

NEW EDINBURGH NEWS

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A snowy winter stroll along the Rideau Hall fence.

Photo by David Rostenne

A tale of two countries (and their butter)

By Eleanor Dunn

Editor's note: Like the writer, you may have noticed that your weekly or monthly grocery shopping has gotten very expensive. We know there are a few reasons: Climate change and extreme weather conditions have destroyed farmland and caused severe drought (leading to a drop in domestic wheat, canola, and barley), but they've also affected food transport. COVID-19 did disrupt the global supply chain, causing what should have been short term increases that have stuck around. The war on Ukraine (a major producer of grain and corn) coupled with Canada's drop in wheat production has made grain more expensive. We've also seen the cost of energy skyrocket for several reasons. Lastly, critics and the Canadian government have raised concerns about whether our rising food prices are a result of the grocery monopoly – five companies account for more

than three-quarters of all food sales in Canada, according to Canada's Competition Bureau. In 2023, 49 per cent of Canadians reported buying groceries from Loblaws or one of its sister stores. This led to a Parliamentary investigation into price gouging in 2023.

My parents immigrated to Canada from Scotland. I was their first child, born in Halifax, NS. I guess this makes me a first generation Canadian. Being proud of my Scots heritage, I turn to traditional recipes for Christmas baking. It wouldn't be Christmas in my house if we didn't have light and dark fruitcake, plum pudding, and the Scottish treat: shortbread. I started a new Canadian tradition a few years back — homemade tourtière for Christmas Eve.

Back in the day, it was not unusual to have 14 or 15 people around the table. But the grandsons have grown

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New Edinburgh: Ottawa's hub for diplomatic missions

By Paul McConnell

One of the many desirable features of New Edinburgh is its proximity to the national seat of government, convenient for many of our residents who work in federal offices or on Parliament Hill. Having the official residences of both the Governor General and the Prime Minister as neighbours on one side and Global Affairs Canada on the other confers an additional convenience and prestige for foreign diplomats. It's not surprising, therefore, that many diplomatic missions have chosen New Edinburgh for their base.

Over the years, countries have located their embassies

across Ottawa. One major cluster is the "Embassy Row" along Range Road at Strathcona Park in Sandy Hill. There have also been proposals to establish another focal point for embassies west of downtown, in Mechanicsville or Tunney's Pasture. But the most recent and conspicuous development has been the appearance of diplomatic missions edging east along Sussex Drive. The United States, Kuwait, Japan, Saudi Arabia, and the Ismaili Imamate will soon be joined by the relocated British High Commission, now under construction on Sussex Drive next to historic Earncliffe.

Crossing the Rideau River, we reach New Edinburgh,

currently home to six diplomatic missions. These missions contribute to the diversity of New Edinburgh and in many cases enhance and preserve the neighbourhood's heritage character. Some of them are housed in custom-designed buildings, while others have successfully repurposed existing properties. All are part of the fabric of New Edinburgh.

The Diplomatic Circuit

The Embassy of Spain is located at 74 Stanley Ave., facing the park and Rideau River. This grand, two-storey mansion with an impressive front entrance, was built in 1959, its cornerstone being

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Local pharmacies ease pressure amidst crisis

By Jane Heintzman

When we hear news of the heroic work of our frontline health care providers, most of us think first of the over-taxed teams of doctors and nurses in our acute care facilities, struggling to cope in the context of today's daunting challenges: nursing- and family doctor shortages, packed emergency rooms, lengthy wait times for diagnostic and specialist care, and waves of seasonal viruses, COVID still among them.

But the good news is that in recent years, our local pharmacies have stepped up to buttress that front line, offering preventive vaccines and prescribing treatments for

non-critical ailments, while in the process, relieving some of the pressure on doctors' offices and emergency departments.

Just over a decade ago in 2012, the Ontario Government first authorized the province's pharmacists to administer influenza vaccines. Since then, the list of approved vaccines has significantly expanded to include a wide range of conditions from COVID to pneumonia, RSV, shingles, Hepatitis A and B, and travel vaccines.

More recently, on Jan. 1, 2023, Ontario pharmacists added another arrow in their quiver of frontline services when the Ontario

Government announced a range of "Common Ailments" for which local pharmacists were authorized to provide assessments, treatments, and prescriptions. The list was further expanded in October 2023, and now includes 19 such Common Ailments.

Just some of the medical conditions that pharmacists are now authorized to treat include: uncomplicated Urinary Tract Infections (UTIs); nausea and vomiting in pregnancy; acid reflux; joint and muscle pain; seasonal allergies; cold sores; yeast infections; acne; pink eye; and dermatitis (including eczema).

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What's the New Edinburgh Community Alliance?

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

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

NECA's committees include Traffic and Safety; Heritage and Development; Beechwood Development, 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 **Tuesday February 20, 7:00 p.m.** and **Tuesday March 19, 7:00 p.m.** Meetings are hybrid: held online and in person at the Fieldhouse. Contact newedinburgh@outlook.com for details.

Your NECA Representatives 2023-2024

Contact anyone below through info@newedinburgh.ca

Sarah Anson-Cartwright

Ted Bennett **Co-Treasurer**

Ray Boomgaardt **President**

Sean Flynn **Co-Treasurer**

Kostyantyn Frolov

Katherine Hall **Friends of the Park**

Karen Squires **Friends of the Park**

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Cindy Parkanyi **Secretary**

Ex officio:

Chris Straka **President, CCC**

Sharon Nyangweso **Editor, *New Edinburgh News***
newednews@hotmail.com

Learn more at
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Ray Boomgaardt NECA President

On an evening in January, as I walked along the snowy, multi-use use pathway from Beechwood toward Stanley Park, I heard the swoosh of skates and the clacking of frozen-hard pucks ricocheting off rink boards and hockey sticks, while the lights of the Fieldhouse rink glistened in the distance. As winters grow shorter, moments like this seem iconic.

Speaking of the Fieldhouse, at the request of the New Edinburgh Community Alliance (NECA) Board, and the Crichton Community Council (CCC), the City has agreed to install an emergency generator plug at the Fieldhouse, so that a generator can be easily hooked up there if there is a power failure emergency. The City is able to do this because it will, with the Board's agreement, be drawing down the capital cost from the City fund established in our favour when Crichton School was sold to

the School of Dance.

Last fall we decided that, with an accumulated surplus of \$20,000 over recent years, we should ask the Treasurer and the *New Edinburgh News* (the source of our income) to let us know if we could prudently be spending money in support of additional community projects. This month they came back to us, with their assessment, which found that we could. The Board decided that such spending would be prudent, so long as we maintain an accumulated surplus of at least \$10,000.

Other matters of interest from our January meeting (held online) include:

- We had good participation at our meeting from members of the community.

- We had a discussion with the Councillor and City staff about the Airbnb at 211 Ivy Cr, which some neighbours think is creating a nuisance, and which seems to be renting six units, some of which

may not be covered by the principal residence exception which the City bylaw requires. The City is continuing its investigation, and welcomes hearing community concerns.

- We also launched discussions with the Councillor about the ownership and management of the publicly owned lands along the river from Beechwood Avenue to Dufferin Road. The multi-use pathway is great, but there may be a need for clarification and planning as to how the rest of these lands are to be used.

- The Board agreed that NECA would act as the "applicant of reference" for the Kitchissippi Trail application.

- We discussed next steps for the revision of the New Edinburgh logo.

For more information on these matters, you can refer to the minutes of past meetings on our website and reports elsewhere in this edition of *NEN*. Enjoy our fabulous paper, consider helping out with it if you can, please continue to support us with advertising (and support our advertisers) and consider joining us at our upcoming meetings.



Prepping the ice at sunset.

Photo from CCC Facebook

Volunteer Photographers Wanted

Do you find yourself taking pictures of all the historic homes in New Edinburgh? Is your camera filled with sunset photos from MacKay Street? The *New Edinburgh News* is looking for enthusiastic photographers to help in the creation of our community paper. An opportunity to work with your neighbours and local businesses to put the neighbourhood's best (visual) foot forward. To qualify, we need you to have a camera of your own and a few hours per edition.

Get in touch with the NEN editors at newednews@hotmail.com

Letter from the Managing Editor



Sharon Nyangweso
Managing Editor

February celebrates the beginning of a new year on the traditional lunisolar Chinese calendar. February 2024 brings us to the Year of the Dragon, characterized by vibrant energy and promising opportunities. We thought this was a perfect opportunity to begin trying new things with *NEN*, and bringing energy to the staples we know and love like the “For the Birds” column!

In this February issue, you will find the first of what we hope will be two regular features: “New Edinburgh and the World,” and “15-Minute Neighbourhood.” The latter will be exploring how we get to the neighbourhood we all dream of, and what that will entail. The former will give us the chance to celebrate and highlight the vibrancy and diversity of this beautiful

little piece of Ottawa we call home.

So, while we celebrate Valentine’s Day, Family Day, Black History Month and more, I invite you to get out into the community: Take a little longer than usual chatting with your neighbour, browse a little longer at Books on Beechwood, savour a piece of cheese from Jacobsons, and indulge more than usual on a tasty treat at JnJ Bakery. Being your Managing Editor for the last five months has been the pleasure of a lifetime, and I’m excited to continue this journey with you all – our incredible readers, contributors, advertisers, and most importantly, neighbours.

Letter from the Co-Editor



Karen Squires
Co-Editor

The past three editions (as Co-Editor with Sharon) have brought new content, while building and expanding on the core focus areas of the New Edinburgh Community Alliance (NECA) board such as Traffic and Safety, Beechwood Development, Parks, Environment and Climate Change, and Heritage and Development. We are also receiving great suggestions from residents about all these areas while building on emerging subject areas such as wellness, inflation, and

newsworthy updates in the hood.

While the cost of food (and other staples) continues to increase, we are looking at ways to “savour the moment” while being creative. We hope our Burgh Business Briefs section provides some “food for thought” as we lead into a few special occasions, noted above. Let’s continue to support our local businesses: check out those mentioned in the BBB section and read who’s taking over the Ministry of Coffee’s space!

Also: the days are getting longer, so it’s nice to see more people outside! Stay tuned for more information on the Park Clean Up – and a possible new partner – in the April edition. We also want to thank the City for their ongoing support on this and many other initiatives!

Finally, join us in welcoming our new team member Michelle McLean, noted in the Breezy Bits section.

We are always encouraged to hear from you so that we may represent our readers and local businesses, continue to provide important relevant updates, and be responsive.

Enjoy the balance of winter and we look forward to longer days ahead!

Best wishes from the *NEN* team!

Send us your letters

Letters to the editor must include writer’s name, address and contact info. Opinions expressed are the writer’s own and do not necessarily reflect those of the newspaper. The editor reserves the right to edit for length and clarity.

Send us your letters: editor@newedinburgh.ca

Read the *NEN* online: www.newedinburgh.ca

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Letters to the Editor

I add my voice to that of David Greenberg (December edition "Letters to the Editor") regarding 24 Sussex being returned to our indigenous [sic] neighbours. It would be a dainty conciliatory gesture for the massive land theft of the former Rockcliffe CF air base, which was ingeniously legalized through two inter-government transactions.
Greetings / Amitiés / Gruß
 Michael L

**

I was catching up on the *NEN* today and saw your editor's note heading the Oct. article on theft in the neighbourhood. I wanted to express my appreciation for the critical thinking approach you brought to add context to that piece. It was a valuable addition and I look forward to seeing more of this lens in future editions!
 Laura B

**

We love living in New Edinburgh. We moved here during COVID and have grown to love the architecture of the community, the various community merchants, the parks, and the proximity to downtown and Quebec, etc.

It is amazing to be in a beautiful city like Ottawa and still be able to hear a red squirrel chattering from above in tall pines. However, I have had this tranquility interrupted repeatedly with dog owners in off leash areas not making any effort to get their dogs under control when I am jogging. This morning while jogging in the dark rain around 7 a.m. I was hoping there wouldn't be any dog walkers out. As I ran up Pine Hill park, I yet again had a dog come charging at me. I stood still with my hands raised out of reach and asked the owner in a calm voice if they could "Please call your dog off of me." There was no response. As he walked by, I said thanks. He told me I shouldn't have had a light on my head. I asked him if he thought it was my problem for having a light on. He then told me: "Don't go here, it's a dog park." I told him I had as much right as him to be in the park and that "Off Leash" means "under control."

I got the following off of a Google search but perhaps it doesn't apply in Ottawa: "Effective control of a dog

that is "Off Leash" means that the owner/person responsible for the dog can voice control their dog in a manner that ensures the dog will obey. The dog needs to remain in close proximity and in sight of the owner/person responsible, at all times."

I have owned dogs most of my life and love dogs, but I do not love some of the dog owners in our neighbourhood. A couple of years ago I had six dogs come charging at me running through Stanley Park with only one of their owners making any effort to get their dogs under control. I've had dogs come charging multiple times in Pine Hill park with their owners not raising their voices or making any effort. Is it the practice that off leash means run at your own risk of being pursued by dogs? I don't jog a ton, just in the shoulder seasons or when the weather isn't ideal for other outdoor activities but I am very frustrated by the lack of responsibility and control some people display for their dogs in off leash areas. Some other dog owners are very respectful and do have their dogs under control but it is a shocking number that don't and don't make any effort to stop their dogs from tearing after someone and barking at them aggressively. I've had a couple nip at me as well.

I am not sure I have a great suggestion or recommendation. I suppose I could call 311 but the dog and dog owner would be long gone by the time anyone shows up. Off leash is great for dogs but should it just be in enclosed areas like a baseball diamond? That seems to work well in other cities. If I were a dog or a dog owner, I'd like to have the freedom to run about but I don't think "DON'T GO HERE" is a reasonable response to joggers, either. Could signs be put up saying "OFF LEASH MEANS UNDER CONTROL"? This might not have any impact but maybe it would. Should animal control officers try running through Pine Hill park from time to time to test things out? I am not sure if others have raised this issue but I thought I would bring it to your attention.

Regards,
 Peter

On the drawing board: StreetFest 2025

By Janet Uren

Once upon a time, Laurentian Chapter – a local branch of a national women’s service group – dreamed of creating a series of annual neighbourhood festivals in different communities of Ottawa. They were thinking about an annual event that would both communicate Ottawa history, give musicians and artists a place to shine, and raise funds for the needy. The Chapter began the series with a pilot project, StreetFest 2022, in New Edinburgh. Born out of post-COVID concerns, the festival was conceived as a largely outdoor celebration of the long history of our neighbourhood, with porch concerts and a music program in local churches to sweeten the mix. The festival was a hit, and was repeated in New Edinburgh in September 2023 with a view to building on and improving the basic

concept.

Now, theoretically, it is time to choose another neighbourhood and move on. The problem is that there is just no other neighbourhood in Ottawa that quite resembles New Edinburgh. The Heritage Conservation District, as well as having a charming ambience and houses mostly dating back to the 19th century, is walkable in size. It has a park on Sussex Drive that can serve as a wonderful outdoor gathering place. It has indoor institutions at St. Bartholomew’s and MacKay United that can serve as venues for indoor concerts. It has an enthusiastic programming partner in Governors Walk.

Over the past two years, Laurentian used the extraordinary character of this 200-year-old industrial village to build an unusual event centering on the twin pillars of music and heritage. From



Photo by Jeanne Gauthier

(from left) Mike, Dorothy and Patrick, local session musicians who turned out to jam at StreetFest 2023.

these efforts came \$35,000 raised to help the Inuit children of Ottawa through the Inuuqatigiit Centre for Inuit Children, Youth and Families. After an initial attempt in 2022, the chapter came back in 2023 with some devel-

opments and some improvements – including open houses featuring some of the oldest homes in the neighbourhood, a much-expanded porch concert series, a beer and wine tent in the park between Sussex and Thomas

Street, and a wonderful afternoon ceilidh to close off the day.

