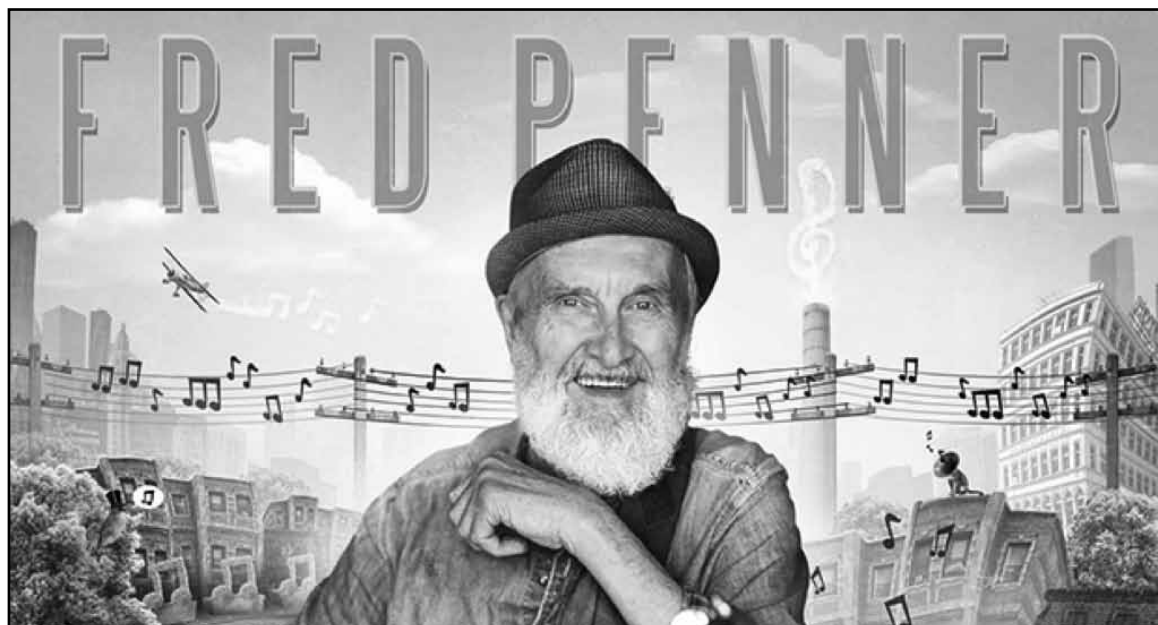


Image courtesy Ottawa Children's Festival

Renowned Canadian children's entertainer Fred Penner will headline this year's Ottawa Children's Festival in LeBreton Flats Park, May 11–15.

By Joni Hamlin

The Ottawa Children's Festival aims to surround young people with excellence in the performing arts that excites their instinctive creativity, their boundless imaginations and encourages individual expression. Help ignite the spark in your child by planning a visit May 11–15.

Upcoming shows include:

Fred Penner – His name brings back fond childhood memories of a kind, gentle man who shares wonderful songs and stories. Fred Penner continues that tradition to this day and we encourage families to join in this musical celebration, guaranteed to inspire and delight.

Swan River – The Ottawa Children's Festival strives to support local artists and we are proud to offer a new production by Ottawa's Skeleton Key Theatre entitled *Swan River*. Taking place outside at the Ottawa River's Rémic Rapids, the audience will literally step into the play and journey through the park and along the riverbank, becoming part of the story as it unfolds. Utilizing theatre, live music, visual imagery and interactive installations, audiences will experience a heartwarming story about identity, adaptability, accep-

tance and family.

The rest of our amazing lineup consists of Machine de Cirque, the Secret Life of Suitcases, New Owner, Jam Side Up, Plastic and Boxy George. Further details can be found on our website at ottawachildrensfestival.ca. Tickets are on sale now and some shows have already sold out, so don't delay!

