

NEW EDINBURGH NEWS

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Canoers enjoying Rideau Falls at sunset.

Photo by David Rostenne

Renewal of St. Patrick bridge and Porter Island bridge

By Kostyantyn Frolov and
Karen Squires

The City of Ottawa hosted a community information session on Jul. 11 to showcase details of what this multi-year project will mean for the flow of vehicular, cycling, and pedestrian traffic. Several New Edinburgh Community Alliance (NECA) board members attended to ask questions and voice concerns, such as the effects of additional traffic flow through our community from the bridge construction.

City Project Manager Lei Gong confirmed that the bridge will not be closed at any time and lanes will only ever be reduced from five to four, temporarily losing an eastbound lane for the duration of the project. This will be accomplished by first removing the median that separates the two directions of traffic and removing the bike lanes over the bridge for the dura-

tion of the construction. All pedestrians and cyclists who are not comfortable riding in the vehicular traffic lanes will share a multi-use pathway along alternating sides of the bridge.

According to City communications, the primary driver for the project is a lifecycle renewal of the two bridges to extend their service life. But a key objective of the project is to improve the safety, comfort, and connectivity of the cycling infrastructure, while maintaining or improving the conditions for the other modes of transportation across the bridge.

“Many parts of the bridge will be renewed, however, owing to the type of structure, the drainage ports through the bridge deck cannot feasibly be relocated,” thus the ambition for the cycling improvements is limited in what it can

Continued on page 10

The case against Ford’s proposed bike lane ban

By Carol Bennett and
Joana Chelo

News sources have confirmed that a new provincial bill being drafted aims to make it illegal for municipalities to install new bike lanes if car lanes would be blocked. The bill named *Reducing Gridlock and Saving You Time*, has shocked Ottawa city planners and elected officials including Councillor Jeff Leiper. The Councillor argued in the *Ottawa Citizen* that this new bill will undermine Ottawa’s Transportation Master Plan that envisions more than half of all travel in the city will be by active transportation, public transit or by carpooling by 2046.

Talking with neighbours, this news took many by sur-

prise since the idea of undercutting new bike lane construction to reduce congestion goes against research about the congestion and transportation.

The idea that giving more space to general traffic will help alleviate congestion has been debunked countless times. Ford’s proposed legislation is taking a stand even after the intellectual battle has been ceded. Indeed, it looks like this draft bill is based on incorrect perceptions rather than research-based fact. When it comes to traffic and bikes, car-centric cities like Ottawa need to debunk some important myths.

Myth #1: Bikes increase traffic congestion

While it may seem intuitive that more bikes on the road could lead to increased congestion, research shows the opposite. Bikes take up less space than cars and can help reduce the overall number of vehicles on the road. When more people choose to bike, it alleviates pressure on roadways and can lead to smoother traffic flow for everyone.

For instance, while adding 2 million inhabitants to its population, London (UK) saw a decrease of private car trips from 48 per cent to 37 per cent from 2000 to 2019, thought to be a consequence of the massive bike infrastructure investments that built almost 200 km of bike

Continued on page 25

Final draft plan for SGEC Park surprises community

By Sarah Anson-
Cartwright

Occasionally the gap between perception and reality can be a bit too wide for people’s comfort. In late May and early June, that was certainly the case for many residents who read the National Capital Commission’s final draft plan for the Sir George-Étienne Cartier Park (SGEC Park). It was a final draft with several new and substantive proposals which took some residents and community organizations by surprise.

Among the draft plan’s most notable surprises were: (a) the policies to fence off

the off-leash dog area or to remove it from Pine Hill (a forested park much valued by dog-owners, including for its cool shade during periods of extreme heat); and (b) the draft recommendation to “investigate the possible replacement of the existing Ottawa New Edinburgh Club (ONEC) buildings and facilities with a consolidated and larger facility that could also offer services and complementary amenities to the Ottawa River House in addition to the services and amenities provided by the Club” – which is a recommendation that was news to ONEC when it appeared in the final draft

plan. The NCC’s limited two-week consultation period (ending Jun. 6) was presented as the final opportunity for public input into the “90 per cent draft” plan for the SGEC Park, which was released about 15 months after the NCC hosted a public, in-person consultation in February 2023.

New Edinburgh is located directly adjacent to the western edge of the SGEC park, at its western gateway which commences at Rideau Hall. Given the park’s proximity to the neighbourhood, our

Continued on page 15

New Edinburgh Park

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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 October 15, 7:00 p.m.** and **Tuesday November 19, 7:00 p.m.** The AGM will be held **Tuesday October 22, 7:00 p.m.** Meetings are hybrid: held online and in person at the Fieldhouse. Contact newedinburgh@outlook.com for details.

Your NECA Representatives 2024-2025

Contact anyone below through info@newedinburgh.ca

Sarah Anson-Cartwright

Ted Bennett	Co-Treasurer
Ray Boomgaardt	President
Sean Flynn	Co-Treasurer
Kostyantyn Frolov	
Katherine Lloyd	Friends of the Park
Karen Squires	Friends of the Park
Gail McEachern	Heritage & Development
Sean McNulty	
Jason Tavoularis	Traffic & Safety
Cindy Parkanyi	Secretary
Ex officio:	
Chris Straka	President, CCC
Sharon Nyangweso	Editor, <i>New Edinburgh News</i> newednews@hotmail.com

Learn more at
newedinburgh.ca



Ray Boomgaardt
NECA President

This month I'm going to talk about an issue that we have not discussed at any length at the NECA Board, but which affects an important dimension of our mandate: The persistent demands from senior levels of government for less municipal regulation over new construction and blaming the regulatory environment for high housing prices.

Some suggest that this is a political stunt by the federal government to distract attention from mismanagement of immigration, unparalleled housing demand at a time of economic disruption, and loose fiscal policy that contributed to inflation and high interest rates.

All the work done to stop the Spadina Expressway and the Vanier Arterial have resulted in the maintenance and enhancement of great neighbourhoods like New Edinburgh. We are not obstacles to new development; the rate of new development is high in communities like ours that have protected their heritage and insisted that development be appropriate.

Let me turn now to Yasir Naqvi's task force, which jumped on the municipal deregulation bandwagon. A

senior member of that Task Force was a representative of Claridge. Now, we at the NECA Board know a little bit about Claridge. It's a local business, and it deserves a lot of credit for operating a successful construction business. Several years ago, representatives of NECA and other local community associations held successful negotiations with Claridge and the City of Ottawa, agreeing to exceptions in zoning that Claridge had requested before building a residential complex on Beechwood Ave. I say successful, because an agreement was reached which allowed construction to proceed.

But construction has still not commenced. Instead, Claridge has filed an amended proposal, which is inconsistent with the agreement, and which would add additional height and drop the commitment to ground level commercial space.

So, is this a case of construction delays caused by an undue regulatory burden, or is Claridge delaying construction for some other reason? They are a private company, so they do not have to tell us, or the Task Force.

But, if they are going to

NECA seeks by-laws update

By Cindy Parkanyi, NECA Secretary

On Oct. 19, 2021, the new Ontario Not-for-profit Corporations Act (ONCA) came into force, with an implementation period ending Oct. 31, 2024. Since the New Edinburgh Community Alliance (NECA) was incorporated under the previous provincial corporations' act, a review of our existing by-law was required.

After first determining that it made more sense for NECA to remain as a provincial corporation rather than undertaking the complex and expensive process to reincorporate under federal legislation, the real work began – a review and update of NECA's by-laws to align them with the new provincial act.