Now, Laurentian has moved away from the idea of taking StreetFest on an annual road tour. It is talking instead about returning to New Edinburgh on a two-year cycle, which means the next festival would take place in September 2025. Among the improvements being considered are a more fully developed music program centering on the park; more horse and wagon rides; and more open houses where stories of the past can be told. We have not finished with New Edinburgh. Stay tuned.

Janet Uren is a professional writer, currently working with Martha Edmond on a history of New Edinburgh. She is currently vice-president of Laurentian, a women’s service group that has produced StreetFest in the past two years.

15-Minute neighbourhood: Unlocking New Edinburgh’s potential

By Nathan Bowler

New Edinburgh, the charming neighbourhood many of us call home, is about to embark on a transformative journey. Over the next few articles, we will explore the concept of a 15-minute neighbourhood, understanding what it means, and how New Edinburgh measures up. As a resident deeply invested in the community for the past decade, I have fallen in love with its unique charm. Now, it’s time to channel that love into understanding how we can enhance livability and infrastructure even more, making New Edinburgh a shining example of a 15-minute neighbourhood.

In case you’re unfamiliar with the term, the 15-minute neighbourhood is a concept in urban planning that envisions a community where residents can meet their daily needs within a 15-minute walk or bike ride from their homes. To be fully inclusive, the perfect 15-minute neighbourhood would also be accessible for wheelchair-users, people with limited vision, and anyone with mobility issues to be able to move around safely and freely within 15 minutes of healthcare, edu-

cation, work, leisure, shopping, and entertainment venues. This approach promotes a sustainable, vibrant, and community-focused lifestyle. The concept reduces reliance on cars and fosters a sense of interconnectedness among neighbours. It’s not just about proximity to these services. It’s about creating an environment where residents can live, work, shop, and socialize without the need for long commutes or extensive travel, or the danger of erratic traffic.

Now, let me be clear – I’m not an urban planning professional. My expertise lies in the world of travel, having spent over a decade as a travel advisor sending clients to Antarctica, the Himalayas, and everywhere in between. However, my personal passion for urban concepts, geography, and the intricacies of why people choose to live where they do has driven me to explore the possibilities of turning New Edinburgh into a 15-minute neighbourhood. This article series aims to spark discussions among residents, bringing attention to the potential improvements we can make as a collective.

Over the next few issues,

we will delve into the heart of New Edinburgh, exploring its strengths and weaknesses in the context of a 15-minute neighbourhood. This introspection will serve as a starting point for our community to envision and work towards a brighter future for all.

So, what can you expect in the next few issues?

Assessing the Pulse of the Community – We’ll gauge the sentiments of our neighbours to understand their views on transforming New Edinburgh into a 15-minute neighbourhood. Are we a community of NIMBYs (Not in My Backyard), or are we progressive forward-thinkers willing to embrace positive change and inclusivity?

Strengths and Weaknesses – We’ll conduct a thorough examination of New Edinburgh’s strengths and weaknesses concerning the 15-minute neighbourhood model. Which aspects align with this vision, and where do we need improvement? By identifying these factors, we can create a roadmap for how we can see our quaint little neighbourhood become a beacon for other communities to follow.

Empowering Change –

We’ll explore practical steps that residents can take to advocate for the transformation of New Edinburgh into a 15-minute neighbourhood. From engaging with City Council to supporting local businesses and local transit, each of us has a role to play in achieving this shared goal.

Stay tuned for an insightful journey into the heart of New Edinburgh as we explore the potential to unlock a future where convenience, community, and sustainability inter-

sect within a 15-minute radius. Together, let’s shape the narrative of our neighbourhood and pave the way for a more vibrant and connected community.

Nathan Bowler is an adventurer, geography enthusiast, and resident of Ivy Crescent in New Edinburgh. When he’s not cycling through the streets of the neighbourhood, he’s working on sending people to the Canadian Arctic and beyond with Adventure Canada.

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From New Edinburgh to France: Lessons across continents

By Karen Squires

This past holiday season, my husband and I travelled to France to visit family and friends – a trip which had been on hold for years. It was an amazing time reconnecting with family in Paris, smaller towns like Metz and Nancy, and revisiting French culture, architecture, art, cuisine, and of course, friendly people – yes, even in Paris! Having been away for so long, we found ourselves needing to ask directions and were surprised that people went so far as to follow us around the block to provide directions to our car rental location – which was underground. When there was only one table remaining at a restaurant, we shared with another couple, and all enjoyed a great meal with interesting conversation – that was our first day in Paris!

When we reconnected with family around mealtime, everyone wanted to talk about Canada, as almost everyone had visited at some point, except just a few friends. You could tell they were very curious, eager to hear more and learn more about our lives here.

As always, we love to share stories about Canada, and of course people know



Photo by Karen Squires

In Nancy, France an example of giving the streets back to the community.

about the larger cities such as Toronto, Ottawa, Montreal, and Vancouver. But as we spent more time together and explored some of the smaller towns in France, experiencing the streetscapes, parks, and wonderful restaurants, we shared information about our own very special neighbourhood as well.

We spoke about the green spaces and how friendly people were here in the neighbourhood, we spoke about some of the great amenities, activities, and events as well. However, I will say that when it comes to activities for all ages and stages in smaller towns in France: WOW!

We came across huge street markets, boutiques, restaurants/brasseries/boulangeries around every corner, and pedestrian-only streets in the core of the town. Yes, you have to park your car (often underground) away from these city centres and walk a few blocks, but it was so worth it. I did not see any stores boarded up or closing down and I'm talking about towns of much smaller populations such as Metz. In Nancy, employers encourage their staff to take the bus by offering incentives to reduce the number of cars in the downtown core. Admittedly, the weather is a little easier for cyclists year-round there, but it seems everyone is on board to do their part to make downtown enjoyable for all.

Our friends showed us how they are changing the streets in downtown Nancy and transitioning to pedestrians only, with no massive parking lots in sight and more trees being planted along streets. It was so nice to see this in so many places (more major street changes are coming soon to Paris) while we still wait to hear what's happening with our main street – the Beechwood Development Plan – you may recall the article in our December edition stating: "it continues to be pushed forward year after year!"

We are very fortunate to live in this neighbourhood, as it's the people here who go well above and beyond in making New Edinburgh unique and enjoyable. However, we continue to request updates on Beechwood Development to see the much-needed revitalization (such as tree canopies and better traffic flow including cyclists) in this area of the neighbourhood. It's important for both residents and businesses alike to enjoy and thrive! Let's see what the City plans for this important area of Canada's Capital City – let's be optimistic, as maybe the long wait will be worth it!

Karen Squires lives in New Edinburgh, sits on the New Edinburgh Community Alliance board, co-edits the New Edinburgh News after a career in marketing and communications, and is a life/health coach.

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Soak it up: Tips for coping with major rainfall

By Sarah Anson-Cartwright

There's something about the mounds of snow on our streets and in our parks that make me think ahead to where it will go when it melts! The possibility of flooding and overflow of our sewage system reminds me how unforgiving the surfaces are where we live. Fortunately, there are many ways we can alter those surfaces and make them more conducive and adaptable to the climate realities of today – especially significant rainfalls and spring meltwater.

Of course, New Edinburgh is home to one of the connection points to the Combined Sewer Storage Tunnel (CSST) – the massive project built to reduce the frequency of sewage overflows into the Ottawa River during rainstorms. One would think with that CSST project, we'd have the tools we need to cope with stormwater overflows and avoid potential flooding.

Yet as we learned last summer in Ottawa, sometimes rainfall comes in such a volume and at such speed that even the City's huge new tunnel and storage capacity can be overwhelmed. Then you see the resulting flooding of underpasses and cars traveling through them and wonder if we can find ways to better manage these dramatic events – especially as they are predicted to become more frequent.

Not only do we face the risk of floods, but stormwater that isn't absorbed into the ground becomes runoff that "picks up pollutants like dirt, oil, and animal waste as it flows over the surface and decreases the quality of our local waterways," as the City notes.

"Eventually, all stormwater reaches the Ottawa River which is the drinking water source for Ottawa and many downstream communities," the City notes on its webpage on "Stormwater-Frequently asked questions."

One tip for winter from the City: "Plan where you shovel your snow with spring meltwater in mind. Snow that melts on a permeable surface will get absorbed into the ground. This can help reduce flooding and decrease the amount of salt that enters our rivers."

Natural and green infrastructure – at our residences and in



Parent volunteers and students at local school Trille des Bois transformed an area of excessive runoff and soil erosion into a rain garden with many native plants. They received a City grant for this project.



Photo by Eugene Waters

public spaces – are also vital to managing stormwater in addition to our "grey" or hard infrastructure. Examples of green infrastructure include rain gardens (bioretention); bioswales; permeable paving; green roofs; urban trees; and infiltration galleries.

"By relying on plants, soil, and natural systems to manage rainfall runoff, green infrastructure tackles urban water woes and boosts climate resilience, according to the website of Natural Resource Defense Council in the U.S.

It's no surprise that the City wants homeowners to get our properties "rain ready." For those living in the priority area, it has offered rebates for various "rain ready" projects at your home. New Edinburgh is not within the priority area to be eligible for the rebates, but all residents are eligible for online courses on how to be rain ready. Search online for "Rain Ready Ottawa" for information.

"Soak it up" is the slogan of municipalities – including Ottawa – that are encouraging homeowners to use vegetation and soil to help manage stormwater. Adding more native plants, shrubs and trees increases our gardens' capacity to absorb rainwater.

What may have previously seemed like small actions – adding vegetation to our verges (those nature strips next to sidewalks) – become increasingly valuable and necessary actions if we want to help manage storm runoff.

If you're willing to take on a bigger beneficial project, consider a permeable pavement for your driveway. "From gravel stabilized with

structural plastic, to permeable interlocking concrete pavers, to pervious asphalts, they all serve the same purpose; to infiltrate rainwater where it lands," explains the City.

"Along with your roof, your driveway is probably the biggest impermeable surface on your property. Reducing this area and making it permeable can reduce the amount of rainwater that runs off your property," the City says.

Sarah Anson-Cartwright is a NECA board member and a public affairs specialist.



Photo by rainreadyottawa on instagram

Impermeable surface on a driveway to allow water absorption.



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Big solutions for big challenges in 2024



Mona Fortier
Ottawa-Vanier MP

As the month of February begins, the House of Commons has resumed its session following the holi-

day break. I am embarking into the next year with a lot of positive energy and ambition to serve the residents of Ottawa-Vanier.

Despite geopolitical instability, the cost of living, and the adverse weather conditions experienced due to climate change, we managed to stay strong in these challenging moments last year. We looked out for our neighbours and were there for each other. Throughout 2024, we will continue to roll up our sleeves and find solutions to support the issues and challenges we will face. Whether it's the cost of living, pressures on the healthcare system, or climate change, I am confident that by working together with our colleagues from the provincial and municipal governments, we will implement the necessary measures for a better economic and social

future in our community.

We will continue to support the middle class by creating good jobs, building more housing, and preserving our clean air. We will also continue to provide targeted relief from inflation to families who need it most, including the implementation of \$10-a-day childcare services and the Child Care Benefit which is indexed to take into account inflation. We are also establishing the Canadian Dental Care Plan that will benefit Canadians, including youth under 18 and seniors and we are also working together to build more housing, faster. And finally, as of the week of January 15, you should have received the first carbon pricing rebate for 2024. Through our price on pollution, we're reducing emissions and putting money back in your pockets.

As always, my team and I are at your service to address your questions and requests regarding federal programs and services. You can reach us by contacting our office at 613-998-1860 or by email at mona.fortier@parl.gc.ca.

**

Déjà le mois de février qui s'amorce, et de mon côté,

la Chambre des communes a repris ses activités après le congé des fêtes. Je débute la prochaine année avec beaucoup d'énergie positive et d'ambition pour servir les résidentes et les résidents d'Ottawa-Vanier.

Malgré l'instabilité géopolitique, le coût de la vie qui nous préoccupe et les mauvaises intempéries vécues par les changements climatiques, nous avons su rester forts dans ces moments difficiles l'an dernier et nous avons veillé sur nos voisins et nous avons été là les uns pour les autres. Au cours de l'année 2024, nous allons continuer à nous retrousser les manches et trouver des solutions pour soutenir les enjeux et défis auxquels nous ferons face. Que ce soit le coût de la vie, les pressions sur le système de santé, les changements climatiques, je suis convaincue qu'en travaillant ensemble avec nos collègues des gouvernements tant au provincial qu'au municipal, nous mettrons en place les mesures nécessaires pour un meilleur avenir économique et social.

Déjà nous allons continuer à soutenir la classe moyenne en créant de bons emplois, en construisant plus de loge-

ments et en gardant notre air pur. Nous allons aussi continuer à offrir des allègements aux familles qui en ont le plus besoin pour aider à combattre l'inflation par la mise en place de services de garde à 10 dollars par jour et l'Allocation canadienne pour enfants (ACE) qui est indexée pour tenir compte de l'inflation. De plus, nous avons instauré le Régime canadien de soins dentaires qui profitera aux gens de chez nous, y compris les jeunes de moins de 18 ans et les personnes âgées. De plus, nous travaillons ensemble pour construire plus de logements le plus rapidement possible.

Enfin, vous devriez avoir reçu dans la semaine du 15 janvier votre premier remboursement de 2024 sur la tarification de la pollution. En fixant un prix sur la pollution, nous réduisons les émissions et remettons de l'argent dans vos poches. En conclusion, mon équipe et moi sommes à votre service pour répondre à vos questions et demandes au sujet des programmes et services fédéraux. Vous pouvez communiquer avec notre bureau par téléphone au 613-998-1860 ou par courriel à mona.fortier@parl.gc.ca.



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Local pharmacies ease pressure amidst crisis

Continued from page 1

Since the new services were introduced last year, it's estimated that more than 400,000 such medical assessments have already been provided by Ontario pharmacists, marking an important first step in relieving pressure on other, overburdened parts of the provincial system.

New Edinburgh is fortunate to have two local pharmacies to which we can turn for help dealing with our minor ills, without having to resort to overcrowded, germ-laden waiting rooms in hospitals or medical clinics.

Beechwood Whole Health Pharmacy

Pharmacist Peter Barreiro and his team at the Beechwood Whole Health Pharmacy at 222 Beechwood have energetically embraced their new frontline role, stepping up to provide hundreds of vaccines (notably, for waves of seasonal viruses in late fall), along with a steady flow of Common Ailment Consultations and treatments.

While appointments are not required for a minor ailment consultation, Peter advises

clients to call in advance to minimize wait-times, which can be slightly longer when only one pharmacist is on duty. But he stresses that "whatever happens, we won't turn you away," so your problem will be dealt with on the day you drop in.

The next step in the process entails a medical assessment of your ailment by Peter or one of his fellow pharmacists, Alex Formica or Roch Décoeur. They take into account your age and medical history, along with specific factors relevant to the problem (for example, a recent injury or chronic skin condition). Next is the determination of a course of treatment, including a prescription for any medications required.

Depending on the amount of time typically required to resolve the issue, Peter's team will contact you for an update on your condition. If you're lucky enough to have a family doctor, the team will also fax their office to report on the consultation and treatment.

For the frail and elderly unable to visit the clinic for treatment, Peter and his col-



Photo by Karen Squires

Whole Health Pharmacy owner Peter Barreiro (left) with Alex Formica.

leagues offer telephone consultations, along with home delivery of any medications or treatments needed.

