

FEBRUARY 2022

NEW EDINBURGH NEWS

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Nature's Buzz to close forever Feb. 19

By Jane Heintzman

On Feb. 19, **Nature's Buzz** will close its doors for the last time, ending two decades of operation in our community as a hub for organic supplies. Throughout this 20-year period, the store has been a family-run operation, launched in 2002 by Dr. **Mark Patry** and his family, and later purchased in 2007 by **Dale Heins**, partner of store associate **Nancy Phillips**.

Nancy's son **Eric Passmore** and daughter **Chelsea Passmore** – the current store manager and sales associate respectively – have become familiar figures here in the Burgh. The family has worked hard to keep locals supplied with a wide range of organic products, from meat, fish, and poultry to fresh produce, dairy items, baking supplies and more.

The Passmore-Phillips' ten-

ure on Beechwood has been far from uneventful. In March 2011, the store's original location at 23 Beechwood Ave. was completely destroyed by fire. For many months, the future of the business remained in doubt as the commercial community grappled with the challenges of relocation or, in some cases, closure. Happily, Nature's Buzz was able to secure a spot nearby at 55 Beechwood Ave. (at Douglas Avenue), where it has since remained in operation.

In recent years, the store has faced another serious challenge: the roller coaster ride of the COVID-19 pandemic. As a food supplier and thus an essential service, Nature's Buzz was never required to close its doors, but was inevitably affected by the supply

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Photo by Alexander McKenzie

Metro Beechwood grocery store manager Shawn Steinburg (second left) and members of the hard working Metro team: Matthew P., Linda C., Cheryl L., Gord B., Edouard B. and Matt B.

Metro Beechwood is here to stay

By Karen Squires

Metro Inc. purchased the land occupied by its grocery store on Beechwood Avenue back in December. This investment in our community is good news, showing the confidence Canada's third-largest food retailer has in the Beechwood Village area.

There had been much speculation and concern in the community about what would happen to our beloved

Beechwood Metro, which many of us have come to rely upon. When news hit in early December that the land was up for sale, many patrons wondered what the future might hold. What would happen should this location be purchased by a developer and how might this disrupt our shopping experience? We've all enjoyed being able to walk or drive easily to Metro, right in the heart of our commu-

nity, as this is what makes a community thrive!

Metro store manager Shawn Steinburg has confirmed to the New Edinburgh News that while Metro has purchased the 2.32 acre property on Beechwood Avenue between Charlevoix and Loyer Streets, the company will not be pursuing any rezoning of the property. Metro does own other locations in

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Looking to volunteer?

Your community association needs help with communications: newsletters, list serve posts, social media updates, website, posters, etc.

Contact the New Edinburgh Community Alliance (NECA) at newedinburgh@outlook.com



Tales from the Square: 'Mountain goats' save Christmas

By Keith Newton

It was a memorable Christmas for residents and staff at the New Edinburgh Square. Just as people were getting into the spirit of the season – making plans for visits with loved ones, writing cards and wrapping presents – we heard that one of the two main elevators in our nine-storey building was out of commission. For most, this was a relatively minor inconvenience. But then, just three days before Christmas, the second elevator broke down, too, with lit-

tle hope of replacement parts for at least a week. The only other means of vertical conveyance was the "little elevator in the corner," which goes up only as far as the third floor. So, residents on floors four through nine were effectively cut off. That's three-quarters of the more than 80 residents at the Square. We could picture the headlines: "Breakdown at residence; old folks trapped for Xmas."

This posed a huge problem for the food-services staff: how to provide room service

two to three times per day to 60 residents on six floors with only stair access. Cindy, our long-suffering Food Services manager, took it in stride. She confidently assured us: "Heck, I've seen worse than this. We'll cope." And cope they did.

Cindy's small army of "mountain goats" was swiftly deployed and was soon delivering hot food in sturdy, brown-paper carrier bags. With irrepressible spirit the

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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, Feb. 15, 7:30 p.m.** and **Tuesday Mar. 15, 7:30 p.m.** Meetings are held virtually on Zoom. Contact newedinburgh@outlook.com for details.

Your NECA Representatives 2021-2022

Contact anyone below through info@newedinburgh.ca

Ari Abonyi

Sarah Anson-Cartwright

Ted Bennett **Treasurer**

Ray Boomgaardt

Katherine Hall **Friends of the Park**

Karen Squires **Friends of the Park**

Heather Matthews

Samantha McAleese **Secretary**

Gail McEachern **Heritage & Development**

Jason Tavoularis **Traffic & Safety**

Cindy Parkanyi **President, NECA**

Ex officio:

Sylvain Bélanger **President, CCC**

Sean Flynn **NECTAR**

Christina Leadlay *New Edinburgh News*

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newedinburgh.ca

Celebrating our Indigenous heritage; working with nearby neighbourhoods



Cindy Parkanyi
NECA President

Like most people these days, the board members of the New Edinburgh Community Alliance (NECA) are getting a bit tired of only engaging with each other online. Luckily, the **Beechwood Holiday Market** on Dec. 11, 2021, at the New Edinburgh Park Fieldhouse offered a golden opportunity for board members to gather safely to toast the season and, in some cases, meet face-to-face for the first time, in addition to savouring the holiday market offerings. We are all looking forward to the days when we can gather together in person without a second thought. However, for the near term, board meetings will continue to be online affairs. **The next NECA meeting will take place on Feb. 15 at 7:30 p.m.** Visit the newedinburgh.ca events calendar for the link.

Honouring our Indigenous past

At our last NECA Board meeting on Jan. 18, Dr. **Peter Stockdale** gave a presentation on the proposed **July 1 Chief Pinesi Day** events in our area. He also spoke about the larger Kichi Sibi Trails initiative to revitalize Indigenous trails and portages in eastern Ontario and west Quebec, and to raise awareness of the deep history of Indigenous peoples, land and waters in Algonquin Anishinaabe territory. (See

full article on p. 5.) At the meeting, the NECA board confirmed its interest in being involved in this worthwhile endeavour and even provided some local knowledge on the location of a natural landmark of Indigenous importance.

Engagement via the Community Collective

NECA has also been actively engaging with other nearby communities on a wide range of issues and initiatives through the Community Collective, which includes community association representatives from New Edinburgh, Manor Park, Lindenlea, Overbrook, Vanier, Cardinal Glen and Rockcliffe Park. The group meets monthly to discuss common issues with a view towards collective action. Some of the recent discussions include: the Ottawa Cares initiative to provide food delivery to local residents in need; the Homelessness Lab pilot project (see article on p. 6); candidates' meetings for upcoming elections (provincial and municipal); expectations versus resourcing for emergency management at the local level; coordination on Beechwood Avenue developments and the proposed secondary plan through the Beechwood Village Alliance; upcoming review of the zoning by-law; as well as ways we can leverage the collective for communications and

engagement across our communities. I'd like to take this opportunity to say a heartfelt thank-you to outgoing Manor Park Community Association President **Elizabeth McAllister** for her dedication and many, many volunteer hours and contributions to the work of the Community Collective.

Looking for communications/social media help

Are you active on social media? Do you have an interest in communications – in whatever form it takes (high- and low- tech)? If so, we would love to have your help on the NECA Communications Committee. Some of the things we are involved in include: monthly e-newsletters, listserv posts, Twitter and Facebook updates, updating and revamping the newedinburgh.ca website, posters, among others. Contact newedinburgh@outlook.com.

How to stay connected in the 'Burgh

To receive monthly NECA updates by email, sign up through the community website at newedinburgh.ca. For up-to-the-minute updates on what's happening in the neighbourhood, join the Google Group "New Edinburgh Discussions", then simply email new-ed-talk@googlegroups.com. You can also join the listserv, known informally as the Moms' List (although there are more than just parents on the list) by sending an email request to List Master Dave Rostenne (dave@theconsultant.net). You can also follow us on Twitter @New_Edinburgh and Facebook @NewEdinburghNECA.

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Letter to the Editor

Don't forget about Vanier!

I have just read John Dance's article on community newspapers (*NEN*, December 2021, reprinted from *The Mainstreeter*) and, once again, noticed the glaring omission of your closest neighbour, Vanier!

Perspectives Vanier has been published since 2003 as a bilingual monthly newspaper covering events in and around the Vanier neighbour-

hood. There is no mention in Mr. Dance's column [of] the 10 "nearby community papers" canvassed, [whether] *Perspectives Vanier* was even approached for their comments.

Unfortunately, this is not the first time that Vanier has been forgotten as part of "the urban core" referred to in the article. We share a common streetscape on Beechwood

Avenue, shop at the same stores, and enjoy the ambience of our neighbourhoods. It would be nice [for it] to be acknowledged, every now and then, that we actually exist and are part the Ottawa East urban environment.

Thank you,
Stephen M. Adler
Charlevoix St., Vanier

No changes planned following Metro land purchase

Continued from page 1

both Ontario and Quebec, and since this location came up for sale, they felt this was a good asset for the company to own. As of mid-January, Shawn has confirmed there are no other plans relating to the store footprint or changes to existing inventory. Of note, the lot in question does not include the gas station on the corner of Beechwood and Charlevoix.

Metro renovated the store interior extensively in 2017. Shawn explained, "through that renovation, we added a wide variety of equipment and design elements to expand some of our programs and further enhance the customer shopping experience." I personally have certainly noticed these enhancements, which made a huge difference to the overall shopping experience and improved the layout and

presentation of products.

In hindsight, thank goodness this was all done before the pandemic, which might have delayed the entire renovation process.

Shawn added, "Like everyone, we have found the past two years extremely challenging at times. My team and I have worked hard to ensure our customers felt safe and comfortable. Even as various restrictions have ebbed and flowed, we wanted our customers to still enjoy their shopping experience at Metro, just as before the pandemic." Shawn also noted: "we wanted customers to feel they could count on Metro to be there through it all, as a reliable and trustworthy business in the community that would meet their grocery needs."

From a health and safety perspective, Shawn says, "As hard as it has been to work on

the front lines, to adapt quickly and to pivot on a dime during this pandemic, my staff and I are touched by and extremely grateful for how supportive and understanding our customers have been during these difficult times."

I think I can speak for many that we are also extremely grateful to have Metro planted firmly on Beechwood Avenue, right in the heart of multiple communities. We are also grateful that Shawn and the team have worked long hours to ensure our grocery needs are met, while keeping everyone safe. Special thanks to the team at Metro Beechwood: we breathe a sigh of relief to know they will continue to be there long-term!

Karen Squires is a member of the board of the New Edinburgh Community Alliance.





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Advisory Committee:

Carolyn Brereton

Jane Heintzman

Cindy Parkanyi

Roslyn Butler

Joana Chelo

Gemma Kerr

Dave Rostenne

Managing Editor

Christina Leadlay

78 Wurtemberg

613-261-0442

newednews@hotmail.com

Advertising Manager

Joana Chelo

ads@newedinburgh.ca

Advertising Assistant

Bruce Smith

Photographer

Alexander McKenzie

613-301-0852

photochefalex@gmail.com

Production Manager

Dave Rostenne

Bookkeeper

Nicholas Galambos

Distribution Manager

Karen Harrison

karen.g.harrison@gmail.com

Proofreaders

Adrienne Blair

Lori Small

Contributors

Stephen M. Adler

Doug Cornish

Laura Fraser

Katherine Hall

Martha Hodgson

Simon Leadlay

Mike Leveille

Randy Mar

Frank Martin

Tamara Miller

Marta Reyes

Marion Siekierski

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Jane Heintzman

David Howe

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Flora Liebich

Allan Martel

Samantha McAleese

Keith Newton

Janet Ruddock

Karen Squires

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Celebrate the area’s Indigenous history on Chief Pinesi Day



Photo courtesy Dr. Peter Stockdale

Organizers envision a gathering of canoeists like this one (above) on both the Ottawa and Rideau Rivers on Chief Pinesi Day, July 1.

By Laura Fraser
Did you know there are 8,000-year-old trails that used to run all the way through New Edinburgh and Rockcliffe Park to Northern Labrador, and then south to the Gulf of Mexico? My guess is probably not. These were the hunting grounds of Grand Chief Pinesi.
The first day of July this year marks 155 years since Canada became its own country. In recognition of Indigenous Peoples past

and present, Chief Pinesi Day will be held on July 1, 2022, in New Edinburgh and Rockcliffe Park to celebrate the Algonquin Anishinaabe history of the area. It will be an opportunity for reconciliation, and to learn about the past and present of the New Edinburgh and Rockcliffe Park area from an Algonquin Anishinaabe perspective.
The day will start off with a portage to Governor Bay on the Ottawa River (between 24 Sussex Dr. and the road

through Rockcliffe Park) where settler and Algonquin canoeists will meet to walk together to Rideau Hall and hopefully meet the Governor General. This meeting between Chief Wendy Jocko and Governor General Mary Simon, should it take place, will make history, Chief Jocko is the first woman Chief of Pikwakanagan and a direct descendant of Chief Constant Pinesi. Pinesi was appointed Grand Chief by Governor General Simon’s

antecedent in 1830. Mary Simon is the first Indigenous Governor General of Canada.
After this event, canoeists will portage to the Rideau River and paddle to the New Edinburgh Fieldhouse at 203 Stanley Ave., where most of the celebrations will take place.
Not a canoeist? No problem. There will be storytelling about the ways plant species (still resident here) were traditionally used, their Algonquin stories, and about

Chief Pinesi. Medicine paddles and walking tours will also take place. The walking tours will start at 10:30 a.m. and run throughout the day. Some tours will be as short as 45 minutes; others will last up to two hours.
The main festivities will be held at the New Edinburgh Park Field House starting at 2 p.m. This will include the inauguration of the Kichi Sibi Trails’ trail markers. These markers will identify known active portage routes,

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Image courtesy Dr. Peter Stockdale

The potential route organizers are planning for Chief Pinesi Day on July 1 would start near Governor Bay off the Rockcliffe Park to Rideau Hall, then to the Rideau River, ending at the fieldhouse.

as well as historic routes across eastern Ontario and western Quebec. The logo is being made by Algonquin Anishinaabe artist Simon Brascoupé. Other social events will include storytell-

ing for people of all ages. Also, a new ceramic mural will be unveiled. It will feature Chief Pinesi in symbolic form. The mural will describe some of the myths and animals that live in and around

the hunting grounds along the Ottawa and Rideau Rivers, the great water panther, and Algonquin stories, including stories about Rockcliffe Park. The mural is being created by Doreen and Charlotte Stevens, artists from Kitigan Zibi First Nation.

There will also be an opportunity to meet many other descendants of Chief Pinesi who will be meeting each other for the first time on July 1. Noreen Kruzich, author of *The Ancestors Are Arranging Things*, will be signing copies of her book.

The event will also include traditional Anishinaabe drumming and powwow dancing. Organizers hope that Highland dancing will also take place, to represent the Highland Scottish side of Chief Jocko, and many of those who later settled New Edinburgh, like Thomas

McKay. The day will end off with a walk to view the Parliament Hill fireworks from Rideau Falls. *Learn more about Chief Pinesi Day on Facebook. Search for "Chief Pinesi Portage at Rockcliffe."*



Photo courtesy Algonquins of Pikwakanagan First Nation
Pikwakanagan Chief Wendy Jocko, a descendant of Chief Constant Pinesi, will be among the special guests taking part in the inaugural Chief Pinesi Day on July 1 in New Edinburgh Park.

