

JUNE 2021

NEW EDINBURGH NEWS

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Improving cycling on St. Patrick Bridge is not rocket science

by Chris Straka

I was recently reminded of the importance of completing the grade-separated cycling network throughout this city after an unfortunately close encounter with a truck whilst riding my bicycle in traffic over the St. Patrick bridge. The lack of grade-separated cycle tracks on the bridge increases the likelihood of collisions by mixing cyclists into the traffic of motorized vehicles or the path of pedestrians.

Although flex-posts do provide some vertical definition of painted bike lanes in the summer months, they are removed to facilitate snow removal for most of the year, although cyclists ride in all seasons. A permanent physical barrier such as a curb is the most effective means of separating the variety of transportation modes that share the bridge.

Completion of the City's cycling network is delayed in many locations because of a lack of physical space, financial resources, or local interest. However, the St. Patrick bridge is one of those few pieces of low-hanging fruit that is ready to be picked now.

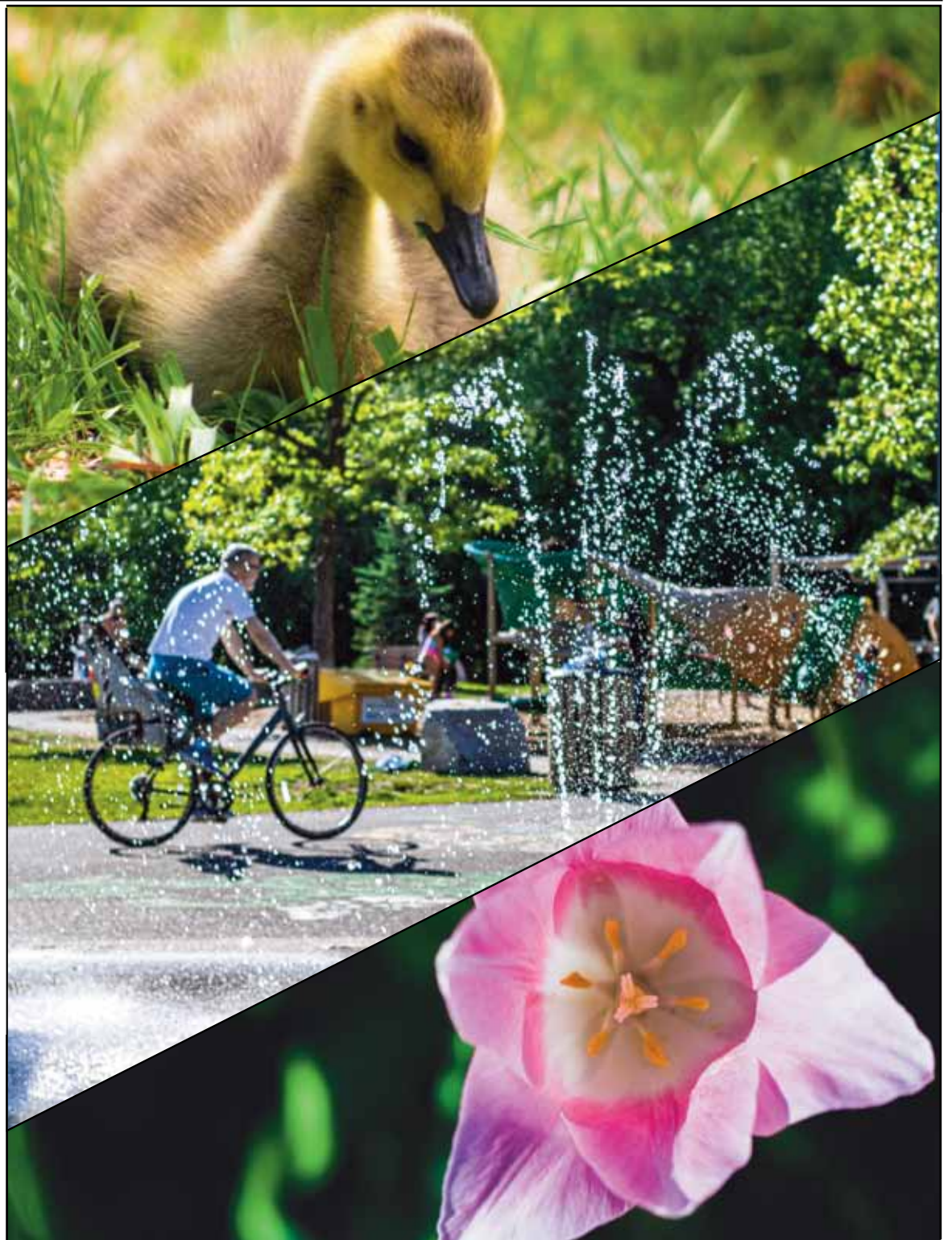
At a public meeting held on May 5, City staff confirmed that the St. Patrick bridge is ripe for renewal. Design work

is currently planned for 2022 with construction to follow in 2023–2024. Given how Ottawa's infrastructure priorities can shift and how timelines can be adjusted, now is the time to encourage City councillors to prioritize funding for bridge renewal and cycling network improvements in the upcoming budget cycles. Now is the time to consult with community associations, the business association, and other stakeholders.

Without community involvement in the bridge renewal process, the existing configuration of lanes on the bridge deck may be reinstated. City staff indicated that raised bike tracks may not be feasible "due to difficulties in modifying the drainage on this type of structure." One can be reasonably certain that if we can fly to Mars, we are also ingenious enough to drain water from a bridge constructed above a river.

Preserving the auto-centric attitude toward transportation infrastructure design that prevailed in 1975 when the current bridge was constructed will likely be the least expensive option. Given the form of densification occurring along Beechwood Avenue, bridge use by pedestrians and cyclists travelling to and from Ottawa's core will certainly

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Photos by Alexander McKenzie

The many faces of New Edinburgh/Stanley Avenue Park in spring: goslings by the Rideau River, people enjoying the park infrastructure, and stunning plants in bloom.

New Edinburgh Park, Stanley Park.... Whatever you call it, the greenspace along the Rideau River from Sussex Drive to Beechwood Avenue is one of the top reasons we choose to live in this neighbourhood.

The *New Edinburgh News* presents a special feature on "the park" complete with maps, rules, history and stories about what makes this greenspace unique and worth protecting.

But first, let's hear from local park users!

Every day throughout the year, a variety of people use New Edinburgh's park for many different reasons. Some access the park multiple times a day; others use the park in

many capacities – as pedestrians, cyclists, dog walkers or with their children. The New Edinburgh News reached out to residents via email and asked them:

1) What is your favourite thing about the park?

2) What would you like to improve about the park?

The following responses have been edited for length and content.

Karen McDonald

Crichton Street

Retired person, pedestrian, dog walker

I love walking my dog from our house, along the river path, past the play area and tennis courts, through the little woods, past the canine swimming hole, though the

big off-leash area, and if it's a nice day, around Rideau Hall and back home again. I love seeing all the people of different ages and family configurations enjoying the park.

Room for improvement: Somehow getting the litterers (including fellow dog walkers) to pick up after themselves. More garbage cans, perhaps? Also, keeping cyclists off the shoreline pedestrian path, especially now that there is a continuous paved bike path through the park. Would more signs help, or more barriers, such as big rocks, at strategic points to make it more difficult for [cyclists] to access the dirt path?

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What's the New Edinburgh Community Alliance?

NECA is the umbrella organization for all residents and community organizations in our neighbourhood. Every resident of New Edinburgh is automatically a member of NECA.

Its mandate is to develop and foster a sense of community among the residents; to research, develop positions and make representations to various levels of government on matters affecting the community; and to coordinate activities between organizations.

NECA's committees include Traffic and Safety, Heritage and Development, Beechwood Development, Park Vision and Environment and Climate Change. It also publishes this newspaper.

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). Its annual general meeting takes place in October.

Meetings are open to all New Edinburgh residents. Anyone wishing to make a presentation to the board should please contact Cindy Parkanyi in advance at newedinburgh@outlook.com.

Our next meetings will take place **Tuesday, Jun. 15, 7:30 p.m.** and **Tuesday Sept. 21, 7:30 p.m.** Meetings are held virtually on Zoom. Contact newedinburgh@outlook.com for details.

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Learn more at
www.newedinburgh.ca

Let's make the park experience pleasant for all users



Cindy Parkanyi
NECA President

There is lots on the go at the New Edinburgh Community Alliance (NECA) these days. Between reviewing and providing input on the City of Ottawa's Official Plan (a new draft is due out over the summer months), to working with the city on issues and improvements in the park, the things have been quite busy. Perhaps it's a blessing in disguise that we cannot travel too far afield this summer as there is quite a bit of important activity coming up.

As mentioned, the revised Official Plan will be issued with very little time for communities to provide final input before it goes for approval in early fall. We are also looking carefully at the possible use of secondary plans to ensure that any new development is sensitive to the surrounding neighbourhood and is consistent and predictable, as opposed to ad hoc. In addition, consultations are continuing on the City's Transportation Master Plan, which will guide transportation developments for the next 25 years. The Beechwood Village Alliance, a group with representatives

from all the communities along the Beechwood Avenue corridor, is working to influence new development in alignment with the concept of the 15-minute neighbourhood and the principles of appropriate and sensitive intensification to ensure a vibrant main street.

As you will note from numerous articles in this edition, our main focus at the moment is on the park. We have endured through nearly three years of the Combined Sewage Storage Tunnel (CSST) invasion into this precious natural resource. And now, with COVID-19, we are even more aware of the park's value as a place of respite, recreation, and rejuvenation. You will note that I refer to the park in singular form – as that is how many residents and other users see it. In fact, as you will read in this edition, the park falls under three separate jurisdictions: the City of Ottawa, the National Capital Commission, and the province of Ontario. This can complicate things. With this in mind, NECA is looking to revive a group that was once called "The Friends of the Park" to provide on-the-ground monitoring of the health of the park and to

coordinate with the various park stakeholders to enhance the space for all users. If you are an avid park user and enthusiast, please consider joining. Contact info@newedinburgh.ca.

We expect the park will be very heavily used this summer – by children, seniors, dogs, pedestrians, and cyclists alike – for recreation, exercise, and repose. We ask that everyone be sure to do their part to make the park experience pleasant for all users.

It may seem early to be talking about winter in the Burgh, but at its May board meeting, NECA heard from energetic local resident Justin Swan, who has proposed the creation of a "New Edinburgh Lane Winter Walk." Some of you may have enjoyed the wonderful display of lights along parts of River Lane last winter. Justin's idea is to expand this initiative to encompass a full circuit to delight pedestrians as they walk along the lanes. More information to come as planning progresses.

To receive the monthly NECA e-updates, please email newedinburgh@outlook.com or sign up through the community website: newedinburgh.ca. You can also join the "New Edinburgh Discussions" Google Group at new-ed-talk@googlegroups.com. You can also follow us on Twitter [@New_Edinburgh](https://twitter.com/New_Edinburgh). Learn more about NECA's committees and working groups, by emailing newedinburgh@outlook.com.

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Opinion

It is time to plan cycling network upgrade with upcoming bridge renewal

Continued from page 1

increase. A proactive investment in our community's active transportation infrastructure should be made in sync with the area's growing population, especially when improvements can be made in conjunction with an already planned bridge renewal project.

The layout of vehicular lanes and pedestrian walkways on the bridge do not reflect current priorities expressed in Ottawa's plans, policies, and standards. Incredibly, at least 2.5 metres of the existing 30-metre bridge width is currently painted with chevrons indicating that it is not to be used. This relative wealth of space must be integrated in a bridge design that addresses current needs and a collective vision for the future, instead of maintaining outdated and unsafe precedents.

Here is one vision for the St. Patrick bridge:

- a raised, vegetated median between lanes of motorized vehicular traffic, at the centre of the bridge;

- two lanes of motorized vehicular traffic in either direction;

- a raised, vegetated verge between the lanes of motorized vehicular traffic and bicycle tracks;

- a grade-separate bike track at least 1.5 metres wide, between motorized vehicular traffic and pedestrians;

- a material and surface texture change in a verge that defines bicycle tracks from pedestrian sidewalks;

- pedestrian sidewalks of at least 3 metres, between the bicycle tracks and the guard railing;

- observation platforms with benches and waste receptacles projecting beyond the existing railing at the centre of the bridge span;

- human-scaled lighting of the pedestrian and cyclist use

areas; and

- seamless integration of all lanes, tracks and paths with the adjoining network.

Chris Straka has crossed the St. Patrick bridge thousands of times while travelling to and from home during his 10 years in New Edinburgh. His opinions are informed by his professional familiarity with the City of Ottawa's infrastructure renewal processes, a master's degree in environmental design, and lots of saddle time mounted on his bicycle.

The New Edinburgh News warmly thanks our advertisers, both the faithful and the new, for their continued support of the community and of this newspaper. Your support is essential in helping us share the news of local happenings!



Photo by Christina Leadlay

Currently, seasonal flex-posts separate cyclists from vehicular traffic, though a physical curb would be best. Note the 2.5m of unused road painted with chevrons.

NEW EDINBURGH NEWS

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Working hard on vaccine distribution for a safer summer for all Canadians



Mona Fortier
Ottawa-Vanier MP

Dear neighbours, I hope you have been staying safe and healthy during this difficult third wave of

COVID-19. Like many of you, I profoundly miss leaving the house and interacting with people. The isolation is having a terrible impact on many of us, and my office has been getting a lot of calls and emails from constituents worried about their safety and their loved ones. I want you to know that I am listening, responding as quickly as possible, and also working collaboratively with my provincial and municipal elected colleagues (Lucille Collard, Tim Tierney, Rawlson King and Mathieu Fleury) to address many of the Ottawa-Vanier issues.

Our federal government has been working day and night to secure a brighter and safer summer for all Canadians by distributing vaccines as quickly as possible. As of May 3, more than 14.7 million doses have been sent over to provinces and territories and we'll be receiving

2 million doses a week from Pfizer alone.

As for the financial wounds that the COVID-19 recession has left, I am pleased to say that our government unveiled the Budget 2021 on April 19, which will focus on creating more jobs and growing the middle class in the days – and years – to come. Among hundreds of other measures, Budget 2021 proposes to:

- establish an affordable Canada-wide Early Learning and Child Care System, with a goal of reaching \$10 per day on average by 2026 and reducing fees by 50 per cent on average by next year;
- extend EI sickness benefit from 15 to 26 weeks;
- establish a \$15/hour federal minimum wage;
- create nearly 500,000 new training and work experience opportunities for Canadians including 215,000 opportunities for youth;

• grant \$1.5 billion dollars to the Rapid Housing Initiative in 2021–22;

• commit to one million new jobs by the end of this year;

• provide \$4 billion over four years, starting in 2021–22, to help small- and medium-sized businesses grow, access financing, and adopt new technologies; and

• make available a package of supports, totalling \$1 billion, to revitalize the tourism sector.

Through this legislation, we will continue to protect Canadians from COVID-19 and bring a recovery that brings everyone along.

For more details on the Budget or for help navigating federal agencies and programs, you can always contact my constituency office by phone at 613-998-1860 or by email at mona.fortier@parl.gc.ca.

Stay safe and stay strong.

MPP tables first private member's bill at Queen's Park



Lucille Collard
MPP Ottawa-Vanier

Spring is in the air and I hope it is raising your spirits! I know the past while has been extra exhausting, frustrating, and even frightening. I hear you and I'm grateful to all those that have shared their concerns with me as it allows me to bring them to the atten-

tion of the provincial government. I want to take this opportunity to give a brief update on what I have been working on recently.

The issue that has been top-of-mind is the need for a more accessible and equitable vaccine roll-out in the riding. Despite my repeated questions, letters, and statements, our community remains largely underserved by the provincial government's vaccine distribution. I continue to voice my concerns on this and I am grateful that Ottawa Public Health has recognized the need for more vaccines in our neighbourhoods.

Most recently, I introduced my first Private Member's Bill in Queen's Park to ensure children understand the reali-

ties of racial and social inequities in Ontario through the education system. The bill would also legislate research and action to build a more inclusive province.

Other causes I have been vocal on include adequate paid sick leave, committing to accessible childcare, instituting the Long-Term Care Commission's recommendations, and doing more to protect the environment. I want to assure residents of Ottawa-Vanier that I am always listening to the concerns on the ground and I am working at Queen's Park to urge the government to follow the science, make better decisions, and improve access to vaccines.

It may not feel like it right now, but the end is near. In the meantime, let's all hang in there.

As always, thank you for doing your part in fighting COVID-19. My team remains available to help. Please feel free to give us a call at 613-744-4484 or send us an email at lcollard.mpp.co@liberal.ola.org.

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Caldwell and Associates has the pleasure of serving the New Edinburgh and area community for 36 plus years. There have been many changes and challenges over the years but none quite as unique as 2020. A heartfelt thank you to all who have worked tirelessly from front line workers, health workers, essential workers, shop keepers, to those that wear their masks and wash their hands to make the difference in our lives and keep our community safe. Thank you ALL!

Deadline

for the next issue of the
New Edinburgh News



Sep. 10

newednews@hotmail.com

Despite the pandemic, progress continues in Ottawa



Jim Watson
Mayor of Ottawa

The COVID-19 pandemic has undoubtedly impacted nearly every single facet of our lives in Ottawa and around the world. Virtually no domain has been left untouched in the face of this public health crisis, with one exception: work continues to move forward on major projects that will transform this city for generations. I wanted to provide a brief update on a few of our largest infrastructure projects:

New Civic Campus

The Ottawa Hospital has completed the next stage of planning for the campus and plans to open in 2028 as one of the largest and most advanced hospitals in Canada. Construction of the project will help drive the regional economy, creating an estimated 20,000 jobs, as

well as research and training opportunities. Once open, it will offer world-class health care in Eastern Ontario that will attract health care providers, researchers and students from around the world.

Stage 2 LRT

With Stage 1 of our Light Rail Transit (LRT) system open and operating smoothly, we are keeping up the momentum to better connect the suburbs of Ottawa to the downtown core. Residents will see construction on all three O-Train extensions: South to Limebank Road and near the airport, east all along Highway 174, and west towards Moodie Drive and Algonquin College. I am encouraged by the pace of the ongoing work and look forward to seeing these next



Rendering courtesy Ottawa Hospital

Digital rendering of the Ottawa Hospital's new Civic Campus.

stages of our LRT roll-out over the next few years.

OPL/LAC Central Library

The new net zero carbon joint facility with Library and Archives Canada will be an accessible and welcoming space for all to connect, learn, discover and create. The plans include an area dedicated to

the study of Indigenous culture, as well as an open "town square" on the ground floor, and a rooftop café that will have stunning views of our historic Parliament Hill and the beautiful Ottawa River. This exciting new space is expected to open in 2024.

With that, I would like to once again thank the people

of Ottawa for their patience over the last fourteen months. Vaccines are rolling out in large quantities; the weather is getting nicer; we are making great progress on our key city-building projects and the end of this difficult journey is in sight. We will get through this together.

Call for east-end COVID test centre; new Airbnb rules coming soon



Rawlson King
City Councillor, Ward 13

As vaccine eligibility increases, please book your vaccine appointment as soon as you can.

Each person who receives their COVID-19 vaccine brings us one step closer to achieving "community immunity." Until enough people are immunized against COVID-19, we must still follow public health guidelines:

- Wear a mask.
- Stay home unless for essential reasons.
- Wash your hands.
- Practice physical distancing.