In more complex cases – for example, if a UTI is associated with significant pain, or if pink eye has resulted in blurry vision or pain – the

pharmacists may refer you back to your family doctor for further diagnosis and treatment. If you, like many Ontario residents, don't have a family doctor, Peter's group offers the option of a Virtual Medical Clinic. Call 613-842-7455 for appointments.

Beechwood Whole Health Pharmacy contact numbers are 613-842-7455 or 613-842-7453. Contact Peter Barreiro at 613-863-3769, or peter@beechwoodpharmacy.com.

Guardian New Edinburgh Pharmacy

The Guardian New Edinburgh Pharmacy at 5 Beechwood Avenue has long been the flagship pharmacy in our neighbourhood, located at the heart of our commercial community. Regrettably, the pharmacy's phone system was out of commission in the lead-up to this issue, but we were able to briefly contact the pharmacy manager shortly before deadline. They confirmed that they offer Common Ailment Consultations for the approved list of health conditions noted earlier, but they require an appointment. Call 613-749-4444.

Both pharmacies continue to offer vaccines, but at the time of printing only the Beechwood Whole Health Pharmacy is offering the COVID shot.

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Update on Ottawa's 2024 budget



Rawlson King
City Councillor, Ward 13

Last December, Council approved the City's \$5.8-billion capital and operating budget for 2024. Overall, I supported the budget as a whole due to its unprecedented, one-time investments in affordable housing, along with increased investments in infrastructure and climate resiliency.

Budget 2024 commits \$33.5 million in municipal funds to improve access to housing and provide support to keep people housed, including \$15.7 million for the housing and homelessness investment plan, and \$8.8 million for housing benefits through Ontario Works. There is also \$4.6 million for family and emergency shelters, \$3.1 million for other homelessness programs and \$1.3 million to support the social housing program. In addition, the city is also committing \$5 million to advance its transitional housing strategy and is contributing a record \$30 million to affordable housing for immediate capital investment.

Budget 2024 also includes more than \$300 million for overall integrated road construction and road renewal, storm- and surface-water rehabilitation, bridges, sidewalks, and pathways. The city is investing more than \$62 million for traffic and pedestrian safety improvements, ranging from intersection control measures, programs for cycling and pedestrian facilities and network modifications, to active transportation and neighbourhood traffic calming.

In terms of addressing climate change, the budget includes \$180 million for zero-emission buses, as well as \$63.2 million to protect City facilities, including wastewater treatment, drinking water treatment, energy conservation measures, and accessibility upgrades.

In my capacity as Council Liaison for Anti-Racism and Ethnocultural Relations

Initiatives, I was happy to have secured an extra \$120,000 in the city budget specifically for the expansion of Black-led community initiatives, as part of the city's Anti-Racism Strategy commitments, as well as allocate resources for the creation of new city-wide anti-hate initiatives. The 2024 City budget also secures an additional \$400,000 to fund agencies that are providing direct food assistance to the city's most vulnerable residents.

The Ward will specifically benefit from the 2024 City budget through more than \$50 million in investments, which will include the upcoming renewal of the St. Patrick Street Bridge over the Rideau River, as well as continued improvements to the New Edinburgh Park Fieldhouse, which will include room partitions, improved flooring and acoustics, and wireless internet.

I did not support the \$770-million transit or \$415.5-million police portions of the budget since I believe more efficiencies need to be found in the Police Service and since I believe more investment is required for OC Transpo to make transit an efficient and dependable service.

While the 2024 budget focuses on core services to make Ottawa better, I believe future budgets will need more aggressive investments in affordable housing, transit, and infrastructure.

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 www.rideau-rockcliffe.ca.

**

En décembre dernier, le Conseil a approuvé le budget d'immobilisations et de fonctionnement de la ville pour 2024, d'un montant de 5,8 milliards de dollars. De façon générale, j'ai soutenu le budget parce qu'il comprenait

des investissements ponctuels sans précédent dans le logement abordable, ainsi que des investissements accrus dans les infrastructures et la résilience climatique.

Le budget de 2024 engage 33,5 millions de dollars de fonds municipaux afin d'améliorer l'accès au logement et de fournir du soutien pour que les gens restent logés, y compris 15,7 millions de dollars pour le plan d'investissement dans le secteur du logement et de l'itinérance, et 8,8 millions de dollars pour les prestations de logement par l'intermédiaire du programme Ontario au travail. Il y a également 4,6 millions de dollars pour les refuges familiaux et d'urgence, 3,1 millions de dollars pour d'autres programmes de lutte contre l'itinérance, ainsi que 1,3 million de dollars pour soutenir le programme de logement social. La Ville s'engage également à verser 5 millions de dollars pour faire progresser sa stratégie de logement de transition et consacre un montant record de 30 millions de dollars au logement abordable pour un investissement immédiat en immobilisations.

Le budget de 2024 prévoit aussi plus de 300 millions de dollars pour la construction et la réfection de routes en général, pour la remise en état d'infrastructures d'eaux pluviales et d'eau de surface, pour des ponts, des trottoirs et des sentiers. La Ville investit plus de 62 millions de dollars pour améliorer la sécurité routière et piétonnière, notamment grâce à des mesures de

contrôle aux intersections, à des programmes pour les installations cyclables et piétonnières, à des modifications du réseau, au transport actif et à la modération de la circulation dans les quartiers.

En matière de lutte contre le changement climatique, le budget prévoit 180 millions de dollars pour les autobus à émission zéro, ainsi que 63,2 millions de dollars pour la protection des installations de la Ville, notamment les installations de traitement des eaux usées et de traitement de l'eau potable, et pour des mesures de conservation de l'énergie et d'amélioration de l'accessibilité.

En ma qualité d'agent de liaison du Conseil pour les initiatives de relations ethnoculturelles et de lutte contre le racisme, j'ai été heureux d'obtenir 120 000 \$ supplémentaires dans le budget de la Ville spécifiquement pour l'expansion des initiatives communautaires menées par les personnes noires, dans le cadre des engagements de la Stratégie de lutte contre le racisme de la Ville, et d'allouer des ressources pour la création de nouvelles initiatives de lutte contre la haine à l'échelle de la ville. Le budget de la Ville pour 2024 garantit également un financement supplémentaire de 400 000 \$ pour les organismes qui offrent une aide alimentaire directe aux résidents les plus vulnérables de notre ville.

Plus de 50 millions de dollars d'investissements prévus dans le budget de 2024 bénéficieront spécifiquement au

quartier. Ceux-ci permettront la réfection prochaine du pont de la rue St-Patrick sur la rivière Rideau ainsi que l'apport d'améliorations continues au pavillon du parc New Edinburgh (cloisons, revêtement de sol, acoustique et accès à Internet sans fil).

Je n'ai pas soutenu les parties du budget consacrées aux transports en commun (770 millions de dollars) et à la police (415,5 millions de dollars), car je pense que les services de police devraient gagner en efficacité et qu'il serait nécessaire d'investir davantage dans OC Transpo pour faire du transport en commun un service efficace et fiable.

Même si le budget de 2024 se concentre sur les services de base pour faire d'Ottawa une meilleure ville, je pense qu'il serait crucial d'inclure dans les budgets futurs des investissements plus audacieux dans le logement abordable, le transport en commun et l'infrastructure.

Comme toujours, vous pouvez contacter mon bureau par courriel à l'adresse rideau-rockcliffeward@ottawa.ca ou par téléphone au 613-580-2483. Veuillez-vous abonner à mon bulletin d'information à l'adresse suivante : www.rideau-rockcliffe.ca.

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BURGH BUSINESS BRIEFS

By John Leefe, Randy Mar, Jane Heintzman and Karen Squires

Introducing JnJ Bakery Café

Another addition to Beechwood and New Edinburgh's vibrant international food scene arrived in mid-October. Readers were introduced to Mr. Poké in our December column; now, we've got the goods on JnJ Bakery Café at 62 Barrette St. – right alongside Mr. Poké.

Owner Sun hae Lee has built a loyal following since first baking macarons and Korean-style buns sold at local Korean outlets like Seoul Mart. "I started small, taking only phone orders, and working with Asian businesses to provide pick up locations across the city," explained Sun hae in conversation with NEN. Like many entrepreneurs, Sun hae encountered logistical and other challenges during the pandemic that forced her to be creative to continue growing her fledgling business and meeting demand. She shared kitchen space with restaurants like Table 85/Sodum before committing to the New Edinburgh



Sun hae Lee, owner of JnJ Bakery, with a selection of tasty treats.

Photo by Randy Mar

location. Following Korean tradition, JnJ is named after Sun hae's children – it's grown into a five-day-a-week business in its permanent home at the

corner of Barrette and Loyer. (Customers can still pre-order and pick up on weekends at the Hungry Ninja on Merivale Road to satisfy any west-end cravings.)

JnJ Bakery menu now features Bulgogi and curry chicken croquettes, macarons, sugar twisted donuts, soboro-pang (pineapple streusel bread), custards, mocha, and almond tarts, among other delicious treats. The JnJ speciality and Sun hae's personal favourites are red bean buns and rolls. She is still working on offering fresh Korean-style cream cakes. As a from-scratch baker, Sun hae puts in long hours of prep, often evenings after closing or before sunrise and opening at 7 a.m. But she finds immense satisfaction in her creations and has many long-time clients.

JnJ is slowly branching out to stock items like fresh, locally made Raon kimchi (fermented cabbage), and fresh-roasted coffee beans from Gatineau-based Brûlerie Artisanal Brown Bag. And don't forget about the fresh brewed coffee onsite!

JnJ Bakery Café is open 7 a.m.–7 p.m., Tuesdays to Saturdays (closed Sundays and Mondays) and also has a happy hour from 6 p.m. until closing. For more information, drop by 62 Barrette Street or call or text 613-489-0564. FB: JnJ Bakery Café RM

Local businesses support good cause

As the holiday season approached, Ray El Hage from Rassi Coiffure and Dr. Luc Ducharme from Dr. Luc Ducharme and Associates teamed up to provide women from a nearby shelter with health and wellness support. Both businesses have been giving back to the community for some time, according to Ray, but this year the combined effort made it even better!

On Dec. 2, eleven women were provided dental care, free of charge – cleanings, fillings, exams, etc. – all at the offices of Dr. Luc Ducharme. While they were there, Ray provided free haircuts and organized beautiful gift bags (valued at \$700 each) from

L'Oreal Canada, filled with supplies to last well beyond the holiday season! Luc and his office coordinator Anne Maisonneuve also provided these ladies with a dental supplies gift bag to take home.

When I asked Ray about the women's reactions, he said there were tears, smiles, and lots of expressions of gratitude. Ray hopes to continue with this kind of community support and hopes more businesses will come forward to participate in future events and initiatives. Overall, the partnership proved to be an amazing team effort by giving back to the community, meeting with people and improving their lives.

In a time when so many people are struggling, it's good to see what businesses in the community are doing and how they organize social-good initiatives to support vulnerable people. I will say that when I dropped by Dr. Ducharme's offices, I noted a good mix of professionalism and personal attention, which I appreciated.

Stay tuned to learn more about what these and other like-minded organizations in the area are doing in upcoming editions. We always like to hear updates from business owners – changes, expansions, offers or even special events – so please keep us posted on what's new for the spring season! And of course, we love to hear about new businesses and try to feature those as well.

Very special thanks to both Ray and Luc for joining forces and supporting this amazing group of women. We wish them the best of luck in their own businesses and in future collaborations. I for one have been slowly switching services to be more locally based. It's rewarding to see new businesses move in or even expand. Unfortunately, we've also seen some ventures close up shop, so let's continue to support our local businesses in 2024! KS

Restaurants hopeful for the year ahead

January is considered the toughest month in the restaurant business. With peoples' holiday debts piling up, cut-

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Photo by Karen Squires

Ray El Hage, owner of Rassi Coiffure (left), Dr. Luc Ducharme and Anne Maisonneuve of Dr. Luc Ducharme and Associates - Amazing team effort on Beechwood!

ting back on eating out is an easy way to manage the monthly finances. On top of this, many restaurants are also facing the Jan. 18 deadline for repayment of loans under the Canada Emergency Business Account (CEBA) program. A Restaurants Canada survey determined that 53 per cent of restaurants are currently

operating at a loss or barely managing to break even: a significant rise from just 10 per cent before the pandemic. Given this challenging economic environment, it might be a good time to spotlight some of New Edinburgh's restaurants, find out how they are faring, and what they're planning in the coming year.

Fraser

Perhaps the best-known restaurant in New Edinburgh is Fraser (7 Springfield Rd.), which Ross Fraser and his brother Simon have been running for 16 years. "Thankfully we've paid back our CEBA loan, so we are not in the situation of other restaurants," Fraser recently confirmed. The restaurant has weathered many changes to its business model over the years, from the opening of their private dining room, Table 40, to the takeaway service that helped them survive during the pandemic. The Table 40 space is now a prep kitchen, and while takeaway is still offered, it's not at the lockdown volume.

Fraser has been fortunate in having several staff who have been with the restaurant for over five years: unusual with the frequent turnover since the pandemic. For 2024, Fraser says he's especially excited about a partnership with Ottawa investors Jeff York and David Wu to open a 100-seat restaurant at Altea Active Ottawa: a \$30-million fitness and social club expected to open in November 2024. The Fraser brothers will use the same creative approach that made the Fraser so success-



Photo by Karen Squires

Fraser Kitchen with owner Ross Fraser (left) and head chef Mathieu Calder.

ful: using fresh, local, and seasonal ingredients, and creating eating spaces that attract community. As for its long connection to the New Edinburgh community, Fraser says: "the development that's happened on Beechwood in

the last seven years or so has been positive for us ... who knows what's ahead but we've seen some great changes and we hope to remain part of it."

Continued on page 14

Given how busy our lives can be, it is important to record and organize the relevant information, share memories and make your final wishes known to your loved ones.

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Owned by the Beechwood Cemetery Foundation and operated by the Beechwood Cemetery Company





Photo by Johanna Rostenne

Continued from page 13

SushiMe

Just down the street at SushiMe (8 Beechwood Ave.), manager Sue Jung notes that like Fraser's, their CEBA loan was paid back before the deadline. The Japanese restaurant celebrated their 12th anniversary in December and Jung is very appreciative of the local support they've received over the last dozen years. While most of their business has been takeout, she's hoping to attract more dine-in customers in 2024, noting that "we've started doing poke bowls and now offer De Mello coffee."

Il Vagabondo

Beechwood's oldest continuing restaurant at 186 Barrrette St. is the landmark Il Vagabondo, which opened way back in 1979. Owner Adriana Roy, originally from



Photo by Karen Squires

SushiMe with (from left) Sumin, owner Sue Jung, Aiden and Emi.

Il Vagabondo with owner Adriana Roy.

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Chile, started working at the restaurant in 1990, so she's seen a lot of changes over the past 30-plus years. She says the restaurant has fared well despite the economic downturn, and only has a relatively small labour base: one cook and an additional server. "Because we are well known and have been operating for a long time, the customers come in on their own, so we don't need to promote ... Our customers are friends, and they are both from the neighbourhood and all over the city," she says.

The restaurant won't offer any new menu items this year, but instead continue to offer reasonably priced, high-quality, classic Italian food like "our homemade noodles and custom-made dishes to accommodate people who suffer from food allergies." She regrets the loss of Beechwood Avenue stores like the hardware store but adds "my hope for 2024 is that all kinds of Beechwood businesses are successful ... we have to have more different businesses here because customers move around to shop."