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Bettering Beechwood, banning gas-powered lawn tools, and resources to fight LDD moths



Rawlson King
City Councillor, Ward 13

Now that 2021 has ended, I hope to hit the ground running in 2022. I am pleased to have released my position paper on a public realm policy for Beechwood Avenue in January. I will seek a 2022–2026 Term of Council priority to create a Public Realm policy that can be applied to Beechwood Avenue to ensure that we can transform Beechwood Avenue into an inviting, safe, and usable public space that meets the needs of our community.

Beechwood Avenue is one

of Ottawa's last traditional main streets, and thus needs a unique approach to preserve its function and character. Since assuming my role as representative for Rideau–Rockcliffe ward two years ago, I have seen Beechwood Avenue generate the most resident inquiries across the ward. These inquiries are particularly regarding pedestrian and cyclist concerns.

Since the amalgamation of the City of Ottawa in 2001 there have been 20 years

of consultation. While the milestones achieved in this time have been important, some aspects, such as the Community Design Plan approved in 2006, now read as out of date. To address this, I successfully introduced a Direction to Staff to initiate a Secondary Plan process for the Beechwood Avenue–Hemlock Road corridor and St. Laurent Boulevard North. Although a secondary plan has more substantive weight in determining planning priorities for local development, a Public Realm Plan is much more proactive rather than reactive. A Public Realm Plan will be able to guide comprehensive future upgrades, replacements, and new elements on the public street. To read my full position paper, visit rideau-rockcliffe.ca/beechwood.

This year I intend to

continue work on multiple environmental fronts in the ward and throughout the city. At the next Environment Committee in February, my motion to phase out the use of gas-powered lawn equipment on City of Ottawa property will go forward for discussion. The intent of the motion, introduced at Environment Committee, is to eliminate City-owned, gas-powered lawn and yard equipment used to maintain City-owned assets as quickly as possible, and to align our efforts with the National Capital Commission to provide a cohesive, healthier experience for residents.

Residents may recall that this past summer, Ottawa experienced higher than anticipated populations of *Lymantria dispar dispar* (LDD) moths. Infestations of moths lead to the defoliation of

many mature trees, ultimately threatening our tree canopy. In immediate response to this, I successfully introduced a motion at Environment Committee last July to direct City staff to establish a response plan to the increased infestation of trees by LDD moths. I am pleased to inform residents that the response plan received funding in the 2022 City Budget. This will mean that we will be well-equipped heading into the spring and summer of 2022, especially as the trend of high rates of moths is set to continue over the next several years. As we are confronted with the effects of climate change, ensuring that our tree canopy remains preserved, protected, and encouraged in its growth is vitally important now more than ever.

Wanted: volunteers to help unhoused families

By Allan Martel

The Family Homeless Lab is in the test phase of its three-year mandate: the 100 Days of Learning. Within this period

(Dec. 2021–March 2022) the Lab will test new approaches to reducing family homelessness in Ottawa.

There are currently about

300 families living in shelter and or overflow accommodation in Ottawa. The Lab hopes to reduce the flow into shelter by preventing evictions for

those precariously housed, rehousing evicted families rapidly without recourse to shelter, and finding housing quickly for newcomers to Ottawa requiring housing for their families.

We have examined past cases of families entering shelter and have found that, in many cases, early intervention might well have prevented shelter admission. We have established a Rapid Resolution Table to consider all cases arising over the 100 Days of Learning period and to try to rehouse families without requiring them to enter shelter.

The partners at the Table include the City of Ottawa and several housing-focused agencies, all experienced actors in the family homelessness arena. They will be trying to emulate best practices uncovered through research that have proven effective in other jurisdictions.

We believe we have most of the key elements in place to run these experiments, but we also believe we have one weak link that might undermine our best efforts to help these families.

Rapid rehousing in other jurisdictions rests upon intensive housing searches. We might have enough human resources within the Table to

conduct these searches quickly enough. We recognise this and are preparing to launch neighbourhood Networks of Support, but these are likely to be unavailable until well after the 100 Days of Learning has concluded.

Faced with this circumstance, we are seeking volunteers within the key neighbourhoods that make up Ward 13 and Vanier, volunteers who would be able to take on the role of assisting families in their efforts to find suitable housing.

This might mean several different activities starting with online searches for available and affordable units in collaboration with the family. Accompanying the family to view potential rental units might also be of interest to some volunteers if and as this assistance is required.

We are testing untried solutions and the going will be quite rocky at the start, hopefully getting smoother as we learn from our early-stage mistakes. If you are interested in joining us on this journey, please contact me at allanmartel@allanmartelconsulting.com or at 613-890-3651.

Allan Martel is president of the Cardinal Glen Community Association.

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Update on the City's Anti-Racism Strategy



Jim Watson
Mayor of Ottawa

This year, the City of Ottawa will develop its first Anti-Racism Strategy, which will include strategic actions, key performance indicators, and expected outcomes to address and confront systemic racism in Ottawa's systems and structures.

To help inform the strategy, the Anti-Racism Secretariat held virtual town halls with residents in January 2022, completing a series of public engagement sessions that were launched last year.

These town halls gave residents and community stakeholders the opportunity to respond to the "What We Heard" report, which summarizes the recommendations and feedback received on how the City can address systemic racism within the six priority areas previously identified by the community: employment equity, governance, housing, economic development, health outcomes, and youth development. The Secretariat will incorporate the town hall feedback into the Anti-Racism Strategy before presenting it to City Council

later this year.

Under the guidance of Councillor Rawlson King, who is City Council's first Liaison for Anti-Racism and Ethnocultural Relations Initiatives, we are listening to and acknowledging all comments provided at these consultations. I want to thank Councillor King for his ongoing leadership and for his firm support towards the communities across our city that need it most.

As the Mayor of Ottawa, I remain committed to making our city a better place to live for all residents. Change is necessary in all our public service institutions. If we remain steadfast in our resolve, we can create a more inclusive and responsive community that is welcoming for all residents. Only together will we make meaningful change to build a more equitable community.

I also want to give a shout-out to the amazing BIPOC-owned businesses in our nation's capital for Black History Month. As we continue to battle through



Photo courtesy City of Ottawa

Mayor Jim Watson welcoming Councillor Rawlson King to City Hall after his swearing-in ceremony in April 2019.

this pandemic, I encourage every resident to visit the @BlackOwnedOttawa Instagram page that features many of our city's impressive entrepreneurs and community groups. A local favourite is Pili Pili Grilled Chicken located at 205 Dalhousie St. and 2136 St. Joseph Blvd. – I look forward to getting some take-out from them very soon!

Finally, one of the themes for Black History Month

2022 is "Black Health and Wellness." This is all too fitting, as I know the pandemic has taken a heavy toll on us all, but it has disproportionately impacted our BIPOC community. Please take care of your mental and physical wellbeing; a simple walk in the park with a friend to clear your mind can go a long way.

Thanks to the success of our vaccination campaign, the light at the end of the tunnel is truly getting bright-

er. I appreciate all of your ongoing efforts, patience and determination.

For more information about the Anti-Racism Secretariat's work, please visit: engage.ottawa.ca/anti-racism-and-ethnocultural-relations-initiatives

For a list of mental health resources, please visit: OttawaPublicHealth.ca

My priorities for 2022 : health, education and housing for all



Lucille Collard
MPP Ottawa-Vanier

January is a good time to reflect on what we will leave behind as experience in order to look forward and plan for the future. With the natural reflex of wanting to improve our lot, an analysis of the year that has recently ended should allow us to establish what we want to prioritize and accomplish in 2022. It then becomes important to build on our successes and initiate the process of change on what we want to improve.

Personally, I believe that

taking care of each other is more important than our personal success. Thus, strengthening our health care system, enriching our educational network, and ensuring access to a home for all are my priorities for 2022. This year will also be a very important one for reflection, political decisions, and the improvement of our communities because of the provincial election this spring and the municipal election this fall. These democratic

processes are the perfect opportunities to voice your priorities and make your voice heard.

Elections are the perfect occasions to demand that the politicians who represent you do so with bold ideas for the future. Every citizen has an important role to play in this process, and that is to vote in an informed manner.

I invite you to contact my office so that I can listen to and represent your priorities in the New Year.

MPP Lucille Collard can be reached at lucillecollard.ca, lcollard.mpp.co@liberal.ola.org or 613-744-4484.

Le mois de janvier est un moment propice à la réflexion sur ce que nous laissons derrière nous comme expérience afin de nous tourner vers l'avenir et planifier pour le

futur. Avec le réflexe naturel de vouloir améliorer notre sort, une analyse de l'année qui se termine devrait nous permettre d'établir ce que nous voulons prioriser et accomplir en 2022. Il devient alors important de bâtir sur nos succès et d'initier le processus de changement sur ce que nous désirons améliorer.

Personnellement je retiens que prendre soin les uns des autres est plus important que notre succès personnel. Ainsi, renforcer notre système de soins de santé, enrichir notre réseau éducatif et assurer à tous l'accès à un chez soi m'apparaissent comme les priorités de l'année 2022. L'année 2022 sera d'ailleurs une année très importante pour la réflexion, les décisions politiques et l'amélioration de nos communautés en raison de l'élection provinciale ce

printemps et de l'élection municipale cet automne. Ces processus démocratiques sont l'occasion parfaite pour véhiculer vos priorités et vous faire entendre.

C'est ainsi que les élections deviennent une opportunité en or de revendiquer auprès des politiciens qui veulent vous représenter de le faire avec des idées audacieuses pour l'avenir. Chaque citoyen joue un rôle important au sein de ce processus, celui de voter de manière informée.

Je vous invite donc à communiquer avec mon bureau afin que je puisse être à l'écoute et représenter de vos priorités pour cette nouvelle année.

Contactez députée Lucille Collard à lucillecollard.ca, lcollard.mpp.co@liberal.ola.org, ou 613-744-4484.

Misguided funding priorities leave people out in the cold

By Samantha McAleese

As I sit down to write, my phone flashes an extreme cold-weather warning and the temperature sits at -34C. We have already had our fair share of cold snaps this year in Ottawa, and I am sure we are still in for a few more weather warnings or storm watches before the spring thaw. The weather itself is not particularly newsworthy, though. It is the fact that people are sleeping outside during a deep freeze that brings me here this month.

I know residents in New Edinburgh are concerned about people sleeping outside (especially during the colder months) and have questions about why this happens. This concern is valid. Between 200 and 230 individuals are sleeping outside in Ottawa on any given night right now, up from 40 to 50 people just a few years ago. Furthermore, this increase occurred after Ottawa's City Council declared a housing

and homelessness emergency in January 2020 – a collective effort to secure more resources.

Unfortunately, two years later, the crisis has worsened. People across Ottawa continue to lose their homes due to renovations, while job loss during the COVID-19 pandemic leaves people unable to pay their mortgage or rent. Affordable housing across the city is sparse, and discrimination within the rental housing market keeps people reliant on temporary and emergency options. Despite what we know about what works to prevent and end homelessness, a lack of urgency and political will keeps many individuals and families in a state of struggle and out in the cold at great risk of injury or death.

Not only does the pandemic contribute to housing loss, but it also affects where people choose to live and sleep when they are unhoused. Specifically, many people are avoiding crowded emergency

shelters for fear of contracting COVID. A recent memo from the City's general manager of the Community and Social Services Department outlines the impact of the omicron variant. It describes the tension between the increased demand for shelter and ongoing public health protocols – like physical distancing.

The memo also outlines various respite centres, outreach services, and community engagement strategies to support people experiencing homelessness. But this reactive response remains insufficient to effectively address the multiple and intersecting needs of our unhoused neighbours. Additionally, while this menu of resources looks good on paper, the experience of navigating the system is not as pleasant. Many people still find themselves on waitlists and give up on connecting with service providers after the frustration of being bounced around from place to place. Navigating the social service landscape in

Ottawa is a full-time job and not easy to take on when you are already in crisis.

What is essential to keep in mind as we come together as neighbours to discuss and engage in advocacy around this issue is that homelessness is not an individual failure – it is a policy failure. We need to shift the conversation away from focusing on personal choices towards critically interrogating the choices made by leadership at each level of government.

Locally, we have some promising initiatives that focus on root causes of homelessness – including City Councillor Rawlson King's work on a Poverty Reduction Strategy. This strategy is linked to Ottawa's Community Safety and Well-Being Plan, a pillar of which is housing. What we are missing at the municipal level is dedicated funds to realize these various plans and strategies.

The 2022 city budget, like other budgets before, failed to prioritize housing and the

wrap-around supports needed to help keep people housed. Leadership failed to acknowledge the ongoing economic impacts of the pandemic that will inevitably result in more evictions across the city and increase pressure on already strained emergency shelters. While the bureaucracy related to homelessness has expanded at City Hall, actual support for people experiencing homelessness remains out of reach.

This year brings a chance for residents in New Edinburgh and across Ottawa to refresh leadership at City Hall. In the fall, before the cold sets in again, we will elect a new mayor who can reset budget priorities. In support of our unhoused neighbours, let's make it clear to those entering the race that ending homelessness is not up for debate.

Samantha McAleese is a board member of the New Edinburgh Community Alliance (NECA) and a local researcher and advocate.

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Enjoying the ice at the fieldhouse? Thank our volunteers!



**By Sylvain Bélanger,
President, Crichton
Community Council**

It has been a very successful skating season at New Edinburgh Park so far this year. Despite limited snow accumulation until mid-January, with the devotion of our rink-flooding volunteers (our hosers), the skating rinks were ready at the end of December. You may not understand the dedication of our rink volunteers who are at the rink at 9 p.m., seven days a week, to flood the two skating surfaces so the community can enjoy some outdoor fun. But you can appreciate their efforts. Those volunteers are your friends, neighbours, and family. Take a minute to thank them when

you see them working at the park – a little appreciation goes a long way.

The hosers are one part of the large volunteer team required to keep the skating season going. Let's give special thanks to the volunteers who began compressing the little bit of snow we had in mid-December and flooding it multiple times a day to establish the base-layer of ice. As if that wasn't enough, remember that our rink volunteers have been working in the most frigid temperatures this winter, and have had to deal with frozen water lines, cracked and broken hoses from the extreme cold, as well as iced-up, malfunctioning doors and equipment. By the end of the skating season, our volunteers will have put

in more than 400 hours of work so the community can skate at the park.

So, what happens at the rink on snow days, like the January snowstorm that left us shoveling out of 50 cm of snow? On days like those, we put the call out to all our volunteers to pitch in and may even ask for help from the broader community to dig us out. But after digging out your driveway after the huge snowfall, that same evening you could already skate on the New Edinburgh rinks as two of our hardest working volunteers – Sam and Steve Grabner – had already cleared both surfaces.

All this is happening under the watchful eye of our student Rink Manager **Nicolas Briggs-Sauvé**. Nicolas is a university student hired by the CCC to help supervise rink operations this year as part of the Government of Canada's student jobs program. This initiative aims to help young Canadians develop skills and to provide quality work experience for youth. Nicolas has been a great addition to our team and has kept the rinks



Photo by Sylvain Bélanger

Rink attendants Julien Bélanger (left) and Isaac Lipman bringing in the hockey net.

running smoothly.