Go to rideau-rockcliffe.ca/covid19 to determine your vaccine eligibility and to learn how to register to be vaccinated.

During this crisis, I will continue to advocate for increased pandemic response in our ward. At the outset of the crisis, I called for the City of Ottawa to collect race-based and socioeconomic data on COVID-19 to determine its impact on racialized communities in conjunction with extensive discussions with members of Ottawa's racialized communities. The advocacy resulted in Ottawa Public Health (OPH) working with social service organizations to provide early socio-demographic data to City Council in June 2020, which demonstrated that 66 per cent of new COVID-19 cases in Ottawa originate from racialized groups. Working in conjunction with City

staff, the Ottawa Local Immigration Partnership, Ottawa Public Health and other organizations, my office has also been assisting in developing testing and vaccination and strategies for immigrant, Indigenous, racialized and low-income communities in Ottawa based upon community input and dialogue. These efforts are resulting in vaccination strategies in City designated hotspots, along with door-to-door wellness checks in high-risk neighbourhoods.

Working with MPP Lucille Collard, Rideau-Vanier Councillor Mathieu Fleury and Beacon Hill-Cyrville Councillor Tim Tierney, I requested that Ottawa Public Health formally consider establishing a COVID-19 Assessment Centre in the East End of Ottawa. Direct advocacy with my elected colleagues was successful and resulted in the establishment of a seasonal COVID-19 testing facility at the baseball stadium on Coventry Road. I am also working with other City Council colleagues to advocate for essential worker

vaccination and to urge the provincial government to reconsider closures for sports that can be played at a distance from others.

At City Hall, council recently approved tough new rules on short-term rentals in the city. Ottawa was pressed into action because too many homes in residential neighbourhoods were being rented out on such platforms as Airbnb and were being converted into "ghost hotels" which often resulted in parties and trouble. The new Short-term Rental By-law establishes a host permit system for local short-term rental hosts, as well as rules for short-term rental platforms and property managers.

The new bylaw stipulates only principal residences and cottages can be rented out, and the number of people permitted to sleep in a short-term rental is capped at 10 persons. Some properties that are not a host's principal residence would be permitted, but only in certain rural areas. Such properties would be defined separately as cottage

rentals. Contravention of the new bylaw could lead to hefty fines for both guests and hosts, up to \$100,000 each day that an offence occurs. In addition, the City could suspend or revoke a host permit for violating the by-law. Originally scheduled to come into force on June 1, 2021, the Short-Term Rental By-law has been delayed until a planning appeal is concluded at the Local Planning Appeal Tribunal (LPAT).

During this crisis, my office continues to work on your behalf. Please call us at 613-580-2483 during office hours, Monday to Friday from 9 a.m. to 5 p.m. or e-mail us at rideaurockcliffeward@ottawa.ca.

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BURGH BUSINESS BRIEFS

By Andre R. Gagne, Jane Heintzman, Randy Mar and Tamara Miller



Photo by Alexander McKenzie

First opened in 2017, Sundae School (pictured in 2019, above), is now permanently closed.

Farewell to Sundae School

While the pandemic has played havoc with the province's schools, here in our own neighbourhood, there is one pandemic-related school closure that will affect many of us, regardless of age. In early April, **Sundae School** owner-operator **Lindsay Taub** announced on Facebook that her popular summer ice cream emporium is now permanently closed, marking the end of a brief but successful run in our community.

Sundae School first launched in 2017 at the just-opened Kavanaugh condo building at 220 Beechwood Ave. Lindsay and her team went all out in pursuing the school theme in the new

ice cream shop, both in artful décor touches and in the menu, which featured such highlights as Recess Pieces, Pop Quiz, Chalk-olate Board, and Class Clown.

In its second year of operation, Sundae School moved to 131B Beechwood Ave., next door to Bridgehead Coffee, where it remained until its closure. While the interior space was slightly smaller than its first location at the Kavanaugh, the nearby outdoor patio area and the synergy with Bridgehead proved extremely successful, and it became a destination treat spot for locals of all ages. Lindsay's original vision for the business was to create a neighbourhood gathering

place where clients, young and old, could experience "the joy of being a kid in an ice cream shop" – and that she did!

As the COVID pandemic wore on, and the third wave struck this past April, it became clear that public health uncertainties were unlikely to resolve any time soon. Like all other small businesses, Sundae School had endured a very tough year. And as Lindsay noted in her farewell announcement, the shop's whole *raison d'être* – to be a relaxed and fun community gathering spot – was undermined by the constraints of physical distancing. Even after the crisis subsides and the rules



Photo by Andre R Gagne

The Dairy Queen at the corner of St. Laurent and Hemlock also closed its doors forever this spring.

are relaxed, she faced the possibility of an ongoing "gathering chill" in a community accustomed to distancing and risk avoidance.

Lindsay expresses regret at the closure of Sundae School: "I will miss seeing all the happy, eager faces." But she plans to resume her original profession as a youth and family therapist. In the wake of the myriad stresses on children and families faced during the pandemic, there's no doubt her services in this domain will be much needed and in high demand. Best of luck, Lindsay, and our thanks for the summer highlight you brought to our community in recent years. –JH

Manor Park DQ has closed

New Edinburgh area ice cream-lovers are watching their spots for cool treats melt away like a dipped cone on an August day. First came the closure of Beechwood Avenue's Sundae School (noted above) and now, after treating people right for more than five decades, the Manor Park DQ has served its final Peanut Buster Parfait.

With the summer weather settling in, area residents were awaiting the reopening of the popular ice cream shop after the seasonal winter

shutdown. Instead of a Dilly Bar, they were met with the words "CLOSED THANK U FOR 54 YEARS OF PATRONAGE" on the restaurant sign. As if to punctuate the message, the familiar DQ logo was removed, only its metal shape remaining of what once guided patrons to cool summer snacks.

Many took to social media to share memories of the restaurant that first opened its doors (and freezers) on 345 St. Laurent Blvd. back in the late 1960s. Some recalled being taken as children by their grandparents.

"I was very sorry to hear the Dairy Queen in Manor Park is closing," John Newcombe posted on Twitter. "This was a fixture of my childhood – a treat when I was little and the first taste of freedom when I could bike there with friends."

"A landmark from growing up nearby, but it was looking increasingly forlorn over the past few years," added Fergus Maclaren, who could perhaps see the writing on the wall for the restaurant.

While the DQ owners could not be reached as of press time for comment on the true reason behind the closure, online speculation points to the property having been sold

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Photo by Alexander McKenzie

Il Vagabondo on Barrette Street has been serving home-made pasta dishes at modest prices for 40 years.

to a developer for possible condo construction.

Not to end with these scoops of sadness, here's a cheery cherry on top: you can still get all your Dairy Queen favourites at the 401 McArthur Ave. location, just a five minute drive from Manor Park. —AG

Il Vagabondo soldiers on

For more than 40 years, **Il Vagabondo Restaurant** has been a fixture at the corner of Barrette Street and Marier Avenue, a cozy, unpreten-

tious Italian eatery offering home-made pasta dishes at modest prices. Artist **Karole Marois's** eye-catching mural of the Eastview Electric Street Car in 1909, emblazoned on the Barrette-facing façade of the restaurant, has helped compensate for its somewhat off-the-beaten-track location. But more importantly, its reputation for providing tasty, affordable favourites in a welcoming, home-like setting has attracted loyal regulars. And never have these

regulars been more crucial to the restaurant's survival than in these last months of the pandemic.

Il Vagabondo's owner-operator **Adriana Roy**, a Chilean by birth who acquired her skills in Italian cuisine while working for an Italian diplomatic family, is neither a pessimist nor a complainer. On the contrary, she is as positive, cheerful, and resilient an individual as it's possible to imagine. But even Adriana concedes that the

pandemic has been a very tough go for her restaurant, and this spring's third wave, the toughest of all.

Like other restauranteurs, she has been forced to pivot to take-out during lockdown phases of the pandemic, shifting back to indoor dining when constraints were relaxed. While take-out has offered a lifeline, Adriana concedes that business "is not great," presenting significant challenges. Not the least of these is attempting to safely navigate food suppliers to provision her kitchen with the fresh ingredients she insists on for her Italian fare. "I'm very picky," she admits.

While there is (we all hope) light at the end of the tunnel with the vaccine rollout and the gradual subsiding of the third wave, Adriana thinks that businesses should remain closed until we exit the tunnel, probably not before the fall.

In the meantime, says Adriana, "it's better to keep laughing" and to be grateful for all of one's blessings, however challenging our circumstances. She's thankful to have her health, spirits, and her resilient little restaurant – a survivor through

four decades of change. We wish her the best of luck, and thank her for her many years as a loyal advertiser in the New Edinburgh News. And here's hoping that some of the new residents of St. Charles Market (up the street from Il Vagabondo) will soon swell the ranks of Adriana's regulars once the pandemic ordeal is over! For take-out, call **613-749-4877**. —JH

SushiMe victim of vandalism

One evening in late May, the front window of **SushiMe** at 8 Beechwood Ave. was smashed by vandals. Regrettably, the restaurant's security camera was not functioning at the time, but the incident took place before dark, so numerous passers-by saw the event. According to witness reports, a group of three teenaged boys inflicted the damage, but in the absence of video evidence from the security camera, Ottawa Police Service has been unable to pursue the case. SushiMe owner/operator **Sue Jung** noted that the week before this incident, another break-in and minor theft had occurred at the res-

Continued on page 8

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Photo by Johanna Rostenne

Let’s show support for Beechwood’s SushiMe, which was vandalized in May.

Continued from page 7
restaurant, this time via the rear door, but she doubts that the two cases are related.
Sue anticipates that the cost of replacing the large window at SushiMe will be significant- and an especially cruel blow during the pandemic, which has devastated the bottom lines of restaurants everywhere. This is a moment to show community support: let’s be alert to signs of suspicious activity and give SushiMe a

prominent place on our local take-out lists. Call **613-741-4777**. Best of luck, Sue, and our sincere regrets at this pointless act of vandalism.
-JH
Bibi’s to expand opening hours
Since opening in January 2020 on the corner of Putman and Beechwood Avenues, **BiBi’s Middle Eastern Kitchen** has established itself as a fast, fresh, takeout option – a team committed to hospitality, sus-

tainability and quality.
We had a chance to speak with **Adam Weiss**, owner-operator of Bibi’s, to ask what it has been like for his first year and a half in business to have coincided with the COVID-19 pandemic.
Adam has worked in the restaurant industry for 15 years. He credits his time as opening general manager at Fairouz Café for expanding his appreciation of fine-dining Middle Eastern cuisine. He hoped to apply this learning to a quick-style restaurant – bringing the elements of hospitality, great flavours, and fresh ingredients to a takeout milieu.
Even as restaurant regulations have changed during the pandemic, Bibi’s has enjoyed continued success. Although they initially had room for 16 guests inside their restaurant, their small team always saw itself as more of a take-away establishment and planned to work with companies like Uber Eats, Skip the Dishes, etc.
However, Adam credits their ability to remain open on his loyal customers. “We wouldn’t be where we are if it wasn’t for the support of the community,” he says. “Of



Photo by Alexander McKenzie

Adam Weiss, owner of BiBi’s Middle Eastern Kitchen, credits community support for its success.

course, when the pandemic first hit, there were ups and downs, but we are still here because of the community. We do miss having our guests inside, and can’t wait to have them return.”
Bibi’s menu offers something for everyone, and Adam’s team was deliberate about reaching clientele with various dietary requirements. The Baharat-spiced chicken wrap is their number-one seller, and their vegetarian items – including falafel wraps and bowls – are very popular.
As we move into the summer, Bibi’s is looking to expand their pantry items. Currently available are items like their signature iced tea, hibiscus lemonade, saj chips, hummus, garlic sauce, spice blends and tahini chocolate chunk cookies which are so popular, they have trouble keeping them in stock! Their pantry will continue to grow, and we will see the wraps and

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bowls evolve.

More good news! This summer, Bibi's will be moving back to being open all week. "When COVID hit, we moved to being open six days per week," Adam tells the *New Edinburgh News*, "but we realized that sometimes there aren't that many options for people for takeout on Mondays and we want to be available to our community and online seven days per week."

Bibi's Middle Eastern Kitchen is located at 143 Putman Ave. Visit them at eatatbibis.com, find them on your favourite delivery app, or call 613-421-0711. -TM

ONEC thrilled tennis can resume

Seldom in its long existence has the Ottawa New Edinburgh Club membership been so enthused and proud, but at the same time, anxious for activities to begin.

"We are very excited to get back into the Boathouse once the renovations are finished, so we can continue to offer community access to water sports and to help reanimate the Ottawa River" said ONEC President **Meghan Hanlon**. "We hope our members and the public will share our excitement when they see all the improvements that will result from the completion of the project."

With an infusion of funding from the National Capital Commission, a careful renovation of the two-and-a-half-storey heritage boathouse on the Sir George-Étienne Cartier Parkway is well on the path to completion as part of the Federal Infrastructure Investment strategy. The ONEC board and members are eager to see the unveiling of the multi-year renovation to completely update the landmark boathouse, club facility, and riverfront. Featuring 16,000 square feet overlooking the Ottawa River, the soon-to-be year-round facility is designed to serve many generations of the public to come.

On the other hand, the extended provincial stay-at-home order is still in place (with a reopening plan recently announced), challenging the Board and staff to ensure members and guests have adequate time to plan their summer adventures at the Club.

Tennis was among the outdoor activities allowed to



Photo courtesy ONEC

Renovations to the Ottawa New Edinburgh Club's (ONEC) stately clubhouse on the Ottawa River are almost complete.

resume on May 29; the seven clay and four HarTru courts draw hundreds of avid players of all ages who are itching to swing a racquet outdoors again and resume friendly rivalries.

A start to the ONEC rowing, sailing, and paddling season usually depends on Ottawa River water levels, but with levels ironically at lowest for many years, the club is now waiting to begin installing 7,000 square feet of docks. This requires an army of member volunteers to muscle the docks into place along the riverside before water activities can officially begin.

Both water and tennis day camps programs for youth aged 7-17 have been drawn up, and staff and instructors are ready to go full steam ahead in accordance with public health guidance once given the green light.

To broaden member offerings, ONEC has trialed pickle ball, stand-up paddle boards, and group voyager paddles. Given the interest, the club will be looking to expand its paddling program in the coming years.

Of note, the ONEC will celebrate 100 years calling the Boathouse home in 2023. Stay tuned for upcoming plans to mark this historic milestone!

Here's to calm waters and a few aces in the coming weeks.

The Ottawa New Edinburgh Club (ONEC) is located at 504 Sir George-Étienne Cartier Parkway. Contact them at 613-746-8540 or visit onec.ca. -RM

Building better eating habits

For a variety of reasons, the COVID pandemic has brought food to the fore in our lives. For some, it's been a source of relief from stress and boredom; for others with a culinary penchant, it's provided an occupation and distraction in a home-bound environment; and for the health conscious, it's been front and centre as a means of supporting our immune systems.

Of these, stress-related eating habits have perhaps had the most visible impact. An

Continued on page 10

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Malcolm and John Harding

Apr. 29, 2021, *Ottawa Citizen* story reported on the results of a study by Agri-Food Analytics, which indicated that close to three quarters of those surveyed had changed their eating habits during the pandemic, with close to two-thirds reporting “undesired weight changes” (read: weight gain).

In this context, local nutritionist **Susan Alsembach**’s practice has taken on new relevance as a source of professional guidance. While most of us are acquainted with the Don’ts in the dietary realm – overindulgence in fatty, sugary, salty snacks comes to mind – we may have less assurance about the Do’s involved in healthy food choices, combinations, and amounts, which is Susan’s area of expertise.

In non-COVID times, Susan operates her practice in **Santé/Health Beechwood**, a complex of therapists on the third floor of 35 Beechwood Ave. in the New Edinburgh Square Building. During the pandemic, however, her consultations have gone online. Appointments begin with a 60-minute in-depth health assessment and review of a client’s concerns and objectives, followed up by 30-minute sessions to review meal



Photo courtesy Susan Alsembach

Nutritionist Susan Alsembach offers a gradual way to regain control over eating habits which have changed thanks to the pandemic.

plans and track progress. These in turn may be followed by biweekly or monthly coaching calls.

Susan’s cosmopolitan background has acquainted her with a broad range of professional experiences, as well as a host of different foods, cooking styles, and food cultures. Following her early years in Switzerland where she met her Canadian husband, she earned a nursing diploma at the University of Brighton in the United Kingdom, working in surgical, medical, gynecological, and palliative

care wards. Later, while living in Brazil, she completed a Bachelor of Science and Social Studies through the U.K.’s Open University.

When the family moved to Canada, Susan’s daughter was diagnosed as gluten- and dairy-intolerant. This challenging diagnosis inspired Susan to train as a holistic nutritionist at the Canadian School of Natural Nutrition, where she graduated in 2016. Two years later, she established her practice here in New Edinburgh.

The two pillars of Susan’s

practice are her weight-loss and Type 2 Diabetes programs. In both cases, the overarching objective is to develop a plan to help clients build better eating habits, “bit by bit.” Susan insists on a gradual approach, as opposed to an immediate, dramatic (and likely unsustainable) change. In formulating meal plans and associated recipes, her aim is to educate clients in the range of available options, leaving the final choices to them, depending on their individual tastes, preferences, and lifestyles.

Among the first topics covered in Susan’s preliminary client assessment is the family profile, a snapshot of the number and ages of children; school routines; parents’ work routines; and the overall household dynamic. With this in mind, Susan tailors her meal plans and recipes to suit the time available for meal preparation, as well as the types of food with which the family is comfortable. She often tweaks familiar recipes to boost their nutritional value and recommends food combinations that increase digestibility. Quantities prescribed in Susan’s meal plan for a family of four are geared to cover two morning meals for the adults only and four evening meals for the whole family.

For details, visit susanalsembach.com or call 613-620-3249, and be sure to check out Susan’s Blog,


which contains information about a broad range of food-related topics. —JH

Tavern awaits the green light

Owner-operator **André Schad** reports that his outdoor eatery, the **Tavern on the Falls**, is “ready to go, the second we are allowed to.” In fact, the restaurant has been poised to launch since late March, a plan suspended since beginning of the third wave of the COVID epidemic and the ensuing stay-at-home order, which shut down all dining and patio operations.

André remains hopeful that steadily dropping COVID case numbers, combined with the stepped-up vaccine roll-out, will allow for a gradual reopening this summer, with outdoor patios leading lists of safe dining spots. Unlike last summer, when pandemic protocols were relatively uncharted territory for stores and restaurants, they’re now routine, and will click into place at the Tavern on the Falls as soon as it opens.

The Tavern’s COVID protocols will once again entail tables separated by plant barriers and arranged at the required physical distance; plexiglass dividers separating the kitchen and bar from the dining area; hand sanitizing stations; regular disinfection of tables and chairs between sittings; a security team to ensure compliance with the rules, and a check-in proce-



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ture at the entrance to permit contact tracing. With this regime in place, the Tavern managed to have a safe and successful summer 2020, and André's team has every intention of doing so again this year.