Clearly, the past few years have been exceptionally challenging for restaurants and CEBA loans were essential for many to survive. That said, most restaurants we surveyed found that the dual impacts of inflation and the economic downturn have created an environment where the numbers are, in some

cases, markedly different from pre-pandemic years. While fluctuating consumer spending and supply chain disruptions will continue to make it an uphill battle for many restaurants, our neighbourhood establishments are using ingenuity, smart marketing, loyal patronage, and creative flexibility to navigate these rough waters. *JL*

The Soca Kitchen

Over at The Soca Kitchen (224 Beechwood Ave.), owner and executive chef Daniela Manrique confirms that they did use the CEBA loan during the pandemic, which she emphasizes was "a crucial lifeline during the forced government closures." Unlike other restaurants, however, they have not yet paid off the loan and will be actively pursuing an extension. "The extension is seen as a necessary measure to provide ongoing financial support, allowing us to navigate through the uncertainties and sustain our business in the face of prolonged challenges," Manrique explains.

Soca Kitchen now offers brunch on weekends from 10 a.m. to 2 p.m., featuring unique items like a salmon bagel delight, serrano ham and eggs breakfast, and mimosa special for \$5. They are also open for lunch every day except Monday, and their dinner delights include hard to find entries like lobster paella, citrus ceviche, and octopus la plancha. Regarding the pros-

pects for Beechwood development in 2024 and beyond, Manrique writes: “We hope to see increased foot traffic and a vibrant community that fosters a thriving local economy. A growing residential presence would translate into more people discovering and enjoying our food.”

Dhruvees

At Dhruvees (18 Beechwood Ave.), owner Donald Wingell remains optimistic about the year ahead. The business only just passed their second anniversary, so they never applied for a CEBA loan. The restaurant makes seasonal changes to its menu, focusing on three distinctive cuisines: Indian, Indonesian, and Sri Lankan.

“The selections can be vast and varied: from vegan, gluten free or vegetarian,” says Wingell. He adds: “we make sure there is a change in our menus every season to complement the success of the two cuisines that are not well known as yet in Ottawa: Sri Lankan and Indonesian.”

Perhaps their most exciting news is the opening of a new concept café in the space previously occupied by Ministry of Coffee. Café By Dhruvees will open Mar. 5 and will “merge traditional Indian and Sri Lankan culinary heritage with a modern and inviting setting.” Chef Chaminda Ambagaspitiye will create a simple menu featuring Indian and Sri Lankan flavours, spices, and snacks like string hoppars (nests of steamed rice noodles that are staple breakfast items in Sri Lanka), kottu (a Sri Lanka roti), cutlets, and curry puffs. The *New Edinburgh News* will feature more on this new restaurant in the April edition, but Wingell says: “the ambiance will reflect the warmth and hospitality for which South Asia is renowned and feature elements inspired by South Asian culture, creating a cozy and inviting atmosphere for guests to relax and enjoy their experience.”

With respect to Beechwood Avenue improvements, Wingell would like to see the community support Beechwood businesses by promoting them within their neighbouring circles. “My hope is that we get our respective city councillor to bring more tour buses during summer for lunch, talk more about Beechwood business in the media, and get the mayor to visit us so that he can then



Photo by Daniela Manrique

The Soca Kitchen's Main dining area.

post his support on social media, like he does for Kanata and Barrhaven businesses ... we have to make Beechwood a destination for people to not only dine, but shop for flowers, have a haircut, take a walk, visit our Café. This will need awareness that should come from our elected officials.” He adds: “We are hoping that 2024 will be a better year for us – as members of Ottawa Tourism, we are hoping that some of the tour operators will bring some of their business to Beechwood and our city councillor has to make this happen.” *JL*

Nature's Care: Thank you and farewell

We wish a fond farewell to Ridha Hussain and Muna Al-Zaydi, long-time operators of Nature's Care Health Products at 64 Beechwood (the “Quickie Mall”). After 25 years of service to the neighbourhood, Ridha and Muna closed their doors on Dec. 31 and will settle into a well-deserved retirement from the business in the new year.

Nature's Care's modest storefront belied the store's well-stocked shelves of vitamins, supplements, and other natural products, from essential oils to herbal and medicinal teas, eco-friendly cleaning products, shampoos, and cosmetics. Clients quickly learned that, not only was the store's selection remarkably comprehensive, the prices were also highly competitive, thanks to Ridha's commit-

ment to passing on all suppliers' discounts directly to his clients.

Muna and Ridha acquired their professional credentials in Iraq before emigrating to Canada; Muna's background in biochemistry, and Ridha's in veterinary science, have served them well in the health products business. They have offered helpful advice to customers baffled by the vast array of supplements for various conditions and ailments, and in need of knowledgeable guidance.

Many of us were particularly grateful to Ridha and Muna during the COVID pandemic. When Vitamins D and C, zinc, and myriad other immune-boosting supplements were in high demand,

the store offered contactless pick-up of prepaid orders and free local delivery. They will be missed by their many regular clients, and we wish them well in their future endeavours. Ridha says that visits to family and friends in Iraq are on the immediate agenda, but he promises to return to Ottawa once the warm weather returns.

The Nature's Care flagship store continues to operate at 115 Bank Street (between Slater and Albert). Call 613-235-3555 or visit naturescare.ca to order a vast range of natural products online. *JH*

Red Roots Trading Company rebranded

The former Medicine Wheel Natural Healing Inc. at 196 Beechwood Ave. has been rebranded as the Red Roots Trading Company. As we reported in the June edition of *NEN*, the cannabis dispensary is still owned and operated by Anthony John Tenasco (who goes by AJ), a member of the Kitigan Zibi Anishinabeg Algonquin First Nation in Quebec.

Operating under its new name, the dispensary will remain focused on products owned, operated, and manufactured by Indigenous-owned companies with a continued emphasis on the medicinal rather than recreational aspect of cannabis. Red Roots employee Tida Tim says the rebranding was a “business decision that reflects Mr. Tenasco's roots

as part of the Nation.”

An important change: 16 per cent of the company's net profits will go back to the elders and children of the Kitigan Zibi reserve for reinvestment in the community through clan-based decision-making structures. “The money will support traditional governance, language and cultural projects, and provide financial assistance to those in need,” Tim says. Red Roots is also supporting the community by recycling and reusing whenever possible. By exclusively purchasing natural cannabis products with other Ontario Indigenous communities, they're able to price for lower-income demographics. “We are passionate that we will be changing our community with affordable, accessible medicine,” Tim adds. Red Roots is open “24/7” all year round and has recently opened a second location at 1990 Russell Rd. *JL*

Quickie renovation

In the same mall as Nature's Care, Quickie Beechwood (at 64 Beechwood) has closed its doors (at least temporarily) for what we understand may be a major renovation. *NEN* has not yet been able to confirm details, but we hope to follow up in the April 2024 edition. *KS*

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Big and small, acts of kindness go further than you think

By Karen Squires

At holidays and during other times of the year, we try to help local friends, family, and neighbours. Many of us may live far from the places we grew up, so these amazing people nearby become like extended family.

Both my husband and I have enjoyed these kinds of relationships in New Edinburgh and I've come to understand these interactions boost our overall health and well-being. It's wonderful to know that someone is there for you in small or big ways – like giving you a ride to the airport, even the airport in Montreal! This was something we experienced last summer. We were

super grateful that our friends offered to do this – both ways. Exceptional! When we arrived back in Ottawa, we invited them out for a fantastic meal at Dhruvees to say thank you and to catch up.

More recently, before going out of town, we decided to try a new dog care service. This required ferrying our fur child, Coco, from one location to another. Fortunately, several dear friends and neighbours offered transfer services, some TLC, home-cooked food, and even a lovely bath. Not for us, but for Coco! Seems he had a nice holiday break as well. When our flights were VERY delayed coming home, our dog sitters delivered Coco to

our door safely. They said it was the least they could do, with all we'd been through. These are bigger gestures and hugely appreciated!

Editing the many articles we receive for *NEN*, I'm amazed at what our community members do for others each year – from church bazaars to bake sales to what some Beechwood businesses do to support people in need. As a community newspaper focused on the people and the businesses in the community, we are grateful to hear from you, so thanks for all your input!

For our first edition in 2024, we'd like to thank everyone for lending a hand; for contributing to our volun-

teer community paper; for reading; and for being there for each other. It's the little things we do that matter. But please don't forget to take care of YOU! I sometimes learn about family and friends having health issues and not getting the medical support they need in a timely fashion. Let's remember to slow down and take time for ourselves, to ensure our own health and well-being. Otherwise, we can't be there for others who may need us.

What are your resolutions for 2024 and how are you doing so far? For me, it's getting out to walk more and trying to connect with as many friends and family as possible. Of course,

we are also listening more to our health care providers and staying ahead of potential issues to avoid interacting too often with a struggling health care system. So: take good care and many thanks to all our wonderful contributors, distributors, and advertisers. Please reach out if you have ideas or suggestions for our April or June editions!

Karen Squires lives in New Edinburgh, sits on the New Edinburgh Community Alliance board, co-edits the New Edinburgh News after a career in marketing and communications, and is a life/health coach.

A tale of two countries (and their butter)

Continued from page 1

up, married, and started their own families. Brother and sister-in-law go to Scotland for Christmas to see their daughter and her family, their son and his wife and our only surviving sister and her family. This year there were only four at the table which explains why I didn't make a plum pudding.

I use Mary Berry's "Rich Christmas Fruitcake" recipe for one of my fruitcakes and Delia Smith's "Connoisseur's Light Fruitcake" recipe for the other. Mary Berry is the current Queen of British baking, having succeeded Delia Smith, who got her start on BBC TV in the early days by teaching viewers the proper way to boil eggs. My shortbread recipe is traditional: flour, sugar, and butter — lots of real butter. Good quality margarine, while okay for fruitcakes and other baked goods, isn't a substitute for

butter unless those eating the shortbread don't care about the taste.

Back in October of last year, concerned with the high store price of Thanksgiving turkeys, and hearing from a cousin in Michigan who let me know that turkeys could be had there for USD 0.59 per pound, drove me to undertake a new research project. The internet is a wonderful tool! It allows me to view the weekly flyers from supermarkets in Ogdensburg and Watertown in northern New York. I noted the turkey prices: shockingly low compared to the prices here, even after calculating the exchange rate and cost of gas to make the trip! I recalled that back in the 1990s, there was a period when the U.S. and Canadian dollars were at par, with the Canadian dollar being higher on some days. Cross-border shopping became so common that communities such as Messina and Watertown built big malls to

serve Canadian shoppers.

This reminded me of a more recent excursion with my brother and sister-in-law for some rest and relaxation to the Finger Lakes region of New York, prior to the pandemic. Naturally, we purchased some items to bring home — Scotch was definitely cheaper. Then on our return journey, we stopped in at the Wegmans supermarket in Geneva, because I wanted to buy a dozen pounds of butter and some horseradish cheddar. It was the week before the U.S. Thanksgiving and turkeys were on sale for USD 0.49 cents per pound. Armed with coolers in my trunk, I bought a turkey, my brother bought a turkey, and my sister-in-law bought a turkey. We stopped at the Price Chopper in Watertown and we each bought another turkey at USD 0.49 cents per pound. Now on a roll, we decided to take our search for affordable turkeys even

further and made a side trip to the Price Chopper in Alexandria Bay. There was no argument, at USD 0.49 cents per pound, it would be foolish not to go. We also bought ice for our growing stock of car turkeys.

Canadian customs asked us the usual questions: Any guns? No. Any alcohol? Yes, but we did not exceed our limits. Any cigarettes? No. So, what have you got in those coolers? Turkeys, we replied. He shook his head and waved us on our way. In case you're wondering what we did with these turkeys, I have a large chest freezer as does my brother. I had a turkey for Christmas dinner, a turkey for Easter, and a turkey for deep frying outdoors in the summer. Lots of turkey soup, too!

I looked at the American supermarket flyers a couple of weeks before Christmas just past. Turkey prices in the U.S. have gone up, but nothing like



Photos courtesy Eleanor Dunn

Great recipes for special occasions.

what we've seen in Canada. Turkeys at one supermarket in Watertown were USD 0.99 cents per pound, but it was butter prices that left me wondering if it's gouging or something else (protectionist policies) affecting dairy product prices here. Butter prices in Ottawa during the pre-Christmas period ranged between CAD 6.00 and CAD 8.00 per pound. Excel margarine sticks were almost CAD 5.00 per pound at Trainyards Walmart. Butter at Aldi in Watertown: USD 2.99 per pound. Why am I paying more for a pound of margarine here than a pound of butter in Watertown? This inquiring mind would really like to know!

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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A healthy and inclusive Ottawa-Vanier in 2024



Lucille Collard
MPP Ottawa-Vanier

I would like to extend my warmest wishes for a great new year to all New Edinburgh residents! I'm happy to be able to reach out to you through the pages of the *New Edinburgh News*, reflecting on the accomplishments of the past year and outlining the path envisioned for the months ahead.

In 2023, I achieved a significant milestone with the passing of *Bill 41 – the Protection from Coerced Debts Incurred in relation to Human Trafficking Act, 2023*. I couldn't be prouder of the support I was able to earn to get this important legislation passed helping to bring relief to survivors of human trafficking. I'd like to keep moving forward with this type of collaborative effort, working across party lines and with all levels of government to bring positive changes.

The new year brings hope for opportunities and that is why it is essential to acknowledge the challenges we faced in 2023. I'm referring to the

shortage of healthcare professionals, particularly doctors, the opioid crisis, the mental health support needs, the housing crisis and seniors' care and support, to name a few.

As the demographics of our society change, we need to better address the challenges this brings. There are more seniors who need assistance while we are also facing a declining workforce. This means that we need to prioritize our public healthcare services. The workforce deficit also affects our ability to build all the housing we need to ensure no one is without a roof. Our growing immigrant population can be a game changer, significantly enhance our economy, and address affordability challenges if we provide the necessary tools. By addressing these pressing issues, we aim to foster a healthier and more inclusive New Edinburgh/Ottawa-Vanier for residents of all ages.

Your insights are invaluable.

I invite each of you to actively participate in shaping our agenda this new year. I will make myself available as much as possible to facilitate meaningful discussions on issues that matter most to you. If you have ideas you'd like me to take to Queen's Park, want to meet me in person, or to receive our newsletter, please reach out to my office at lcollard.mpp.co@liberal.ola.org.

I am genuinely excited about the opportunities that lie ahead for our community. Here's to a beautiful new year, where together we script a tale of resilience, growth, and shared prosperity.

Wishing you a fantastic and happy new year.

**

Je souhaite à tous les résidents de New Edinburgh, mes meilleurs vœux pour la nouvelle année ! Je suis heureuse de pouvoir vous joindre à travers les pages du *New Edinburgh News*, en revenant sur les réalisations de l'année passée et pour souligner le chemin envisagé pour les mois à venir. En 2023, j'ai accompli une étape importante avec l'adoption du projet de Loi 41 sur la protection contre

les dettes contractées sous la contrainte dans le cadre de la traite des êtres humains. Je ne saurais être plus fière de l'appui récolté pour faire adopter cette importante loi qui vise à aider les survivantes. Cette collaboration est un véritable témoignage de la nécessité de travailler au-delà des différences politiques et avec les différents échelons gouvernementaux afin d'apporter des changements positifs.

La nouvelle année apporte espoir et opportunités, soulignant la nécessité de surmonter les défis de 2023. Parmi eux, la pénurie de professionnels de la santé, la crise des opioïdes, le besoin de soutien en santé mentale, la crise du logement, et des soins aux personnes âgées.

Nous devons nous adapter à la démographie changeante, priorisant les services de santé publique face à la croissance des personnes âgées et à la diminution de la main-d'œuvre. Notre population immigrante croissante peut être un véritable atout et considérablement renforcer notre économie tout en faisant face aux défis d'accessibilité si nous offrons les outils et les opportunités nécessaires. Cet

effort vise à créer un New Edinburgh/Ottawa-Vanier plus sain et inclusif pour tous les résidents, en répondant à ces enjeux cruciaux.

J'invite chacun d'entre vous à participer activement à l'élaboration des progrès pour cette nouvelle année. Si vous avez des idées pour mon travail à Queen's Park, si vous voulez me rencontrer en personne ou vous abonner à notre bulletin d'information, veuillez contacter mon bureau : lcollard.mpp.co@liberal.ola.org.

Je suis très enthousiaste à l'idée des possibilités qui s'offrent à notre communauté. Je vous souhaite une belle nouvelle année, au cours de laquelle nous écrivons ensemble une histoire de résilience et de prospérité.

Je vous souhaite une excellente et heureuse année.



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Ice, laughter, music and more from the CCC

By Chris Straka, CCC President

New Year Brunch - old tradition

On January 6th the CCC hosted its annual New Year Brunch at the Fieldhouse. Thanks to the leadership of Edwina Chittilappilly and Caroline Matt well over a hundred people came together to enjoy plentiful home made food and lively conversation in the company of neighbours. After their meal some headed outdoors to play on the ice while others spent time admiring the works of art that adorned the walls.

Un gros merci to the team of new and seasoned volunteers who cooked and cleaned for the rest of us, including: Dawn, Lynda, Sebastian, Harvey, Roxie, Grace, Suneil, Nima, Ara, Gavriel, Mazen Tijs, Pamela, Rasmus, Matias, Rachel, Peter, Ainav, Tavi, Isla, Auggie, Kathryn, Steve,



Jeremy, Maddy, Poppy, Jen E, Jen M, André and Mischa.

The CCC's ability to offer community activities at no fixed cost is largely due to the financial generosity of those who attend. We appreciate your contribution to the organization's financial sustainability at each event.

Craig Cardiff Concert ...3 times!

Live music has struck a chord with New Edinburgh residents! Something truly harmonic happened on January 26 and 27 when the CCC mixed our cozy venue by the Rideau River, a steady flow of refreshments and the sounds of local troubadour, Craig

Cardiff. The two Saturday shows sold out more than 6 weeks in advance, so a third show was added on the Friday. Carol Ruddy, Lynda Deguire, Jason Tavoularis, Solmaz Hicks, Pilar DePedro and Martin Hicks are the hardworking Housemates who served the melophiles in attendance. Know a musician that might like to play? We are happy to take requests.

Children's Playgroup initiative restarted

Thanks to the initiative of Liz McIntyre a playgroup for Children aged 0 to 4 has been reestablished in the Fieldhouse on Thursday mornings from 9:00 to 11:00. Check out Events for more information.

Comedy returns to the Fieldhouse

You called for an encore. Comic and host Hart Shouldice (Yuk Yuk's, Absolute Comedy) is coming back to New Edinburgh on Saturday, February 24th. This event will sell out. Purchase your tickets in advance from: <http://comedy-at-the-fieldhouse.eventbrite.ca/>

Skating

Late December's cold gave the New Edinburgh Hosers all they needed to create the solid base on which this year's ice was created. Thanks to base builder Bruce McLaurin, ice technician Sean Fraser, volunteer hosers and paid shovelling crew for getting the skating season underway. As a result, skating began earlier in New Edinburgh Park than most other outdoor rinks



Photo courtesy Councillor King

New Years Eve Bruch with (from left) Dawn Straka, Councillor King and Lynda Deguire.

in the City and is certain to outlast the Rideau Canal. To avoid damage to the ice base during periods of warm weather, please do not go on the ice when the red lights are on and/or the yellow rope is up. A few footsteps (animal or human) on melting ice can create dozens of hours of extra work for the Hosers.

CCC Director positions open

After 18 months of dedicated service to our community Christian Hansson and Adam Clarke have stepped away from the CCC's Board of Directors. They took on the important leadership roles of Treasurer and Fieldhouse Director respectively in the spring of 2022, as the CCC was emerging from the two years of the pandemic. Working tirelessly to revive an organization that spent two years on life-support, they contributed diverse professional experiences and perspectives that helped the organization emerge as strong as ever. Their sustained commitments enabled the organization to refine systems and to begin offering new events to the community. Their energy will be missed. The CCC welcomes expressions of interest in the roles of Secretary, Treasurer and Fieldhouse Director by email: CrichtonCommunityCouncil@gmail.com

CCC meets on the second Monday at 7:30 pm

Regular meetings of the CCC's volunteer board of directors are held on the second Monday of each month, at 7:30 pm, in the Fieldhouse. Occasionally meeting times, dates or loca-

tions may change. Please email the CCC if there is a topic you would like to discuss.

CCC Communications

Information about the CCC's initiatives and events can be found on the New Edinburgh neighbourhood website (<http://www.newedinburgh.ca/events/>), on Facebook (New Edinburgh Fieldhouse - Crichton Community Council) and on Twitter (@NEFieldhouse).

Subscribe to the CCC's email lists:

http://perambulatorposse.ca/mailman/listinfo/newed_perambulatorposse.ca and <https://groups.google.com/group/new-ed-talk>.

The CCC also contacts neighbours directly using a closed email distribution list that is 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

New Edinburgh Park Fieldhouse Rentals

Proceeds from the rental of the Fieldhouse and donations to the CCC contribute directly to the improvement of the facility and to neighbourhood events. With these funds the CCC recently purchased an 85" television screen and rolling stand, available for use during events. The New Edinburgh Park Fieldhouse is available for rentals throughout the year for birthday parties, weddings, anniversaries, memorials etc. For more information go to: <https://newedinburgh.ca/ccc/fieldhouse>.



Photo by Chris Straka

Craig Cardiff in concert at the Fieldhouse.



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Park Winter Updates

By Karen Squires and Katherine Hall

Typically, the winter season is ideal to spend time in the park: it's less busy, so you can enjoy the peacefulness of this beautiful space. However, in late November my husband was walking our dog early one morning and spotted a car (with three people) driving through the park near the beach area. We thought the issue had been resolved this past summer, having provided multiple photos of parked cars, near the tennis court to the City. After multiple images were sent to the City from various neighbours, we finally saw results: no more cars driving into the park! The City had reached out to the various event organizers.

We connected with the National Capital Commission (NCC) and the City immediately to deter this new trend. We were able to make a strong case to the City because of the photos of parked cars shared with us by all of you – our neighbours! Should you ever run into issues in the park or neighbourhood, feel free to call or email 311 – remember that photos are always encouraged if possible. We were advised by the NCC that the City would be installing a barrier by the end of December. We learned that cars enter from other locations near the Fieldhouse, so we've asked for the low wooden posts to be replaced to deter cars from driving over green spaces around the Fieldhouse to offload materials. We were pleased to see that the barrier was installed by the end of December!

On a happier note, we look forward to seeing ongoing events, walking our dogs, and connecting with people outside, during the winter months. A gentle reminder for dog owners to take the time to manage your pets effectively and remind all concerned that "off-leash" does not mean anything goes! We are all in this together and my sense (as a dog owner) is the vast majority follow good protocol. Hopefully this will continue so everyone gets to enjoy the park at all times! We've also started some discussion with CCC and a local business on Beechwood about the possibility of offering workshops for dog owners in the future.

Please stay tuned for more details on the Spring Park Clean-Up in our April edition. In the past few years, it's been scheduled for Earth Day: Monday, Apr. 22, 2024. We've also reached out to Ottawa River Keepers to see what they plan, as last year we noted (on the very same day as our park clean-up) they also did a river clean-up. At this point they have not scheduled their river clean-ups so we hope to collaborate this spring and will continue to liaise on this opportunity!

Friends of the Park continue to reach out to the City and NCC about better signage in the park for cyclists and for off-leash areas for dogs. As indicated in earlier editions, there were by-law officers in the City parks this past summer and we understand this

will continue. In the meantime, please know we are aware that with higher volumes of park users, incidents may occur. We are looking at ways to better inform and educate users to ensure everyone can enjoy natural spaces – both humans and our furry friends. Please call 311 if any incidents arise.

Finally, we will reach out to Rideau Valley Conservation Authority and Ecology Ottawa to see if they plan to continue with other projects we've highlighted in previous editions. If you're interested in volunteering, you will find more details in the April edition of *New Edinburgh News*. See you in the Spring!

Karen Squires and Katherine Hall sit on the NECA board and co-chair Friends of the Park.



New vehicle barrier installed on the bike path into Stanley Park.

Photo by Karen Squires



Oliver with his person, Theresa, recently moved to New Edinburgh and enjoy daily walks in Stanley Park.

Photo by Karen Squires

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The Rockcliffe Park Library: Something for everyone

By Martha Hodgson

The darkest, coldest time of the year is the perfect time to light up your life with a great book. If you are curious about what book lovers in Ottawa read in 2023, we've gathered lists of the most popular books, based on the number of hold requests. It is no surprise that *Spare*, the tell-all memoir by Prince Harry has topped our most requested list this year. Released in the very early days of 2023, this story of riches, royalty, and family drama has had people reading all year long. For kids, the perennial favourite *The Diary*

of a *Wimpy Kid* series by Jeff Kinney topped the list. Come into the branch to check out one of these popular titles! The full 2023 lists are available on our website: bibliootawalibrary.ca

The Rockcliffe Park branch continues to offer Monday Morning Storytime each week at 9:30 a.m. and Pop-Up Activities for Kids every Thursday from 3:30–5:00 p.m. On Friday, Feb. 24 Stacey Can-Tamakloe will host a Ghanaian Dance Workshop for Kids on their PA Day. Celebrate Black History Month and experi-

ence the joyous elements of Ghanaian dance and traditional games, creating an immersive cultural journey. Check the website for all the information about children's programs, and to see what we have planned for February and March for adults. In January we welcomed local artist Wendy Feldberg who gave introduction to the magic of creating botanical inks and painting with them. On Friday, Feb. 9 local musicians Tim Bedner and Elise Letourneau will perform as part of our regular Music in the Stacks series.

As part of our adult programming process, we are always looking for suggestions and input from you. We have provided a wide range of topics, based on our conversations with you. Let us know which of these types of presenters or performers you would like to see more of: musicians; artists; authors; scientists; natural science specialists (birding, plants, etc.); or others. Please specify as many as you like!

Lastly, if you can recommend anyone to give a presentation, performance, or workshop at the Rockcliffe

Park Branch, please let us know next time you are in the neighbourhood. We are located at 380 Springfield Rd. and open Monday through Saturday, but hours fluctuate so please check out the Rockcliffe Park branch page at bibliootawalibrary.ca/en/branch/rockcliffe-park or reach me at 613-580-2424 x27622 | martha.hodgson@bibliootawalibrary.ca

Martha Hodgson is a librarian at the Rockcliffe Park Branch of the Ottawa Public Library, located at 380 Springfield Rd. Learn more at bibliootawalibrary.ca.

It's official: the Rockcliffe Park Spring Book Sale is back!

By Carolyn Brereton

Now that winter has finally arrived in Ottawa, spring may seem a long way off. But the volunteers with the Rockcliffe Park Spring Book Sale are once again getting ready for its return in April, and we need your donations of gently used books! We are planning to hold another Book Drive on Sunday, Feb. 11, from 11 a.m. to 2 p.m., weather permitting, at the Community Centre at

380 Springfield Road. In the event of adverse weather, we may have to cancel; it is the middle of winter, after all. Please look out for notices in the discussion groups and other local listservs.

For those of you who have forgotten the drill: please pack your donations of gently used books (English and French only) in wine-size boxes for ease of handling. Place the packed boxes in the trunk of your car and drive to the

Community Centre (using the Springfield Road entrance) where volunteers will remove them. Unfortunately, we are not accepting audio-visual materials at this time. No magazines, textbooks, or encyclopedias, please.

If you cannot drop by on Feb. 11, or if the drive is cancelled, we would still love your books. We are accepting donations in the library (along the north wall) during opening hours. If you have a sizable

donation (more than a couple of bags or boxes) please contact Jane Newcombe jane-newcombe08@gmail.com or call 613-859-5806 to arrange a pickup.

In other news, Linda McDonald, co-chair of the Sale since 2018, formally stepped down from this position in December. I have now taken over her responsibilities on the managerial team, joining fellow co-chairs Jane Newcombe and Kevin Philips. Fortunately for me, Linda plans to stay actively involved as a volunteer and as a mentor – her assistance will be invaluable.

Preparing for the return of the Spring Book Sale over the next few months will be quite a challenge but I know, from my experience with the sale over the last few years, that it is a challenge we can meet together. The past success of our sale is a direct result of huge community support, and the dedication and enthusiasm of a great team of volunteers. Here's to a successful re-launch of the Rockcliffe Park Spring Book Sale 2024. Mark your calendars and come to the Community Centre on April 27 and 28!



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New Edinburgh and the world: From Nashik to New Ed

By Sharon Nyangweso

New Edinburgh is home to the 8,000-year-old portage trail used by the Algonquins. In the early 1800s Pines led a band of about 264 families as Grand Chief of the Algonquins. His hunting territory was centred at the confluence of the Rideau and Ottawa rivers, a common travel route for many paddlers travelling to the St. Lawrence and southbound to the Gulf of Mexico. Today, it is home to many who may not have used the portage route, but come from far and wide to settle on this land we call New Edinburgh. In this new series, we hope to tell their stories. Know any New Ed locals with a global story, introduce us by email: editor@newedinburgh.ca

In the heart of New Edinburgh, amidst the picturesque streets and friendly faces, resides Devika D hailing from Nashik, India. Her journey from Nashik to New Edinburgh is a tale of cultural richness and personal growth.

Devika's adventure began at age 15 when she embarked

on the Rotary International Youth Exchange Program, offering her a choice to live in one of three countries for 11 months. Choosing Canada, Devika found herself in British Columbia, an experience that etched an indelible mark. The freedom, the people, and the breathtaking landscapes were the magnets that drew her back, leading her to make Canada her home years later.

Devika's academic pursuits brought her to St. Thomas University in Fredericton, NB, where she studied communications and journalism from 2007 to 2011. Later, in 2020, she made the move to Ottawa – and soon found herself drawn to the charm of New Edinburgh in April 2023.

What compelled her to choose New Edinburgh? It was the desire for a safe, family-friendly neighbourhood to accommodate her father-in-law, who was to join her and her husband after their wedding. The lively atmosphere, with people walking their dogs and children play-

ing, instantly felt like home. Devika, along with her husband, fell in love with the community spirit during their search.

Devika's love for the neighbourhood extends beyond its aesthetics. She appreciates the diversity of New Ed – a mix of students and longtime residents – and the overall welcoming atmosphere. Contrary to her expectations, she found the warmth of Maritime hospitality replicated in the heart of New Edinburgh.

Within a month, Devika befriended numerous neighbours, one of whom became her gardening mentor, introducing her to the world of plants. The diverse backgrounds of her neighbours provided a rich cultural tapestry, and she quickly felt at home.

While holding onto her Indian roots, Devika effortlessly blends her cultural identity into her everyday life. Her house is adorned with Indian art, and her wardrobe boasts a kaleidoscope of colours and patterns, reflecting the beauty of her heritage.



Photo by Oglivie Photography
Devika during her time in British Columbia before settling in New Edinburgh.

Not content with just her personal style, Devika actively shares her culture by cooking traditional Indian dishes and exchanging recipes with friends and neighbours.

In her own words: "I am

Indian, I don't just look Indian. So it's important for me to share this beautiful part of myself with everyone I meet." Devika takes pride in debunking stereotypes and showcasing the multifaceted aspects of Indian culture. She encourages open conversations about her religion and culture, fostering a sense of community and understanding in New Edinburgh.

