

December 2018

NEW EDINBURGH NEWS

www.newedinburgh.ca

New Edinburgh
Community Choirs
Directed by Josh Zentner-Barrett

Light a Candle
Songs of Light and Peace

Monday, December 10, 2018 | 7 PM
St. John Lutheran Church | 270 Crichton Street

Admission by donation

New Year's Day Brunch

New Edinburgh Field House
203 Stanley Avenue

January 1st 2019
10:00 to 2:00

- ✓ Food
- ✓ Coffee
- ✓ Wagon Ride
- ✓ Entertainment
- ✗ Cook & clean the day after the night before



Celebrate...



skating
skills competition

Saturday January 19th
1:00 to 4:00 pm
on the ice at New Edinburgh Park



Photo courtesy Beechwood Cemetery Foundation

The Armistice Tree stands in Beechwood Cemetery as a tribute to Canada's soldiers who served during the First World War. Learn more on page 21.

Cut-through commuter traffic and reducing residential speed limits to be focus in 2019

By Joe Chouinard,
NECA Traffic and Safety
Committee

There are myriad traffic issues facing our community of which the New Edinburgh Community Alliance's (NECA's) traffic and safety committee is well aware. We respond to "one-offs" as best we can, given our limited time and energy.

There are two priority issues we will be focusing on for the remainder of 2018 and into 2019.

Issue # 1: "Cut-through" commuter through-traffic to and from the Macdonald-Cartier bridge, which has been an issue in New Edinburgh for decades.

A thorough traffic study completed by our residents back in 1997 contained several recommendations regarding both traffic calming measures and traffic control measures.

The City's response was that a number of traffic control recommendations were considered feasible, but that funds were not available to implement them and that the recommendations would need to be subject to detailed technical evaluation, detailed design and identification of adequate funds.

The City did agree that some of the calming measures could be implemented on a piece-meal basis, primarily in conjunction with neighbour-

hood capital road projects, provided that required funds could be identified.

Such calming measures have helped to make our streets safer and each year our City Councillor adds additional seasonal traffic calming measures such as road paint, flexible signs and planter boxes to narrow roadways and to help slow down drivers both physically and visually.

Despite such measures, the committee believes that the volume of commuter through-traffic has increased – likely as a consequence of longer delays on major access routes to and from the Macdonald-Cartier bridge.

Continued on page 18

Development, heritage and park vision top of mind for 2019



Cindy Parkanyi
NECA President

The New Edinburgh Community Alliance's Annual General Meeting took place Oct. 24. This was a chance for residents to receive an update on the progress of various files and to provide input on the strategic priorities that the NECA Board will pursue over the coming year, all while mingling with neighbours and friends.

It was also a chance to say goodbye and thank you to outgoing NECA Board Members **Ann Davis** and **Phil Nowotny** and to welcome new board member **Ari Abonyi**.

Strategic Priorities for 2018-19

One of the key items discussed at the AGM and also at the Nov. 20 NECA Board meeting was identifying strategic priorities for the upcoming year. There is only so much volunteer time and energy to go around, so it's important to ensure that we are focussing on the areas of most concern and value to residents. The items identified were:

- **Promoting responsible development of the Beechwood corridor** (through the multi-community-association working group) – Ari Abonyi represents NECA on this working group, which is monitoring developments along the cor-

ridor. **It is also** developing a strategy and process to engage with developers early and encourage development that meets community needs through social impact investing and/or other appropriate vehicles.

- **Improving traffic and safety** – See Joe Chouinard's article starting on page 1 for details on the excellent work being undertaken in this area.

- **Protecting heritage while promoting responsible development** – NECA's Heritage and Development Committee, admirably led by **Gail McEachern**, takes on this work. See a reprint of a Nov. 15 *Ottawa Citizen* op-ed on collective action by area Heritage Conservation Districts (including ours!) on page 5 of the *New Edinburgh News*. The committee is looking for new volunteers who have an interest or expertise in heritage and development.

- **Fostering community engagement and leveraging collective action** – NECA will be pursuing better communication channels and we are looking for communications volunteers to help with this. Interested? Contact newedinburgh@outlook.com. NECA will also continue to foster strategic partnerships and collective action opportunities through the "Community Collective" of nearby community

associations and through the Federation of Community Associations. One example is collective action being undertaken to develop neighbourhood emergency plans. New Edinburgh resident **Michael Histed** has volunteered to join a group from neighbouring communities to work on such a plan.

- **Pursuing a vision for the park** – The Park Vision working group's current focus is to engage appropriate expertise to ensure our collective vision reflects best practices for community greenspaces. The most immediate questions that need to be addressed are whether flood mitigation measures can be included in the restitution work that the CSST project team will be undertaking once drilling has ceased and what specific changes we want to bring to the City-proposed reinstatement plan (landscaping after the completion of the CSST project). Two community volunteers are taking the lead on this work: **Victoria Solan** (vjsolan@yahoo.ca) and **Nicole Poitras** (nplance.3@hotmail.com). Thank you both for taking this on and moving it forward!

2018 B.R.I.C.K. Award

Over the years, the B.R.I.C.K. Award for Community Builder has been given to individuals who make a notable contribution to the character and strength of our community. At this year's NECA AGM the award was presented to an organization whose volunteers have enriched our community through the numerous community-wide events and activities that they organize – from the Garage Sale,

Halloween Howl, Skating Party and Plant Sale to the hard work and commitment that goes into maintaining one of the city's best neighbourhood skating rinks. This year, the **Crichton Community Council** celebrated 25 years of providing community service and we at NECA wanted to highlight the importance of the CCC's contribution to our community fabric. We

Also, the roadway through the construction site has been paved to reduce mud and dust coming off trucks as they exit the site.

When will this all be over? According to the current (delayed) schedule, reinstatement work will begin in spring 2020 with a mid-2020 full **handover** of the park back to the community.



Photo by Sean Flynn

At its Oct. 24 annual general meeting, NECA presented the 2018 BRICK award to the Crichton Community Council.

thank all the many CCC volunteers over the years who have dedicated their time and energy to keeping us active and engaged!

CSST update

Drilling operations on the main East-West tunnel have now begun. While the drilling itself will be on a nearly 24/7 basis, surface operations (i.e. removal of debris by trucks) will only take place during the day. NECA has asked that flag people be in place during the morning school bus run times, given that this will coincide with more intensive truck traffic collecting the overnight buildup of debris.

Best wishes for the holiday season!

There is no NECA Board meeting in December. Our next meeting will take place **Jan. 15, 2019**, at 7:30 p.m. at NECTAR (255 MacKay St.).

We are always looking for fresh faces to join our ranks, either as a board member (we still have space available), or to volunteer in a specific area of interest. If you would like to know more or are considering joining the NECA team, please contact me at newedinburgh@outlook.com. **Please also** contact me to receive the monthly NECA updates by email.

Your NECA Representatives 2017-2018

Ari Abonyi	a_abonyi@yahoo.com , 613-255-1741
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
Sean Flynn	Chair of NECTAR, sflynn@gmail.com
Gail McEachern	Heritage & Development, gailmceachern@rogers.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 7:30 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 at newedinburgh@outlook.com. Our next meeting is:

Tuesday, January 15, 7:30 p.m.

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

Wanted: Business Briefs columnist

The *New Edinburgh News* is looking for the next person (or people) to take over our flagship **Burgh Business Briefs (BBB)** column, which has been a mainstay of the paper for more than two decades.

Jane Heintzman will be stepping down as our lead BBB columnist by October 2019 and we are on the hunt for her successor. This could be one person or a team of two or three people. (Big shoes, to fill, you know! Jane will not disappear from *NEN*: she'll continue to sit on our Advisory Board and will still

contribute her signature *For the Birds* column.)

This volunteer role is a wonderful way to connect with and support neighbourhood businesses and to keep the community up-to-date on comings and goings on and around Beechwood Avenue.

Primary responsibilities of the BBB columnist include:

- planning a list of businesses to cover in each issue (five issues per year)
- conducting background research on the selected businesses
- setting up interviews (by phone, email or in person)

with business operators

- drafting a short report on each business (approx. 300 words each)

- collaborating with *NEN*'s photographer on photos to accompany the profiles

- working with the managing editor on deadline, editing and content.

We would like to have a successor in place by April 2019 to help with the BBB for the June edition.

Interested candidates, please contact Managing Editor **Christina Leadlay** at newednews@hotmail.com.

Volunteers needed to help with outdoor skating rinks

By Sylvain Bélanger, CCC

The Crichton Community Council, responsible for the skating rinks at New Edinburgh Park, is starting to plan for another skating season.

We are drawing up our list of people who would like to volunteer to water the rinks (generally referred to as "hosers") in the evenings around 9 p.m. It usually takes no more than one hour per night, and hosers work in teams of two, shoveling off the snow left on the rink from skaters and watering the ice.

Whether you can commit an hour or two per week, or an hour or two per month, every bit helps. If you are new to the hoser role, don't worry! We will ensure you are partnered up with a veteran in the early part of the hosing season.

"When does the work start?" you ask. Not until we have the steady cold weather and snow on the ground to be able to build the skating

rinks. Experience tells us that is around Christmastime or later, depending on the weather.

We want to be ready with a list of people in place for the start of the season, which would include a daily schedule of hosers from the start of skating season until March 2019.

This task might be of special interest to high-school students, as the hours would count towards your volunteer hours at school.

Rink builders wanted

If you can't commit to watering throughout the season but could offer up one or two hours in December to help with building the rink, then we have a role for you! We need help in the early days to stomp down the snow and do some shoveling.

If that interests you, please let me know. Again, even an hour goes a long way, so there is no need to commit a lifetime!

Now you are thinking: "Wow, it takes all these volunteers to get our skating rinks going and to maintain them. How will we recognize their efforts?" When you see them working on the rinks during the season, take a minute to thank them. Also, later in the skating season, the Crichton Community Council organizes a special pub night for all our skating rink volunteers.

Thank you to all our volunteers!

Sylvain Bélanger is a board member of the Crichton Community Council. He can be reached at crichtoncommunitycouncil@gmail.com.

Support your local businesses!

Tell them you saw their ad in the *New Edinburgh News*.

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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www.newedinburgh.ca

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Cannabis and environment top issues at Queen's Park



Nathalie Des Rosiers
MPP Ottawa-Vanier

It is a real pleasure to give you an update on what is happening at Queen's Park.

Two main issues have been at the forefront of the debates for the last month: cannabis and the environment.

As of Oct. 17, cannabis is allowed to be consumed recreationally, but it will only be sold online in Ontario for the time being. The government will allow sales in licensed, privately-owned stores starting in April 2019. Municipalities will not be allowed to regulate where stores can be located, but they can make submissions to the licencing authority. In addition, the government is allowing smoking of cannabis wherever smoking

of cigarettes is allowed. You can find out more information on the subject by visiting this website: ontario.ca/page/cannabis-legalization. You can also find my comments on my Facebook page.

Over the summer, the provincial Progressive Conservative government has cancelled the climate change cap and trade program. You can read the Environmental Commissioner's views on this at eco.on.ca/our-reports/climate-change, as well as the recent commentary from the Financial Accountability Officer at fao-on.org/en/Blog/Publications/cap-and-trade-ending.

For my part, I have recently introduced three private

member's bills:

- Bill 35: *Human Rights Code Amendment Act*, 2018
- *Charter Rights Transparency Act*, 2018
- *Juries Statute Law Amendment Act* (Juror Eligibility), 2018

If you would like to learn more about these bills, please visit the Legislative Assembly of Ontario website: ola.org/en/legislative-business/bills/current.

In closing, I want to wish you all the very best over the holiday season. I look forward to updating you all again in the New Year!

**

Chers résidents et résidentes d'Ottawa-Vanier,

C'est toujours un plaisir de vous tenir au courant de ce qui se passe à Queen's Park.

Deux questions ont occupé nos débats au cours du dernier mois : la réglementation du cannabis et la protection de l'environnement.

Depuis le 17 octobre, la consommation du cannabis à des fins récréatives est

permise. Par contre, la seule façon de se procurer du cannabis en Ontario pour l'instant est à travers le magasin en ligne établi par la province. Le gouvernement a modifié le modèle de distribution pour permettre aux entreprises privées ayant obtenu une licence, de vendre le cannabis dans leurs établissements à partir du mois d'avril 2019. Les municipalités ne peuvent réglementer le zonage des magasins de cannabis mais peuvent intervenir dans le processus d'approbation des licences. Le cannabis peut être fumé partout où la cigarette peut être allumée. Pour plus d'information, veuillez visiter ce site : ontario.ca/fr/page/legalisation-du-cannabis. Mes commentaires sur la législation sont affichés sur ma page Facebook.

Le gouvernement conservateur a annulé le plan sur les changements climatiques (connu sous le nom de programme d'échange et de plafonnement). Cette décision a été commentée

par la Commissaire à l'environnement eco.on.ca/fr/our-reports/climate-change et le Bureau de la responsabilité financière: fao-on.org/fr/Blog/Publications/cap-and-trade-ending.

Pour ma part, j'ai récemment déposé trois projets de loi privés :

• *Loi de 2018 modifiant le Code des droits de la personne*

• *Loi de 2018 sur la transparence relative aux droits garantis par la Charte*

• *Loi de 2018 modifiant des lois en ce qui concerne les jurys* (habilité des jurés)

Si vous désirez en savoir plus sur ces projets de loi, vous pouvez visiter le site web de l'assemblée législative de l'Ontario : ola.org/fr/affaires-legislatives/projets-loi/actuels.

Pour terminer, j'aimerais vous souhaiter tous et toutes mes meilleurs vœux pour le temps de fêtes qui approche. J'ai hâte de communiquer avec vous à nouveau au nouvel an!

Support local and help those in need this holiday season



Mona Fortier
Ottawa-Vanier MP

As winter and the holidays are upon us, I want to take this opportunity to wish everyone a Merry Christmas, Happy Holidays and wonderful New Year. I hope you have the chance to take a break from your routine to spend time with friends and family.

As we prepare to relax and spend some extra time in our neighbourhoods, I am thankful for all the amazing

small businesses we have in our communities. I encourage everyone to buy local and support Ottawa-Vanier small business owners and entrepreneurs, who provide Canadians with quality goods and services, while also creating strong middle-class jobs that strengthen our communities.

I also invite everyone who can to share with those in

our community who need it the most. Whether it is by donating or by giving a few hours of your time to an organization, even the smallest gesture can have a significant impact. We know that at this time of year our food banks and local shelters are stretched to capacity. I want to thank all the staff and volunteers who work extra hard at this time of year.

As we move into 2019, I want to wish you and your family good health and prosperity. Our government is committed to working for you delivering on our promise to support our middle class and those working hard to join it.

As always, my constituency office is there to help you with any interactions with federal services. It is open Monday to Thursday from 9 a.m. to 5 p.m., and Friday from 9 a.m. to 4:30 p.m. Give us a call at 613-998-1860 or send an email at mona.fortier@parl.gc.ca.

**

L'hiver et le temps des Fêtes arrivent déjà. Je tiens à saisir

l'occasion de souhaiter à toutes et à tous, un Joyeux Noël, des Joyeuses Fêtes et une formidable nouvelle année. J'espère que vous aurez la chance de prendre une pause de la routine et de passer du temps en famille ou entre amis.

Alors que nous nous préparons à passer plus de temps dans nos quartiers, je suis reconnaissante de toutes les petites entreprises remarquables qui s'y trouvent. J'encourage tout le monde à acheter local et à appuyer nos petites entreprises d'Ottawa-Vanier et leurs propriétaires qui travaillent d'arrache-pied à l'année longue pour fournir aux Canadiennes et aux Canadiens des biens et des services de qualité, tout en créant des bons emplois de classe moyenne qui renforcent nos communautés.

J'invite tous ceux qui le peuvent à partager avec celles et ceux dans notre communauté qui en ont besoin. Que ce soit en faisant un don ou en donnant quelques heures de votre temps pour aider

un organisme, même le plus petit des gestes peut faire une grande différence. Nous savons qu'à ce moment de l'année, les banques alimentaires et les refuges sont sollicités au maximum de leur capacité. Je tiens à remercier tout le personnel et les bénévoles qui travaillent particulièrement fort à ce temps de l'année.