Want to have a party at the Children's Festival? We offer discounted group rates, perfect for birthday parties, school groups, and organizations such as Girl Guides, Scouts and more (my twins had a Festival birthday party last year and it was amazing!). Contact me at joni@ottawachildrensfestival.ca and I can help to plan your day.

New Edinburgh resident Joni Hamlin is the community outreach coordinator at the Ottawa Children's Festival.

Full French immersion

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



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Senior singing group coming soon to New Edinburgh

By Lyse M. Côté

Do you remember the greatest hits of the 1970s, '80s and '90s? What about those from the '40s, '50s and '60s? Those are the songs that connect seniors who are aging naturally, and those living with cognitive challenges, to a time when they felt vital and young.

Hearts in Tune, a singing community of home-based seniors and their carers, has been making music together since fall 2014 when they were known as Minds in Song. Originally sponsored by the Alzheimer's Society of Ottawa and Renfrew County, Hearts in Tune is now run by Musical Wellness, a Kingsview Park-based, independent, therapeutic music business. Music Wellness is owned and operated by Nigel E. Harris, a graduate of the music department at the University of Ottawa, and a lifelong music facilitator, choir leader and composer.

By singing familiar songs,

participants reminisce, which stimulates long-term memory, and transports folks to a happy time from their youth. This activity is known to boost self-confidence and self-esteem, increase endorphin activity, create a positive mood, and build a supportive community.

A typical Saturday afternoon 90-minute session flies by quickly. Singers begin with voice warmups. A simple drum rhythm plays on the sound system and participants shake tambourines or beat drums until the room is filled with energy, building the group's cohesion. At this point, the leader adds well-known ditties, drawing everyone into a synchronised group "heartbeat." The group then sings selections from the repertoire and from memory.

A short coffee break offers a time for listening, supporting, and learning from each other, making this a close-knit community as well as a singing group. Participants can find relevant community informa-

tion at the resource table, and may hear invited guest speakers on various topics.

The session ends with a short mindfulness meditation led by Lyse M. Côté, an energy healing and reiki practitioner and owner of Anahata Healing. This meditation prepares the singers to return to their weekend routines in a relaxed state of mind.

If this sounds like music to your ears and you want to experience the magic of the Hearts in Tune community first-hand, we are currently seeking new members in the New Edinburgh, Beechwood Village and Rockcliffe Park areas in order to replicate our successful west-end group which meets every Saturday from 2-3:30 p.m. at the Hintonburg Community Centre. No prior musical knowledge or audition is needed. For more information, visit musicalwellness.com or contact Nigel: 613-728-5305, or Lyse: 613-355-9234.

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Crichton gallery marks third anniversary with reunion show

By Mary Pratte

March 27 is a very special day for the Crichton Street Gallery. It was on this day in 2015 when a small group of artists – all friends – opened a little gallery in the heart of New Edinburgh. Upon seeing a “For Rent” sign in the window at 299 Crichton St., these four artists had to decide whether a project like this was feasible. In the end, we all decided “Why not? What are we waiting for?” And here we are, three years later!

Since then we have shown hundreds of interesting, affordable, local pieces of art from 15 different artists. We change our displays about once a month, so repeat visitors to the gallery will always have something new to look at. Our core group of artists – Jennifer Anne Kelly, Louise Tanguay, Pat Carbonneau, Elisabeth Arbuckle, Mary

Ann Varley and Mary Pratte – always have their work there, and we also host guest artists who add a little variety to the mix.

It took a while for the community to realize we were open for business – Saturdays from 11 a.m.–4 p.m. But now we have lots of locals and people from further afield who come in to pick up greeting cards, a pretty piece of jewelry, a hand-made glass bowl, a photographic print, or a beautiful painting for their home or office. Many items have become wedding or birthday gifts, and we also have gift certificates for those who cannot decide what to give. Some people come in just to talk about art, which we encourage wholeheartedly!