New Edinburgh, she believes, doesn't ask for assimilation but encourages authenticity. Devika's story is a testament to the rich cultural exchange happening within the heart of New Edinburgh, where residents like her bring their unique backgrounds to create a harmonious and diverse community. Through her vibrant personality and love for cultural sharing, Devika has truly become an integral part of the colourful tapestry that is New Edinburgh.

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

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For the Birds

By Jane Heintzman

Until the end of the first week in January, our local bird population enjoyed an easy, storm-free ride into winter. Thanks to eerily mild temperatures and a complete absence of snow cover, birds' food supplies remained readily accessible: an abundance of berries, fruits, and seeds there for the picking. Warmer weather also prolonged the survival of insects for such bark foragers as woodpeckers and nuthatches.

In our early winter walks in the neighbourhood, and along the Rockcliffe Parkway past the Pavilion, we noted an unusually robust bird population still in residence given the time of year: large flocks of American robins, black-capped chickadees, white-breasted nuthatches (surprisingly noisy creatures in a large group), American goldfinches, house finches, European starlings, American crows, dazzling Blue Jays, and downy-, hairy- and pile-

ated woodpeckers. On one occasion, I heard particularly resonant drumming nearby and was amazed to find the percussionist was a diminutive downy woodpecker, and not a burly pileated as I had imagined. Seems size doesn't always matter!

Close to home, Northern cardinals have remained a colourful presence in our garden and the surrounding lanes, while the Common raven family, resident at (or close to) the French embassy on Sussex Drive, still haunts its domain with a chorus of sonorous croaks and guttural communications.

Lingering waterfowl have taken advantage of wide-open water on the river to stick around longer than usual. Common goldeneye and mallards were regulars on the Rideau River close to the falls throughout the holiday season.

Farther afield in the Ottawa area, the Ontario Field

Naturalists Club (OFNC) has been reporting numerous late-lingering species, notably: chipping sparrows, white-throated sparrows, wood thrush, hermit thrush, Eastern towhee, American tree sparrows, white-crowned sparrows, gray catbirds, and a red-winged blackbird – usually a first sign of spring. (I wish!)

But the most unexpected sighting of the winter has been a stunning young male Western tanager, spotted – and still remaining, at time of writing – in the McCarthy Woods neighbourhood. The species is rarely found in the eastern two-thirds of North America and is a particular anomaly in an Ottawa winter. Knowledgeable birders speculate that while the bird would normally have an inborn instinct to migrate south, this fellow may have a mutation resulting in a *90-degree migration*; that is, a compulsion to fly east or west, rather than head for warmth and sunshine.

While 90-degree migrants are typically first-year birds with limited capacity to survive in the habitat where they end up, OFNC reports indicate that this visitor is being well supplied at local feeders and is likely to pull through the rest of the winter.

The easy ride in early winter came to an abrupt halt in early January with the arrival of the first major snowfall, ushering in the cold temperatures and strong winds more typical of our Ottawa winters. These harsh conditions are challenging for the local avian population in a variety of ways. First, the birds'



Cooper's Hawk with prey.

Photo by Donal Ballance

major food sources are buried under a thick snow blanket and no longer easily accessible. At the same time, birds' food requirements increase significantly if they're to survive in cold temperatures. And finally, the birds must expend much more energy to find whatever food sources can be scrounged in the hostile environment.

Fill up those feeders

Thanks to a combination of miraculous physiological

adaptations and hard-wired survival measures such as caching or hiding food in protected spots, our winter birds are remarkably hardy and resilient. But we humans have a vital role in ensuring our avian neighbours make it through the long, cold months ahead.

Throughout North America, backyard bird feeders in urban areas are, more than ever, important resources for the bird population. In our own neighbourhood, feeders are well-established fixtures in many households. Project FeederWatch is a continent-wide "citizen science" research and education project, jointly sponsored by Birds Canada and the Cornell Lab of Ornithology. It now engages many thousands of birding enthusiasts, from novices to seasoned veterans, in an annual winter count of bird species and numbers. This count generates significant data on the distribution and abundance of North American species.

Haven't taken the plunge into backyard bird feeding? You'll find it an enormously rewarding and interesting enterprise. It attracts colourful diners to your yard (brilliant red cardinals are a highlight) and affords close-up views of



European Robin.

Photo by David Howe

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Book Sale Dates

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avian behaviour. (Not always a model of good manners, but unfailingly entertaining.)

In winter, birds tend to feed and move in flocks, largely for safety in numbers. As a result, dining at backyard feeders becomes a highly competitive sport, with dominant species taking the lion's share of whatever is on offer. Researchers at the Cornell Lab of Ornithology recently studied the dominance hierarchy at feeders, focusing on 136 bird species. They analyzed the data collected to produce an "ability score" for each species, from the Alpha bird (the Wild Turkey at 66.93) to the meekest type (the Eurasian Tree Sparrow at -24.46).

Overall, results showed (unsurprisingly) that the bigger and heavier the bird, the more dominant its behaviour in competition at feeders. But there were interesting exceptions: woodpeckers, warblers and even hummingbirds proved much feistier than expected, often "punching above their weight" in the dominance hierarchy. "Warblers are pugnacious little things," says Eliot Miller, who spearheaded the study. "They're hopped up on testosterone ... and are used to defending winter territories, which most other feeder birds aren't."

There is a wealth of information online about feeder types and varieties of birdseed, so before you set up shop in your yard, do your research. One of my go-to sources has been Wild Birds Unlimited, a birding supplies store at 1500 Bank St. in the Blue Heron Mall.

The first rule in selecting seed types: overwintering birds need a high fat, high energy diet to stave off the cold, and replace wild food sources buried under the snow. Black Sunflower Seeds and Black Oil Sunflower Seeds are nutritious choices that appeal to a wide range of species, including Northern Cardinals, Blue Jays, nuthatches, House Finches, and Tufted Titmice. If squirrel pests are a concern, consider safflower seeds as an alternative. They are magnets for Northern Cardinals and are far less appealing to pesky rodents. We use tube feeders for these seed types; they're easy to clean and somewhat less hospitable to squirrels than platform or hopper feeders.

A staple in our yard is a nyjer seed (thistle) feeder, which attracts the Finch population year-round. The nyjer feeders' tiny holes are specially



Photo by David Howe
White-breasted Nuthatch.



Blue Jay.

Photo by David Howe

adapted to smaller birds, and happily, ill-suited to larger marauders. There's rarely a dull moment at the finch feeders. American Goldfinches, House Finches, Purple Finches visit all year, while late February and March are likely to bring a wave of common and Hoary Redpolls and Pine Siskins. Redpolls are notoriously energetic and competitive feeder visitors, so be sure to keep lots of nyjer seed on hand in case of a late invasion.

A word of caution about your backyard diner: groups of eagerly snacking birds are attractive and vulnerable targets for predators such as Cooper's Hawks and Sharp-Shinned Hawks. Both are regular presences in our neighbourhood and can swoop out of nowhere to snag an unsuspecting diner. They may hide stealthily in bushes or trees before diving in for

the kill, so don't hang your feeders too close to bushy hiding places. In our experience, it's most often larger birds such as slow-moving Pigeons or Mourning Doves that are the victims of hawk strikes. Smaller species can take off more quickly, and tend to feed in large groups, exploding in all directions to confuse the predator.

Reports from our local birders

Birding photographer and regular contributor David Howe spotted several duck species on the open waters of the Rideau River through Stanley and New Edinburgh Parks: Buffleheads, Common Goldeneye, and Common Mergansers. His other notable sightings in early January included a late-lingering Golden-Crowned Kinglet at Pine Hill in Rockcliffe, and a Hermit Thrush close to the New Edinburgh Field House.

Elsewhere in Ottawa, David spotted a Brown Thrasher, an Eastern Towhee, Northern Flickers, and a Wood Thrush. "But perhaps the biggest surprise has been a Western Tanager, which has definitely been the darling of the Ottawa birding community."

Mike Leveille's recent local sightings featured Blue Jays, Black-Capped Chickadees, Northern Cardinals, Dark-Eyed Juncos, and White-Breasted Nuthatches. Farther afield at Mer Bleu, Mike spotted a Merlin.

Happy new year to all and stay tuned for the first signs of spring in the coming weeks, when the cheerful songs of Black-Capped Chickadees, Northern Cardinals, American Robins and Eastern Phoebe will return.

Jane is a long time contributor to NEN and resident of New Edinburgh.

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An interview with New Ed author, Michelle Sinclair

By John Leefe

Next time you're browsing at Books on Beechwood, you might meet Michelle Sinclair, a friendly, enthusiastic employee, not to mention an avid reader, who lives just down the street. And if you happen to ask any of the shop's savvy staff for recommendations, they might proudly point you to *Almost Visible* – Michelle's debut novel. It has received several acclaimed reviews since it was published in 2022 by Montreal's Baraka Books. Sinclair's carefully crafted and intimate novel focuses on two principal characters whose lives interact in unique and surprising ways. Drawing on her international experience in human rights policy and social work, Michelle begins her story

with a mysterious kidnapping in an unspecified South American country. The narrative then moves to present-day Montreal and introduces us to Tess, a young Maritimer fascinated by the life of a reclusive and eccentric man she encounters while working as a volunteer.

Without dropping any spoilers, what emerges has been aptly described as "a story about deep human connection wrapped in images of great beauty" by Claudio Palomares-Salas of Queen's University. *Almost Visible* was named one of the *Miramichi Reader's* Best Books of 2022 for fiction. New Brunswick-based novelist (and independent senator) David Adams Richard praised it as: "a novel that widely and compassionately explores the self-shat-



Photo by Angela Gordon

Michelle Sinclair, New Edinburgh resident and author of *Almost Visible*.

tering lines that exist between altruism and betrayal, cynicism and idealism."

It's not every day that local novelists receive such wide-ranging accolades for their first published work of fiction. Recently, Sinclair took time to answer a few questions about her busy life as a novelist and bookseller, and former public servant, and perhaps most intriguingly, how she managed to write such a great book while raising three children.

Question: Tell us a little about yourself: where are you from, how did you come to live in New Edinburgh, and why did you decide to write *Almost Visible*?

Answer: My parents are both from the Maritimes (New Brunswick and Nova Scotia, respectively). They worked for the foreign service, so I was born in Ottawa, though I only spent a few years here growing up because we were posted in various different countries. I eventually studied political science, history, and social work in Montreal, and returned to Ottawa when I was hired with the public service. I thought we were settled (at the time we lived in Aylmer) but my husband's studies and work moved us to Paris for a year, and then to Pittsburgh for four years. We've been back in Ottawa since 2016.

It was a dream come true

to find our house in New Edinburgh. It's such a beautiful neighbourhood. Proximity to the river, parks, and a local bookstore drew us in!

I always enjoyed reading and writing but was busy with work and kids and didn't take it seriously. When we moved to the outskirts of Paris (city of dreams), my husband was working, my four-year-old daughter was at kindergarten, and I was at home with a four-month-old baby. I found a writing class in the heart of the city and was overjoyed at the prospect of having a reason to take the train into Paris every week. The students in the class were serious and thoughtful about writing, and this helped me imagine that maybe I could also write a longer piece. I never dreamed it would be published, though!

Q: Is this novel a direct result of your experiences working in human rights policy in South America?

A: Yes, in many ways, though there are two threads to the novel.

The idea first came to me after a social work internship in a psychiatric ward in Montreal. It was challenging to understand and advocate for patients in the fast-paced setting of the hospital, and I wondered whether I was strong enough to do the job. The main character of my novel came to me then – a

well-intentioned but searching young person who has trouble with boundaries, avoids her own problems, and fixates on a stranger who seems lonely. She wants to help him but isn't sure how to go about it. She has to examine her own motivations and wonders if she truly cares about him, or if her empathy is self-serving (or even self-destructive).

In the novel, the stranger's past is complicated, ethically dubious, and delicate. He was a tender young man during a period of social unrest in the 1970s in South America. This thread came to me from my experiences in Central and South America. I worked with organizations dedicated to securing human rights, and met people from Nicaragua, El Salvador, Argentina, Chile, and Uruguay living in exile because of political violence. I heard stories about people who had been involved in the violence, people ignorant of what was happening, people deliberately looking the other way, and people fighting for their beliefs and communities.

I wanted to do more research about this period of time in this area of the world (my husband is also from Ecuador) and hoped to honour my friends and colleagues who lived through some of these experiences. I wanted to think about our perceptions and prejudices, and whether respectful curiosity is sufficient to help us understand another person.

Finally, I was also thinking about politics and propaganda. As I was writing, the Capitol was stormed in D.C. and the convoy was protesting in Ottawa. I couldn't help but notice how divided our democratic societies had become, and how important debates were simplified and siloed through social media echo chambers. I was thinking about how political opinions are developed, shared, and entrenched. It can be difficult to explain and account for all the tragedy and loss we encounter in the news: the climate crisis, ongoing social injustice, violence, and war. The current moment deserves examination, yet it can also be the cause of anxiety and resulting inaction. I was thinking of the importance of empathy, kindness, and



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understanding – regardless of political opinion.

Q: Almost Visible is the story of two seemingly different people whose lives interact and both struggle with questions of identity, memory, dreams, grief, and loss, redeemed through love. Why did you decide to tell the story using both the first- and third-person points of view?

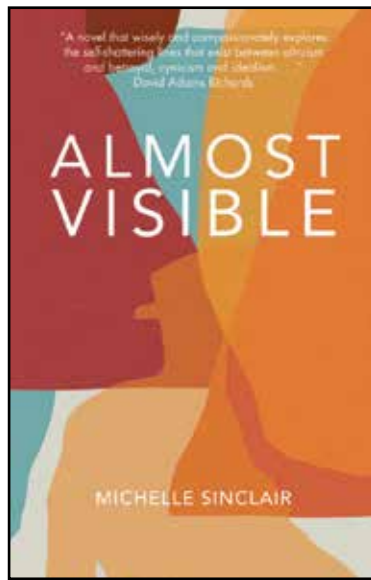
A: This is a difficult question to answer off the top of my head because I struggled with the point of view, and actually wrote and rewrote the book a few times from different perspectives until I got the right one!

The thread that takes place in Montreal with the social work student (whose name is Tess) is written in the third person point of view because I wanted some distance from this character. Tess is an outsider looking in, trying to make sense of a story that is not her own, while also ignoring her own unresolved grief and loss. She is meant to consider the way we perceive others and the importance of looking beyond what is immediately obvious. The third person point of view allows the reader the possibility of seeing and understanding Tess from the outside, without getting too lost in her pain.

The thread that takes place in South America is intended to be read as a journal and the reader experiences the journal as Tess is reading it. Presenting this section as a journal was an idea that came to me after reading *The Truce*, by the Uruguayan author, Mario Benedetti. It makes for a very intimate read, and I hoped the intimacy of the journal's words would contrast well with the character as we see him later in his life, when he initially rejects Tess's assistance and friendship.

Q: You acknowledge award-winning Canadian novelist and senator David Adams Richards for guiding you through early drafts while enrolled in the Humber College creative writing program. Was his work as a Maritime novelist an influence on your writing style, and what other Canadian authors do you admire or have influenced you?

A: I was so fortunate to work with David Adams Richards! He warned me that I might



take a decade to finish the novel, and at the time I was horrified. I wanted to finish quickly, but he taught me that writing takes time, and he was correct. That novel took me eleven years to finish!

He was definitely an influence on my writing style. His work can be dark and quite sad, but there is beauty in the sadness, and that's what I wanted to try to emulate. I'm incredibly proud of and inspired by Canadian and Maritime literature. I admire far too many authors – the list would take up the whole paper!