Since changes to NECA's

by-law must be approved by the membership, we will be proposing acceptance of the updated by-laws at the upcoming Annual General Meeting on Oct. 22, 2024. The proposed new by-laws, as well as the current by-laws, are posted on newedinburgh.ca

Below is a summary of the main substantive changes proposed:

- Allow for online meetings and virtual meeting participation
- Required addition of role of Chair of the Board (which can be combined with the role of President)
- Removal of the requirement for the establishment of specific standing committees of NECA to allow the board more flexibility to decide what committees or

sit on a Task Force, surely the Chair of the Task Force should be inviting them to set out the factors that, on their side, cause construction to be delayed. It really isn't a great look for the Claridge representative to be sitting on a Task Force to complain about the regulatory burden, without also identifying, at least in general terms, the factors that prompt a construction firm not to proceed with an approved residential project. Do those factors include high interest rates? What about other federal government policies? Also, does the company's financial model depend on gaining exceptions to zoning so that it can buy the land relatively cheaply and then make the land more valuable by getting such zoning exceptions?

Let me underline that, for our part, the NECA Board continues to advocate for respect for our built heritage, for keeping our parks in great shape for use not only by our community but users from all over the City, for sensible and effective zoning by-laws, for safe streets, and for a strong local newspaper. I am immensely proud of the dedication and hard work of our directors and of our associated organization, the CCC. I look forward to seeing many of you at our Annual General Meeting on Oct. 22, at 7 p.m. at the Fieldhouse.

See you in the neighbourhood!

task forces are required at any given time

- Quorum for board meetings changed to "at least half" from "more than half" of board members

- Other procedural updates such as requirements for signature on financial statements and written consent to serve by elected or appointed directors.

To ensure passage of the new by-laws, we will need to reach a quorum of at least 25 members at the in-person general meeting on Oct. 22 beginning at 7 p.m. at the New Edinburgh Fieldhouse. Please consider attending this annual event to catch up with neighbours, hear about NECA's priorities for the upcoming year and approve the new by-laws. We look forward to seeing you there!

Letter from the Managing Editor



Sharon Nyangweso
Managing Editor

As time moves past National Day for Truth and Reconciliation (Sept. 30), I feel compelled to address something that is not confined to a single day, but is a call for daily, active engagement: reconciliation. This is a responsibility for all of us, as individuals and as members of this vibrant community.

It is easy to look at our neighbourhood and see only its charm—a beautiful place where we are fortunate enough to rest our heads and find refuge. Yet, we must also acknowledge that this land holds a deeper and more painful history. The spaces we walk through and the streets we traverse are on land that has seen displacement, loss, and violence for Indigenous peoples who have stewarded it since time immemorial. Acknowledging

this truth requires more than a moment of reflection. It calls for ongoing, active reconciliation. What does that mean for us here in New Edinburgh? It means recognizing that while we enjoy the beauty and serenity of our environment, we also have a responsibility to confront its past, correct past injustices and shape its future with care and intention.

As we develop this neighbourhood, care for its natural environment, and interact with one another, let's do so with a conscious desire to embed reconciliation into our actions. How we choose to grow and sustain our community matters. It matters for the Indigenous peoples who lived and gathered here, their descendants, and ours.

What if we approached community development

with an eye toward justice, sustainability, and respect for the original inhabitants of this land and their descendants? What if, in our daily interactions with our neighbours, we practiced kindness and care while recognizing the significance of the land beneath us – and this includes our neighbours who have no home? We have the opportunity to reflect on what reconciliation means for each of us and our community—not just as an abstract goal, but as a practice embedded into how we care for the land, lobby our elected officials and care for each other. Let's commit to reconciliation as an ongoing process that informs the decisions we make in our homes, our streets, and in the way we interact with the natural world around us.

Lastly, I implore you to read the Truth and Reconciliation Commission Reports, including the 94 Calls to Action, to understand the injustices Indigenous peoples have, and continue to face. These reports and calls to action will give you an excellent starting point for where your advocacy can begin.

Letter from the Co-Editor



Karen Squires
Co-Editor

We are thrilled to report we have two new contributors who will be doing a series of articles: one will be focusing on mental health while the other will focus on gardening tips to support our environment so please welcome

Ralph Hesse and **Victoria Walker** as regular contributors. Otherwise, the fall edition is always interesting after a long summer break with lots of good content including our first article from Mayor Sutcliffe since he became

Mayor of Ottawa. As always we have extensive updates on our parks and green spaces nearby along with traffic and safety! We've welcomed several new people and new businesses to the 'hood and our Events section is a great way to learn more about what's upcoming. Soon we'll be planning for the holiday season but for now, enjoy the fall and I hope we've given you some ideas and inspiration to get out and explore our green spaces, get to know folks in the community and support local businesses!

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

NEW EDINBURGH NEWS

203 Stanley Ave., Ottawa, ON K1M 1P2

Publication dates: Oct. 1, Dec. 1, Feb. 1, April 1, June 1

Deadlines: Sept. 10, Nov. 10, Jan. 10, March 10, May 10

Publisher: New Edinburgh Community Alliance

Advisory Committee

Roslyn Butler

Gemma Kerr

Cindy Parkanyi

Carolyn Brereton

Christina Leadlay

Managing Editor

Sharon Nyangweso

newednews@hotmail.com

Co-Editor/Photographer

Karen Squires

editor@newedinburgh.ca

Photographer

Philippe Marchand

Advertising Manager

Michelle McLean

ads@newedinburgh.ca

Production Manager

Dave Rostenne

Bookkeeper

Nicholas Galambos

bookkeeper@newedinburgh.ca

Distribution Manager

John Leefe

Proofreaders

Adrienne Blair

Inge Vander Horst

Contributors

Sarah Anson-Cartwright

Lorie Boucher

Joana Chelo

Eleanor Dunn

Konstantyn Frolov

Ralph Hesse

Katherine Lloyd

Jane Heintzman

John Leefe

Sophia Wood Massicotte

Janet Rudduck

Chris Straka

Jason Tavoularis

Victoria Walker

Carol Bennett

Carolyn Brereton

Doug Cornish

Sean Flynn

Tony Gaston

Gail McEachern

Liz Heatherington

Martha Hodgson

Randy Mar

Cindy Pakanyi

Karen Squires

Mark Sutcliffe

Janet Uren

Submission Guidelines: Articles, photos and letters to the editor may be submitted to the editor. The editor reserves the right to edit for length, content and legal considerations. Submissions selected for publication will be published in both a hardcopy and an electronic version. Letters to the editor must include the writer's name, address and phone number to be considered for publication.

The *New Edinburgh News* (NEN) was established as a non-profit community newspaper in 1976 and is published five times a year by the New Edinburgh Community Alliance (NECA) and supported by its advertisers. The *New Edinburgh News* is distributed free of charge by volunteers to residents of New Edinburgh as well as to area schools, libraries and local businesses. Views expressed in the *NEN* are those of contributors and do not necessarily reflect the views of the editorial staff, the publisher or the advertisers. The *New Edinburgh News* is also made available online at the New Edinburgh community website:

newedinburgh.ca

Printed by Transcontinental Printing

ISSN 0703-9042

Seeking nominations for the 2024 BRICK Award

By Gail McEachern

The time has arrived to identify deserving recipients for the 2024 BRICK Award. The goal: to highlight a physical project or the accomplishments of a special individual which have left a positive mark on the community. We welcome suggestions from all of you. Please send the name of the person or project you would like to nominate along with a brief description via email: [editor@newedin-](mailto:editor@newedinburgh.ca)

[burgh.ca](mailto:editor@newedinburgh.ca)

The Burgh Renovation, Improvement and Construction Kudos (BRICK) Award was created by the New Edinburgh Community Alliance (NECA) in 2009. Its purpose was to recognize and honour a project in New Edinburgh (within or outside the Heritage Conservation District) involving a new addition to a building, the restoration of significant architectural elements of an existing house, or a new infill

development which is compatible and sensitive to the surrounding neighbourhood aesthetic. The main criteria for evaluating a project are:

- the quality of the design
- consideration of heritage issues, and
- the impact on the surrounding streetscape and green spaces.

The original focus was on physical bricks-and-mortar projects. However, the concept has expanded to include a separate award for

a Community Builder: an exceptional person whose contribution of time and talent has enriched the New Edinburgh community.