For the month of April, we have invited all our artists from the past three years to return and show some of their work in a group birthday bash

show. Thirteen of these 15 artists will be on hand, and it will be a lot of fun to have them all back again. We invite you to the opening celebration Apr. 5 from 5–8 p.m. and to join us each Saturday in April to celebrate their friendship and creativity.

The month of May will find a very talented group of seven printmakers from Gatineau displaying their work with us. Geneviève Belzile, Manon Boulet, Deidre Hierlihy, Louise Lépine, Nathalie Morin, Madeleine Rousseau and Denise Tremblay make up the Collective Graphein, a group of artists who share their knowledge of and promote the traditional art of printmaking. They have displayed their work in various venues in the region, including at the Old Chelsea Gallery. Their current show, *Select Artworks | Oeuvres choisies* will hang at the Crichton Street Gallery from

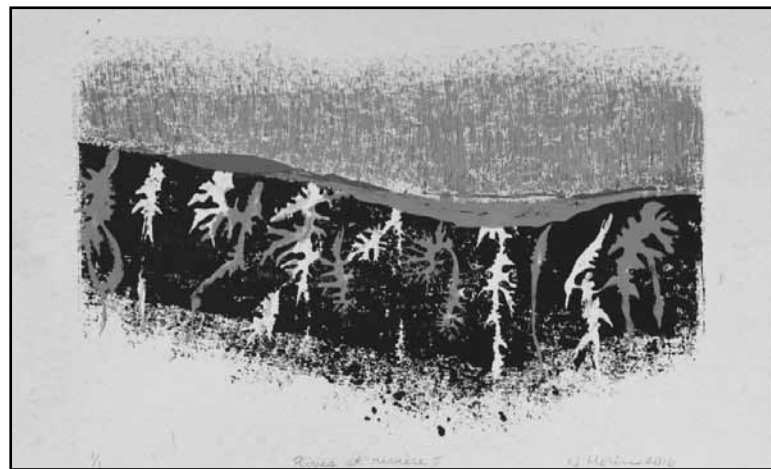


Photo courtesy Crichton Gallery

A print by Nathalie Morin, part of a larger exhibit of prints by Gatineau's Collective Graphein, coming to the Crichton Gallery in May.

May 3–26, and you will have a chance to meet the members of the group at an open house on May 3 from 5–8 p.m., and then each Saturday until May 26. We hope you will come and learn something about this fascinating and ancient art. For more information visit the Facebook page of la

Guilde des artistes graveurs de Gatineau.

We appreciate all of the support the neighbourhood has given us these past three years, and we hope to continue to bring you beautiful art to brighten your world.

For more details, visit thecrichtonstreetgallery.ca.

MacKay United Concert Series winds down with Hebrew Lullaby

By Carolyn Bowker

The MacKay Concert Series concludes its successful 2017–18 season on May 6, when Artistic Director Leah Roseman teams up with pianist Dina Namer in *Hebrew Lullaby*, a program of lyrical and romantic pieces for violin and piano by Jewish composers.

Back in the early days of the MacKay Concert Series, Leah was part of a chamber group that played a cello quintet by Carl Goldmark, a piece that was little known but which, the audience agreed, richly deserved to be heard.

“I was interested to play more of his music,” says Leah, “and found his *Suite No. 1* for violin and piano. Dina and I have talked about



Photo by Fred Cattroll

Leah Roseman (left) and Dina Namer (right) will team up for a concert of violin and piano music by Jewish composers on May 6 at MacKay United Church.



Photo by Perry Coodin

playing this piece for a few years now, and we’ve paired it with a wonderful sonata of Robert Kahn, and two short pieces by Joseph Achron, the ‘Hebrew Melody’ and ‘Hebrew Lullaby,’” she says.

So that’s what *Hebrew Lullaby* is all about: a collaboration of two gifted and sensitive artists bringing to a modern audience beautiful music that has been unjustly forgotten, by composers persecuted and forced to flee Europe due to violence against Jews. Kahn escaped the Nazi regime in 1938 and settled in England, where he continued to compose, but his

brilliant music is almost completely forgotten. Kahn in his youth had a close relationship with Brahms, and this sonata is very evocative of Brahms.