Finally, as in 2021 and due to ongoing restrictions imposed by the pandemic, the Crichton Community Council has had to adjust the rules for community use of the Fieldhouse. Although folks cannot access the building as a changing facility, the washrooms remain available, and we have hired attendants to help supervise the rinks. The attendants are available to assist in case of emergency, to ensure snow is scraped from

the ice on a regular schedule, and to prepare the ice surface for evening flooding activities by our volunteers.

Be safe and we'll see you in the park!

Follow the CCC on Facebook @CrichtonCommunityCouncil, Instagram @CrichtonCommunityCouncil and Twitter @NEFieldHouse. Visit us online at CrichtonCommunityCouncil.ca and NewEdinburgh.ca/CCC



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BURGH BUSINESS BRIEFS

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



Photo by Alexander McKenzie

The Nature’s Buzz family (from left): Chelsea Passmore, Eric Passmore and Nancy Phillips.

Continued from page 1 problems which continue to plague all sectors of the economy. Operating a small business is not for the faint of heart at the best of times, less still in the middle of a global pandemic! According to Nancy, the immediate trigger for the store’s impending closure was the expiry of its current lease. Of the two major options available – renew the lease and carry on or attempt

to find a buyer for the business – the Passmore–Phillips family opted for the latter. “We had a few bites,” says Nancy, but the search was ultimately unsuccessful, so the store will soon close.

While Nancy looks forward to a well-deserved retirement, both Eric and Chelsea hope to devote their full attention to their other vocations: Eric is an accomplished singer-song writer, whose musical talent first came to light in our community following the release several years ago of his debut solo album, *Pages of the Day*. He has since been composing and recording new works, some in Nashville by Direct Image Studios. (Visit soundcloud.com/eric-passmore-990261307)

Chelsea plans to employ her expertise as a personal trainer and yoga instructor. She also has notable artistic talent as a dancer, and with Eric’s help of her brother, has ventured into the musical realm in composing and performing a song to accompany dance choreography.

We sincerely thank Eric, Chelsea, and Nancy for their many years of welcoming service in our community and wish them every success in their new endeavours.

So, what’s next for 55

Beechwood Ave? On Mar. 1, next-door neighbour **Chilaquiles** will take over the Nature’s Buzz premises and begin renovations to refit the space for the popular Mexican restaurant. Chilaquiles’ owner **Kelvin Molina** anticipates about a two-month construction process and hopes to make the move from 49 to 55 Beechwood Ave. at some point in May. In the meantime, Chilaquiles will remain open at its current location. After the move, Kelvin plans to launch a new business at 49 Beechwood Ave.: the specifics are still under discussion but should be nailed down in time for the NEN’s next edition in April. Stay tuned! –JH

Natural pet-food shop opens

Chew-That, a locally owned and operated pet supplies store with two existing locations in the Ottawa area, opened a new location at 141 Beechwood Ave. (the former home of Le Suq and before that, Jacobsons) at the end of January. You may already have visited Chew-That by the time *NEN* goes to print.

Like their Riverside South and Almonte locations, the new Beechwood store will offer only the best selection of high-quality pet food, treats, and accessories.



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Photo by Alexander McKenzie

Renée Hamilton, pictured with her dog **Nova**, is the owner of **Chew That**, a new pet shop at 141 Beechwood Ave.

Chew-That owner **Renée Hamilton** brings a life-long passion to her business: she comes from a farming background; bred, raised, and trained dogs and horses; and trained as a pet nutritionist. She extensively researches and scrutinizes every product's sourcing and specifications before it lands on her shelves.

New Edinburgh and area pet owners will appreciate a unique pet-food selection and may recognize such brands as Fromm, Boreal, Oxbow, and Champion – many not typically found at big-box chains.

"Along with the research I do, what makes us unique is that we try to source our toys and treats locally or regionally, and we appreciate working with vendors who think and operate like us" Renée told *NEN*. "We focus on your pet's nutrition and overall wellness."

To that end, Renée and her staff are excited to offer doggy training, fitness, and daycare at the Beechwood Avenue location. The Beechwood-Acacia corner will easily allow Renée to take her own dog, along with other dogs under Chew-That's care, to the Rockeries for great romps. The shop also offers an array of home-baked pet cupcakes, cakes, and other treats for celebrations.

Chew-That understands that animals are cherished members of our households; including, of course, feline

friends and other family pets. In fact, Renée and staff often hear that they treat client's pets like their own.

Pets and their owners are sure to extend a warm, waggy welcome to the neighbourhood!

Chew-That is located at 141 Beechwood Ave. Contact them at chew-that.ca, 613-695-6448 or info@chew-that.ca –RM

Your friendly, neighbourhood cannabis shop

Following up on our October BBB report that **Munchies Cannabis** had applied for a permit to open a location at 131B Beechwood Ave., we can confirm that they officially opened for business on Dec. 26.

NEN chatted with co-owner and retail manager **Mary-Anne Hanna** to get an idea of what one can expect from this cannabis store.

Munchies Cannabis is locally owned and operated by the Hanna family – long-time Ottawa residents. The company was a year and half in the making and is committed to three things: bringing in the best legal products; providing the best education; and creating a fun, friendly and positive environment for people from all walks of life.

What sets Munchies apart from other cannabis stores is the in-house branding and décor, as well as their focus on cannabis education and information. Local artist @**falldownng** created the art

for the store (including an Instagram wall), all of which was inspired by the Hanna family's vision. There is no shortage of information about cannabis available to patrons to help them make informed decisions. The educational wall features nine customised poster boards with facts about cannabis. The shop's dedicated employees – called budtenders – were carefully recruited to provide information and guidance in a safe and respectful space.

Destigmatizing cannabis is very important to Mary-Anne and the other owners of Munchies. They opened the store because of their passion for the plant, and they want community members to know that they follow provincial and federal regulations very closely. Patrons will notice a strict age-gating protocol: cannabis products are not even visible to minors who

Continued on page 12



Photo by Alexander McKenzie

The Hanna family (from left: Georges, Ghada and Mary-Anne) are long-time Ottawa residents who have opened Beechwood's first cannabis shop.

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Continued from page 11

may approach the store. Only when a person's age has been verified will they be allowed to enter the establishment.

Mary-Anne and her family are excited to be part of the Beechwood business community and encourage anyone who is curious to come and see the store for themselves and to speak with their knowledgeable employees.

Munchies Cannabis is located at 131B Beechwood Ave. Opening hours are from 10 a.m.–9 p.m. Monday through Saturday; and 10 a.m.–6 p.m. on Sunday. Reach them at **613-748-1000**; follow them on social media **@munchiescannaco** and view their menu online at **munchiescannabis.ca** –TM

Editor's note: As of publishing, a second cannabis shop has applied to open on Beechwood. Sessions Cannabis has applied at 196 Beechwood Ave. – the new building on the site of the former Burton's Dive shop. The public notice period ended Jan. 19.

Orleans law firm plants new roots

Natalie Guertin and Michèle Poirier are the proud co-founders of **Guertin Poirier Avocates/Lawyers**, a new law

firm at 203–16 Beechwood Ave. providing fully bilingual notary and legal services in real estate law and estate protection.

Although established in 2021, the roots of GP stretch back generations, and as far as New Brunswick. Natalie carries on a century-old family tradition serving Ottawa's real-estate community. Following the client-care model established by her father **Louis**, Natalie focuses on providing hassle-free, knowledgeable, and responsive legal services to homeowners and their agents.

Said Natalie: "We are very excited to open our doors to the community," to which Michèle added: "and in turn open doors for you!"

Graduates of the University of Ottawa and l'Université de Moncton respectively, Natalie and Michèle each hold a Juris Doctor in Common Law (French). The pair met while at Guertin Law in Orleans.

The decision to take over the family law practice and relocate from Orleans was an easy one. A long-time Vanier resident, Natalie lives a short walk from the Beechwood Avenue office, often stopping for coffee en route. Michèle also loves the neighbourhood vibe of New Edinburgh.



Photo courtesy Guertin Poirier Avocates / Lawyers

Michèle Poirier (left) and Natalie Guertin are the co-founders of Guertin Poirier Avocates/Lawyers, a new law firm at 203–16 Beechwood Ave.

Rounding out the GP team is **Marianne** at reception and **Ashley** providing legal assistance. Natalie's mother **Julie** will soon join the Beechwood-based team, proudly bringing more than 30 years of estate-planning experience. All team members support the collaborative, client-centric approach to reaching the end goal: negotiating and closing real estate transactions in a respectful manner.

Natalie and Michèle each balance the demands of running a thriving professional practice and growing families – you will see them out and about in the neighbourhood.

Welcome to New Edinburgh, Natalie and Michèle!

Guertin Poirier Avocates/Lawyers is located at 203–16 Beechwood Ave. Contact them at **613-744-4488** or visit **guertinpoirierlaw.ca**.

Pub brings warmth to those in need

With some of the coldest days of year upon us, many already facing tough times due to the pandemic are hard pressed to find warm winter outerwear. This is something **Manny Garcia** and Ottawa's **Clocktower Brew Pubs** hope to rectify with their **Take a Coat/Leave a Coat** program.

Three years ago, Manny, the general manager of the Clocktower Pub on MacKay Street, spied a posting on social media offering free winter coats to people in need. He approached Clocktower Vice

President **Sean Rutherford**, who agreed it was a program worth developing at all pub locations.

"We saw that there was a need for it and having seven locations spread across Ottawa, we would be able to reach more people that needed a nice warm jacket in the winter with no questions asked. It's just a nice way to give back to the community," Manny said to the *New Edinburgh News*.

New Edinburgh residents may have spied the co-track on the patio of the 422 MacKay St. location. It is left out all day and all night for those to either donate a coat or take one if needed.

"We usually start getting phone calls in late October and early November inquiring, but we put out the co-track in the beginning of late November or early December until we find the temperature getting warmer," says Manny.

Donors can add coats for men, women, and children to the rack. Manny assures there are no questions asked of those wishing to take one of the donations, and adds that people have begun donating gloves, scarves, and even winter boots. Every little bit helps bring some much-needed warmth to those in need.

"The staff and I could not believe the number of jackets that were being taken on a daily basis, showing that we do have a problem with

low-income and homelessness in every neighbourhood of Ottawa," Manny says. Due to current pandemic and economic events, there is an ever-increasing number of those facing financial hardship.

Last year, the City of Ottawa launched a Point-in-Time count – the first since 2018 – to survey persons experiencing homelessness. While the date for this count has yet to be released at the time of this article, the 2018 count listed 1,400 participants in need.

"This is such a rewarding program...and yet so simple. If you are able to donate any item that would help, please do," urges Manny.

The Clocktower Pub is located at 422 MacKay St. Contact them at **613-742-3169**, **info.mackay@clocktower.ca** or visit **clocktower.ca**. –ARG

Amsted Design Build

Since the launch of its satellite office, or "Living Room," at 17 Springfield Rd. in 2014, Stittsville, Ont.-based **Amsted Design Build** has built up a solid local clientele of homeowners planning small- and large-scale renovation projects, or in need of regular home maintenance. COVID notwithstanding, they are accepting visits to the Springfield Road office by appointment (613-836-7434; **info@amsted.ca**).

Owner **Steve Barkhouse** takes particular pride in the company's Home Care department – a service central to Amsted's overarching goal of establishing "clients for life." It handles what he describes as "Honey-Do lists," including adaptations to improve safety and livability for seniors, as well as coverage for those with busy travel schedules.

With more than three decades of experience in the design-build business in Ottawa, Amsted has an impressive range of expertise, resources, and supply networks. They have won multiple awards in categories ranging from green building to heritage preservation and kitchen design. There are currently 50 full-time Amsted employees, including six designers with specializations ranging from modern and contemporary styles to traditional arts-and-crafts. Project planners and project coordinators are also key members of the Amsted team, taking

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Photo courtesy Amsted

Amsted Design Build owner Steve Barkhouse and business partner Kirk.

the lead with designers to plan home renovations big and small.

For Steve, the beauty of the design-build model is to break down the project planning process into small, manageable increments, each of which can be fully mapped out in terms of scale, cost, and availability of resources, before moving on to the next step.

He points out that at least 80 per cent of full-scale architectural drawings are never built, in most cases because of cost. By contrast, the “baby step” model minimizes the potential waste of time and money on a no-go project, and leaves time for fine tuning. His advice to prospective renovators: “Take the time you need to get exactly what you want, and have a budget in mind.”

Amsted’s planners and builders work year-round, regardless of the weather. In that sense, says Steve, there are no “busy seasons.” But, alas, he admits, there are now “COVID seasons” with which the company has had to contend as it navigates the roller-coaster of pandemic waves, most recently the Omicron tsunami.

A major effect of the pandemic: ubiquitous supply chain bottlenecks which have had a dramatic effect on material availability, often paralyzing progress towards project completion. But over the years, Amsted has built up an advantage: strong relationships with suppliers that allow

for as much predictability as is feasible in the current turbulent environment. Another “Amsted advantage” in the COVID context is its very large team, allowing for flexibility to call in replacements if needed to cover COVID-related absences.

If a renovation is on your list of tasks that can no longer be put off, Steve’s advice is to start the process sooner rather than later. If you’re working with an Amsted project planning and design team, they can help you get the plan in place, the budget established, and the materials ordered – the timing of the build is then yours to decide.

For more details, visit amsted.ca or call 613-836-7434. –JH

Shift to virtual a benefit for local therapist

When *NEN* last featured

Soul to Soul Counselling in June 2020, the practice had just moved online, and **Nur Ambreen Ihsanullah’s** clients were adjusting to the new approach.

We caught up with Ambreen – mystic, teacher and therapist for more than 30 years, as well as the owner of Soul to Soul – to talk to us about her practice and how things have been going over the last year and a half.

Ambreen’s practice used to be located on Beechwood Avenue, but she shifted to her New Edinburgh home in March 2020, where she has been offering virtual counselling ever since. The move has been a positive one for Ambreen, in that she can now work with clients anywhere in the world.

A retired teacher, Ambreen restarted her counselling practice in 2017 after return-



Photo by Alexander McKenzie

In 2020, Nur Ambreen Ihsanullah moved her counselling practice into her New Edinburgh home.

ing to Ottawa from overseas. She found that traditional talk therapy didn’t create lasting change for those dealing with heavy issues, so she decided to take a different approach with her work. She calls it “soul-level work” and notes that her approach to therapy has always been holistic.

The shift to virtual practice means Ambreen now works with clients across Canada, the United States and even as far away as Dubai. In addition to counselling, she also teaches workshops using a therapeutic method known as Family Constellations, which she credits with changing her practice. This soul-based approach to healing inherited trauma and negative life

patterns frees clients as individuals to live their authentic lives.

Ambreen encourages interested readers to attend one of her upcoming information sessions free of charge. “If you want to deep-dive, I am your person. We can unwrap the layers of social conditioning to discover the gift that is you!”