The BRICK awards for 2023 were announced at NECA's Annual General Meeting last October. In the Bricks and Mortar category, **Alcove Holdings** was selected for its sensitive design of two semi-detached town houses on Stanley Avenue which seamlessly blend into the surrounding streetscape.

In the Community Builder category, **Christine Garand**, founder and owner of the Union Street Kitchen Cafe was honoured for her consistent offerings of delicious food and drink, combined with a spirit of welcoming to create a vibrant neighbourhood hub.

Gail McEachern lives in New Edinburgh, sits on the NECA board and represents the Heritage and Development Committee.

Letters to the Editor

I wanted to drop a quick note to say how much I enjoyed the latest edition of the New Edinburgh News. The article **Another Tale of Two Cities** was such a fresh perspective, and reminded me of a YouTube channel I appreciate called Not Just Bikes. Also, the piece on the Ottawa Fringe Festival was fantastic, too. Keep up the great work!

–Chloe Privat

I just picked up my copy of the June *NEN*. The article **Burgh director premieres new work at Ottawa Fringe Festival** (on page 30)

looks great, except that on the photo caption, I've been identified as a "film" director. I'm not sure where that came from, but I'm strictly a theatre director, and have never directed a film in my life. Anyway, otherwise perfect. Thanks so much for fitting it in.

–William Beddoe

Thanks to NECA for the new emblem initiative. For us, the strongest attachments to our beautiful community are location, heritage, and green space.

–Carolyn Strauss & Bruce

Nesbitt

I have just read Marc Legault's letter to the editor in this month's edition of the New Edinburgh News. As a recently arrived immigrant from Scotland I would argue that far from Ma-Ki being a change from a standard pronunciation of MacKay, it is the way this name is regularly pronounced, at least in Scotland. Whenever I hear MacKay pronounced Ma-Kay I always find it jarring. Perhaps the change from Ma-Ki to Ma-Kay was a historical Canadian phenome-

non? I look forward to learning more from your readers.

–Gordon Fernie

It is always nice to see improvements come to the New Edinburgh Park and the surrounding areas. Recently, a new series of bins have popped up along the pathways and near the Stanley Field House: green (for composting and doggy bags), blue (for cans and bottles), and black (for waste). These are well marked and will surely encourage park users to properly dispose of things. I heard rumours that the people at the *New Edinburgh News* had some influence with the decision to install these new bins. For that, I would like to send out a big "thank you" to the staff of this paper. Please continue your good work in keeping the community well-informed via the printed words in your paper and via the actions that result from it.

–Daniel Hébert

*The note below was in response to the article titled **New Edinburgh's journey to a 15-minute neighbourhood: Third spaces from June edition on page 1***

I would like to suggest Beechwood Cemetery as a third space in the New

Edinburgh area. It has a park-like feel and offers free tours as well as occasional concerts in the Sacred Space.

–Stephen Chappell

You may have noticed that several hundred yards of high chain-link fence has been built along the north side of McKay Lake, including a locked gate. Since it is close to New Edinburgh and hinders residents' access to and enjoyment of the lake, I think it is relevant to your readers.

There was a pseudo-environmental reason given at the time. However, on the contrary, the effect is to separate the lake from its surrounding forest, with devastating effects on small wildlife that previously used both, such as beaver, fox, and mink.

The truth is that the fence was the result of a dirty back-room deal by politicians with a small number of influential individuals whose properties abut the lake on the south side. Their interest is in gradually making the lake as close to being their own private property as possible. I've heard the claim in public meetings that the lake is private property. Nonsense, but they keep working away at it clandestinely, with some success.

The construction of the fence was precipitated by two things – first, there was occasionally swimming by some young people in the summer, around the little bridge at the entrance to the Conservation Area along the lake shore; and the second, during two winters, volunteers spontaneously cleared a skating circle on the lake. Quite lovely really. Impossible now.

–Diogenes Smith

Visit The Burgh Online!

For the most up-to-date news of the neighbourhood

newedinburgh.ca

Bicycle traffic and safety in the neighbourhood

By Jason Tavoularis

In early August, a large, bright-green bike corral was installed on Crichton Street to relieve the demand for bike parking from customers of the Union Street Café – a popular stop for cyclists. The installment is large enough for a dozen bikes to park and was received with mixed feelings, which spurred polarising commentary online.

The existing ring-and-post bike racks on nearby sidewalks may look under-utilized if one passes at off-peak times, but the Union Street Café regularly sees surges in bike traffic. An overflow of bikes creates an accessibility hazard if they're clogging up the sidewalks.

In response to a request from

Councillor King to address this problem, the City took action through its Bike Corral Program, which offers seasonal parking infrastructure from April to November at popular locations like in the ByWard Market, Centretown, and the Glebe.

Many neighbours objected to the size of the corral, arguing it was excessive for this mainly residential location. One neighbour compiled a report with photographs of several other installments from the Bike Corral Program to question why a double-size rack was installed on Crichton Street when other more commercialized locations have single-size racks.

The café's owner, Christine Garand, was pleased to have

more bike parking, of course. But she, too, was unsatisfied by its placement in front of a neighbouring house. Her cycling customers prefer to park directly in front of the café so they can keep their bikes in sight while they enjoy the café's refreshments.

This Union Street Café bike corral has also triggered speculation on social media. Along with other misinformation, posters were spreading false reports that the bike corral would be, or already had been, removed due to complaints from neighbours.

To address community concerns, Councillor King's office organized an on-site meeting on Aug. 19 attended by representatives from the City of Ottawa's Bike Corral

Program, the Union Street Café, neighbours and the New Edinburgh Community Alliance (NECA).

During this meeting, City staff listened to what café staff and neighbours had to say about the installment. Subsequently the City's experts explained the constraints regarding where on-street infrastructure is permitted to be installed; most significant for this location being maintaining a minimum distance from any crosswalk or fire hydrant.

Staff in attendance took measurements and then proposed a solution aligned with the community input. The City proposed replacing the double-size rack on Crichton Street with a single-size rack

in front of the café benches on Union Street the following week – and no one in attendance raised objections.

Despite all the negativity in online reactions, I consider this a happy story of the system working. Our elected representative raised a community need for more bike parking to City staff. The City immediately (perhaps too quickly) took action. Then, in response to community feedback, our Councillor gathered stakeholders to devise refinements that would better fit the neighbourhood. The new iteration resolved the main issues and was swiftly completed.

Jason Tavoularis sits on the NECA Board and is the Traffic and Safety Liaison.

Climate change still a priority for Canadians amid competing crises

By Sarah Anson-Cartwright

"Climate change and the environment" was among the six "top issues facing Canadians," according to a recent Abacus survey. This shows us that climate change is still a top issue for Canadians even as the cost of living and housing crises continue to be dominant concerns.

For Canadians, climate change needs to be a priority for governments. According to an international survey released by the Yale Program on Climate Change Communication late last year,

65 per cent of Canadians said climate change should be a "very high" or "high" priority. The reality is that these three crises – the cost of living, housing and climate – are interconnected in the ways we are experiencing them.

The Affordability Action Council's final report this year, released by the Institute for Research on Public Policy, explained it this way:

There are clear interactions between these affordability challenges and climate change. Building homes that depend on fossil-fuel heating or driving long distances increases future costs for

households. A changing climate is also likely to be a significant driver of higher food prices in the coming decades, and Canadians are already experiencing the costs of wildfires, floods, heat waves and power outages. Delaying climate action is not an effective solution to the affordability crisis.

Every time there is an extreme weather event, the impacts can reverberate in ways that ultimately affect the supply and cost of food, and the cost of homeownership. Think of the flooding of houses and the resultant impact on insurance costs.

Consider homes that may not be eligible for flood insurance because they are at high risk given the frequency and scale of flooding which is increasing with climate change.

"Canada needs policies that simultaneously help us reduce greenhouse gas emissions and ease the cost-of-living burden for lower-income families," stated the Affordability Action Council, which proposes several specific policy actions.

The preoccupation with affordability concerns among Canadians understandably has implications for their willingness to pay more in

order to "green" their lives. With Canadians simultaneously concerned with both affordability and the climate crisis, the time is ripe for policy options that address both sets of issues.