Carl Goldmark, a late nineteenth-century violinist and composer, was born in Hungary and trained in Vienna. As a composer he achieved fame for his opera, but he composed in most genres. His music was very popular during his lifetime, but after his death in 1915 it largely disappeared from the concert stage. Like other Jewish composers, his music was banned during the Nazi regime. His *Suite No. 1* is,

according to Leah, is a beautifully lyrical work, with many moods, and at times is very evocative of both Schumann and Schubert’s music.

Goldmark’s contemporary, Joseph Achron, was a Russian-born Jewish composer and violinist who settled in the United States in 1925. In 1934, he moved to Hollywood, where he composed music for films and continued his career as a concert violinist. Described by his friend Arnold Schoenberg as “one of the most underrated modern composers,” he was fascinated with Jewish musical idioms which he

incorporated into his chamber and orchestral work. This is especially apparent in the two charming short works which Leah and Dina will play.

This promises to be an exceptional evening of delightful music, presented by two long-time collaborators who share a deep love of these composers. Leah Roseman, a violinist with the National Arts Centre Orchestra since 1997, is well-known to MacKay audiences as the Artistic Director of the Concert Series, and as a member of the Silflay String Quartet. Dina Namer, a graduate of the Eastman and Manhattan Schools of Music, has performed and recorded in the United States and Canada with a repertoire ranging from baroque harpsichord to contemporary Canadian piano works. A long-time member of the Queen’s School of Music faculty, Dina Namer teaches piano, harpsichord and chamber music, in addition to running a busy private studio in Ottawa.

So you’re in for a treat, at MacKay United Church, 39 Dufferin Rd., 7:30 p.m., Sunday, May 6, 2018. Tickets are \$25, \$20 for seniors and \$15 for students, available at Books on Beechwood and the Leading Note, or at the door.



Have an event
coming up?

Send us the details:
newednews@hotmail.com

The logo for Studio One Personal Training is centered in the upper half of the page. It consists of a black square with a white border. Inside the square, the word "studio" is in white lowercase letters, and "one" is in a larger, bold green lowercase font. Below "one", the words "PERSONAL TRAINING" are written in a smaller, white, all-caps sans-serif font.

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The background of the entire page is a green-tinted photograph of a gym interior. Various exercise machines, including treadmills and weight machines, are visible. The lighting is bright, and the overall atmosphere is clean and professional.

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EVENTS CALENDAR

April

April 1 – Easter service at MacKay United Church, 39 Dufferin Rd. 10:30 a.m. Join the parish at MacKay United Church for an Easter Sunday service with communion.

April 3 – Music and meditation at MacKay United Church, 39 Dufferin Rd. 7 p.m. Everyone is welcome to the Sanctuary at MacKay United, the first Tuesday of each month, for a time of quiet reflection.

Every Tuesday – Beechwood Ukulele Jam, upstairs at Arturo's, 94 Beechwood Ave. 7 p.m. \$5, includes music. Not a class, but playing tips are offered. For beginners on up: participants should know three or four chords and be able to change them without stopping.

April 7 – Rummage Sale at St Andrew's Church, 82 Kent St. 10 a.m.–1 p.m. See what community members and parishioners of St. Andrew's Church have in store for bargain hunters at the best rummage sale in town.

April 7-8 – Sugarfest weekend at the Richelieu-Vanier Community Centre, 300 des Pères-Blancs Ave. Saturday brunch 10 a.m.–2p.m.; \$6. Sunday breakfast 10 a.m.–2 p.m.; \$15. Enjoy taffy tastings at the Sugar Shack, sleigh rides, sled dogs, a petting zoo, lumberjack competitions, crafts and traditional French Canadian, First Nations and urban music performances.