The Tavern on the Falls is located at 50 Sussex Dr. behind the Canadian Geographical Society building overlooking the Rideau Falls. The Tavern's crowning glory is the view from the outdoor patio. It's among the most spectacular vistas in Ottawa, encompassing the Rideau, Ottawa and Gatineau rivers, the Gatineau Hills, and Jacques Cartier Park. And all summer long, diners at the Tavern have a front-row seat for glorious sunsets over the Gatineau Hills.

The fare at the Tavern this summer will continue to feature gourmet "dawgs," ranging from "the classic" (ketchup, mustard, and relish) to more adventurous, spicy options like the Tijuana. Also on the menu are gourmet tacos, including a vegetarian option, and salads ranging from light side-dishes to a meal-size option. And of course, a wide range of drinks will be on offer – it is, after all, a tavern! – including some new cocktails André plans to introduce as soon as doors open. Best of luck André and the team: our fingers are crossed for an early and safe reopening! –JH

Chilaquiles feels your love

"A big thank-you to our community for supporting us through these unprecedented times," says **Kelvin Molina**, who, with **Soemy Sanchez**, is half of the husband-and-wife team that brought **Chilaquiles** to 49 Beechwood Ave. in late 2019. "We have been welcomed and made to feel part of the community from day one," Kelvin tells the New Edinburgh News.

Now firmly planted on the Beechwood strip with its traditional Mexican cuisine, Chilaquiles continues to up the neighbourhood's global cuisine offerings. Soemy oversees all recipes and kitchen preparations reflecting her Yucatán roots and expansive native cuisine, and the restaurant is named for the traditional Mexican dish, *chilaquiles*, made from pieces of lightly fried corn tortillas cooked in green or red salsa, with either tender chicken or beef, and garnished with a



Photo courtesy Kevin Molina

The Chilaquiles team is proud of their Yucatán-influenced cuisine, available for delivery or take-out daily.

variety of cheeses.

After moving into their street-front location in late 2019, the pair were just hitting their stride when the pandemic hit. Even during the bleakest times, the Chilaquiles team proudly managed to stay open seven days a week, with the support and encouragement of the surrounding community.

Not surprisingly, family-oriented dishes like the home-made chilaquiles described above, along with enchiladas and burrito verde were in demand, while individually-sized tacos, burritos, and quesadillas remained popular for takeaway. They continue to offer many of the most well-known Mexican beers that conjure up images of sandy beaches.



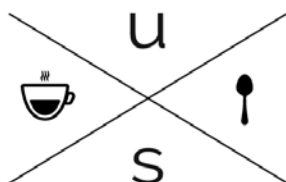
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variety of cheeses. Online ordering is a necessity now, as is curbside pickup, but delivery is also available via UberEats or Skip the Dishes. Note that all Chilaquiles containers are now made of recyclable or biodegradable materials!

Sadly, a second Cinco de Mayo has passed with Chilaquiles unable to host the traditional Mexican celebration with food and live music. But Kelvin, Soemy, and their team are looking ahead to sunnier times and warmer weather while plan-



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ning new menu offerings, including weekly and month-long specials featuring new recipes. They are considering launching their own in-house delivery service as well.

Chilaquiles is located at 49 Beechwood Ave. Contact them at 613-699-7100 or chilaquiles.ca. –RM

LCBO up and running

After many months of anticipation, the new Beechwood outlet of the LCBO (Store # 686) quietly opened its doors on Mar. 29 – a "soft opening" if there ever was one!

The shop is reasonably spacious for physical-distancing purposes, offering more than 5,000 square feet of display space for a selection of 1,680 wines, spirits, beers, ready-made cocktails, and coolers. "Buy local" patrons will find more than 200 Ontario wines, including 145 VQA wines, and a wide selection of Ontario craft beers and other domestic brands. There is also a substantial section for chilled beverages, always in high demand in the steamy summer months. Five well-spaced checkout aisles for in-store shoppers should help to keep lineups to a minimum.

The new Beechwood store offers same-day pick-up for online orders (lcbo.com) with a relatively swift turn-

around time of only three hours. Customers can pick up orders in the parking lot behind the store: enter via 411 MacKay St.

LCBO Beechwood manager **Marc** works with eight full- and part-time employees to offer service seven days a week, from 10 a.m.–9 p.m. Mondays through Saturdays, and 11 a.m.–6 p.m. Sundays. For more information, call **613-741-5046**.

Whether or not your tastes run to alcoholic beverages, it's a great relief to see some life on the ground floor at Minto Beechwood. –JH

SCM boosts local businesses

The majority of the homes in the St. Charles Market (SCM) residential development are now occupied, and over the coming summer, new residents will be acquainting themselves with the neighbourhood. As a welcoming gesture and a boost to local businesses, SCM developers, The Lake Partnership/ModBox, have given each new homeowner a gift certificate to a local restaurant or food shop, encouraging them to discover the many amenities within walking distance of their new homes. Pandemic permitting, there'll be much to explore! –JH

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Working towards appropriate infill



Heritage and Development Committee - Comité Patrimoine et Développement

By Gail McEachern, Chair, Heritage & Development Committee

The demolition of a house and the new construction at 189 Stanley Ave. have piqued the community's interest. From the perspective of the New Edinburgh Community Alliance's Heritage and Development Committee, it's a success story that shows how early involvement in the planning approval process means we will get a building that suits the district.

Back in October 2019, a member of the City of Ottawa's heritage staff invited NECA to attend a presentation on a proposal to demolish the bungalow-style single family home at 189 Stanley Ave., and replace it with two front-to-back semi-detached dwellings.

This meeting was significant. Often, in the past, NECA was left out of the consultation loop, only finding out about a proposed construction project in our Heritage Conservation District after planning staff had held several consultations with the applicant, and after the proposed project had been approved and a Heritage Permit issued to allow construction to proceed. NECA's involvement in

the initial review of the redevelopment proposal for 189 Stanley Ave. was the result of a Heritage Conservation District Pre-Consultation Pilot Project initiated by the City in July 2019. New Edinburgh, Rockcliffe Park, and Sandy Hill were the three

cant, and the applicant's architect from Project 1 Studio. The proposed plan showed two starkly modern three-storey structures with flat roofs, floor-to-ceiling glass with black metal frames, a cladding of grey brick and sections of charcoal grey panels.

"A preliminary evaluation suggests that this proposal may not be compatible with the character of the HCD," was the heritage planner's initial response, highlighting concerns with the height, massing, and materials of the proposed houses; the plan

proposal.

In the spring of 2020, Project 1 Studio submitted a revised proposal which did little to satisfy the concerns raised by the City's heritage staff, specifically concerning the removal of trees and landscaping; the buildings' size and massing; and the architectural expression of the buildings in relation to the neighbourhood. In response, NECA confirmed its "total agreement" with the staff's position on all the issues outlined in their Draft Comments of Apr. 1, 2020, and commended City heritage staff

rear-yard landscaping.

"NECA endorses, without hesitation, the most recent proposal for the redevelopment of this property," we wrote to City heritage staff in our Jul. 27, 2020 response to this new proposal. "The architectural team [...] has done a commendable job in producing a design that respects the guidelines and directives found in New Edinburgh's Heritage Conservation Plan."

The positive aspects of the proposed development are outlined in relation to the historic district's cultural values



(left) The original proposed design for two semi-detached dwellings 189 Stanley Ave. (right) The final design proposal, fulfilling both City and NECA heritage concerns, was approved and is currently being built.



neighbourhoods involved in this pilot project, which ran from October 2019 to April 2021. The pilot's goal was improved collaboration between heritage groups and city staff by giving ample opportunity for community feedback.

In October 2019, members of NECA's Heritage and Development Committee meet with the project's city heritage planner, the appli-

to remove all trees from the lot; the lack of connection between the design of the facades; and the look of the existing streetscape. She requested that the architect return to the drawing board and alter the design to better respond to the guidelines laid out in New Edinburgh's Heritage Conservation Plan. NECA completely agreed with the heritage planner and did not endorse the initial

for their "excellent and thorough" analysis of the proposal. "Unless there is a dramatic change in the design, footprint, massing and landscaping, this project should be scrapped," we wrote.

In mid-April, 2020, the owner of the property hired a new architectural firm, Ottawa Carleton Construction, which took a different approach to redeveloping the site based on the comments we had collectively made. The principal features of the new development proposal were:

- two front-to-back semi-detached dwellings of two storeys containing four independent units in each;
- traditional-style buildings with peaked roofs;
- cladding in red brick referencing other existing brick houses on the street;
- four steps to wooden front porches with hip roofs; and
- retention of trees and establishment of front- and

which are that:

- the massing, scale and design enhances the continuing architectural evolution of the historic district while complementing the neighbouring character;
- the design reinforces the balance and rhythm of existing buildings along the streetscape;
- the design is a contemporary expression maintaining a form and mass found in the neighbourhood;
- the design details fit in with the neighbourhood's defining features, including facade materials, individual entrances, and the articulation of the individual units; and
- the retention of the mature tree is one of the most important impacts in retaining the green character of the site.

This is an attractive and appropriate plan for this property.

The review process for this project was lengthy, but thorough. Because of the ongoing communication and collaboration between the City's heritage staff and NECA, the community will see an example of infill development that is of a compatible scale and style with its neighbours.

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Park life special feature

Residents share what they love and want to improve in the park

Continued from page 1

Kathy Kealey
Dufferin Road
Dog walker

The best thing about the park is its use by all residents, young and old, human and animal.

I'd like to see our park enhanced by the addition of a small, multi-use pavilion for yoga, small concerts, outdoor painting classes, and shelter from inclement weather. A few drinking fountains, cobblestone paths to cut down on muddy walkways, covered benches to shelter from the sun, and more garbage receptacles would make the park much more user friendly.

Frances Middleton
Stanley Avenue
Family with young child, dog walker

Our favourite thing about the park is its natural beauty; how it's so green and has various types of vegetation. We also love the different views that the park has to offer, whether you're taking it in from a bench or standing in the off-leash area and looking across Rideau River to Parliament.

As long as the flora and fauna wouldn't be negatively impacted, it would be nice if the bank between the tennis courts and workout area and the Rideau River could be restored to something more natural. You can't tell from the path itself, but from across the river the crumbling retaining wall is a bit of an eyesore. More benches along here could be nice!

Michele Carini Bruinsma
Stanley Avenue

What I love: that it's an off-leash dog park with lots of green space.

Room for improvement: More rubbish bins, plus replacing the broken ones. How about recycling bins for glass, plastic, and trash and one specifically for dog poop, which are standard in European public parks and now even in Kitchener, Ont.

Saman and Dorothy
Crichton Street
Recreational users and nature lovers

What we love: The proximity to the river, the green

landscape, the wildlife (particularly birds), the change of use and landscape over the different seasons.

To improve: More frequent garbage collection from the bins; complete the planting of grass near the water storage tank facility; maybe have more volunteer cleaning drives for the banks of the river.

The Shepherd Family
MacKay Street

I'd like to see many more wildflowers to attract the monarchs. The old monarch garden seems to have disappeared. I'd also like to see more "NO BIKES ON THIS STRICTLY WALKING PATH" signs. It is most irritating to have bikes roaring past on the walking path.

Karen Squires and Richard Aubry
River Lane

I love how the park brings our community together, right in the heart of our beautiful city. I think everyone benefits from this amazing green space and I'm so pleased that it's now back in full use again [after years of infrastructure work]. We must continue to protect our green spaces to ensure they are natural, clean, and safe for everyone.

I think more effort in keeping the entire park area clean is very important. There is still a considerable amount of garbage left behind on Stanley in and around the park. There needs to be more accountability when groups use the park for events to ensure there is zero "garbage footprint" left behind. With more people using this limited space, there should be more support to ensure green space is protected and clean. We continue to lose trees for a variety of reasons (i.e., climate change) so trees and bushes need to be replanted to ensure we maintain our limited green space, moving forward, for all to enjoy.

Eileen Olexiuk
River Lane

Senior, retired person, pedestrian

I love the river, the trees, the birds, and other small animals that live there: the peacefulness of nature. I also



Photo by Christina Leadlay

The park's variety of users: Seniors, cyclists, dog-walkers, pedestrians and children enjoy the gorgeous weather on May 29.

love the activities, especially for young people: cycling, soccer, baseball, skating or just playing on the equipment.

What I would like to see improved is restricting cyclists to using the bike lanes, and not taking the walking paths along the river. We need better signage strategically placed and visits by bylaw officers until such time as respect for all users is recognized.

Jill Nowell
Dufferin Road

I think that finally the city has built us a wonderful new park for our neighbourhood. I love all the trees that have been planted and keep finding new paths to wander about while walking my dog.

However, it is taking a very long time for the seeded grass areas to grow and as a result we get very muddy areas when it rains, and this destroys the new grass trying to grow. The areas now need to be covered with sod.

Deepee Khosla
River Lane

My favourite thing(s): I love going for walks along the river. In the winter, the skating rink is a blast.

It would be nice to have

with an urban meadow theme using native flowers, trees and grasses that will attract more diverse insects, birds, and wildlife. This is something that is happening internationally in cities as biodiversity is threatened and development and agriculture eat up natural habitats.

Justin Swan
River Lane
Family with young children, cyclist, pedestrian, sports & rec user

[I love] the waterfront. It provides great views of the downtown, Parliament, and Minto Bridges – a unique perspective of our capital.

[I would make improvements] to evolve Stanley Park into one that is internationally renowned and a top-three destination in the capital. This would include expansion of the park through amalgamating Porter Island, Bordeleau Park, the Rideau Falls, and Stanley Park via a new pedestrian pathway "loop." The loop would connect new destinations within the park as well – a small outdoor theatre on Maple Island, a seated patio at the new junction framing the view of the Parliament, a canoe dock, and a new and expanded fieldhouse worthy of hosting a variety of events and programming. Let's be bold!

—compiled by Christina Leadlay

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Park life special feature

No more mowing: The case for re-wilding the park

By Ann Davis

Just as the work on the Combined Sewage Storage Tunnel (CSST) was starting in Stanley Park in 2017, I spoke to a supervisor, a nice man in a white hard-hat. I grumbled about losing the wild, natural feel of the place. Hoping to placate me, he asked me not to worry; once the work was done, all would be restored better than before. In fact, they would plant 40 rosebushes. Stunned and upset, I replied that the New Edinburgh community did not want a formal, manicured park; we did not want rosebushes, but rather a natural environment with native plants. Once again, the park

would change.

Over the subsequent years as the CSST was being built, the community held a number of meetings to discuss the look of the restored park. Here we were presented with various options: did we want lights on the paths; did we want a paved road down to the river; did we want a defined path through the wood? Paved paradise. We answered “no” to all of these. Most of the participants (not all) supported less intervention, wanting to keep the park as close to its natural state as possible.

But the dominant design aesthetic seemed to be to control nature, man over nature,

formal rather than informal. After all, the CSST is a manmade effort to improve nature’s deficiencies. This followed through in patterns of mowing the grass. The northern end of the park, the area often referred to as the “dog park,” was partly cut grass and partly field allowed to run wild. With the CSST area blocked off, walkers developed a winding path through this unmanicured field. An expanding crop of milkweed, beloved by monarch butterflies, flourished adjacent to this path. Soon, however, the grass cutter mowed along this path, eventually cutting a swath about four metres wide. The



Photo by Alexander McKenzie

Why should an urban park be a natural vegetative system rather than a formal landscape? One reason is climate change.

milkweed and all the other wildflowers were pulverized. Then another path was cut. It, too, was expanded with each mowing. Finally, in early May 2021, all the wild vegetation was removed. The story is like that of the poor frog put in a pot of water slowly being brought to a boil. The frog perished, as did the tall grasses.

Why should an urban park be a natural vegetative system rather than a formal landscape? One strong reason is climate change. There is firm agreement that green infrastructure and climate resilience go hand-in-hand. Rewilding is the current order. This involves stepping aside and allowing natural processes to occur, encouraging wild plants, insects and birds. This means letting go and reducing micromanagement. Another reason is that the natural is much more peaceful and harmonious. We go to the park for restoration. It is also cheaper, involving less maintenance, less grass cutting, more wildlife.

What should an urban park look like? The template is the masterpiece Central Park in Manhattan. Designed by Frederick Law Olmsted and Calvert Vaux in 1858, it is a combination of the natural and the manmade. For Olmsted “[the beauty of the park] should be the beauty of the fields, the meadow, the prairie, of the green pastures and the still waters.” One famous section is The Ramble, designated a protected natural preserve. It

was to be a “wild garden,” to be viewed as a “natural” landscape. Olmsted wanted it to “affect the imagination with a sense of mystery.” The Ramble is a major centre for birdwatching. Olmsted also designed Mount Royal Park in Montreal, Que., based on the same principles he used in New York.

So what happened in Stanley Park and why? Much of the wild field has been cut down so that the top part looks like a golf course. It is no longer a habitat for wildlife. The sparrows’ nests have been crushed; the voles and mice exposed; the wildflowers eliminated; the insects discouraged. Was this the work of some overzealous mower? It appears not. Rather the ecological and environmental benefits, the immersive experience of nature have been reduced to second place, following a disregard for nature and an assumption that the manmade aesthetic should triumph. This is a great pity. Luckily, given time and sympathetic management, this disaster can be reversed. Let us hope.

Oh, and by the way, those 40 rosebushes have now been planted in Stanley Park.

Ann Davis is a former board member of the New Edinburgh Community Alliance, and a current member of the Alliance’s Environment Committee. She has lived in New Edinburgh for nine years and walks her dog Barney in Stanley Park every day.

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Park life special feature

A tale of two parks: New Edinburgh and Stanley

By Janet Uren

The parks that line New Edinburgh to the west have two names, three owners, and a complicated history. The tale begins thousands of years before the arrival of settlers in the Ottawa Valley, when Indigenous peoples began using the Rideau River as a highway, and a forest-choked wilderness crowded the shoreline.

By the mid-nineteenth century, the whole area along the eastern bank of the Rideau River was owned by industrialist Thomas McKay. He began to acquire land in 1829 and by the time he died in 1855, he owned some 1,200 acres. As for the village, it spread out along Ottawa Street (now Sussex Drive) and southward along the edge of today's park. Beyond Charles Street lay a pastoral landscape of fields and forest stretching down to the marshy riverbank.

New Edinburgh was an industrial village, but the riverside was relatively unspoiled until 1854, when Ottawa's first railroad laid a line of tracks through the area. The stone piers of a railway bridge are still visible today in the Rideau River, while the lane slanting into the park from Stanley Avenue near Dufferin Road marks the old railway embankment. It was a messy time: piles of lumber, potash, and waste were dumped alongside the tracks. Children who skated on the Rideau River (like future hockey star Frank Boucher) used to pick up oil-soaked rags from along the tracks, arrange them on the river ice and set fire to them at night to illuminate their skating rink.

Industry grew up around the railway line – notably an ink factory (1893–1903) run by a son of Dr. Ralph Bell, who lived at 151 Stanley Ave. The factory stood right behind Dr. Bell's house in what is now Stanley Park.

It was not all grit and grime, however. Even as the trains steamed and clattered through, children congregated at the Flat Rocks swimming hole, and softball tournaments were held on a patch of open land between



Image courtesy of Archives of Ontario
1876 painting by Anne Langton of the Rideau River looking toward Parliament Hill, with the railway bridge visible on the left.

the river and the railway line (today's sports field). In 1951, the city installed a 200-foot swimming pool fed with river water. Though the pool closed in 1971 because the murkiness of the water contravened new health regulations, its concrete edges are still visible near the tennis court.