Visit **Soul-to-Soul Counselling** at sultosoulcounselling.com to request a consultation. Contact Ambreen directly at connect@sultosoulcounselling.com or call 613-421-9277. Appointments are offered Tuesdays through Thursdays. –TM

Looking to volunteer?

Your community association needs help with communications: newsletters, list serve posts, social media updates, website, posters, etc.

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Park news: Icebreaking access, moth control, and hope for a clean-up day

By Karen Squires and Katherine Hall

Over the years the New Edinburgh Community Alliance (NECA) has worked with a group of volunteers to ensure the park area is preserved, kept clean and well-maintained, in collaboration with City team members.

While the park cleanup did not take place last year, the NECA parks group met with City staff members to discuss maintenance issues to do with the tennis courts, seasonal garbage bins, bench repairs, fencing and signage. As well, City staff have just confirmed that both the annual icebreaking program on the Rideau River and the Combined Sewage Storage Tunnel (CSST) tunnel maintenance will be accessed by the broadened, newly resurfaced

vehicles will need to access the site approximately once a month, but possibly more frequently during times of heavy rainfall. We hope to provide an update on scheduling for the ongoing CSST tunnel maintenance, which will also access the park from the same location near the fieldhouse.

During 2021, LDD moths became a major issue, destroying tree leaves all around Ottawa. City staff have confirmed there is a budget in 2022 which includes a new, temporary, full-time employee joining the Forestry department for the express purpose of developing and implementing community support programming around LDD. This role will also support the development and implementation of an Urban Forest Outreach



Photo by David Rostenne

The icebreaker machine and the ice-blasting crew will be accessing the Rideau River via the newly-widened pathway near the fieldhouse.



Photo by Christina Leadlay

NECA's Friends of the Park committee is working with City staff to keep New Edinburgh/Stanley Park a clean, natural and safe space for users year-round.

roadway entrance near the New Edinburgh Fieldhouse. Park users will see the ice-breaking equipment coming through this area from late February to early March, while CSST maintenance

and Engagement Strategy which is a key recommendation of the Urban Forest Management Plan. One element of this program is a burlap distribution kit, more details of which we hope to

provide in a future edition. We all want to ensure we are able to protect our trees against ongoing LDD invasion.

Prior to COVID-19's ongoing public safety restrictions, residents (with Friends of the Park) were invited to come out and do a collective spring park cleanup each May. We are monitoring the situation now to determine how best to move forward in 2022 for potential spring and fall dates.

In Spring 2021, the New Edinburgh News asked for

input from residents as to what they enjoyed about the park and what they'd like to see more of. Here's a summary of what we learned. People:

- love to walk in nature – natural setting is a key theme!
- would like to see more garbage cans and recycling bins.
- want better signage to keep cyclists off the shoreline.
- are interested in the restoration of natural beauty and the addition of more benches.
- would like more cleanup initiatives.
- support more wildflowers, green space, and tree-planting to improve biodiversity.
- would like to see better care taken of seeded grass areas.
- want more native plant species planted to attract birds.
- support the possible expansion of the waterfront area to Porter Island, Bordeleau Park and Rideau Falls.

In November 2021, we were pleased to hear that the City will be switching to a cleaner grass mowing alternative, to cut down on fumes. We liaised with City staff, who have agreed to reduce the amount of mowing in the "regeneration area" of the park. A consistent theme is to keep the park natural and clean, and have places where people can stroll, sit, and enjoy the scenery including

birds, wildflowers, trees, and the waterfront.

Members from the Crichton Community Council (CCC) manage the Fieldhouse, the skating rink, and children's playground area in addition to such annual events as the plant sale, in and around the fieldhouse area. NECA continues to liaise with the CCC and to provide updates, through *NEN's* event listings on what's happening.

To conclude, while New Edinburgh and Stanley Park and nearby areas serve a diverse group of people, there are more people using the park year-round since COVID lockdowns and restrictions. We will increase our coordinated efforts with City staff to ensure we all work together for a clean, natural, and safe space to enjoy all year. As of January 2022, the City is aware of our requests and have approved the funds to do some repairs to the tennis courts and fencing near the fieldhouse. They have also noted our request for better signage for cyclists and the replacement of one bench near the tennis courts.

Karen Squires and Katherine Hall are members of the Friends of the Park committee at NECA. To learn more about Friends of the Park, please email info@newedinburgh.ca



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Rockcliffe Park School turns 100 this year

By Todd Lamont and
Crystal Holly

Rockcliffe Park Public School is celebrating a century of learning during its 2022–2023 school year! We are excited to share the rich history of community and learning with all of you. Miss Jean Stirling Austin, the school's principal in 1924, said that RPPS was "the opening of a door to a lifetime of happiness...." One hundred years later, we could not agree more! Our logo represents the happy faces and stories that have come through the doors of RPPS. If you have a special connection or a story to share of our beloved neighbourhood school, please contact

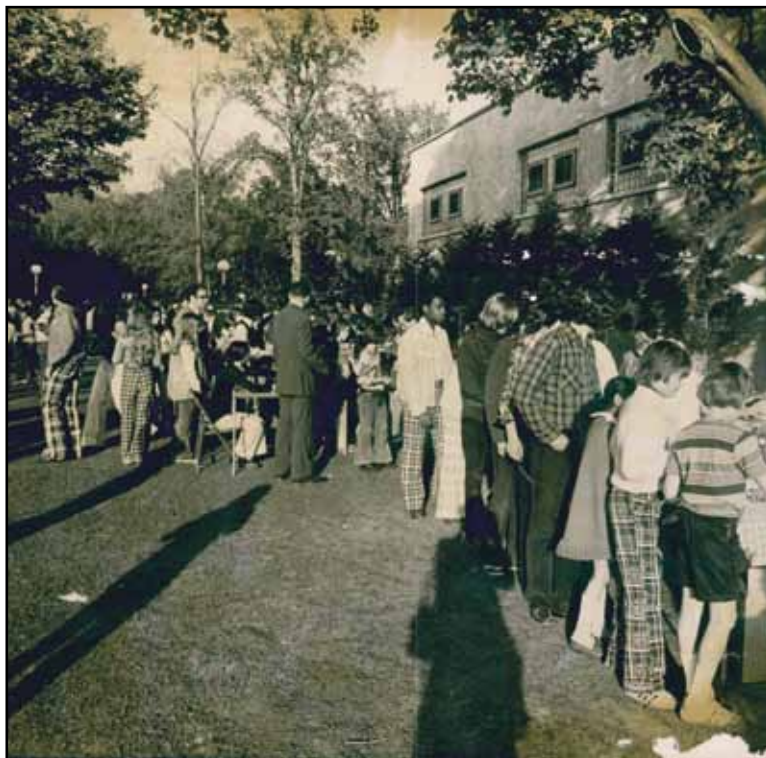


100th-rockcliffeparkps@ocdsb.ca to be added to our mailing list. Centenary celebrations will take place Sept. 16, 2022, and a community celebration will take place in Jubilee Park on May 13, 2023. For more information, contact 100th-rockcliffeparkps@ocdsb.ca



RPPS students c.1930.

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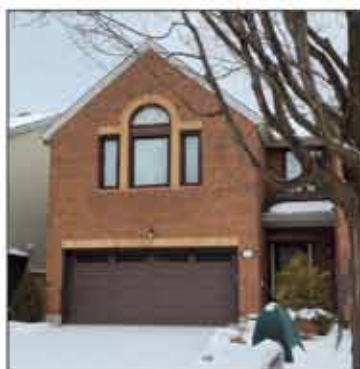
RPPS students at the school's 50th anniversary, 1972.



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For the Birds

By Jane Heintzman

As I write this column in late January, our area is in the grip of a harsh blast of winter, beginning with a week of bone-chilling temperatures, followed swiftly by a record-breaking snowfall. For our winter bird population, which bravely sticks around for this bitter season, the double-whammy of deep cold and blanketing snow has undoubtedly brought serious challenges. Not least among these is the loss of access to food supplies, now buried under the snow. Food is critical to the birds' survival in frosty winter conditions, when they need to pack on body fat for insulation. Backyard feeders are a lifeline in this context, so if you happen to have one, now's the time to keep it filled to the brim.

Birds have other behavioural and physiological adaptations to help them survive the winter. Their feathers act as insulation by trapping pockets of air around their bodies, and some smaller species puff

up like fluffy little balls to reduce heat loss. **House sparrows** find shelter in dense foliage or bushes, bunching together to share warmth, and tucking in their heads and feet. A case in point: the bushy yew shrub in front of our house has been packed with house sparrows for the past three weeks, occasionally exploding as the birds abruptly scatter to escape a perceived threat.

For aerodynamic reasons, **black-capped chickadees** are limited in the amount of extra fat they're able to put on as a defense against the cold. Instead, they've mastered a technique of "shivering" by contracting opposing muscle groups. And at night, they undergo a process called *regulated hypothermia* in which their body temperatures dip significantly to reduce energy loss.

Neighbourhood stalwarts

Our local bird population is traditionally somewhat scanty at this time of year,

but the year-round stalwarts are all the more welcome in our backyards, woods, and parks. **Black-capped chickadees** are the most abundant species at the moment, surviving on stores of seeds and insects carefully cached under bark, or in knotholes or pine needle clusters earlier in the year. Chickadees appear to be especially sensitive to changes in light levels: even in the depths of January, as soon as the days start to get slightly longer, they begin their signature mating song: a clear, two-note "fee-bee." In the wintry world of silence,

this early hint of spring is a joy!

Winter 2022 is shaping up to be the year of the **woodpecker**. In our neighbourhood, we've had many encounters with **downy, hairy** and **pile-ated woodpeckers**, as well as an occasional Northern flicker. But slightly farther afield in the region, the Ottawa Field Naturalists' Club (OFNC) has been reporting sightings of less common species such as the **black-backed woodpeckers; red-bellied woodpeckers; yellow-bellied sapsuckers; and red-headed woodpeckers** (ofnc.ca/recent-bird-sightings)

We've spotted several flocks of over-wintering **American robins** in the Rockcliffe Park area. Their behaviour and appearance at this time of year is so radically different from the round, rosy worm-eaters of spring that it's sometimes difficult to identify them. The robins are leaner and less robust thanks to their scantier diet, and their colour less vivid. Their peripatetic behaviour in groups differs markedly from their leisurely habits in the spring breeding season, when they go about their business solo.

Robins are unlikely to turn up at your backyard feeder, but if you happen to have a mountain ash or a crabapple

tree in your garden, they may well stop by for a feast of frozen berries. We are lucky enough to have both trees, and robin flocks have had their fill.

A group of **Bohemian waxwings** swooped into our garden recently, boldly competing with American robins for the fruits of our mountain ash tree. The species' uncanny ability to find fruit has been dubbed in the ornithological community as "a GPS tracker for berries." In our experience, the waxwings swoop in, descend on the berry bushes, and devour their contents in the blink of an eye. True to their "bohemian" moniker, they then move swiftly on in vagabond flocks, in search of their next meal. The table manners of these handsome creatures are less than polished: they stuff berries into their mouths, and gobble them down whole – fun to watch, but not optimal for digestion!

Among the other feathered winter warriors are **Northern cardinals**, welcome splashes of colour in the bleak landscape. By mid- to late February, they will join the black-capped chickadees in the chorus of mating songs – something to look forward to when it's snowing and blowing outside! Blue jays are



Barrow's Goldeneye.

Photo by David Howe



Short-eared Owl in flight.

Photo by David Howe



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also around in small numbers, as are **white-breasted nuthatches**. We have yet to spot their cousins, the **red-breasted nuthatches**: little elf-like birds with a comical call rather like a small animal. These nuthatches are an irruptive species, which may have remained in their northern breeding areas if food supplies there are abundant.

Whatever the weather, the local corvid population remains: **American crows** are around in large and growing winter flocks, while **common ravens** are more solitary in their habits, but very much a community presence. Not only have ravens turned up on our winter walks on the Rockcliffe Parkway, as well as on light standards or low tree branches nearby, they are frequent visitors to our garden where they lurk in the tall pines along the fence line. While it may be tricky to distinguish ravens from crows in flight, when they come close, there's no contest: ravens can be massive – up to 27 inches in length, in contrast to crows,



Photo by David Howe

Black-backed Woodpecker.

The **Northern shrike** is a formidable species, reportedly around in particularly large numbers this winter – “too numerous to count” at the time of the Ottawa Christmas Bird Count. The

to swiftly dispatch their prey with a quick bite to the neck.

Winter finches: Not a bumper year

So far, the winter finch forecast for 2022 (outlined in the *NEN's* December issue) has proven disappointingly accurate. In a nutshell, the prediction was for relatively low numbers of most irruptive species, and this has been borne out in recent OFNC reports. Isolated sightings of **red crossbills**, **white-winged crossbills**, and **evening grosbeaks** are the main exceptions reported to date, but there is still plenty of time for later appearances in February and March. Several years ago, one of the largest local irruptions was an invasion of **common redpolls** in mid-March, so keep your eyes peeled and your feeders full!

Reports from our reader:

While **Mike Leveille** has not yet had an opportunity to take stock of the bird life at the Macoun Marsh off St. Laurent Boulevard, he did happen to spot and photograph a **northern shrike** on the Quebec side of the river (one of many, according to OFNC reports).

NEN's bird-photo contributor **David Howe** has been out and about, reporting such highlights as a **black-backed woodpecker** and a group of **short-eared owls** (enchanting!) at Constance Bay, as well as numerous **common goldeneye**, a **Barrow's goldeneye**, and a female **red-breasted merganser** on the Rideau River in Strathcona Park. The short-eared owls were a “life bird” (first-ever sighting) for David and are reportedly feasting on this year's bumper crop of field voles. “They fly low over the field just like Harriers,” says David, “occasionally pouncing. When they're done with their hunting, they head for a fence post to polish off their prey!”

Our Victoria, B.C. correspondent **Vicki Metcalfe** endured a “soaked-to-the-skin Christmas Bird Count” on Dec. 18. Perhaps not surprisingly given the weather, the count was disappointingly



Northern Shrike.

Photo by Mike Leveille

low, and Vicki's highlights were limited to two **bald eagles**, two **chestnut-backed chickadees**, a single **house finch**, two **juncos**, 16 **gulls**, a handful of **European house sparrows**, and numerous **American crows** and **rock pigeons**.

In her own backyard out West, Vicki reports that “keeping the **Anna's hummingbirds** going through the cold is a full-time job.” The trick is to prevent the food in their feeders from freezing, as the sugar becomes concentrated if it freezes and thaws and can be harmful to the birds. Vicki has cleverly wrapped her feeder in an alpaca scarf and perched it on a rechargeable handwarmer – now that's devotion to the cause. But regrettably, **bush-tits** have also descended on the feeder in flocks of up to eight at a time, muscling out the tiny hummingbirds. Level playing fields are few and far between in the bird world!

As temperatures plunged in Ottawa, the action heated up at **Philip MacAdam's**

Avian Bistro on Thomas at Alexander Streets. Though the regular lineup of winter species remained the same, their numbers escalated significantly, as hungry groups of **house finches**, **American goldfinches**, **Northern cardinals**, **black-capped chickadees**, and **white-breasted nuthatches** descended on the bistro's well-stocked feeders to fuel up in the cold.