The next federal election – whether it is in the coming months or at latest by next October – affords a critical opportunity for serious policy considerations on all these issues.

Sarah Anson-Cartwright is a board member of the New Edinburgh Community Alliance.

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Op-ed: Mayor Sutcliffe

It is my responsibility as Managing Editor to ensure important issues are given thoughtful context. This includes the mayor's statement on Ottawa's financial crisis, submitted to NEN for publication.

The mayor begins by stating that the federal government is shortchanging Ottawa by reducing its payments in lieu of taxes (PILT) on federal properties. It's true these payments aren't calculated the same way as standard property taxes, but it's not all the way correct to claim the federal government "decides" these amounts arbitrarily. The PILT system is governed by federal law and is meant to reflect the value of government-owned properties. Disputes about payment amounts become about a difference of interpretation of the law, and therefore should be addressed through legal channels.

Next, the mayor argues that Ottawa is unfairly treated compared to Toronto when it comes to public transit funding, citing the Eglinton Crosstown project. While Toronto's transit funding model differs, the comparison overlooks critical context. The cost overruns and legal issues with Ottawa's light rail system are largely the result of local mismanagement well documented in the Ottawa Light Rail Transit Commission Report of November 2022. The increased financial burden on Ottawa residents – from 33 per cent to 56 per cent of the project's cost – didn't occur in a vacuum. Local decisions, including poor planning and oversight, directly contributed to these overruns. Ottawa has been hit worse than other Canadian cities by post-pandemic lack of return to office in terms of trips to downtown. But the fact that routes such as the 88 that serve Algonquin College are at 95 per cent of their pre-pandemic ridership indicates that it's not that people don't want to take transit. Rather, the system needs to sufficiently pivot to consider a new reality. However, these are challenges inherited by the mayor, not created by him.

Additionally, the mayor highlights the \$153 million in savings achieved by the city over the last two years. While impressive, these savings

have largely been achieved through short-term fixes and deferred costs, rather than the structural changes Ottawa needs to address its long-term financial sustainability. Should Ottawa have gradually increased property taxes over the last 10 years, we would not be in a dire situation. Ten years of Mayor Watson, keeping property taxes at 2–3 per cent instead of the 3.5–4 per cent needed to properly fund infrastructure has led us here. This also means we have been severely underfunding core services, compared to major Canadian cities. Once again, this is not a problem of the current mayor's making, however his decision to raise property taxes to only 2.9 per cent has done us no favours.

The mayor's call for a campaign of "fairness" might resonate with frustrated residents, but we should be wary of whether it's masking deeper issues of local governance. Accountability starts at home, and Ottawa's financial woes are not just the result of outside forces.

As your mayor, I've always believed in a fair and collaborative approach to all our challenges. I'm reaching out to you today to ask for your help as our city faces a significant financial crisis, one that has been brought about by the decisions of other levels of government. I want to share some important details with you.

First, the federal government has stopped paying its fair share of property taxes to the City of Ottawa. The federal government is the largest property owner in the city and uses a lot of municipal resources. But while your property taxes have been rising, the federal government has been paying less and less.

That's because unlike you, the federal government gets to unilaterally decide how much they pay. Unfortunately, the result is that because they aren't paying their fair share, you have the burden of making up the difference. They've shifted \$100 million in costs to us in the last five years alone. You're paying more for police, for fire service, for roads, for transit, for everything. And that just isn't fair.

Meanwhile, Ottawa doesn't get the same level of funding for public transit as other cit-

ies. The Eglinton Crosstown project in Toronto will cost about \$14.5 billion. It's run over budget and suffered through the same COVID-related legal challenges as our light rail system. But local taxpayers in Toronto aren't paying any of those costs. The entire construction cost for the project is being paid by other levels of government.

Here in Ottawa, however, local taxpayers were required to share in the cost of construction for light rail. The original deal was that each level of government would pay one third of the bill. While Toronto taxpayers were paying 0%, Ottawa residents had to pay 33%. But the final outcome is even worse than that. Ottawa residents are now paying 56% of the cost, while the federal and provincial governments are paying only 22% each. Again, you're paying more. And that's just not fair.

Our city council has done a lot of work to manage our finances carefully and responsibly. In the past two years, we've found more than \$153 million in savings without cutting services. But the growing financial pressure from the decisions of other levels of government is unsustainable. Without our fair share, we'll be facing impossible decisions at budget time. We'll have to significantly increase taxes and transit fares or cut service dramatically.

I was encouraged to hear both Prime Minister Trudeau and Premier Ford signal that they are willing to work with the City of Ottawa to address our unique challenges. But we need to move quickly. So I'm hoping you'll join me in our campaign for fairness.

It's time for us to start getting the same resources as Toronto and other cities.

It's time for the federal and provincial governments to do the right thing.

It's time for Ottawa to get our fair share.

This is our greatest challenge right now and I'm prepared to do everything I can to resolve it. But I can't do it alone. I need your help.

Please take a minute to join the campaign for fairness by signing the petition at marksutcliffe.ca

Mark Sutcliffe,
Mayor of Ottawa

Parking to take the spotlight this fall



Rawlson King
City Councillor, Ward 13

This fall my office will introduce changes to address long-standing parking challenges in New Edinburgh. These changes come in response to increased parking demand due to nearby federal buildings and new back-to-office mandates.

At the heart of this proposal is a revision to parking regulations in the area. Following an extensive community survey that garnered overwhelming support for change, new restrictions will be presented for approval at the City's Transportation Committee. If approved, the revised parking zone would span from Stanley Avenue to MacKay Street and from Dufferin Road to Thomas Street, excluding existing permitted parking areas.

The proposed rules would limit parking to one hour between 7 a.m. and 6 p.m., Monday through Friday. This measure aims to increase turnover and availability of parking spots for residents and visitors alike. To provide flexibility, the proposal includes an option for homeowners to purchase annual guest parking permits, ensuring friends and family can visit without concern.

While the parking regulations are still under consideration, other positive steps have been taken to enhance active transportation in the neighbourhood. In collaboration with residents and the Union Street Kitchen Café, the City installed a bike corral on Union Street. This seasonal facility, available from April to November, repurposed a single-car parking space to accommodate up to 12 bicycles.

The bike corral initiative serves multiple purposes. It enhances the street's vibrancy, increasing foot traffic and the time visitors spend in the area. By encouraging cycling, it also promotes a more sustainable and efficient use of street space. Research suggests that cyclists tend to make more frequent visits

to other nearby local businesses, potentially boosting the customer base for nearby shops and restaurants on Beechwood Avenue.

These comprehensive changes, both proposed and implemented, reflect New Edinburgh's commitment to balancing the diverse needs of its community. By addressing parking concerns while simultaneously promoting cycling, the neighbourhood aims to create a more accessible, sustainable, and vibrant urban environment.

Until a decision is made by Transportation Committee and Council, my office will continue to respond to parking concerns in the community as they arise, with an aim to ensure that residents and visitors are considered accordingly. This proactive approach ensures that New Edinburgh's transportation strategy continues to evolve in line with the community's needs, fostering a more livable and dynamic neighbourhood for all.

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

**

Cet automne, mon bureau introduira des changements visant à résoudre les problèmes de stationnement de longue date dans le secteur New Edinburgh.

Ces changements ont pour but de répondre à l'augmentation de la demande en stationnement en raison de la proximité de bâtiments fédéraux et des nouvelles obligations liées au retour au bureau.

Au cœur de cette proposition se trouve un examen des règlements de stationnement en vigueur dans ce secteur. À la suite d'un sondage exhaustif mené auprès de la population, qui a indiqué un soutien massif en faveur de modifications, les nouvelles restrictions seront soumises à l'approbation du Comité

des transports de la Ville. Si ces nouvelles restrictions sont approuvées, la zone de stationnement s'étendra de l'avenue Stanley à la rue MacKay et du chemin Dufferin à la rue Thomas, à l'exclusion des zones de stationnement autorisées existantes.