April 12 – Concert with Christian Tetzlaff at Dominion-Chalmers United Church, 355 Cooper St. 7:30 p.m. \$30–52. chamberfest.com/concerts/2018-0412-01. Chamberfest presents a solo recital featuring German violinist Christian Tetzlaff, who will perform Bach's sonatas and partitas, including the immense D-minor Chaconne.

April 19 – Health and beauty event at CELADON Salon and Spa, 373 St Laurent Blvd. celadonspa.ca; 613-746-3500. 12–8 p.m. Contact the spa for details.

April 21 – Old Home Earth Day Event at the Glebe Community Centre, 175 Third Ave. 10 a.m. Free. Contact glebeoldhomes@gmail.com. Learn to conserve energy, reduce carbon emissions and live more sustainably.

April 21-22 – Spring Book Sale at Rockcliffe Park Community Centre, 360 Springfield Rd. 10 a.m.–5 p.m. Saturday; 11 a.m.–5 p.m. Sunday. Proceeds go to enhance services and programming at the Rockcliffe Park branch of the Ottawa Public Library, as well as literacy programs for communities in need within the wider OPL. See page 16 for details.

April 27 and 29 – Hommage à Chopin recital at MacKay United Church, 39 Dufferin Rd. Tickets \$15 adults, \$10 students and seniors. 7:30p.m. Friday and 3 p.m. Sunday. Pianist Sarah Molenaar performs two shows of 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.

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 and pianist Svetlana Logigan hosts its spring concert. Featuring 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.

May

May 4-6 – Lisgar Collegiate 175th reunion Register at lisgar.net; 866-236-1450. Ottawa's oldest secondary school celebrates its 175th anniversary with a reunion weekend of school tours, entertainment, and a gala dinner at the Shaw Centre. See page 35 for details.

May 5 – Bike Rodeo at the New Edinburgh Fieldhouse, 193 Stanley Ave. 11 a.m.–1 p.m. The Crichton Community Council hosts a Bike Rodeo for children ages 4–8. Learn the rules of the road through

fun activities and demonstrations. Featuring bicycle safety checks, a barbecue and bake sale.

May 6 – Sunday Jazz Brunch at the Black Irish Pub, 15 Selkirk St. 12 p.m. Rev. Peter Woods will perform at the pub's Sunday Jazz Brunch.

May 6 – Hebrew Lullaby at MacKay United Church, 39 Dufferin Rd., 7:30 p.m. Tickets: \$25, \$20 (seniors), \$15 (students). The MacKay Concert Series concludes with Artistic Director Leah Roseman and pianist Dina Namer in *Hebrew Lullaby*. Details, page 32.

May 12 – Plant Sale at the New Edinburgh Fieldhouse, 193 Stanley Ave. 8 a.m.–4 p.m. The Crichton Community Council hosts its yearly Plant Sale, featuring plants, annuals, hanging baskets, flats, organic vegetables and herbs. Funds raised to support the Fieldhouse and CCC events.

May 12 – IODE House and Garden Tour at various locations. 9:30 a.m.–4:30 p.m. \$35. Laurentian.iode.ca. 613-842-5304. This year's tour consists of six homes and gardens across Ottawa. See page 21 for details.

May 20 – Food Truck Social and Flea Market at Ottawa Regional Cancer Foundation, 1500 Alta Vista Dr. 9:30 a.m. until late afternoon. ottawa-cancer.ca/fleamarket. The Ottawa Regional Cancer Foundation hosts a family-friendly fundraiser featuring a flea market and food trucks.

May 26 – ELTOC fundraising tea at St. Bartholomew's church hall, 125 MacKay St. 2–4 p.m. \$20. For tickets contact 613-232-8566; esl@eltoc.ca. ELTOC (English Language Tutoring for the Ottawa Community) hosts a fundraising tea featuring sweets, sandwiches, tea, a silent auction and Celtic harp music performed by Susan Sweeney Hermon.