The Gréber Plan of 1950 called for the removal of unsightly railway lines from central Ottawa. The last train came through New Edinburgh on Jun. 15, 1964, and the National Capital Commission (NCC) pulled up the tracks shortly afterwards. The area's future as a park was in jeopardy, however, as the 1969 regional plan foresaw using the right-of-way for a new highway (the Vanier arterial, connecting Beechwood Avenue to the MacDonald-Cartier bridge to Quebec). New Edinburgh residents fought the plan tooth and nail for nearly 30 years and stopped the project in the 1990s.

Part of the park – most of the area commonly called “the dog park” – was once an island. By 1976 at the latest and presumably to prepare for building the highway, Ontario's Ministry of Natural Resources had filled in the narrow landward channel that ran roughly along today's bike path before it curved southwestward to join the river at what is now a little beach. Ontario retains ownership of the reclaimed land, while the NCC owns

most of the park south from Sussex to the near edge of the sports field: it calls this “Stanley Park.” Beyond that, it is city property – called “New Edinburgh Park” – all the way to Beechwood Avenue.

None of the three owners took much interest. In 1978, the president of the New Edinburgh community association described NCC's Stanley Park as a “weed patch.” As for the City, Ottawa used New Edinburgh Park mainly as a dumping ground for salt-contaminated snow in the late 1970s, and even in the 1980s someone standing at Beechwood Avenue and looking north would have seen nothing but a wasteland. Not until the 1990s, when the Vanier Parkway extension was in its death throes, did the identity of the area as parkland really take hold.

By then, local citizens had taken it upon themselves to demonstrate the green potential of the Rideau River shoreline. They did this by planting wild roses and trees in the barren area between Beechwood Avenue and Dufferin Road, and a Butterfly Garden at the boundary of NCC and City land. When Ottawa put in tennis courts and built a field house in 1993, it was tacitly accepted that the parkway was dead, though it remained in the official plan until 1996.

Since the late 1990s, the green vocation of these two parks has gone largely unchallenged. There was a long hiatus in public use, of



Photo by Guy Lacelle
The river-fed pool in Stanley Park just before it closed in 1971.

course, when the NCC closed Stanley Park to remediate chemical-soaked soils from the industrial past (2009–12). More recently, there has been a four-year project to install a sewage storage tunnel (2017–20). Both projects have been followed by periods of new planting and renewal.

During the long battle over the Vanier arterial, someone was heard to say dismissively that “no one uses the park much.” That is certainly not true today. During the pandemic in particular, the park has brimmed with people: families, children, seniors,

bikers, dog-walkers, joggers – all gratefully escaping from isolation into the beauty of the Rideau River shoreline. The little patch of land that forms the western boundary of New Edinburgh – so often abused, neglected, and fought over – has never been more valued.

The research into Stanley Park is ongoing as Janet Uren and Martha Edmond work towards a full-scale history of New Edinburgh. Anyone with information or images relating to this story are invited to get in touch at janet.uren@wordimage.ca.

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Park life special feature

Get involved with the park's bountiful biodiversity

By Tamara Sorger

Stanley Park is the heart of New Edinburgh. No matter which way you enter the park, you're greeted by trees, greenspace and water: a natural escape in the middle of the city. All that beauty has a purpose. The park, with its multiple types of trees and plants, is literally working to protect the planet.

Biodiversity

Biodiversity is the variety of life in all its forms. It is used to measure the health of biological systems; specifically, the danger of too many species becoming extinct. As park users, we derive value from biodiversity through such leisure activities as enjoying a walk or birdwatching in the park.

What we're not seeing is the important role all those trees, flowers, shrubs, and bugs play in helping to regulate the park's chemistry and atmosphere. Biodiversity is directly involved in recycling nutrients and providing fertile soils in ways that cannot be



Photo by Tamara Sorger

Trees help regulate the park's chemistry and atmosphere.

mimicked by humans. There are an estimated eight to nine million species on the planet, just under two million of which have been described. The survival of all these species, and the interlinkages between, are essential to the health of the planet.

As humans, we rely on a healthy planet for the food we eat, the air we breathe, and

the medicine we need when we're sick. Yet nationally and globally, biodiversity is under attack. According to the World Wildlife Fund's *Living Planet Report Canada 2020* report, Canada faces the following risks: w

- Populations of species of global conservation concern — assessed as threatened on the International Union of Conservation of Nature Red List — have by 42 per cent, on average, from 1970–2016.

- Populations of Canadian species assessed as at risk nationally by the Committee on the Status of Endangered Wildlife in Canada have declined by 59 per cent, on average, from 1970–2016.

- At-risk species face an average of five threats, including the accelerating threat of climate change.

How you can help

We can all play a role in protecting biodiversity, including in Stanley Park. In addition to picking up any litter we find, we can keep an eye on the health of the park's trees, flowers, animals, bugs, and plants. We can start by documenting the various life-forms. Here are some of the things I have seen in the park recently:

- **Mallard ducks:** According to Wikipedia, mallards (*Anas platyrhynchos*) are generalist foragers that eat a wide variety of food. They don't dive, but tip forward in the water to eat seeds and aquatic vegetation. The glossy green-headed males (drakes) and



Photo by Tamara Sorger

Mallard ducks are among the species of creatures that call the park home.

brown-speckled females (hens or ducks) can be found in almost any wetland habitat.

- **Elm trees** (*Ulmus/Ulmaceae* family): Originating in Central Asia about 40 million years ago, the elm genus is hermaphroditic; its flowers are mostly wind-pollinated, although bees do visit them, according to Wikipedia. Eight species are endemic to North America, the most common of which is the American Elm (*Ulmus Americana*).

- **Cattails** (*Typhaceae* family): Named for the plant's cylindrical, brown fruiting spikes, cattails are herbaceous, perennial plants that grow in marshes and waterways, according to gardeningknowhow.com. Two of the eight worldwide species can be found in Canada: the narrow-leaved

cattail, *T. angustifolia*, and the common cattail, *T. latifolia*. Its rootstock, young shoots and green flower spikes, pollen and oil-rich seeds are all edible. Cattails also provide food and shelter for wildlife.

What are you seeing?

Over the summer, please take pictures of the variety of life in Stanley Park and other area greenspaces. (The iNaturalist app can be very helpful in identifying species.) We'll post your photos, ideally with a short description of what the plant, animal, tree or bug is, will be posted on the New Edinburgh Community Association (NECA) website: newedinburgh.ca.

Tamara Sorger is the chair of the New Edinburgh Environment Committee. Contact her at tamarasorger@yahoo.com.



Photo by Tamara Sorger

Cattails on the banks of the Rideau River in Stanley Park.



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Park life special feature

Park remediation fails to take root

By Sarah Anson-Cartwright and Katherine Hall

What should be “fields of green” are swaths of earth and mud in two areas of Stanley Park, as plans to remediate have not yet taken root. After the damage to park from the Combined Sewage Storage Tunnel (CSST) project, the lack of attention to remediation plantings and the absence of care by truck drivers has left two areas looking like lunar landscapes.

Along the path south from the Minto Bridges, the formerly popular off-leash area near the Rideau River lacks grass and bushes. Recently, if one squints, it’s possible there is the mildest hint that grass may be struggling to grow where it was seeded late last fall. But the signs of truck-tire tracks suggest that whatever is there will struggle to survive heading into early summer. Meanwhile, the area where the ice-breaking equipment drives down to the river

in February is still bereft of any signs of replanting or vegetation.

The remediation of the park was part of the plan to address the damage from more than two years of construction of the CSST which started in 2017. The CSST project involved constructing two storage tunnels to reduce sewage overflow into the Ottawa River, including an east-west tunnel through the downtown core that ends in Stanley Park. For about 30 months, the CSST project meant very loud, vibrating extraction operations, bright lighting at all hours and intensive trucking through the residential neighbourhood, with health, safety and environmental impacts.

The City pledged to restore the park post-CSST construction. Residents worked with City staff on remediation plans and a vision for the future of the park. The indications to date suggest the remediation actions need more care and attention by



Photo by Christina Leadlay

These shrubs were planted in Stanley Park as part of post-construction rehabilitation.

the City, and that the vehicles that visit the park in perpetuity to the CSST site and for the ice-breaking must be required to drive only in designated areas.

The park has become increasingly busy, prompting requests last year to the City to install a simple wooden fence to protect the children’s splash pad from the pedestrian path at the Fieldhouse, simi-

lar to the one wooden railing between the playground and Stanley Avenue. The splash pad will start up again soon, and it would be ideal to have a plan in place. The City is aware of this request, and the New Edinburgh Community Alliance (NECA) is in contact with City Councillor Rawlson King’s office on this request, too.

Stanley Park is a signifi-

cant green space that is popular with residents and visitors alike. Without attention to those commitments, the plight of the park will be a stain on the City in one of Ottawa’s most historic and green neighbourhoods.

Sarah Anson-Cartwright and Katherine Hall are board members of the New Edinburgh Community Alliance.

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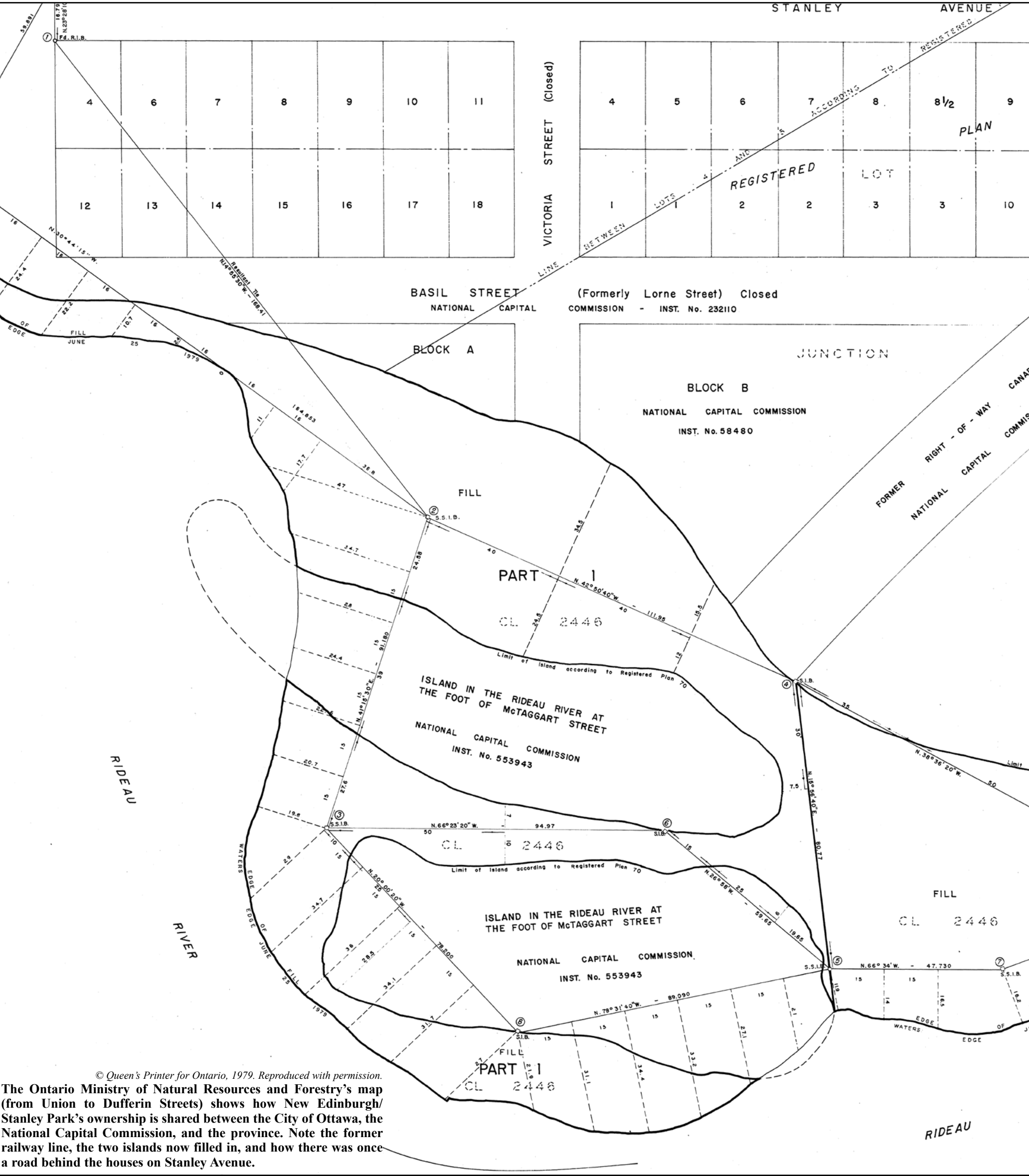
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Park life special feature



Park life special feature

Park rules 101

By Katherine Hall

As we move into summer, our park becomes very active. Our park has traditionally served many different groups: families, youth, dog owners, sports enthusiasts, retirement residents, and many more. While the pandemic means we haven't seen our retirement residents as much, the park is busier than ever before. And while we have made requests to the City of Ottawa to help improve the park, they have additional pandemic-driven priorities.

This makes respecting everyone's right to the park more important.

Our park is actually two parks. One part that is managed by the National Capital Commission (NCC) and another part managed by the City of Ottawa. And, of course, they each have different rules! And even the boundary line isn't exact. Here is my attempt to provide clarity.

The NCC portion of the park runs roughly from the Minto Bridges to where the ice-breaking equipment parks (known as "the beach"). The City portion runs from where the ice-breaking equipment area to Beechwood Avenue (with the exception of the paved multi-use path, which is NCC-owned).

City of Ottawa general rules for our park:

- No alcohol.



Photo by Alexander McKenzie

While off-leash dogs are allowed on the NCC portion of the park, they must be on-leash on the multi-use path. Dogs are not allowed near the playground or splash pad.

- No barbecues.
- No motorized vehicles.
- No swimming.

Rules for dogs:

The off-leash section of the park extends from Beechwood Avenue to the Minto Bridges, with some key exceptions:

- No dogs are allowed (even on-leash) within 5m (roughly 15ft) of the splashpad or playground.
- Dogs must be leashed on the paved pathway.

The NCC has more rules pertaining to dogs within shorelines and number of

dogs permitted. For the specifics, please check the NCC website under Stanley Park: ncc-ccn.gc.ca/regulations

For the general City rules, search "By-law No. 2004-276" on ottawa.ca

For designations, look up New Edinburgh: ottawa.ca/en/recreation-and-parks/parks-and-green-space

And of note, the Ontario Ministry of Heritage, Sport, Tourism and Culture Industries lists the park among places to fish along the Rideau River: ontario.ca/page/urban-fishing.

Join the Friends of the Park group

Burgh residents clearly love their park, and the New Edinburgh Community Alliance wants to make it official.

Residents with a passion for the park are encouraged to join a rekindled Friends of the Park. While this group has not been active in a few years, now seems to be a good time to have residents restart the group. Of late, NECA board member Katherine Hall has been tackling park issues, but they are too much for one person alone. Katherine needs other park enthusiasts to join the team!

This group would meet regularly to discuss issues of

concern in New Edinburgh and Stanley Park and help to advocate for improvements (and appropriate maintenance) to the City of Ottawa, the National Capital Commission, and other stakeholders.

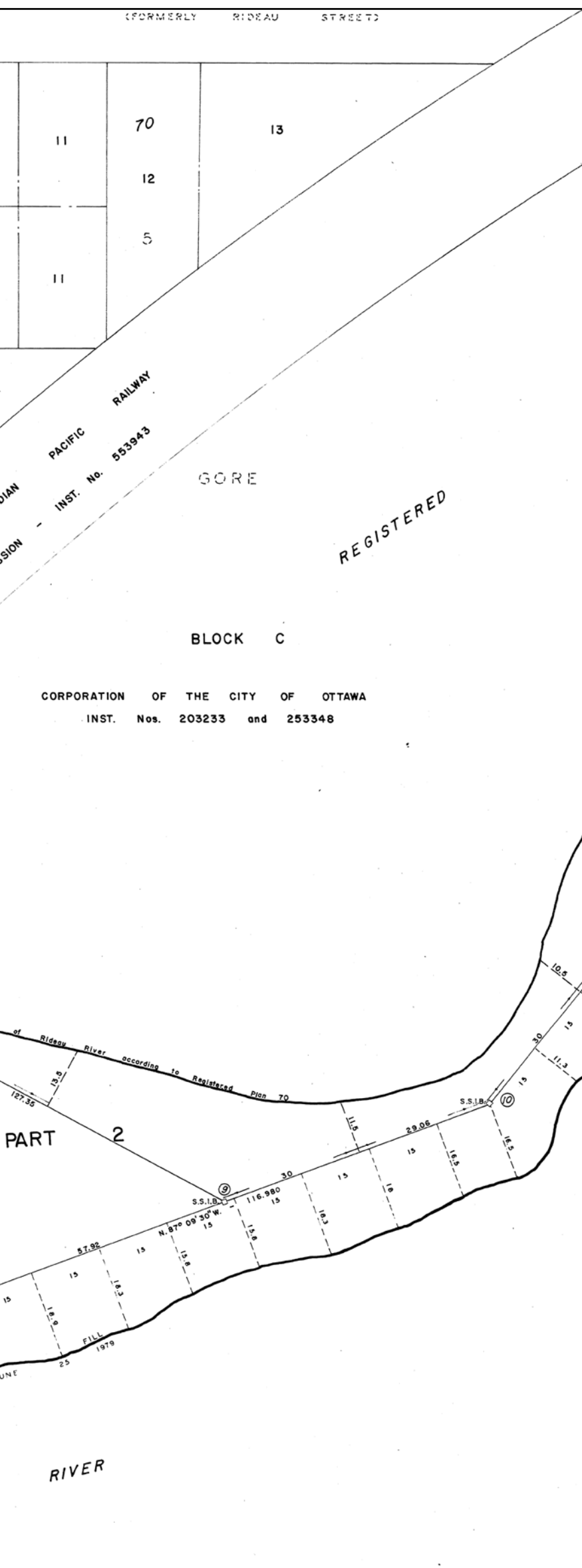
The Friends of New Edinburgh Park (FNEP) was first formed in 1999 with a vision to make our park a world-class venue, building on improvements made over the years by NECA, the NCC and the City of Ottawa. FNEP was managed by Ed Browell and there were about 30 active members. Their five-year plan for park improvement was approved by NECA

and the City in early 2000. A number of those recommendations have since been implemented.

The group applied for charity status in 2002 during a fundraising venture for a tree sculpture (which sadly never came to fruition as the tree rotted before the sculpting could start). Most of the donated money was reallocated to help install artworks in the park.

If you are interested in joining the Friends of the Park group, contact info@newedinburgh.ca

—Christina Leadlay, with files from Gemma Kerr



Park life special feature

Park works hard for living creatures, the river and planet

By Emma Jackson, Rideau Valley Conservation Authority

Step into Stanley Park: what do you see? Very likely, you spot families connecting at the playground and splash pad; dogs and joggers alike running free; and residents seeking respite under shady trees beside the Rideau River, just a few metres from its dramatic descent into the mighty Ottawa River.