Les règles proposées limiteraient le stationnement à une heure entre 7 h et 18 h, du lundi au vendredi. Cette mesure vise à augmenter la rotation et la disponibilité des places de stationnement tant pour les résidents que pour les visiteurs. Dans un souci de flexibilité, la proposition comprend la possibilité pour les propriétaires d'acheter des permis annuels de stationnement pour invités permettant aux membres de leur famille et à leurs amis de leur rendre visite en toute tranquillité.

Alors que les règlements de stationnement sont encore à l'étude, d'autres mesures positives ont été prises pour améliorer les déplacements actifs dans le quartier. En collaboration avec les résidents et l'Union Street Kitchen Café, la Ville a installé un parc à vélos dans la rue Union. Cette installation saisonnière, accessible d'avril à novembre, transforme un simple espace de stationnement pour voitures en une aire pouvant accueillir jusqu'à 12 vélos.

L'initiative du parc à vélos à plusieurs objectifs. Elle contribue à dynamiser la rue en augmentant la circulation piétonnière et le temps que les visiteurs passent dans ce secteur. En encourageant le cyclisme, elle favorise également une utilisation plus durable et plus efficace de l'espace public. Des études suggèrent que les cyclistes ont tendance à visiter plus fréquemment d'autres commerces locaux à proximité, ce qui pourrait augmenter la clientèle des magasins et des restaurants voisins de l'avenue Beechwood.

Ces changements globaux, à la fois proposés et mis en œuvre, reflètent l'engagement de New Edinburgh à consolider les divers besoins des membres de sa communauté. En s'attaquant aux problèmes de stationnement tout en favorisant l'usage du vélo, on souhaite créer un environnement urbain plus accessible, plus durable et plus convivial dans le secteur.

En attendant qu'une décision ne soit prise par le Comité des transports et le Conseil, mon bureau continuera de répondre aux préoccupations de la communauté en matière de stationnement au fur et à mesure qu'elles se présentent, et ce, dans le but de veiller à ce que l'on prenne en considération l'avis des résidents et des visiteurs. Cette approche proactive fait en sorte que la stratégie de transport de New Edinburgh continue d'évoluer en fonction des besoins de la communauté, favorisant par la même occasion un quartier plus dynamique et plus agréable.

Comme toujours, vous pouvez communiquer avec mon bureau par courriel à l'adresse RideauRockcliffeWard@ottawa.ca ou par téléphone au 613-580-2483. Je vous invite à vous abonner à mon infolettre à www.rideau-rockcliffe.ca.

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Park maintenance and a new memorial pollinator meadow

By Karen Squires and Katherine Lloyd

Park Maintenance

After receiving positive feedback from residents around the community, it seems the tri-waste bins in the park are a good solution for the higher volume of traffic, especially around the Fieldhouse area. However, most of these bins will be removed in the fall, so we are in discussion with the City on what can be maintained during the winter period beyond the Fieldhouse. More information will follow in the December edition.

In late August, Friends of the Park met City and National Capital Commission (NCC) staff to review how to best support removal of invasive species and ensure trees are replaced along the shoreline, in particular, as well as in other areas of the park near Monarch Meadow. The City has no staff in place to remove invasive species, leaving it to the community to liaise with them should there be interest. There is a project highlighted below under Monarch Meadow should you wish to get involved this fall!

It was encouraging to hear of the 2 Billion Trees



Photo by Everleigh Straka

Karen Squires (NECA), Chris Straka (CCC), Sharon Boddy (consultant for Ecology Ottawa) and Lyle Hall (husband of the late Elisabeth Salm).

Program, a federal initiative funding tree planting across the country. The NCC is one of the groups that benefit from new funding to increase its planting efforts, with a target to plant 100,000 trees by 2026 in the Ottawa/Gatineau area. While they are behind in their goal, they plan to work

hard to increase their annual efforts to renew and enlarge the urban canopy.

Also under discussion was the less-than-ideal conditions for natural habitat and tree health – especially young trees that have been damaged – due to increased mowing this year. We've specifically

asked City staff who manage this for both City- and NCC-managed lands to reduce the width of the mowed paths. Friends of the Park provided the City with a map of the park area, suggesting places where narrower mowed paths could benefit natural habitat and protect trees. The City

notified us on Sep. 11 that both they and the NCC have agreed to reduce the mowing per the Friends of the Park map – we hope to see improvements in 2025.

Monarch Meadow Regeneration to Commemorate Resident

Both NECA's Friends of the Park and Crichton Community Council's (CCC's) Park Director were contacted by Ecology Ottawa's Interim Executive Director William van Geest in 2023 to review areas of the park which might be good sites for a memorial garden to commemorate local environmentalist Elisabeth Christina Salm. Elisabeth lived and was active in our community, including in the Monarch Meadow development. She was a nurturer, church worker, conservationist, and community builder, who was born in 1959 (Hawkesbury, Ontario) and died in 2018 of injuries sustained during a sexual assault, while volunteering at the Christian Science Reading Room. To honour Elisabeth's support of Ecology Ottawa's work, William has been working with the Salm fam-

Continued on page 9

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Ottawa New Zoning By-law / Nouveau règlement de zonage

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Consultez le projet de révision du nouveau règlement de zonage d'Ottawa.

SCAN ME / SCANNE MOI



Photo by Lyle Young

In Memory of Elisabeth Salm - Regenerated Memorial Meadow at Stanley Park.

ily and Elisabeth’s husband Lyle Young to regenerate Monarch Meadow in Elisabeth’s memory. The new area will be renamed Elisabeth Salm Community Pollinator Meadow.

There will be two phases

to this project: Phase One will take place in fall 2024, focused on the removal of invasive species in the Monarch Meadow area (near the beach). This is expected to take four or five days from late September through

early November. If you are interested in getting involved – specifically to assist with removing invasive species – please email Sharon Boddy at carlingtonhampton@gmail.com. Residents may see people working near the beach location and several barrels nearby where invasive species removed will be stored for a short period. Ecology Ottawa will be responsible for signage on location with full details including a QR code.

Phase Two will take place from early spring to early summer 2025: planting native species, establishing seating and signage, etc. It is worth noting that the general idea outlined by Ecology Ottawa is to open up this space, remove invasive species, and plant native species, but note that no trees will be removed. There will be some seating and signage in the space and Ecology Ottawa will outline a maintenance plan. It’s possible the opening ceremony could take place in late spring or early summer – look for updates in future editions of NEN. Contact Sharon Boddy at the above address should you wish to get more



Google

Image by Katherine Lloyd

Map outlines reduced mowing areas suggested by Friends of the Park to improve biodiversity and lessen tree damage at Stanley Park.

involved in Phase One of this important initiative at Stanley Park.

Karen Squires and

Katherine Lloyd both sit on the NECA Board and are Co-Chairs of Friends of the Park.

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Renewal of St. Patrick Street bridge and Porter Island bridge

Continued from page 1

feasibly accomplish as part of this project. This rationale, and the City's proposed improvements, were shared with the public in July and can be referred to at [ottawa.ca/Saint-Patrick-](http://ottawa.ca/Saint-Patrick-ottawa.ca/Saint-Patrick-ottawa.ca/Saint-Patrick-ottawa.ca)

Street-Bridge-Active-Transportation.

Cycling improvements will include extensions of the grade-separated bike lanes on the Lowertown side of the bridge, as well as new concrete barriers to protect the

northern cycling lane. No significant changes are expected for the south cycling lane due to the aforementioned limitations.