May 27 – Cheering station and neighbourhood BBQ at the New Edinburgh Fieldhouse, 193 Stanley Ave. 8 a.m.–1 p.m. The Crichton Community Council invites you to cheer on the marathon runners in the morning, and to stay for music and family fun. Coffee and baked goods available in the morning. BBQ food, drinks and snacks available for purchase after 11:30 a.m.

May 27 – Marathon cheering station at 99 Beechwood. From 8:15 a.m. onwards. Join in the fun! This year's theme: "Colour Me Beechwood" – wear your brightest most spectacular cheering gear and let's make Beechwood fun for the whole family.

May 28 – Friends of Jagruti benefit dinner at Coconut Lagoon, 853 St. Laurent Blvd. Reservations: friendsofjagruti.org; friendsofjagruti@gmail.com. The Friends of Jagruti host a benefit dinner to raise money in support of disadvantaged women and their families in Pune, India. Details, page 24.

May 31 – RRCRC Fundraising Lunch at Gil-O-Julien Park 201 Donald St. 11:30a.m.–2 p.m. \$25 before May 1; \$30 after. 613-745-0073 x 142. Meet the staff and learn more about the work done by the Rideau Rockcliffe Community Resource Centre for Ward 13, including New Edinburgh.

June

June 9 – Taste of Spring at various locations. 6–9 p.m. \$75. nectarcentregm@gmail.com. NECTAR hosts the second annual Taste of Spring event: six houses + six delicious tastes matched with six wines = one delightful evening.

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Lost: 2/6/18, toy bear fob with keys attached, near or on sidewalk, corner of Dufferin and Crichton, by School of Dance. Contact Sharon at 819-685-9449.

Furnished three-bedroom house for rent in New Edinburgh from December 15, 2018 to March 15, 2019. \$1,000 a month includes utilities. Contact Isobel Bisby at 613 304 7919 or ibisby@gmail.com

Pub night, tours and trivia part of Lisgar 175th celebrations

By the Lisgar Alumni Association

Lisgar Collegiate Institute, central in the early lives of many generations of New Edinburgh residents, celebrates its 175th anniversary this year with a weekend-long reunion expected to attract thousands of alumni.

The celebration takes place May 4-6, and kicks off with a variety show featuring the talents of both current students and alumni. Headlining the evening is impressionist and comedian Rich Little, who graduated from Lisgar and went on to become a global entertainment sensation. A pub night follows, showcasing the music of Juno Award-winning singer-songwriter and Lisgar alumnus Valdy. There is also a trivia night at which guests can compete against current students in a contest featuring questions about the school and its alumni.

Other activities during the weekend include historical and architectural tours of the school led by Lisgar graduate and President of Heritage Ottawa David Jeanes, band and orchestra performances, a breakfast for former and current teachers – followed by a reception for alumni looking to reconnect with them – and an induction ceremony that will see 11 new members added to the school's Athletic



Lisgar Collegiate Institute, pictured in 1977 before the mall was pedestrianized. Alumni are invited to celebrate the high school's 175th anniversary May 4-6.

Photo courtesy Lisgar Alumni Association

Wall of Fame. Among them is well-known teacher and coach Bill Fraser, who also graduated from the school. A gala dinner and dance will be held at the Shaw Centre on the Saturday night.

Ottawa's oldest secondary school and the fourth-oldest high school in the province, Lisgar is regarded as one of Canada's premier public schools, with a reputation for excellence in the "three As": academics, arts and athletics. It counts among its alumni journalist Peter Jennings, Olympic gold medalist Anne Heggtveit, former Ottawa 67s

coach Brian Kilrea, inventor of basketball James Naismith, former Mayor of Ottawa Jacquelin Holzman, and thousands of other accomplished Canadians.

There are many New Edinburgh connections among them. William Cameron Edwards, for example, a prominent businessman and parliamentarian who attended the Ottawa Grammar School (now Lisgar), owned a large sawmill in New Edinburgh in the late 1800s and early 1900s. A history of Lisgar published to mark the school's 60th anniversary in

1903 noted that this sawmill was at that time "among the most extensive and prosperous in the whole Dominion." Edwards for a time even owned the residence at 24 Sussex Drive.