À l'aube de l'année 2019, je vous souhaite à vous et à votre famille, la santé et la prospérité. Notre gouvernement s'engage à travailler pour vous et à concrétiser notre promesse de soutenir notre classe moyenne et ceux qui travaillent fort pour en faire partie.

Comme toujours, mon bureau de circonscription est là pour vous appuyer dans vos échanges avec les services fédéraux. Il est ouvert du lundi au jeudi de 9 h à 17 h et le vendredi de 9 h à 16 h 30. Communiquez avec nous au 613-998-1860 ou envoyez un courriel à mona.fortier@parl.gc.ca.

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Changes are needed to protect Ottawa's heritage districts



This article appeared in the Ottawa Citizen on Nov. 15, 2018.

Ottawa has 20 heritage conservation districts, ranging in size from the enclave of 23 modernist houses in Briarcliffe and small parts of Sandy Hill, to Rockcliffe Park and Centretown, with 600 to 700 properties each. Community associations representing these heritage districts ask Mayor Jim Watson and members of the new city council whether they will work with us to put an end to the steady erosion of the

character that defines our designated heritage communities.

This erosion is occurring despite the legal framework in Ontario that declares that "built heritage resources and cultural heritage landscapes shall be conserved." It does not say "may" be conserved when convenient. We can and must build a future that respects the past.

Over the past few months, representatives of 16 of Ottawa's heritage districts came together in workshops and shared their despair about

the city's failure to respect the Heritage Plans that they had worked hard with the city to put in place. These individuals are not rabble-rousers. They are not anti-development. They are deeply knowledgeable about and care about their communities and what makes them distinct. But both Ottawa's heritage staff and its councillors have routinely ignored the expertise they bring to the discussion. Staff and councillors alike have repeatedly supported development that flies in the face of the purpose and straight-forward provisions of their Heritage Plans.

One of Canada's leading heritage architects and planners, Julian Smith, has written a report based on the workshops. In plain, succinct language, it lays bare how serious is the threat to Ottawa's heritage districts. It

calls for fundamental changes in the culture, attitudes and practices at City Hall.

In short, city staff must see their core role, not as one of negotiating and finding ways to facilitate development applications, but as protecting and enhancing the heritage of Ottawa by supporting heritage communities and their Heritage Plans. The direct voice of Ottawa's heritage communities, and the unique expertise they embody, must be given the principal role in interpreting their Heritage Plans and advising City Council and its committees on proposed development in their heritage districts.

The Julian Smith Report – with seven concrete recommendations – has been sent to the Mayor and Councillors. It is available on Heritage Ottawa's website: **heritageottawa.**

org/news/new-report-calls-changes-better-protect-ottawa-heritage-districts. It is now time for focus, for determination and for action. We look forward to working with those at City Hall to bring about changes that will preserve Ottawa's history and rich heritage.

This article was submitted on behalf of the following community associations representing their heritage conservation districts: the New Edinburgh Community Alliance, the Lowertown Community Association, the Centretown Citizens Community Association, Glebe Community Association, Rockcliffe Park Residents Association and Heritage Committee, Rothwell Heights Property Owners Association (for Briarcliffe) and Action Sandy Hill.

Fostering new relationships around the Council table



Jim Watson
Mayor of Ottawa

Every four years, elected officials and candidates running for office get a chance to engage with their residents and learn about the issues that matter most in their wards and across the city. Municipal elections are about more than winning a seat on Council; they are about helping residents, delivering on the commitments and promises made during the campaign and working with fellow Council colleagues to move the city in the right direction.

I am humbled by the tens of thousands of Ottawa residents who have supported me from every area of our city, and I am grateful to have been

given a strong mandate as Mayor of Ottawa once again. I look forward to continuing the progress we have made together in the last eight years and to lead our great city for four more years.

This new Term of Council is an opportunity to foster new relationships around the Council table and with the community, and to work collaboratively on a number of major city-building projects.

By the end of March 2019, we will launch the Confederation Line of our O-Train LRT system. This 12.5 km rail line is the backbone for a larger citywide LRT system that will connect

our east, west and south ends of the city. Construction for Stage 2 LRT, which will bring rail farther east to Orléans and Trim Road, farther west to Bayshore, Algonquin College and Moodie Drive, and farther south to Riverside South and the Ottawa International Airport, will begin in 2019. The new Council will also work to pursue funding for Stage 3 of LRT, which will bring rail to Kanata-Stittsville and Barrhaven.

This year, we can also look forward to significant progress on the design of the new Ottawa Central Library project. The new joint facility, shared by the Ottawa Public Library and Library and Archives Canada, will be designed by the consortium of Diamond Schmitt Architects and KWC Architects, from Toronto and Ottawa, respectively. We look forward to consulting with residents on the design of this world-class cultural destination in the heart of the nation's capital.

I am committed to bringing a renewed sense of purpose, energy and cooperation to the new term of Council. I am grateful for the confidence you have placed in me to move our city forward.

From investing in our roads and our economy, helping our most vulnerable residents, to finishing the Ottawa River cleanup, we need to continue the work we have started to create a better city for all residents – a great city we are proud to call home.



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coming up?**

Send us the details:

newednews@hotmail.com

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QVBIA gets festive with carollers and a festival of light

By Nathalie Carrier,
QVBIA chair

As the snow arrives, so too do new initiatives for our beautiful community.

On Nov. 26, the Quarter Vanier Business Improvement Association launched the #WeVolution: A strategic vision for our community. The BIA proposes a “revolution” and “evolution” that respects the beautifully diverse and unique “we” that is found on and around our three Traditional Mainstreets

(Montreal Road, McArthur Avenue and Beechwood Avenue). Stay tuned for more details.

In order to bring on some holiday cheer, the BIA will be sponsoring carollers along Beechwood Avenue on Dec. 15. They will stroll along the street making pit stops in shops and restaurants along the way. Come sing along with us!

We hope you’ll remember all our beautiful local shops this holiday season and buy local. There’s incred-



ible food for entertaining at Jacobsons fine food emporium, Muckleston & Brockwell Market Butchery and at Red Door Provisions. Don’t forget about the upstairs at the Royal Oak for your holiday parties, and our friends

at the Clocktower Pub and Sutherland, too! When you support your local businesses, you’re supporting families as well.

As we enter the costliest time of year, it’s important to give generously to our local community services that help those among us who are most in need. A delicious way to help is at the Annual Snowflake Breakfast Fundraiser which will take place Dec. 7. This fundraiser goes towards the Centre Pauline-Charron, the Vanier

Community Service Centre (CSCV) and Partage Vanier. Tickets can be purchased at dejeunerflocons.ca.

And, finally, QVBIA is hosting a Winter Solstice Festival of Lights on Dec. 21. You are all welcome for an evening of fire, light and cheer on the longest night of the year. Bring out your lanterns and come watch fire dance performances at 250 Montreal Rd.

Happy Holidays to all from the Vanier BIA!

School trustees will be busy with reviews and strategic plans



Chris Ellis
Public School Trustee, Zone 6

Consultation on a new strategic plan

Eight incumbent public school trustees and four new candidates were elected on Oct. 22. The new term starts Dec. 3 and an early priority will be to develop a new

four-year strategic plan by the end of the school year. The associated consultation plan recognizes the importance of input from parents and community members, and provides for a parent/community online consultation as well as

three in-person forums.

The online survey is scheduled to run from mid-November to mid-December. It will allow you to share your thoughts about the key issues and challenges facing the district, and to learn about the thoughts of others. There will be a link on the home page of OCDSB.ca when the survey is open.

The in-person forums will take place in January. They will build on the themes raised in the online consultation, enabling parents and the community to discuss

the emerging themes and to develop strategies for making progress in priority areas.

In April 2019, staff will present a draft strategic plan at Committee of the Whole and, in May, the public will have the opportunity to comment.

In June, the Board of Trustees will approve the final plan.

Special education review

At the October Board meeting, a motion was passed to direct staff “to undertake an operational review of the process for identification, needs assessment (including the use of tiered interventions as support for all students, and as identification and placement evidence) and placement for all exceptionalities.”

It also directed staff to provide a report “to the Board no later than February 2019 with a proposed outline and timeline for the operational review.”

I believe this will be one of the signature efforts of the new Board. I will be advocating for a good analysis of the Individual Education Plan process and the implementa-

tion of Tiered Intervention as part of the Operational Review. Trustee colleagues and I will hold a joint zone meeting in January 2019 with a focus on parents’ experiences with navigating and getting services for their children. The stories we hear will help us identify areas the Special Education operational review needs to look at.

Parent conference

Every year the OCDSB holds a parent conference. This year it took place on Nov. 3. Among the many workshops was one on the Provincial Ministry of Education Consultation on Education Reform (learn more at ontario.ca/page/for-the-parents). This workshop was broken into three groups. The consensus of the group I was in reflected my concern about the intent of the consultation and how biased it seems to be. That being said, everyone felt the need to participate in the consultation. The information from this workshop will be summarized and shared with trustees and the community.

Contact Chris Ellis at Chris.Ellis@ocdsb.ca.

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Re-elected councillor focussed on making roads safer



Tobi Nussbaum
City Councillor, Ward 13

I was extremely grateful for the strong mandate the voters of Rideau-Rockcliffe gave me in the recent municipal election. Having had the opportunity to speak to thousands of Rideau-Rockcliffe ward residents on their doorsteps over the last couple of months and listening to your thoughts on improving the quality of life in our communities and building an even better city, I feel energized and informed as I look ahead to the next term of Council. I look forward to continuing the conversations. Many thanks for your support!

"Gateways" for lower speed limits

Research and data have long shown that reducing traffic speeds saves lives. The safety

benefits of making a simple change to the speed limit was recognized in 2017 when the Ontario government passed the *Safer School Zones Act*. I have been eagerly awaiting the implementation of this new legislation. Now that the province has updated its regulations, the City will be able to move forward with designating entire neighbourhoods as 40 km/h zones. This will be made possible by installing "gateway" signage displaying the lower speed limit at entrances (and exits) of communities. City staff have indicated that implementing this 40 km/h "gateway" signage in all residential neighbourhoods in the city will cost \$1.58 million, which is something I will strongly

push to be funded in the 2019 budget. You can read more about this new program in a report to the Transportation Committee on my website: tobinussbaum.ca. In addition to changing the speed limits, I will continue to focus on designing new roads for safer speeds and modifying existing ones by incorporating permanent and temporary traffic calming measures.

Dufferin sidewalk

As part of pedestrian safety improvements associated with the Combined Sewage Storage Tunnel project, a new section of sidewalk is being constructed along the south side of Dufferin Street between Crichton Street and the asphalt Rideau River Pathway, with a gravel connection to the existing pedestrian path in the park. Construction on this new segment of sidewalk, as well as storm water drainage improvements to the roadway, will take place over the coming weeks, with associated lane closures and traffic impacts. Credit is owed to the New Edinburgh Community Alliance for both advocating

for, and consulting residents on, this improved pedestrian connection.

Beechwood Avenue development update

A Site Plan Control application has been received for the demolition of the existing buildings and construction of a two-storey office building at 119-121 Beechwood Ave.

You can read more about the application on the City of Ottawa's website: Ottawa.ca.

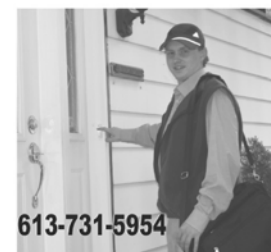


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Award-winning community group welcomes new members



By Matt DeWolfe, Chair of the CCC

The Crichton Community Council (CCC), which manages the operation of the New Edinburgh Fieldhouse and hosts community events throughout the year, welcomed **Sean Flynn** as its newest volunteer member in October. Sean was immediately put to work as he accepted the B.R.I.C.K. Award on behalf of the CCC at the New Edinburgh Community Alliance's (NECA's) Annual General Meeting on Oct. 24. The award, which acknowledged the enduring contribution of the CCC to our community over its 25-year history, was a welcome surprise. On behalf of the CCC and its many volunteers over the years, thank you to NECA

for this recognition.

The CCC's contributions are entirely volunteer-led. We currently have a small group of volunteers, many who have been serving on the committee for many years. New volunteers are always welcome, whether as regular members or occasional help with our popular community events. High school students seeking fulfil volunteer requirements are also welcome. Please email **crichtoncommunitycouncil@gmail.com** if you have an interest in contributing to the community through the CCC.

Our fall community events were well attended, including family movie nights at the Fieldhouse on Sept. 22 and Oct. 13, and the ever-popular Halloween Howl.



Photo courtesy Matt DeWolfe

The annual Halloween Howl was a perfectly spooky afternoon on Oct. 27, with frightening fashion, gruesome games and clever crafts.

The CCC movie nights were a collaborative effort with the Rideau-Rockcliffe Community Resource Centre, which supplied the films, equipment, and popcorn. Thanks in particular to **Lauren Touchant** for her efforts. One hundred and thirty people attended the first screening of *Moana* outdoors

in the milder September weather, with an indoor screening of *Coco* enjoyed by 50 guests in October. Thanks to all attendees who donated to help cover the costs of film licenses.

It was a cool, damp and perfectly spooky afternoon for the Halloween Howl on Oct. 27. Once again, **Roxie Clark** led the volunteers in decorating the fieldhouse in a frightening fashion, providing gruesome games and clever crafts for all of the costumed children when they returned from the trick-or-treat parade to Governor's Walk. Many thanks to our volunteers, including **Roxie, Pascal, Harmony, Grace, Caroline, Harvard, Suneil, Edwina, Sylvain, Olivier, Julien, Norah, Nathanael, and Isaac.**

The next event on the CCC calendar includes the **New Year's Day Community Brunch**, from 10 a.m. to 2 p.m. on Jan. 1, 2019. Join us for a helping of pancakes, sausage, ham, beans and fruit, and stay for entertainment and (weather permitting)

skating on the rinks.

Hockey Day in New Edinburgh follows on Jan. 19 from 1–4 p.m. Open to all young hockey enthusiasts, come out for skills competitions and prizes; stay for the hot chocolate, food and shinny.

If winter is not your cup of tea, set your sights on the spring and the CCC's **Bike Day in New Edinburgh** in late April. This is an evolution of the Bike Rodeo held in past years, and will include a consignment sale of bikes, trailers, scooters, etc., so don't bury that outgrown bike too deep in the garage. Look for more details as we get closer to the event.

As the volunteer hosers get the rinks get up and running in late December, the Fieldhouse will be open for skaters most evenings and on the weekend as conditions allow. Outside of these times, the Fieldhouse continues to be available for rental. Visit **www.newedinburgh.ca/fieldhouserervations** for details on availability, pricing and to complete a booking.




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With house sale on hold, NECTAR has space for your events



By Sean Flynn and Isobel Bisby

It's been a while since NECTAR has sent out a newsletter. We have been waiting for the outcome of the conditional sale of the New Edinburgh House at 255 MacKay St., which was to close Sept. 28. Unfortunately, the process has been interrupted by two appeals to the City regarding the zoning application, and until this is resolved, NECTAR remains the owner of 255 MacKay.

That means we have space to rent! This is great news for the community as we continue to be open for business. We encourage you to rent the beautiful Community Room or the Attic spaces which includes use of the kitchen. This heritage house with old style charm and atmosphere

continues to be available for community use until close of sale.

Do you have an activity to bring to the House? Are you planning a seasonal celebration this year? We would be delighted to rent you space, ideal for a Christmas cookie bake or another cooking idea, an art activity (we presently have no art classes), a family activity, a Scrabble or chess group, or musical evening. The ideas are endless and there are times available mornings, afternoons, evenings and weekends.

Paul Tonkin will continue as NECTAR's part-time office manager, working onsite on Tuesdays and Thursdays. He can be reached at nectarcentregm@gmail.com.