But less visible is the fact that Stanley Park is hard

at work. Every minute of every day, it's working for you, for the river, and for the planet. The trees that provide your summer shade are busy capturing and storing carbon from the atmosphere, exchanging it for the oxygen we need to breathe.

Shoreline shrubs and plants are literally holding life and limb together: their woody roots are a powerful force against erosion, holding the shoreline in place while their boughs provide critical habitat and shade for the hundreds

of aquatic and terrestrial creatures who live in the "ribbon of life" along the water's edge.

These trees and shrubs are also working hard to keep our river's water clean. Trees and shoreline buffers slow water runoff from storms and snowmelt, which can pick up pollution and sediment on their way to the river. As the water slows, it soaks into the land for filtration before re-entering the water system. This natural speedbump is also key to flood management, as the stormwater trickles into our watershed instead of rushing in all at once.

Stanley Park is one of the final green places along the Rideau River to provide these environmental services. The hard work begins nearly 180 kilometres southwest of downtown Ottawa in the upper reaches of the Rideau Valley watershed, which drains 4,000 square kilometres of creeks, lakes and rivers into the Rideau – which in turn plummets into the far-reaching Ottawa River watershed on its path to the Saint Lawrence River and eventually the Atlantic Ocean.

Here in the Rideau Valley, thousands of kilometres of shoreline along the Rideau's feeder lakes and tributaries wend their way through cottage communities like Frontenac and Westport, rural and agricultural communities around Perth, Smiths Falls,



Photo courtesy RVCA

Shoreline stewardship co-ordinator Meaghan McDonald plants native shrubs along the banks of the Rideau River near Burritts Rapids at the southernmost tip of the City of Ottawa, in early May.

Kemptville, and even through rural Ottawa. Huge swaths of forests, swamps, and wetlands cover the region, reducing flooding and filtering contaminants out of the water for the benefit of everyone downstream.

Downtown Ottawa lacks these environmental services, for obvious reasons: sweeping forests are hard to find in the downtown core, and shorelines along the downtown sections of the Rideau and its urban creeks are often



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Park life special feature



Photo by Alexander McKenzie

Canoesists enjoy the river in May.

Continued from page 20

built up, hardened by retaining walls, straightened into roadside ditches, or buried altogether.

Thankfully, landowners in the watershed’s rural and back-country areas routinely offer up their retired farm fields, idle lands, and water-front lawns for restoration.

The Rideau Valley Conservation Authority (RVCA) plants more than 200,000 native trees across the watershed every year, for a total of 6.8 million trees since 1984. The RVCA also naturalizes several kilometres of shoreline annually and restores dysfunctional or disconnected wetlands so they, too, can provide important flood management and water filtration services.

But downtown residents are not powerless to affect positive change for their beloved river.

Reducing runoff on your property is a simple way to keep the Rideau clean. Consider simple changes like catching stormwater in a rain barrel to water gardens and wash vehicles; installing a sunken rain garden beneath your eavestrough; washing your vehicle on the lawn by hand; and limiting the pes-

ticides, fertilizers, and other chemicals you apply to your lawn and gardens. Planting native pollinators at the edge of your property will also filter runoff before it goes down the drain, while supporting a critical part of our ecosystem.

If you’ve got a dog at home, be diligent about cleaning up pet waste on your own property as well as at Stanley Park and other public areas. Dog waste can introduce harmful bacteria to the water supply and can sicken local wildlife.

You can also support our important upstream conservation work with a donation to the Rideau Valley Conservation Foundation at rvcf.ca.

For information about the Rideau Valley watershed, RVCA programs and our efforts to reduce flooding and protect the river environment, visit rvca.ca and subscribe to our newsletters and blog.

Emma Jackson is a communications specialist with the Rideau Valley Conservation Authority.



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Park life special feature

Stewards of the park look forward to 2022

By Sylvain Belanger, CCC president

Even in its infancy in 1993, much of the focus of the Crichton Community Council (CCC) was to organize events within New Edinburgh. In those early years, operating out of the old Crichton Street school, the CCC offered a large number of youth programs, and later continued this work in the New Edinburgh Fieldhouse as part of its mandate to support the community through different activities and events.

In time, the CCC like other groups also attempted to start up community programming in different spaces in the neighbourhood, but with limited success. The activities you know us for – the annual plant sale, marathon cheering station, garage sale, Halloween howl, skating rinks – survived in various forms and even thrived ... until the pandemic.

Throughout its history, as

with other community associations, the CCC has been successful in large part owing to invaluable volunteers who make it possible to organize events. The CCC's history tells of the ebb and flow of our events, largely because of the challenge of finding volunteers to step in and lend a hand at the right moment. This is not a new issue in 2021, nor is it unique to the CCC.

That has never stopped the CCC from moving ahead with major park improvement initiatives such as the 2007 addition of the spider-web structure for children to crawl over and around; or the 2017 park structures replacement project that modernized and improved the playground experience for children and their families.

Last year was a difficult one for the CCC as we were unable to proceed with most of our usual activities. Beyond having had a very

successful yet restrictive skating season, we can expect 2021 to be as challenging for arranging community events due to pandemic restrictions. This does not mean we are standing still.

We have started planning for 2022, including the skating season. To help us in the logistics and coordination of the upcoming skating season, the CCC has received financing from the Government of Canada to support skills development for a youth supervisor who will manage the skating rinks and coordinate our rink volunteers and the half-dozen youth employed by us. Let's not forget that a funding grant from the City of Ottawa helps us pay for the rink attendants each winter. If you are a first- or second-year university or college student looking to gain experience managing activities, coordinating volunteers and staff from October 2021 to March 2022,

reach out to us as we have started the hiring process for the youth supervisor role.

We are also revamping our website, **crichtoncommunitycouncil.ca** to better integrate social media tools as well as for improved and automated reservations to simplify the space rental process for community members once provincial and municipal restrictions permit its use again. You can also expect some great events post-pandemic to give the New Edinburgh community a chance to reconnect with friends and neighbours.

As broken records go, events require volunteers. Volunteering is a way to get to know your neighbours, be social, and make your community a better place. We are always looking for more volunteers, so let us know if you can help out. Contact us at CrichtonCommunityCouncil@gmail.

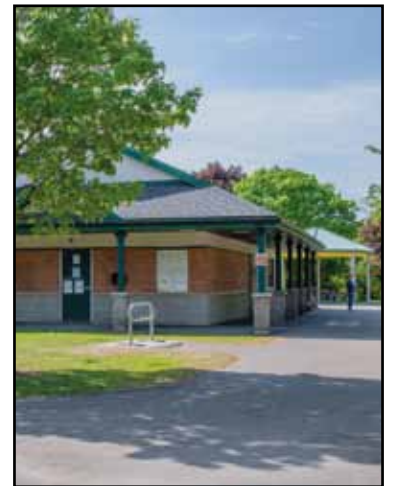


Photo by Alexander McKenzie

The Crichton Community Council (CCC) manages the park field house on behalf of the City of Ottawa, and helps to maintain park infrastructure, including the play structure.

com for details. Follow us on social media: Facebook: @CrichtonCommunityCouncil; Instagram: @CrichtonCommunityCouncil and Twitter: @NEFieldHouse.

See you in the park!



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Homelessness lab project aims to reduce number of families in shelter system

By Allan Martel

When a family loses their home, the impacts can be significant and multi-generational. In June 2020, 350 families in Ottawa were experiencing homelessness. Approximately 50 per cent were refugee or new immigrant families, and the other 50 per cent were from Ottawa and have become homeless. New statistics will be reported in spring 2021.

Many families are under increasing stress as a larger share of their income is used for housing (income has remained the same but cost of housing is increasing). Complicating matters even more, affordable housing units are being created at a rate that cannot meet demand and need (as evidenced by the ever-increasing size of registry and wait lists in Ottawa).

The Family Homeless Lab partners are pursuing a number of inter-related initiatives using prototype testing with limited sample sizes, beginning in May 2021 and lasting several months. This experimental framework presents no risk to participating families, and low costs to project funders.

Our more advanced areas are Family Circles, and Prevention and Diversion initiatives.

Family circles

Organisations focused on immigration sponsorship

(among other initiatives) have helped families by providing various types of support, including family circles.

Can we find volunteers to support families in precarious housing situations? Can we build the social infrastructure needed in a 100-day field test that ideally includes working with a small number of families?

Where on the journey do we expect family circles to play a role? Prevention? Diversion? Housing stabilization? Perhaps in all.

Prevention and diversion

The best way to handle homelessness is not to allow it to happen in the first place. To support prevention, we need to better integrate all the various services and organizations operating in our neighbourhoods, including those not directly involved in homelessness.

Academics Erin Dej and Stephen Goetz developed the following Typology of Homelessness Prevention in their article "Looking Forward: Shifting Towards Homelessness Prevention" published in 2017 on *York University's Canadian Observatory on Homelessness* website: homelesshub.ca.

Early intervention and better co-ordination are critical. We all need to think and operate differently across funding portfolios and organizational and sectoral boundaries – to

prioritize the people served and meet them where they're at.

Agencies and front-line staff tell us that there is a need to increase collaboration and ongoing optimization of resources between funders: private companies, government, and foundations.

In the next phase of the

of consistent training and resource education for all service providers.

100 days of learning

Ottawa faces an all-too-common dilemma with respect to its ever-growing demand for family shelter. Although the City might prefer to shift funding to diversion from

shelters, we should be able to free up existing resources currently used for shelter operations – and reduce inflow even further. If we could produce a positive feedback loop, we should be able to reduce family homelessness significantly or eliminate it entirely – as several Canadian cities have already done. This is a bold statement, but not impossible if we can develop effective Lab experiments that can be replicated on a larger scale.

Housing Lab work funded over recent years through CMHC (Canada Mortgage and Housing Corporation) has a history of success. We hope to emulate projects that have unravelled complex problems and built the right mix of partners to create a collaborative solution. In this case, such a solution would feature community-level interventions to reduce or resolve Ottawa's family homelessness problem.

Allan Martel is a core team member of the Family Homelessness Lab and is also president of the Cardinal Glen Community Association.

"The best way to handle homelessness is not to allow it to happen in the first place."

Housing Lab, we aim to expand, at the neighbourhood level, a navigation approach based on "no wrong door" principles and extended beyond the homelessness sector. We aim to ensure that precariously-housed or homeless families will get help regardless of where in the system their needs become known.

We will also try to develop a common approach to intake, assessment, and referral, with better co-ordination and service delivery integration. We hope to build a foundation

shelters, all available funds are being used to operate the shelters themselves.

The Lab's approach is simple to describe, if not to accomplish. We propose to try 100 days of learning with a small number of families who have become homeless or are about to become homeless and see if we can't "kink the hose" to reduce the flow of families into the shelter system.

To the extent that we can reduce the inflow to homeless



Photo by Alexander McKenzie

View of the Minto Bridges and part of the Diefenbaker building.

On the Bhagavad Gita

Experiencing and understanding a time-tested teaching

June 6 | June 13 | June 20 | June 27



Michael Larrass, co-director of the Transcendental Meditation Centre of Ottawa, will teach a 4-lesson course on the Bhagavad Gita, "the most systematic statement of spiritual evolution of enduring value to mankind. It is one of the most clear and comprehensive summaries of perennial philosophy ever revealed; hence its enduring value is not only for India but all of humanity." *Aldous Huxley*

Participants will listen to the Vedic recitation of the verses of the first two chapters, which include the famous exhortations *nistraigunyo bhavarjuna* and *yogastha kurukarmani*. Participants willing to read in public will then read the English translation (or Michael will read). This will be followed by an interpretation of the verses both in the light of participants' own intuitive knowledge, which got lost in a loud time, and of modern neuroscience and sociology. Q & A will allow participants to understand the Bhagavad Gita's teaching of right action in the face of challenge and uncertainty; after all, the Bhagavad Gita is a dialogue on a battlefield.

Zoom sessions on June 6, June 13, June 20, June 27, all from 7:30 to 9:00 p.m.

Course fee: \$60

Registration: mlarrass@tm.org

My experience as COVID-19 collateral damage

By Eleanor Dunn

It's going to take time and lots of taxpayers' dollars just to clear Ontario's massive backlog in elective surgeries and diagnostic procedures, including cancer patients waiting for treatment.

According to the Financial Accountability Office of Ontario (FAO), 3.5 years and \$1.3 billion will be required to complete the task. The FAO project the backlog will grow to 410,200 postponed surgeries and almost 2.5 million delayed diagnostic procedures by the end of September this year.

All these Ontarians on waitlists are COVID-19 collateral damage – and I was one of them.

My troubles began in 2019 when I tore cartilage in my right knee. X-rays on both knees and both hips revealed that I had arthritis in the right knee and both hips. I'd had my left knee replaced in 2010 and it was just fine. But the condition of the right knee was bad, and the left hip was not too great, either.

So I joined the queue waiting for a knee replacement.

It was to have been done in the spring of 2020, but in March COVID-19 hit with a vengeance and we experienced our first lockdown, which included cancellation of all elective surgeries and other diagnostic procedures to free up hospital beds and staff to deal with COVID-19 patients. My surgery was cancelled and I was back on the waitlist.

I had hoped I might have the surgery during the period when the lockdown was lifted over the summer and into the fall of 2020, but there were others ahead of me with more urgent cases.

My neighbours in the Burgh

knee, the pain was getting worse. As a result of changing my gait to compensate, I started to experience pain in the lumbar spine and sciatica. Toward the end of November 2020, the pain in the groin muscle (which signals hip failure) began.

When I got the call from the orthopaedic surgeon on Dec. 21, 2020, to advise that my knee surgery had been scheduled to Feb. 13, 2021, I felt I had won the lottery! I would have jumped for joy, but restrained myself, not wanting to experience more pain.

Then came the Boxing Day lockdown. Depression set in.

"I'm one of the lucky ones. Others are still waiting. This is why I have nothing but disdain for those who flout public health rules."

know me as a dog walker. I consider my Cairn terrier Hamish as my personal trainer. I was in the habit of taking him for morning, afternoon, and evening walks. I persisted in this daily activity even though, despite the unloader brace I wore to support my

Would I experience another cancellation, another wait?

I was lucky. The lockdown lifted at the end of January and my knee surgery went ahead as planned. I was surprised that surgeries were being performed on a Saturday: not the norm in pre-COVID-19 days. I learned that hospitals had extended hours to include evenings and weekends to attempt to clear some of the backlog.

Post-surgery rehabilitation of the knee was not easy as my left hip was giving me grief to the point that I could hardly walk. I saw the orthopaedic surgeon again on Mar. 29. In the meantime, a new

set of X-rays showed the doctor that the hip had collapsed. It was "a mess," he said. My hip replacement surgery was scheduled for Apr. 8.

On the afternoon of Apr. 7, my surgeon called to ask if I would be prepared to undergo the hip replacement as day surgery — meaning I would be sent home within hours. If I wasn't prepared to do this, my surgery would be postponed as another lockdown was scheduled to begin at midnight on Apr. 8. What choice did I have? Without the surgery, I would be staring at life in a wheelchair.

I chose to move forward. I reported to the hospital at 6 a.m. on Apr. 8 and was home by 5 p.m. with a new hip and a list of dos and don'ts, plus a series of exercises to begin as I waited for physiotherapy. Before the surgery, I had a stairlift installed in my house, and rented a walker and over-the-toilet commodes. I mastered the sock-puller and use of the reacher. And I had help — my daughter Laura came from Prince Edward Island. Daughter Tracy walked Hamish. And son Peter did the cooking until Chef Laura arrived.

This experience has also been costly. Stairlifts don't come cheap. Equipment rental costs add up. If I'd had my surgeries in a timely fashion, would I have required all this expenditure? Possibly; possibly not. All I know is that Prime Minister Justin Trudeau's "gift" of \$300 to seniors is a pittance com-

pared to what was given to other segments of our society. I know many other seniors in a similar situation do not have the means or the family support.

Today I'm amazed that at the age of 84 I made it through two major surgeries within a 60-day period. I'm one of the lucky ones. Others are still waiting. This is why I have nothing but disdain for those who flout public health rules, who travel outside the country and then avoid quarantine, who insist on hosting or attending large gatherings and who protest lockdowns. Do they ever give a thought to the mental anguish cancer patients waiting for treatment endure knowing their disease is a ticking time bomb? Do they give a thought to those who may have died? Do they give a thought to those whose quality of life has been affected due to cancelled surgeries because of lockdowns which their cavalier behaviours may have caused? I thought not!

Eleanor Dunn is a retired journalist and broadcaster who has been an —almost — lifelong resident of the 'Burgh. Her career included stints at The Citizen, CJOH-TV, Sunday Herald, Ottawa Today and the Ottawa SUN plus freelance work with CBO (radio) and the Toronto Star. She raised her family on Dufferin Road and now lives with her dog Hamish and her oldest son on The Mews. She is an active member of MacKay United Church.

L'hon. / The Hon. Mona Fortier
Députée / Member of Parliament — Ottawa-Vanier

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Finding your state of flow can sweeten these pandemic days

By Elaine MacDonald

My family would say that my daily mantra has forever been: "Drink water, get out into nature and find something to get you into a state of flow." Water and nature are straight forward enough, but what is a state of flow?

During the challenging times of this pandemic, many of us are dealing with feelings of boredom, loneliness and sometimes loss of hope. And for the first time in our lives, we can't escape our situation as this is a worldwide crisis. We are being stretched to explore new ways to find happiness.

Luckily there are several positive tools that we can call on to sweeten our days, even if just a little. And one of these tools is finding our state of flow.

What is the meaning of flow? Hungarian-American psychologist Mihály Csíkszentmihályi describes flow as a state of complete immersion in an activity. While in this mental state, people are completely involved and focused on what they are doing. One sign that

you have achieved true flow is when you lose all track of time while doing your activity. The best part of getting into a state of flow is that you feel as though you are far from any troubles and concerns.

Getting into a state of flow these days happens rarely as our usual routines and safety zones have recently been disrupted and technology and social media are often our

Brainstorming a list of activities is the place to start. Remember, the activity should stretch us a bit, but can be anything. Examples include sewing new curtains, drafting the subject of your new book, re-designing your garden, or learning a musical instrument. And if you have older children, getting them involved in creating their own lists can also bring new energy to the home. Everyone

"With a little planning and choosing an activity that turns our crank, we can achieve flow and find some well-deserved peace."

go-to relief. However, with a little planning and by being intentional on choosing an activity that turns our crank, we can achieve flow and find some well-deserved peace. Flow is just one self-care tool that we can call on to bring more positive energy into our days while working from home, home schooling our children or while in lockdown.

can benefit from carving out some time for an activity that leads to a state of flow. What we can achieve when in flow can be very satisfying and soothing, plus we benefit from natural, pleasure-inducing and performance-enhancing chemicals that make the brain happy.

Here are the key steps to achieving and benefiting from flow:

- Make an intention several hours before that you are going to do this.
- Choose a task or activity that you like and that you feel is important and valuable.
- Make sure it's challenging, but not too hard and that it requires your undivided attention.
- Clear away distractions so that you are completely free (put phones and computers away).
- Tell your partner, spouse, child that you will be unavailable for this whole period.
- Learn to focus on that task for as long as possible. Get immersed for a minimum of 30 minutes, with five-minute breaks in between these 30-minute blocks to keep you in flow. Use a timer.
- Enjoy yourself.

- Keep practicing!

Following your first intentional attempt at achieving flow, notice how you feel. If you feel good and uplifted, try committing to making this a regular practice. You will be grateful you did.

Manor Park resident Elaine MacDonald is a health and life coach.

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Tulips on Union Street after a rain.

Photo by Gavin Murphy

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For the Birds

By Jane Heintzman

In early summer, migratory birds flood back to our region, enlivening the landscape with colour and song. The males of many species are brilliant in their breeding plumage. In our neighbourhood, you needn't go far to see a rich palette of lustrous red **Northern cardinals**, brilliant yellow **American goldfinches**, rosy **house finches**, glossy black **red-winged blackbirds** and common **grackles** with their electric-green "hoods," flashy **blue jays**, and bright orange-bellied **American robins**.

Then there's the audio accompaniment, cranked up to full volume. In our house, we ditch the alarm clock for an early morning symphony of birdsong. The overture begins around 4:30 a.m. with the **robin's** melodious, thrush-like song, and gradually swells to include the familiar three note and trill cadence of the **song sparrow**; the *cheer, cheer, cheer* of the **Northern cardinals** in the yard; the *O Sweet Canada, Canada, Canada* song of the **white-throated sparrow**; the bold *tseet, tseet* of the **red-winged blackbirds**, and

frequently, the industrious drilling of a nearby **pileated woodpecker**. It's a cheerful start to the day, if not always harmonious!

The birds' songs and calls, at their peak in this nesting season, are among the most important clues to species identification. The Cornell Lab of Ornithology's All About Birds website – allaboutbirds.org – is an invaluable resource for learning the distinctive songs of different species. It's especially useful in sorting out the many **warbler** species.

One tricky audio ID in our neighbourhood involves distinguishing among the trills of the **chipping sparrow**, the **dark-eyed junco** and the **pine warbler**. The three are perplexingly similar, and you may need to turn to other clues such as location (for example, chipping sparrows are typically along the roadside or foraging on the ground vs. pine warblers that are forest dwellers). But some useful distinctions among the trills can help to sort out these three summer regulars:

- The **chipping sparrow's** trill is nearly twice as long as

the other two, and the overall "gestalt" is a mechanical, drill-like rattle;

- The **pine warbler's** trill is gentler and more musical, with an audible "upslur" at the end of each phrase;

- The **dark-eyed junco** is a blend of the others, with a sound akin to a "musical rattle." In contrast to the pine warbler, its phrases are descending in pitch.

Species identification can be difficult, even for seasoned birders. Such smaller species as **warblers** and **kinglets** often seem in perpetual motion, making it nearly impossible to make a confirmed ID based on a single sighting. Here's a tip: once you have spotted a few *field marks* (the bird's plumage colour; size; and notable markings on the crown, head, wings, or breast), the Cornell Lab of Ornithology's **new Merlin app** can help confirm the ID. Find the app at allaboutbirds.org.

On the home front

Members of the **blackbird** family were among the first returning species in our corner of the neighbourhood this spring. Throughout the community, **common grackles**, **red-winged blackbirds**, and **European starlings** all turned up through late March and April. Thankfully, the **red-wings** lost out to the **grackles** in claiming a nesting spot in our garden. The former can be unpleasantly aggressive defending their nests – they're notorious for attacking human scalps if you come too close.

This spring, the ranks of visitors swelled steadily to include **American robins**, **American goldfinches**, **house finches**, **white-breasted nuthatches**, **mourning doves**, **downy woodpeckers**, **song sparrows**, **white-throated sparrows**, **dark-eyed juncos**, and **common redpolls** (a late-lingering flock from the winter's *irruptive* finch invasion). Most recently, I have seen a small group of **white-crowned**



Photo by Mike Leveille

Barred Owl at Macoun Marsh.

sparrows fueling up for the journey to its Arctic tundra breeding grounds.

One of the (many) challenging ID's among sparrow species is to distinguish the **white-crowned** from the **white-throat**. Both have predominantly gray plumage with striking black- and white striped crowns. A few clues to determining which is which:

- The **white-throat** has a bright yellow splotch on its eyebrow;

- The **white-crowned** is slightly larger than the **white-throat** (7" vs. 6.5");

- In my experience, the white stripes of the **white-crowned** can be more brilliant than those of the **white-throat**;

- The **white-crowned** tend to turn up in small groups, whereas the **white-throat** are frequently solo.

European house sparrows are here year-round, cheeping loudly on our roofs and windowsills, and foraging for food in parking lots. They are not related to North American sparrows, but are chunkier and fuller chested, with more conical, finch-like bills. They

thrive in urban environments where the pickings are abundant.

Out and about

Eastern phoebes, traditionally first of the flycatcher family to return each spring, arrived in late March and have since been audible throughout the community. Phoebes are notorious loners: females often drive off their mates once their nest is established, and take over the parenting duties solo.



Photo by David Howe

Yellow-bellied Sapsucker.



Yellow-rumped warbler.

Photo by David Howe



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An Eastern phoebe has once again nested close to the lookout area on the Rockcliffe Parkway, at the top of the hill above the Sussex Drive–Princess Avenue exit. Unlike most species, Eastern phoebes frequently reuse previously built nests. This year's inhabitant is particularly vocal, so you're likely to hear her piercing, nasal *feebee* call.

Other highlights along the Rockcliffe Parkway (on the loop between the Rockcliffe Pavilion and the Sussex Drive–Princess Avenue roundabout): numerous **chipping sparrows**; a group of **cedar waxwings** feasting on buckthorn berries in the road-



Photo by David Howe

Yellow warbler.

side scrub; noisy **blue jays**; innumerable **turkey vultures** (including one large, ominous flock circling low over the Ottawa River shoreline); **great blue herons** flying overhead; a **hermit thrush** singing in the cedars; **sharp-shinned hawks**; dozens of **ring-billed gulls**; **wild turkeys**; and **common ravens**.

One memorable winter two years ago, I was regularly accompanied on my daily walks by a companionable pair of **common ravens**, and developed an affinity for these intriguing creatures. I was delighted to have several close encounters with them again this spring. On a several occasions, a raven swooped down and landed right beside me, as if to chat. A raven pair is currently nesting on the property at 24 Sussex Dr., their sonorous *skronk*, *skronk* akin to the sound of a mechanical bullfrog.

Recently on the parkway, I've heard (but not yet seen) my first **warblers** of the season: a group of **American redstarts**, numerous **yellow-rumped warblers** and several **yellow warblers**. All are

summertime regulars in our neighbourhood, usually in significant numbers. Another recent crooner in the bushes along on the parkway has been a **warbling vireo**. This latter is a first for me, though its cousins the **yellow-throated vireo** and the **red-eyed vireo** are common summer visitors.

The warbling vireo's melodic, rolling song is the most reliable clue to its identification; its plumage is relatively nondescript, with gray-ish olive upperparts, and white underparts with a faint yellow tinge. As with most flycatchers, you can spot vireos high in the treetops scouring for caterpillars.

Near Pine Hill Woods in Rockcliffe Park, I spotted a **great-crested flycatcher** in the top branches of a tree at the edge of the wood, belting out its signature *fweep, fweep* call. Over the years, Pine Hill has been a favourite spot for this fellow, and I consider that summer officially started when I first hear his call.

Out on the river

Canada geese have been here in force since early April, numbers steadily escalating as their large clutches of goslings hatch. In recent years, the geese have elbowed out more pleasing waterfowl, but thankfully, a few hardy duck families have remained on our end of the Rideau River. We've regularly encountered **common mallards**, **common goldeneye**, **hooded mergansers**, and **wood ducks**. The latter have all the delicacy and charm that Canada geese so spectacularly lack!

You can track birding highlights in the region, at the Ottawa Field Naturalists Club website: ofnc.ca. The "Where to go birding in Ottawa" page offers a comprehensive run-down of regional hotspots, along with maps.

Reports from our readers

Our Victoria, B.C. correspondent **Vicki Metcalfe** has been enjoying a backyard bird bonanza, ranging from **varied thrush** to **American robins**, **European starlings**, **white-crowned sparrows**, **golden-crowned sparrows**, **pine siskins**, **Anna's hummingbirds**, **Oregon juncos**; **bushtits**, **glaucous-winged gulls**, a **great blue heron** (Pacific sub-species), **downy woodpeckers**, a **Cooper's hawk**, a **bald eagle**, **Common ravens**, a **Eurasian collared**



Photo by Frank Martin

A Great Blue Heron and a Double-Crested Cormorant, squabbling.

dove (heard only), and an **orange-crowned warbler**. On a distanced group excursion to Panama Flats, Vicki also spotted **semi-palmated plovers**, **common yellow-throat warblers**, nesting **bald eagles**, **bufflehead**, and **green-winged teal**.

Back in Ottawa, St. Laurent Academy science guru **Mike Leveille** reports that a **barred owl** has been a regular at the Macoun Marsh this spring.

Over at the **Avian Bistro** at Alexander and Thomas Streets, proprietor **Philip MacAdam** has had his work cut out keeping his feeders full for a hungry host of **American goldfinches**, **house finches**, **purple finches**, **red-winged blackbirds**, **Northern cardinals**,

American robins, **black-capped chickadees**, **hairy- and downy woodpeckers**, **white-breasted nuthatches**, and **white-throated sparrows**. Earlier in the spring, the bistro was invaded by a horde of **common redpolls**, fueling up on their way north to their breeding grounds. Philip recently spotted a **tree swallow** flock skimming the Rideau River, and a **Northern flicker** near the Minto Bridges.

Rockcliffe Park resident **Mary Pratte** recently reported seeing an enormous **bald eagle**, swooping low over Pine Hill Woods en route to the Ottawa River, leaving an angry gaggle of **American crows** in its wake. My only local **bald eagle** sightings in

recent years were not far from Pine Hill Woods. Twice, I spotted one of these majestic raptors near the gates of Rideau Hall, heading towards the river.

Accomplished birding photographer **David Howe** reports that Stanley Park has been fruitful **warbler** territory this spring, with **yellow-rumped warblers**; **palm warblers**; **yellow warblers**; and **oven birds** on the scene since late April.

Happy birding to all, and have a safe and restful summer!

ERRATUM: In our April issue, David Howe's photo of a nesting owl was mislabeled as a Great Gray Owl. It was, in fact, a Great Horned Owl. We apologize for the error.



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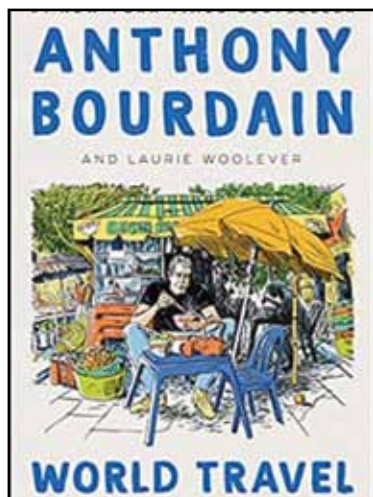


SCAN ME

Bookshop staff share their summer reading tips

By the Books on
Beechwood staff

Antoinette's picks



World Travel: An Irreverent Guide by Anthony Bourdain and Laurie Woolever

A book of food-related travel planned before his death in 2018, this is a collection of Bourdain's experiences and those of his peers and loved ones.

The Way of the Gardener: Lost in the Weeds Along the Camino de Santiago by Lyndon Penner

As a gardener, Penner revels in the plants, trees, and flow-

ers that tell the history of the people and ecology of northern Spain.

Value(s) by Mark Carney

This book by the former governor of the Bank of Canada presents a bold argument for the need to maximize value for many not just the few.

The Inner Life of Animals by Peter Wohlleben

Another gem by Wohlleben in which he explores the emotions and intelligence of animals – how we regard other species and the moral implications.

Plant Trees, Sow Seeds, Save the Bees by Nicola Bradbear

Bees are essential to keeping us and our planet alive. The author provides simple ways we can help them thrive... from gardens to window boxes to pots.

The Midnight Library by Matt Haig

Thirtysomething Nora is full of regrets and missed opportunities. In an afterworld, she discovers a library with an infinite number of books, each with a different reality

or possibility for her life, if she chooses! Funny and poignant, this book is hard to put down.

The Love Story of Missy Carmichael by Beth Morrey

A first novel in the same vein as British author Rachel Joyce, we follow Missy's lonely life as a recent widow. She is funny, prickly and doesn't know how to make friends. This is a wonderful read celebrating community, family, and kindness. There is also a lovely dog as a key character. Tissues may be required.

Bridget's picks

A Town Called Solace by Mary Lawson

In her first novel in 10 years, Lawson again sets her story in a small, northern Ontario town and spins her deeply humane tale through the eyes of very observant seven-year-old Clara. The characters and the community are unforgettable.

The Dictionary of Lost Words by Pip Williams

A very appealing debut

novel that traces the life of the daughter of one of the lexicographers assembling the first Oxford English Dictionary under the auspices of the renowned Sir James Murray. Charming and thought-provoking, this will appeal to lovers of words pondering the power of language to shape our world.

The Windsor Knot by S. J. Bennett

Who can resist a mystery set in Windsor Castle where the Queen herself quietly and subtly leads a complacent and bumbling MI-5 commander to the person who dared to murder a guest under the royal roof? Along the way the reader gets a very realistic idea of the everyday world of Her Majesty, and it is all achieved without being too cutesy.

Olive, Mabel & Me by Andrew Cotter

If you are not familiar with these two celebrity Labradors, I recommend that you Google them immediately! Their owner Andrew Cotter, a furloughed sports commenta-

tor, took to filming his dogs' antics as sports events and they are an unaffected delight. His book is charming, informative, and flavoured with his wry, dry Scottish humour and unabashed love for his dogs.

Nine Nasty Words by John McWhorter

Lively and informative – not to mention wonderful cocktail party material – this book is a boisterous study of profanity from every angle.

Doom: The Politics of Catastrophe by Niall Ferguson

The bestselling British historian offers his thoughts on major disasters, including the current pandemic, with an emphasis on why humans handle them so badly. This book is an assertive, intensely researched and always entertaining account.

Thrive by Kenneth Oppel (Ages 8+)

Book three in the Bloom trilogy is a thrilling conclusion to the environmental science fiction saga from the acclaimed Canadian writer.

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How Bidding Wars and Bully Offers Became the New Norm



Faulkner
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JUDY FAULKNER
Broker of Record

The first known bidding war in Ottawa dates back to 1999, involving a popular centre-hall home in the Glebe. The executor for the estate resided in Toronto and was keen to use the delayed offer strategy, to hold off accepting offers until a specific day and time, adopted by Realtors in the Toronto real estate market several years prior. The approach made good sense. Competing buyers were given sufficient time to do their due diligence before being asked to make their best offer, irrespective of the list price.

The estate received 11 offers and a final sale price that well exceeded recent sales. The urban real estate market was abuzz with excitement. One record sale led to another due to the new strategy of delaying offers.

Despite disgruntled buyers' objections, it eventually became the new norm and later spread to other communities which were also experiencing hot seller market conditions.

Prior to the introduction of delayed offers to Ottawa, savvy buyers sought the inside track on new listings and raced to be first in line, leaving many buyers and Realtors stunned to see 'Sold' signs on properties they did not know were even listed. Buyers rarely competed and the list prices, based on past sales, guided outcome. It was no

surprise that Ottawa house prices were posting only modest gains year over year. Looking back, it is clear to see that the traditional approach strongly favoured the savvy buyer and had suppressed home prices.

For obvious reasons, buyers do not like to compete. They get frustrated and have no control of the outcome. Even if their bid is the highest, the seller can choose to whom to sell their home or whether to sell at all.

Thankfully, it is now commonplace for homeowners to provide a building inspection report to all prospective buyers in advance of submitting an offer. At least buyers aren't out of pocket \$600 to \$800 for each home they try to bid on, knowing conditional offers are rarely entertained.

Since the COVID-19 pandemic, the number of competing buyers has grown and buyers are increasingly more aggressive. They will take whatever action is available to them to avoid bidding wars. A new breed of buyer, referred to as the 'bully,' has surfaced. The bully disregards the seller's instructions for an offer presentation at a future date and demands a response to their offer before the seller is likely to receive another offer.

In response to the new phenomenon of 'bully' offers the Ottawa Real Estate board recently created new rules surrounding delayed offers.

It is a tricky process. The seller's written direction not to convey offers means the listing brokerage cannot communicate, deliver, or even notify the seller that an offer has been received. The seller's choice may



This home on Second Avenue was the focus of the first official bidding war in Ottawa, back in 1999

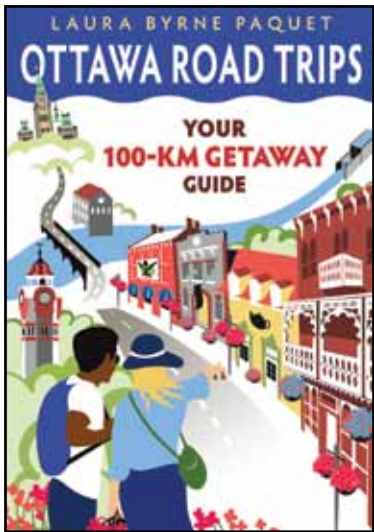
drastically alter outcome. A Realtor that has their finger on the pulse of the market is best suited to advise their client.

We must remain ever mindful that buyers and sellers have opposing goals, buy low and sell high. It is of utmost importance that buyers and sellers are not be represented by the same real estate brokerage.

Who knew how significant that sale, over 20 years ago, would be? It disrupted the status quo in Ottawa and was the first step towards leveling the playing field for both buyers and sellers. What remains undone is the option for the bidding process to be transparent. I am confident this change will be coming soon.

Your questions or comments are always welcome. Judy@HomesInOttawa.com, 613.231.4663

A great read for lovers of action, adventure, and great characters who grow and evolve.



Ottawa Road Trips: Your 100km Getaway Guide by Laura Byrne Paquet

What better book for the COVID-weary than a definitive guide to getting out of the city and taking in the many delights of our region? Byrne has been writing her Ottawa Road Trips blog for eight years.

Princess Rules by Philippa Gregory (Ages 7+)

Princess Florizella finds the Princess Rules deeply boring and unfair. Especially the one that says her new baby brother will inherit her kingdom! This is a delightful, fractured fairy tale with a feisty and adventurous princess invented by the renowned historical fiction writer for her daughters.

A Most Clever Girl: How Jane Austen Discovered Her Voice by Jasmine A. Stirling (Ages 5+)

This inspiring and charming picture book about the young Jane Austen's formative years, dark moments, and emergence as a mature writer will appeal to all ages.

Hilary's picks

The Lost Apothecary by Sarah Penner

Mudlarking along the Thames serves as a gateway into the past in this wonderful historical novel that straddles modern-day and eighteenth-century London. After a shocking discovery, Caroline's solo anniversary trip serves up a surprising dose of hope in the form of a historical mystery too intriguing to ignore.

Everyone In This Room Will Someday Be Dead by Emily Austin (Coming Jul 6)

Gilda feels things keenly and

her mind never stops whirling – she also spends a fair amount of time thinking about death. When a comical miscommunication at a Catholic church results in her becoming the new church secretary, Gilda finds herself faced with a whole new set of challenges. Funny, quirky, and heartfelt.