Another Lisgar grad followed in the footsteps of Lord Lisgar, Canada's second Governor General, making New Edinburgh her home by moving in to Rideau Hall. Adrienne Clarkson, who graduated from Lisgar in 1956, served as Governor General from 1999 to 2005. Some alumni may even recall the reception she hosted in

the gardens at Rideau Hall as part of Lisgar's 160th anniversary reunion in 2003.

The children of both governors-general and prime ministers have also attended Lisgar while living in official residences in New Edinburgh. In recent memory, these have included the two children of Prime Minister Stephen Harper, as well as the son of Governor General Roméo Leblanc, Dominic Leblanc, who now serves as Canada's Minister of Fisheries, Oceans, and the Canadian Coast Guard.

Lisgar has seen many transformations, additions, and renovations over the years. And the interests of staff and students have changed with time, with the school now home to a robotics club that competes provincially and a trivia team that won the national Reach for the Top championship last year – its third national championship in the last decade. Still, much inside the old stone walls remains familiar, and Lisgarites of all vintages will no doubt find fond memories waiting for them at the upcoming reunion – as well as friends old and new.

Registration is free at lisgar.net, though some events require the purchase of tickets. Those unable to register online can call (866) 236-1450 for assistance.



Continued from page 36

Get well soon!

The *New Edinburgh News* teams wishes our senior writer and associate editor **Jane Heintzman** a speedy recovery from a recently broken shoulder. We look forward to seeing you walking the dogs around the neighbourhood very soon!

Congratulations!

Noel Street resident **Louisa Legault** was part of a winning City of Ottawa Ringette Association U12 Competitive Ringette Team placing first

in Ontario in its division. Louisa was third overall in the division for scoring. Congratulations!

Congratulations to Springfield Road resident **Margaret Gibson** who received the Ontario Tennis Association's 2017 Distinguished Service Award for her 30-plus years of coaching in Ottawa. Following a successful career as a singles and doubles player (including Grand Slam events in Australia, France and England), Margaret began coaching and mentoring young players. The OTA recognized Margaret's lifelong love of tennis, calling her "an unwavering source of encouragement for players, parents and professionals alike." She welcomes inquiries from local residents interested in ladies' or family round-robins. Call Margaret at 613-745-9268.

A shout-out to some of our local chefs and food purveyors for their charity work: **Donna Chevrier** (Ola Cocina), **Harriet Clunie** (Beechwood Gastropub) and **Warren Sutherland** (Sutherland Restaurant) took part in this year's "A Taste of Hope," the sold-out Mar. 21 fundraiser for the Shepherds of Good Hope. Harriet will also be among the chefs creating delicious desserts at Carefor Desserts fundraiser on Apr. 14. As well, thanks to **Allan McNeil**, store manager at Starbucks on MacKay Street, for making the store's grand opening event in January a benefit for the Ottawa Inuit Children's Centre. Well done on giving back to the community!

Alice Torrie of Noel Street was part of a City of Ottawa Ringette Association U12 Competitive Ringette Team

placing third in the province in its division. Alice scored several impressive goals that helped her team achieve this great win. Well done, Alice!

Kudos to Dr. **Renata Frankovich** who was a finalist for Businesswoman on the Year – Professional Category. A resident of New Edinburgh since 1999, Renata is founder and leader of sports medicine clinic MEDSPORT Ottawa. She is also an assistant professor at the University of Ottawa and has volunteered with many local and national amateur sports teams, including with the Canadian team for four Olympiads.

Congratulations to Manor Park resident **David Goldfield** who has published his second book, *Into the Volcano*, a novel about Latin America inspired by true events. Books on Beechwood is organizing a book launch on Apr. 27 at

6 p.m. at the Rideau Sport Centre, 1 Donald St. Details at eventbrite.com.

Condolences

Condolences to **Trish Roche** of Noel street and her family on the passing of her brother John after a very brief illness.

Condolences to **Mary Grainger** of Vaughan Street and her family **Jerry, Daniel** and **Martina** on the Mar. 1 passing of Mary's beloved mother **Mary Daphne Grainger**.

Condolences to **Laura McGregor** and **John** and **Tom Wetzstein** and their families on the January passing lifetime Burgh resident **Gladys Schwabe**. Gladys will be missed by her friends and neighbours, especially those at St. Luke's Lutheran Church where she was a lifelong member.

Not the...

NEW EDINBURGH NEWS

April Fools Edition

TransCanada Trail finds alternative route through New Edinburgh

The TransCanada Trail (TCT) has finally been cobbled together from coast to coast after many long years of finding and hacking routes through the dense forests, rocky shorelines, farmers fields, back country roads, and alt-purposed four-lane highways across Canada. What people may not know is that in Ottawa, there is a spur over to Rideau Hall, the Governor General's residence, ostensibly to add a symbolic link back to Great Britain (nobody really knows for sure).

Unfortunately, the current plan of routing the TCT

down Sussex Drive isn't sitting well with either the National Capital Commission (NCC) or the hiking community. The government and the NCC don't really want to see "scruffy backpackers" trudging along Sussex Drive when foreign dignitaries are being chauffeured to and from Rideau Hall. The hikers themselves are put off by the tour buses, museums and government buildings as "not really hiking."

However, an unlikely coalition of the City of Ottawa, the TransCanada Trail oversight committee, Infrastructure Canada, and the Canadian

pipeline lobby has formed to step in and solve the problem. The TransCanada Trail is going underground. The branch to Rideau Hall will now be re-routed through the storm sewer tunnel currently being built between LeBreton Flats and New Edinburgh. With federal infrastructure money, an additional six-foot diameter pipe, with plexiglass viewing sections set every 200 metres, will be embedded into the sewers just for the hikers. "We're really excited about this", said Herb Lenzig, chairman of Canadian Pipeline Opportunities (CANPLOP).

the first use of wheeled vehicles in North America by at least 10,000 years. Naturally, the find has generated huge interest nationally. The Museum for Archaeological Drawings (MAD) strongly advocates removal of the drawings to their Ottawa warehouse for preservation and safekeeping, and construction of a replica cave in New Edinburgh

park. First Nations leaders are equally adamant that the drawings should remain in place and that the surrounding land both above and below ground should be declared a heritage area. Meanwhile, frustrated project engineers just want to get on with drilling the tunnel. Resolving this impasse is likely to delay completion of the CSST project by at least 10 years.

Burgh Breezy its

DEADLINE: MAY 10 newednews@hotmail.com



Friends from surrounding communities gathered to celebrate all that is good on St. Patrick's Day at One Up Beechwood above the Royal Oak. From left: Catherine Strevens-Bourque, Rob Mungham, Lisa Morel-Misener, Terry Thompson, Penny Thompson (seated), Andy Misener and Joseph Cull.

Continued on page 35



A family of snow people and their snow dog appeared on the path-way along the Rideau River between Beechwood and Stanley Park in early March.

Photo by Christina Leadlay



On March 22, the new Rideau Sports Centre marked the grand opening of its Clubhouse Public Eatery, a fully-licensed restaurant owned by the same people behind restaurants Social, Sidedoor and Eighteen. (From left): Gary Lacey, NCC executive director, stewardship; City Councillor Tobi Nussbaum; Nicki Bridgland, RSC founder and CEO; and Bill Leonard, NCC director of real estate management.

Photo Louise Imbeault



Best wishes to Liam of Lindenlea Road who turns one on Apr. 7. Much love from Maman, Papa et Julien.



Photo by Louise Imbeault

Best wishes to Isobel Bisby who celebrated a birthday on Feb. 27.