Some other minor changes to come: the existing steel railings along both sides of the St. Patrick Street Bridge will be replaced with new, concrete parapet walls as part of the project. An existing dirt path along the river heading north, from the intersection of Beechwood Avenue and Crichton Street towards the dirt path along the river heading north, will be formalized via the installation of a two-metre-wide stone dust pathway. The river-adjacent bike path from North River Road until just north of the St. Patrick Street Bridge will be closed for the duration of the project to accommodate a construction staging area, with a new temporary bike path to be constructed closer to the Vanier Parkway. Construction on the Porter's Island bridge will result in on-bridge lane closures and no-turning restrictions that detour around De La Salle



Photo by Philippe Marchand



Photo by Philippe Marchand

St Patrick's Bridge renovations scheduled from Fall 2024-2027

St Patrick's Bridge renovations scheduled from Fall 2024-2027

High School.

Additional details can be seen in a PDF file presentation at ottawa.ca/StPatrickPorterIsland -please direct questions or feedback to Lei.Gong@ottawa.ca.

Kostyantyn Frolov and

Karen Squires both sit on the NECA board and attended the Jul. 11 meeting noted above. The above summary is drawn from the authors' notes from this meeting and the websites referenced.

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BURGH BUSINESS BRIEFS

By Jane Heintzman, Randy Mar and John Leefe

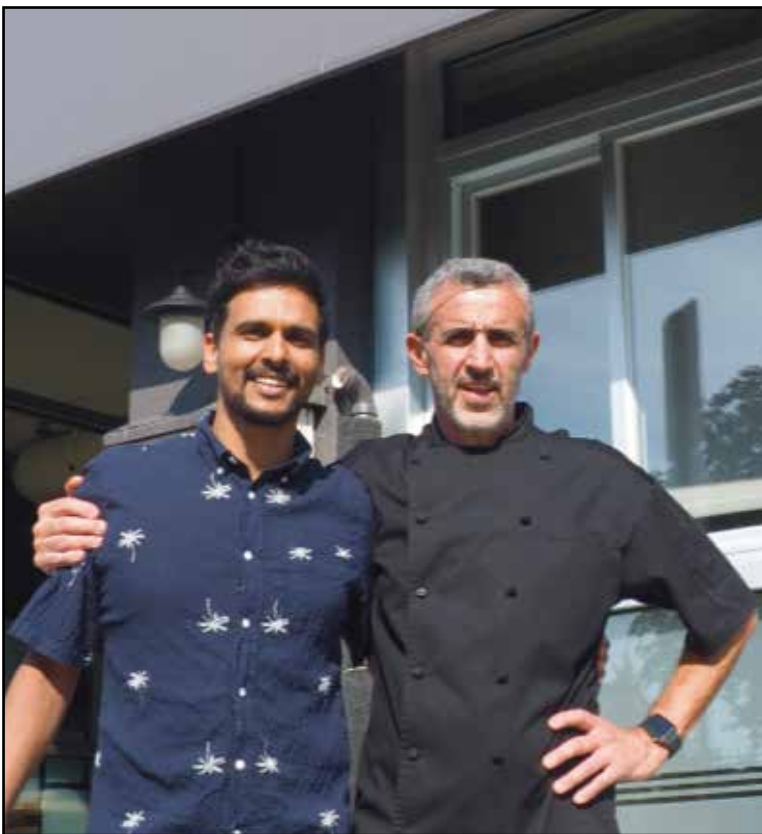


Photo by Philippe Marchand

Dante owners Karim Teyib & Massimo Dondi.

Bellissimo!

A happy heads-up for those residents lamenting the recent loss of Fraser on Springfield: a new Italian eatery – named after famed Italian poet Dante Alighieri – is now open! **Dante Cucina Italiana** owners **Karim Teyib** and **Massimo Dondi** intend to bring the same passion to their newly opened restaurant in the main space formerly occupied by Fraser.

Both Karim and Massimo were raised around food in their native Italy – in Tuscany and Genoa respectively – and had teamed up to offer a private chef and catering service before growing into their new space on Springfield.

“My wife is from New Edinburgh/Lindenlea and once we heard that the former Fraser Café space was available, we leapt at the chance to continue the tradition of quality, creativity, and consistency,” said Karim.

Massimo runs the kitchen

with a sure and creative hand, making pastas, gnocchi, and breads from scratch using quality ingredients – as many as possible locally sourced. Karim oversees the front-of-house and operations, bringing experience that includes stints with Michelin-starred restaurants in the UK.

The team shares fond memories and a love of family and food. In conversation with *NEN*, Massimo described a favourite image: his mother lovingly creating lasagne alla bolognese sauce from scratch and the smells lingering throughout the day until the family sat down together at dinner. Similarly, Karim learned his craft working at his uncle’s family-run restaurant in Livorno on the Tuscan coast.

A former semi-professional soccer player until an injury prompted him to turn to his other passion, Karim understands the importance of teamwork and chemistry.

He and Massimo are slowly building the Dante team and were extremely excited to have a staff member from former beloved neighbourhood Italian eatery Zingaro join them.

Expressive and authentic Italian cuisine, fresh ingredients, and an array of quality beverages are on offer. Select menu items include Antipasti (Calamari, Bruschetta); Insalata (di Cesare, di Mare); Primi (Gnocchi Fatti in Casa al Pesto, Linguine allo Scoglio); Secondi (Vesuvio, Filetto di Manzo); and of course, Dolce. Just listing the menu doesn’t do the food justice, particularly given the made-from-scratch approach to many of the dishes.

Wines from Tuscany, Sicily, Piedmont, and Veneto come via a well-connected wine importer, and traditional Moretti and Peroni, as well as local Dominion City beers are also available. Of course, Campari- and Aperol-based cocktails are also featured.

Welcome to New Edinburgh, Karim and Massimo!

7 Springfield Rd..

(613) 400-7431

–RM

Pizza-slice culture

With the arrival of **Schoolhouse Pizza** (in the former Table 40 space), local pizza lovers now have a new eatery to obsess over! Bringing a Brooklyn-style slice and vibe, Schoolhouse Pizza opened during the recent back-to-school rush and takes its name from the neighbouring School House Square condos (formerly St. Charles School).

In explaining their approach, Executive Chef and Partner **Justin Laferriere** highlighted the introduction of the “slice culture” popular on Brooklyn and New York streets. “It’s a casual, quick, takeout or sit-down experience catering to busy people and families



Photo by Philippe Marchand

School House with Chef Justin Laferriere and Sous-chef Laura Nash.

that features classic, simple, and quality ingredients,” said Laferriere. “The neighbourhood is known for supporting innovative and quality restaurants and our five-dollar slices will appeal to a wide variety of pizza lovers.”

Justin is also Executive Chef at the popular Fairouz Café in the ByWard Market and has the culinary background and business acumen to make this a successful and welcome entry to the New Edinburgh eating experience.

Schoolhouse’s newly imported Pizza Master electric pizza ovens provide the same high heat as wood-burning ones to create crispy, thin-crust bases, but with more controllable consistency, which enables Chef Laferriere and his team of 16 to offer classic and artisanal pizzas.

Schoolhouse’s “slice culture” features five-dollar slices ranging from classic (NY Pepperoni; Made in Brooklyn; Cuatro Cheese; Mediterranean Garden) to signature (Bleeker Street; Mad Maui; King of Calabria; Alhambra) and white (Mushroom; Cacio E Pepe) pizzas that are the centrepiece of the startup menu. Their 18” pizzas are the largest cur-

rently available and will satisfy a crowd.

During their rolling opening after Labour Day, the Schoolhouse team was busy putting finishing touches on signage and the 36-seat interior. They are continually sourcing local ingredients and suppliers, such as Acorn Creek for produce.

Schoolhouse’s Brooklyn theme extends beyond the pizzas: they use espresso beans from Brooklyn Coffee Roasters (a first in Ottawa) as the base for their full range of coffee offerings. Other items like Brooklyn Hot Honey and other merchandise are arriving daily.

11 Springfield Rd.

(613) 680-1424

–RM

A fond farewell and a warm welcome

At the end of July, Beechwood Metro staff and clients bid farewell to popular store manager **Shawn Steinburg**. In early August, Shawn took over management of the new Metro outlet at 255 Rideau Street in the ByWard Market. The downtown location is not entirely new to Shawn: among his many previous Metro assignments, he served a term at the former Rideau Street Metro, so he is thor-



DEADLINE for submitting content to the next edition of the *New Edinburgh News*

November 10

newednews@hotmail.com



Photo by Karen Squires

Welcome Metro's new manager Nate Huntjens!

oughly familiar with the area, and with the clientele – hungry students.

Shawn is not without regrets at the change of post after eight years on Beechwood: "I loved coming in to work with staff and customers, so it was a tough decision to take on a new challenge." Thanks to his open and approachable manner, he developed many

friendships and acquaintances among local customers and worked hard to respond to their suggestions and concerns. He hopes that many of these acquaintances will drop in for a visit at the Rideau Street store and looks forward to seeing some familiar faces.

Shawn recalls "many memorable moments" on

Beechwood, noting such highlights as the major store renovation which launched shortly after his arrival. Managing operations through the COVID lockdowns presented another, more daunting challenge, as Shawn attempted to balance the tasks of keeping staff and customers safe, while ensuring shelves were stocked and shoppers provided with contactless options for acquiring essential purchases. More recently, Shawn worked closely with community members to orchestrate the creation of the colourful mural facing Charlevoix Street, featuring bold historical images of the community.

Two of Shawn's priorities on Beechwood were reinforcing the Three R's – Reduce, Reuse and Recycle – in daily operations, and maintaining contributions to the Ottawa Food Bank. Shawn's hands-on approach to his role and friendly relations with his staff have created a welcoming, harmonious atmosphere in the store which, for many of us, has made grocery shopping a pleasant task. In addition to weekly meetings with Department Managers, Shawn maintained an open-door policy with staff, reflect-



Photo by Philippe Marchand

Red Door with Kerry McRae.

ing his conviction that "120 brains are better than one." He's been quick to help with whatever task needed doing, from stocking shelves to sweeping floors and cleaning up spills. Unsurprisingly, several senior staff have joined Shawn to make the move to Rideau Street, notably the

Grocery Manager, the Bakery Manager, the Meat Manager and the Assistant Overnight Manager. So Shawn will be well supported as he begins his new assignment!

Shawn's successor on Beechwood is his friend and former colleague **Nathaniel (Nate) Huntjens**. Nate

National Military Cemetery Clean-Up 2024 (September 29 2024)

Join us at the National Military Cemetery for a day of service and community.

We invite all members of the community, serving members of the military, veterans, and family members to join us for a special headstone cleaning event at the National Military Cemetery.

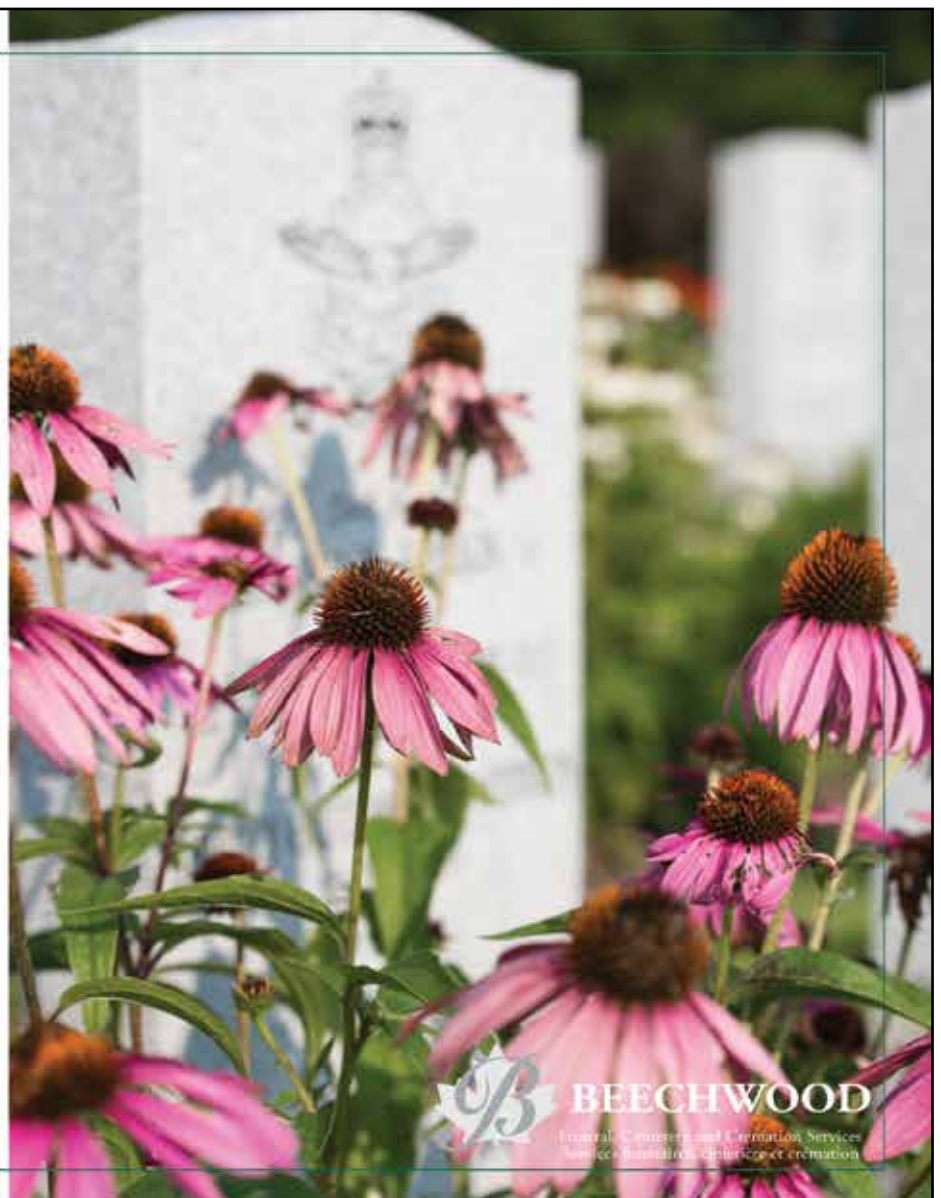
This meaningful activity is a way to show our respect and gratitude for those who have served and sacrificed.

Where: National Military Cemetery
When: September 29 2024 or October 20 2024
Time: 9:00 AM to 3:00 PM
Who: Anyone wanting to show their support to CAF Members, Veterans and their families
Dress: Relaxed

<https://landing.beechwoodottawa.ca/nmc-cemetery-clean-up>

This event is not only an opportunity to maintain the dignity and honour of the resting places of our fallen heroes but also a chance to come together as a community. As we clean the headstones, we will reflect on the legacy and bravery of each individual commemorated here.

280 Beechwood avenue - 613-741-9530 - www.beechwoodottawa.ca
Owned by the Beechwood Cemetery Foundation and operated by the Beechwood Cemetery Company



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recently moved from the Kanata South Metro, but he has also had previous assignments on Rideau Street and at Metro Beechwood in the early days of the pandemic. He took on his new managerial role Aug. 6, and since been getting to know Beechwood staff and customers. Though it's early days – “Nothing's on fire yet,” he quipped – Nate's “steady as she goes” operations strategy includes becoming “as closely involved as [he] can.” He has already met with Ottawa Food Bank representatives, and plans to maintain



88 Beechwood – A work in progress!

Photo by Philippe Marchand

Beechwood's close ties with the charity. We extend a warm welcome to Nate, and look forward to getting acquainted in the coming months.

50 Beechwood Ave.
(613) 744-6676
-JH

Red Door Provisions seeking room to grow

Small may be sweet, but when applied to a popular neighbourhood haunt with a burgeoning crowd of regulars, small can also be quite limiting. After a decade of operations in its cozy, 650 square-foot premises at 117 Beechwood, **Red Door Provisions** is actively hunting for a larger space in the neighbourhood to grow its business and expand its menu along the lines of its sister store: **Café Palmier** in Chelsea.

Red Door's appeal, and part of the reason for its success, is its wide-open welcome to any- and everyone, from tablet-toting students to tea-drinking retirees; parents with strollers, toddlers, and dogs in tow; coffee aficionados; and anyone with a penchant for mouth-watering toasted cheese sandwiches or small-batch pastries. So, pretty much everyone!

Beechwood store manager **Kerry McCrae** acknowledges that the current location is simply too small to permit the growth and change Red Door needs. She's hopeful that business owner **Lauren Power's** recent call via Instagram for a larger space will ultimately succeed, and that Red Door will be able to spread its wings, while remaining in the community.

A prime consideration is rental cost: a bugbear for small businesses throughout the city, and no less so in our community where high rents have too frequently resulted in closures and empty storefronts.

As of *NEN* press-time, Kerry had received no response to the Instagram appeal for new premises. But here's hoping for a bright future for Red Door – with just a bit more elbow room and some tasty new menu options.

117 Beechwood Ave.
(613) 695-6804
-JH

Update on 88 Beechwood

For those wondering about the progress of the new 88 Beechwood apartment complex, Kevin Harper, Director of Infill Development at Minto has recently confirmed that the building is occupied through the fifth floor with new residents moving in weekly.

In an email from Aug. 30, he wrote: “the ground floor amenities (lobby, lounge, yoga/stretch, fitness centre) are completed and being enjoyed by residents. The streetscape work along both Beechwood Avenue and Barrette Street are scheduled for completion by the end of September. The interior finishing work on the upper floors continues with occupancy and completion expected by the New Year.

“Talks are ongoing with several interesting and unique potential commercial tenants for the ground-floor spaces, and I hope that we'll have something to report in the near future.”

-JL

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Final draft plan for SGEC Park surprises community

Continued from page 1

community enjoys what the park offers and treasures its natural, cultural and heritage attributes.

The New Edinburgh Community Alliance (NECA) responded with a submission that focused on policies and recommendations in the draft plan that concern residents and community organizations and warrant more consultation, including with directly affected stakeholders. (NECA did not comment on the stretch of SGEC Park east of the ONEC and River House vicinity.)

Proposals for Pine Hill were specifically flagged in NECA's response, citing the plan's policy text: "All stakeholders will be consulted should the off-leash dog area be removed from Pine Hill."

Public Affairs staff at the NCC replied to NECA that "the plan's goal would be to direct off-leash activities away from the endangered species, as required under the Species at Risk Act, using minimal design and management measures to protect species-at-risk. There are no plans by the NCC to build a dog park with fencing. Any future modifications to the off-leash area would include community engagement on the proposal."

The NCC's proposal for a "lookout" at Pine Hill was another concern cited in NECA's submission, as well as the proposed hardening of paths and the possibility of cutting down more trees.

Regarding lookouts more generally, NECA noted

that there are already multiple "lookout" sites along the parkway. If the NCC were to create another lookout at Pine Hill, parking and traffic would be further intensified which is already an issue with rush-hour traffic currently diverting into this area due to bottlenecks along the parkway.

In response, NCC staff wrote: "The plan's primary goal is to enhance the connection with the Ottawa River. Regarding a proposed lookout in the Pine Hill area, it's crucial to note that the NCC has no intention of cutting down mature trees. Minimal interventions, like pruning some plants, would provide a view of the river. The installation of benches would also provide a place to rest and enjoy the vista."

When it comes to the enjoyment of the Ottawa River itself, ONEC is well used by residents from New Edinburgh and from neighbourhoods beyond. NECA wrote that ONEC's array of water sports (paddling, sailing, and rowing) is to be encouraged if access to waterfront and recreational activities on the Ottawa River are integral to the SGEC plan.

It seems unfortunate that ONEC learned first by reading in the plan – and not through outreach by NCC staff – about potential plans that would seriously affect its operations. NECA noted that: "ONEC has an important role in the community and within the scope of the parkway plan. It urges that any future development should ensure



Photo by Karen Squires

Virginia (with Derby) and Richard (with Coco) appreciate the green canopy throughout while walking their dogs at Pine Hill.

adequate space and support for the recreation opportunities offered by ONEC. Other public functions that might be considered in support of the NCC River House should not be provided to the detriment of ONEC operations, the community and the people it serves."

On behalf of ONEC, its vice-president Phil Hurcomb provided an update to NECA, further to the draft plan. "At this point we are still in communications with the NCC about the draft parkway plan, and to their credit they are actively listening to the information we are giving them," he said.

sports club," he said.

The NCC's process and timing include "finalizing the consultation report (what we heard), which will be available for the public on [the NCC] website in late September and presented to the board of directors this fall," according to public affairs staff. By the time you read this article, the NCC's report should be available.

"The SGEC park plan was developed as a long-range master plan over the next 30 to 50 years, therefore, the projects identified in this plan are at the conceptual stage," wrote NCC staff in response to NECA. "The next steps in the planning process, beyond this plan, are to identify and consider the implementation of future projects, which will include public and stakeholder consultation during the investigation of any of these potential projects."

Residents and other stakeholders may want to keep watch for the NCC's next steps toward the final plan and follow up consultations. The SGEC Park is an extremely valuable public resource for residents and visitors to Ottawa and New Edinburgh welcomes the plan's focus to keep the "park" in the "parkway."

Sarah Anson-Cartwright is a board member of the New Edinburgh Community Alliance.



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Looking towards a potential provincial election



Lucille Collard
MPP Ottawa-Vanier

Like many of us, I enjoy fall and its bright colors, especially on a sunny day. It's the best time to go for walks in the many forest trails we are lucky to have in the region.

With the ongoing speculation about a potential early provincial election, I want to reaffirm my dedication to tackling the key issues affecting our community. My focus remains on critical issues, such as: improving access to healthcare, improving our education system, especially its infrastructures, and supporting economic growth. These priorities are integral to ensuring a thriving, resilient community.

Several pressing concerns need to be addressed in our healthcare system. Reducing wait times for essential care, increasing the number of family doctors and ensuring their retention, and increas-

ing funding for mental health services deserve the government's immediate attention.

Education is a cornerstone of our future. It is imperative to invest in educational resources and support our teachers. Ensuring that every student has the tools and support they need to succeed is crucial for building a brighter future for our children and for our society as a whole. Infrastructures are way behind acceptable standards for a thriving province like Ontario.

Economic growth needs to be supported through help for local small businesses, improved access to social services by supporting community organizations and by being much more efficient at integrating newcomers who are necessary to alleviate the shortage in our workforce. As your representative, I am



MPP Lucille Collard and Councillor King enjoy the many local events and meet with local residents during summer and fall.

Photo by Chloe Privat

committed to advocating for these priorities and working collaboratively with all parties and all levels of government to improve our communities. Your feedback is always welcomed and valued, so please do not hesitate to

reach out.

Wishing you all a great fall. Take care,

MPP Lucille Collard

**

Comme beaucoup d'entre nous, j'apprécie l'automne et ses couleurs vives, surtout par temps ensoleillé. C'est le meilleur moment pour se promener dans les nombreux sentiers forestiers que nous avons la chance d'avoir dans la région. J'espère que vous profitez de cette saison.

Alors que les spéculations continuent sur la possibilité d'élections provinciales anticipées, je tiens à réaffirmer ma détermination à m'attaquer aux principaux problèmes qui touchent notre communauté. Je me concentre sur les questions essentielles, telles que l'amélioration de l'accès aux soins de santé, l'amélioration de notre système éducatif, en particulier de ses infrastructures, et le soutien de la croissance économique. Ces priorités font partie intégrante de la garantie d'une communauté prospère et résiliente.

Plusieurs problèmes urgents doivent être résolus dans notre système de soins de santé. La réduction des temps d'attente pour les soins essentiels, l'augmentation du nombre de médecins de famille et leur maintien en poste, ainsi que l'augmentation du financement des services de santé

mentale méritent l'attention immédiate du gouvernement.

L'éducation est la clé fondamentale de notre avenir. Il est impératif d'investir dans les ressources éducatives et de soutenir nos enseignants. