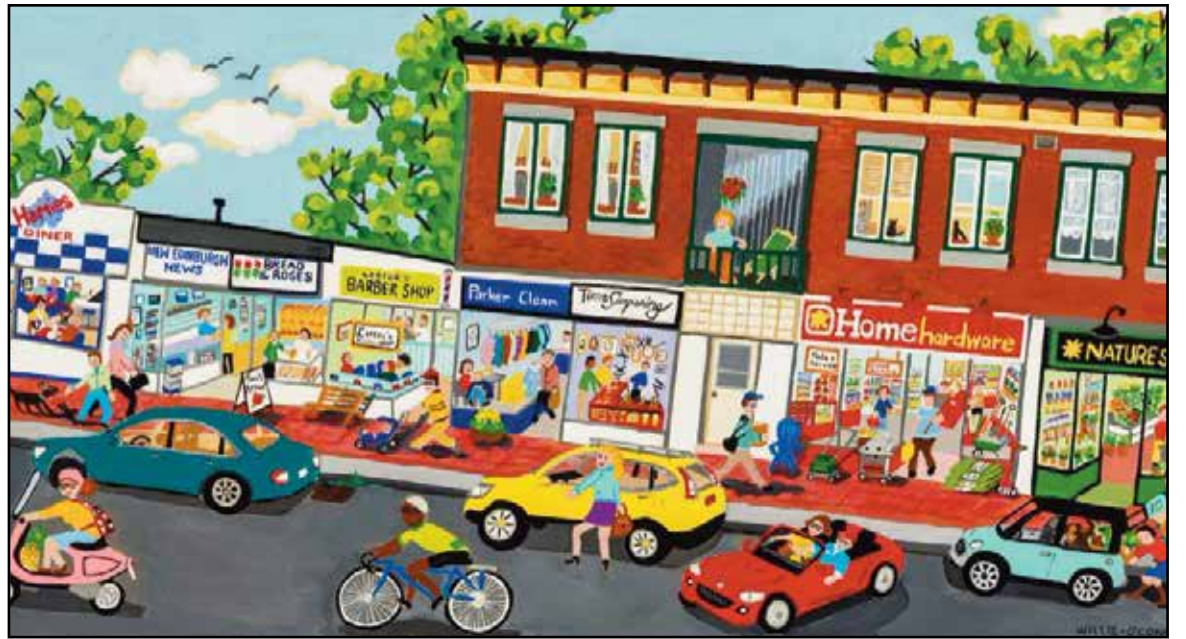


NEW EDINBURGH NEWS

newedinburgh.ca



Painting by Catherine Willis-O'Connor

'Before the Fire' on exhibit with 13 other Ottawa landmark paintings for sale at Gordon Harrison Landscape Gallery, 465 Sussex Dr. from February 22 - March 7.

NCC proposes Sussex development in new Core Area Plan

By Sarah Anson-Cartwright

A development of mid-rise, mixed-use buildings in a traditional style of architecture, along three blocks of Sussex Drive in New Edinburgh, is contemplated by the National Capital Commission (NCC) in the update of its Core Area Plan.

The plan shapes major projects on federal lands in the capital's core area, along the shores of the Ottawa River. The current plan was approved in 2005 and has been under review since 2023. Now the NCC has unveiled the specific design and planning opportunities it is considering for the updated

plan and is inviting the public's feedback.

The Sussex Blocks "oppor-

The NCC's online survey is open for responses until Feb. 5: ncc-ccn.gc.ca/our-plans/canadas-capital-core-area-sector-plan



tunity" within the plan proposes to "redevelop the urban blocks to support the Rideau Hall tourist anchor, with a possible new public park and mid-rise, mixed-use buildings in an architectural style faithful to New Edinburgh's historic neighbourhood character," according to the NCC.

A map in the plan shows the Sussex Blocks would run between Stanley Avenue and MacKay Street, and from Sussex Drive to Thomas Street. Photo renderings in an NCC presentation show four-storey buildings in a traditional style of architecture.

The three blocks of land are

Continued on page 5

Time to revive the Victory Garden

By Eleanor Dunn

What impact will tariffs have on grocery prices? Will we be able to afford fresh fruits and vegetables imported from the U.S. and Mexico if the Canadian dollar hits a low of 60 cents US, as some are predicting?

These were the questions running through my mind after hearing a TV commentator state that the only Canadians who know what to do to survive a serious recession are the group known by sociologists as "Depression Babies." We are Canadians who were born during the Great Depression of the 1930s and lived our childhoods and teen years during World War II and the Korean War.

It may come as a shock to some readers to learn that

during that period, there were no supermarkets of the kind we enjoy today: overflowing with fruits, vegetables, and other products from all corners of the world. Porridge, Cream of Wheat and Red River Cereal – all of which required cooking in a pot on the stove – were what we ate for breakfast. Yes, there were some dry cereals, such as Corn Flakes, Rice Krispies and Puffed Wheat, but they were expensive compared to a bag of oatmeal which could go a long way in large families. Carrots, turnips, potatoes, and cabbage were on the table during the winter months. Arugula? What was that?!

We ate what was in season, and produce was frequently grown in one's own back-

yard. During WWII, the federal government, through the Department of Agriculture, as it was then called, encouraged people to dig up their backyards and plant vegetables. "Victory Gardens," as they were called, were common in New Edinburgh at that time. School kids were encouraged to ask their parents if they could have a section for their own Victory Garden. Plans for these gardens were distributed in the schools and depending on what you chose to plant, free seeds were available.

I was in Miss Kidd's grade 3/4 class at Crichton Public School at that time. We lived on MacKay Street, where the lot ran back to Avon Lane. I signed on to the Victory

Continued on page 7

New Zoning By-law Needs Key Revisions for Development and Heritage

By Sarah Anson-Cartwright and Gail McEachern

A major overhaul of the regulations affecting development in Ottawa is no small project – and last year's first draft of Ottawa's new zoning by-law missed the mark. In its effort to strenuously streamline the planning rules while implementing the policies of the new Official Plan, the City created confusion and concern for many communities, including New Edinburgh.

There are currently two main zones applicable to New Edinburgh. Based on the City's "zone code conversion" (from existing R zones to the new N zones) in the first draft of the new zoning by-law, an inconsistency is being introduced between the two parts of the neighbourhood.

The following points illustrate the difference between building heights permitted under the existing zoning by-law and the first draft of the new zoning by-law:

Under the existing zoning by-law (2008-250), New Edinburgh is zoned primarily R3P or R4UD, allowing principal dwellings to have maximum building heights of: **10 m in R3P and 10m-11m in R4UD.**

With the first draft of the new zoning by-law (released in May 2024), the two zones R4UD and R3P will become

N4B and N3B, respectively, in New Edinburgh. The new maximum allowable building heights for principal dwellings will diverge across the two zones as follows: **11 m in N3B and 14.5 m in N4B.**

The N4B zone would apply to the New Edinburgh Heritage Conservation District and occasional property outside the historic district and would permit a higher maximum building height than other parts of New Edinburgh.

Of note for New Edinburgh – and several other communities with Heritage Conservation Districts (HCDs) – is the removal of virtually all heritage policies from the text and maps of the draft new zoning by-law. Even as the provincial heritage legislation and Council-approved HCD plans will continue to apply to development applications.

New Edinburgh's concerns were set out in a submission last November by the Heritage and Development Community of the New Edinburgh Community Alliance (NECA). This followed our attendance at workshops virtually and in-person, raising questions with City staff during those sessions in the late summer and fall of 2024.

In NECA's submission we have asked the City for several corrections and clarifica-

Continued on page 6

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, Friends of the Park; 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 7:00 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 **online only Tuesday February 18, 7:00 p.m.** and **March 18, 7:00 p.m.** Meetings are held online and may be hybrid in the future. Contact newedinburgh@outlook.com for details.

Your NECA Representatives 2024-2025

Contact anyone below through info@newedinburgh.ca

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Ray Boomgaardt **President**

Sean Flynn **Co-Treasurer**

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NECA President's Report



Ray Boomgaardt
NECA President

This month I'm going to write again about the causes of the housing crisis, and what can be done about it. We will soon be having elections at both the federal and provincial levels, where this issue will be important, so it's important for us as a community to think about the issue.

In October last year I bemoaned the fact that the [Yasir] Naqvi task force, while calling for municipal deregulation, failed to ask why construction firms are not proceeding with approved housing projects. This time I'd like to comment on an American academic study that addresses the reasons for the housing crisis in the United States. It studied a decline in productivity in the construction industry and tries to discover its cause.

The *Harvard Gazette* tells the story of a study done by Harvard researchers which found that U.S. productivity soared in the second half of the twentieth century, creating benefits for consumers in the form of lower prices across a wide range of goods. But housing was and is a glaring exception. The study cited a 2023 paper by University of Chicago economists Austan Goolsbee and Chad Syverson, who documented the problem. The building sector, they found, had outpaced the rest of the U.S. economy throughout the 1950s and well into the '60s. Then came a dramatic shift. Between 1970 and 2000, even as the productivity of the overall economy continued to grow, productivity in the construction sector, measured in housing starts per worker, fell by 40 per cent. In contrast, the authors saw that productivity in auto manufacturing continued to climb, with cars today costing 60 per cent less (when adjusted for inflation) than in 1960.

The Harvard researchers found that post-war builders developed thousands of

single-family homes on land parcels that averaged more than 5,000 acres. Today, the researchers write, the share of housing built in large projects has fallen by more than one-third, while developments on more than 500 acres are "essentially nonexistent." But, using economic and business census data, they show that construction firms with 500 or more employees produce four times as many housing units per employee than firms with fewer than 20 employees. Yet employment by large homebuilders started falling in 1973, with no comparable decline in manufacturing or the economy at large. Also, patent records showed the construction industry lagging in the last three decades of the twentieth century. Even at manufacturing firms that serve the construction industry, innovation has declined compared to manufacturing firms overall.

The Harvard researchers attribute the slower pace of innovation to increased regulation. They theorized that land-use regulation stops businesses from building a mass-produced home and requires instead a very idiosyncratic home. It means every project will be small. Every project will be a bespoke build to satisfy differing regulatory requirements.

But: 1) If increased regulation is a productivity killer, why has increased regulation not reversed productivity gains in the automobile industry? Over the last 60 years the automobile industry has not only faced increased regulation, it has also faced intense competition from Europe, then Japan, then Korea, and now China. House construction doesn't benefit from international competition in the same way, but there may be steps that can be taken to increase competition, notably by supporting innovation.

2) Are large projects the solution? In New Edinburgh,

and much of the City of Ottawa, construction in the central city is infill construction, which is, of necessity, small scale. Toronto had a massive boom in condo construction south of the Gardiner, but generally low-cost large scale mass production of housing in city centres is a realistic option only at transit nodes, and the City of Ottawa is already zoning for that option.

3) Even if the authors are right, reducing regulation is not a quick fix. If the goal is larger projects, then the construction industry itself will need to restructure: to scale up and focus on low-cost mass production. That also means a big shift in financing and marketing.

4) Why did the Naqvi task force not identify this issue? The federal government has been bad at encouraging scale. Both of Ottawa's large scale federal housing projects have been scaled down. The federal Canada Lands project at the former Rockcliffe Air Base, which was potentially a large-scale development, is proceeding with small parcels and at a snail's pace, even with all approvals in place. Small developers need to sell what they've built before they can move on to their next set of houses. I suspect that, unless the government changes the financing available, or somehow finds large corporations to build there, the pace of construction cannot be greatly accelerated. The Le Breton Flats development is even slower, and up to now has been a series of small projects.

Politicians are under pressure to do something about high house prices, but it seems clear that the problem needs to be combatted on several fronts: larger scale projects to improve productivity, but also support for innovation; improved and streamlined regulation; better financing options; and reducing demand by scaling back immigration, to name a few. At NECA, we expect to see increased pressure on the City to decrease regulation. For our part we remain committed to working hard to advocate for New Edinburgh.

See you in the neighbourhood!

Letter from the Managing Editor



Sharon Nyangweso
Managing Editor

Welcome to a fresh year and, perhaps, a fresh chapter for *New Edinburgh News*! As I sit down to write this, I can't help but imagine what this little paper could become – and I'd love for you to dream along with me.

What if our pages were packed with even more of what makes New Edinburgh special? Picture columns about local food (any aspir-

ing foodies out there?), political commentary that keeps us in the know, human-interest stories about the neighbours you've always wondered about, or even tales of family history and neighbourhood lore that connect us to the past. A paper full of stories as rich and varied as the people who call this place home.

This new chapter can't be written alone – it takes a vil-

lage (or in our case, a neighbourhood!). Do you have an idea for a story? A knack for uncovering hidden gems in our community? Or maybe you just have a passion for words and want to give writing a try? We'd love to hear from you.

Let's make *New Edinburgh News* the go-to spot for stories that make us laugh, think, and feel connected. Let's create a paper that captures the spirit of our streets, our parks, and the wonderful mix of people who live here.

I can't wait to see what we can create together. Here's to 2025: a year of dreaming big and sharing it all on these very pages.

Letter from the Co-Editor



Karen Squires
Co-Editor

While I was away over the holidays I thought about our neighbourhood and the people who make it such a great place to live. And I realized that while our Main Street may not offer all amenities we would like to see, it is a "work in progress" and we continue to see new businesses opening. So do check out our Burgh Business Briefs section for ongoing updates on new and existing businesses!

On newer Beechwood businesses, over the holidays, we dined with friends at Dante Restaurant on Springfield Road mid-December and loved their amazing pastas and other menu options such as salads and seafood plus a good selection of wines. I will add that although the place was super busy, the ser-

vice was outstanding from the friendly and attentive staff! We had other friends who enjoyed Dhruvees Café and spoke highly about their dining experience and we also discovered that The Soca Kitchen is offering new menu options for brunch!

So keep exploring all the great places along our main street and spread the word. We try to include content in each edition on how to stay healthy and fit with the many great services and amenities offered locally. Check out extensive class options at Pilates Beechwood (St. Charles Market). Or see our Events section for yoga classes, kids and senior's programs to stay active or meet new folks in and around the area.

Obviously for those of us

who have a dog or simply like to walk, the parks are such a huge benefit. So we are thrilled that both the City of Ottawa and the National Capital Commission plan to work with us this year to plant more trees and expand our green canopy – see more details in the Parks Update!

Finally, we've had some discussion with the St. Charles Market management team and should have more details on this amazing space in our April edition! There's been a great deal of work completed on this heritage building in recent years and we are optimistic they will have something "tasty" to share in our April edition for 2025! Let's keep supporting local cafes, shops, and services to keep our 15-minute neighbourhood flourishing. We will continue providing updates from our talented contributors and we look forward to hearing anything newsworthy from you as well!

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Letters to the Editors

Correction

The following is the correct biographical information for the article submitted by City of Ottawa in the December edition on page 9

Dr. Sue Bennett is a Professor in Pediatrics at the University of Ottawa and since 2017 Director of Social Pediatrics at CHEO serving children and youth and their families living in Overbrook and Vanier. She was formerly the Director of CHEO's Child & Youth Protection Program for over two decades.

Dear Editors,

As usual, the latest issue of the *New Edinburgh News* provided food for thought. I'm referring specifically to pages 6 and 7 of the December issue.

I wish to congratulate Chris Straka on his 2024 BRICK award and his proposal concerning the New Edinburgh Park Fieldhouse roof extension (page 6, Dec.). It will be much appreciated by event organizers and participants.

On the next page, Sarah

Anson-Cartwright eloquently presents the importance of reacting to climate deniers who refuse to acknowledge the planet's current climate crisis. Sarah shares a number of suggestions from CAFES (Community Associations for Environmental Sustainability) where readers are urged to speak up for climate action. Sarah also included some powerful quotes, such as this one from Margaret Atwood: "the climate crisis is something we have to deal with, or we're cooked – literally."