Community Room & Gallery Rental

The New Edinburgh Community & Arts Centre's Gallery showroom is currently available for your next event. (Art Shows, Meetings, Birthday Parties, etc.)
Contact us at 255 MacKay Street, nectarcentregm@gmail.com or leave a message at 613.745.2742

com or 613-745-2742. If you have an interest in becoming more involved at NECTAR, please contact Paul and he will direct you to a member of the board.

And, back by popular

demand, **Leslie Lambert** will be teaching watercolour painting classes for beginners and intermediate artists at 255 Mackay St. on Wednesdays from 2:30-5:00 p.m. Basic equipment is pro-

vided for beginners. The first class starts Jan. 9. For more information and to register please contact Paul at nectarcentregm@gmail.com call 613-745-2742.

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BURGH BUSINESS BRIEFS

- Jane Heintzman and Christina Leadlay -



Meet the team behind Jasper: executive chef Gabe Roberge and proprietor André Schäd.

Photo by Louise Imbeault

Gastropub transforms into Jasper

Burgh resident **André Schäd**, proprietor of **Tavern on the Hill** and **Tavern on the Falls**, took over the former Beechwood Gastropub from **Harriet Clunie** this fall, transforming it in just a few weeks into **Jasper**.

By early November, André and his team had completed the interior makeover and opened the doors, bringing a new vibe to a familiar location. The renovated space is both lighter and brighter, with fresh upholstery and tables, cheerful white chairs, and an eclectic array of vintage chandeliers, of which André is particularly proud. His aim was to find an eye-catching feature that would stand out as a “conversation starter,” so it was off to Yardley’s Antiques where they bought

the place out! Sports aficionados will appreciate the two artfully positioned flatscreen TVs in the restaurant; no need to miss a crucial game on your night out at Jasper!

André’s business partner in the new venture is **Gabe Jasper Roberge**, executive chef and an investor in the restaurant. Gabe has worked in a number of ByWard Market restaurants such as OZ Café and e18teen, specializing in French-Canadian recipes from his mother’s kitchen. His middle name, Jasper, was in part the inspiration for the restaurant’s moniker. But the reference also embraces the rugged beauty of the mountains and forests of Alberta’s Jasper National Park, a theme reflected in a number of menu items, like coniferous scallops and pine-infused vodka. Gabe will be

working closely with chef de cuisine **Liam Lucas**.

In keeping with the new décor, André and Gabe hope to create “a more boisterous, less serious and generally fun atmosphere,” a welcoming spot that combines the companionable vibe of a neighbourhood pub with the pleasures of fine, locally-sourced, farm-to-table food – and lots of it. André is emphatic that Jasper will not follow the “small plates” model, but instead will offer hearty, family-friendly portions. While the menu will evolve with the seasons the bill of fare in early November ranged from such gourmet items as steak tartare, hanger steak, coniferous scallops and cauliflower steaks, to comfort foods like mac-and-cheese (“Macked Cheese” in Jasper-speak), “smash burgers” and poutine. And if you’ve still got room after your main, chefs Gabe and Liam have created a (Tim’s) double-double-inspired panna cotta for dessert.

The drinks menu features signature cocktails, along with a range of draught beers on tap, including Dominion City’s Town and Country Blonde Ale, Von Bugle’s Munich Lager and Hop City’s Barking Squirrel Amber Lager. André has also updated the wine list.

Many members of his team – chef Gabe included – were recruited from André’s two summer Taverns near Parliament Hill and at the Rideau Falls. They’ve had plenty of recent experience serving the multitudes that flocked to the two outdoor patios, and look forward to welcoming patrons at 18 Beechwood Ave. We wish a warm welcome to **André, Gabe and Liam**, and to their new team: manager **Ashley Le Sieur**; assistant manager **Kathryn “Raz” Laframboise**; and servers **Zoe, Kevin, Aris and Lake**.

Doors open at 4 p.m. weekdays, and on Saturday and Sunday, brunch will be served from 10 a.m.–1 p.m., featuring hearty French-Canadian style breakfast foods. The plan is to keep prices in the moderate range, but André acknowledges that the soaring

costs of restaurant operation could make this challenging. Learn more at **jasperottawa.ca** or call **613-747-3456**.

Meanwhile, former Gastropub owner **Harriet Clunie** is currently taking a well-earned break. She is planning a month-long trip to Vietnam in January, where she’ll visit fellow chef and close friend **Phan nu Long**, with whom she worked at Navarra several years ago.

“After that,” Harriet adds, “I plan on freelancing my skills for private dinner parties, small catering and embassy dinners, and being a stop-gap for restaurants that are short-staffed.” Her future plans also include writing a blog entitled “Waste Not... Tips, Tricks and Hacks for Using Every Single Scrap.” Ever thought of making hummus out of kale stems instead of chickpeas? Expect this and much more when Harriet’s blog launches in February. Meanwhile, we wish her a fascinating trip to Hanoi. –JH

New meditation studio opens

A very different kind of service has just come onto the Beechwood scene. **Younion Meditation Studio** recently launched at **123 Beechwood Ave.**, offering the chance to explore a contemplative dimension beyond our daily routines.

The practice of meditation dates back thousands of years, and over the centuries has found expression in virtually all major religious traditions from Hinduism to Buddhism, Judaism and Christianity. These days, it is widely practiced as a non-religious discipline, thought to be beneficial to anyone coping with the stresses of contemporary life.

Younion Studio’s owner is **Natasha Grey**, a former psychotherapist, children’s book author and podcast host. Her aim is “to offer a transformative experience and a space where people come just to breathe, to connect with themselves and others” and in the process, to learn the time honoured practice of meditation. Among her first challenges in the business is “myth busting” in relation to



Photo by Louise Imbeault

Former psychotherapist Natasha Grey has opened Younion Meditation Studio at 123 Beechwood Ave.

meditation, and specifically, to make clear that at Younion Studio:

- there is no need to ascribe to a particular belief system or religious tradition to meaningfully practice meditation;
- previous experience in meditation is not required;
- no single type of meditation “fits all” – rather, there are a variety of practices and philosophies adapted to the different needs and interests of individuals;
- meditation is not about controlling your thoughts – it’s about achieving a perspective and peace of mind that prevents your thoughts from controlling you;
- the practice is not about future-oriented goal-setting – it’s focused on your state of mind in the present, or as Natasha puts it, “meeting yourself where you’re at”; and
- if you’re among the less flexible crowd, the studio is supplied with benches where you can participate in comfort.

Meditation is widely considered to have both physical and psychological benefits. These range from relief of pain, anxiety, depression and stress; to immune system support; enhanced ability to concentrate and focus; increased social connection and reinforcement of positive emotions. “It’s about overall feeling better,” says Natasha.

The majority of Natasha’s current clients are professional women in the 30–55-year age group, many of whom are

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stressed to the breaking point and are eager to step back from the rat race. One recent evening class was comprised exclusively of male CEOs, so the discipline's appeal has no demographic bounds. Indeed, Natasha is now working with the Children's Hospital of Eastern Ontario to provide programs for youth aged 13–18, and she eventually plans to introduce sessions for younger children to help with social and emotional regulation.

There are currently eight expert instructors (including Natasha) at Yunion Studio, teaching a variety of meditation modalities. Instructors are available before, during and after the sessions to address your questions and concerns. Classes are typically 30 minutes, and participants are encouraged to come about 15 minutes before the start of the session to enjoy a cup of tea and safely stash their cellphones at the front desk. Visit yunionstudio.com for all the details and schedules, call 613-680-6555 or email info@yunioninc.com.

We wish Natasha and company a warm welcome. Judging by the success of the Studio's grand opening celebration, when 75 people turned up and many signed up to participate, they're off to a flying start in our community! –JH

Metro helps Ottawa Food Bank

Hats off to Metro stores in the Ottawa area, which collectively accounted for more than half the total donations by food chains to the Ottawa Food Bank (OFB) in the fiscal year October 2017–September 2018. "Metro was by far our biggest contributor, and it's all because of engagement at the local store levels," says **Nicole Alphonso**, Development Coordinator, Food Industry for the OFB. "This is a huge achievement when it comes to decreasing food waste while helping clients in the community who need food assistance." In the past year, a whopping 1,116,425 lbs. of food was donated to the OFB by local Metro stores, almost half of which (533,800 lbs.) comprised such fresh foods as fruit and veggies, meat and dairy products.

Thanks to the energetic efforts of **Metro Beechwood's store manager**



(from left) Metro Beechwood manager Shawn Steinburg, Metro meat manager Marc Laliberté and Nicole Alphonso from the Ottawa Food Bank.

Photo by Louise Imbeault

Shawn Steinburg, combined with the shoppers' generosity, our local Metro was a leading contributor to the annual tally. Our store was among the earliest to come on board the OFB donation program when it launched last year and has since made regular weekly contributions of fresh and non-perishable foods.

According to OFB records for fiscal year 2017–2018, Metro Beechwood donated a grand total of 38,400 lbs. of food, including 15,075 lbs. of protein and 13,075 lbs. of donations from customers who purchased pre-packaged donation bags or contributed items to the store's donation cage. Of special note was our store's significant contribution to the OFB Meat Recovery program. With a donation of 15,075 lbs. of meat valued at \$3,919,500, Metro Beechwood led the pack among other Metro stores, accounting for slightly more than a quarter of total meat donations from the Metro chain.

By any measure, the success of the OFB/food chain partnership is a good news story, and we're delighted that our neighbourhood store has been pulling its weight in the effort to address the growing need for food assistance in the Ottawa area. Kudos to Shawn and the team at Metro Beechwood. Let's all do our part to help them keep up the good work in the New Year! –JH

December opening for new café?

The long saga of delay in the opening of **The Ministry of Coffee** at 18 Beechwood

may be approaching its final chapter. Co-owner **Alex Dhavernas** told the NEN in early November that "construction is in full swing and if inspections go smoothly, we hope to be open in two to three weeks." Interestingly, Alex sent that report from Doha, Qatar, where The Ministry of Coffee is in the process of launching a brand-new outlet. Seems we're all global citizens in our enthusiasm for fine coffee! If all goes as planned, we'll have a full report on Beechwood's newest coffee emporium in the February 2019 issue.

Jacobsons channels British Christmas

Each year, the Jacobson family revels in the holiday season and all its cherished traditions. This year is no exception: when the store's annual transformation took place in early November, staff pulled out all the stops to create a glittering display, with alluring treats and gifts to delight the eye of even the most jaded Scrooge who enters 138 Beechwood Ave.

Dominique Jacobson describes this year's overarching theme as "the quintessential British Christmas," hearkening to her mother **Susan's** British roots and incorporating the finest offerings from the store's longstanding U.K. suppliers. The decorative garlands throughout the store reflect the heavily garlanded malls and byways of pre-Christmas London, and once again this year, Jacobsons' collection of seasonal decorations is supplied by exclusive London designer **Gisela**

Continued on page 12

Chris Ellis



Public School Trustee
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The 'Chocolate Library' at Jacobsons features chocolates from local suppliers as well as ones from Britain and Europe.

Photo by Louise Imbeault

Graham. (Check out the charming befeater bears!)

Jacobsons is a mecca for local foodies, but at this time of year, the store takes it to a whole new level. You'll find treats from U.K.-based **Savoursmiths**, which feature twists on traditional classics such as parmesan and port potato crisps. Artisanal Christmas puddings with brandy butter are another British-made delicacy in store this year. These have long been a staple in the Jacobson household, where the pudding is flambéed and each family member makes a wish.

To help shoppers navigate the collection, a whole wall

of the store is dedicated to what Dominique describes as "Foodie Finds." One to watch for is **Lakrids Luxury Licorice**, a Danish import that's offered in decorative packaging. At the back of the store, the staff has created an amazing "Chocolate Library" — literally shelf upon shelf of chocolates from a wide range of chocolatiers, ranging from such local suppliers as **Hummingbird** of Almonte and **DesBarres** of Uxbridge, to British and European vendors.

Dominique reports a growing interest in non-alcoholic beverages thanks to many holiday revelers who choose



The Rassi Coiffure team: (from left) Elie Aoun, Grace Abou Zaid, Sam Tamish and owner Ray El Hage.

Photo by Louise Imbeault

not to indulge in the liberal consumption of alcohol during the party season. Among the flavourful substitutes on offer at Jacobsons this year are **Seedlip's** distilled, non-alcoholic drinks. These artisanal blends can be consumed in a variety of ways, whether neat, with tonic, or combined with bitters and syrups.

Jacobsons' legendary cheese counter is sure to be action central through the holiday season. European and British cheeses are a staple, with an extensive selection from **The Fine Cheese Company** of Bath, U.K., including attractive ceramic Stilton pots. The company's tasty Toasts for Cheese are a favourite with clients, and this season, you'll find a special "festive" version with spiced fruit and pecans.

Jacobsons' cheese and charcuterie trays are perennial favourites for those hosting holiday parties: visit **jacobsons.ca** for details. While online, you can also check out the store's legendary selection of neighbourhood-themed **gift baskets**, available for both local and Canada-wide delivery. There's a brand-new hamper on the roster

this year, and lots to choose from — if your shopping time is limited, online ordering is a saving grace.

And yes, there are also *non-food* items in the store's seasonal collection. In recent years, Jacobsons has become a destination for shoppers looking for specialty hats, mittens and leather gloves, so Dominique has stocked up this Christmas. She says to be sure to bring the children to see **Santa Claus** on Dec. 15! —JH

Rassi Coiffure owner celebrates milestone

Early in the New Year, **Rassi Coiffure** owner **Ray El Hage** will celebrate 20 years of service at his hair salon at the corner of Beechwood and the Vanier Parkway. Many of Ray's loyal clients have been regulars since his early days, and most are locals.

Ray describes himself as "a passionate stylist," and is justifiably proud of his salon's reputation as a welcoming, peaceful spot where attentive customer service is his team's guiding principle. Every detail has been carefully thought out for a pleasant, calming atmosphere, with classical music playing in the mornings and soft jazz later in the day. WiFi is also available. The salon is bright and spacious, equipped with five chairs for hair colouring and another five for cutting. The staff scrupulously avoid overbooking to ensure that there are no long waits or noisy hustle and bustle.

There are currently four members of the group at Rassi Coiffure. In addition to Ray himself, there are two other stylists, **Elie Aoun**, a 10-year veteran at the salon, and **Sam Tamish**, a recent arrival with 20 years' previous experience at high-end Ottawa salons. Long-time

stylist and former owner **Marwan El Rassi** officially retired last June, with a celebratory send-off organized by Ray to mark the occasion. **Grace Abou Zaid** rounds out the team, working as an assistant colourist and handling all manner of tasks. As Sam is still in the process of building a client-base in his early days at Rassi Coiffure, **walk-ins are welcome** or you can call for an appointment.

In keeping with Ray's commitment to offering high-quality services to clients, the salon's hair care products include such leading brands as Kérastase of Paris, Label M of London, Goldwell, and INOA (non-ammonia) colour. Through ongoing education in the latest trends in hair design, Ray keeps "up to date and beyond," so clients can be assured they're at the leading edge of current fashions.

Community outreach is a longstanding tradition at Rassi Coiffure. Coming up in late January 2019, Ray and his colleagues will provide a glorious "makeover day" for "10 brave single mothers," pulling out all the stops to raise their spirits and boost morale as the New Year begins.

For an appointment, call **613-740-1333**, or visit Rassi Coiffure's new website at **rassicoiffure.com**. —JH

Book your holiday party at Arturo's

Arturo's has been a popular neighbourhood hub for lovers of Italian food, known for its handmade pastas, specialty sauces, tasty pizzas, and gluten-free and veggie offerings. With the arrival of the cold weather, chef **Laura Dunn** has recently added osso bucco to the menu, describing it as "real comfort food" for the season.

During the summer, many

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42 Crichton Street

locals took advantage of the attractive outdoor patio at Arturo's spacious location at 94 Beechwood Ave. And for those on the run, the restaurant's **Take and Bake** menu, featuring hearty entrées like lasagna and ravioli along with hand-made pasta and classic Italian sauces, has been a godsend for many when meal preparation time is limited.

Holiday season ushers in a busy roster of parties and group celebrations of all kinds. Organizers in search of the perfect venue may want to investigate Arturo's upstairs dining room, which is available by advance reservation for private events, offering its signature Italian menu for groups of up to 50 people. Laura reports that meals in the private dining room are generally provided buffet style, and menus are tailored to suit a range of budgets. The room includes its own private bar, and (depending on the nature of the event) Arturo's can accommodate different seating arrangements from round to long rectangular tables.

Arturo's owner **Richard Primeau** reports that there are already several private events on the schedule this holiday season, so interested readers should move swiftly to make their bookings. For reservations, call **613-321-4613**. While parking facilities are available, the good news for locals wanting to celebrate with a glass or two is that the restaurant is walkable within our neighbourhood! —JH

Chef Joe opens downtown Thali

New Edinburgh residents have long been supporters of chef **Joe Thottungal's** Coconut Lagoon on St. Laurent Boulevard, renowned for its incredible curries and other dishes inspired by Joe's native Kerala in southern India. Devoted fans who happen to work downtown will be thrilled to hear that Joe is opening a second location, called **Thali**, at **136 O'Connor** on the corner of Laurier, set to open Dec. 3.

After 15 years of running Coconut Lagoon (which will remain open and unchanged at its current location), Joe is looking for a new challenge. "It's a little scary, but we need challenges. I am up to it," he told CBC Radio's *All in a Day* on Nov. 7. Working with his long-time chef du cuisine **Rajesh Gopi**, the



Chef Joe Thottungal of Coconut Lagoon fame is opening a downtown cafe called Thali on Dec. 3.

Photo by Liz Smith

new restaurant is inspired by the two meanings of "thali": the round copper platter used to serve Indian food, and also a way to describe a meal featuring a variety of dishes served on the platter.

The thalis at Thali will feature small bowls – or "khatoris" – with vegetables, curries, and milk products (like yogurt raita), as well as rice, pulses (like lentils and chickpeas) and bread. Other side dishes may include chutneys, salads and a dessert, according to a press release. During his visit to the CBC, Joe brought in a sampling of mango rice, eggplant masala, chicken with black pepper, asparagus and coconut, dal, and a cranberry coconut chutney. Other than the meat, vegetarian or vegan option, diners will have no choices in their curries and dips: everyone will enjoy the same thali meal. Joe explained to host Alan Neal that this will not only help speed up service during busy periods like lunchtime, but also will help cut down on food waste. Each day there will be five or six curries on the menu, including gluten-free options.

The chefs will work with seasonal, local ingredients as much as possible, using recipes from all over India – as Joe explained it: "no boundaries." Menu selections will change daily, Joe added, with "unique dishes, where we concentrate on flavour and marrying the spices." The beverage menu will feature craft beers, Canadian wines and such non-alcoholic drinks as carob or cumin water.

Chef Joe called on Project 1 Studio – who refreshed the dining room at Coconut Lagoon – to help to design the bright, large space at Thali.

Seating for 70 patrons features large communal tables and a contemporary aesthetic: no white tablecloths or Indian artwork at this curry restaurant!

Joe is confident in his team at the award-winning Coconut Lagoon. He explained that in the 15 years since opening the St. Laurent location, "it now has a great, fully trained expert team that is very reliable. So I'll be focusing on Thali in its early days, but of course will share time between both restaurants to ensure all is going smoothly," he told the *New Edinburgh News*.

Thali's opening hours are expected to be 10 a.m.–8 p.m., with dine-in or take-out options.

More details will soon be available at **thaliottawa.ca**. —CL

Epicuria helps with holiday entertaining

March 2019 will mark the eighth anniversary of the fire that displaced close to a dozen small, neighbourhood businesses, changing the face of Beechwood's commercial core. The fire took place not long after **Tracey Black** took over as sole owner **Epicuria** (exactly 10 years ago!), which at the time as operating on the corner of MacKay and Beechwood. Post-fire, Tracey was able to relocate not too far away to **357 St. Laurent Blvd.** in the **Rockcliffe Crossing Mall**, and she has since been rewarded with ever-growing success.

Thanks to Epicuria's greatly increased kitchen and preparation space in its current location, combined with the growth of its professional staff team (which now numbers 24, in contrast to the five on board when she joined the store in the 1990s), Tracey has been able to significantly expand her corporate and private catering operation. At the same time, she's maintained a steady flow of regulars who pick up tasty take-out meals, salads, appetizers and sweet baked goods.

With the approaching holiday season, Epicuria's traditional offering of packaged shortbreads, fruit cakes, plum puddings and other holiday treats are now available, along with attractive gift items for stocking stuffers or host gifts. Gift certificates are another option for food-loving friends

Continued on page 14

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Continued from page 13

who have everything except time to make meals.

If you're planning a party or family gathering, take home holiday menus are available at the store or at **epicuria.ca**. Once again, Epicuria is offering its full turkey dinner with all the trimmings, but for smaller-scale gatherings, there's another option: "We've added a smaller version of the turkey dinner this year by offering our stuffed turkey breast, rather than the whole bird," says Tracey. "This was a big hit at Thanksgiving and will now be available for all the holidays."

For those with plans to host open houses, parties or corporate events, there is still limited space on Epicuria's catering schedule, but it is filling up fast. The store's pick-up catering menu of hors d'oeuvres and platters can be found online, and Epicuria's capable team of event coordinators will give you a hand orchestrating all the details of your special event. While you're picking up your order, you can scoop up such tasty extras as dips, charcuterie, gourmet potato chips, cheese bites and spiced nuts.

Tracey greets the future with optimism: "I'm celebrating 10 years as sole proprietor this year and looking forward to celebrating the 30th anniversary of Epicuria in 2020! As we've grown and weathered a few storms, we're proud to be both a business firmly rooted in our neighbourhood, and one of Ottawa's larger and most-respected caterers.... [with] a special niche in feeding corporate teams and providing in-house catering services to organizations."

Epicuria has continued to support local neighbourhood projects, and to boost donations to the Royal Ottawa Hospital, OrKidstra, Roger Neilson House and the National Arts Centre. "We're always amazed and inspired by the energy and generos-

ity of our City," says Tracey, "and we hope to continue to provide support and great food for another 30 years!" -JH

Flu shots and new things at pharmacy

New Edinburgh Pharmacy owner and lead pharmacist **Matthew Tonon** has plenty of news to report. With flu season upon us one again, medical professionals are strongly encouraging all members of the community – especially the elderly and those with compromised immune systems – to get a flu shot as a precautionary measure against the spread of the virus, and to minimize its impact on those who contract it.

"This year we have a new approach," Matthew reports. "We're trying **walk-ins** for the flu shot on **Tuesdays and Fridays from 3–7 p.m.** We've hired a nurse to do the shots for us this year, which has the benefit that children aged three years and up can be vaccinated. And we now have access to the **high-dose flu vaccine** which can be given to those 65 and over. Many conventional retail pharmacies aren't able to offer either of these services," he explains. Walk-ins will be handled on a first-come, first-served basis.

The pharmacy has added a number of new faces to its dispensary staff. "We're pleased to welcome **Cat, Iman, Monica, Virginia, Kevin, Kathy, Sophie and Aliza** to the New Eddy team," says Matthew, "and you also may have noticed **Marc**, our new pharmacist. ... Here's a fun story: as a young man, Marc worked a few shifts at the old Towne Cinema right here in this exact location! What are the odds of that?"

Matthew is enthusiastic about the pharmacy's plans for a partnership with **Good Doctors Medical Clinics**, a web-based, telemedicine service providing appointments with qualified physicians via tablet. Details can

be found at **gooddoctors.ca**. Appointments will be available during the day, at hours to be determined in the coming weeks. Matthew's plan is to pilot the program in December, with a full launch anticipated in January. Good Doctors currently operates in nearly 50 Ontario communities, ranging from small, rural centres to such larger cities as Hamilton, Kingston and Windsor. -JH

SCM tenants falling into place

There's progress on all fronts on the St. Charles Market (SCM) mixed development project, and the prospect of exciting news in the not-too-distant future, as arrangements with commercial tenants fall into place. Director of Business Development for The Lake Partnership, (chief contractor and SCM project coordinator) **André Cloutier** reports good progress on the construction. Things are right on schedule, and the new building is rapidly emerging from the ground. To date, 75 per cent of the residential units have been sold.

"The commercial space, including the church itself, is an important part of the development," André adds, "and ModBox has been committed to finding tenants that complement other neighbourhood businesses. ... We are working with tenants for all the commercial spaces and are pleased with the quality and passion of the operators. Hopefully we can disclose our tenant list fairly soon." Fingers crossed!

The **ModBox Top the Tower Contest**, inviting local artists to submit their ideas about installations to beautify the church's bell tower, is now closed to entries, and the selection of a shortlist is underway. For updates, visit ModBox on Facebook **facebook.com/modboxottawa** and on Instagram **instagram.com/modboxottawa**. -JH

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"Governor's Walk certainly suits us," said June a resident at Governor's Walk. "It is helpful to me to have my husband right here with me . . . we love the staff, the activities and the delicious food. It is nice to live independently, knowing he receives the quality of care he needs."

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Residents at AgeCare Governor's Walk can enjoy life at their own pace – from calm and relaxing to active and energetic. With a monthly calendar that offers in-house events, activities, and scheduled



outings for all residents to enjoy, couples can join in favourite activities together or do their own thing, knowing that their other half will be supported and enjoying themselves too.

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Where to Start

Different couples have different relationship needs and individuals within a couple may have different social and health needs. Finding the right fit for both of you is important.

"Couples should start by identifying their needs and wants and prioritizing them," explains Tara, "this will make things easier when you start comparing options. When you're ready, come for a visit to see if Governor's Walk might be right for each of you."

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For the Birds

By Jane Heintzman

The annual fall migration to southern destinations unfolded at a leisurely pace this year, so the months of October and November have remained full of interest for avid birders. With the anticipation of winter's onset, ushering in several bleak months without birdsong, and with limited bird life of any description, birders relish every late-fall encounter with migrant species lingering in the area, from **sparrows** to **dark-eyed juncos**, **American robins**, **blue jays**, **hawks**, **flickers** and even a few laggard **warblers**.

October was a particularly rewarding month in our household. Here in Ottawa, we spotted numerous species in the course of our dog-walks along the Rockcliffe Parkway. We noted mixed **sparrow flocks** comprising **song sparrows**, **chipping sparrows**, **white-throated sparrows** and **dark-eyed juncos**. There were **American goldfinches** morphing from their brilliant yellow into the grayish-green of winter; a couple of late departing **ruby-crowned kinglets**; **American robins**; **white-crowned sparrows** and multiple ground-foraging **Northern flickers**, including some bold individuals which seemed unphased by

passers-by. We also spied **blue jays**, **Northern cardinals**, and **hairy** and **downy**- and **pileated woodpeckers**. There were **great blue herons** on their accustomed arc between the Ottawa and Rideau Rivers; **sharp-shinned** and **red-shouldered hawks**, **white-breasted nuthatches**, **common ravens**, **wood ducks**, **hooded mergansers**, **mallards** and also a **bald eagle** cruising over the Ottawa River.

On Thanksgiving weekend, we returned to our cottage in the Parry Sound area of Georgian Bay to close up for the winter. As always in early fall, we encountered large groups of molting **common loons** gathering in "rafting" formation prior to their southerly migration. **Black-capped chickadees** and **blue jays** were still much in evidence on our island, and across the bay, we spotted a group of female and juvenile **common mergansers**, presumably a holdover from one of the orderly processions of mothers and babies around during the summer.

The highlight of the weekend was the appearance of a massive **Golden Eagle** on the front point of our island, only metres from our dining room window. Golden eagles



Common Redpoll.

Photo by Mike Leveille

are among the largest birds in North America, and this creature fit the bill. At first glance, it looked like a small person, albeit a shaggy one, and I was puzzled not to see the boat that had delivered them to our front rock.

Our next best guess was a mid-sized animal, but further investigation revealed the presence of a mean, hooked beak, and a thick covering of brown and white plumage ruffled by the strong wind. On that first occasion, it remained in our sights for long enough to allow a positive identification, but flew off after losing interest in a large plastic bag in which it had been rooting around for sustenance.

To our amazement, the

bruiser turned up again the following morning at about the same hour. This time, it paused for at least an hour while we took copious photographs and had a good, long look at its fearsome attributes. Adult golden eagles are generally dark brown with a golden sheen on the back of their head and neck. Our visitor appeared to be a juvenile, however, as it was flecked with white patches on the wings and at the base of the tail, markings characteristic of birds in their first few years of life. In addition to the imposing size of its body, which can be up to three feet in length, the Golden Eagle's wingspan is between six and seven feet, so watching it take off from the front rock was a sight to behold.

Golden eagles prey mainly on such small- to medium-sized mammals as rabbits, squirrels and marmots. But they are capable of killing much larger prey, including deer, domestic livestock, mountain goats, seals and coyotes, swooping down from great heights at speeds of close to 320 kilometres an hour: ouch! Needless to say, we kept both our dogs and our infant grandson safely indoors as long as this menacing fellow remained close by. We wondered whether he had been blown off course and lost track of his migrant companions, but in fact it appears that golden eagles prefer to migrate solo, presumably to minimize competition for food supplies en route.

And after years of eagle-less

birding at our cottage, on our way back to the marina after closing, an imposing **Bald Eagle** flew over our boat!

Back in Ottawa in late October and early November, there was still abundant bird life in the neighbourhood, including **American robins** gathering in mid-sized flocks prior to migration; **American goldfinches**, **Northern cardinals**, **blue jays**, **starlings**, large flocks of **dark-eyed juncos**, **European starlings**, **mallards**, **black ducks**, **hooded mergansers**, **wild turkeys**, **white-breasted nuthatches** and late-departing **white-crowned sparrows**.

White-crowns are large, bold sparrows with striking black-and-white striped heads – similar to their **white-throated** cousins, but lacking the latter's signature yellow eyebrow. They breed in Alaska, turning up relatively late in the spring, and departing late in the fall to spend the winter over the continental United States or Mexico. They feed largely on the ground and have a distinctive habit of "double-scratching:" hopping backwards to turn leaves over and then pouncing forward.

The Ottawa Field Naturalist Club's (OFNC) Birding Report in early November – ofnc.ca/recent-bird-sightings – confirmed the continuing presence of many lingering song-birds around the region, including eight species of **sparrows**; several **warbler** species and a number of **vireos**. But the big story this fall is the early arrival of



Junco in winter wear.

Photo by Amy-Jane Lawes

common redpolls, a winter finch which traditionally turns up much later in the season, typically in January or February. The OFNC also reported several other **winter finches** in the area, notably **evening grosbeaks**, **red crossbills**, and **white-winged crossbills**.

Common redpolls are streaky brown and white finches, with two white wing bars and small red splotches on their foreheads. Males also have a blush of pinkish-red on their chests and upper flanks. They travel in large flocks – often of more than a hundred birds – and are voracious consumers of nyjer seed at backyard feeding stations.

Ornithologist **Ron Pittaway's** annual **Winter Finch Forecast** predicts a banner year for redpolls, which are being driven south by poor birch, alder and conifer seed-crops in much of the Northeast. If you're ready to brave the onslaught of redpoll feeding frenzies in the coming months, be sure to lay in ample supplies of their favourite nyjer seed. You'll need to replenish each time a cloud of these hungry critters blows through your garden.

Pittaway's other predictions for the coming winter include sizeable numbers of **evening grosbeaks** and **red-breasted nuthatches** moving into our area, thanks to low deciduous and conifer seed-crops in the northern boreal region. And **Bohemian waxwings** may also be a notable winter presence here, because of below-average crops of native mountain ash berries in northern Ontario and Quebec. You'll find flocks of them feasting on European mountain ash berries, ornamental crabapples and buckthorn berries, filling the air with their characteristic buzzy twittering.

Stocking up your backyard feeders

There are a number of good



Golden Eagle spotted in Parry Sound, Ont.

Photo by Ralph Heintzman

local sources of high-quality seed to keep your feeders filled through the long winter months ahead. A few of the options:

- **Wild Birds Unlimited**, 1500 Bank St. 613-521-7333, ottawa.wbu.com

- **Ritchie's Feed and Seed**, 1390 Windmill Lane, 613-741-4430, ritchiefeed.com

- **Gilligallou Bird Inc.**, 14 Mill St. Almonte, Ont. 613-461-7333 (Website for online orders is under construction. Call the store for pre-paid orders for delivery to Ottawa).

For more information or to sign up for Bird Studies Canada's annual **Project Feeder Watch**, visit birdscanada.org/volunteer/pfw.

Reports from our readers:

Amy-Jane Lawes has had a

fascinating fall in and around her Val-des-Monts, Que. home. "It's already clear that it'll be a different cast of characters this year in comparison to last year," reports Amy. New on the scene are **common redpolls** (absent in the past two years) and **evening grosbeaks**, while the **red crossbills** that turned up last winter have made no appearance. "The redpolls have yet to find my feeders," notes Amy, but when they do "it may end up being an expensive year!"

Amy's highlights of the season to date have been a beautiful, velvety **black scoter** which she spotted while kayaking, and a **bald eagle** happily devouring a roadkill porcupine.

St. Laurent Academy

teacher and naturalist **Mike Leveille** has **common redpolls** at the top of his list of autumn sightings. Over the years, the Macoun Marsh has been a favourite spot for redpoll flocks, so the marsh could be a lively place as the waves of these finches descend.

Here in the Burgh at Phil's Avian Bistro and Spa, proprietor **Philip MacAdam** reports a steady influx of typical late fall visitors, including **white-crowned sparrows**, **dark-eyed juncos**; **Northern cardinals**; **American goldfinches** in their muted winter apparel; **black-capped chickadees**; **white-breasted nuthatches**; **house-** and **purple finches** and **downy woodpeckers**.

Out in balmy Victoria,

B.C., our west-coast birding correspondent **Vicki Metcalfe** recently had a fruitful local birding expedition, tallying more than two-dozen species. Notables included **trumpeter swans**; **snow geese**; a **great white-fronted goose**; a **cackling goose**; a **Brewer's blackbird**; **juncos** (**Oregon race**); multiple **sparrows**, including **Lincoln**, **Song**, **Golden Crowned**, **White-Crowned** and **Fox**; **chestnut-backed chickadees**; **green winged teal**; **glaucous gulls**; an **Anna's hummingbird**; a **Eurasian collared dove**; a **Bald Eagle** and a **Peregrine Falcon**. Vicki's next major birding excursion will be on the mainland at the Reifel sanctuary south of Vancouver: reifelbirdsantuary.com.

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SIGN UP BY JANUARY 10TH

Traffic volume and driver frustration cause more speeding and other violations on New Edinburgh's roads

Continued from page 1

This speculation is based on our observations and discussions about:

- afternoon peak-period commuter traffic diverting from delays on the Rockcliffe Parkway and utilizing Lisgar Road or Buena Vista to Dufferin and then to Mackay, Crichton, or Stanley to access Sussex as a shortcut to the

Macdonald-Cartier bridge;

- the possible unintended consequences of Beechwood becoming a "complete street": commuter traffic avoiding delays or backups westbound on Beechwood/St. Patrick Bridge by diverting to Rideau Terrace and Dufferin then to Mackay, Crichton or Stanley to access Sussex;

- commuter traffic traveling north on the Vanier

Parkway continuing through the (extended green) traffic light at Beechwood and proceeding through the New Edinburgh streets;

- the additional movement through the neighbourhood of heavy trucks and construction equipment as a result of the Combined Sewage Storage Tunnel (CSST) project; and
- concerns about the potential for even more through

traffic as a result of the 310-acre Wateridge Village development on the site of the former CFB Rockcliffe lands.

Increased traffic volume and the related driver frustration appears to be causing more speeding, stop-sign violations and general distractions.

The City agreed that because our traffic issues cannot be resolved quickly through simple operational calming measures, we would be screened for an Area Traffic Management (ATM) study. The first step in the screening process is the collection of traffic data by City staff. Some data were collected mid-July, but were judged to be not representative. Traffic re-counts were taken in October and early November. We await the results.

The City will review both context criteria (parks, schools, seniors' residences, etc.) and traffic criteria (speeding, vehicle volume, significant through traffic, collision rates, etc.) during the screening process, the results to determine if our neighbourhood would qualify for a full ATM study to be done some time in the future.

The committee will continue to work to help the City describe and measure their context criteria and their traffic criteria.

Issue # 2: The committee will also address the potential for neighbourhood-wide reduced speed limits to 40 km/h or lower. (See Councillor Nussbaum's

column elsewhere in this issue.)

In the summer of 2018, the provincial government updated the regulations to enable municipalities to implement reduced speeds on residential roads. This allowed City Council to pass a new policy framework to create reduced speed limit "gateway zones" on roads classified as "local."

The approach to "gateway zones" will be to set the speed limit at 40 km/h. It may be possible to reduce speed limits below 40 km/h, depending on results of traffic speed monitoring and the location of our neighbourhood schools, cycling routes, location of lack of sidewalks, etc.

City Council will discuss funding for signage for this programme during the 2019 City budget process. Currently the City has funding to permit the creation of one "gateway zone" in each Ward in 2019. (Councillor Nussbaum will be pushing for funding to implement gateway zones in all of our residential areas.)

Other issues we will be addressing: enhanced signage at zebra crossings, chronic issues at the Crichton/Vanier Parkway intersection, the Stanley Avenue/Crichton curve, and the Ivy/Putman intersection.

We would be pleased to receive advice and feedback from residents on any and all traffic and safety concerns.

Joe Chouinard is a board member of the New Edinburgh Community Alliance. He can be reached at joechouinard@aol.com.

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Another Book Fair in the...books

By Adrienne Blair, RPPS Book Fair committee

Chilly, drizzly weather did not deter the die-hard book-lovers waiting for the doors of Rockcliffe Park Public School's Queen Juliana Hall to open on Nov. 2. And all weekend the school's Big Gym was filled with new and repeat visitors to the 57th annual RPPS Book Fair.

In the Book Fair Café, hungry shoppers devoured delicious curries, chili and mac-and-cheese cooked up by new local meal service Dinner By Six. Folks sipped coffee generously donated by Bridgehead, and snacked on baked goods from the kitchens of area embassies, RPPS families and generous neighbours.

This year, we raised \$46,000 net proceeds from sales, sponsorship, and Café sales. As always, funds raised go to the RPPS Parent Council to hold such events as our Author

and Illustrator Workshops, and Grandparents' Reading Day; to upgrade classroom technology and equipment; and to fund transportation and field trips for each class. And the benefits go beyond RPPS. Book Fair proceeds also furnish no-strings grants for five area public schools to support their literacy programming and other needful projects.

We love our volunteers

We are, as always, immensely grateful for our hardworking volunteers – the scores of folks that worked amid the boxes, behind the scenes, at the cash registers and among the shelves. We hope folks enjoy the camaraderie and satisfaction that comes from lending their time and support to this important event. Book Fair couldn't happen without them.

Help us plan for next year

We are actively seeking a new Book Donation Team Lead, a

Sponsorship Coordinator and a Communications Coordinator for Book Fair 2019. If you're new to the school or community – or even if you're not – please consider joining the Committee or taking on a team role. Steely veterans will help you with advice, support and lots of documentation. We're always looking for new voices, skills and ideas.

As we're fond of saying: "One sale – the book sale." RPPS parents need not pester family and friend to buy this or sponsor that. They need only support this single, exciting, exhausting and rewarding event. Mark your calendars: Book Fair 2019 will take place Nov. 1–3.

Learn more at rockcliffeparkbookfair.com, on Twitter: @RPPSBookFair, on Facebook: RockcliffeParkBookFair or send us an email at info@rockcliffeparkpsbookfair.com.

'Gotta Go MacKay' is still a go, despite delay

By Eleanor Dunn

Earlier this year, MacKay United Church launched the "Gotta Go MacKay" campaign to raise the funds necessary to upgrade the women's washroom in Memorial Hall. The Hall has, over the past few years, become the venue for many community activities such as fitness classes, art classes and other events. The women's washroom was

badly in need of work to bring it up to today's accessibility standards.

"Gotta Go MacKay" was successful in raising the \$12,000 needed for the project. The work was to be done over the summer months when the Hall is less busy. A contractor was hired, and materials required for the project were purchased. But then the unforeseen happened. The

contractor became seriously ill and work had to be put on hold.

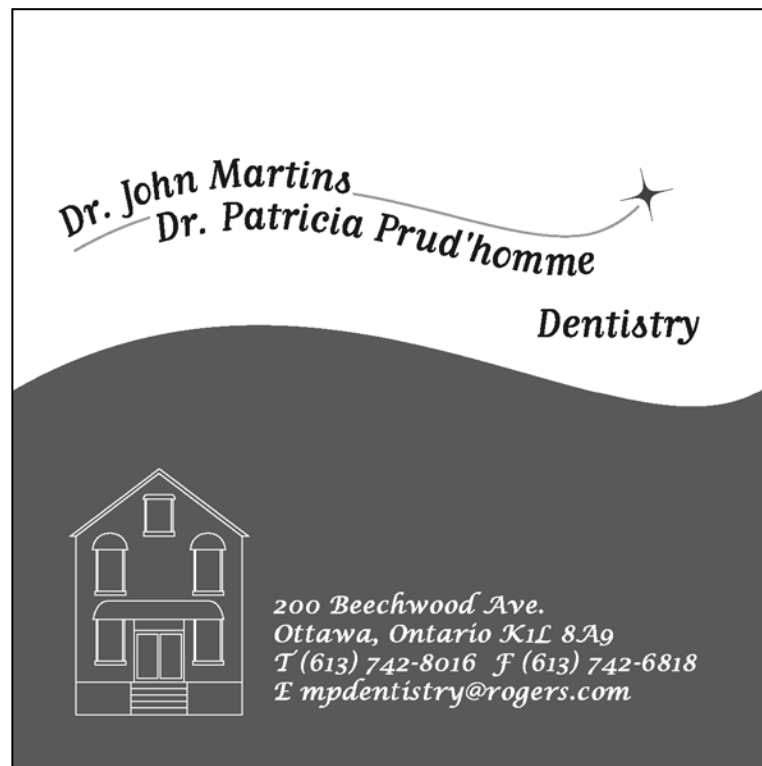
The good news is that the contractor has recovered and is ready to get back to work. Due to the number of holiday season events in the Hall, MacKay's Church Council has decided to postpone the work until the New Year. Something to look forward to in 2019!



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A child's memories of war: Scotland, 1942

By Ann Jackson

Very recently we marked the 100th anniversary of the end of the First World War. My memories of war are a bit more recent, as I was just a child in the middle of the Second World War in Great Britain. My understanding of what war meant was limited, both by my age and by my relative safety. Although it was never mentioned, both my parents fully anticipated Great Britain being occupied by the Nazis. The War was an ever-present and serious reality for the adults around me.

I remember with great clarity this becoming plain to me in the midst of the harvest of 1943. At the time, I was about five years old, and lived with my family on an old farm near Pitlochry in Perthshire, Scotland.

My father had been invalided out of the Navy, and he and my mother took on the farm to "dig for victory!"

That summer day, I had been chosen to accompany my mother to the fields to bring the workers their tea. The oat crop had been cut and was in process of being stooked to dry out the grain. This was quite labour intensive, and so we had a number of German prisoners from a nearby camp to round out the workforce.

I was particularly pleased to have been chosen to go. Maybe my mother thought taking both me and my sister was too many children at one time! I was very conscious of the privilege, so I was on my best behaviour. I was also very pleased to be going

somewhere with my mother. In those hectic wartime days, children were often in the way, and told to go outside and play.

We went to the fields in the back of a trailer behind one of our Clydesdales. I loved these horses, with their beautiful feathery feet and soft noses. The trailer bed was rough planks and the ride was bumpy. I had on a rather unsuitable cotton frock, and I was glad when we arrived.

The men crowded round the back of the trailer, and my mother poured tea from an urn into the proffered mugs. Mother spoke passable German and was able to communicate with the men quite easily.

Later, I realized that most of these prisoners were from Austria and had been forced into the Nazi Army. They were very young; many were only boys of about 18 or 19.

My father was kind and generous to these so-called enemies. He paid them in cigarettes, the currency of their prison camp. In later days, when the war ended, my parents helped many of them to remain in Britain as Displaced Persons. They came from parts of the continent ceded to the Russians and had no wish to return there.

There was a general murmur of conversation around the back of the trailer. My mother must have noticed a young man sitting off by himself, staring into the middle distance. She said to me: "Why don't you take this tea over and give it to him?"

So I dutifully took the mug and carried it carefully over. He did not pay any attention and sat slumped. I did not really know what to do, so in the way of children, I stayed still and waited. Eventually he came back from his reverie and looked at me.

I will never forget that look of despair, and sadness, and utter hopelessness on his face. I was too young to have any idea of what made him so despondent. However, I must have sensed his need for some kind of human contact. So, I sat down on the stubble and waited as he drank his tea. We had no words to say to one another. There were only a few moments of shared communication. But the silence spoke volumes. I have never forgotten this moment. It was my first incomprehensible exposure to the agony of human existence.

I think my mother must have sensed something because she made a point later of speaking to him. She never asked me what had happened. I think it unlikely I would have been able to articulate much anyway. I never saw this boy again, but he has remained indelibly imprinted in my memory.

I always remember that fleeting moment every Remembrance Day.

Ann Jackson has lived in Beechwood Village since 1990, first on what is now DesRosiers Street and then in a condo at 40 Landry. For the past three years, she has been at the New Edinburgh Retirement Residence. She is a regular contributor.

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Old tree reborn for Armistice Day centenary

By Christina Leadlay

There's a new piece of public art in the community that's been 100 years in the making.

On the grounds of the Beechwood Cemetery, an old, dead maple tree – destined to be chopped down – has been transformed into the “Armistice Tree,” thanks to a skilled chainsaw artist and thoughtful designs from the Beechwood Foundation team.

The tree's rebirth took place just in time for Remembrance Day 2018, which marked the 100th anniversary of the Armistice which ended the First World War.

“On the corner of the Veterans Section, stands a large and historic tree,” Nicolas McCarthy, Director of Marketing, Communications and Community Outreach at the Beechwood Foundation, tells the *New Edinburgh News*. “This tree was at the end of its life cycle, ready to be cut down. However, as Beechwood has done in the past, we decided to give it a second chance and carve it into something beautiful,” he

explains.

Nicolas spent several months discussing the overall concept with Steven Dieter, public affairs officer in the Canadian Armed Forces and volunteer historian at the Beechwood Cemetery. Trevor Davidson, Beechwood's Chief Horticulturalist, chose the tree, while Nicolas and Steven came up with a list of the elements they wanted featured in the Armistice Tree. These features included a poppy for each battle honour received by the Canadian expeditionary forces over the last 100 years; three maple leaves representing the three service branches (Air Force, Navy and Army); and the iconic Brodie helmets in honour of the soldiers.

Once the design was ready, the Beechwood Foundation called its resident wood carver, Kemptville, Ont.-based Peter Van Adrichem, who began working on the project on Sep. 12. It took him several weeks to complete.

“It was a great honour to carve this huge stump and turn it into a piece of art as a memorial for WWI,” Peter

says.

The Armistice Tree brings to three the number of stump artworks he has created for Beechwood Cemetery.

“It's a pleasure to help them preserve the trees and to prolong their existence,” says Peter, who explains that the cemetery's peaceful setting is part of what made this project a positive experience for him.

“The design was to carve 58 poppies and three maple leaves, and the challenge was to carve them all differently,” he explains.

“The tree was very old and damaged, so I left a bit of the rotten wood as a symbol of the destruction and waste of war.”

Peter also transformed a couple of the tree's limbs into a maple leaf, and a sword – which were not part of Steven and Nicolas' design, but were perfect additions.