Just Last Night by Mhairi McFarlane

McFarlane is one of my favourite authors and this new novel doesn't disappoint! Heartbreaking loss leads to shocking revelations and painful soul-searching in this lovely novel about best friends, the unique love they share, and what happens when one of them disappears.

Shipped by Angie Hockman

Set on a cruise through the Galapagos, this lovely, light romcom will transport you to the beach when you can't get there yourself. Hilarious and fun, this novel is the perfect summer read!

The Ladies of the Secret Circus by Constance Sayers

Unlike a normal carnival, the Secret Circus contains dangerous acts, questionable rides, and a dark undercurrent that you can't quite identify; you just know you shouldn't stay too long. Unfortunately for Lara, her destiny is tied to the Secret Circus and no amount of magic, love, or distance can save her from it. Completely enchanting, this mystical, historical story is not to be missed.

Ariadne by Jennifer Saint

As a princess of Crete and daughter to the mighty King Minos, Ariadne was raised on loyalty, fidelity, and obedience. When her love for the hero Theseus leads her to the ultimate filial betrayal, her bid for freedom could instead lead her to a much darker destiny. Perfect for fans of Circe by Madeline Miller, this beautifully told story is a wonderful surprise.

Take Me Home Tonight by Morgan Matson (Ages 12+)

When best friends Kat and Stevie head off to the Big Apple for a celebratory night of fancy dinners, Broadway performances, and parents-free fun, things don't quite turn out the way they planned. A charming romp through the big city.

Aven Green, Sleuthing Machine by Dusti Bowling

(Ages 6–9)

One of my favourite literary characters is back in a brand new series for younger readers. And this time, she's solving mysteries! Hilarious and sweet, this newest Bowling book will delight and entertain readers of all ages.

Michelle's picks

The Speed of Mercy by ChristyAnn Conlin

If you're missing summer visits to Atlantic Canada, this book will transport you right to its windy, misty shores, with writing that glitters like the sun on the ocean. But the novel is not without its dark secrets. The main character can't speak, nor can she even remember her own mysterious past. Through the unearthing of her sad story, the reader is reminded that the powerful bonds of friendship should not be underestimated.

Second Place by Rachel Cusk

A middle-aged woman invites a famous painter to visit her and her husband in the hope that he will provide some insight into who she is, or clarify some mystery of her life. The novel is not carried by its plot as much as it is by the observations of behaviour and relationships, and the examination of the role art plays in our lives.

Deacon King Kong by James McBride

This novel opens with a shooting, but the crime has less to do with mafia activity than one would think. In fact, it has more to do with baseball, some mystery cheese, and an ancient statue. The characters in the neighbourhood – Black, Latino, Italian and Irish – overlap in tumultuous ways, and the result is funny, unexpected, and touching.

In Memory of Memory by Maria Stepanova (Translated by Sasha Dugdale)

A narrator sifts through an apartment of photographs, postcards, diaries and souvenirs in Russia. Through a combination of essay, fiction, memoir, and history, the author explores cultural and personal memory, while objects in the apartment convey the story of an ordinary family that survived horrific persecution and repression. The author has been compared to Polish writer Olga

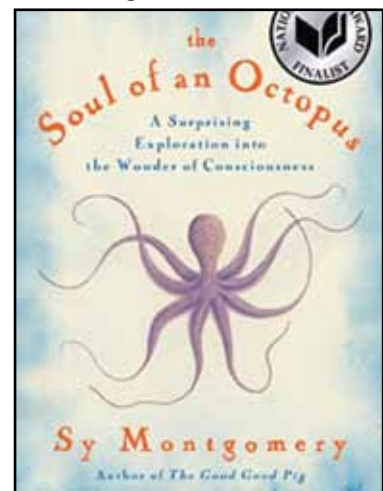
Tokarczuk, but this is a book like no other.

Why We Swim by Bonnie Tsui

This book contemplates why swimming is one of the most popular activities in the world, even though humans are not natural born swimmers. Stories range from those of Olympic champions to an Icelandic fisherman who survived a six-hour swim after a shipwreck. The book investigates why and how we swim for pleasure, exercise, and healing.

When You Wonder, You're Learning by Gregg Behr and Ryan Rydzewski

The book explores the science behind the show Mister Rogers' Neighborhood, revealing how curiosity, creativity, and collaboration have boosted academic learning and children's well-being. Parents and educators can find tools for learning in the digital age, while also nurturing self-acceptance, loving relationships, and regard for one's neighbour.



The Soul of an Octopus by Sy Montgomery

Octopuses have been a mystery to humans for many years. Through interviews with scientists and personal encounters with octopuses, Montgomery provides a captivating account of these fascinating creatures. The book is informative (though not overly scientific), entertaining, and touching.

How to Make a Better World by Keilly Swift (Reviewed by Emilia, age 7)

I recommend **How to Make a Better World** because it is full of great ideas for young scientists to help the world: to save animals; help make a clean ocean; and if someone can't stand up for their rights – tell them not to give up. Do not give up on buying this book! It also has so many self-and-other care tips, for

example, to avoid screens for at least an hour before bed. Keep working hard!

Inkling by Kenneth Oppel (Reviewed by Sam, age 10)

I think **Inkling** is good because it is funny and mysterious. Also there's magic, for people who like magic. It will hook you with about 64,99999 hooks. Also there are comic books in the story!

Six of Crows by Leigh Bardugo (Reviewed by Sofia, age 14)

Six of Crows is a really good book, especially for teenagers. It combines mystery, magic, action, and fantasy, and is very suspenseful. When I started reading it, I couldn't put it down! I hope you enjoy it!

Stephanie's picks

Klara and the Sun by Kazuo Ishiguro

Ishiguro explores what it means to be human in a high-tech world through Klara, an android with all the feelings and emotions of a human. Klara has a unique perspective on human behaviour, love, and loneliness. This is a thought-provoking read by a master of literary fiction.

Deceptions by Anna Porter

Set in Strasberg, Budapest, and Paris, this is a savvy art-world thriller featuring a strong independent heroine.

Transient Desires by Donna Leon

The latest in Leon's long running mystery series set in Venice. There are lovely descriptions of the life of Venice, its wonderful food... oh, and a tough mystery for Inspector Guido Brunetti and his team to solve.

Subterranean Railway by Christian Wolmar

The London Underground was the first – and remains the longest – underground railway in the world. This book reveals London's hidden wonders, showing how the Underground helped create the city we know today.

Vegetable Simple by Eric Ripert

Showcasing vegetables' natural flavours, the author creates delicious, simple-to-prepare dishes. With beautiful photographs, this book is a real inspiration.

Books on Beechwood is located at 35 Beechwood Ave. Shop online at bookson-beechwood.ca or call 613-742-5030.

The art of Clara Kim comes to Electric Street Gallery

By Andre R. Gagne

Growing up in Goheung, South Korea, at the age of eight, Clara Kim lost her mother. In her grief, she also lost her words. During this hard time, Clara retreated into her mom's garden, caring for the flowers there and playing with the nearby chickens and frogs. All would become fixtures of her art.

From June 9–29, the Electric Street Gallery (299 Crichton St.) will host an exhibition of Clara's work entitled "Be Yourself," featuring the animals which have strong ties to her culture.

"Chickens are a symbol of wealth and abundance. Frogs are a symbol of water and happiness. In Korean folklore, the cries of a frog symbolize the importance of respecting one's parents," Clara explains. She fondly remembers her father teaching her how to feed frogs by tying a string to a long twig and placing a pumpkin petal on the end, shaking the twig as though fishing. The frog would then hop over for a munch.

Eventually marrying and taking up work as an English teacher, Kim would later immigrate to Canada with her husband at the urging of friends. It was here, in a moment of need, that she discovered painting.

"I [had] started to feel like my existence was disappearing. One day, painting tools came into my [vision] at a

shop," Kim recalls. "I started with the idea of being able to express myself with artwork in my busy but boring daily life."

Clara thinks of her paintings as a way of peering into Korean folktales from the old days. She says there is little difference between the Asian paintings of 500 years ago and those like hers that one can see today, though she has merged elements of western painting into her work.

"I am inspired by both different cultures and strive to bring together these two separate philosophies," Clara says. "I paint with a knife rather than a brush, drawing heavily from the oriental style, but express it with a western style, creating a middle ground unlike any other. As I created my own world of paintings, I began to shift the subject of paintings to personal topics that were deeply related to me."

While initially struggling to express her identity through her art, the frogs, chickens and flowers started to shape the work, taking on the mystifying nature of human relationships. She explains that the animals represent those who live in our often competitive society.

"They also satirize our shortsightedness of the future," she adds.

Electric Street Gallery owner Irene Tobis finds Clara's work a fine example of her gallery's tagline: *What*

Strikes You as Beautiful.

"For paintings, we tend to seek work that occupies a middle ground between pure abstraction and pure representation," said Irene. "We especially enjoy representation interpreted by unique artistic visions. Ideally the artist will take a familiar subject to create something both familiar and yet startlingly fresh and new. We're very pleased to be able to work with artists who manage this."

A wonderful coincidence linked the gallery and artist together: Irene was looking at Clara's work on Instagram on the very day the painter contacted her in response to a callout for floral art.

Says Irene: "We find Clara's work very striking. It's vibrant, vivid, and eye-catching, which is good for us, especially as we try to catch people's attention through our display windows. It's beautiful and life-affirming work, and this is exactly what we try to provide."

Irene is particularly attracted to the cross-cultural nature of Clara's work, noting Ottawa as fertile ground for multicultural artists, and those coming from other countries seeking new work to add to their homes or offices.

"Most of the people around New Edinburgh have chosen to live in a particularly beautiful neighbourhood; they could have chosen instead someplace more convenient or more centrally located. So



Photo courtesy Clara Kim

Originally from South Korea, Clara Kim brings her "striking" and "fresh" artwork to the Electric Street Gallery in June.

it's not surprising that people appreciate beauty," explains Irene.

In creating some of that beauty, Clara says her process begins with simplifying the concepts in her mind which then flow into a focus on the line-art of the piece. As for the common question of where the ideas come from, her reply is simple: every-

where!

"In particular, I love to watch documentaries. I often get inspiration from documentaries chronicling an artist's life or ecological documentaries," she says.

"Be Yourself" runs at the Electric Street Gallery (299 Crichton St.) from June 9–29, 2021. Learn more at electric-street-gallery.myshopify.com.

Mackay United Church embraces technology to connect

by Sue Husolo

At the start of 2020, MacKay United Church was best known for three things: a sanctuary with great acoustics and uncomfortable pews; a large hall used for neighbourhood recreation programs and events; and a congregation that gathered for worship on Sunday mornings.

Then came COVID-19.

In March 2020, the doors of the historic stone building closed, and the corner of MacKay and Dufferin streets became very quiet. Everyone retreated to their homes. Many looked at their computers, phones, and tablets with a newfound respect, encompassing both awe and dread. MacKay United was known neither for its techni-

cal prowess, nor its social media savvy.

After cobbling together a few Sunday services from living rooms, it was apparent that the congregation needed a small miracle. It was also apparent that they were not alone in that struggle. The small miracle came as a collaboration of Ottawa churches, affectionately dubbed "the East Enders," including MacKay, Orleans, St. Paul's Eastern, St. Andrew's Buckingham, Rothwell, Carleton Memorial, and Queenswood United Churches. These communities came together to share the workload, the technical gear, and the expertise, to create, produce, and broadcast worship services online. Thus "Virtch" came into being.

Orleans United Church, which embraced online streaming early, led the pivot. The clergy, musicians, technicians, volunteers, administrators, and congregants of the participating churches made it possible to be a connected community in a time of social isolation.

Over the last year, MacKay invested in technology, in people, and in developing the skills required to work in this environment. The church found new ways to be a community of faith, connecting not only with their established congregation, but also with individuals who have never entered the MacKay sanctuary. Additionally, those who are housebound by physical challenges and those who have moved away can partici-

pate again with their church community, through a good quality technical feed.

Embracing new ways to be together, MacKay continues to offer Sunday, holiday, and special services streamed on Facebook and YouTube; social time, choir gatherings, and discussion groups on Zoom; pastoral care using various means of connecting; and mission programs including refugee sponsorship and support to charitable community initiatives.

Kindness of Jazz, a MacKay music initiative, will launch a meditative video online in June 2021. It combines music recorded at MacKay with contemplative photographs by Rev. Michael Blair, General Secretary of the United Church of Canada. It fea-

tures original music by Tim Jackson, performed by Rev. Peter Woods, Tim Jackson, and Lou Frattaroli. The video is designed by local young resident Harriet Fisher. The video will be available on MacKay's new website mackayunited.ca, and on its various social media.

MacKay's regular programming will be active throughout the summer. In the fall, the popular Music and Meditation program, anchored by Rev. Peter Woods on saxophone, will be broadcast online, live from MacKay every Tuesday evening from Sep. 7 to Thanksgiving, Oct. 11, 2021.

Learn more at mackayunitedchurch.org.

Farewell to the family who kept the Christmas spirit all year

By Bruce McLaurin

Many of our neighbours have been our constant companions for years. Others come and go. The family across the street from me are going, moving on after a few short years.

Before the pandemic, Tim and Karen hosted friendly summer barbecues on their deck. In winter, Tim used his snowblower to clear the sidewalks around his corner, down the block, and from his neighbours' driveways. He has a warm soul, and he is known to wear shorts in the snow. His appearance can seem familiar, even to strangers. Tim has a snow-white beard and eyes that sparkle. It would not be unkind to say he has a round belly that suits him. He sports red shoes, red rimmed glasses, a red coat, and a red toque. I have seen children stop at the corner of Stanley and Queen Victoria streets, point, and call back to their parents: "It's Père Noël!" An honest mistake? Or is it?

Tim's garage is a workshop



Some of the pinewood derby race cars that Tim and his family created in his workshop and shared with neighbours last summer.

Photo courtesy Bruce McLaurin

with an expansive workbench where he builds all manner of wooden creations. Tim has two little helpers who work with him building fairy houses. Maeve and Stella skillfully shape and sand the wood and add layers of paint and glitter, as well as decorations of tiny flowers and miniature garden tools. You may have met these charming girls at their Pandemic Advice table where they sold drinks and dog treats to raise money for charity.

Tim's maker space has hosted many other neighbourhood

children, building birdhouses and gingerbread houses. With the double garage door opened wide and proper physical distancing in place, the workshop continued to hum at a slightly reduced pace during the pandemic. Over several weeks last summer and fall, various groups of the young and young-at-heart shaped, painted, and assembled pinewood derby race cars, the kits supplied by Tim. Then one happy Saturday, Tim erected a 48-foot double track that stretched from high on his back deck into the park.

Morning and afternoon sessions of racing ensured that everyone in the masked and physically distanced gathering could admire the lines and colours of each others' creations and test their own cars in head-to-head competition.

Not, surprisingly, Christmas comes early at Tim's house. Listening to Mariah Carey singing "All I Want for Christmas Is You" for the umpteenth time in November might cause some irritation, but somehow when it emanates from Tim's busy work-

shop in midsummer, it is not unwelcome. The strains of that modern holiday classic do not feel out of place in September for Tim and all those who believe. Strings of lights brightened the darker days of the pandemic fall and winter, and as Dec. 25 approached, Tim erected a fully decorated outdoor tree to complement the indoor tree. Christmas comes just once a year, but Tim and his family know how to extend those tidings of comfort and joy throughout the year with friendly greetings and the sharing of time, talent, and tools.

So as this fun family moves on to other adventures, we are left with happy memories and a pair of red-painted swings hanging in Stanley Park. Tim and Karen, we hope you have enjoyed your time with us. We certainly have with you.

After two years on Crichton Street, Bruce McLaurin and his family found a home in a three-door-row house on Stanley Avenue 28 years ago.

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Public library offers online biking, camping and art workshops in June

By Martha Hodgson

Greetings from the Rockcliffe Park Library branch!

The library at 380 Springfield Rd. has been open for holds pickup and returns since Apr. 8.

While in-branch programming is still impossible, staff continue to offer an exciting variety of virtual programming. Here are some highlights for June:

'Let's Bike' Series

For "Let's Bike" month in June, we are offering a series of programs in English and in French, including an Urban Cycling and Discover Your City by Bike workshops with EnviroCentre. Due to the pandemic and less avail-

able activities, many people are either getting into cycling or doing more cycling than they normally would. For cyclists of any age and ability, these programs help encourage people to get outside and keep healthy.

Wellness Fridays

Explore your creative side with two art workshops this month: Zen Drawing and Sketching Nature.

Have you tried Zen Drawing and Doodling? Zen drawing and doodling includes drawing mandalas and doodles by combining variations of dots, lines, colours, and curves. Join Kelly Eyamie, an Ottawa-based portrait and abstract artist, to explore a

new way to relax through drawing. Not only is this a great way to relax, but it is also an easy-to-learn and fun way to create really beautiful images. This two-part workshop on sketching nature is part of the **Wellness Fridays** series. In Part 1, we'll learn the basics of zen doodling and in Part 2 we'll build on what we learned! This workshop takes place Jun. 4 and 11, 2021.

Do you like drawing? Join local independent artist and instructor Maya Hum in this two-part workshop. Explore a way to relax by sketching your natural surroundings. No experience necessary! Discover tips and tricks

by artists to sketch nature with ease! We will learn the basics of drawing and how to create captivating compositions in this class. This two-part workshop on sketching nature is part of the **Wellness Fridays** series. This workshop takes place Jun. 18 and 25, 2021.

Please register to attend and to receive the Zoom link. Kits with supplies and instructions will be available for pickup at four branch locations per week before the first session of each series. Arrangements for pickup will be made by email.

Learn to Camp/Initiation au camping

We are offering a Learn-to-Camp series online in June. Canada has many parks to explore that offer the opportunity for you to enjoy fresh air, nature, and beautiful scenery. Whether you are a family with young children or you have simply never tried camping before, join us for interactive programs with

guides from Parks Canada and from experienced campers who will share the knowledge and skills you will need to go camping. Offered in French and English.

Storytimes/Heure du conte

Our online Storytimes and Parent-Baby Connexion programs continue weekly. Check out the library website for more information! Join us online for live stories, songs and rhymes, for children ages 6 and under. Offered in English and French.

Parent-Baby connections/Connections Parents-bébés

A virtual conversation among parents to share stories about raising young children. Offered in English and French.

Martha Hodgson is the Public Service Supervisor at the Rockcliffe Park Branch of the Ottawa Public Library, 380 Springfield Rd. Learn more at biblioottawalibrary.ca.



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The lure of the Lamborghini

A work of fiction by Keith Newton

Alex thought back to his momentous decision of a few months ago. His parents had tried to dissuade him. *Don't be silly, young man. We want you to take over the business, of course. Keep up the family name. Think what you're giving up!*

But he was determined. His head spun with the kaleidoscope of beautiful words with which he would express his true self, in a way that would set him alongside the greats. The greats, few of whom he had actually read.

But the castle, the yacht, your Lamborghini, the polo ponies. Think again. The writer's life is not so glamorous. You'll probably end up destitute, in a garret.

Clutching the letter, Alex shuffled back along the dingy hallway and mounted the creaky stairs to his bare, bleak room. Badly lit by a single unshaded bulb dangling from the crusty ceiling – his cell, as he now thought of it – offered scant com-

fort. A makeshift bed held an untidy tangle of blankets and clothes. The other furniture consisted of a plastic chair and a rickety table, at which he now sat.

Morosely, he contemplated the walls of the drafty little space. Dozens of slips of paper of varying sizes and colours, pasted, taped, some pinned, all bore the same message: rejection.

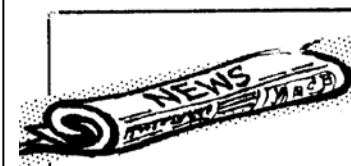
Sipping tea, he plucked up courage and with trembling fingers opened the envelope with the publisher's logo on the top-left corner. Of course; another one. Number 82.

The early days of his Spartan existence had been rather a lark. After all, it wouldn't be long before fame and fortune came along. So at first he was incredulous. There must be some mistake. Slowly it dawned on him that, of course, not all publishers were so discerning as to recognize the excellence of his extraordinary stories. But the weeks had dragged agonizingly by without the expected triumph.

He sipped again. Reality, he had to admit, was not much fun. The tea was ghastly. A far cry from the rich black oolong blends of Assam and the champagne of teas from Darjeeling. More like the sweepings from some dreadful warehouse floor. Ah, yes, reality. He missed the Lamborghini, the polo, the use of the jet, the marinas on exotic isles.

Seventeen seconds and his mind was made up. He shuffled to the door, down the stairs, along the passage to the gloomy vestibule with its long-suffering payphone and the tattered directory hanging dejectedly on its chain. He pulled out a pocketful of change. Dialed. Waited.

He could picture the scene at the other end of the line: the chateau in the French Alps, the salon with the ancestral portraits, the astrakhan rugs, sparkling crystal. He pictured the tall elegant dowager: immaculate steel-grey coiffure, slender manicured fingers around the slim stem of the day's first martini, a



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mildly inquisitive look on the patrician face as she lifted the solid gold receiver.

"Hello, Nana. It's Alexander. May I come and stay a while?"

Former Crichton Street resident Keith Newton moved into the New Edinburgh Square just before the pandemic hit in March 2020. He is a retired research economist and professor, and an avid creative writer.



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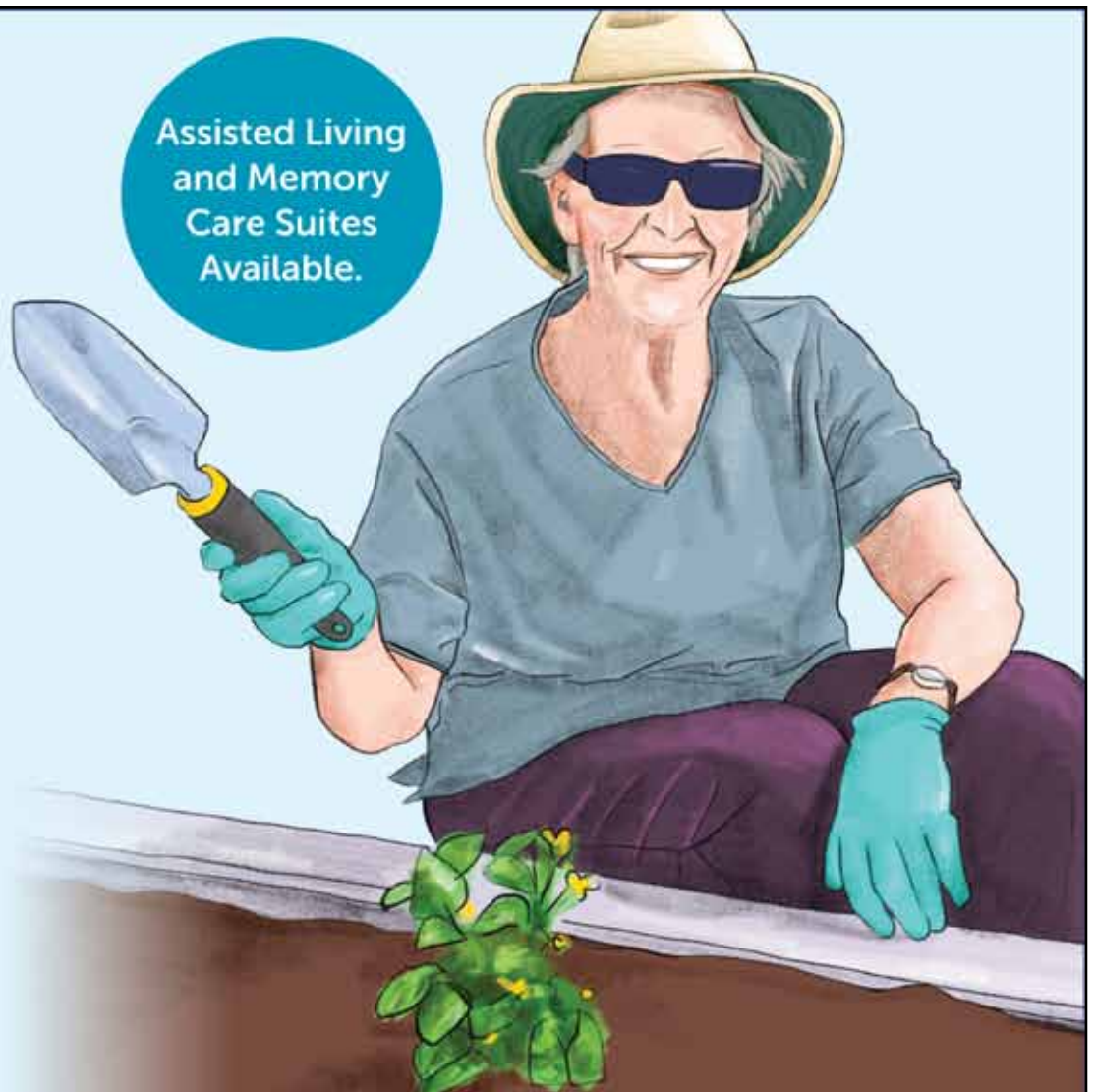
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Health, Happiness and Home

Welcome, Spring. Come back soon!

By Janet Ruddock

"You should have loaded the car at midnight in the back lane," I say to my husband, Frank. "Last I heard we're supposed to be staying home." I hunker low in the passenger seat. It's a beautiful but chilly day. Two joggers zip by on the road. Folks stroll by on the sidewalk. "What must people think? We're packed to the rafters. Doesn't look like to me we're off for just groceries, pharmacy, or the new LCBO. I sink lower and pull my winter scarf over my nose.

"Stop already," Frank says, stowing a few last things into the back seat. "You look like a criminal." Finally, he settles into the driver's seat. "We're not breaking rules, we're sticking to them," he says. "We're heading to the one and only bubble we've bubbled with since COVID

started, an individual outside our household living alone."

Yes, Frank. It happens that this bubble is a four-hour drive from Ottawa. It's also as quarantine friendly as it gets: a picturesque 10 acres surrounded by farmland. My cousin shares her sprawling home with two resident felines. The cats clearly own the place but make allowances for repeat guests. Even cats welcome a break from isolation. My cousin needs company. I need a break from being housebound. Frank needs a break from 24/7 work at home.

We leave town with a picnic and full gas tank. Our only planned stop, as in previous trips, is lunch on any sideroad handy when hunger hits – Highway 7 has plenty. Bathroom breaks are not an option. We've memorized every small-town sign, deserted motel, defunct restaurant, abandoned convenience store, and blueberry stand en route. Whatever once was, isn't now.

The weatherman predicts a few warm days that week. Maybe 14°C. Frank trades in his work laptop for work boots. He loves it here. There are always landscap-

ing chores for eager hands. I unearth a few cushions for the patio chairs. Tranquility Base. Can life get any more peaceful?

And then the noise. The second morning it starts as a distant din. "Is that ducks down at the pond?" I ask my cousin as we half-doze in the morning sunshine on the patio. Watching birds flitting around the feeders is

relief.

The weather turns unexpectedly hot. We borrow summer clothes. Frank searches the hall closet for a suitable hat. He appears in stunning headgear, quite pleased with himself. "Well, if it isn't van Gogh in the flesh," I say. "Self-Portrait with a Straw Hat." Van Gogh, on this occasion, looks remarkable indeed in my cousin's garden-club

the patio umbrellas. Where are the rest of the chair cushions? The pergola has a long wait for its shade curtains. At dinner, everyone's sweating and trying not to show it. The head-piercing, nonstop frog chorus isn't helping.

"I can't take it, folks," I say. "I'm moving inside." I grab my wineglass, plate, and cutlery. Close on my heels follow my cousin and Frank. Dining al fresco aborted. "I can't believe we just did that," I admit. "Don't tell anybody it's too hot for us in April."

Back in Ottawa, it's 26°C. It's impressive how quickly the neighborhood ditches snow boots for flip-flops; parkas for t-shirts. Decks are up and running. Essence of barbecue and firepit fill the air. A week later, gale force winds hit with snow – lots of snow. Welcome, Spring. Thanks for visiting. Come back soon.

Janet Ruddock and her husband Frank moved to New Edinburgh nearly two years ago after 10 years in Washington and Boston with Foreign Affairs Canada. Janet is a writer, traveler, lover of the arts, and advocate for those living with chronic pain.



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EVENTS CALENDAR

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

June

June 2-7 – Ottawa Children's Festival happening online. Register: ottawachildrensfestival.ca. Free. The Ottawa Children's Festival presents three artistic productions available online from Jun. 2-7. Two shows are non-verbal and one is English only. Learn how to host a "Watch Party" with family, friends, or students. Details online.

June 5-6 – Betty's Walk happening online. eldercare-foundation.ca. The Eldercare Foundation of Ottawa hosts the 2021 Virtual Betty's Walk, a fundraiser to support seniors living in not-for-profit, long-term care homes in Ottawa.

June 5 – Beechwood Market in-person at Optimiste Park. Saturdays from 9 a.m.-2 p.m. beechwoodmarket.ca. Every Saturday until Thanksgiving (Oct. 11), Beechwood Market will be open for a pared-down version of in-person shopping. Visit website for a list of vendors.

June 8 – CCC meeting and AGM happening online. 7 p.m. The Crichton Community Council will hold its Annual General Meeting virtually. The president and treasurer will present reports, and a new board will be elected. Confirm your participation at CrichtonCommunityCouncil@gmail.com.

June 9 – "The Spirit of Harriet Tubman" happening online. 7p.m. bibliooottawalibrary.ca As part of its Rural Roadtrip Concert Series, the Ottawa Public Library hosts "The Spirit of Harriet Tubman." A one-woman show written and performed by Leslie McCurdy, this play explores the life of Harriet Tubman, a hero of the underground railway and a tireless worker for social justice. Registration required.

June 10 – OrKidstra End-of-Year Celebration happening online. 5:30 p.m. orkidstra.ca. The entire community is invited to OrKidstra's End-of-Year concert, a free online celebration of music, hope, joy, and belonging for the whole family. Donations welcome.

June 15 – NECA meeting happening online. 7:30 p.m. The New Edinburgh Community Alliance will hold its monthly board meeting virtually. All New Edinburgh residents are welcome to attend. Contact President Cindy Parkanyi for details: newedinburgh@outlook.com.

June 15 & 29 – Vanier Cultural Citizen Forum happening online. 6-8 p.m.

vanier-association.com. The Vanier Community Association invites residents to share ideas and dreams for redefining our cultural landscape. Comments will be gathered and used to develop the new Vanier Cultural Strategy.

Until June 18 – Artwork by Shuvina Ashoona at NECTAR Centre, 255 MacKay St. lineagearts.ca/events. Lineage Arts at the

NECTAR Centre hosts an exhibit by Shuvina Ashoona, an Inuit artist from Nunavut, known for her detailed portrayals of Inuit life and the Cape Dorset landscape.

public health guidelines. Visit newedinburgh.ca/events to confirm.

Sept. 21 – NECA meeting happening online. 7:30 p.m. The New Edinburgh Community Alliance will hold its monthly board meeting virtually. All New Edinburgh residents are welcome to attend. Contact President Cindy Parkanyi for details: newedinburgh@outlook.com.













September

Sept. 18 – New Edinburgh Garage Sale The CCC cannot confirm whether the annual community garage sale will take place due to


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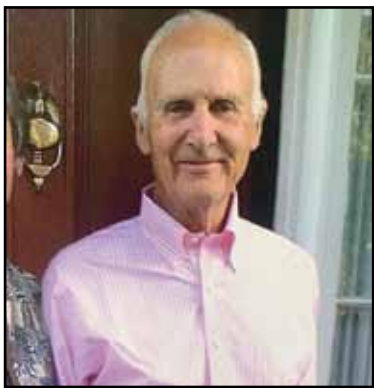
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Welcome

The *New Edinburgh News* welcomes three new volunteers who recently joined the team. **Bruce Smith** is working with advertising manager **Joana Chelo** on business development and client relationships. Writers **Randy Mar** and **Tamara Miller** have each contributed their first pieces to this edition of the Burgh Business Briefs. *NEN* looks forward to working with you all in 2021-22.

Congratulations



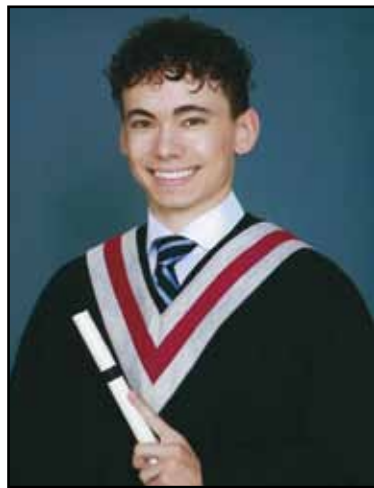
MacKay Street resident **Jack Ferguson**, business owner, community member and parishioner at St. Bartholomew's, celebrated his 90th birthday on May 21. He and wife **Sandra** moved to MacKay Street in 1967, continuing the legacy of Fergusons in New Edinburgh: in the 1870s Jack's great-grandfather lived on Charles Street. Jack's now-grown children **Jennifer** and **Jonathan** attended Crichton Street Public School. In the 1980s, Jack put out a call for Saturday morning soccer in Stanley Park. The New Edinburgh Stars soccer team's shirts featured a gold star within a soccer ball. Fathers with an interest in soccer coached the teams, with **Bruce Campbell** as referee. Eventually Jack convinced City Hall to install goalposts and to mark lines on the field annually. He eagerly awaits the reopening of Rideau Hall's Union Street gate so he can walk up the path to "his" fountain.

New Edinburgh is very

proud of the more than two dozen Grade 12 students from various high schools who are graduating in 2021. Congratulations and best wishes go to: **Julien A-W., Maxime A., Erica B., Hannah B., Olivier B., Anna C., Cameron C., Collin C., Emma F., Julia G., Paul G., Ella I., Emma K., Finn K., Sophie L-C., Taylor L., Rebecca L., Charlie M., Samuel M., Livia M., Anna N., Sacha P., Sam S., Lucas S., Kyle S. and Ross T.**



June 1 marked 25 years since **Sarah Anson-Cartwright** and **William Beddoe** moved to Avon Lane. Life on the lane for daughters **Caroline** and **Rosalind** included hopscotch and hockey; they both now live in Nova Scotia. Meanwhile, Sarah and William still enjoy the human scale of their 1874 house on the lane.



Congratulations to **Olivier Bélanger** of MacKay Street who will graduate from école secondaire De La Salle in June and has been accepted at uOttawa's Mechanical Engineering program starting this September. A LEGO engineer since age 4, he is that much closer to achieving his engineering dreams.

A shoutout to Noel Street's **Anna Woodcock** who graduated from nursing at uOttawa last spring and jumped into working the COVID frontline as an ICU nurse at the Ottawa Hospital. Anna also joined a health care team flying into

remote First Nations communities to administer the vaccine. Congratulations, Anna, on an incredible first year of your nursing career – your New Edinburgh friends and neighbours are proud of your good work.

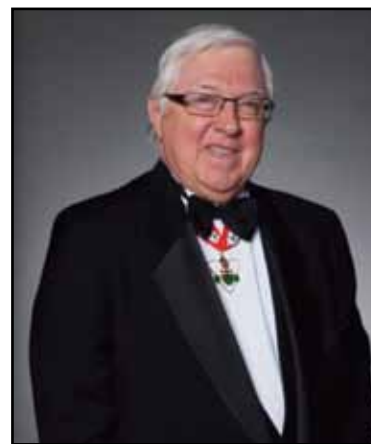
Congratulations to all 44 **Grade 6 students** from **Rockcliffe Park Public School**, who are leaving RPPS at the end of June. Despite the challenges of public health restrictions and online learning this past school year, the students have persevered, and are ready to tackle whatever comes their way as they go into Grade 7 at new schools.

Farewell

After 15 years of working at Books on Beechwood, **Antoinette Fracassi** retired on May 13. An avid reader, the knowledgeable Antoinette led and facilitated one of the store's two book club groups. We wish her well in her new

home in Toronto and will miss her presence in the book store.

Condolences



Claude B. Gingras passed away in his New Edinburgh home Apr. 26, age 77, after a battle with cancer. Claude was the founder of insolvency trustee firm Ginsberg, Gingras & Associates, Inc. and worked with many non-profit organizations to support Canadian youth, the Franco-Ontarian community, local businesses, and

health science research. He was awarded the Queen Elizabeth II Jubilee Medal in 2002 and both the Order of Ontario and the Order of Ottawa in 2014. Condolences to Claude's wife **Claudette**, daughters **Chantal** and **Caroline**, grandchildren **Olivier, Alexandre, and Zoë**, and extended family.

Wanted

Looking for a small house or apartment to rent in New Edinburgh locality.

Our daughter, her partner (both professionals) and their well-behaved dog are hoping to visit from Calgary for three months towards the end of September to provide caregiver support for elderly parents during the pandemic. They will need a place with two bedrooms, or a bedroom and separate office. If you know of somewhere please contact Isobel Bisby: ibisby@gmail.com; 613-304-7919.



Cartoon by Roslyn Butler

There it sat in blue plastic splendour at the side of the multi-use path near the slope down to the sports fields and near (but outside of) the fence of the new pumping station: a toilet!

This was amazing. Had the City of Ottawa come to its senses? Had someone realized there was a very real need for such a public facility given the lack of any access to relief during this time of contagion and provincial lockdown?

It was handy to all: cyclists, strollers, dog walkers, exercisers, and the sports-minded on the playing fields and of course, City workers tending

to the pumping station.

I was so excited, I just had to try it out! It was fine if a little on a slant. It had everything for a total COVID experience: hand sanitizer dispenser, a toilet, a large roll of toilet paper, a small sink! Complete with foot pump and WATER and last, but not least, deodorizer pellets to keep it fresh smelling. And the door locked when inside! This was grand. I envisioned future relief when my dog walks became a little too long whilst still rather far from home – especially on cold, damp days.

Alas, this was not to be. A few days later it was gone,

like a mirage. Upon inspection I spotted it locked inside the fence of the pumping station – for the exclusive pleasure of City workers. So much for dreams of a City that truly cares for its citizens. We are back having to curtail our enjoyment of the dog park and all its sports facilities in order to rush back home. No wonder some of those cyclists are travelling so fast: they are probably trying to get to some facilities, too.

Let's all join the "Gotta Go" campaign!

ottawapublictoilets.ca

–Roslyn Butler