It is interesting that these two articles were placed on adjacent pages. The picture of the solar panels on a roof on page 7 seemed to suggest that this is an opportunity to act locally in order to reduce our energy consumption. Since the Fieldhouse is in an open area, it is an excellent candidate for the production of solar energy. Of course, adding solar panels would add cost and complexity to the project. However, the City of Ottawa has allocated funds for these initiatives. This is an opportunity to lead by exam-

ple. The climate crisis is a reality. The time to act is now.

–Jean de Bellefeuille

Dear Editors,

As I read Kenneth Watson's article in the recent issue of *NEN* the famous line from Kevin Costner's *Field of Dreams* came to mind: "if you build it, they will come." In terms of infrastructure this can be considered "induced demand." You see this with the highways built or extended to reduce traffic. It never works. With dedicated active travel lanes, separated from the road where practical (because paint is not infrastructure), the demand induced would allow more people to cycle, roll more safely.

The perspective that an adult male car owner and driver has of the paint used to differentiate active travel lanes ("bike lanes") from the wider roadway is only one perspective. Now imagine you cannot afford a car, or are a child, or use a wheelchair, and consider whether safer infrastructure dedicated

to active travel would make a difference to your life.

I believe we all, and especially our kids, deserve more freedom to move themselves safely around our neighbourhood and the wider city which, over decades, has been increasingly dominated by larger and faster motor vehicle traffic. Amsterdam famously made this transition from the 1970s. London and Paris are doing it now. Closer to home Montreal is showing it can be done in Canada.

–Gordon Fernie

Dear Editors,

Many residents have expressed dismay at empty storefronts and loss of independent local businesses along Beechwood Avenue (and, indeed, other main streets across Ottawa). However, a new scheme – High Street Rental Auctions – that came into effect in England last December offers an intriguing approach to tackling this problem. By instigating an auction process, local authorities now have the power to force landlords to rent out

long-term vacant properties to prospective tenants, with preference being given to bids from local businesses and community groups.

Admittedly, the auction is a rather bureaucratic, multi-step process. But the very fact that local councils now have this powerful tool available to them is expected to give landlords an extra incentive to work harder at renting empty space on their own terms without undue delay, and thereby avoid an auction. Either way, the problem of empty storefronts along main streets would be addressed.

No doubt some new legislation would be required to implement the auction process in Ottawa. Still, Ottawa Council already monitors and taxes vacant residential units, so why not be more proactive in addressing the conspicuous problem of vacant commercial units on our main streets? This approach seems worth exploring.

–Paul McConnell

PSA: Vehicle idling times updated to improve air quality

Starting in 2025, the maximum idling times for vehicles in Ottawa are changing to help make Ottawa's air cleaner. Idling times for vehicles on public and private property are set in the City's Idling Control By-law. Earlier this fall, City Council approved the following by-law changes which took effect Jan. 1:

- Maximum idling time

will be three minutes per hour when the outside temperature is between 0 C and 27 C for occupied vehicles.

- Maximum idling time will be 10 minutes per hour when the outside temperature is colder than 0 C or warmer than 27 C for occupied vehicles.

- For unoccupied vehicles, the maximum idling time limit is one minute per hour, regardless of the temperature.

Exceptions continue to exist for certain vehicles and situations. For details, please visit

ottawa.ca.

**

Modification des durées de marche au ralenti des véhicules pour améliorer la qualité de l'air

À compter de 2025, les durées maximales de marche au ralenti des véhicules à Ottawa seront modifiées afin d'assainir l'air de la ville. Les durées de marche au ralenti des véhicules sur les propriétés publiques et privées sont définies dans le Règlement sur la marche au ralenti de la Ville. Plus tôt cet automne, le



Photo courtesy City of Ottawa

Conseil municipal a approuvé les modifications suivantes au règlement, qui est entré en vigueur le 1er janvier 2025 :

- La durée maximale de la marche au ralenti est de trois minutes par heure pour les véhicules occupés lorsque la température extérieure est comprise entre 0 °C et 27 °C.
- La durée maximale de la marche au ralenti est de 10 minutes par heure pour les véhicules occupés lorsque

la température extérieure est inférieure à 0 °C ou supérieure à 27 °C.

- Pour les véhicules inoccupés, la durée maximale de la marche au ralenti est d'une minute par heure, quelle que soit la température.

Le Règlement prévoit toujours des exemptions pour certains véhicules et dans certaines situations. Pour plus de détails, veuillez visiter ottawa.ca.

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NCC proposes Sussex development in new Core Area Plan



Image by NCC

Opportunity blocks that fall within New Edinburgh.

Continued from page 1

owned by the NCC and are currently zoned for development (and no longer designated for future embassies due to the security risk).

The NCC would have full control over the design and architect for the development, and would be mindful of its location right next to the residence of the King's representative in Canada, according to Alain Miguelez, vice-president of capital planning and chief planner at the NCC. The Sussex Blocks is one of eight opportunities that the NCC has proposed for the sector that includes New Edinburgh. (See the complete list, below.)

After the current consultation closes in February, the NCC will work on the first draft of the new plan, with a final plan expected by mid-year. There will be workshops on demonstration plans for the NCC to share and get feedback on them.

The New Edinburgh Community Alliance (NECA) is keen to host consultations on the proposals and work with the NCC to ensure the entire community has an opportunity to provide feedback on opportunities proposed in the plan for New Edinburgh.

In the immediate short-term, the NCC's online survey is open for responses until Feb. 5 at this webpage: ncc-ccn.gc.ca/our-plans/canadas-capital-core-area-sector-plan

The full core area sector plan with details on each of

the sectors (including the one discussed here) is also available on the same webpage.

Anyone who misses the Feb. 5 deadline is welcome to send feedback to the NCC at: consultations@ncc-ccn.ca

Sector 9 – Sussex Drive and Rideau Falls Opportunities

1. 24 Sussex: Renewal and possible transformation of the official residence for the prime minister of Canada.

2. Sussex Blocks: Redevelop the urban blocks to support the Rideau Hall tourist anchor, with a possible new public park and mid-rise, mixed-use buildings in an architectural style faithful to New Edinburgh's historic neighbourhood character.

3. 50 Sussex: Consider infill opportunities and reconfigure the John Street parking area as a public corridor and waterfront access, including new docks and shoreline animation.

4. Rideau Falls: Redesign the banks of the Rideau River and Green Island parklands to create a meaningful public



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New Edinburgh News.



Rendering and Caption statement by NCC

This image is illustrative of intent with respect to: the symbolic importance and prominence of these blocks along Confederation Blvd and next to Rideau Hall; proactive integration with the heritage character of the surrounding context; the introduction of mixed uses including housing; the creation of a new park and the level of quality envisioned for this park; the height and volumetric attributes of the buildings. There is no timeline for this to become a project and there may be other designs that can be considered, along the lines of the intent illustrated and as articulated in the proposed policy language.

space experience and appreciation of the falls and riverfront landscape.

5. Promenade/Pathway: Connect the Ottawa River Pathway to the Rideau River and Sir George-Étienne Cartier Parkway via pedestrian promenades along the shoreline and/or bidirection-

al bikeway facilities along Sussex.

6. National Research Council Building: Reduce parking areas and establish public parkland and possible infill buildings to activate the waterfront and grounds of the site.

7. Sussex Frontages:

Redesign arrival zones of federal institutions to improve their relation to the street.

8. Rideau River: Improve riverfront parklands and create waterfront installations and places to experience and engage with the riverfront and islands.



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New Zoning By-law needs key revisions for development and heritage

Continued from page 1

tions to the first draft of the zoning by-law. These include: re-zoning New Edinburgh; being explicit about the protections currently provided in the New Edinburgh HCD through provincial and municipal legislation (i.e., by-laws); and retaining the Heritage Overlay on the zoning map.

Correct the re-zoning of New Edinburgh

One result of the proposed re-zoning, as mentioned, will be allowing higher maximum building heights in one part of the neighbourhood – whereas maximum heights are currently similar across the two zones applying in New Edinburgh.

In fact, in an apparent error, the draft zoning map would allow for higher building heights within the HCD than outside it.

NECA made two recommendations to address these errors: either re-zone the HCD area to N3B zone, rather than N4B, or re-zone the entirety of New Edinburgh to N3B zone.

Align zoning and heritage policies

The new zoning by-law should be consistent with the Official Plan and the relevant provincial legislation including the *Ontario Heritage Act*. To that end, NECA suggested that the new zoning by-law include more explicit references to heritage buildings and HCD Plans (which are Council-approved plans) to better inform property owners and potential development applicants, improve understanding of zoning and heritage policies, and ultimately to save time and resources in the development process.

Retain the Heritage Overlay

The first draft of the new zoning by-law notes that: “The Heritage Overlay on the Zoning Map will not be brought forward on the Zoning Map” and that the “...provisions in the Heritage Overlay in the current Zoning By-law that freeze the height and massing of designated buildings will not be brought

Key facts: new zoning by-law

- The zoning by-law divides the city into zoning areas and sets rules for what can be built and where.
- Zones prescribe permitted density (number of units on a lot) and maximum building height.
- Neighbourhood character is regulated through the A-F subzones which establish minimums for lot width, front yard setbacks and rear yard setbacks, as well as maximum building width, and so on.

forward in the new Zoning By-law.”

NECA does not support the removal of protection as a result of omitting the Heritage Overlay zoning – more specifically, the removal of the “freezing of height and massing” of heritage buildings.

If the Heritage Overlay is to be removed, then ending the freeze on height or massing of buildings within an HCD will be inconsistent with Council-approved Heritage Conservation District Plans.

For clarity and consistency with policies in the Official Plan and the Ontario Heritage Act, the City should add the following language to the text of the new zoning by-law:

Heritage permits are required for applications for alterations of any building or for the construction of a new infill building within a Heritage Conservation District.

Where a property is within a Heritage Conservation District, the relevant heritage policies must continue to apply.

Beyond New Edinburgh’s concerns, other nearby community associations and the Beechwood Village Alliance have either made submissions or plan to do so after the second draft is released. The Federation of Citizens’ Associations (FCA) gauged the broader response across Ottawa to the first draft and highlighted a central flaw in the City’s approach.

City is relying on an “untested hypothesis”

“The City is undertaking a major social experiment that will affect the lives of hundreds of thousands of citizens, families and business,” wrote the chair of the FCA’s planning and zoning commit-

tee. The FCA requests the City review its “methodology and assumptions regarding density in a way that does not overload lot level density on random parcels in the neighbourhoods.”

Excessive lot-level densities are being allowed to make up for the expected low densities of undeveloped lots elsewhere in the neighbourhood, the FCA explains. This is based on an untested hypothesis that the city overall will continue to average less than one per cent of lots redeveloped per year. However, no neighbourhood is average, so all will either have lower or higher rates of development than average, leading to over or under densifying communities, writes the FCA.

Next steps

In a memo to the City’s Planning and Housing Committee dated Nov. 25, 2024, staff noted they are “considering modifications to the Neighbourhood zone provisions and the areas where the N3 and N4 zones have been applied on the Zoning Map.”

We will watch for potential changes – and corrections to New Edinburgh’s re-zoning – in the second draft in March.

The City will launch a 28-day statutory public circulation of the second draft during April and May 2025. The third and final draft of the zoning by-law will be released in the fourth quarter of 2025 and be considered by Joint Committee and Council at the end of 2025.

For more information, visit engage.ottawa.ca/zoning

Gail McEachern is chair and Sarah Anson-Cartwright is a member of NECA’s Heritage and Development Committee.

Time to revive the Victory Garden

Continued from page 1

Garden program, and with some help from my father, I soon had a productive little plot growing green and yellow bush beans, lettuce, and radishes. Miss Kidd came around to visit her pupils' Victory Gardens and we were all rewarded with certificates of participation. I still have that certificate, in a box somewhere in my house.

One of our neighbours on MacKay Street had a magnificent Victory Garden. It took up their entire backyard and I remember seeing corn growing for the first time in my life. MacKay Court now occupies the spot where that garden, and others, existed.

People who had garages fit-



Victory Garden onions

Photo by Eleanor Dunn



Photo by Eleanor Dunn



Victory Garden tomatoes

Photo by Eleanor Dunn

ted them out to house chickens. Nobody complained about lowering property values or destroying the neighbourhood. If you had more vegetables or eggs than you needed for your own use, you shared them with neighbours.

The federal Department of Agriculture issued leaflets showing people how to create a garden and recommended what would do well in the Canadian climate. The department also developed a series of pamphlets containing recipes, instructions on preserving, pickling, and creating a "cold room" for storage of root vegetables.

As a result of this experience, I've always grown some

Victory Garden onions

vegetables during the summer months. I now concentrate on container gardening and it's surprising what you can grow in containers. Last summer, I had tomatoes and yellow beans.

Given the uncertainties Canada currently faces, resourceful people will always find ways to survive. We have done it before, and we can do it again!

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 with her oldest son on The Mews. She is an active member of MacKay United Church.

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New Edinburgh News.

More tree canopy and better signage for the park in 2025

By Karen Squires and Katherine Lloyd

In December, Friends of the Park met with the City of Ottawa – and Chris Straka from Crichton Community Council (CCC) – following up from our in-person park review late summer with both City and National Capital Commission (NCC) staff around tree planting. This is the first time in recent years, we've had a dedicated review to encompass the full park area for both New Edinburgh and Stanley Park.

There were several areas discussed, starting near the Fieldhouse and progressing into areas near the beach and monarch meadow and along the paved area just past the sewage treatment path, where the pathway curves. December's follow up meet-

ing was with the City of Ottawa, so we discussed areas in the City's land management jurisdiction. However, after more recent follow up with the NCC, we have learned they will support our tree planting initiative to ensure we have extended green canopy along the paved pathway just past the turn (after the sewage treatment plant) towards Sussex, as well as some of the gravel pathways past the beach area. We estimate a total of 50 trees between both the City of Ottawa and the NCC. Exact numbers to be decided pending internal review and final decisions from both organizations.

Our initial focus was on securing support to increase tree canopy along the gravel walkways as well as the

paved walkways on both sides. However, there were some concerns (from the City) regarding invasive species at the water's edge for ideal planting conditions. There are several areas being considered to build our tree canopy and replace trees damaged or lost – due to climate change and invasive species – in locations near the Fieldhouse and extending to gravel pathways and paved multi-use pathways. Both the City of Ottawa and the NCC have provided suggested areas for planting. We expect ongoing collaboration to finalize this information in February and March. Also, several interested groups are forming to address invasive species along our shoreline, but these are early days. (Please connect with Katherine Lloyd

at katherine@manaiakoru.com if interested.) Look for updates in future editions.

At the time of writing, Friends of the Park is still in dialogue with both landowners noted above. We are also keeping Ecology Ottawa in the loop relating to the work they are planning next year at the monarch meadow. You may recall this project was outlined in our October edition but was delayed due to mixed land-management authorization for that area. We hope this will be back on schedule for spring 2025.

On the issue of safety: we plan to meet with the City of Ottawa early in the year to discuss better signage for cyclists in the park. There have been some accidents in recent years, both in the park and nearby due to speeding

cyclists on multi-use pathways and cyclists on the gravel pathways (where they are not permitted). This issue has been discussed often at NECA meetings. Friends of the Park will update readers in the April edition.

The larger tri-waste bins have been removed in most areas, so please continue to use the smaller bins throughout the park, or the larger bins near the Fieldhouse. Check out the April edition for details of the spring park clean, which generally takes place on or around Earth Day (Apr. 22). Stay tuned for a precise date and time for tree planting as well. Until then, enjoy the winter season in the park!

Karen and Katherine both sit on the NECA board and represent Friends of the Park.

Councillor King's budget update for 2025



Rawlson King
City Councillor, Ward 13

Ottawa City Council passed its 2025 budget last December, implementing a 3.9 per cent property tax increase that includes 2.9 per cent for municipal services and one per cent for OC Transpo's operating deficit. For the average urban property assessed at \$415,000, this translates to a \$168 annual increase.

The \$6.7-billion budget (\$5 billion operating, \$1.7 billion capital) prioritizes social services and infrastructure improvements. Key investments include \$30.8 million for non-profit social services, \$22.9 million for affordable housing construction, and \$245.1 million for road infrastructure rehabilitation.

In Rideau-Rockcliffe Ward, a significant \$400,000 investment has been approved

for a functional design study of Beechwood Avenue. The 2025 study will examine comprehensive improvements including complete sidewalk replacement, hydro line modifications, cycling infrastructure, and cost analysis for full reconstruction, marking the first step toward transforming Beechwood Avenue into a complete street.

Debate concerning transit funding proved contentious. Instead of a 120 per cent increase, which was originally proposed by City staff, senior monthly passes were modified by Council and will remain at \$49 until February 2025, then rise to \$58.25. The transit system faces a \$120-million operating deficit, with \$36 million reserved pending federal and provincial support.

The Ottawa Police Service received a net operating budget of \$388.7 million, representing a \$16.3 million increase from 2024. New initiatives include community policing strategies and funding for a new program to address mental health and substance use support.

Environmental commitments include \$375 million for climate change initiatives, covering zero-emission buses, fleet conversion, and active transportation infrastructure. Additional allocations include \$361 million for water infrastructure and \$37.1 million for waste management.

While I supported the overall budget package as an acceptable compromise that addresses immediate community needs, I did dissent on both the transit and police portions of the budget. I still maintain that more investment is needed for our transit system through the transit levy to improve service affordability and reliability for transit users. In terms of the police budget, I believe we must pursue more strategies to de-task unwarranted police response in order to reallocate investments to interventions that mitigate disproportionate reliance on criminal justice response. In terms of future City budget cycles, I believe that we must remain collectively committed to the long-term sustainability of our City services and undertake much more comprehensive long-term financial planning to enhance City assets and transit.

As always, you can contact my office by email at rideaurockcliffeward@ottawa.ca or by phone at 613-580-2483. Please subscribe to my newsletter at rideaurockcliffe.ca.

**

En décembre dernier, le Conseil municipal d'Ottawa a adopté son budget de 2025. Celui-ci prévoit une hausse de 3,9 % de l'impôt foncier, répartie à raison de 2,9 % pour les services municipaux et de 1,0 % pour le déficit d'exploitation d'OC Transpo. Pour une propriété moyenne en milieu urbain évaluée à 415 000 \$, cela se traduit par

une majoration de 168 \$ par année.

Le budget de 6,7 milliards de dollars (5 milliards de dollars pour le fonctionnement et 1,7 milliard de dollars pour les immobilisations) priorise les services sociaux et l'amélioration des infrastructures. Les investissements clés sont de l'ordre de 30,8 millions de dollars pour les services sociaux à but non lucratif, de 22,9 millions de dollars pour la construction de logements abordables et de 245,1 millions de dollars pour la réfection de l'infrastructure routière.

Dans le quartier Rideau-Rockcliffe, un investissement important de 400 000 \$ a été approuvé pour la réalisation d'une étude de conception fonctionnelle de l'avenue Beechwood. L'étude de 2025 se penchera sur d'importantes améliorations, dont le remplacement complet des trottoirs, des modifications apportées aux lignes électriques, les infrastructures cyclables et une analyse des coûts en vue de reconstruire complètement l'avenue Beechwood, ce qui marquera la première étape de la transformation de celle-ci en une rue complète.

Le débat sur le financement du transport en commun s'est révélé litigieux. Au lieu de majorer le prix du laissez-passer pour les personnes âgées de 120 %, comme l'avait d'abord proposé le personnel de la Ville, le Conseil a décidé de le maintenir à 49 \$ jusqu'en février 2025, pour ensuite le faire passer à 58,25 \$. Le réseau de transport en commun présente un déficit d'exploitation de 120 millions de dollars; un montant de 36 millions de dollars a été inscrit au budget en attendant l'appui des gouvernements fédéral et provincial.

Le Service de police d'Ottawa a reçu un budget de fonctionnement net de 388,7 millions de dollars, ce qui représente une hausse de 16,3 millions de dollars par rapport à 2024. Les nouvelles initiatives comprennent des stratégies de police communautaire et un financement pour un nouveau programme de soutien en matière de santé

mentale et de consommation de substances.

Les engagements en matière d'environnement comprennent l'affectation de 375 millions de dollars pour la mise en œuvre d'initiatives relatives aux changements climatiques portant sur les autobus à zéro émission, la conversion du parc automobile et l'infrastructure de transport actif. Le budget prévoit des allocations supplémentaires de 361 millions de dollars pour les infrastructures d'aqueduc et de 37,1 millions de dollars pour la gestion des déchets.

Bien que j'aie appuyé l'ensemble du budget, le considérant comme un compromis acceptable qui répond aux besoins immédiats de la communauté, je me suis opposé aux parties du budget portant sur le transport en commun et les services de police. Je continue d'affirmer qu'il faut investir davantage dans notre réseau de transport en commun au moyen de la taxe prélevée pour celui-ci afin d'améliorer l'abordabilité et la fiabilité du service pour les usagers. En ce qui a trait au budget du Service de police, je crois que nous devons adopter davantage de stratégies visant à supprimer les interventions policières injustifiées afin de réaffecter les investissements à des mesures ayant pour effet d'atténuer la dépendance démesurée à l'égard du système de justice pénale. Pour ce qui est des prochains cycles budgétaires de la Ville, je crois que nous devons maintenir collectivement l'engagement que nous avons pris d'assurer la viabilité à long terme de nos services municipaux et que nous devons entreprendre une planification financière à long terme beaucoup plus complète afin d'améliorer les actifs et le transport en commun de la Ville.

Comme toujours, vous pouvez communiquer avec mon bureau par courriel à RideauRockcliffeWard@ottawa.ca ou par téléphone au 613-580-2483. Vous pouvez également vous abonner à mon bulletin d'information à l'adresse suivante : fr.rideau-rockcliffe.ca.

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Tips for navigating mild fears and serious phobias

By **Ralph Hesse**

Many years ago, just before my wife and I were ready to go to sleep, I heard a fluttering sound in the corner of the bedroom. It took a moment to realize that it was a bat. Being terrified of them, I immediately raced out of the bedroom and shut the door tightly behind me. It seemed like a prudent move until the next sound I heard was my wife banging on the other side of the door! Being even more frightened of divorce lawyers than bats, I quickly let my equally terrified (and now angry) wife out.

My liberal-minded wife – who always scoffed at anything remotely suggestive of sexism – had no trouble embracing the stereotype that it was the job of the man of the house to address any unwelcome creatures. Great, but now I realized we had an even greater problem: as it was just before bedtime, I had virtually no clothing on and there was no way I was going to risk the bat touching my bare skin. Unfortunately, all my clothes were in the bedroom closets and dressers.

My wife had her pink bath-

robe on, so I borrowed that. And downstairs in the closet, I found a pair of thigh-high fishing boots, a baseball cap, and a tennis racquet. Many years ago, I bought a WWI-issue gas mask (for a Halloween party) that I remembered was stored in our basement. Adding a pair of goggles, I had everything I needed to cover my body and confront my scary nemesis.

An idea struck as I entered the bedroom: maybe if I turned on all the lights and opened wide all the shades and windows, the bat would fly out into the darkness. So, I did just that. As clever as I thought that strategy was, it dawned upon me that virtually every sidewalk pedestrian and immediate neighbour was now seeing their local psychologist roaming his bedroom in a pink bathrobe, gas mask, rubber boots, and New York Yankees cap, and wielding a tennis racquet. There would be a lot of explaining to do. Out of the corner of my eye, I saw the bat just as it took flight. I instantly dropped my racquet and ran back out of the bedroom, slamming the door as

I fled. That night we slept on the couch downstairs. It was not my finest moment.

Here's a question for you: Do I have a phobia of bats? Does this very true story indicate that I have a clinical mental health problem? The answer to both questions is "no." To understand why, let's look at the criteria psychologists use to assess when fear becomes a phobia, sadness becomes clinical depression, and worry becomes generalized anxiety disorder.

The symptoms must create significant deficits in social, educational, occupational, or other important areas of life skills. If my fear of bats was such that I would never allow myself to be outdoors during dusk, or if I could never again enter my bedroom, then this might reflect a true phobia, worthy of seeking clinical help. The key here is the degree to which any collection of symptoms negatively affects your life. A good illustration involves anxiety. Everyone worries, and in many cases, this is perfectly normal and adaptive. But if your level of anxiety prevents you from accepting a promotion that

you both need and want, or results in turning down countless opportunities to socialize with friends at social gatherings, and you are then miserable because of this, then a formal anxiety disorder diagnosis is probably warranted. On the other hand, if you are a "worry-wart" and accordingly take few risks, but live a life of comfort and general satisfaction, then you probably do not have an anxiety disorder.

The symptoms cause pain for you or those who care about you – or both. Almost all serious mental health problems make you feel terrible about having them, and in the rare cases that they don't (some personality disorders and eating disorders, for example), they cause pain to people who care about and love you.

The symptoms are "out of context" to circumstances, conditions, and cultural norms. Have you ever seen a baseball player who was furious about an umpire's call? The offended player will often get within an inch of the umpire and scream loudly. As crazy as that looks, it's a perfectly understand-

able behaviour in baseball culture. But this exact same behaviour from, say, a parishioner who disagreed with a point his minister made in a sermon, would likely reflect a deeply troubled individual. When analyzing patterns of behaviour, thoughts, and feelings, context is everything. A child crying all day at school because she just learned her mother has cancer is normal. A child crying all day at school because the teacher is wearing a green shirt likely needs psychological support.

It is important to know that the above are guidelines only; there are many other tools and criteria that a professional will use to assess mental health and mental illness.

Ralph Hesse currently teaches Psychology at the State University of New York at Cortland. He has taught for 24 years and has taught online courses since moving to Lindenlea. He is retired from his primary job as a Civil Service psychologist serving persons with developmental disabilities. He holds a master's degree in Experimental Psychology.



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Winter update focuses on healthcare and affordability



Lucille Collard
MPP Ottawa-Vanier

As your Member of Provincial Parliament, improving healthcare access in Ottawa-Vanier is my top priority. Solutions are available: by educating, attracting, and retaining both domestic and internationally trained family doctors, access to care can be expanded. Strengthening the Ontario Health Team network will ensure family doctors prac-

tice in teams close to home. Family medicine needs modernization – ending the use of fax machines, offering evening and weekend appointments, and improving overall accessibility.

Affordability remains a challenge, but solutions exist. A government committed to basic living income could reduce reliance on food

banks. Lowering the cost of building homes would ensure everyone has a roof over their head and provide our children access to homeownership. Investing in efficient and affordable public transit would protect the environment and ease commuting. The provincial government must collaborate with other levels of government to meet the growing needs of our communities. There is also an urgent need for better French-language services in healthcare, education, and beyond. Much more must be done to support our schools, seniors, and to protect children online.

I have committed to running again in the next election, and with your support, I will continue advocating for these critical issues. I remain at your service, ready to listen to

your concerns and bring them forward at Queen's Park. Your feedback and suggestions are always welcomed and help guide my efforts on behalf of our community.

Sincerely,
MPP Lucille Collard

En tant que votre députée provinciale, améliorer l'accès aux soins de santé à Ottawa-Vanier est ma priorité. Des solutions existent : en éduquant, attirant et en retenant des médecins de famille formés tant au pays qu'à l'international, l'accès aux soins peut être amélioré. Renforcer le réseau des Équipes Santé Ontario permettra d'assurer que les médecins de famille pratiquent en équipe près de chez vous. La médecine familiale doit être modernisée, avec la fin de l'utilisation des télécopieurs, des rendez-vous en soirée et la fin de l'attente pour des soins essentiels.

L'abordabilité reste un défi, mais des solutions existent également. Un gouvernement engagé dans un revenu de base pourrait réduire la

dépendance aux banques alimentaires. Réduire les coûts de construction de logements garantirait à chacun un toit et offrirait à nos enfants un accès à la propriété. Investir dans un système de transport en commun efficace et abordable protégerait l'environnement et faciliterait les déplacements. Le gouvernement provincial doit collaborer avec les autres paliers de gouvernement pour répondre aux besoins croissants de nos communautés. Il est aussi urgent d'améliorer l'accès aux services en français, notamment en santé, en éducation et ailleurs. Bien plus doit être fait pour soutenir nos écoles, nos aînés et protéger la sécurité de nos enfants en ligne.

Je m'engage à me représenter lors des prochaines élections et, avec votre soutien, je continuerai à défendre ces enjeux essentiels. Je reste à votre écoute pour porter vos préoccupations à Queen's Park.

Prenez soin de vous,
Députée provinciale Lucille Collard



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University of Ottawa, CHEO and Feed the City partner with Community Centre to support those in need

By Dr. Sue Bennett

Since the beginning of the pandemic, medical students from the University of Ottawa have been on the front lines of the fight against food insecurity in the Vanier and Overbrook neighbourhoods. Through their innovative “More Than Just Soup” program – created in partnership with the Rideau-Rockcliffe Community Resource Centre (RRCRC), the University of Ottawa Faculty of Medicine, the Children’s Hospital of Eastern Ontario (CHEO), and Feed the City – they have become a vital lifeline for high-needs families struggling to put food on the table.

With the rising cost of food and living expenses, an increasing number of individuals are turning to food banks for assistance. However, stagnant government funding has forced the Ottawa Food Bank to reduce the volume of provisions distributed to local community food banks as of January 2025. Families now face even greater challenges



Photo by Philippe Marchand

(from left) Medical student Alec Weller; Michelle Ruel, Feed the City director; Sebastian Gaissert, RRCRC executive director; Camila Pastran, RRCRC food bank; medical student Marie-Pier Dupuis; Patricia Lau, RRCRC food bank; medical student Ervis Musa; Dr. Sue Bennett, CHEO pediatrician; Gabrielle Davis RRCRC communications.

to obtaining their monthly provisions, especially those facing barriers like limited

access to transportation or childcare.

“More Than Just Soup”

bridges this gap by providing home deliveries of monthly food allotments, ensur-

ing families have a reliable source of nutritious groceries. Beyond delivering food, medical students also check in on health and social needs, connecting families with vital resources in their community. By combining essential supplies with personalized support, “More Than Just Soup” continues to offer hope, security, and dignity to Ottawa’s most vulnerable residents during the challenging winter and spring months.

To donate to the Rideau-Rockcliffe Community Resource Centre’s Emergency Food Bank, please visit crrc.org/foodbank

Dr. Sue Bennett is a Professor in Pediatrics at the University of Ottawa and since 2017 Director of Social Pediatrics at CHEO serving children and youth and their families living in Overbrook and Vanier. She was formerly the Director of CHEO’s Child & Youth Protection Program for over two decades. She has written this article in collaboration with her team.

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Chief Pinesi paddle documentary: A journey of resilience and connection with our ancestors

By John Leefe

A significant component of last summer's Chief Pinesi Day in New Edinburgh Park was the inaugural Pinesi Paddle, in which a group of dedicated canoeists retraced the Algonquin Grand Chief's migration from his annual summering place at Oka, Quebec to his hunting grounds in Ottawa. This 160 kilometre voyage along the Ottawa River was the brainchild of former Algonquin of Pikwakanagan Chief Wendy Jocko, who poetically described it as "a pilgrimage along the veins of our ancestors" that "reconnects us with the waterways that sustained Indigenous people since time immemorial."

Good news for those wishing to experience the voyage vicariously; a documentary video will soon be released highlighting the paddlers' impressions and inspirations over the six-day journey.

Mr. Yi Cui, a member of the Kitchi Sibi Trails Committee and professional photographer and videographer recently released his trailer on YouTube: "A Journey of Resilience and Connection with Our Ancestors." So far, it's garnered close to one thousand views many enthusiastic comments. From responses like "incredible," "extraordinary," and "looking forward to seeing more," anticipation for the final edited product is growing.

To get some more background on this documentary, we spoke to Yi about his inspiration and how he sees the work as a contribution to reconciliation. Yi is an experienced photographer who was awarded the bronze medal at a Toronto international photography competition in 2019, among other honours. The transcript below has been edited for length.

NEN: How did the opportunity arise for you to direct this documentary on the Pinesi Paddle? Is this documentary entirely self-funded or did you receive any grants from arts organizations?

Yi: Actually, I never thought about this opportunity until Zhuoyu Wang, (another member of the Kitchi Sibi Trail Committee), posted the information about the Chief

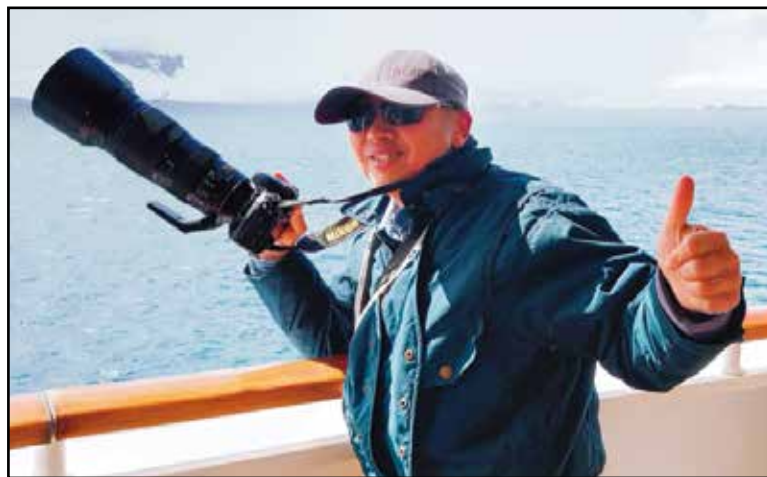


Photo courtesy Yi Cui

Photographer and videographer Yi Cui.

Pinesi Paddle event. Zhuoyu is with the Chinese team for the Dragonboat Festival, so I knew him from that event, and for about 10 years I was invited to take pictures of the Chinese team. Then, Zhuoyu approached Peter Stockdale of the Kitchi Sibi Trail Committee, who had been thinking about a documentary, to see if they would like me to document it, even though there was no funding for it. In May, I showed Peter some of my videos from my Spain trip, among others. Shortly after, Peter asked me to record and be responsible for the entire event. With more than 10 years of experience in event photography and two years of full-time professional studies in interactive media design (IMD), focusing on photo and videography, I was confident that I could make a decent documentary if I was interested in the topic. The Pinesi Paddle is meaningful to me, and I wanted to record it.

NEN: What message do you hope to communicate in documenting this journey on video?

Yi: This topic is sensitive but also meaningful. We have to face the relationship between Indigenous peoples and settlers. I think as humans we need to understand each other, which is the basis of mutual respect. If we don't know each other, we are not able to respect each other. I'm from China and in China, we have 56 minorities, so prior to the pandemic I visited some remote areas and observed how well the minorities work with the majority. In Western countries

like Canada, the relationship between Indigenous peoples and settlers is similar to what I observed in China.

Also, I went to Algonquin College for systematic and professional studies in photography and videography and I was introduced to some Indigenous culture. For example, every year at the opening ceremony, they have an Indigenous peoples' dance and I found that interesting. In 2022, I went camping in northern Ontario and observed and learned a lot about Indigenous people in that region. If we are living in this country, we should know our relationship to Indigenous peoples and their traditional lands.

NEN: How do you think this work is related to advancing the cause of reconciliation with Indigenous people?

Yi: Like I said earlier, this will hopefully contribute to mutual understanding between Indigenous people and settlers. As a photographer, I have to understand the issues myself because if you don't have a deep understanding of their background and culture, your work will not touch and impress your audience. I think it's important to read the comments from other people, (both native and non-native) on YouTube, where the documentary trailer is found.

In general, many people who immigrate to Canada may only care about how much they earn, but as they see this trailer, they begin to think more deeply and then they realize that the land we are living is actually coming from Indigenous people,

so we have every reason to respect each other. There are many different ways to deliver information, like articles or speaking to people, but I believe video is a very efficient way to deliver information to people because seeing something is more effective than saying something. Even in three or four minutes, you can read from the comments how touching these images are for people.

NEN: What is your strategy for distributing this documentary? Do you plan to submit it for possible exposure at film festivals or on the Aboriginal Peoples Television Network?

Yi: For now, it will be shown on YouTube, Facebook, Instagram, TikTok, and other platforms like We Chat, which is used by the Chinese community. I have also received a request from a Chinese newspaper – Health Times Canada – to share 30 seconds of footage from the trailer, which has brought in new audiences. A Chinese radio host in Toronto is also interested in interviewing me about the documentary, which I hope to do sometime in 2025. But for

sure, we will get it submitted for the APTN and other film festivals.

NEN: Do you hope to continue documenting future Paddles or other activities as a member of the Kitchi Sibi Trails Committee?

Yi: I will do this again and next year, I hope to do a better job. I will also invest in a waterproof camera so I don't have to worry about the camera falling into water!

NEN: What happens next and when will the documentary be completed?

Yi: For this documentary, I have about 10 hours [of footage]. Once I've finished editing, it will be about half an hour. But the editing process is very time-consuming because I need to know what the Committee wants. We need to narrow down the footage based on the script, decide how to do the transitioning, voiceovers, and what music we will use. This is a team process! Hopefully, this will all be done in April of 2025.

Retired public servant John Leefe lives in Lindenlea.

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BURGH BUSINESS BRIEFS

By Jane Heintzman, Randy Mar, and John Leefe



Photo by Karen Squires

ChiroHouse reception with owners **Dr. Jack Hull** and **Lauren Evenson**.

Welcome to New Edinburgh, ChiroHouse

In late November 2024, chiropractor **Jack Hull** and his partner **Lauren Evenson** launched their new family business, **ChiroHouse**, at **125 Beechwood** (next door to Muckleston and Brockwell). The energetic couple returned to Canada last year after five years in New Zealand, where Jack acquired his credentials as a family wellness chiropractor, with a specialization in chiropractic support for babies, children and pregnant people. Lauren is delighted that in their early days post-soft launch, “we’ve had a great reception. We couldn’t ask for more!” They love the neighbourhood, and in their free moments are making full use of the area’s outdoor recreational possibilities.

As the phrase “family wellness practitioner” implies, Jack treats clients of all ages, from infancy to the very elderly. He explains that “at ChiroHouse we are focused on how chiropractic adjustments impact the nervous system, which is the body’s foundational system. Being a family chiropractor means I see a wide variety of cases: dads with back pain, moms balancing busy lives, and children dealing with challenges like dysregulation, digestive concerns, or sleep disturbances.”

Jack is enthusiastic about **CLA INSIGHT**, a new tech-

nology that helps assess the health of each client’s nervous system, and to identify areas of stress and dysfunction resulting from misalignments or *subluxations* (vertebrae with a restricted range of motion). “The scans quantify and pinpoint the location of stress on the nervous system – and what we know is that when the nervous system is under stress, it can manifest in a wide range of symptoms.” The scans are especially useful in determining a treatment plan for each client, including the frequency of visits required and the overall length of the process.

In the case of Jack’s pediatric clients, stress on the nervous system can result in a range of symptoms, from frequent illnesses to sleep or digestive difficulties; colic; allergies; attention or focus challenges; and hyperactivity or emotional regulation issues. Needless to say, the techniques Jack uses to support his young clients and infants are a far cry from the “bone cracking” images of the past. His corrective approach involves a very light touch, with “no more pressure applied than you would use to gently test the skin of an avocado for ripeness,” explains Jack. By adjusting a misalignment, he aims to restore the healthy operation of the spine as the crucial channel of communication between the brain and the organs, tissues, and cells

of the body.

In addition to his pediatric specialty, Jack has expertise and experience in caring for pregnant people to correct pelvic misalignments which could impede the delivery process and lead to back, neck, and joint discomfort. He has a post-graduate certificate in both pediatric and pre-natal care, and is certified in the Webster technique for pre-natal clients: a specialized method to restore balance in the body, relieve stress on the uterus, and support ligaments.

“Chiropractic care is fantastic for people as they age,” says Lauren. “It can help to maintain mobility, reduce aches and pains, and support the nervous system to deal with the inevitable consequences of the aging process.” And perhaps of greatest importance, new research shows that chiropractic adjustment can help to reduce fall risks by addressing spinal misalignments, and improving balance, coordination and proprioception – the body’s ability to sense its position and movement.

No referral is needed for a visit to ChiroHouse, and while chiropractic care is not covered by OHIP, most extended health care plans do offer coverage. Book an appointment online at chirohouse.ca or call 613-229-9377

We wish a warm welcome to Jack and Lauren, and best of luck in their first year on Beechwood! –JH

Linden Restaurant opening soon in New Edinburgh

It’s full steam ahead for the new **Linden** restaurant at **119 Beechwood Ave.** Their building permit was issued days into the new year and most importantly, they’ve hired chef Mackenzie Coombes. Originally from Kenora, Mackenzie was most recently the lead chef at Giulia Pizza on Elgin Street, after working overseas in England and Australia. Linden has also hired Camille Hopper-Naud as their front-of-house lead. She is an Ottawa-based bartender and mixologist and founder of Coupe & Mixer, a business that provides bar services and mixology work-



Photo by Randy Mar

Maria Bomble (founder) and **Michaela Basman** (lead technician) along with **Daisy the Chihuahua** in the **Beechwood Pottery Studio**.

shops. Camille’s cocktail-creating career began in 2013 at a small bar called **The Moonroom**, where she learned the importance of quality, precision, and presentation.

The grand opening for **Linden** has been slightly delayed, however. In an email dated Jan. 11, owner **Tracey Clarke** stated “at this stage we’re still thinking end of February, but realistically may bleed into first week of March” Tracey also mentioned they will be doing a **Hiring Fair on Feb. 16 from 1–4 p.m. at 119 Beechwood** for anyone interested in applying. –JL

Beechwood welcomes a new pottery studio!

Visitors to the **Beechwood Pottery Studio** will likely be cheerfully greeted by **Daisy**, a happy Chihuahua, along with a professional team of five led by studio founder **Maria Bomble** and lead technician **Michaela Basman**.

Maria aimed to create a pathway to retirement that supports her passion for pottery and combines a love of the arts, an interest in creating a local business, and an opportunity to meet a community demand.

“When I saw the three houses on Beechwood being renovated and converted to commercial use, I jumped at the chance to fulfill my retirement plans close to my home in this lovely neigh-

bourhood,” Maria said. Her daughter is also part of the overall team, so it’s partly a family affair.

Though first formally trained at the Ontario College of Art and Design, Michaela’s initial exposure to artisanal pottery and crafts in her native Mexico informed her approach to and experiences with sculpting and ceramics. The BPS team of instructors and ceramicists brings diverse experiences, outlooks, and interests, including a PhD in music and experience assisting special needs youth.

The studio is a serene and professional environment, with 10 wheel-stations and a large area and shaping tools for hand-moulding clay. Introductory sessions, three-week, and six-week technical workshops run throughout the week and on weekends: techniques working in and with pinch pottery, coils, slabs, and throwing. There are classes and workshops catering to young and old, beginner and advanced alike, focused on self-discovery and learning. Group sessions for children’s birthday parties and other special occasions can be booked in advance. Open studio time is also available most days.

Wheel pottery offers an opportunity to create vases, bowls, mugs, pitchers, planters, and objects with a round base, from scratch. Hand building lends itself toward



Photo by Randy Mar

Mouhamad Farhat, graphic designer and framer, Art House.

bowls, trays, candleholders, and even animals, among many other creative choices. BPS stocks three types of clay – speckled, white, and red – and offers more than 140 glazing colour combinations. Once ready, two Barrett kilns (capable of firing at more than 1,200 degrees Celsius) handle the finishing touches under the watchful eyes of Michaela and other certified instructors.

BPS pays special attention to cleanliness, with HEPA filtration system and deep cleans to manage the level of dust often created in working with clay. Down the road, the Studio plans to offer house-produced items for home and restaurant use. Welcome to the Beechwood business community, Maria and team; your studio will add to the already vibrant artistic and cultural activities! For more information, visit, call, or click: 123-B Beechwood Avenue, 613.777.9622, beechwoodpottery.ca –RM

New owners at ART House Beechwood Custom Framing

ART House patrons can expect the same level of professionalism and high-quality custom framing services as has been the case for the past nine years. **Abed Younes** turned the ownership and operations over to **Adam Farhat** and family on New Year's Day, continuing a family-run approach to providing creativity and care in meeting client's framing needs.

"Although we've only been here a short time, it's gratifying to see returning customers of the Younes' trust their installation and custom fram-

ing needs to us," said Adam. "We aim to have a seamless transition and to bring the same meticulous approach and value to meeting every individual client and their needs."

Alongside Adam, his nephew **Mouhamad Farhat** brings his graphic design, printmaking, and digital-imaging experience as he assumes the role of lead technician and head framer. He and other framing specialists will personally guide each client through the entire process, from orientation, to selecting a frame, border, trim and glass. Depending on the framing requirements and materials, orders can often be fulfilled the same week, with more custom or one-of-a-kind projects taking slightly longer.

Clients are invited to bring in their treasured travel souvenirs, fine art, photographs, children's artwork, family heirlooms, sports jerseys, and of course, concert posters! All will be mounted with precision and care using regular, non-glare, or museum-grade glass, Plexiglas, acid-free backing, matting, and tape to preserve these treasured – often fragile – keepsakes.

ART House stocks a wide variety of wood and metal frames in a vast array of colours and profiles to help best match or complement each piece. ART House also has a selection of posters and art prints on hand for clients to purchase for themselves or as gifts, but they can order from a range of catalogues and suppliers as well. Other services provided include canvas stretching;



Photo by Karen Squires

Meet the Epicuria team who serve you! (back row from left) Tara, Thierry, Michelle, Sam, Yasmine, Jordan, Alex, Kerin and Justin. (front row) Talla, Kristie, Mariana, Torey and Kim.

wood and plastic lamination; repairs; and local delivery upon request.

Adam plans to launch a website and add Beechwood to the business name, in addition to offering graphic design services for logos, business cards, or posters, and a range of print and digital transfer services.

"We will focus on our core services and ensure we continue the quality, professional, and creative expectations" said Adam as he outlined his longer-range plans. 63 Beechwood Avenue | 613.695.2423 | arthousebeechwood@gmail.com –RM

Epicuria's team brings great menu options and more for 2025!

For 35 years, gourmet food emporium **Epicuria** has been a community institution: a hub for high quality prepared foods, and a source of first-class catering. The store traces its roots to founders **Cindy Ryley** and **Heather Maclachlan**, who first set up shop at Beechwood Avenue and MacKay Street in 1990. Chef, and later owner, **Tracey Black** joined the team in 1999.

Current owner (and former events and catering manager) **Michelle Lafrance** has been part of the operation since 2011, becoming sole owner after Tracey's retirement in 2024. Michelle is delighted to continue building on such a well-rooted and highly valued tradition.

Epicuria has always been a go-to for special occasions, treats, and household support at busy times throughout

the year. But they especially shine during the Christmas holiday season when its traditional offerings like fruitcake, plum puddings, shortbread and ginger cookies are perennial favourites.

For many households, the legendary all-in Epicuria Christmas dinner – featuring turkey with all the trimmings, veggies, and a delectable dessert – has saved the day when shortage of time and overload of family activity have ruled out the "from scratch" alternative. This year's holiday season was a highlight once again: goodies flew off the shelves at a dizzying rate, and the Epicuria team shifted into high gear to meet the demand.

Looking back on her first year at the helm, Michelle is particularly grateful for the core group of culinary wizards who maintain the excellence and consistency of Epicuria's gourmet fare.

"We're lucky to have a group of skilled professionals who not only excel individually, but also collaborate beautifully as a team," says Michelle. "This stability in our kitchen ensures that our clients can always count on the quality and innovation they've come to expect from Epicuria." And they do!

In 2025, Michelle looks forward to keeping the business firmly focused on maintaining the outstanding quality and dependability for which it's known. "We think that stability is the key to serving our community effectively," says Michelle. Despite the hard work of leading a busy, top quality operation, she has found that the rewards have

far outweighed the challenges.

"Seeing our team come together to deliver excellent results, hearing positive feedback from clients, and witnessing the joy that our work brings to people's celebrations are constant reminders of why we do what we do."

With Valentine's Day fast approaching, count on Epicuria for some special delicacies to mark the occasion, notably those at the sweet treat end of the culinary spectrum.

Here is a sneak preview for Entrees Feb. 11–16

- Pan seared branzino, potato cauliflower puree, caper lemon almond sauce GF
- Shrimp, garlic butter white wine sauce, pasta
- Roasted chicken, spiced carrots, feta sauce gf
- Beef tenderloin stuffed with arugula, artichoke, and asiago; demi-glaze; potato puree GF

To see what else on offer, visit epicurica.ca or drop by the shop at 357 St. Laurent Blvd. For catering inquiries, call (613) 745-7356 ext 222.

We wish Michelle and her team a rewarding and successful year in 2025, and are grateful for their continuing presence in the community as a familiar and dependable source of culinary treats and staples for our households. –JH

A local literacy champion keeps shining the light

By Sarah Anson-Cartwright

On Friday, Apr. 11, four Ottawa authors will explore their favourite banned books at an evening event called Off the Pages. While the gathering will celebrate banned books, it will also benefit a local literacy organization that is near and dear to New Edinburgh resident Isobel Bisby.

Twenty-five years ago, Bisby and her family moved from Kingston to Ottawa. She was hired to lead Alternative Learning Styles and Outlooks (ALSO), an adult and family literacy organization based in Overbrook and Vanier, serving low-income adults since 1981.

“If you cannot read, you are banned from books,” says Bisby. The link between the



Isobel Bisby in front of her house on Crichton St.

Photo by Karen Squires

event’s theme and the lived experience of ALSO’s clients is not lost on her. Those who cannot read, and those affected by book bans tend to be people who lack a voice –

who have been marginalized.

“It was incredibly rewarding helping people,” says Bisby of her work at ALSO. She believes one of her biggest contributions there was to family literacy, working with parents and children. She created the Reading and Parents Program (RAPP) packs, which help parents support their children’s reading and language development at home. Each RAPP pack includes a book, games, activities, poems, songs, and crafts and are on loan from ALSO, as well as from several branches of the Ottawa Public Library.

Since Bisby’s retirement

many years ago, ALSO has continued to evolve under the leadership of Kim Oastler. It is a literacy program for people who aren’t suited for mainstream literacy programs – those for whom classrooms settings don’t work – and who really benefit from a one-on-one or other flexible approach. ALSO provides that alternate approach.

This spring, ALSO’s Banned Book Night promises to be as engaging and enlightening an evening as last year’s, which featured local authors Kate Heartfield, Nathan Burgoine, Dr. Nili Kaplan-Myrth, and ASL storyteller Denise DeShaw. Also featured: music, food, drink, and a silent auction. The audience engagement after each of the readings was a welcome bonus. At time of writing, the lineup of authors for this year’s fundraiser was not yet confirmed.

Consider making Apr. 11 a “book club night out,” or round up some booklovers to join in an evening for a very good and literary cause. During February – banned books month – ALSO offers a discount on event tickets.

Learn more about Off the Pages: A Celebration of Banned Books at also-ottawa.org/events

Sarah Anson-Cartwright lives in New Edinburgh and works in public affairs.

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Traffic and Safety update: Focus on St. Patrick bridge

By Jason Tavoularis

You've probably noticed the bright orange construction barriers on the National Capital Commission (NCC) green space just south of the St. Patrick Street Bridge, along the Vanier Parkway's west side. This will be the staging site for the much-anticipated renewal of the St. Patrick Street Bridge. Construction will begin in the spring for a complete life-cycle renewal of both the St. Patrick Street Bridge and the adjacent Porter's Island Bridge located on Island Lodge Road. Both bridges will undergo rehabilitation to meet modern standards and extend their service lives.

The project also includes active transportation improvements to the St. Patrick Street Bridge. Along the north side, new concrete islands will be constructed to protect a one-way cycling facility from the westbound lanes. The eastbound bike lane on the south side cannot accommodate

any barrier or grade separation but will be widened from 1.5 to 1.8 metres and connected to existing bike paths on each approach.

During construction, two motor vehicle lanes per direction will be available, aside from any complete closures during off-peak hours that may be required during bridge jacking operations and bearing replacement. A temporary multi-use pathway will be available to accommodate pedestrians and cyclists during the construction. Construction completion is listed as "Fall 2026 (to be confirmed)" on the City of Ottawa website.

While any investment in the bridge is good news, it is disappointing the so-called "renewal" amounts to little more than keeping the structure from falling into disrepair. The major construction needed for the bridge to meet current code requirements is a missed opportunity to enhance its aesthetic appeal as well. Public infrastructure



Photo by Philippe Marchand

Getting ready for construction season.

like bridges serve not only a practical purpose but also contribute to the beauty and identity of a city. A thoughtfully designed upgrade could have turned the bridge into a landmark that inspires pride and joy.

This section of the Rideau River is particularly lovely, but the St. Patrick Street Bridge itself is visually unappealing, especially compared to the nearby Cummings Bridge and Adawe Crossing, which I find quite attractive.

An article in the June 2021 edition of the *New Edinburgh News* presented a vision for the St. Patrick Street bridge that regards public happiness and visual charm as worthy of some investment as well. That article suggests observation platforms projecting beyond the existing railing at the centre of the bridge span. The Adawe Crossing's design encourages pedestrians to stop to enjoy the view and pose for photographs, so that happens much more often there than on the St. Patrick Street Bridge.

The June 2021 *NEN* article also calls for the installation of raised, vegetated medians. Nearby Sussex Avenue has a beautiful example to strive for. Imagine a display like that separating the directions of travel on the St. Patrick's Street Bridge – wouldn't crossing it feel nicer?

Jason Tavoularis lives in New Edinburgh, sits on the NECA board and represents the Traffic and Safety Committee.

What are your resolutions for 2025?

By Karen Squires

As we stepped into 2025, the news feeds buzzed with updates on the U.S. election results, casting a shadow of uncertainty over our plans for a week-long vacation to San Diego. The President-Elect's comments about Canada's Prime Minister and potential tariffs added an uneasy undercurrent. Normally, these trips offer a chance to recharge, but this time felt different – not just because of the weakening Canadian dollar. Still, we carried on, looking forward to warmer weather and a much-needed change of pace.

Despite unseasonal weather, we enjoyed our trip, meeting friendly locals and fellow vacationers. Conversations often veered toward geopolitics, a reflection of the shifting dynamics in our world. As Canadians, we've always viewed our southern neighbours as friends and allies, much like we think of our own communities here at home. Friendships, whether personal or between nations, thrive on open communication, trust, and mutual support. A phrase we frequently

heard in San Diego was: "I got ya" or "We've got ya." It felt reassuring. It also reminded me of the solidarity we've shared: Canadian firefighters helping with wildfires in L.A., and Americans supporting us during difficult times. That's what neighbours do – show up for each other.

Returning home, I reflected on how these values of connection and support extend to our New Year's resolutions. Beyond the usual goals of cutting back on sugar or alcohol post-holidays, there's an opportunity to think bigger: about how we support each other and our planet. Friends, colleagues, and I have been discussing these themes, recognizing the ongoing transitions and challenges that surround us. In 2025, being present for one another feels more crucial than ever.

Health – both physical and mental – is a cornerstone of this. For those of us working from home, it's vital to get outside, breathe fresh air, and change our surroundings. While walking through the neighbourhood, I'm reminded of the City's new anti-idling bylaw. Let's spread the word to keep our air clean.

Details about the bylaw are included in this edition, so share it with your friends, family, and neighbours. Community spaces – whether parks, church events, or field-house events – offer wonderful opportunities to connect, meet new neighbours, and strengthen ties.

Donating time or resources to those in need is another meaningful way to support

each other. Whether it's helping with park cleanups or other local initiatives, small actions contribute to the greater good. These efforts not only help others but also foster a sense of fulfillment and community spirit.


As we move into 2025, let's prioritize care for ourselves and each other. Explore the many yoga and exercise classes nearby, or simply take

a walk in the park to appreciate the beauty of where we live. Our Events section is full of ways to stay engaged. I look forward to seeing you around the neighbourhood as we approach spring – yes, it's on its way!

Karen Squires sits on the NECA Board, represents Friends of the Park, co-edits New Edinburgh News and is a Life Health Coach.

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A bright year ahead for Canada and Ottawa-Vanier



Mona Fortier
Ottawa-Vanier MP

As we step into 2025, we celebrate the strength, resilience, and unity that define Ottawa-Vanier. Each year brings its own set of challenges, and 2024 was no exception – but together, we faced them with optimism, dedication, and a shared vision of a brighter future for all. From the kindness extended to neighbours to the tireless efforts of local organizations and the passion to create lasting opportunities, Ottawa-Vanier continues to embody the very best of Canadian values.

Since the pandemic, our community has tackled rising inflation, cost-of-living pressures, and mortgage rate hikes. Despite calls to reduce support programs and adopt austerity measures, we stayed committed to investing in Canadians. Thanks to that resilience, inflation

is now within the Bank of Canada's target range, and high COVID-driven inflation is behind us.

Our economy is showing positive signs. Consumer confidence has reached new heights, and we're well-positioned for continued economic growth. The International Monetary Fund has forecast Canada to lead the G7 in growth, reflecting our strong foundation heading into the new year.

Amid global change, Canada is poised to embrace the forces reshaping the world – such as the green transition, artificial intelligence, shifting geopolitics, and evolving demographics. With the lowest deficit-to-GDP and net debt-to-GDP ratios in the G7, Canada's robust fiscal foundation positions us to capitalize on these transfor-

mations. The Parliamentary Budget Officer has confirmed the long-term sustainability of federal fiscal policy, while agencies like Fitch Ratings have highlighted Canada's steady growth and relatively low inflation.

Rest assured that our government remains fully focused on supporting our economy and protecting our key industries. The tariff threats from the Trump administration represent a challenge we take very seriously. We continue to work closely with our trade partners to defend the interests of Canadian workers, safeguard our exports, and ensure fair access to international markets. We are working tirelessly to protect and secure Canadian jobs and industries.

As we begin 2025, let's reflect on the challenges some in our community still face. Ottawa-Vanier is home to vital food banks – Partage Vanier, the Gloucester Emergency Food Cupboard, the Rideau-Rockcliffe Emergency Food Bank, and the Lowertown Food Bank – as well as shelters like the Ottawa Mission and Shepherds of Good Hope. These organizations are always in need of support

from the community.

Wishing you success, happiness, and above all, good health in the year ahead.

Mona Fortier, Member of Parliament | Ottawa-Vanier

Chères résidentes, chers résidents,

Alors que nous entamons 2025, nous célébrons la force, la résilience et l'unité qui définissent Ottawa-Vanier. Chaque année apporte son lot de défis, et 2024 n'a pas fait exception. Mais ensemble, nous les avons relevés avec optimisme, dévouement et une vision commune d'un avenir meilleur pour toutes et tous. Qu'il s'agisse de la générosité envers nos voisins, du travail inlassable de nos organisations locales ou du désir de créer des opportunités durables, Ottawa-Vanier incarne les meilleures valeurs canadiennes.

Depuis la pandémie, notre communauté a dû faire face à des pressions liées à l'inflation, au coût de la vie et à la hausse des taux hypothécaires. Malgré les appels à réduire les programmes de soutien et à adopter des mesures d'austérité, nous sommes restés fermes dans notre engagement à investir dans les Canadiennes et Canadiens. Grâce à cette résilience, l'inflation se situe désormais dans la fourchette cible de la Banque du Canada, et l'inflation élevée due à l'indice COVID est derrière nous.

L'économie montre des signes positifs. La confiance des consommateurs a atteint de nouveaux sommets, et nous sommes bien positionnés pour une croissance continue. Le Fonds monétaire international (FMI) prévoit que le Canada enregistrera le plus fort taux de croissance parmi les pays du G7 cette année, ce qui reflète notre solide fondation à l'entrée de la nouvelle année.

Dans un monde en pleine transformation, le Canada

est prêt à exploiter les forces qui redéfinissent l'économie mondiale : la transition verte, l'intelligence artificielle, les changements géopolitiques et démographiques. Avec les ratios déficit/PIB et dette nette/PIB les plus bas du G7, le Canada dispose d'une base fiscale solide pour profiter pleinement de ces transformations. Le directeur parlementaire du budget a confirmé la viabilité à long terme de la politique fiscale fédérale, tandis que des agences comme Fitch Ratings ont souligné la croissance stable du Canada et l'inflation, qui demeure relativement faible.

Sachez que notre gouvernement reste pleinement concentré sur le soutien à notre économie et la protection de nos industries clés. Les menaces tarifaires de l'administration Trump, représentent un défi que nous prenons très au sérieux. Nous continuons de collaborer étroitement avec nos partenaires commerciaux pour défendre les intérêts des travailleurs canadiens, protéger nos exportations, et garantir un accès équitable aux marchés internationaux. Nous travaillons d'arrachepied pour protéger et sécuriser les emplois and les industries canadiennes.

En ce début d'année 2025, il est important de réfléchir aux défis que certains membres de notre communauté continuent d'affronter. Ottawa-Vanier abrite des banques alimentaires essentielles telles que Partage Vanier, Centre de secours alimentaire de Gloucester, la Banque alimentaire Rideau-Rockcliffe et la Banque alimentaire de la Basse-Ville, ainsi que des refuges comme la Mission d'Ottawa et les Bergers de l'Espoir. Ces organismes ont toujours besoin du soutien de la communauté.

Je souhaite à toutes et tous bonheur, succès et surtout santé pour l'année à venir.

Mona Fortier
Députée | Ottawa-Vanier

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A warm winter welcome from Crichton Community Council

By Alain-Rémi Lajeunesse and Helin Burkay

Open Mic in New Edinburgh

Local harpist and President of Spirit of Rasputin's – Ottawa's Folk Music Society – **Susan Sweeney Hermon** assembled musicians and friends to host CCC's first Open Mic night in New Edinburgh on Nov. 16. Talent from around the community came to play their favourite cover songs and originals! There was even a surprise presentation from a tango ensemble that lit up the night. Open Mic night returned Jan. 11 by popular demand. Dust off your vocal cords and sign up for the next Open Mic at the Fieldhouse. Check websites below!

Holiday lights usher in the season

CCC's newest tradition, the Holiday Lights in New Edinburgh, was once again very well attended by our community. Santa came to the neighbourhood on his wagon to hear from children big and small. Special thanks to the **Christchurch Cathedral Children's Choir,**

Joe McDonald and the **New Edinburgh Community Choir** for making the evening so special. Heartfelt thanks also to the tireless team of volunteers – **Martin, Mischa, Solmaz, Meghan, Carmen, Ewa, Katie, Sarah** and others – for making the evening happen. We hope the community will participate again next year in this wonderful holiday event!

A great skating season underway

The rink volunteers have been hard at work to make our rink one of the best in the city. Mother Nature cooperated and we were skating before Christmas! Some may have noticed that the luxe new rubberized floor installed in the Fieldhouse to make the space more welcoming to skaters. If you see our rink attendants (**Caleb, Tom, Mateo, Colin, Jack and Adam**) and volunteer hosers (**Sean, Bruce, Aubrey, Greg, Loic, Lucas, Yuji, Suneil, Jason, Steve, Ian, Caroline, Alex, Adrian, David** and others) working out there, give them a big thanks. Merci!

New Year Brunch: the tradition continues

On Jan. 11, the CCC hosted its annual New Year Brunch at the Fieldhouse. The popular tradition was again well attended thanks to the leadership of **Edwina** and **Caroline** and volunteers **Dawn, Roxie, Suneil, Ara, Nima, Raewyn, André, Jen, Pamela, Tijs, Poonam, Arniko, Loïc, Katie, Léonard, Solmaz and Venia**. The community enjoyed a hearty brunch in the company of friends and neighbours. Un gros merci to **Dumouchel Meat & Deli** for donating the ham!

Upcoming events preview (See Events Calendar page 30/31 for full listings)

Flower Sale – May 10 (Details to come in *NEN's* April Events Calendar)

Spring will come sooner than we think. Mark your calendars to buy hanging baskets and potted flowers in support of community initiatives.

CCC communication

• The CCC Board meets on the second Wednesday of the month at 7:30 p.m. in the Fieldhouse. Occasionally

meeting times, dates or locations may change. Please email the CCC if there is a topic you would like to discuss and to confirm the meeting date. Our email: crichtoncommunitycouncil@gmail.com

• Information about the CCC's initiatives and events can be found on the New Edinburgh neighbourhood website at newedinburgh.ca/events, on Facebook at New Edinburgh Fieldhouse – Crichton Community Council and on Instagram @NEFieldhouse.

• Subscribe to the CCC's email lists: perambulatorposse.ca/mailman/listinfo/newed_perambulatorposse.ca and groups.google.com/group/new-ed-talk.

• The CCC also contacts

neighbours directly using a closed email distribution list used exclusively by neighbourhood associations. To have your contact information added to the CCC's email distribution list, please send a message to: CrichtonCommunityCouncil@gmail.com

• Proceeds from the rental of the Fieldhouse and donations to the CCC contribute directly to the improvement of the facility and to neighbourhood events. The Fieldhouse is available for rentals throughout the year for birthday parties, weddings, anniversaries, memorials, etc. Find more information at newedinburgh.ca/cccfldhouse.

Alain and Helin both sit on the CCC Board. Alain is the Park Director and Helin is the Secretary.

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For the Birds

By Jane Heintzman

As I write in mid-January, bird activity in our neighbourhood is relatively subdued, particularly compared with the summer breeding season and the bustle of migration in the fall. But there are many stalwarts still in the area, braving the cold and working tirelessly on finding available

food sources to sustain them. Most prominent among the locals at the moment are the ever-present **black-capped chickadees**, along with brilliant **Northern cardinals**, **Blue Jays**, **white-breasted nuthatches**, **downy-**, **hairy-** and **pileated woodpeckers**, **common ravens**, **American**

crows, **American goldfinches** in their muted winter plumage, **wild turkeys**, and an occasional overwintering **American robin**. In recent years, we have spotted many more lingering robins than so far this season, so it's possible that their avian "radar" has picked up a harsher winter ahead, with limited access to food and water sources.

In the wider region around Ottawa, the Ottawa Field Naturalists (OFNC) report – ofnc.ca/recent-bird-sightings – that there is still a robust water fowl population in the area, including **mallards**, **common** and **hooded mergansers**, **common** and **Barrow's goldeneye**, **buffleheads** and **wood ducks**. The OFNC is also reporting a number of other such winter-hardy species as **winter wren**, **snow buntings**, **Cooper's hawks**, **hermit thrush**, **common grackles**, **European starling**, **Northern flickers**, and **woodpeckers**, notably the **yellow-bellied sapsucker**, the **red-bellied woodpecker** and the **red-headed woodpecker**.

In our own bailiwick, the highlights have been dazzling **Northern cardinals**, both in our own backyard and



Red-breasted Nuthatch

Photo by David Howe

around the neighbourhood. One memorable morning we spotted both a bright red cardinal and an equally brilliant **Blue Jay**, foraging on the ground in the garden. The technicolour effect of these two handsome species is at its peak in midwinter, when their post-breeding season moult is over, and their new plumage is fresh and bright.

Fun fact: the beautiful deep blue of the Blue Jay isn't actually blue! While the car-

dinal acquires its colour from red pigment, Blue Jays have no blue pigment. Rather, their melanin pigment is brown, but is perceived as blue through a prism-like optical effect called *light scattering*.

Other highlights on our winter walks have been large and very vocal **common ravens**, which appear to nest along Sussex Drive close to the vacant residence at 24 Sussex, along with massive **pileated woodpeckers**



Pine Grosbeak

Photo by David Howe

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Redpoll

Photo by David Howe

attacking failing trees with machine-like efficiency. One of the “victims” at Manor and Mariposa Avenues actually succumbed to the ravages of a young bird’s powerful drilling, and has now been cut down. Who needs power saws?

Oh birdie, it’s cold out there!

Most birders continue to marvel that these tiny creatures are able to survive the cold and harsh conditions of winter. Their traditional food sources – seeds, berries, nuts and insects – are significantly more scarce and difficult to access during winter months, and they require more energy for the foraging process. Each day, they need to pack in enough calories to survive the cold nights, so folks with backyard bird feeders should ideally offer such high-fat foods as suet, peanuts and black oil sunflower seeds.

Even high-calorie foods from your kitchen, such as cooked pasta and peanut

butter (no mention of jam), are recommended additions to the menu. Some species are enthusiastic fruit eaters, so slices of oranges, apples, grapes, or cherries are also likely to be welcome. In the winter months, feeders should be filled daily, and cleared of snow and ice for easy access. If you can’t reach your feeders because of accumulated



Evening grosbeak

Photo by David Howe

snow, scatter seed and other foods on the ground or in an old bird bath.

In addition to the all-important daily imperative of feeding, birds have remarkable physiological adaptations to help them survive. They retain heat in their cores by fluffing up their feathers to bulk up the insulation around their bodies – hence those enchanting roly-poly chickadees we’re seeing these days! And at night, their body temperature drops, to lower the rate of heat loss and calorie expenditure. Birds may also shelter overnight in tree holes or crevices for additional protection from the elements.

Watch for winter finches

In the months to come, we can expect to see some of the *irruptive* finch species that flock into our region when the pickings are thin in their Boreal winter habitat. *Irruptions* are typically large-scale movements of birds on a non-migratory cycle, moving in response to the availability of food supplies, particularly



Bohemian Waxwing

Photo by David Howe

in winter.

The species which are typically categorized as winter finches are **common** and **hoary redpolls**; **purple finches**; **pine grosbeaks**; **evening grosbeaks**; **white-winged** and **red crossbills**, along with several other *irruptive* species found in our domain such as **red-breasted nuthatches**; **Blue Jays** and **Bohemian waxwings**. These species tend to arrive in hordes in late February and early March, and in our experience, they make short work of the seeds in backyard feeders. In one memorable year, a major **common redpoll** invasion succeeded in emptying

our feeders on a daily basis: a costly proposition! Virtually all the finches are avid consumers of black oil sunflower seed, along with nyjer seed which is a perennial favourite of the smaller birds.

Our contributor **David Howe** has provided some wonderful images of winter finches to help readers identify the characters which may be dining in their yards over the weeks to come.

Happy New Year and happy birding to all in 2025!

Jane is a long-time contributor to NEN, well known for her pieces about local businesses as well as her dedication to “For the birds”.

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Thank you to all my friends, neighbours and clients who worked with me and referred me business this year. I am privileged to have the opportunity to live and work in this great community.

Best regards to all for a happy and healthy 2025. I look forward to assisting you with your real estate questions and needs in the future.

J'aimerais remercier tous mes amis, voisins et clients qui ont travaillé avec moi cette année et qui m'ont référé des nouveaux clients. Je me sens privilégiée de vivre et de travailler dans notre communauté.

Je souhaite à tous santé et joie pour l'année 2025. Je suis toujours disponible pour répondre à vos questions au sujet de l'immobilier et pour vous servir.

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Rideau-Rockcliffe Community Resource Centre provides critical and creative support

By David Goldfield

Driving along St. Laurent Blvd., you pass the former Rideau High School, which in the last several years has been transformed into the Rideau Community Hub, housing more than 30 non-profit community development organizations.

One of the main tenants is the Rideau-Rockcliffe Community Resource Centre (RRCRC). This City of Ottawa-funded organization provides much-needed social support and programming for Ward 13, which includes Manor Park, Overbrook, Rockcliffe Park, New Edinburgh, Lindenlea, CFB Rockcliffe, Viscount Alexander Park, Quarries, Cardinal Glen, Rockcliffe Mews, Forbes, Castle Heights, and parts of Carson Grove.

It's hard to believe the old high school now offers so many key services for those in need within our community and beyond. Of the 13 community resource centres funded by the City, centres in the Rideau-Rockcliffe ward

receive some of the lowest amounts, despite being one of the poorest areas.

Creative and efficient

Despite chronic funding problems, the RRCRC serves the ward in many creative and effective ways. Under the energetic and enthusiastic leadership of Executive Director Sebastian Gaissert, and backed by his dedicated team of staff and volunteers, the Centre remains a vital resource for the Rideau-Rockcliffe community.

The Ottawa Food Bank's outlet for Ward 13 is the

teers help the dedicated staff attempt to keep up with the demand. However, it's uncertain whether these programs will be able to meet future needs and effectively serve vulnerable residents in the long term.

In addition to the various food-related services, RRCRC offers several other innovative programs. Overall, programs and services provide important support towards poverty reduction, essential mental health support, and isolation reduction. Last year, the Centre served more than 33,000 community



Photo courtesy David Goldfield

This year, private donations funded eight-week soccer sessions culminating in a tournament and party for kids ages 8 to 12.



Photo courtesy David Goldfield

Movies in the Park is one of the many community services offered by the Rideau-Rockcliffe Community Resource Centre (RRCRC).

RRCRC's best-known program. This emergency food bank serves an average of more than 1,300 community members every month, an increase this year of 35 per cent. Most of the residents using the RRCRC's various food services are from Overbrook and parts of Manor Park.

The food bank has a well-organized distribution system including grocery shelves, a community kitchen, home delivery, hot meals services, and a community garden. The Centre also manages a greenhouse and an urban hydroponic farm, allowing it to provide fresh produce to the food bank year-round.

Ottawa's food banks are strained, with limited budgets, significantly increasing demand, steady increase in population, and rising food costs. Food banks rely heavily on donations from individuals and corporations, and a vast network of volun-

members.

For children and youth, the RRCRC has many activities such as after school basketball, music, art, and a summer kids' camp. For adults and seniors, there are programs for exercise, arts and crafts, and gardening. The Incubator13 initiative provides valuable training and paid internships to youth. Last year, more than 90 interns participated in meaningful job experiences.

During the last couple of years, the RRCRC has offered free tax-return preparation clinics to low-income community members. This service saves clients the costs of preparing tax returns, keeps them in good standing with the Canada Revenue Agency, and enables them to benefit from available tax credits. This program has helped put more than \$7 million back into the pockets of Ward 13 residents and, as a result, back into the community according

to Rideau Rockcliffe staff.

The RRCRC also provides crisis intervention and short-term counselling for youth and adults and offers health and dental services on a selective basis. Unfortunately, the Rideau-Rockcliffe Ward does not have a City-funded community health centre, despite the obvious need.

Yule soccer

This past summer, the RRCRC delivered an exciting new outreach program in collaboration with the Yule Manor Co-op. A private donor funded an eight-week soccer session with an end-of-season tournament and party for kids aged 8-12. Staff hope that the program can be expanded beyond the 15 successful sessions held this year.

Yule Manor Co-op also offered collective cooking sessions: an innovative activity proposed by one of the Yule residents who now facilitates the sessions with RRCRC support. The idea is that residents get together to prepare simple meals from ingredients they receive from the Food Bank. The resident facilitator guides participants in preparing the meal, and once the cooking is done, everyone eats together. This program is funded by the Community Development Framework, a citywide fund which benefits many projects in the ward by partnering with other community groups such as the Manor Park Community Association,

Ottawa Community Housing and the Overbrook Community Association. This initiative will, hopefully, be open to others in Ward 13 in the future.

The Centre, once again in collaboration with Yule Manor Co-op, and supported on a two-year basis by the Ontario Trillium Foundation, also offers a weekly coffee and snack drop-in. These drop-ins provide individual social support in a space where all can come together and socialize. The RRCRC brings in resources and other partners with the aim to build community, learn about residents' needs, and offer support.

Learn more about the wide range of community services provided by the RRCRC at crrc.org – while you're there, please make a much-needed donation to support and enhance ongoing activities to make our community more self-sufficient and a better place for all to live.

The RRCRC always needs and welcomes volunteers: go to the "Get Involved" tab on the website to learn how you can help. If you would like to speak to someone at the RRCRC, please contact Gabrielle Davis: gabrielle.davis@crrc.org.

David Goldfield is a volunteer at the Rideau-Rockcliffe Community Resource Centre and a former president of the Manor Park Community Association.

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Two Afghan families: A first year in Ottawa

By Flora Liebich

You may recall reading in past editions of *NEN* about the settlement in Ottawa of two Afghan families, headed by Dr. Emal and his sister, Dr. Mohtarama, who fled persecution under the Taliban.

Through the support of many kind and generous donors, these 12 newcomers, spanning three generations, were able to make the transition to life in Canada. Funds administered by the Anglican Diocese of Ottawa (ADO) paid for food and accommodation, public transport, and other essential services during the families' first year of settlement in Ottawa.

Upon arrival, the families were housed with volunteers. Soon after, through our Constituent Groups – Ottawa Centre Refugee Action (OCRA) and St. John the Evangelist Anglican Church – we were fortunate to find three apartments with affordable rents in a new building near Parkdale, managed by the Centretown Community Housing Corporation.

The families, each with three children, occupy two three-bedroom apartments, while Nadia (the single daughter) and Fahima, her mother (grandmother to the six children), are in a one-bedroom apartment. Thanks to donations in kind, we were able to furnish the apartments and to provide our newcomers and their children with winter clothes. Thanks also to OCRA and one of our co-sponsors, a doctor and a dentist (themselves refugees) agreed to accept both families as patients.

The newcomers immediately started taking English lessons and, soon after, looking for work. Although three are experienced doctors, two are currently working as Personal Support Workers with private clients, as well as through Carefor Health Services and Ottawa West Community Support (OWCS) and are available for further private work. They are recognized as kind, empathetic, and knowledgeable carers.

Emal's wife, Madina, who is an excellent cook, has taken the Safe Food Handling Course and established a micro-enterprise preparing delicious Afghan dishes for

private events – learn more by emailing madinaskitchen05@gmail.com. She hopes one day to open a catering business.

Nadia, who looks after her mother, has found part-time work with Produce Depot and has done some volunteering with OWCS.

Haris (23) is working in management at Metro and plans to volunteer with OWCS. Having done a year of pre-med study in Kabul, he hopes next year to pursue university studies in nursing. His brother, Bilal (17) is finishing high school at Glebe Collegiate and is interested in a business career. Their sister, Zenat (11), excels at school, enjoys being a Girl Guide, and playing soccer.

Emal and Madina's three young boys: Adnan (7), Usman (6), and Imran (3), are at elementary school and preschool and are flourishing.

With the support of our volunteer teams, family members have participated in a range of activities such as learning to swim and bike, and some have obtained their drivers' licenses. The children enjoyed Christmas last year and going out this Halloween!



Photo by Jane Morriset

Flora and some members of the family who have settled in Ottawa.

Both families are renowned for their hospitality. Many of our volunteers have been treated to Afghan tea and delicacies, and to wonderful Afghan meals.

Although trained as a medical doctor, Emal was active in human rights, local governance, and peacebuilding in Afghanistan, working for two years with the Canadian International Development Agency (CIDA). Emal recently joined a volunteer "Peace Café," led by Ottawa-based peace worker Paul Maillet. The Café, which includes a former high-level

Afghan diplomat to Canada, brings together those interested in paths toward peace in Afghanistan.

We are very grateful to the ADO as our Sponsorship Agreement Holder, as well as our two Constituent Groups, for their support and guidance. Special credit is also due to our volunteers who have worked closely with the families to help with the many and significant challenges they have encountered in adapting to life in Ottawa. Thanks also to the wider Ottawa community which has, in various ways, provid-

ed the families with support.

Among others, the Tisarana Buddhist Monastery outside Perth, Ontario, has welcomed the families, bringing them Afghan delicacies for the Muslim Eid Festival and inviting them for a summer outing at the Monastery near Pike Lake. Ottawa artist Rosemary Scragg kindly donated proceeds from her art sale to the newcomers, while Ottawa musician Paul Weber held two fundraising concerts – one in the presence of the Afghan families, shortly after they arrived!

As you can see, much has happened over the last year. None of this would be possible without your kind and generous support. We are now fundraising to bring the family's remaining brother to Ottawa, together with his wife and one-year-old son, through St. John the Evangelist Anglican Church. If you are interested in donating to their sponsorship, please contact rsgottawa2023@gmail.com.

Both families send their warmest thanks and best wishes for the New Year!

Flora Liebich is a New Edinburgh Resident and Co-Sponsor.

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Confessions of a New Edinburgh Hoser

By Bruce McLaurin

The term *hosier* seems to have originated on the prairies to label unscrupulous types who siphoned gasoline and diesel from their neighbours' fuel tanks. In the '80s, the term entered popular culture thanks to Bob and Doug McKenzie and the "Great White North" sketches on *SCTV*. These days the term hoser is most often applied to people who flood rinks. I am a hoser.

I have worked on the New Edinburgh rink for several years. When I began, there were two things I knew about rink making: water freezes at zero degrees Celsius and water flows downhill. With experience I have learned a little more.

It can take 22 hours of flooding to build a base on both New Edinburgh rinks. It's much faster to build a base on packed snow than on loose snow or grass. There was a time when I packed the snow using a sled with my kids aboard, but these days I use a car.

Although the ground is not level, the Great Ice Storm of '98 demonstrated that **you can make ice on any sur-**

face. I once made a rink for the New Year's Day Brunch without a wisp of snow. When watering the grass in the middle of winter, I understand why curious folks stop to ask what I am doing.

When it's -10 degrees or colder, it doesn't take long for ice to form in the puddles and while the water is firming up on one rink, it's an opportunity to flood the second rink. By moving back and forth between the two rinks, **it's possible to lay down four hours' worth of water** that freezes on the rinks before it can flow away.

A leak in the hose can drill a hole in the ice. If left too long on one spot, a running hose will melt a groove across the ice that leaves a shadow for days. Spooling the hose in an orderly fashion makes for a smooth unspooling without tangles. And wiggling the brass fitting while attaching the hose to the outlet can create a leak-free connection.

Every hoser has their own technique and style. Some hosers don't like to use a nozzle, knowing that it restricts the flow. They want maximum water in minimum



Photo by Bruce McLaurin

Watering the grass to make a base layer of ice.

time. I prefer the control and finesse of a nozzle. I suggest that – much like spray painting – many thin layers are best. When building a base, I use the nozzle to provide a fine spray to soak the snow without melting it. At this point in the process, this **soft slush is susceptible to the whims of dogs** who run across, leaving pawprints that expose the grass below and survive numerous floodings. (Occasionally, dogs leave something even worse.)

When there is a strong breeze out of the west, **I can turn my back to the wind and with a high arching jet, reach the entire rink from a single vantage point.** I like to think that the water is cooled by the winter wind before it hits the ground. I use the nozzle pressure to chase leaves and ice chunks from the surface and when the sun is shining bright, I amuse myself with rainbows.

I can turn off the flow of water at the nozzle and take time to patch holes, level high points, adjust the hose, or chat with passersby. **But if the nozzle is turned off too long in low temperatures, water can freeze inside the hose.**

One of the best lessons in ice making happens when you return an hour after flooding. The smooth glossy surface that you left may be unrecognizable and leave you wondering who did such a lousy job before you realize it was yours truly. After you walk away, the water flows, slowly but surely, downhill, imperceptibly under the ice, beneath the snowbanks. The snow that vanished with the water reappears as a bumpy clump. Where there was once a glossy puddle is now fragile shale ice. The addition of boards and plastic has helped to contain the water, especially during thaws, but given half a chance, it is liquid water's destiny to make its way across the river pathway, into the Rideau and onto the sea.

As the hours of hosing slide by and the cold creeps into my fingers and toes, I warm myself thinking about the joy that comes from an outdoor rink during a Canadian winter.

Bruce McLaurin has lived in New Ed. since 1991 and has been a hoser since 2007.

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MacKay United Church celebrates milestones and achievements with music and events

By Eleanor Dunn

Happily, 2025 marks an important year for MacKay United Church: the 100th anniversary of the United Church of Canada, and the 150th anniversary of MacKay United Church which started as MacKay Presbyterian Church on the site it occupies today. Planning is underway for events to celebrate both these historic occasions.

MacKay welcomed its new Music Director, Neil Gummerson, in January. Neil is an accomplished musician, and is known in the community for his talent.

MacKay's popular Music and Meditation series has resumed with an evening of music and spoken-word on Feb. 4 at 7 p.m. in the Sanctuary.

MacKay's United Church Women's bake sale, which followed the Christmas at MacKay event raised \$2,180, which will be used to further MacKay's community outreach, specifically for pro-



MacKay United church.

Photo By Alexander McKenzie

grams which support women and girls. The monthly speakers' program continues, on the second Wednesday of each month, at 1 p.m. in the Ladies' Parlour at the church – all are welcome. The January program featured Laura Watson of Own

the Podium, who spoke about Canada at the Paris Olympic Games. MacKay celebrated Black History Month in January with an evening of gospel music featuring Rev. Ernie Clow, the renowned London Trio, and others.

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



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Rockcliffe Park Community Centre Spring Book Sale

By Carolyn Brereton

Volunteers with the Spring Book Sale in support of the Ottawa Public Library had a busy summer and fall and are very excited about the quality of the donations of used books received.

Thanks to the generous donation by **John and Jayne Wyatt**, former owners of The Book Bazaar, we have received many interesting books, mostly non-fiction, including some fascinating local history, politics, art, and several literary classics. A small group of volunteers spent several days in August

and September at a warehouse in south Ottawa, helping the Wyatts consolidate their inventory following the sale of their Bank Street store. We boxed up many wonderful treasures and were sadly constrained only by our own lack of storage.

We are also thrilled with the books that we have been donated by former Rockcliffe Park resident, **Jane Dobell**. This is a bittersweet donation: we are saddened to learn of her passing in January. Jane was a noted collector of children's books, and we have been given many books

from her collection, as well as other notable works from her library and that of her late husband **Peter Dobell**. Jane's contribution to the Spring Book Sale is inestimable. Under her guidance as Chair of the event, the sale grew from its modest beginnings in the late 1990s to the extravaganza that we know today; an event that attracts thousands and has raised thousands of dollars in support of the library and literacy in the community.

With this year's sale now only three months away, we still need your dona-

tions of gently used books (English and French). Don't let the cold discourage you from bringing them to the Rockcliffe Park branch of the Ottawa Public Library during opening hours. There is a dedicated rolling bin for donations under the counter running along the north wall on Springfield side. Please note: we do not accept CDs, DVDs, magazines, textbooks, or encyclopedias. Please also donate items in good condition only; if a book is in poor shape – mouldy, torn, or badly marked – please recycle it in your black box at home.

If you have a sizeable donation (more than a couple of bags or boxes) please contact Jane Newcombe at janenewcombe08@gmail.com or call (613) 859- 5806 to arrange a pickup.

Save the date!

The 2025 Spring Book Sale will take place Apr. 26 and 27 at the Rockcliffe Park Community Centre, 380 Springfield Road. See you there!

Carolyn Brereton is a previous editor of New Edinburgh News, lives in New Edinburgh and sits on the New Edinburgh News advisory committee.

And now for the good news

By Sharon Nyangweso, Managing Editor

In a world where headlines often focus on crises and challenges, it's easy to feel overwhelmed. The truth is that these issues demand our attention and action. But to stay engaged, we also need to remember why we fight to protect the planet, improve society, and care for one another: because this world, its people, and its potential are worth it. Let's take a moment to celebrate some recent good news, both close to home and around the globe.

Ottawa: A Step Toward Greener Cities

Right here in Ottawa, the city has taken meaningful steps toward sustainability by implementing its "Tree Canopy Action Plan." This initiative aims to increase tree coverage across urban areas – improving air qual-

ity, reducing heat islands, and enhancing biodiversity. Combined with new funding to expand bike lanes and pedestrian paths, Ottawa is building a more livable, eco-friendly city.

Canada: Landmark Biodiversity Agreement

At the national level, Canada recently signed on to the Global Biodiversity Framework, committing to protect 30 per cent of its lands and waters by 2030. This ambitious goal includes strengthening Indigenous-led conservation efforts, which have already proven highly effective in safeguarding ecosystems. This framework represents a critical shift in how we prioritize the health of our natural world.

Scientific Breakthroughs: Advancing Health and the Environment

Globally, science continues to deliver breakthroughs that inspire hope. One standout example: researchers at the University of British Columbia have developed a new type of solar panel made from organic materials. These panels are more affordable and less resource-intensive than traditional silicon-based ones, making renewable energy more accessible worldwide.

In the realm of health, Canadian scientists are leading the way in Alzheimer's research. A team at McGill University recently developed a promising blood test for early detection of the disease, paving the way for more effective treatments. It's a reminder that science doesn't just solve problems – it creates opportunities for longer, healthier lives.

Policy Wins: Progress in

Equity and Justice

On the policy front, there's been progress, too. Canada's newly implemented Pay Transparency Act requires federally regulated employers to publicly report salary ranges and pay gaps. This measure is a significant step toward addressing systemic pay inequities, particularly for women and racialized communities.

Globally, the European Union's recent ban on single-use plastics marks a major environmental milestone. This policy has already reduced plastic waste in waterways and encouraged innovation in biodegradable materials.

Community-Driven Change: Local Heroes Making an Impact

Back in Ottawa, community-led organizations continue to make a difference. Groups

like Parkdale Food Centre are expanding programs that go beyond food security, offering skills training and mental health resources. These grassroots initiatives show how collective effort can tackle complex challenges and uplift entire communities.

The Bigger Picture

Yes, the world faces daunting challenges. But it's also full of resilience, creativity, and progress. The fight to make things better is not just necessary – it's working. Every step forward, no matter how small, reminds us why this work matters.

Sharon Nyangweso is the Managing Editor of NEN and the founder and CEO of QuakeLab, an equity consultancy in Ottawa. Sources include the Government of Canada, U. British Columbia, McGill U., and the European Commission.



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Four reasons we struggle with change: How to get unstuck

By Sophia Wood Massicotte

One of the most frustrating aspects of personal growth is when we see viable solutions, but somehow, we can't seem to act on them. We are often left feeling frustrated, aggravated, depressed, or stuck, amongst other emotions.

Change is hard. Most of us set goals for ourselves in the new year and then give up. Maybe you did take some action, but at some point, found yourself exhausted and resisting any sort of forward movement.

In this article I'll explore some core reasons why we struggle with making changes. I'll also offer some solutions to root you back in deeper self-belief and encourage you to persevere.

1. Fear of the unknown

Change can be difficult; it can be scary, too. After all, your ego wants to protect you and keep you safe. It likes the familiar and likes what it can control. And for the ego-mind, the unknown is not safe, even if it could lead to greater levels of wellbeing.

Solution: Focus on aligning beliefs, words, and actions. Most often, sustainable change is done over time through consistently showing up for yourself, and aligning what we believe, say, and do. In other words, our power lies in our daily choices – what we think, feel, and communicate in words and actions.

2. Inadequate support to make change

When you start walking your own path, you may feel alone on your journey – as if no one else can relate. You may find yourself trying to explain to others why you are making changes, only to become exhausted and frustrated because nobody seems to understand. Not everyone will be on board with the change you wish to bring in your life. And the truth is, they don't need to be!

Solution: Choose your support system

The most important element is to become your own best ally. This comes back to your belief in your growth. To bolster that belief, connect with a community or person that inspires you and supports you. Will you join a yoga class? A community group? Work with a mentor or coach? Choose something or someone who helps you feel seen, heard, and supported.

3. Fear that important relationships will change

It's common for our connections to other people to shift when we make changes, especially if we're setting boundaries, quitting people pleasing, altering emotional habits, or engaging in other ways to make our relationships healthier. As we disrupt the status quo, the dynamics of our interactions with others change. You want to continue connecting deeply but the risk of rejection gets in the way.

Solution: Accept or release old connections and embrace new ones



Photo by Sophia Wood Massicotte

Just like the seasons, change is welcomed and encouraged.

It's important that we honour the relationships that have supported us until this point in our journey. But we must also be honest with ourselves and discern which relationships are worth our time and energy now. Do the people you usually hang out with

drain your energy or fill you up? Choose with whom you will stop engaging and with whom you will continue to connect.

4. You don't have time to focus on yourself

There are so many things that need our attention daily. It's

easier (and sometimes more fun) to just meet everyone else's demands and needs and forget about our own. You may have set some goals for yourself, but procrastination creeps in...and soon shame and self-judgment will say hello.

Solution: Commit to making yourself (and your dream) a priority

This doesn't mean you have to become selfish – although in a way it also does! You can still be there for others AND be there for yourself. It just requires some reorganizing of your calendar and schedule. Boundaries become super important. How much time do you want to spend on yourself? What are you willing to sacrifice to reach your dream? How much time do you want to dedicate to working toward your dream? Carve out time in your daily and weekly schedule and choose to commit to yourself.

Wherever you are at in your own self-transformation, remember to be kind to yourself. Change is not easy. But with the right support, it can be a beautiful process. Surrounding yourself with people who inspire you is key, as is your own self-belief and trust in the process.

Sophia Wood Massicotte is a certified Yoga Teacher, Women Empowerment Coach and Ayurveda Practitioner. She is the founder of The Art of Being Well, a holistic health hub that offers transformative programs, workshops, and women's circles.

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Honouring New Edinburgh's Coronation Medal recipients

By Sharon Nyangweso

In a moment of pride for our community, several New Edinburgh residents – myself included – were recently awarded King Charles III's Coronation Medal. This distinguished honour, marking the King's ascension to the throne, recognizes Canadians who have made exceptional contributions to their communities. The nominations for this medal come from leaders across the nation. In this case, we were privileged to be nominated by Senator the Honourable Peter M. Boehm, a long-time New Edinburgh resident.

The Coronation Medal is more than a token. It is a symbol of service, resilience, and the impact that individuals can have in fostering stronger, more inclusive communities. This year, the medal was awarded to more than 30,000 Canadians who exemplify the values of commitment and dedication to the public good. Here in New Edinburgh, it was an honour to stand alongside three remarkable individuals who embody those qualities: Elizabeth Hetherington; the Rev. Joel Crouse; and Ray Boomgaardt.

Receiving this medal myself is deeply humbling. As an advocate for equity and a proud New Edinburgh resident, I have always believed in the power of community to create meaningful change. To be recognized alongside



Photo by Neil Valois Photography

Rev. Joel Crouse and former Prime Minister Joe Clark.



Photo by Neil Valois Photography

Senator Boehm, Ray Boomgaardt, former Prime Minister Joe Clark, and Ray's daughter and son.



Photo by Neil Valois Photography

Sharon Nyangweso receiving her medal.



Photo by Neil Valois Photography

Elizabeth Hetherington receiving her medal from Senator Boehm.

these outstanding individuals is a reminder that our neighbourhood thrives because of people who care deeply about its future. Let this honour be a cele-

bration of all New Edinburgh residents who dedicate themselves to making our community a place of care, advocacy, and shared purpose. Thank you to Senator Boehm for his thoughtful nominations, and to everyone who contributes

– in big ways and small – to our collective success.

Sharon Nyangweso is the Managing Editor of New Edinburgh News and the Owner and CEO of QuakeLab, a consulting agency.

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An invitation to apply for the New Edinburgh Artists' Studio Tour 2025

By Josée Robillard

We are excited to invite you to submit your application to participate in the New Edinburgh Artists' Studio Tour (NEST) 2025, a unique opportunity to showcase your artistic talents to a wider audience. This year's tour will take place Sep. 27 and 28, and we are eager to feature a diverse group of artists from various disciplines.

NEST offers a platform for artists to engage with art enthusiasts and the public in an inspiring and collaborative environment. Whether you



specialize in painting, sculpture, photography, mixed media, or any other artistic form, we would love to have your work represented on this exciting tour.

The application deadline is Mar. 31, 2025. For more information, please visit our website: nestudiotour.ca

We look forward to review-

ing your work and hope you will join us for what promises to be an unforgettable experience.

Josée Robillard is part of the NEST Committee.



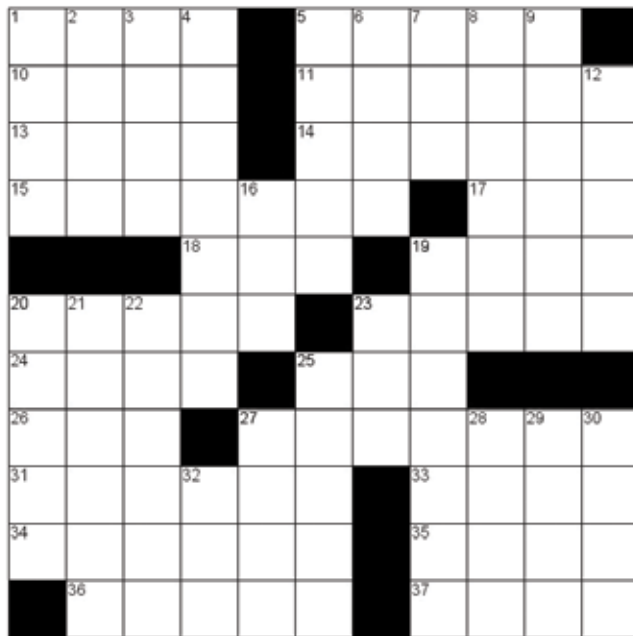
Deadline
for the next issue
March 10
newednews@hotmail.com

New Edinburgh Crossword Puzzle

By Frédérick Lavoie

ACROSS

1. Connect-the-____: game on a children's menu, perhaps
5. Book of maps
10. Follow orders
11. Whittled
13. Travel the land
14. New Edinburgh city?
15. The 'M' in MPs
17. Goop for road repairs
18. Have paid off in full
19. Take a ____ out of someone's book: use one of their tricks
20. Tree whose leaf features on the Canadian flag
23. Sends to sleep
24. Does great on
25. Common species for fish and chips
26. Female 'pal' - especially one who might be at a platonic Valentine's Day gathering
27. Toddler's 9-5, perhaps
31. Cream-stuffed pastry, from the French for 'lightning'
33. Operatic solo
34. Put under military blockade
35. 14A's skaters in the NHL, to fans
36. Building blocks of chemistry
37. Grab



© Centre for Canadian Crosswords

DOWN

1. Residence for university students
2. Double-reeded woodwind
3. The CFL's Redblacks or the PWHL's Charge, for example
4. They mean things
5. Oak seed
6. Some body art, in slang
7. O-Train system, for one (abbr.)
8. Representation on social media
9. Wastewater
12. Gives a 'double-dog' challenge
16. Lamb's ma
19. Recorded audio show
20. Wizards
21. Savannah tree spelled using only three letters
22. Piece of rabbit food, perhaps
23. Young man
25. Checks the age of, like at a liquor store
27. Per ____: daily allowance
28. Width x Length, for a rectangle
29. Battleground for a hockey game
30. Facilitate
32. "A long time ____ in a galaxy far, far away...": Star Wars intro

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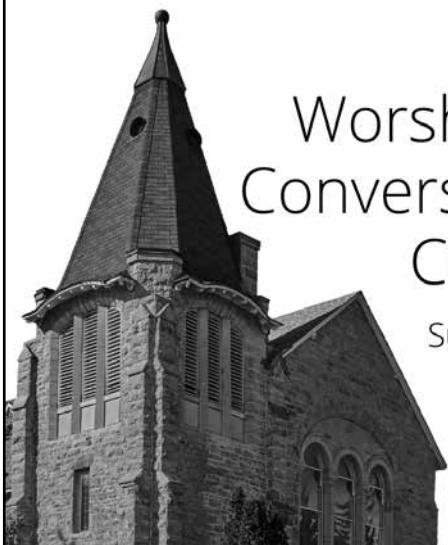
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Malcolm and John Harding

New Edinburgh composer and pianist arranges opera production

By Andrew Ager

A spectacular event will take place in Ottawa on Mar. 14, at 7:30 p.m., and Mar. 15 at 3 p.m., at Rideau Park United Church, 2023 Alta Vista Dr.

New Opera Lyra is presenting, for the first time in Ottawa, a fully staged production of Rachmaninoff's one-act opera *Aleko* – a truly operatic love tragedy. This one-hour production combines lush vocal melodies, thrilling dancing, and powerful drama. Rachmaninoff's music is universally loved for its gorgeous tunes that pull the heartstrings, and his popular melodies have even been used in rock music.

New Opera Lyra composer and arranger-in-residence Andrew Ager received a City of Ottawa grant to create the orchestral arrangement used in this production. Andrew has lived on Rideau Terrace for eight years and recently started work as a rehearsal pianist at the Ottawa School of Dance. His wife Suzanne is directing the opera and



Photo by Greg Benson

Ukrainian-Canadian soprano Antonina Ermolenko.

assisting with the stage management of this ambitious project.

Rideau Park United Church

will be transformed into a mysterious, moonlit stage-set for this event. With evocative lighting and colourful costumes,

Aleko will be a treat for the ears and the eyes.

The opera tells the moving story of an outcast who seeks

love amongst the Romani – and whose passions destroy his dreams of happiness. In just 60 minutes we witness, through unparalleled music, his tragic fate.

New Opera Lyra's production features a cast of brilliant Canadian opera singers; the Ewashko Singers; a chamber orchestra; The Kalinka Women's Dance Group; members of Svitanok Dance Ensemble; and solo dancer Clare Bassett – all under the direction of choreographer Tetiana Avramenko and conductor Norman E. Brown.

We are particularly pleased to bring Ukrainian-Canadian soprano Antonina Ermolenko to the nation's capital for her Ottawa operatic debut.

Tickets and more information about this spectacular show are available at newoperalyra.ca

Rideau Park United Church is fully accessible and has ample parking.

Andrew Ager is a composer of symphonies, operas, chamber and solo music.

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EVENTS CALENDAR

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Visit newedinburgh.ca/events for the most up-to-date listings.

January

January to Mar. 2 – Public Skating at Rideau Hall | Mon–Fri 5–8:30 p.m. Last entry at 7:45 p.m. Sat–Sun 12–8:30 p.m. Last entry at 7:45 p.m. | guide@gg.ca | Free admission; weather and ice conditions permitting. Members of the public are invited to lace up their skates and enjoy the timeless wonder of the Rideau Hall skating rink. Tucked away on the grounds of Rideau Hall, the skating rink has hosted generations of skaters and shaped the culture of winter sports in Canada.

Jan. 29 – Yoga at the Fieldhouse | 7–8:00 p.m. | \$15 Unite breath and movement through an asana practice. Join Solmaz Hicks on her yoga journey that began during the pandemic when she discovered a profound connection between mind, body and spirit. Through her yoga practice she changed the way she deals with stress entirely – and you can, too!

Jan. 30 – Children’s Playgroup (CCC) | 8–11:00 am. | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | Free admission Children aged 0 to 4 and their parents and caregivers are welcome to attend a free drop-in playgroup at the New Edinburgh Park Fieldhouse on Thursday mornings. This is an informal and unstructured opportunity to socialize with other families in your community. Please bring your own toy and snack for your child. Some warm beverages available for adults.

Jan. 30 – Senior’s Social Group (CCC) | 2–4:00 p.m. | New Edinburgh Park Fieldhouse: 203 Stanley Ave. A weekly opportunity for seniors to connect. Join other members of older generations interested in connecting with others of like mind to enhance

their social lives. This group meets casually over a cup of tea or coffee and some goodies for conversation and companionship. Group activities, such as games or walks, are chosen by attendees and may change from week to week. For more information, call Dawn at 705-930-1991 or email CrichtonCommunityCouncil@gmail.com

February

Feb. 1 – Winter Celebration at Rideau Hall | 12:30–4:00 p.m. | guide@gg.ca | Free admission The grounds of Rideau Hall will become a winter playground, hosting over a dozen free activities, plus performances and a few surprises. This free outdoor event, open to people of all ages, is proudly presented as part of Winterlude.

Feb. 5, 12, 19, 26 – Yoga at the Fieldhouse | 7–8:00 p.m. | \$15 Unite breath and movement through an asana practice. Join Solmaz Hicks on her yoga journey that began during the pandemic when she discovered a profound connection between mind, body and spirit. Through her yoga practice she changed the way she deals with stress entirely – and you can, too!

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Feb. 12 – Crichton Community Council (CCC) Board of Directors

Meeting | New Edinburgh Park Fieldhouse: 203 Stanley Ave. | 7:30–9:00 p.m. | All are welcome. CCC Board of Directors meetings are held on the second Wednesday of every month at the New Edinburgh Park Fieldhouse. Meeting times, dates and locations may vary.

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Feb. 17 – Family Day Rink Fest (CCC) | 1–4:00 p.m. | New Edinburgh Park Fieldhouse: 203 Stanley Ave. CCC’s tradition of bringing people together to participate in outdoor winter activities returns in February! Enjoy a fun-filled afternoon of skating, curling, music, and hot chocolate at the CCC Family Day Rink Fest. Settle in to cheer on Team Canada as they face off against Finland in the thrilling Four Nations Cup game on the CCC’s big screen. It’s a perfect way to spend Family Day!

Feb. 18 – Heritage Day 2025 | 12–2 p.m. | Ottawa City Hall: 110 Laurier Ave. W. | Free admission Celebrating the theme: “Heritage Champions: Crafting a Legacy of Preservation and Innovation.” It’s a time to come together and honour the incredible work being done to preserve Ottawa’s rich and

diverse history! Find more details on Heritage Week (Feb. 17–23) around town at Ottawa.ca

Feb. 18 – New Edinburgh Community Alliance (NECA) Board Meeting via Zoom | 7–9:00 p.m. All New Edinburgh residents are welcome to attend this virtual-only meeting at: us02web.zoom.us/j/89823739729 Find more information closer to the meeting date at newedinburgh.ca

March

Mar. 1, Seedy Saturday - Emmanuel United Church, 691 Smyth Road from 10 a.m. to 3 p.m. In collaboration with Just Food and Seeds of Diversity, the Kilborn Gardeners Group is happy to once again host Seedy Saturday. Enjoy gardeners interested in Ottawa’s food security, sample bring and exchange seeds for free, explore seed vendor offerings, take in presentations on aspects of organic gardening, seek out master gardener advice, support local artisans, meet community local cuisine. Admission is Free! Contact us at altavistaseeds@gmail.com and visit justfood.ca closer to the event for updates

Mar. 5, 12, 19, 26 – Yoga at the Fieldhouse | 7–8:00 p.m. | \$15 Unite breath and movement through an asana practice. Join Solmaz Hicks on her yoga journey that began during the pandemic when she discovered a profound connection between mind, body and spirit. Through her yoga practice she changed the way she deals with stress entirely – and you can, too!

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Congratulations



The *New Edinburgh News* would like to give a big shout-out to **Philippe Marchand** who is turning the benchmark 40 on Feb. 24. Philippe arrived in the neighbourhood from Montreal eight years ago and loves the strong community spirit here, the architecture, and the 15-minute neighbourhood concept. He also loves the arts scene here, especially the Arts Court and the National Arts Centre. While his day job is in Communications, you will find him shovelling in winter, gardening in summer, on stage as an improviser, walking his dog Daphne, or taking photos for *NEN* year-round!



Frédéric and Christine Lavoie are thrilled to share news of their wedding at the Notre-Dame Cathedral Basilica this past October. They've found the neighbourhood to be an amazing new home for them, having come here from Montreal (him) and the Owen Sound area (her) for university. They can't wait to put down

roots in Ottawa! Check out Frédéric's crossword puzzle on page 29.



For the 14th consecutive year (COVID aside), New Edinburgh resident **Gavin Murphy** hosted his annual DunelmOTTAWA alumni Christmas party at Dunelm: his Union Street residence. Dunelm is also the name of a degree awarded by England's Durham University. Founded in 1832, Durham is the third oldest university in England – after Cambridge and Oxford. This year's celebration was exceptional, as it was the first time three other English university alumni members attended.



Congratulations to **Michelle McLean**, our advertising manager for *NEN*, who just won the Pet Daycare in Ottawa category for the Canadian Choice Awards 2025 for her business: **Michelle's Caring Cat Sitting Services**. We are thrilled to have Michelle as part of our team and wish her well serving folks in the surrounding areas with their pet needs in the coming year!

Congratulations to **Sung Hae Lee**, owner and head chef of

New Edinburgh mourns heavy loss

By Hilary Porter

It's with incredibly heavy hearts that we announce the passing of our beloved colleague and friend, Bridget. She passed away peacefully in the early hours of Friday, Jan. 17, surrounded by family, after a battle with cancer.

Bridget has been a member of our bookstore family for over a decade, and it would be an understatement to say that the bookstore won't be the same without her. She was kind, generous, funny, and charismatic. A booklover to her core, she enjoyed reading almost as much as helping our customers find their next great read. As a long-time New Edinburgh resident, some of you may remember Bridget more from all



Photo by Brian Dixon

Bridget with her dog, Dickon.

the time she spent in Stanley Park over the years – first with her dog, Dickon, and more recently with her puppy, Maisie. Both were also loyal bookstore dogs and accompanied Bridget to work most days.

to recreate a local intersection in the grid! (It's just over New Edinburgh's border with Lindenlea, for those searching.)

For an online solving option, or to share any thoughts or comments – especially if you'd like to see this as a regular *NEN* feature! – don't hesitate to shoot me a message at fredericklavoie@outlook.com.

Condolences

We were sad to hear the news that **Oleh Belkin** died in November, 2024. He and his wife **Vera Hutzuliak** were long-time residents of Crichton Street and moved into a retirement home due to health issues. Many in the 'Burgh remember Oleg riding his bicycle, well before the current cycling trend. We were also treated to his endless jokes and will miss them – and him.

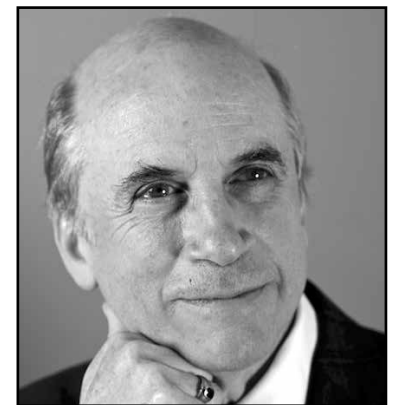
Our sincere condolences to the Sorger family on the recent death of **Leonor Tenorio Sorger**, beloved wife of **George Sorger** and mother of **Carmen** and **Tamara**. Mrs. Sorger had an active and distinguished career in the promotion of humanitarian causes. She was a founding member of Amnesty International Group One of Canada, and in the 1980's, founded the Interfaith Council For Refugees in Hamilton, Ontario, where the Sorgers lived before moving to Ottawa. In recognition of her service, Mrs. Sorger was awarded Hamilton's Woman

Bridget often said that the bookstore was her happy place, and we're sure that being here among the books, her colleagues, and our customers, was one of the things that helped her get through what was undoubtedly a very difficult time. She was determined that her cancer diagnosis wouldn't take away the things she loved the most – and so it was that her strength and determination allowed her to continue coming into the bookstore almost up to the very end.

Sending all our love to the Barber family and all of Bridget's dear friends at this very difficult time. We loved her so much and she will live in our hearts forever.

Hilary Porter is the Manager at Books on Beechwood.

of the Year, and the Order of Saint Gregory from the Vatican. She will be greatly missed by her family and friends.



Tim Wynne Plumptre, a devoted family man and visionary leader, passed away unexpectedly after facing illness with grace and optimism. A graduate of the University of Toronto, the London School of Economics, and Oxford University, Tim's career spanned journalism, public service, and consulting, culminating in his founding the Institute on Governance in 1990. Passionate about community, he served as President of the New Edinburgh Community Alliance (NECA) and volunteered with numerous organizations. An accomplished outdoorsman, musician, and author, Tim leaves behind his wife of 52 years, **Barbara Laskin**, his children **Genny** and **Bora**, and a legacy of governance excellence. A celebration of his life will be held on Mar. 9 at the National Arts Centre Salon.