“The sword is providing the final salute to the men and women resting in the veterans section of the National Military Cemetery of Canada,” Nicolas tells the *New Edinburgh News*.

The Armistice Tree is just



Photo courtesy Beechwood Cemetery Foundation

Poppies, maple leaves and Brodie helmets are some elements of the Armistice Tree, honouring the First World War.

one part of a larger program of commemorative events that Beechwood Cemetery had in the works for the Armistice's centennial on Nov. 11, and is one of the more permanent parts of the commemoration project.

“This carving will stand

tall for years, quietly reminding the cost and sacrifice of WWI,” says Nicolas.

The Armistice Tree is located in the Beechwood Cemetery Veterans' section, opposite the Sherman tank. The cemetery is open from sunrise to sunset.



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Beechwood Christmas Market returns December 8

By Ann Jackson

The Beechwood Market will hold its annual Christmas edition at New Edinburgh Square Retirement Residence, 35 Beechwood Ave. on Dec. 8 from 10 a.m.–3 p.m. Come

and bring the family – Santa Claus will pay a visit at 11 a.m.!

There will be snack and lunch options, as well as gourmet coffee on offer. Three rooms and both hallways of the New Edinburgh Square

residence will be set up as a winter wonderland, filled with all sorts of wonderful gifts to buy, with live holiday music playing to round out the experience.

This year, the Beechwood Market is offering gift

baskets filled with a variety of non-perishable goods from the Market's vendors. There will be a few available for purchase at the Christmas Market, or you can place your order online at beechwoodmarket.ca, by

email at beechwoodfm@gmail.com or by phone 613-883-1012.

This special edition of the market is a wonderful way to get in the Christmas spirit and support a local endeavor! Hope to see you there....

Books wanted for spring sale

By Carolyn Brereton

The Rockcliffe Park Spring Book Sale is only five months away and our dedicated volunteers are busy gearing up for this event. We need your donations.

If you are considering a Christmas clear-out, now is

the time to bring your gently used books (in English and in French), CDs, DVDs and vinyl to the Library at 380 Springfield Rd. during opening hours. You may also call for assistance at 613-580-2424 x27623. The sooner you bring your donations, the

better. Please remember: no encyclopedias, magazines or textbooks.

Proceeds from the Spring Book Sale allow the Library Committee of the Rockcliffe Park Residents Association to make generous donations to the Ottawa Public Library in support of increased services and programming at the Rockcliffe branch and at other libraries serving communities in need across Ottawa.


The 2018 sale broke records in terms of attendance, revenue and books sold. Please help us make 2019 another banner year. Many thanks in advance for your contributions – every donation counts.

The 2019 Rockcliffe Park Spring Book Sale will take place April 27–28.



Photo by Claire Schofield

The Rockcliffe Park library branch is collecting donations of gently used books ahead of their spring 2019 sale.



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Meilleurs vœux de bonheur et de santé à vous et aux vôtres pour l'année prochaine.

Je vous remercie d'avoir fait affaire avec moi et de m'avoir recommandé vos proches au cours de l'année 2018.

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



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Be vigilant about cannabis and pets

By Jane Heintzman

Since Oct. 17, the legalization of marijuana has posed numerous challenges as governments, institutions, businesses, residential facilities and private citizens attempt to grapple with its implications. A less obvious but equally important impact of the new reality is the risk cannabis may pose for our pets, in particular dogs, which can be less than discriminating in their dietary choices.

To date, the evidence in jurisdictions where marijuana has been legal for some time is not encouraging. A veterinary study from Colorado, published in *The Journal of Veterinary Emergency and Critical Care*, reported a four-fold increase in the number of dogs treated for marijuana intoxication between 2005–2010. At the same time, the Pet Poison Hotline recorded a 200 per cent increase the number of pets reported to have ingested marijuana.

Dogs and cats can be poisoned by cannabis in a variety of ways: by inhaling second-hand smoke; by eating



Photo by Ralph Heintzman

Dogs can be poisoned by cannabis through second-hand smoke, eating marijuana-laced foods or by scarfing down THC products found in the park, on the street or in their own backyard.

marijuana-laced foods; and even by scarfing down the end of a joint or other tetrahydrocannabinol-rich (THC) product picked up in the park, on the street or in their own backyard.

Many of the symptoms of

intoxication are neurological. Pets may become wobbly and uncoordinated, disoriented, wild-eyed and hyperactive. Vomiting, excessive drooling, dribbling urine and difficulty walking are also signs of toxicity, and in severe cases, sei-

zures and coma may result. Because THC is highly fat-soluble and easily stored in the liver, kidneys and brain, the drug may take some time to be fully metabolized and excreted before the effects on the animal wear off.


What can vets do in cases of suspected marijuana intoxication? Treatments are geared to neutralizing the toxin and inhibiting absorption, while stabilizing the pet to regulate heart rate and respiration as the drug wears off. But unless the owner is aware of what their dog or cat may have been ingested, diagnosis can often be difficult, especially when the animal has scarfed up a random item in a public place.

The bottom line is that pet owners who use any form of medical or recreational cannabis need to take special care to keep it well out of reach of their dogs and cats. Even if we're not users, those of us with canine hoovers at our side on walks in the park or around the neighbourhood need to be vigilant about what our companions may try to inhale from the ground.


If you do notice signs of toxicity in your dog or cat, get to an emergency vet as soon as possible. Marijuana intoxication is anything but a euphoric "high" for your pet: it's a serious risk, involving hours of discomfort, disorientation and distress – an undeserved fate for our beloved companions.

There are countless other poisoning threats to domestic pets out there, ranging from plants and fungi, to putrid garbage and tasty chocolate treats in our kitchens. Marijuana is by no means the sole culprit, and in any veterinary diagnosis of suspected poisoning, it's likely to be only one of many possibilities investigated. But with the more widespread use of a now-legal drug, pet poisoning has become a significant concern in the veterinary world. For pet owners, increased vigilance is the name of the game from now on.

For more information about marijuana intoxication in pets, visit vcahospitals.com/know-your-pet/marijuana-intoxication-in-dogs-and-cats.




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The Far Shore by Pat Carbonneau

By Mary Ann Varley

The Crichton Street Gallery enjoyed a very successful New Edinburgh Studio Tour (NEST) in September. Many neighbours and friends dropped in and there were a surprising number of people from across the city who had never been to the gallery. It proved to be a lively weekend for the whole art community.

On display at the gallery during November and December is the annual **Gifts of Art** exhibition. We fill the gallery with many unique items from our group of core artists. Whether you're looking for artworks or glass items, we include a full variety of pieces both large and small.

Jennifer Anne Kelly has selected glass pieces which

include large presentation bowls, plates and lanterns. Her fused glass jewellery includes bracelets, pendants and earrings. Her work is suffused with colour and light.

Louise Tanguay has selected many images which are printed in a smaller format. Many of her popular images from around the world are included in this eclectic mix. Her ever-popular calendars in English or French sell out fast, as will her new Season's Greetings cards.

Mary Pratte showcases her many floral and travel photos in a variety of sizes, both framed or unframed.

Elisabeth Arbuckle's work shows a love of refined detail in both landscape and fantasy works.

Pat Carbonneau's encaustic and acrylic paintings have a poetic sensibility and engaging palette.

Mary Ann Varley continues her themes of travel to New York City and Venice in many small collage pieces.

Back by popular request, the gallery will be open Saturdays and Sundays from 11 a.m.-4 p.m. right up until Dec. 23.

In the New Year, The Crichton Street Gallery will present **Black and White**, a collection of works by the gallery artists. Drop in and check out this theme as the photographers and painters explore works from this engaging perspective. The show opens Jan. 12, 2019.

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New children's choir teaches kids more than just music

By NEN Staff

If you happen to be walking by St. John Lutheran Church on a Monday night, you may hear strains of song. That's because there's a community choir inside, rehearsing every week. And now there are opportunities for people of all ages.

The New Edinburgh Community Choir relocated to St. John Lutheran Church last January with a new director and a new focus, after three years rehearsing in the community room of 255 MacKay St. Josh Zentner-Barrett took over the artistic leadership in early 2018, welcoming new members and introducing the group to a new repertoire called global song: music from around the world that celebrates the diversity of the community.

This past September they added a children's choir, and now young people are counted among the singers. A small group of dedicated kids has been meeting weekly for a positive musical experience: they learn choral repertoire and global songs and

play lots of musical games. Open to children aged seven and up, the New Edinburgh Children's Choir is an opportunity for young people to discover their singing voices, begin learning about music, and strengthen their relationships with friends and neighbours.

"Having the kids as part of the New Edinburgh family of choirs is such a rich experience," says Josh, who spends time each week teaching them the notes and the stories behind the songs they sing.

"Children are able to really get to the heart of what things are about. They're full of curiosity and ask lots of questions. I spend a lot of time thinking about what it means to sing global songs, especially ones that deal with difficult subjects," he explains.

Josh remembers a particular conversation around a Christmas carol that explores the stories of children who face hunger, warfare, and homelessness on a regular basis. The song, "Carol of the Least/There is no child,"



Photo courtesy Josh Zentner-Barrett

Josh Zentner-Barrett has been leading the New Edinburgh Community Choir since January 2018. Both the adult and children's choirs will perform on Dec. 10.

was written by Shirley Erena Murray, a poet based in New Zealand who often writes about issues of social injustice.

"I was asked, 'How can a child be cheap?' in the con-

text of war. What followed was a long discussion about the many things we sometimes take for granted in our lives, from food and shelter to peace and family," says Josh, who finds it's not only

about watching the children grow musically, but also seeing them consider their place in the world.

The Children's Choir will join the Adult Choir for a Christmas concert Dec. 10 at 7:00 p.m. at St. John's Lutheran Church, 270 Crichton St. The repertoire is varied and will include traditional carols, choral music and songs in such other languages as Hebrew and Arabic.

The choirs take a little break for the holidays, but everything starts back up on Jan. 14, 2019 — and the choirs are looking forward to welcoming more people of all ages!

The Children's Choir rehearses on Mondays from 5:30–6:30 p.m. The adults follow at 7:30 p.m. Josh invites interested people to send him an email at ottawasingspace@gmail.com or to simply drop by to a rehearsal.

"It's all about building community," he says, "Just come and sing, and be willing to explore the new and sometimes different. There's a place for everyone!"

Queen E school sports teams dominate the fall season

By Joe Reilly

It's been another stellar start to the school year for sports teams at Queen Elizabeth Public School this fall – and the intermediate girls' touch football team once again led the way.

For the second straight year, the girls' touch football team earned gold medals at the regional tournament. This year the girls were even more dominant on their way to the championship. Over the course of four games, the stingy Queen E Royals' defence allowed only one point to be scored against them – not one touchdown, just one point! With a strong offensive unit, the girls outscored their opponents 68–1.

Coach Mark Holowka was beaming with pride when he arrived back at school on Oct. 18 fresh from the victory.

"It was really enjoyable, even heartwarming to see how proud the girls were of themselves and to see how strong they were when they worked together as a team," said Coach Holowka. "A real tribute to the importance of supporting each other with teamwork."

The intermediate boys' football team was looking forward to this year's tournament, hoping to make up for last year's silver-medal finish. The boys did not allow a single point against as they cruised through round-robin play. The Royals faced a tough opponent from

Fallingbrook in their semi-final game. It all came down to the final drive of the match and a big defensive effort to preserve a 7–6 win for the Royals. The team's stellar defence was integral in the final against Henry Larsen, which the Royals won 19–0.

Coach David Row noted that it was a real team effort all day long: "The team got big contributions from everyone, with four different boys taking turns at quarterback and many players scoring touchdowns and catching interceptions."

As Coach Holowka said after the girls' big win: "This makes Queen E the dominant school for touch football in our region."

But touch football wasn't

the only sport that students from Queen Elizabeth School excelled in this fall. For the first time in a very long time (perhaps ever) a student from Queen Elizabeth took first place overall at the intermediate regional cross-country meet. Kervens Jean Paul is known for his basketball skills and for being an all-around outstanding athlete. He proved this by finishing with the best time of the day and winning the Grade 8 boys' cross-country category. Two other students, Emma Cook and Victoria Trang, qualified for the board-wide cross country meet with excellent times.

Soccer is the focus of the junior sports program in the fall and both the boys' and girls' teams put in great performances at their regional tournaments. The girls won three of four round-robin games and were poised for

the playoffs, but they came up short in their semi-final match. The boys posted two wins, one tie and a loss in round-robin play and were relegated to Tier 4 this year. The team was determined to prove its mettle in the playoffs and posted a 4–1 victory over Queen Mary in the semi-final before winning the Tier 4 crown with a 6–0 shutout against Centennial. Goalkeeper Winston Noun was the star of the team, as he made many diving saves that kept his team in tight matches.

The Queen E Royals are looking forward to intermediate volleyball and junior borderball before the Christmas break. Of course, junior intramural soccer is getting set for wild playoff games on the snow-covered fields with winter's early arrival. Brrrring it on!

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Stairwell Carollers' Christmas concert to feature traditional carols and pieces by choir members

By David Rain

In celebration of their 41st season, award-winning a cappella choir the Stairwell Carollers invite you up the road to their Dec. 19 concert of Christmas carols, old and new.

The choir has deep roots in New Edinburgh. The Carollers used to practice at St Bartholomew's Church on MacKay and our annual Christmas concert was held for many years at St. Charles Church before it was deconsecrated. What a beautiful resonant sound in that special space!

While we now practice in Manor Park, New Edinburgh is our second home, too. You may have seen us on Wednesdays, having a pre-rehearsal choir meeting at Bridgehead on Beechwood, or later that evening, at one of your great local pubs, soothing our tired vocal chords after yet another gruelling choir practice.

Our Director, Pierre Massie (also an award-winning com-

poser) has prepared a special program this season: "As we enter our 41st year of singing, I felt it would be nice to return to a more traditional repertoire, bringing back tried and true arrangements of some of our most familiar carols," he explains.

The choir will be singing audience favourites like our concert opener, "Veni, veni Emmanuel," "Carol of the Bells," "God Rest You Merry, Gentlemen," "Stille Nacht," and "Quelle est cette odeur agréable," along with a few modern gems like "O nata lux" by Morten Lauridsen.

In addition, the concert will feature three new songs by current choir members: Pierre's fresh arrangement of "Hark! the Herald Angels Sing," my own setting of the medieval song "In natali Domini" and our rollicking concert finale, "Sans Day Carol" by bass Terry Brynaert.

Terry's piece has become a choir favourite and he has told me: "I am over-the-moon



Photo courtesy Stairwell Carollers
A cappella choir the Stairwell Carollers will perform in Manor Park on Dec. 19.

excited, as this will be the first piece of mine ever to be sung in public, and I have dedicated it to Pierre and everyone who has ever sung with the Stairwell Carollers, past and present."

Come hear a cappella singing at its finest: the Stairwell Carollers Christmas concert *Veni Emmanuel* at St. Columba Church, 24 Sandridge Rd. on Wednesday, Dec. 19 at 7:30 pm. Tickets

(still one of the best values in town) are \$20 at the door, or \$15 in advance at Books on Beechwood, 35 Beechwood Ave, or online at stairwellcarollers.com.

And, if you're looking for that perfect Christmas gift, the choir's CDs will be on sale, too. You'll be giving twice, as proceeds from concerts and CD sales have allowed the Carollers to present donations to local chari-

ties and music scholarships to local high-school students totalling more than \$140,000.

Hope to see you there Dec. 19!

The Stairwell Carollers are also performing on the following dates:

- Dec. 7: St. Mark the Evangelist Anglican Church, 1606 Fisher Ave., 7:30 p.m.

- Dec. 9: St. James Anglican Church, 225 Edmund St., Carleton Place, 2:30 p.m.

- Dec. 15: Southminster United Church, 15 Aylmer Ave at Bank St, 7:30 p.m.

David Rain, who enjoys running through New Edinburgh every week, is in his 26th year with the choir. For more information, visit stairwellcarollers.com.