Instead, if I may, I'll express my gratitude to authors in Ottawa who've provided me with support or friendship along the way. Readers should look for work by Elizabeth Hay, Amar El-Mohtar, Frances Itani, Emily Austin, Jamie Chai Yun Liew, Charlotte Gray, Amy Tector, Tim Cook, Wayne Ng, Katie Tallo, Jennifer Whiteford, Jennifer Falkner, Sara Power, Rhonda Douglas, Frances Boyle, and so many other wonderful authors who live nearby.

Q: Ocean and tidal imagery are prevalent throughout the novel as a symbol of life's unpredictability. Why is this imagery so powerful to you as a writer?

A: The first answer that I'll give is a sad one. The Argentinian junta "disappeared" many young people by taking them up in airplanes, only to push them into the ocean. In my mind, this is what happened to one of the characters in the story, though it is not explicitly written in the novel.

I have always loved the ocean and it brings me comfort. However, I know it can be threatening and frightening at the same time. It follows certain patterns that are

difficult to discern without some consideration. The deep ocean contains unfathomable mysteries, and though this is a simple answer, I think that's a great metaphor for people as well.

Q: The novel is emotionally powerful and intimate, particularly as the principal characters' unlikely bond deepens. But there is also an intellectual element to the narrative with many thought-provoking quotations from writers and philosophers like Simone Weil, Plato, Albert Camus, and Pablo Neruda. How did these philosophers inform and influence your themes?

A: I found it quite challenging to balance the philosophical questions I wanted to explore in the novel with the emotional elements. As a child, I moved around a lot, and this made me curious about history, politics, culture, and language – I love reading books from around the world. I also enjoy philosophical, magical realist, or surrealist literature. I hoped to bring in some of these elements into my own writing.

I like this quotation by Ceridwen Dovey: "In a secular age, I suspect that reading fiction is one of the few remaining paths to transcendence, that elusive state in which the distance between the self and the universe shrinks. Reading fiction makes me lose all sense of self, but at the same time makes me feel most uniquely myself."

I love books that invite readers to consider conceptual issues in a compassionate way - allowing them to reach "that elusive state". Customers at Books on Beechwood are discerning and well-read while also looking for an escape – something that will speak to their experience and allow them to dream. That is always the goal: to write a book that is both thought-provoking and entertaining!

Q: As a New Edinburgh resident working at Books on Beechwood and raising three school-aged children, how difficult was it to find the time to write this novel?

A: Very difficult! I have struggled to keep a routine and failed miserably. I used to work full-time and moved to part-time work to make more time for writing, but with three children, three pets, and a number of volunteer

responsibilities, I find writing is often my last priority.

As I mentioned, my first novel took me eleven years to complete! I hope my second novel will take less time, but I suppose it shouldn't be rushed.

Q: Are you working on a second novel?

A: Yes! It is a speculative novel that contemplates memory and consciousness alongside political and ethical considerations. The novel will imagine a near-future or alternate present where artificial intelligence programs (resembling current ones) have been developed to suspend grief and safeguard "happiness" at all costs.

I also write short stories from time to time and want to work on a play because I would love to work collaboratively with others (writing novels can be a lonely venture).

My kids have wonderful imaginations, and we often discuss story ideas. They want me to write a book for kids, but they're good writers and I hope I can edit their work. That would be the best project!

Q: What do you like most about living in New Edinburgh?

A: There is so much to love! So many people give their time and energy to benefit New Edinburgh and other communities in Ottawa, and I feel very fortunate to live here.

To name a few specifics, I enjoy the community events, the skating rink, and the RPPS annual book fair, and the *NEN* (all of which only happen because of wonderful volunteers)! I also love the small businesses on Beechwood, and the Rockcliffe public library.

I'm impressed with the number of creative events, which highlight Ottawa's rich linguistic and cultural diversity. I hope this will continue and expand. It's also interesting to have access to political writers, politicians, and diplomats in New Edinburgh, and I enjoy how this brings together political and literary circles.

Most of all, I love the parks and green space, as does my dog, Lucy!

Almost Visible is available at Books on Beechwood or by contacting Baraka Books: 514-808-8504 or at info@barakabooks.com

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MacKay United Church Women's fundraising for a cause

By Eleanor Dunn

MacKay United Church Women (UCW) raise funds for their mission and service outreach in the community through bake sales. Last November, their bake table at the Night Market was sold out within two hours, netting \$1000 in revenue for the group. The Big, Big Bake Sale following the Christmas at MacKay concert on Dec.

17 brought in \$1762 — the largest sum ever raised at a UCW bake sale.

Where does the money go? Here's an example: knowing that the need to feed vulnerable citizens was great, in October last year, the UCW presented a cheque in the amount of \$1000 to The Ottawa Mission's CEO Peter Tilley, using money raised in December 2022. Over the next few months, the UCW will be looking at community needs for future financial help. The UCW meets every second Wednesday of the month, except July and August, at 1:00 p.m. in the Ladies' Parlour at MacKay United Church.



Photo courtesy Eleanor Dunn

(from left) Eleanor Dunn, UCW Chair Wendy Peters and Norma Ellis setting up the bake sale. A great success, the bake sale raised over \$ 1700.

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Meditation classes to move you from winter into spring

By Eleanor Dunn

Stressed out? Nerves on edge? Anxious? Troubles of the world weighing you down? You need some quiet time where you can get away from it all, and you'll find just that when Music and Meditation

resumes at MacKay United Church at 7:00 p.m. from Tuesday, Feb. 13 to Tuesday, Mar. 19.

"A Time for Wonder" is the theme of this Lenten series which features music and spoken word. A duo or trio gently plays improvised

music, we share poems and periods of silence. The theme is based on the words of the poet Christian Wiman: "Wonder is the precondition for all wisdom."

Musicians for the series include Peter Woods, Kyle Jordan, Jacob Clarke, Lu

Frattaroli, and Eric Johnson-Scherger. Poetry is curated by Carolyn Sutherland with assists from community members Diane Stephenson, Caitlin Fisher, Michael Rutherford, Jane Kops, and Ralph Hesse.

This opportunity for per-

sonal meditation in a creative space is free, but we welcome donations to further MacKay's musical work. Music and Meditation is also live-streamed – visit mackayunited.ca – for those who are unable to enjoy the program in person.

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New Edinburgh: Ottawa's hub for diplomatic missions

Continued from page 1

laid by Governor General Vincent Massey. It was built as the national headquarters of the Royal College of Physicians and Surgeons of Canada. Some 30 years later, the Royal College had outgrown this site, and the building was taken over by the Government of Spain in the early 1990s.

The Embassy of France, at 42 Sussex Dr., is situated in what was formerly an industrial area of mills, merchants, and a distillery. Overlooking the Ottawa River, this magnificent, three-storey granite building was built to serve as the ambassador's residence as well as the chancery. The first stone was laid by Prime Minister King on Bastille Day 1936 and the embassy was inaugurated in 1939. It was one of the first embassies in Ottawa to be built specifically for that purpose and it is an Art Deco masterpiece. The spectacular interior can be viewed via the embassy's website: ca.ambafrance.org – under "The Embassy" menu you will find "Visit the Embassy" and a QR code.

Further along Sussex, near the entrance to Rideau Hall,

one-and-a-half storey stone cottage, it has been much enlarged over the decades and was purchased in 1944 by the Union of South Africa for its diplomatic mission.

Next door at 7 Rideau Gate, another heritage building serves as Canada's "Official Guest House." It was originally built in 1862 for the manager of a local woollen mill. Since 1967 it has been used to accommodate visiting diplomats and dignitaries. Visiting Heads of State are usually entertained by the Governor General at nearby Rideau Hall.

Nearby at 55 MacKay St. is the Embassy of The Socialist Republic of Vietnam. One of the grandest residences in New Edinburgh, it was built in 1898 for Gordon C. Edwards, manager of one of the largest lumber mills in Canada (and who subsequently inherited 24 Sussex Drive). The house is situated on a large corner lot, with fine gardens and an impressive, two-storey coach house. When this property came on the market around 2010 there were concerns it might be targeted for redevelopment. However, it was purchased by the Government of Vietnam in 2011 to serve as



Photo by Paul McConnell

Embassy of Spain, built in 1959, on Stanley Ave.

Conservation District and are of more recent construction. Both are utilitarian brick buildings, combining the chancery offices with accommodation. The Embassy of The Slovak Republic is a four-storey apartment building located at 50 Rideau Terrace. The first Ambassador arrived in Ottawa in 1993, the same

storey brick building, constructed in the early 1980s.

What of the future? Rumours always abound concerning the remaining green space along Sussex Drive between Stanley Avenue and MacKay Street, part of the NCC's ceremonial "Confederation Boulevard." Time will tell

whether new diplomatic missions will arrive. Meanwhile, each of the current six missions, in its own way, contributes to the identity, character, and diversity of New Edinburgh.



Photo by Paul McConnell

Embassy of the Socialist Republic of Vietnam on MacKay St.

is the South African High Commission at 5 Rideau Gate. Dating from about 1842, it is one of the oldest buildings in New Edinburgh and was home to the first manager of the Bank of Montreal in Bytown. Originally a

its embassy, thereby ensuring the preservation and survival of one of New Edinburgh's landmark buildings.

The remaining two diplomatic missions are situated outside the formal New Edinburgh Heritage

year as the dissolution of the former Czechoslovakia. Finally, on the corner of Springfield Road and Beechwood, at the eastern boundary of New Edinburgh, is the High Commission of India. This is another multi-

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Kicking off the school year with momentum



Lyra Evans
Public School Trustee, Zone 6

I hope your holidays went well; I know many at the district I have spoken with have expressed appreciation about the time off at the end of year, but were excited to return to the classroom after the winter break.

Budget

The Audit committee meets on Feb. 21 to review the internal and external auditors reports on the budget. The Budget committee is meeting on Jan 30, Feb 20,

and March 19, to discuss the upcoming 2024–2025 school year budget. The priorities of the Board's Strategic Plan are going direct the funding and program choices. We also start to review the academic staffing (teacher numbers) in February and March.

Upcoming and ongoing consultations

Once every five years the district has the ability to enact an Educational Development Charge (EDC) by-law to

levy a charge on new builds, which can be spent to acquire new land required because of growth or significant densification. We have had our first public meetings on this, with feedback taken until the final decision in early March. The full report is available on the OCDSB website – ocdsb.ca – under the Board of Trustees tab > Consultations > EDC charges.

Strategic plan

One of the major pillars of the strategic plan was reviewing the elementary program offerings, which will start over February and March. In February the Board is reviewing equity outcomes through collected data and getting a generalized update on each of student learning, engagement, and well-being.

February is also when we approve the school calendar for 2024–2025. March has the School Safety Plan to be approved.

Policy review

In the coming months the OCDSB will be reviewing the following policies: Display of Flags by Schools, prior Learning Assessment and Recognition for Mature Students, and Risk Management, amongst others. There will also be a final decision on the boundaries for the new high school in Riverside South.

Advocacy for public education and children's wellbeing

Another school board in Ontario (Bluewater District School Board) decided to write to the provincial and

federal government asking that they prohibit the advertising of gambling given the societal impacts. I have asked our Board to make the decision to show support for that position by writing our own letter, especially given the impressionability that young children have, and the frequency of gambling advertisements on television, particularly during sports games.

There is also a conversation upcoming about the importance of safe sex and pro-choice messaging in schools to combat unwanted teen pregnancy.

As always, if you have concerns, questions, or thoughts, I am happy to hear from you by email at lyra.Evans@ocdsb.ca and text or call: (613) 913 1695

Fieldhouse' future as emergency respite center

By Chris Straka, CCC President

In the past several years climatic events have damaged the electrical distribution infrastructure in New Edinburgh and many other neighbourhoods in Ottawa. Climatologists predict that severe weather events are likely to become more frequent in the future.

In times of emergency, community groups have the potential to use pre-existing organizational structures, communications networks and physical resources to provide support at a neighbourhood level, in partnership with the City of Ottawa's city-wide response.

Notwithstanding the Crichton Community Council's (CCC) desire to support our neighbours during recent times of need, the CCC did not have the ability to activate our most important physical resource—the Fieldhouse. Although the Fieldhouse has a well-furnished and bright multi-purpose room that can accommodate over 100 people, accessible washrooms, a fully equipped kitchen and storage spaces filled with recreational equipment, when the electricity was out, the Fieldhouse sat empty and unused.

Recurring wind storms in the last few years have demonstrated a need for new

measures to ensure the resiliency of our homes and buildings. The ability to sustain our needs on a local level when a community-wide network has been disrupted is an imperative. To future-proof our buildings, we must have the ability to supply our own electricity when the grid is unavailable. Fortunately the equipment needed to generate enough electricity is readily available today.

The movement toward a future when individual buildings have the capacity to operate off-grid for 24 to 72 hours is underway. A building's usability can be limited by the durability of its electrical supply and the availability of generator fuel. Since the distribution of petroleum fuel is somewhat dependent on electricity, the most reliable solutions include solar-generation. If sufficient battery storage is incorporated, a solar-electric generation system could sustain a building and its users indefinitely.

As we all transition slowly toward a future in which our individual homes have some degree of electrical self-sufficiency, a need will continue to exist for neighbourhoods to be collectively resilient. As the steward of the Fieldhouse—the only publicly accessible City owned building in New Edinburgh—the CCC accepts a responsibility to prepare the building

to serve our neighbourhood in times of emergency.

With modest improvements to the Fieldhouse's electrical infrastructure, including the addition of on-site electrical generation capacity, the building could serve as an emergency respite centre for the neighbourhood.

The CCC is working with Councillor King, who has lent his support for this initiative, to encourage the City of Ottawa's collaboration in making New Edinburgh a model of local resilience in times of emergency. City staff agree that it would be advantageous for all of its buildings to have the capacity to connect to on-site electrical generation equipment. However, the cost of making even the most basic capital improvements to City facilities enabling electrical self-sufficiency has necessitated that buildings be prioritized and that implementation occur in phases.

Recognizing the need to act now to prepare our neighbourhood for an uncertain tomorrow, unanimous motions were passed by the Directors of both the CCC and NECA to use the New Edinburgh Community Building Fund to expedite the improvement of the Fieldhouse.

The New Edinburgh Community Building Fund was established by the City of Ottawa after Nectar's proper-

ty at 255 MacKay Street was sold. In 2019 a memorandum of understanding between CCC, NECA and Nectar was signed, confirming that the \$250,000 fund is to be used in its entirety for capital improvements to the New Edinburgh Park Fieldhouse. (Other capital improvements to the Fieldhouse that will draw from the fund in 2024 include a rubberized floor, moveable partition walls and acoustic panels.)

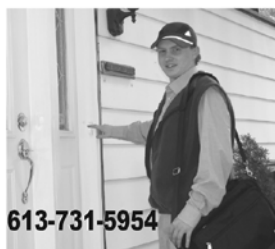
The cost of installing the equipment needed to make the Fieldhouse electrically self-sufficient throughout the year would be approximately \$50,000. City staff have stated that the higher up-front cost of a solar solution will make the approach unfeasible for the foreseeable future. With a continued interest in jumping ahead in time, the CCC has applied to the Province for a \$50,000 Community Emergency Preparedness Grant. We will learn later in February if our application is successful.

Once the capacity to generate electricity at the Fieldhouse is in place, the CCC will cooperate with City of Ottawa staff, NECA and other community partners to develop an emergency plan that will serve to reduce future disruptions to the quality of life in our neighbourhood during times of emergency.

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Free internet at the Fieldhouse

By Chris Straka, CCC President

In the past several years the correlation between internet access and quality of life has been well documented. Until very recently, lack of internet connectivity at the New Edinburgh Park Fieldhouse restricted the CCC's ability to conduct simple business transactions and provide basic services core to our organization's mission. (e.g. live streaming, public meetings; accepting electronic payments for goods or services; providing WiFi for those unable to afford it). Increasingly, the availability of high speed internet is as important to prospective rental users of the building as the presence of a washroom, chairs and a table.

The City of Ottawa owns the Fieldhouse and is responsible for its cleaning, maintenance and improvement. A use management agreement between the CCC and the City enables us to activate the facility on behalf of the City, in the interest

of New Edinburgh residents. However, the agreement does not allow the CCC to make changes or improvements to the Fieldhouse independently.

More than a year ago the CCC asked that the City of Ottawa install a free high-speed wireless internet connection in the Fieldhouse. Although the City has a program to provide public access to the internet in its facilities, the Fieldhouse in New Edinburgh Park was low on the City's list of priorities and was unlikely to be connected in the foreseeable future. Sustained effort by the CCC to communicate the need for connectivity has resulted in our ability to leap ahead. With a sustained financial commitment from the CCC, the support of Councillor King and his staff, and ultimately a successful motion to City Council, public access to WiFi is now available at the New Edinburgh Park Fieldhouse.

The CCC hopes that our initiative serves as a model for other neighbourhood buildings across the City that

remain disconnected. We hope that in time, the City will relieve the CCC of our financial burden (approximately \$100 per month) for the provision of WiFi to the Fieldhouse. The CCC believes that in a community building, the internet is as important as an electrical, water, sewer or gas connection. (The CCC does not pay the City for the cost of these utilities or the cleaning and maintenance of the Fieldhouse.)

Join the "Ottawa Free WiFi" network when inside the building or in the park to take advantage of the new internet connection. Additional bandwidth is available to renters of the facility upon request.



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EVENTS CALENDAR

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

FEBRUARY

Throughout February – Black History Month – Many events will be held throughout the city in both English and French to celebrate Black History Month. Learn more at: blackhistoryottawa.org.

February and March – (CCC) Children aged 0 to 4 and their parents or caregivers are welcome to attend a free drop-in playgroup at the New Edinburgh Park Fieldhouse, 203 Stanley Ave. on Thursday mornings from 9–11:00 a.m. 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 are available for adults. For more information, please email: CrichtonCommunityCouncil@gmail.com

January – March 3 – Members of the public are invited to lace up their skates and enjoy the historical Rideau Hall skating rink this winter season. 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. Come and be part of history! The Winter Pavilion, a restored heritage building, is available for visitors to warm up and lace up their skates. The public is invited to visit the skating rink (weather permitting) for free: Monday – Friday, 5–8:30 p.m.; last entry at 7:45 p.m. On Saturdays and Sundays, 12–8:30 p.m.; last entry at 7:45 p.m. For full details, check out gg.ca/rideau-hall-skating-rink or social media platforms for up-to-date information on the status of the rink. Check out special event on February 3rd during Winterduple!

February 11–17 – Heritage Ottawa Online Auction – The national capital's foremost non-governmental voice for understanding and conserving built heritage and landscapes will be holding its first ever online auction. There will be something for everyone: works of art, walking tours, restaurant meals, hotels, income tax preparation, a heritage inspired garden shed, a week at a secluded Gatineau cot-

tage, theatre passes, and rare books on Ottawa's built heritage and history. Funds raised will be used to continue providing sought-after expert advice and maintaining quality educational programs and activities like walking tours, workshops, and public lectures, and to offer a range of publications that reach, inform and influence thousands. Visit heritageottawa.org for more information and check our website as of Feb. 4, to view the selection of items available.

February 20 – NECA Board Meeting: 7–9 p.m. All New Edinburgh residents are welcome to attend the virtual board meeting of the New Edinburgh Community Alliance (NECA). Meeting link and agenda will be posted on newedinburgh.ca

February 20 – Celebrate Heritage Day at Ottawa City Hall – The theme is *"Diversity of heritage – recognizing the past and celebrating the future."* Join us at 12 p.m. for a Heritage Day celebration at Ottawa City Hall! Capital Heritage Connexion, in partnership with the City of Ottawa Cultural

and Heritage Programs and Spaces Branch, invites you enjoy heritage places and experiences in Canada's Capital during Heritage Week, Feb. 20–26, and throughout the year! Learn more at capitalheritage.ca

February 22 – "Ottawa the Great: A Love Letter to Our City" at Beechwood National Memorial Centre: 7 p.m. (Heritage Week programming) – Come for a night of history, music, and celebration, featuring two historians – Christine Landry Matamoros and David C. Martin – who will share the tales of a moment and people in our city's history. Musician and local historian Paul Weber will provide music before and between the presentations. Beechwood National Memorial Centre 280 Beechwood Avenue, Ottawa. Following the presentations, light refreshments and desserts will be served. This event is hosted in partnership with the Capital Heritage Connexion.

February 24 – Comedy at the Fieldhouse (CCC) 203 Stanley Ave, Ottawa from 8-10 p.m. Join us for an evening of gut-busting entertainment featuring some of Ottawa's best professional and up-and-coming comics. (Lineup to be announced.) Hosted by Hart Shouldice (Yuk Yuk's, Absolute Comedy). Beer, wine, non-alcoholic refreshments, and snacks will be available. For more information, please email: CrichtonCommunityCouncil@gmail.com

MARCH

March 2 – Seedy Saturday – Proudly hosted by the Alta Vista Community Association Local Food Committee, in collaboration with Just Food and Seeds of Diversity (see below

for more details about these organizations). Thinking of spring planting? Join us at Emmanuel United Church, 691 Smyth Road from 10 a.m.–3 p.m. Attend workshops on seed starting, composting, and native bee habits and habitats. Explore seed vendor offerings. Exchange seeds. Support local artisans. Meet community gardeners interested in Ottawa's food security and sample local cuisine. There's no admission charge and parking is free. Bring your own reusable bags and, if you have some, your seeds for the free seed exchange table. Want to know more? Contact altavistaseeds@gmail.com

Just Food is a local, non-profit, community-based organization that works on both rural and urban food and farming issues in Ottawa and the surrounding region. It is an information and resource-sharing network supporting the sustainable development of its Community Gardening Network. Visit justfood.ca for more.

Seeds of Diversity is a Canadian organization dedicated to preserving, perpetuating, studying, and encouraging the cultivation of heirloom and endangered food crop varieties. Its backbone is seed savers who protect Canada's seed biodiversity by growing it themselves and sharing it with others. With more than 1,000 members across Canada, it's a vibrant and visible part of the gardening and food security scene. Visit seeds.ca to learn more.

March 19 – NECA Board Meeting: 7–9 p.m. – All New Edinburgh residents are welcome to attend the virtual board meeting of the New Edinburgh Community Alliance (NECA). Meeting link and agenda will be posted on newedinburgh.ca

St. Bart's: Wrong time, wrong place

By Janet Ruddock

Nobody, including my husband Frank and me, likes latecomers to concerts. There is absolutely no excuse for being late and interrupting a concert. Our desperation for "Nine Lessons and Carols" this Christmas is the sole, feeble excuse offered. Desperation, however heartfelt, doth not excuse getting it so, so wrong. To the choir and audience that evening at St Bart's: *mea culpa*.

Well in advance, I had googled "Carol Services at St. Bartholemew's." Yuletide concerts abounded there in the weeks before Christmas. A choice of Medieval Carols, Dickensian Carols, German Carols, Ceremony of Carols and two dates for "Nine Lessons and Carols." I admired the enthusiasm of St. Bart's choir. Perhaps it was joining forces with another choir in Ottawa, or five other choirs, that accomplished all this.

I marked our choices on the calendar, noting especially Dec. 17, 5 p.m., "Nine Lessons and Carols." Mulled wine, mince tarts, and other goodies available in the cloister after the service. Cloister? Not a regular at St. Bart's, I didn't know there was a cloister.

On Dec. 17, we arrived 45 minutes early to obtain seats. Easy enough to do: we live two minutes from St. Bart's. A sign on the main door announced a Seventeen Voyces Concert. A previous concert perhaps? Forgotten sign? Undeterred, we entered the vestibule to the sound of music in progress. As we generally arrive early to services, we often encounter the church choir warming up.

Ever onward, we headed through the door into the nave. Within a millisecond, it was clear a concert was in full swing, and it was plainly *not* "Nine Lessons and Carols." Bursting into the middle of the audience, it was the stuff of nightmares. The church was packed, with all eyes suddenly on us. Frank made a beeline for an aisle seat barely big enough for him. Hot on his heels, I squashed in beside him – rather more atop him.

Within moments, a woman appeared at my side whispering if we had tickets. I whispered that we didn't. Did



St Barts in the 'Burgh on a snowy day.

Photo by Karen Squires

we need them for the "Nine Lessons and Carols" concert? Well, no, we didn't. However, it seems we did for Seventeen Voyces, into which we had inadvertently stumbled. I assured her we would sort this out at the conclusion of this piece of music. Surely, we had interrupted enough. Mercifully, off she went.

The musical selection ended. Under cover of applause, we headed up the centre aisle to the back and into the connecting corridor. "Mortified" summed it up nicely. There to greet us was the woman of our earlier encounter. Apologizing for our interruption of the concert, I explained that St. Bartholemew's website had somehow steered me wrong. Very wrong, it seemed. No "Nine Lessons and Carols," nor any other of the concerts I had so anticipated.

Seeing my disappointment, the woman suggested that if we hurried, we could head to St. Matthew's. Their "Nine Lessons and Carols" was, indeed, that evening. We knew seats and parking spots were limited for this one. We'd need wings of the heavenly host to make it.

Had Frank remembered his wallet, perhaps we could have redeemed our sins by purchasing tickets for the remainder of the Seventeen Voyces concert. It sounded glorious – just the thing we would enjoy. In truth, the idea of bumbling in again disturbing the audience and singers did not fill me with festive cheer. Best disappear gracefully.

"How could I get it so horribly wrong?" I asked Frank as we walked home.

"Are you sure you got the year right?" he asked. Of course I'm sure. Previous years, dates of Christmas past on various outdated websites had fooled me. It's a chronic condition with websites. At home, Frank headed on high to the third floor. I had left the computer open at St. Bartholemew's website.

"Is this it? St. Bartholemew the Great?" If this is the site that's open, I assured him, then it's it. "Well, you had the 'Nine Lessons and Carols' right," he quipped, "and the date and time. But St. Bartholemew the Great is in London. As in England." I was stunned.

Frank wasn't finished. "St. Bartholemew the Great is celebrating its 900th anniversary. Did that not strike you as odd for a church in Ottawa?" Frank was relishing every moment of this. I had, in fact, noticed the anniversary part earlier. I assumed, wrongly, that all churches named for St. Bartholemew, regardless of where, were joining in this celebration. More to the point, I had so focused on their vast selection of carol services, I noticed little else.

"We've missed the 'Nine Lessons' service at St. Bart's in London anyway," added Frank. "With the time difference, it ended six hours ago." And, I said to myself miserably, no mulled wine and mince tarts.

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



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Welcome!



We would like to welcome **Michelle McLean**, who is now co-managing ad sales together with **Joana Chelo**, effective this edition. Michelle recently moved to the neighbourhood from the Niagara region, where she started her cat-sitting business in 2018. Prior to that, Michelle worked for six years in marketing, advertising, and publishing, which she really enjoyed. Having recently moved to the area, she learned about this opportunity through the online version of *New Edinburgh News* and thought it would be a great fit with her existing business. We are thrilled to have Michelle on our team and look forward to working with her! Please reach out to ads@newedinburgh.ca with any questions about advertising; Michelle will be happy to hear from you. Welcome to the **New Edinburgh News** team, Michelle – and to Ottawa.

A Fond Farewell



To **Heather Matthews** of **The SconeWitch**, who's been such a huge part of our community for almost her entire life, as she's moving on Feb. 1 to Lowertown – about a 10-minute walk away – to a lovely heritage home. Heather confirms she is a fourth-generation New Edinburgh resident and has lived in the neighbourhood for all but nine years of her life, plus the four years she spent at school in Toronto. Things have certainly changed over that time. Heather recalls: "When I was a kid, there were nine businesses on Crichton Street and just about everything you could need on Beechwood Avenue. However, very few households had cars, so it was truly a 15-minute neighbourhood then."

Heather confirmed that **The SconeWitch** – opened on Beechwood in 2008 – has had several events affect the business negatively: the fire on Beechwood, followed by

Help us clear the air: share your feedback on vehicle idling



In 2007, the City of Ottawa took steps to reduce greenhouse gas emissions and improve air quality by enacting the Idling Control By-law. The City is currently reviewing this by-law and is looking for your feedback on vehicle idling in Ottawa.

Vehicles on public and private property are permitted to idle for up to three minutes in a 60-minute period when the outdoor temperature is between 5°C and 27°C. If it's colder than 5°C or warmer than 27°C outside, there are currently no restrictions on idling time limits. Exceptions exist for certain vehicles and situations.

We invite residents to share their feedback on vehicle idling and the Idling Control By-law by completing an online survey on Engage Ottawa. The survey will be open for responses until Friday, March 15.

Visit Engage Ottawa for more information about our review of the Idling Control By-law and to participate in the online survey.

<https://engage.ottawa.ca/idling-control-by-law-review>

the Minto approach to retail, and the redesign of the street itself.

Asked what will happen with **The SconeWitch**, Heather says it's difficult to predict what the future holds, but they definitely couldn't survive another pandemic. Her final words: **WEAR YOUR MASKS, PLEASE!** Heather, we will miss you on the NECA board, but glad you are not moving too far. Hopefully we'll see you at **The SconeWitch** and in and around the neighbourhood soon. Enjoy your new home and your cottage!

Happy New Year

Books on Beechwood store manager **Hilary Porter** offered this hopeful message to the neighbourhood in her January 2024 store newsletter:

"We know the last few years have been a bit on the challenging side, and it's unlikely that this new year will be without its own set of ups and downs. But January always seems to bring with it a strange sense of hope – hope that the coming year will be filled with health, happiness, light, and love. That it will be rejuvenating, relaxing, and enriching, and, of course, filled with wonderful reads to make us laugh, touch our hearts, lift our spirits, and feed our souls. As your local booksellers, we promise to try to make the store and our stacks of books tick as many of those new year's boxes as possible!"



Photo by Cindy Parkyani

Winter fun in New Edinburgh.

Volunteer Photographers Wanted

Do you find yourself taking pictures of all the historic homes in New Edinburgh? Is your camera filled with sunset photos from MacKay Street? The *New Edinburgh News* is looking for enthusiastic photographers to help in the creation of our community paper. An opportunity to work with your neighbours and local businesses to put the neighbourhoods best (visual) foot forward. To qualify, we need you to have a camera of your own and a few hours per edition.

NEN is a volunteer-run community paper that publishes five times a year (October, December, February, April, and June).

Get in touch with the *NEN* editors at newednews@hotmail.com

Miscellaneous

Folks new to the area, or who may not have a medical doctor (during cold and flu season especially), should check out the **Ottawa Public Health (OPH)** website to learn about their neighbourhood health and wellness hubs, their clinic hours, and more. OPH offers health services like vaccinations, rapid antigen test kits, dental screening, diabetes screening, parenting

drop-ins and much more – visit ottawapublichealth.ca to explore.

Correction

In the December edition of *New Edinburgh News*, on page 16, the Crichton Community Centre job posting contained an error regarding a job title. Rather than "Assistant Needed," the posting should have read: "Secretary Needed for the CCC's Board of Directors."



Classified Ads

RATES: \$10, first 25 words; \$5, each additional 25 words, payable on submission of ad. Public service ads (such as lost & found) free. Email your ad as well as e-transfer to Nicholas our bookkeeper@newedinburgh.ca.

Dog/Cat Walking And Sitting Your house plants are also safe with me! Regular and emergency daily walking too. References. Liba Bender: 613-746-4884.