Something to look forward to

If you're in need of an antidote to the punishing combination of COVID, cold, and aching muscles from shoveling snow, there's hope on the horizon. By the time of our next *For the Birds* report in April, songbirds will be returning to our community, bringing with them the glorious song, colour, and purposeful activity of the breeding season. Keep an eye out for such early arrivals as **American robins**, **red-winged blackbirds**, **tree swallows** and **Eastern phoebes**.



Blue Jay.

Photo by Frank Martin

which top out at 20 inches.

Still in residence and robust as ever despite seasonal challenges to their food supply, are the **wild turkeys** of MacKinnon Road in Rockcliffe Park. These semi-regal, semi-comical birds appear anything but wild, living comfortably in the yards of MacKinnon Road residences, and seemingly fearless of humans. Their plumage seems particularly glossy, so it's likely they've discovered a fatty food source nearby.

shrike is notorious as a fierce predator of birds, small mammals, and insects, often killing more prey than it needs at one time and storing it for later consumption by impaling it on barbed wire. No surprise that it's nicknamed “the butcher bird.” Shrikes are purpose-built for their deadly vocation, with a tooth-like spike on both sides of their upper bill, and corresponding notches on the lower mandible. This “tomial tooth” structure allows them

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Textile artist opens space to make art together (at a distance)

By Marta M. Reyes

Leaving a stable job to start a new business can be daunting at the best of times. Doing so in the middle of a global pandemic is counterintuitive. Yet for Carmen Bohn, opening an art studio where she holds creative workshops with textiles, the timing made perfect sense.

"I started this during the pandemic on purpose, because I believe doing something repetitive with your hands helps you calm down, become focused, regulate your feelings, and make you feel better. It encourages you to get off your phone, to stop reading headlines – the negative things we're doing during the pandemic," Carmen explains.

She operates Ply Studio out of her home on Crichton Street, in a basement accessible from River Lane. Hailing from Saskatoon, Sask., Carmen moved to Ottawa 15 years ago. She's been living in the neighbourhood for almost half that time with her husband and two young daughters, all of whom enthusiastically support her endeavours and lend a creative hand.

Carmen's workshops are in-person when pandemic regulations allow, following the required distancing and ventilation. Weather permitting, there is also the occasional outdoor gathering in a space just outside the studio, which becomes an inviting nook lit by summer lamps. Ply Studio is more than a place to learn about textiles, fabrics, and yarns and what can be created with them. It's a space to come together and connect while creating something with your hands – a much-needed respite from nearly two years of pandemic isolation.

"I like to encourage people to figure out the mesh, to run their fingers through the fibres, to feel the tactile art. Creating art together makes people connect with each other. The simple act of joining one thread with another thread makes something stronger than itself just by virtue of coming together," Carmen tells the New Edinburgh News.

Carmen left her job at the Federation of Canadian



Photo by Alexander McKenzie

Carmen Bohn offers workshops at Ply Studio in her home on Dufferin Road.

Municipalities where she worked in sustainability projects for more than 15 years. It was a rewarding career, but she felt there was something else that she needed to do. "It was this creative bug that has been biting me my entire adult life," she admits with a laugh. "But it was a long, difficult decision. It was journey to figure out what I wanted to do and to be able to make a living from it."

That decision has clearly been rewarding so far. A year after opening, Ply Studio features workshops on fibre arts, like felting, weaving, embroidery, and knitting, to name a few. These are ideally given in-person, as connection is key for people gathering to create art. But the uncertainty of the pandemic forced Carmen to embed flexibility in her business model from the onset, so virtual workshops are also a key part of the mix. Carmen also facilitates and conducts workshops and team-building exercises for office workers who now work from home, to help them connect – even through a computer screen, as large gatherings aren't allowed in workplaces.

"I am happiest when I'm bringing people together,"

Carmen says simply.

Most of the workshops are attended by women who work during the day, or who are at home with children, many looking for time to spend with friends making art or just a little "me-time" on weekends and evenings. Carmen admits the gender balance in her groups is tipped by women, but some men have meandered in, and she hopes more will. Her plans also include "weaving in" more children's programming and workshops during PD days, holidays, and summers.

Along with Carmen's delightful blog, **plystudio613.com** includes a list of upcoming workshops and updates on how the studio operates – and pivots – to meet the latest COVID regulations.

Carmen also offers private workshops for friends, virtually or in-person; reach out at **carmen@plystudio613.com**.

Ply Studio is located at 205 Crichton Street, unit A; on Instagram and Facebook @plystudio613.

Marta M. Reyes has lived in New Edinburgh for the past 15 years with her two children and a dog. She is a public servant by day and a hockey mom most evenings.

New memoir and music from In Concert for Cambodia leaders



Photo by Patrycja Maksalon

IC4C Youth Coordinator Kyle Burghout (right) and his partner Jane Cory have released an album of traditional and original fiddle music.

By Flora Liebich

In Concert for Cambodia is proud to announce that its Honourary Patron, the renowned Canadian pianist, **Janina Fialkowska**, O.C., recently published her memoir, *A Note in Time* (Novum Publishing, 2021).

This is a multi-faceted book. It's a musician's memoir, providing fascinating insights about Janina's mentor, **Artur Rubinstein**, as well as other famous musicians and conductors. It relates the combined joy and stress of music competitions, concerts, and juries. It's also a Canadian book, which talks about growing up in Montreal, Que., shares memories of her cousin **Christopher Plummer**, and recounts Janina's creation of the Piano Six group which for many years toured Canadian musical "outposts" providing free concerts (and for which she received the Order of Canada).

In a profession which was notoriously difficult for women, and in which Janina was highly successful, this book will be of real interest to women readers. Janina's account of battling and overcoming cancer to perform again onstage is truly inspir-

ing. Once you start reading it, you won't want to put it down.

Janina has three North American tours coming up this spring and summer and is scheduled to perform with Chamberfest on Feb. 22 at 7 p.m. What a great idea to read her memoir beforehand!

For further information visit fialkowska.com.

On a different note, IC4C's Youth Coordinator, **Kyle Burghout** and his partner, **Jane Cory**, have just released a beautiful CD of traditional and original fiddle music, *Of Hills and Valleys*. The CD features Jane on fiddle and vocals; Kyle on fiddle, viola

and piano; **Tyson Chen** on piano; **Kyle Waymouth** on guitar; **Joe Phillips** on double bass; **Ben Plotnick** on viola and **Kaitlyn Raitz** on cello, producing truly uplifting music!

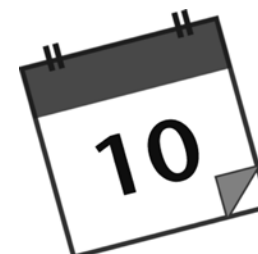
Kyle is a North American Irish Fiddle champion who has performed internationally, while Jane is a Canadian Grand Masters Fiddle champion. Kyle, who taught fiddle music for many years in Chelsea, Que., is currently co-director of the Gatineau Hills Fiddle Festival. He and Jane played to an enthusiastic audience at the Chelsea Arts Centre last October and, more recently, Kyle per-

formed in A Celtic Christmas at the NAC's Fourth Stage. Recorded at Stove Studios in Chelsea, the very attractive CD cover shows the red covered bridge in Wakefield, Que., painted by Kyle's sister, **Anneka Burghout**.

For further information visit janeandkyle.ca.

A Note in Time and *Of Hills and Valleys* are both available at Books on Beechwood.

Flora Liebich is a coordinator with IC4C. She lives in New Edinburgh.



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New grad and retired clown among new faces at the Square

Continued from page 1

young (and not-so-young) and athletic servers and nursing staff made a game out of “the ascent of Everest,” racing each other to the summit. Clever maintenance staff placed chairs on the landings between flights so the mountaineers could have a breather on their journeys. Residents of floors four through nine were, of course, mightily reassured by the unbroken flow of support and highly appreciative of the social warmth of the regular visits.

Imagine the feeling of elation when, a couple of days before the New Year, we were informed that one of the elevators was in service again. Joy! But the sense of relief soon became bitter-sweet. We scarcely had time to enjoy reunions with our upper-floor pals and welcome some newcomers than we learned of some unexpected departures. Three members of the management team that had helped steer us through some of the darkest days of the pandemic were leaving: Mike, Ashley (Activities) and Melanie (Office Manager). We’re sorry to see them go and wish them good luck and happiness in pastures new.

In addition to some new residents, we welcome a new General Manager, Kristy Corey, and an interim

Activities Manager, Kristy Whyte, who will be assistant to Hillary McCormick when the latter returns from maternity leave.

Let’s continue the “old and new” theme. Previously, I profiled a couple of old campaigners. Today I’d like to feature two people who are relative newcomers to the Square – though Sam may be forgiven for thinking that the last year seemed like an eternity. Frank Barrett is well into his tenth decade, while Sam Croft is barely into her mid-20s.

Sam is a Personal Support Worker who came from Hockley, Ont. to study Health Sciences at the University of Ottawa. She had a brief taste of working at the Square during a part-time stint while still a student, but after graduating in 2020 she signed on full-time. Bad timing! She arrived to find the Square in lockdown. “It was a bit weird at first, but I soon learned to adjust,” she says modestly, noting her colleagues’ good spirit and high morale. Soon Sam had another challenge: learning the skills of the Unregulated Care Provider, or UCP. (They’re the ones who steer those carts that dispense medications for residents who can’t self-administer.) As Sam told me she liked her course in Pharmacology, I’m sure she met the chal-

lenge with enthusiasm.

Sam, like many of her colleagues, is bright, cheerful, and optimistic. She’s also ambitious. When I asked about her plans for the future, I expected that, just a year from graduation, and caring for a geriatric population in a pandemic, she’d just like to catch her breath. But no. Sam is looking forward to her first publication, co-authored with

December, General Manager Mike and a colleague put on reindeer antlers and stood stock-still while delighted staff members tried to score points playing antler ring-toss. Great fun! Hoots and hollers as the hapless reindeer tried to protect eyes and noses and cheeks from the airborne onslaught.

Unlike young Sam, Frank Barrett doesn’t look ahead

ous, fun-loving, caring, and compassionate man.

Did you know that clowning is a profession just like any other? As a novice it’s just like serving an apprenticeship: you gain experience and graduate to the more challenging – and more lucrative – assignments. Eventually you can call yourself a professional. At the

“Cindy’s small army of ‘mountain goats’ were swiftly deployed, delivering hot food in sturdy brown paper bags [...] servers and staff made a game out of ‘the ascent of Everest’.”

a university colleague: “How the Pandemic has Affected People with Disabilities,” set to appear in *Frontiers in Rehabilitation Sciences*. So, postgrad studies might be one option. But Sam has parlayed an interest in physical fitness into certification as a Personal Trainer. So, she could freelance and maybe set up a business. Or go into Nursing. Or take some time off and go to visit her sister who lives in New Zealand. She has plenty of possibilities.

I ended our chat with the question: “Can you think of an amusing little incident that stands out in your memories of New Ed Square?” Sam came up with one which I think epitomizes the unique spirit that has sustained the staff and residents during the pandemic. At one of the morning staff meetings in

so much anymore. He has a million memories and stories and takes great delight in recounting them. Frank has been a resident for a couple of months now and loves to tell how his life changed: from the highly secretive 32-year career in the RCMP Security and Intelligence Service, to the joyous and emotionally liberating work in his 13-year second career as a clown. Yes, you read that right.

Young Barrett didn’t much care for school and left to take a number of jobs, including a stint as a traveling cigarette salesman. Eventually he landed a job with the RCMP where he enjoyed high-level security clearance. There, he made it clear that he did not want to be relocated, preferring instead to establish a stable home for his wife Betty and young family. (Home for the Barretts, for many decades, is just a stone’s throw from their new abode at the Square). Family was always a priority and Frank proudly showed me a detailed genealogy of the Barrett family – a lovely book with treasured photos and histories.

But it’s when he talks (and he sure is a great talker!) about his career in clowning that he’s at his most animated. He recounts how he first volunteered at the Children’s Hospital of Eastern Ontario (CHEO) and was asked if he would like to attend a clowning course. Well, he soon found that he’d discovered his true vocation. In contrast to the stern, tight-lipped policeman, he could now live his “other” side, as a gregari-

popular clown conventions, you can swap stories, jokes, and magic tricks with professional colleagues. As “Franko the Clown” he did hundreds of gigs, not only at CHEO, but for various Forces units, the Ottawa Police, schools, and daycare centres, and received numerous honours and awards along the way.

But perhaps Frank is most proud of his discovery that there are strong links between the fun and happiness of clowning, and emotional enrichment – and ultimately, spirituality. This he discovered when he was invited (it was more of a challenge, really) to help a clergyman friend with an address to the congregation. Frank saw those crucial links and talked about them for his own experience. His efforts were highly successful, and he was subsequently invited to address several other congregations of different religious denominations.

So there we have it. Seventy years’ difference in age: one, a young woman with a life before her; the other, a seasoned veteran with his rich memories. Yet in their own unique ways, they share some precious attributes that enrich life at the Square.

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. This piece is part on an ongoing series, “Tales from the Square.”



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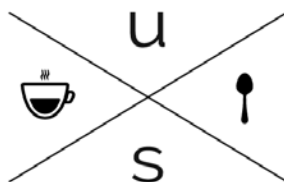
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How to activate your climate change-busting superpowers

By Marion Siekierski

Want to do something about climate change? What likely comes to mind first is driving or flying less, finally doing something about those drafty windows, or even investing in a more efficient furnace. All good, but a real climate-change culprit is right in your kitchen: food waste. Fortunately, you can make a big difference.

Statistics on global food waste vary, but all paint a bleak picture. A United Nations analysis says that 33 per cent of all food produced for human consumption is wasted. The World Wildlife Fund puts it even higher, at a staggering 40 per cent. The waste occurs at the farm, processing, transport, retail, and household levels. In Canada, the problem is worse. According to estimates, more than half of Canada's food supply is wasted annually: a truly shocking amount.

And it's not only a moral issue, but a huge environmental challenge. Food waste creates large amounts of greenhouse gases (GHGs), both

during production and at disposal. The Intergovernmental Panel on Climate Change (IPCC) found that "the contribution of food wastage emissions to global warming is almost equivalent (87 per cent) to global road transport emissions. Growing all the wasted food also increases land use, deforestation, fertilizer and pesticide pollution. When food rots in landfill, it releases methane – a gas about 25 per cent more potent than CO₂ – that supercharges climate change. Imagine: if

meals ahead of time and buy only what you require.

Don't be afraid of leftovers: Explaining the connection between food waste and climate change may convince some picky eaters to do their bit.

Portion properly: Take small helpings and go for seconds, rather taking a big serving that will go unfinished and be thrown out.

Get creative: Check your fridge regularly for hidden or leftover treasures before they spoil and whip them into new

more land for production. So, avoiding – or at least reducing – all, but especially red meat (and dairy) is the single biggest way to reduce your environmental impact.

Buy local: While it doesn't eliminate food waste, buying local does cut down on GHG emissions associated with the transportation of foods from faraway places and the spoilage that occurs along the way.

Green bin it: When organic matter ends up in landfill, mighty methane is released. That's why it's so important

mention your newfound climate change busting superpowers to your friends and inspire them to make a difference, too?

Get involved: Contribute to the City's Solid Waste Masterplan, that also addresses green bin issues. The Engagement Series 2 starts in mid-February 2022. See engage.ottawa.ca/solid-waste-master-plan for details. Or visit wastewatchottawa.ca for a civil society perspective.

Last, but not least: a welcome side-effect of reducing food waste at home is that you not only save the world one eaten-up veggie burger at a time, but that you'll save some money, too. Win-win all around.

Springfield Road resident Marion Siekierski is a member of NECA's environment committee. She spent a number of years abroad working on environmental education in schools. Marion is involved in environmental issues at the community and city level.

"If food waste were a country, it would be the third biggest emitter of greenhouse gases."

food waste were a country, it would be the third biggest emitter of greenhouse gases.

That's why the Canadian government launched a food waste reduction competition with a grand prize of \$1 million. While you won't get a \$1 million, you can activate your climate change busting superpowers right in your kitchen.

Make a plan: Map out

creations.

Freeze! Don't fancy that culinary creation a third night in a row? Freeze it and it'll make you happy another day.

Choose your food wisely: According to a joint University of Minnesota and Oxford University study, a serving of red meat generates about 20 times more GHGs than a serving of vegetables and uses up to 100 times

to put all your food scraps (and plenty more: search "green bin" at [Ottawa.ca](https://ottawa.ca)) in your green bin. If you live in a larger building, go the extra mile and drop off your compostables at the collection point. From there they make their way to a processing facility that turns them into soil used by the City and farms across Eastern Ontario.

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Getting your home off fossil fuels makes good economic sense

By Simon Leadlay
Full disclosure: the author's spouse is the managing editor of this newspaper.

We don't pay an Enbridge gas bill anymore; in fact, we don't even have a gas meter. And we're still cozy and warm, despite a run of -25°C temperatures in January. As part of a much-needed structural renovation, we improved our home's insulation and airtightness, and ditched fossil fuels and carbon dioxide emissions for heating.

By design, the federal carbon price that applies in Ontario is scheduled to increase significantly over the next few years: from today's \$40/tonne to a planned \$170/tonne in 2030 (only eight years away). From this increasing pool of money, the amount rebated via your tax return will also rise. An average Ontario family of four will receive around \$700 this year, and around \$2000/year in 2030, based on federal Finance Department

estimates. If you have an average family and do not change your consumption patterns, then the rebate will generally pay for your carbon fees.

However, the incentives in this system are clear in its design: if only emitters pay while everyone receives the rebate, then it makes sense to reduce your emissions; quit paying the fees, but still benefit from the dividends! Investigating non-carbon/non-fossil heating just makes good economic sense.

Before starting the project, we consumed around 2,400m3 of natural gas per year in our detached house, almost all of it in the winter months for heating.

Based on this historical usage, in 2021 we would have paid \$190 in carbon fees via our Enbridge bill at today's existing rate of \$0.0783/m3. If we were to still to be consuming natural gas in the same way in eight

years' time, we could expect to pay around \$850 per year in carbon fees at a rate that's planned to be around \$0.35/m3 — almost doubling our gas bill.

In Ontario, we are fortunate to have a low-emissions electricity grid consisting of huge amounts of nuclear power, hydroelectric generation, and an increasing amount of solar, wind, and biofuel generation. This makes our electricity bill almost impervious to the changing carbon fees. Where by 2030 our gas bill would nearly double, our Hydro Ottawa bills would not be nearly as affected: rising only \$38 extra per year by 2030 at our historical level of consumption.

So, given that we were embarking on a major renovation, it made complete sense to our family that when we replaced our ageing gas-fired heating equipment, we would be doing so with all-electric appliances, despite them cost-

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ing more than the gas equivalent, as the carbon price savings would pay for the difference over time. Additionally, to offset the small carbon footprint from our new electricity usage, we subscribe to Bullfrog Power, making our system fully carbon-neutral.

The main player in our new system is an air-source heat-pump that powers our central heating and cooling. The heat-pump is essentially an outdoor air-conditioner unit that's capable of running both ways: either to cool or to heat our building. It's connected to an air handler in the basement that occupies the space where the gas furnace used to be and moves the air through the ducts.

Unlike baseboard heating or pure-electric furnaces, the heat-pump uses significantly less electricity to operate. Instead of converting electricity to heat through a heating element, the heat pump uses electricity to compress and move a refrigerant between an outdoor and an indoor unit, moving heat from place to place in the process.

In heating mode, our heat-pump extracts heat from the outdoor air and makes it available indoors. And that works all the way down to -25°C, although less and less efficiently as it gets that cold. To make up for that falling efficiency, and to allow for colder outdoor temperatures, our indoor air-handler unit has a small electric resistance heater built into the ductwork on top that supplements the heat pump. Even at -25°C last month, it kicked in for a only couple of hours per day;



Photo by Simon Leadlay

The Leadlay family replaced their aging gas-fired home heating equipment with all-electric appliances: an air-source heat pump and and air handler. These cost a bit more than their gas counterparts, but will result in the family spending much less money on carbon fees.

the heat pump has handled the rest on its own. In cooling mode, it's exactly like a standard air conditioner, taking heat from inside and moving it outside.

Having replaced our gas furnace and gas hot-water tank with electric heat-pump equivalents, we now expect to consume around twice as much electricity per year as we did before, which will mean that our Hydro Ottawa bill will now add up to around the total amount of our previous Hydro and Enbridge bills put together: so, no improvement this year. However, by 2030, our hydro bill won't

have been significantly affected by carbon fees, whereas we will be saving the \$850 a year in carbon fees by not having a gas bill and benefiting from the \$2,000 carbon rebate expected each year by 2030. Now the math starts to make more sense.

The day that Enbridge came

to remove our gas meter and supply pipe was a major milestone for us, marking the moment at which our home's five tonnes of annual carbon dioxide heating emissions were no longer contributing to the climate emergency. We chose this route partially out of principle, and partially

for financial reasons. As carbon fees ratchet ever higher, perhaps your non-fossil-fuel home will join ours, too. To get started on your journey, contact your local HVAC supplier.

Simon Leadlay and his family live just over the St. Patrick bridge in Lowertown.

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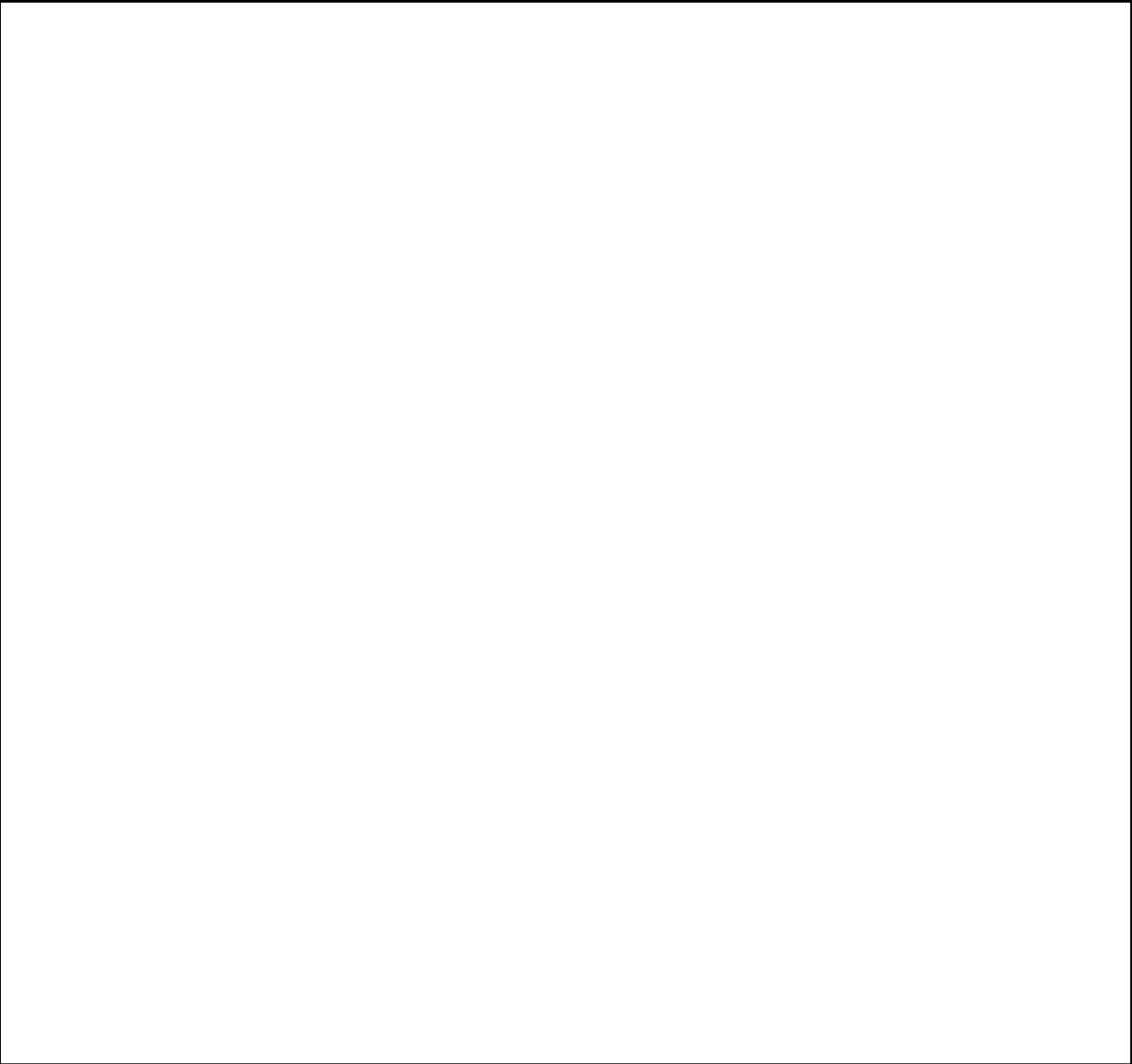
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2022: Fifty-one weeks to turn things around

By Janet Ruddock

That didn't last long. We're on a roll with our good intentions all the way to Jan. 7. "When is your appointment for your foot thing?" asks my husband Frank. He's looking at the new calendar stuck firmly on the fridge. It's blank. He adds accusingly: "I thought we were going to write everything down this year?"

"First of all, it's not my 'foot thing.' It's called a pedicure. And it's for both feet. Second, I didn't write it down because we didn't have a calendar on the fridge yet. I'll go find the appointment card." Now, I ask myself, where is that little card? Why don't we just put the date on the calendar right after each appointment? The moment we get home. Mumble, mumble. At

ever! I immediately text my esthetician and apologize. I don't feel good about it. It's a wake-up call.

We resolve to do better. All is not lost. Fifty-one weeks to turn things around. We track down bits of paper with scribbled messages and dates by the phone. Rogue appointment cards are flushed out of hiding. My job is writing everything onto the calendar. No one can read my husband's handwriting, including him.

It's a terrific calendar. The ones with the magnetic strips at the back are hard to find. We couldn't find one anyway. Then there was one at Chapters, and 50 per cent off, too! If we had wanted a 2021 calendar, they were 75 per cent off. Hold on! Why would we want last year's calendar?

game, try to find one. Passes the time when watching the kettle boil or other mundane kitchen chores. My husband and I don't compete at Scrabble as this almost ended our marriage within the first year. We work as a team to use every letter.

I make a new appointment for my "foot thing." I write it in and double-check that the numeral of the day and name of the day match. Well, sometimes they don't on calendars. Could be my message-taking. The 20th is a Friday, right? No, it's Thursday. How did that happen? So, I call the esthetician to check. It's Thursday. Glad I checked!

"January is a busy month. Three appointments. How will we ever keep up?" I say to Frank when January is filled in. "Remember the

"If we had wanted a 2021 calendar, they were 75 per cent off. Why would anyone want last year's calendar?... Why would we want to relive that?"

the very least, we could stick the card onto the fridge to inscribe on the calendar later. Goodness knows we have enough magnets on there.

The fact is, we don't do it. We lose track of any appointment. Doctor, dentist, optometrist: you name it, we forget when it is. "Do you need a card?" asks the receptionist. Well, of course we do. The card then goes safely into purse, wallet, pocket, or somewhere else equally forgettable. The appointment card is a good system. It just doesn't work for us.

So, on Jan. 7 I find the card for my pedicure. Right in my coat pocket where I put it five weeks previously. And the appointment – you guessed it – was on Jan. 5. Missed it! Lax as we are with our fridge calendar, we never actually miss appointments. What, never? Hardly

Why would anyone? We were absolutely hopeless with the 2021 calendar we did have. Why would we want to relive that?

So, we find the perfect fridge calendar. Nothing fancy. Large blocks for each day and nothing else. No inspirational messages. No scenic mountains, foreign places we can't visit, geometric designs that make me dizzy. No flowers (enough with the flowers on calendars)! No pets, sports or hobbies of any kind. This calendar on our fridge is called Classic Gold (as in boring) but suits us fine!

The boring calendar takes the place of the old one. "Look at that!" I announce to Frank. "Way more room for the magnetic Scrabble game. We can shift the whole game over. The words won't be squashed behind the fridge handle." If you don't have an actual size magnetic Scrabble

days when we had lunch with friends? Or drinks? When we invited people over for dinner?" He's ignoring me, intent on the calendar.

Finally, he says, "You're sure that your eye appointment is the 19th?" Absolutely, I assure him. The day after the rheumatologist. I just hate it when there are back-to-back appointments. "We had an email after the last one." He goes to check. I start the Scrabble game. Turns out it is the 19th – of February. Glad we cleared that up! If we'd gone in January, we'd be early! That makes no sense at all.

Janet Ruddock and her husband Frank have settled in New Edinburgh after a nomadic life with Global Affairs Canada. Janet is a writer, traveler, lover of the arts and advocates for those with Rheumatoid Arthritis and chronic pain.



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From Egypt with love: a dog's journey to the Burgh

By William Beddoe

Just after Christmas, our family made an early morning drive to a cargo bay at Toronto Airport. We gathered in the blowing snow with about 20 other families to await – after a long flight from Cairo, Egypt – our first meeting with our new four-legged family member, Kima.

Kima is an 18-month-old golden retriever, and was one of thousands of unwanted dogs that clog the streets and shelters of cities like Cairo, where tireless but overwhelmed volunteers try to save as many of these poor animals as they can from the cruelty of the streets. These shelters are desperate to find safe homes for these lovely, unloved creatures and so have reached out to rescue organizations around the world to give them a second chance. Golden Rescue, based in Barrie, Ont., is one such organization.

There are many different animal rescues, and some are breed-specific, usually because they know that particular breed well. Golden Rescue focuses on golden retrievers. These beautiful dogs are popular pets, and typically have a gentle disposition and high intelligence. Unfortunately, perhaps because they are so often depicted in “lifestyle” advertising (think American clothing retailer Land’s End), they are often adopted as fashion accessories, then abandoned when their new owners discover that caring for an animal requires effort. Golden retrievers, due to their gentle nature, fare poorly on the street.



Photo courtesy William Beddoe

Kima is an 18-month-old golden retriever who lived on Cairo's streets until she was rescued and brought to Canada by Golden Rescue.

Golden Rescue have partnered with shelters in Cairo, Istanbul, Turkey, and Mexico City. In order to make international adoption accessible to many families, Golden Rescue's adoption fees are quite affordable. The group relies upon donations and other funds raised to cover the full expense of caring for and transporting each dog. These costs include veterinary care and immunizations to ensure the dog is free from infectious diseases before they travel. Golden Rescue also works with adoptive families to ensure they can meet their dog on arrival.

Which is where we came in. We have been happy cat owners for more than 25 years but had been thinking how enjoyable it would be to have a companion to stroll with to meet friends in Stanley Park, and to romp with at the cottage. Sarah and I decided that, if we were going to adopt a dog, we would prefer to adopt from a shelter or rescue. Our

last cat was an abandoned animal, and she turned out to be the sweetest thing, so it just felt like the right thing to do. I spent quite a bit of time scrolling listings at shelters and rescues, trying to form a picture of what sort of dog would be right for us. Some animals come with such warning recommendations as “experienced dog owners” or “experience with this breed.” As we identified the characteristics (such as size and temperament) that we were seeking, one breed that seemed to be a good fit for us was golden retriever. So, having discovered Golden Rescue, we submitted our application to them.

Over the past couple of years, I'd enquired about one or two dogs, but hadn't been selected for an interview. Our application sat inactive for some time until we got a call saying that they'd found a good match for us, and would we be willing to accept an international adoption? They sent pictures and all the information that they had about Kima. We said yes, which led us to the airport that cold morning.

Kima emerged cautiously from her transport crate and into our lives. Sensing immediately, I believe, that she was safe and loved here, she has settled into her new life remarkably quickly. She has made friends at the dog park and loves to play, and she even seems to love the snow! She is a gentle and affectionate creature, but we recognise that we are very fortunate in our experience. Rescue dogs sometimes come with trauma in their past and require much patience to bring around to a sense of security. Fortunately for Kima, her previous owners dropped her at the shelter, rather than on the street. While she may have been unwanted, she doesn't appear to have been abused.

We are happily embracing our new life as dog people and becoming acquainted with other members of the tribe on our jaunts around Stanley Park and Pine Hill. So if a friendly young golden retriever comes bounding up to greet you, please say hello!


William Beddoe is an actor, perhaps best known for his work with Odyssey Theatre in Strathcona Park and as a founding producer of the Ottawa Fringe Festival, who has lived in New Edinburgh for over 25 years.

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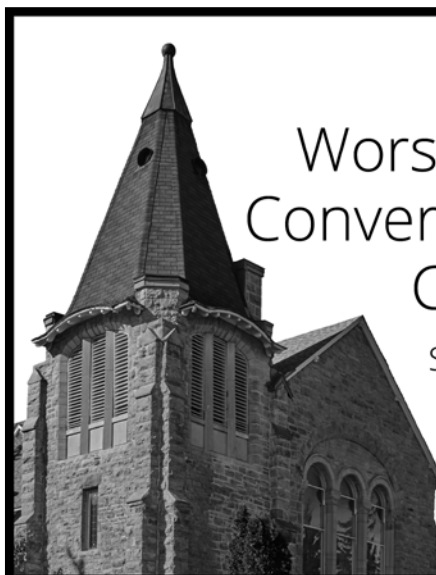
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Retired diplomat's memoir is an eclectic trip down memory lane

By John Leefe

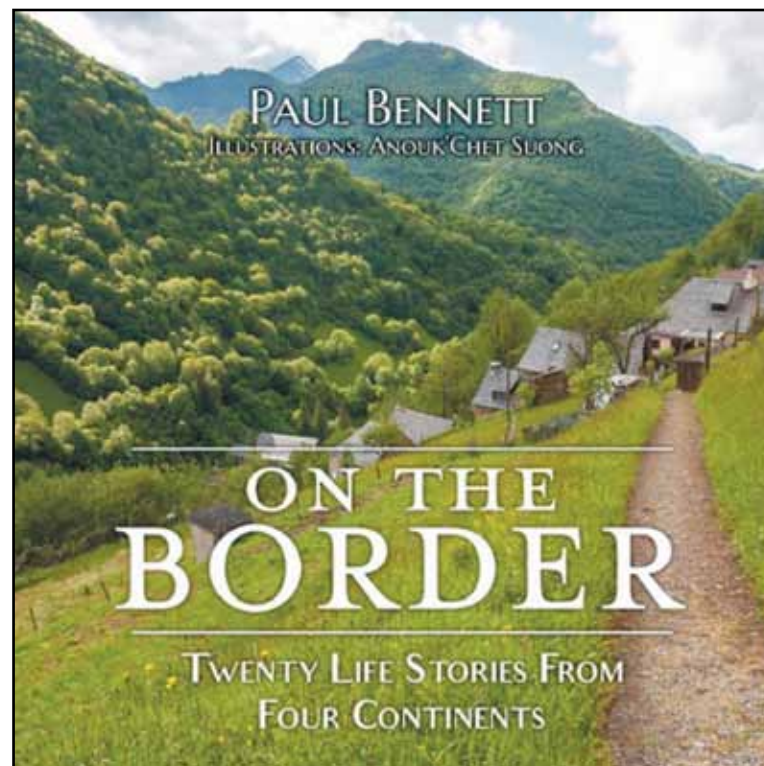
One of the bright sides of the COVID crisis is that books are being written that otherwise may not have seen the light of day. It's been said that everyone has at least one book within them, so in 2021, Paul Bennett put pen to paper, resulting in his self-published book *On the Border: Twenty Life Stories from Four Continents*. There is much to admire in this eclectic collection of 20 short, non-fiction stories that combine just the right amount of narrative detail with broader observations about how a particular life-event or person shaped Bennett's understanding or worldview.

Bennett, a retired federal public servant, spent most of his career working as a foreign service/immigration officer for the Department of External Affairs and Canadian International Development Agency (now Global Affairs). His "life stories" focus on an array of vignettes that draw from memories of his adolescent years growing up in Toronto and Ottawa, to lively accounts about his professional and personal trips in the Yukon, France, Thailand, Cambodia, Sri Lanka, Ethiopia, and North Korea.

Bennett's succinct writing style makes these stories relatable to people who often reflect on family members long since deceased, or on the emotional impact of trips to foreign lands.

"Grandpa Gordon's Grave" recounts Bennett's 2017 trip to visit his maternal grandfather's grave in France, triggering a series of questions that many people likely have when they reflect on family members who endured the horrors of wartime service.

In "The Boy In The Picture", Bennett affectionately recalls growing up in Toronto in the 1960s and the thrill of an accidental discovery: "I remember spending a lot of time in the ravine catching squirrels, smoking the occasional cigarette, and playing 'kick the can' in one of the open areas...astonished to find a paper bag full of handcuffs and bloody white shirts." These adolescent memory touchstones evoke a more innocent time, reminis-



Paul Bennett's new book, *On the Border: Twenty Life Stories from Four Continents*, is illustrated by Anouk'Chet Suong.

cent of an episode of *Leave It To Beaver* or a scene from the film *Stand By Me*.

"Rideau Terrace Charade" describes a moment of sheer happenstance in the winter of 1972 when Bennett, then a high school student, hitchhiked to Lisgar Collegiate in Centretown, and was picked up by Paul Martin, Sr., a former federal cabinet minister, then a senator. Bennett recounts this brush with political fame to reimagine their "odd charade" as a dialogue in which Martin probes his teenage views on the news of the day, most notably Canada's recognition of "Red China." Bennett emphasizes the relaxing nature of their encounter and the "curious role reversal" in which Martin acts as the cab driver and he the passenger.

Bennett expands his focus beyond Canada when recounting life as a foreign service officer in some of the world's most dangerous and economically destitute countries. In "Dong Khoi Stroll," he vividly recounts interviewing candidates in Ho Chi Minh city in 1983 who had been granted exit permits. The country's raw grittiness is wonderfully described as "hundreds of bicycles, some carrying enormous loads, meeting chaotically at intersections but somehow never

colliding."

"On the Border" depicts Bennett's experiences in the Southeast Asian countries of Vietnam, Cambodia, and Laos, when he conducted refugee interviews on the Cambodian border. This story paints a vivid picture of the horrific Communist Khmer Rouge regime that ruled Laos with a "reign of terror" in the 1970s when as much as 20 per cent of the population of 7.3 million was exterminated.

A thematic thread is that by pursuing what you want to do in life, you can witness momentous events. But you can also come within a hair's breadth of catastrophe. In "There But the Grace," Bennett recounts his trip to Sri Lanka in 2004. His train ride from Galle to Colombo occurred just four days before the devastating tsunami on Dec. 24. As he notes: "In the immediate aftermath of the tsunami, I thought of the train being bandied about mercilessly with the attendant loss of life. I might have been on board had my schedule been only a few days different, prompting the reader to ponder the unknowable question, was it karma, or divine intervention?"

"When in Ottawa" is an outlier in that Bennett looks back at his seven years working for the foreign service in the

Public library shares list of 2021's most popular books

By Martha Hodgson,
Librarian

Greetings from the Rockcliffe Park library branch!

The darkest, coldest time of the year is the perfect time to light up your life with a great book. If you are curious about what book lovers in Ottawa read this past year, we've gathered lists of the most popular books from Jan. 1–Dec. 1, 2021, based on the number of hold requests.

The top English adult title is *State of Terror* by Hillary Clinton and Louise Penny; the top French adult title *Un café avec Marie* by Serge Bouchard. The full lists are available on our website – bibliottawalibrary.ca – come into the branch to check out one of these popular titles!

Library services contin-

ue to change as we work toward providing services in the safest manner. Currently, the Rockcliffe Park branch is open for browsing, holds pick-up and returns, account management, limited computer use, and printing and copying.

Hours of operation at all branches have been adjusted. At Rockcliffe Park branch we are open:

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Although in-person programs are currently suspended, we do offer online story times each week to keep little ones engaged with stories, rhymes, and songs.

We continue to create content for the OPL YouTube Channel. You can stay active at home with fitness classes for strength, mobility, and balance. Join experienced fitness instructors for recorded 30-minute sessions of gentle exercise. You can also re-watch your favorite event from the Ottawa Children's Storytelling Festival, presented in partnership with Ottawa Storytellers.

The Ottawa Public Library Awesome Authors youth writing contest is currently accepting submissions at all branches from budding authors. The contest gives writers between the ages of nine and 18 the chance to win awesome cash prizes, get published, and share their talent with the world. If you have a short story, poem, or



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The staff at the Rockcliffe Park branch wish you a happy and safe 2022!

Martha Hodgson is

the librarian at the Ottawa Public Library's Rockcliffe Park branch, 380 Springfield Rd. Learn more about OPL services at bibliottawalibrary.ca

Continued from page 26

Lester B. Pearson building on Sussex Drive. His candour and wry humour is evident as he cleverly applies the metaphor of food to make some observations about life as a

public servant toiling away in a "dark, depressing building, thoroughly lacking in soul... when mealtime discussions began to focus on the loss of prestige and benefits or lack of career progress."

The book is peppered with

minimalist pencil sketches by Anouk'Chet Suong, and bare-bones maps depicting some of the places visited, providing useful geographical context and complementing the narrative descriptions.

Seasoned travellers will

find *On the Border* informative and observational, with honest assessments of the people, places, and experiences. Boomers will find it an insightful nostalgia-free trip down memory lane, capturing the highs and lows of adoles-

cence. This book is available at Books on Beechwood.

John Leefe is a recently retired public servant. He and his family live in Lindenlea.



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MackKay United congregation remains active, even on-remote

By Eleanor Dunn

Caution continues to be the watchword as MacKay United Church Council makes decisions regarding in-person services as the COVID pandemic continues.

Many congregants were disappointed with the decision to cancel our popular Christmas Eve Family Service. The Omicron variant had just appeared on the scene and while COVID protocols were in place – including less than 50 per cent occupancy, mandatory mask-wearing, proof of vaccine, social distancing etc. – Council felt that since the new variant was highly contagious, the prudent thing to do was to cancel the in-person service.

Council met Jan. 5 and endorsed further closure of in-person services until it feels safe to open the sanctuary again. The situation will be monitored on a weekly basis with the view to pos-

sibly re-opening in February — depending on the public health situation.

While there are no in-person services in the sanctuary, the life of the church goes on. Sunday services are broadcast on MacKay's Vimeo and You Tube channels and its Facebook page. The United Church Women meet monthly via Zoom, and congregants can meet an hour prior to Sunday service to talk about a variety of topics, also via Zoom. The Mission and Service Committee and Pastoral Care Committee continue to work in the community.

MacKay is still “out there” doing stuff! A dedicated group of volunteers is involved in making sandwiches for Centre 507 which provides drop-in space for the homeless in the downtown core. One generous member of the congregation periodically supplies tins of coffee to Centre 507.

Recently MacKay's minister Rev. Peter Woods, a well-known jazz saxophonist, entertained MacKay's neighbours with a couple of mini concerts on the church steps when weather permitted.

MacKay is forward-thinking — planning for a COVID-free future when the Memorial Hall can once again become a community hub. Access to the facility for persons with mobility issues is an important consideration and to this end, we are studying the installation of automatic doors at the Dufferin Road entrance to the Memorial Hall.

Eleanor Dunn is a retired journalist and broadcaster who has been an —almost— lifelong resident of the Burgh. She raised her family on Dufferin Road and now lives on The Mews with her dog Hamish and her oldest son. She is an active member of MacKay United Church.

Music and Meditation during Lenten season at MacKay United

By Rev. Peter Woods

Music and Meditation continues as one of MacKay United Church's offerings in the neighbourhood — and far beyond via our online presence. We are pleased to present a weekly series of Tuesday evening events (online and possibly in-person as regulations permit) throughout the season of Lent which runs Mar. 8-Apr. 12. Join us at 7 p.m. ET on Vimeo and FB LIVE. (Find details at mackayunited.ca).

These evenings are a mix of quiet, improvised music, poetry, and silence. You are invited to further your own medita-

tive practices during this time, or simply relax and enjoy the mix of spiritually sensitive music and words.

I will be your host and saxophonist, joined by a wide array of musicians, including Tim Jackson, Lu Frattaroli, Yolanda Laroche, Nick Schofield, and Tom Reynolds.

Carolyn Sutherland collaborates with a number of friends and neighbours to create wonderfully curated collections of poetry from global sources each week.

This project is part of MacKay United Church's musical and spiritual work in the community, with local



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Neighbourhood dynamics are societies writ small

By Doug Cornish

Who owns, or has the rights to, the neighbourhood street? Most people who have lived on a street for a long time sometimes feel that they are keepers of the gate. It's probably akin to some countries where people can trace their ancestry back generations and probably feel that they have more of a claim to the country for some reason, probably because their history is primarily with only one country. I read some-

and Ariel Durant observed that: "Civilization is a stream with banks. The stream is sometimes filled with blood from people killing, stealing, shouting, and doing things historians usually record, while on the banks, unnoticed, people build homes, make love, raise children, sing songs, write poetry, and even whittle statues. The story of civilization is the story of what happened on the banks. Historians are pessimists because they ignore

fortunate position because they have the best of both worlds and they're really the present and future of the street if they remain.

The dynamics of any neighbourhood street that's existed for a number of years is that the street sometimes divides itself up into an "old neighbour/new neighbour" scenario. New neighbours sometimes get nervous when they're in a conversation with old neighbours because there are those awkward silent

so they usually go into a renovation mode and start tearing down fences, putting up fences, changing outside lighting, changing doors or windows, not to mention kitchen and bathroom projects. Or – and this can be contentious – someone might purchase a house and then decide to tear it down and put up something else, and not always a structure that fits in architecturally with the neighbourhood.

In many ways the dynamics of a neighbourhood street reflects society. The new must get along with the old, and vice-versa. The neighbourhood street clearly reflects the generational, multicultural, and socioeconomic daily challenges of society. It's interesting the way street dynamics come into play when someone wants to shut another neighbour out of the conversation. But if a street is going to remain a true neighbourhood street where community and communication between neighbours is important, then, akin to society, people on the street must get along, for, at the end of the day, the neighbourhood street

is the place you come home to, and the place you call "home."

Neighbourhoods have a never-ending story. School children study a nation's history only as part of their education, but a neighbourhood's history is also important and can increase personal and societal awareness. How each of us fits into society and the nation at large is a direct (or an indirect) result of our neighbourhood street histories.

Indeed, it does take a neighbourhood, and particularly a neighbourhood street, to raise a child.

Doug Cornish lives a short walk from the Beechwood Cemetery.

"People on the street must get along, for, at the end of the day, the neighbourhood street is the place you come home to."

where that Cleopatra wasn't Egyptian: she was Greek. Her family had lived in Egypt for 300 years, so most people think she's Egyptian. To an Egyptian though, who can trace ancestral lines back thousands of years, Cleopatra wouldn't be considered Egyptian – she would be an outsider.

American historians Will

the banks for the river."

The most interesting neighbour is probably the new neighbour. They can't participate in "historical neighbourhood conversations," but still like to eavesdrop so they can learn the history of the street or the neighbourhood. They want to be part of the 'hood. They need to fit in. New neighbours are in a for-

moments when they cannot relate to the story of when so-and-so as a child put a baseball through old man so-and-so's picture window. Or, some new neighbours don't really care, because they're just thankful to live in a "signature" neighbourhood.

New neighbours do like to put their own particular stamp on the street, though,



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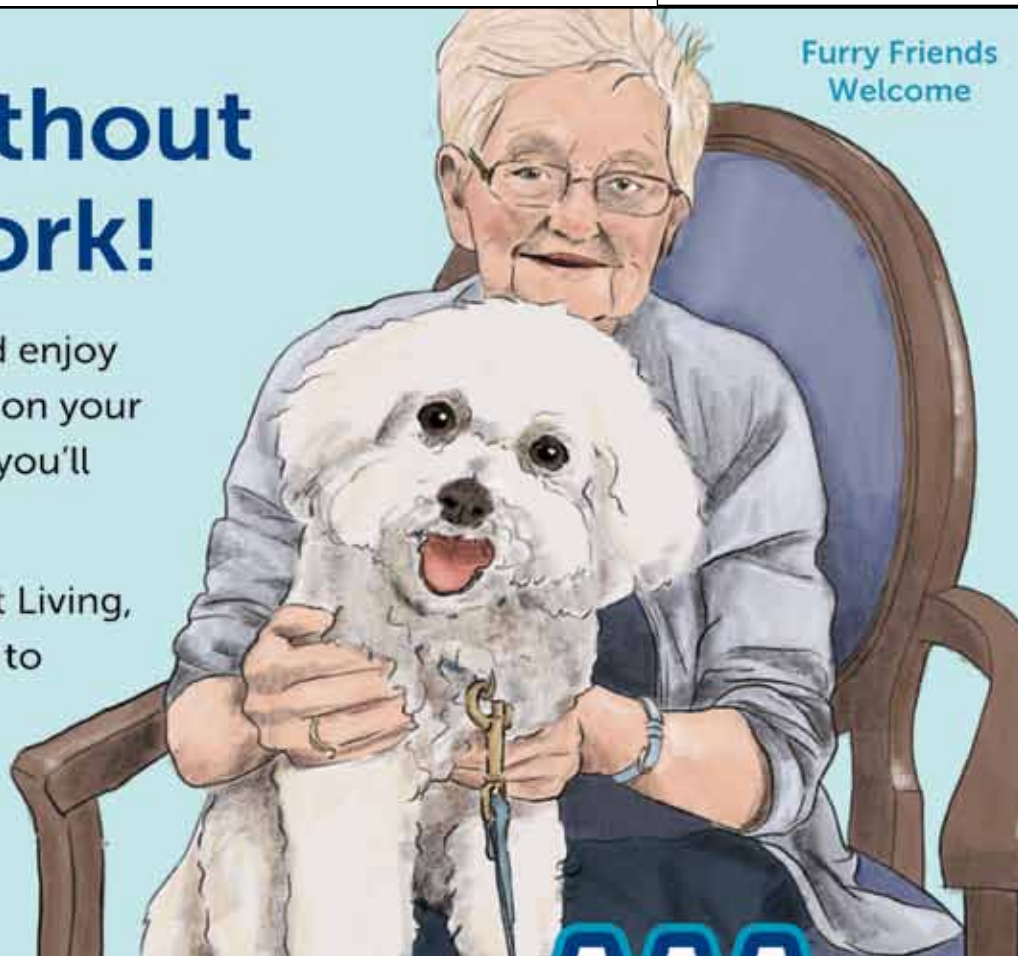
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In Memoriam: Frank Tonon (1949 - 2021)

By Jane Heintzman

Longtime pharmacist **Frank Tonon** died suddenly on Nov. 26, concluding a memorable chapter in the recent history of Beechwood Avenue. For more than four decades, Frank owned and operated the New Edinburgh Pharmacy at the corner of Crichton at Beechwood, serving as a trusted source of assistance and wise counsel to those dealing with illness, injury, and minor afflictions of all descriptions.

In the store's early years in the 1980s, the pharmacy oper-

ated on the main floor of 35 Beechwood Ave. (now New Edinburgh Square). In 2001, Frank moved to the pharmacy's current location at 5 Beechwood Ave. when the previous occupant, Mountain Equipment Co-op, relocated to the west end. Frank took full advantage of the larger premises to equip the pharmacy with a broad section of assistive devices and supplies for the mobility impaired, as well as a wider range of personal hygiene products, cosmetics, and gifts.

Frank was a consummate

people person: he took a sympathetic and genuine interest in all his clients, many of whom became friends. "He really loved the people of New Edinburgh," says his son **Matthew**, and he welcomed any opportunity to connect. In recent years, when pharmacies were tapped to administer flu shots and other vaccines, Frank leapt at the chance to bolster the health services he could offer his local clientele.

Frank's unassuming, calm, and kindly manner was reassuring to those dealing with



Photo courtesy Matthew Tonon

Frank Tonon owned and operated the New Edinburgh Pharmacy since the 1980s. Frank passed away suddenly on Nov. 26, 2021.




Photo by Louise Imbeault

Memories of 2011: Frank (far left) with the New Edinburgh Pharmacy team at the time: Dima, Marla (Frank's daughter), Maha, Roger, Josée, Christine and Sara.


the distress and anxiety of illness, as well as the baffling complexities of medication. For many of the seniors in homes and retirement residences in the community, Frank became a trusted

lifeline, making time for a friendly chat however busy the dispensary might be.

Thanks to his central role in the community and his genial presence, Frank became one of the Burgh's most widely




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known personalities. It's safe to say that many of us have a favourite memory of Frank. Matthew says the family has been touched by the outpouring of fond remembrances from local residents, recalling his father's kindness and generosity in times of need. Such as one local family who had lost everything in a house fire and asked for temporary credit at the store. Frank urged them to grab a shopping cart and load up whatever supplies they needed, at no charge.

Frank was by no means an "all work and no play" kind of guy. He was an avid golfer and a keen competitor at the neighbourhood's annual charity golf tournament, organized by former New Edinburgh Pub owner-operator **Paul Williams**. More often than not, Frank emerged as the victor!

According to Matthew, Frank was also an avid collector of mementoes, notably such antique pharmacy items as old amber bottles and vials. "He had his own pharmacy museum," says Matthew, recalling one occasion when he accompanied his father to the basement of a long-defunct former pharmacy in search of dusty antiquities for his collection.

Many will remember the Burgh's longtime local bar-

ber **Lester Clark**, whose sociable habit was to sit on a bench outside his shop, cheerfully greeting passersby. When Lester decamped after the 2011 Beechwood fire, his bench was auctioned off in a fundraising event for those who had lost their homes. Frank was determined to claim the bench for posterity, and drove the bidding sky-high, eventually emerging victorious. Lester's bench remains in the pharmacy, a memento of our local history and a testament to Frank's

deep attachment to the neighbourhood.

Above all, Frank was a devoted family man, deeply cherished by his wife **Maureen**, his children **Marla, Matthew, and Cassandra** and their partners, and his beloved grandchildren **Avianna, Roman, Russell, Polina, and Leo**. In keeping with his lively interest in the Beechwood commercial community, Frank was also a strong supporter of the entrepreneurial efforts of his son-in-law **André**

Cloutier, who became well known in the neighbourhood as the owner-operator of several former local restaurants.

"Our family sincerely thanks the community, and the loyal staff of the pharmacy over the years, for their support and kindness," says Matthew. To all who have expressed condolences since Frank's death, Matthew stresses that "Reaching out is the right thing to do at this time; it really helps."

Frank's obituary in the *Ottawa Citizen* perfectly

expresses the impact of his loss: "To know him was to love him... His warmth and generosity never went unnoticed. He will be greatly missed." Indeed, he will.



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Welcome

A warm welcome to **Jeannine Bélanger**, mother of CCC president **Sylvain Bélanger**, who recently moved to Crichton Street after many years living in Orleans. We hope you enjoy the neighbourhood, Jeannine: there is much to discover!



With great delight, **Newton's** half-sister **Bronte** arrived in New Edinburgh in January.

Coming all the way from Powassan, North Bay, it is almost a Christmas miracle that she will be living only two blocks away from her brother! Just shy of three weeks younger than Newton,



If you've walked down Putman Ave. in January, you've likely seen **Patrick Mowat** working away, building an igloo in his front yard. It is a neighbourhood delight. Many people stop to chat with Patrick or take photos. It is particularly beautiful in the evening when the igloo glows with colourful lights.

Bronte comes to one of the best homes you can imagine. **Alisson**, we wish you all the best!



New Edinburgh Square welcomed its new Retirement Lifestyle Consultant in early January. **Liz Lesh** (pictured above) brings 16 years' experience in hotel sales. "While

I have only been in this position for a short while, I have met wonderful people from the New Edinburgh community who have made me feel so welcome and are sharing so much rich history about this community," says **Liz**, who takes over from **Catherine Strevens-Bourque** at the Square. Welcome, **Liz**!

Condolences

NEN was sad to learn that **Ian Parker** passed away on Jan. 10, at home with his wife **Wendy Baldwin** by his side. Born in Cape Breton, N.S. in 1937, Ian had a long and varied career in journalism across Canada, notably as anchor for CBC Ottawa's *Newsday* from 1985–1990

and as host reporter for the CBC's *the fifth estate*. As New Edinburgh residents, Ian and Wendy were regular volunteers at both the spring library and autumn RPPS book sales, and Ian had been a frequent contributor to this newspaper since 2019. In addition to Wendy (to whom he was married for 44 years), Ian leaves their son **Nicholas** and his family (wife **Philippa**, children **Maxwell** and **Isabelle**) who live in Hobart, Tasmania, Australia. A celebration of Ian's life will be held when it is safe to gather.

Congratulations

The "Biker Hikers" would like to wish happy birthday to **Sonia** and to **Grace** on their upcoming birthdays in March.

Best wishes from your friends **Ally, Becca, Julia, Morag, and Rachel**.

Miscellaneous

The **Ottawa New Edinburgh Club (ONEC)** is now hiring summer camp instructors for July and August 2022, with application deadlines of Feb 12 for Rowing/Kayaking Head Instructor and Feb 25 for Sailing, Rowing and Kayaking Instructors. Applications for volunteer CIT opportunities will be considered on an ongoing basis. Learn more at onec.ca

Lost



This is **Mittens**. She has been missing for more than a year, but there have been sightings. She may have gone missing over COVID and we are hoping someone has taken her in. We do want her back if possible. Call **Joanne** 613-698-9839.

EVENTS CALENDAR

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

FEBRUARY

Throughout February – Black History Month blackhistoryottawa.org. A number of virtual events in both French and English are scheduled throughout February to celebrate Black History Month. Learn more online.

Feb. 8 – CCC meeting at 7:30–9 p.m. Online. The Crichton Community Council holds its monthly board meeting. Please contact CrichtonCommunityCouncil@gmail.com for the meeting link.

Feb 9 – Lecture: "The History of the Lebanese Community in Ottawa" 7 p.m. The Bytown Museum presents a lecture with Professor Kamal Dib exploring the rich culture and history of the Lebanese

Community in Ottawa. Tickets via Eventbrite.com

Feb 11 – The King's Singers at Carleton Dominion-Chalmers Centre, 355 Cooper St. chamberfest.com. Chamberfest presents Part Two of the 2021–22 Concert Series in a hybrid format (either limited in-person or livestream). *A cappella* vocal ensemble The King's Singers return with a program called "Finding Harmony." Details online.

Feb. 15 – NECA Board Meeting at 7:30 p.m. newedinburgh.ca. 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.

Feb 22 – Capital Heritage

Day capitalheritage.ca. Capital Heritage Connexion and the City of Ottawa present Capital Heritage Day, celebrating heritage places and experiences. This year's theme is "We grow from our roots – our heritage and histories." Learn more online.

Feb 22 – Janina Fialkowska Celebrates 70 at Carleton Dominion-Chalmers Centre, 355 Cooper St. chamberfest.com. Chamberfest presents Part Two of the 2021–22 Concert Series in a hybrid format (either limited in-person or livestream). Pianist Janina Fialkowska celebrates her 70th birthday with a program including works by Schubert and Chopin. Details online.

Feb 23 – Online lecture: "Pluriverse Rising" 7 p.m. heritageottawa.org. Heritage Ottawa hosts the

annual Phillips Memorial Lecture. Wanda Dalla Costa, an architect from Saddle Lake Cree Nation, will speak on "Pluriverse Rising: Indigenous Design."

MARCH

Mar. 8 – CCC meeting at 7:30–9 p.m. Online. The Crichton Community Council holds its monthly board meeting. Please contact CrichtonCommunityCouncil@gmail.com for the meeting link.

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Mar. 18 – Rossini A Quattro at Carleton Dominion-Chalmers Centre, 355 Cooper St. chamberfest.com. Chamberfest presents Part Two of the 2021–22 Concert Series in a hybrid format (either limited in-person or livestream). Mark Fewer, Yolanda Bruno, Julian Schwarz, and Joel Quarrington come together to perform Rossini's spirited sonatas. Details online.

APRIL

April 19 – NECA Board Meeting at 7:30 p.m. newedinburgh.ca. 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.