Visit The Burgh Online!

newedinburgh.ca



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A wonderland of winter reading

The Books on Beechwood staff select the season's best books

Antoinette's Picks

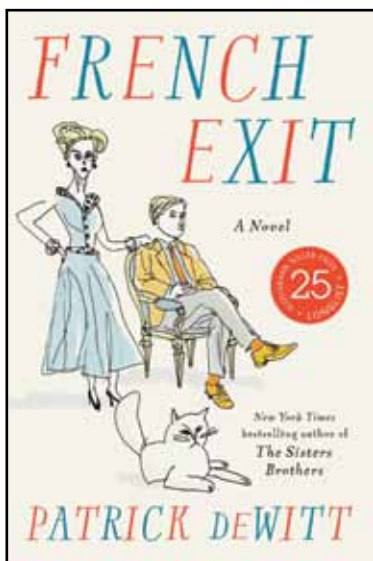
Starlight by **Richard Wagamese**

This late author's unfinished novel continues the story of Frank Starlight, the main protagonist from *Medicine Walk*. **Moon of the Crusted Snow** by **Waubgeshig Rice**

Set in a post-apocalyptic time, this novel asks how we can live in a good way, in the face of societal collapse.

Trickster Drift by **Eden Robinson**

In this second book in the Trickster Trilogy, 17-year-old Jared has quit drugs and drinking to keep all forms of magic at bay.



French Exit by **Patrick DeWitt**

This finalist for the 2018 Scotiabank Giller Prize is a novel about New Yorkers Frances and Malcolm: a mother and son who leave for Paris after going bankrupt. What an eccentric, funny, and dark "tragedy of manners!"

Washington Black by **Esi Edugyan**

This new novel – winner of the 2018 Scotiabank Giller Prize – follows the early life of Washington Black on a Barbados sugar plantation, as well as his escape from slavery, and his adventures through the arctic, Nova Scotia and England.

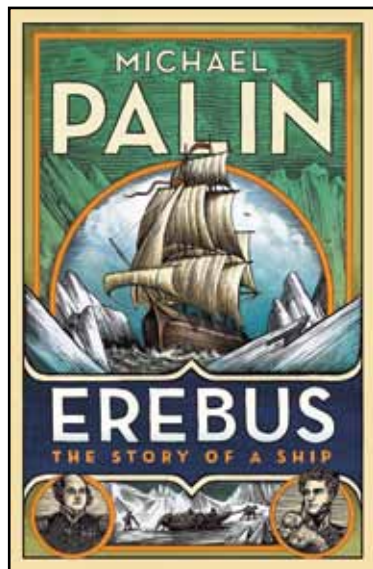
Bridget's Picks

All Things Consolated: A Daughter's Memoir by **Elizabeth Hay**

This is a very candid and tender account of the author's parents, and her complicated and conflicted relationship with them, especially in their declining years, when they became increasingly reliant on "the so-called difficult child." Written with great love and brutal honesty, as well as heartbreaking insight, it is a story that will resonate with all of her generation and beyond.

Flame by **Leonard Cohen**

What a lovely volume of poems, notebook entries, and sketches from the late, lamented Cohen. These are his last poems, selected and ordered by the author in the final months of his life. They are as dark, poignant and funny as his earliest work, and leave us awed and satisfied but also aching for more that will never come.



Erebus by **Michael Palin**

Here you will get both adventure, memoir, tragedy, and the charm and humour of this ex-Python turned historical quester. A new twist on accounts of polar expeditions, this book tells the story of the *Erebus* – which sailed under the command of James Ross Clark to Antarctica – and her sad end in the Northwest Passage under John Franklin.

Palin is especially good at representing the often harrowing experiences of the sailors. And, true to his adventurous spirit, he tries to follow the routes taken when not thwarted by ice.

In Other Words by **Anna Porter**

Publishing maven Anna Porter was there in the heady days of Canadian literature's coming of age. She learned her craft from the great Jack McClelland, and carried his legacy forward to an even wider reach. From her Hungarian childhood to her career as one of the most influential publishers in Canada, Porter has been present for all the major events in Canadian publishing and has known all the big players. This is a wonderful, fly-on-the-wall pleasure for lovers of Canadian writers and publishers.

Trust by **David Johnston**

Again, the esteemed former Governor General gives us a highly personal, yet deeply universal exploration of the one societal quality upon which all others are based: trust. In eloquent and accessible prose, he discusses the importance of trust for individuals, leaders and society. This book is a highly satisfying call to arms for all of us who despair of the world we are living in today – and is also wonderfully hopeful.

True North Rising by **Whit Fraser**

Whit Fraser was a reporter for the CBC Northern Services and *The National* for 25 years, and has spent 50 years travelling across the North – to every town and village from Labrador to Alaska. He covered Thomas Berger's Mackenzie Valley Pipeline Inquiry, served as Chairman of the Canadian Polar Commission, and as Executive Director of Inuit Tapiriit Kanatami, a national non-profit organization protecting and representing Inuit rights and interests. But he is also a master storyteller, a tough and elegant reporter, and a true believer in the Far North: its people, and its vital importance to Canada and the world.

1,000 Books to Read Before You Die by **James Mustich**

Not much needs to be said here, except that this is the ideal choice for all lovers of books, especially reference

Upcoming Events at the bookshop

Dec. 1: Four member of the Crime Writers of Canada will be onsite to sign and promote their new mystery novels: **10 a.m.–12 p.m., Brian Lindsay** (*Back Story*) and **T.E. Wilson** (*Mezcalero*) will be here, and from **12–2 p.m.**, we'll be playing host to **R.J. Harlick** (*Purple Palette for Murder*) and **Michael McCann** (*Persistent Guilt*).

Dec. 2: Local science fiction author **Alex Binkley** will be at the store from **2–4 p.m.** to launch his new novel *Ultimate Wizard*.

Dec. 2: For our last **Titles@Table40** dinner event of 2018, **Whit Fraser** will be joining us to talk about his new book *True North Rising*. Tickets can be purchased at the bookstore for \$60. Attendees are asked to arrive at Table 40 (7 Springfield Rd.) no earlier than 5:30 p.m.

Dec. 15: **Whit Fraser** will be in-store to sign copies of his book *True North Rising* from **12–2 p.m.**

Dec 18: 4-6 p.m. Malcolm Hunter and *The Trail Beckons: 100 Years of Cross-Country Skiing in the Gatineau*.

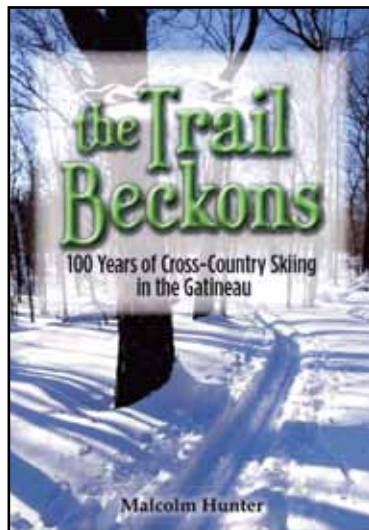
Dec. 20: Former Liberal MPP and MP for Newfoundland, **Roger Simmons**, will be in the store from **4-7 p.m.** to sign copies of his new memoir, *The Man in the Arena: From Railway Brat to Diplomat*.

Jan. 12: Come in between **2–4 p.m.** to meet **Crusoe the Celebrity Dachshund!** Not only will he be giving out "paw"tographs, he is also promoting his new book *Crusoe the Worldly Weiner Dog* with co-author **Ryan Beauchesne**.

Jan. 13–26: Our **Annual Inventory Sale!** All books will be 30 per cent off, all games, cards and gift items will be 25 per cent off. Exceptions include customer special orders, books already marked down and any cash-only charity cards, books, and calendars we have in stock.

Jan 27: We will be **CLOSED** for our annual inventory-taking.

tomes! There's a lot to quibble about (Margaret Atwood in, Margaret Laurence out), but tons of enjoyment to be had. Mustich, founder of A Common Reader, writes with great wit and a keen eye for the surprise details. Organized by author, but with a great miscellany of special lists such as *Books to Read Before You're 12* and *LOL*, this is a real delight.

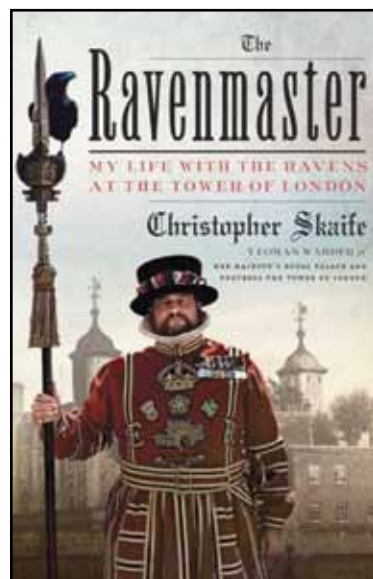


The Trail Beckons: 100 Years of Cross-Country Skiing in the Gatineau by **Malcolm Hunter**

This just-published gem is shaping up to be one of our surprise bestsellers this Christmas season. Canadian

Olympian, ski coach, trail consultant for the National Capital Commission, and Executive Director of Cross Country Canada, Hunter has skied the Gatineau for more than 60 years. This is a loving history, dating back to the original trail builders in the 1920s and taking us to the present with some guiding words for the future. There are maps and fun archival pictures in an affordable paperback format.

Hilary's Picks



The Ravenmaster by **Christopher Skaife**

Whether or not you've vis-



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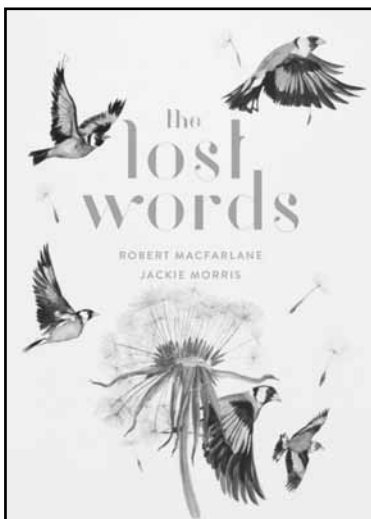
12 Days of Penguin Random House Christmas

From Dec. 13–24, Books on Beechwood will celebrate the lead-up to Christmas Eve with our annual **12 Days of Penguin Random House Christmas** promotion! For each of the 12 days, one Penguin Random House book will be featured in the store at 20 per cent off for that day only (The discount is available only on a title's allotted day, and books cannot be set aside ahead of time in anticipation of the sale).

This year's picks:

Dec. 13: *My Stories, My Times* by **Jean Chretien**
Dec. 14: *The Secret History of Soldiers* by **Tim Cook**
Dec. 15: *Warlight* by **Michael Ondaatje**
Dec. 16: *My Twenty-Five Years in Provence* by **Peter Mayle**
Dec. 17: *Ottolenghi Simple* by **Yotam Ottolenghi**
Dec. 18: *Becoming* by **Michelle Obama**
Dec. 19: *The Spy and the Traitor* by **Ben MacIntyre**
Dec. 20: *Bridge of Clay* by **Marcus Zusak**
Dec. 21: *Trust* by **David Johnston**
Dec. 22: *Erebus* by **Michael Palin**
Dec. 23: *Final Report* by **Rick Mercer**
Dec. 24: *Half-Spent Was the Night* by **Ami McKay**

ited the Tower of London, there's no denying that its resident ravens are an integral part of the historical ambiance. Now, for the first time ever, we get not only a sneak peek at what it's like to look after this fortress' most majestic and intelligent residents, but also a real sense of one man's journey from trouble-making youth to one of the highest offices in Her Majesty's service. It's a real treat of a read!



The Lost Words by **Robert Macfarlane**

Hands-down the most beautiful and surprising book of the season, this gorgeously illustrated dictionary of endangered words would make even the humblest of coffee tables look irreplaceable! Full of charming, nature-inspired words that should never, ever be lost, Macfarlane has gifted us with a reminder of what's really important in this age of emojis, selfie-sticks and smart technology.

Half Spent Was the Night by **Ami McKay**

What a wonderful holiday treat for fans of Adelaide, Eleanor and Beatrice – the three “witches” from McKay's

2016 book *The Witches of New York*. Coming in at just 112 pages, this mini Yuletide book is just long enough to tide us all over until the next full-length Witches book that we all hope is coming. It's the perfect story to curl up with as we celebrate the season with twinkling Christmas trees and warm mugs of cocoa.

The Lost Queen by **Signe Pike**

Set amidst the misty mountains and glistening lochs of ancient Scotland, this historical novel introduces readers to a long-forgotten queen who lived, loved and fought in a time of great disruption and bloodshed. As Christianity spreads north, Languoreth tries to stem the tide and save her beloved Old Ways, all while protecting herself, her family, and the man she loves. Containing seeds of the Arthurian legends, this first in a series promises great things to come from Signe Pike, a new juggernaut of the historical fiction genre.

24 Hours in Nowhere by **Dusti Bowling** (8+)

When you live in a small, dusty town like Nowhere, Arizona, there's nothing a smart, bullied kid like Gus could want more than to escape to a bigger and better life. From the beloved author who brought us last year's *Insignificant Events in the Life of a Cactus* (an all-time Hilary favourite), comes this funny, heart-warming story of friendship, bravery and dirt bikes! Gus is loyal, charming, and infinitely lovable. This book is a real winner.

Inkling by **Kenneth Oppel** (8+)

An amorphous inkblot is the star of the show in this sweet,

funny middle-grade novel by a real Canadian treasure. After escaping the pages of a famous artist's sketchbook, our hero goes on to travel through “his” house in search of new words and images to absorb, erasing some of the most well-known stories ever put to paper! Full of Oppel's trademark humour and adventure, *Inkling* is sure to captivate readers just as much as *Silverwing* did almost two decades ago.

I Hate My Cats (A Love Story) by **Davide Cali** and **Anna Pirolli** (Ages 4–7)

Just as much fun for parents to read as for children, this charming picture book translated from Italian perfectly illustrates how much we love our pets, despite the ways in which they sometimes drive us crazy.

Business Pig by **Andrea Zuill** (Ages 3–7)

This adorable picture book is all about friendship, family and finding your place in the world. When a litter of piglets is born at the Sunshine Sanctuary for Farm Animals, one little piglet is different from the others. Business Pig prefers making flow charts to playing in the mud, and would rather help with the bookkeeping than root around for acorns. So, when the time comes to be adopted, he must put all his business sense to good use as he tries to find his perfect forever family.

P is for Pterodactyl by **Raj Halder** and **Chris Carpenter** (Ages 4–8)

Subtitled *The Worst Alphabet Book Ever*, this tongue-in-cheek picture book is full of words that constantly set out to trick us, from Gnocchi to Pterodactyl to Tsunami. Complete with a pronunciation guide at the end, this book makes for lots of hilarious, tongue-tied fun...with just a little bit of learning thrown in.

Jill's Picks

Let Go! The Artist's Way of Cooking by **Yves M. Larocque** and **Monica Marquez**

Is it an art book or a cookbook? This magnificent book was conceived by a pair of artists who had been perfecting their recipes by entertaining friends and relatives. All the recipes are arranged according to the colour wheel. They are easy to assemble and pleasing to the eye at the same time. While the food is cooking, you can read about

the art piece that so beautifully accompanies each of the recipes.

Machine Without Horses by **Helen Humphreys**

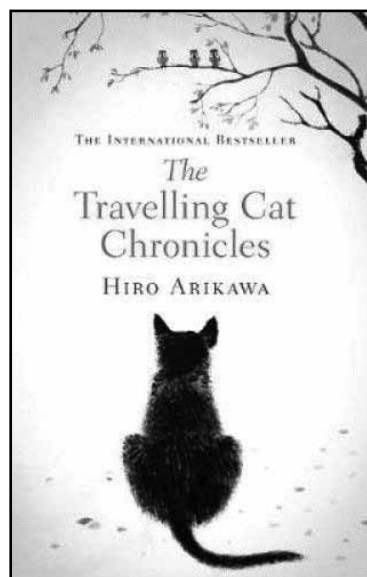
Helen Humphreys's latest book is divided into two parts: the how-to of writing a book and then the book itself. This is the story of Megan Boyd who became famous for “dressing” fly catchers for the salmon fishers of Scotland, but who had never actually fished herself. Helen, in her distinctive style, makes it all seem so easy as her narrative flows smoothly from nonfiction into fiction.

Paris Echo by **Sebastian Faulks**

Hannah is in Paris researching the lives of women in Nazi-occupied Paris when Tariq, a young Moroccan, enters her life as a lodger in her home. At first all is well, but soon the complicated pasts of both threaten to disrupt their present lives with implications that could affect both of their futures.

Warlight by **Michael Ondaatje**

It is 1945 post-war London. Nathaniel and his sister Rachel have been left in the care of their parents' lodger Moth and his friend the Darter. Soon, spies, criminals and danger become very much a part of the lives of these young children. Nathaniel looks back on these youthful adventures, and realizes that the world of espionage is far more complicated than he could ever have imagined



The Travelling Cat Chronicles by **Hiro Arikawa** (Translated by Philip Gabriel)

This lovely collection of stories about Nana, the cat with the crooked tail, and his owner Satoru makes a delightful read. Nana and Satoru travel in a silver van across Japan with the

intention of visiting three of Satoru's friends. They soon learn to depend on each other as they encounter some serious misadventures.

Stephanie's Picks

In a House of Lies by **Ian Rankin**

Everyone is hiding something, from the police to the criminals. Packed with intrigue, this is an impeccably crafted whodunit.

Unsheltered by **Barbara Kingsolver**

This is a compulsively readable story of two families in two different centuries, living in the same house. With history as its canvas, these characters paint a startlingly relevant portrait of life in precarious times.

Song of a Nation by **Robert Harris**

This gorgeously written tale documents the history of O Canada, from its origins in French Canada before Confederation to its controversial adoption as Canada's national anthem.

Barracoon by **Zora Neale Hurston**

In 1927, Zora Hurston interviewed 86-year-old Cudgo Lewis. Illegally brought to the United States, he was enslaved for 50 years after the slave trade was outlawed. At the time, Cudgo Lewis was the only person alive who could recount this time in history.

Born to be Posthumous: The Eccentric Life and Mysterious Genius of Edward Gorey by **Mark Dery**

Gorey published more than 100 books in his lifetime and illustrated numerous others. Really, the title says it all!

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EVENTS CALENDAR

DECEMBER

Wednesdays – Nectar Mindfulness Meditation Circle at 255 MacKay. 1:15 p.m. 613-304-7919. The Nectar Mindfulness Meditation Circle is a small group (4–8 people) who meet every Wednesday for an hour for an informal, participant-led gathering which includes gentle yoga, and walking and sitting meditation. Everyone welcome, regardless of experience. Free, though donations towards the operation of New Edinburgh House are encouraged.

Dec. 7 – Snowflake Breakfast Fundraiser at the Centre Pauline-Charron, 164 Jeanne-Mance St. 7–10 a.m. Tickets \$20; available online: dejeunerflocons.ca. The Snowflake Breakfast is a community fundraiser for the Vanier Community Service Centre's Partage Vanier food bank. Enjoy a delicious breakfast of pancakes, fruit, sausages, eggs, bacon, maple syrup from the Vanier Museopark, orange juice, coffee and tea.

Dec. 8 – Beechwood Christmas Market at Chartwell New Edinburgh Square, 35 Beechwood Ave. 613-744-0901. beechwood-market.ca. 10 a.m.–3 p.m. The Beechwood Market presents its winter edition, featuring gifts, goods, music and fun!

Dec. 10 – Songs of Light and Peace at St. John Lutheran Church, 270 Crichton St. 7

p.m. Admission by donation. The New Edinburgh Choirs, under the direction of Josh Zentner-Barrett, will perform a concert: *Light a Candle: Songs of Light and Peace*.

Dec. 12 – Holiday Spice Class at Union Street Kitchen Café, 6:30–8 p.m. \$25. Register: onunionstreet@gmail.com. The Union Street Kitchen Café hosts a class in roasting and grinding your own spices. Maximum 10 participants. Second class will take place Dec. 15, 12–1:30 p.m.

Dec. 12 and 18 – OrKidstra's Holiday Concert at the Vanier Hub, Ottawa Technical Secondary School, 485 Donald St. 6 p.m. orkidstra.ca. Celebrate the sounds of the season with OrKidstra's free holiday concerts, featuring some of their newest students. The main concert will take place Dec. 18, 6:30 p.m. at the Bronson Centre.

Dec. 14 and 15 – Silver and Gold at Dominion-Chalmers United Church, 355 Cooper St. 7:30 p.m. \$30–\$52. chamberfest.com. Chamberfest presents *Silver and Gold*, a festive Christmas program featuring the King's Singers and Jean-Sébastien Vallée and the Ottawa Choral Society.

Dec. 15 – Christmas Carolers along Beechwood Avenue. The Quartier Vanier BIA brings Christmas Carolers to Beechwood. Come sing along as they stroll down the street making pit stops in shops and restaurants along the way.

Dec. 19 – Veni Emmanuel concert at St. Columba Church, 24 Sandridge Rd. 7:30 p.m. Tickets \$20. stairwellcarollers.com. The Stairwell Carollers acapella choir will perform a concert of Christmas carols old and new. Details, page 27.

Dec. 21 – Winter Solstice Festival of Lights at 250 Montreal Rd. vanierbia.com. The Quartier Vanier BIA hosts an evening of fire, light and cheer on the longest night of the year. Bring out your lanterns and come watch fire dance performances.

Dec. 22 – Holly sale at St. Columba Church, 24 Sandridge Rd. stcolumbaanglican@bellnet.ca; 613-749-5103. The Altar Guild at St. Columba hosts a traditional holly sale, featuring fresh holly, baked goods, jams and jellies, and embroidered gifts.

Dec. 31 – New Year's Eve Gala at St. Bartholomew's Church, 125 MacKay St. \$125. Tickets available at eventbrite.com. 7 p.m. Ars Nova presents a New Year's Eve Gala, *An Evening on the Orient Express* with Tim Piper (piano) and former CBC broadcaster Rob Clipperton as Master of Ceremonies. Reception, silent auction, concert, dinner, dancing and door prizes. Church bells will ring at midnight!

JANUARY

Jan. 1 – New Year's

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

Day Brunch at the New Edinburgh Fieldhouse, 203 Stanley Ave. 10 a.m.–2 p.m. newedinburgh.ca/events. The Crichton Community Council hosts its annual New Year's Day Brunch, featuring food, coffee, wagon rides and entertainment.

Jan. 5 – New Year's Levee at Collège La Cité, Amphitheatre, E Building, 801 Aviation Pkwy. 1:30–4:30 p.m. RSVP: monafortier.ca/events or 613-744-4484. Join Ottawa-Vanier MP Mona Fortier and Ottawa-Vanier MPP Nathalie Des Rosiers and their teams for a New Year's Levee.

Jan. 8 – Ukulele Jam at Arturo's, 94 Beechwood Ave., second floor. 7–8:30 p.m. \$5. jamieanderson.com; jamie@jamieanderson.com. Beginners who know three to four chords on up are welcome to the weekly Ukulele Jam on Tuesdays. Music provided. Not a class, but Jamie Anderson will provide some instruction.

Jan. 9 – Watercolour art classes at 255 MacKay St. Wednesdays from 2:30–5:00 p.m. Register: 613-745-2742; nectarcentregm@gmail.com. Leslie Lambert will be teaching watercolour painting classes for beginners and intermediate artists. Basic equipment is provided for beginners.

Jan. 19 – Hockey Day in New Edinburgh at the New Edinburgh Fieldhouse, 203 Stanley Ave. 1–4 p.m. newedinburgh.ca/events. The Crichton Community Council hosts Hockey Day in New Edinburgh, featuring a skating skills competition.

Jan. 20 – A Fantasy of St. Petersburg at MacKay United Church's Memorial Hall, 39 Dufferin Rd. 7:30 p.m. Tickets \$15–\$25 available at

Books on Beechwood or at the door. The MacKay United Concert Series presents *A Fantasy of St. Petersburg*, inspired by the art of Chagall. Emily Westell (violin) and Roger Fera (piano) will perform music by Stravinsky, Shostakovich, Tchaikovsky and Prokofiev.

Jan. 26 – Protecting Your Brain at MacKay United Church, 39 Dufferin Rd. 2–4 p.m. The MacKay Brainery presents its first event of its second year on "Protecting Your Brain: Methods to Avoid Dementia and Alzheimer's" with Dr. Jan Dorrell.

FEBRUARY

Feb. 9 – The Volga Concert at MacKay United Church's Memorial Hall, 39 Dufferin Rd. 7:30 p.m. Tickets \$15–\$25 available at Books on Beechwood or at the door. The MacKay United Concert Series presents the Silflay String Quartet in a program entitled *The Volga* with music by Haydn, Shostakovich, and Afanasiev.

Feb. 10 – Feldenkrais Method of Somatic Exercise at MacKay United Church, 39 Dufferin Rd. The MacKay Brainery presents Dr. Michaela Kreim, who will explain the history and science of better connecting brain with body for health, followed by an introductory class in this gentle-movement practice.

Feb. 24 – How to Repair Your Own Clothing at MacKay United Church, 39 Dufferin Rd. The MacKay Brainery welcomes the owner of Sew-Jo's, who will lead simple, yet effective lessons on how to mend both cloth and knitted items of clothing.



Nathalie Des Rosiers
MPP/députée Ottawa-Vanier

*Best wishes of
the season!*

*Meilleurs vœux
de la saison!*

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www.nathaliedesrosiers.onmpp.ca



Classified Ads

RATES: \$10, first 25 words; \$5, each additional 25 words, payable on submission of ad. Public service ads (such as lost & found) free. Call Christina Leadlay, 613-261-0442 or email newednews@hotmail.com.

Dog/Cat Walking And Sitting Your house plants are also safe with me! Emergency and regular daily walking. Puppy Experience. References. Liba Bender: 613-746-4884.

Christmas church services

EvenSong brings CD release “home”

The following is a listing of some area churches offering Christmas and Advent services. Contact the churches directly for details.

St. Luke Lutheran Church

326 MacKay St.
613-749-1731
saintlukelutheran@gmail.com
stlukeottawa.org/home

Dec. 24 – Christmas Eve Carols and Candlelight Service at 7:30 p.m.

Dec. 25 – Christmas Morning Service at 10:30 a.m.

Church of St. Bartholomew

125 MacKay St.
613-745- 7834
stbartsottawa.ca

Dec. 16 – regular service 8:15 a.m. Sunday School Christmas Pageant at 10:30 a.m. A mini-bazaar will take place after the morning service and before the afternoon service. A Festival of Nine Lessons and Carols at 4:30 p.m., followed by a traditional Wassail!

Dec. 24 – Christmas Eve family service at 4 p.m. Evening service at 7:30 p.m.

Dec. 25 – Christmas Day service at 10:30 a.m.



MacKay United Church

39 Dufferin Rd.
613-749-8727
admin@mackayunited-church.com
mackayunitedchurch.com

Dec. 2 – First Sunday of Advent service featuring the Sunday School Christmas Pageant

Dec. 9 – Second Sunday of Advent service with communion, Rowdy Ringers and gifts for 507

Dec. 12 – Bittersweet of Christmas service at 7 p.m.

Dec. 16 – Christmas with the Vyhovskyi Strings Musical concert at 7 p.m.

Dec. 23 – Fourth Sunday of Advent Christmas service

Dec. 24– Family Christmas service with communion at 4:30 p.m.

By Eleanor Dunn

The audience at the EvenSong ensemble’s *Music from the Bridge* CD release concert on Nov. 25 experienced to a wonderful evening of music in the sanctuary at MacKay United Church. Smooth and professional, the Ensemble’s performance was a welcome experience on a cold night.

The EvenSong Ensemble formed as a quartet in 2016. It has since expanded to a quintet featuring local jazz musicians Peter Woods (saxophone), James McGowan (piano), Leah Cogan (vocals),

J.P. Lapensee (bass guitar) and Jamie Holmes (drums).

The quintet’s music focuses on the power of the contemporary concert experience as it relates to the progressive theology and inclusive community found in many congregations, especially the United Church of Canada. Audiences are treated to a fusion of jazz, gospel, pop, folk and blues styles, secular and sacred, all with a jazz spirit and spontaneity. Their live performances, which have garnered national attention, often feature collaborations with like-minded

creators of music, spoken word and other arts, performed anywhere from night-clubs and outdoor festivals to churches.

MacKay United Church is known as “the music church,” where chamber music concerts and jazz events are featured throughout the year. It’s been home to the EvenSong Ensemble since its inception in 2016.

Music from the Bridge CDs are available for sale in the church office on weekdays from 9 a.m.–3 p.m. Inquire at admin@mackayunitedchurch.com.

Haikus by Anna Neufeld

One Degree Weather
Hillsides Ablaze with Color
A Sight to Behold.

Strong Angry Wind Rules
People’s Dwellings Ripped Apart
The Wrath of Nature.

Hawk Searches for Food
Chipmunk Tries to Hide, But Fails

Hawk Finds His Dinner.

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newednews@hotmail.com

Congratulations



Vaughan Street welcomes newlyweds **Laura Jarecsni** and **Fred Gietz** who were married at MacKay United Church in May. Their Noel Street family is happy to have them close by.

Alex, father **Francis** and big brother **Remi** were delighted to welcome Beatrix to their happy family.



Julie Leblanc-St.Amour and **Andre St.Amour** of Evertrain Fitness welcomed their first child, **Mahalia Rose St.Amour** (above), on Nov. 4. Julie is doing well, and both she and Andre are excited for their new adventure as parents.

Condolences

Our thoughts are with the **Hollis Hallett** family on the recent death of William's mother **Clara Frances Edith Hollis Hallett**, who passed away at her home in Bermuda in November. She will be missed by her children, grandchildren and great-grandchildren in both Ottawa and Bermuda.

Welcome!



Chip, a 14-week-old Tibetan Terrier, is looking forward to meeting playmates when he musters the bravery for Stanley Park. Until then, look for him on the sidewalks of New Edinburgh.



New Edinburgh artist **Martha Markowsky** will be part in an art exhibition at the Gordon Harrison Gallery, 465 Sussex Dr., from Dec. 8-17. This painting, "Colours of the Burgh," will be at the show.

A hearty New Edinburgh welcome to **Art Southcott**, who now calls the New Edinburgh Square home.

Miscellaneous

Bon voyage to **Joyce Dubuc** of Vaughan Street who leaves for Nicaragua in early December. She thanks all who have contributed to her project: buying school supplies for all the students of two public schools in Nicaragua. Special thanks to Joyce's book club and MacKay United for their continued assistance. Learn more about the project at: [face-book.com/NicaSmiles](https://www.facebook.com/NicaSmiles).

Copious thanks to all the volunteers that helped to make **RPPS Book Fair 2018** a success – we could not manage without you! Related: Book Fair is seeking volunteers to fill roles on the Executive Committee for 2019: Book Donation Team lead; Sponsorship Coordinator; and Communications Coordinator. Come to our meeting Dec. 6 at 7 p.m. at the RPPS Library to learn more.

Isobel and **Mark Bisby** are available to house-sit Jan. 4–Feb. 15 if you are travelling, to keep your home warm, safe and secure. Please email ibisby@gmail.com or call 613-304-7919.



Photo by Liba Bender

Loraine Saumure, **Stan Jacobson** and **Dominique Jacobson** pictured at Jacobsons annual Night Market on Nov. 15, which featured samples of holiday food from their favourite local producers.

Photo montage by Louise Imbeault

Local author **Alex Binkley** recently published his third book, *Ultimate Wizard*, about how science and magic join forces to defeat the threat of climate change on Earth. The book launch will take place Dec. 2 at Books on Beechwood.

Congratulations to **Shelby Weatherby** and **Owen Wade** of Ivy Crescent on the birth of their daughter **Adelaide** this past August.

Congratulations to **Cathy McConkey** and **Bruce McLaurin** of Stanley Avenue on the birth of their grand-daughter **Beatrix**. Mother

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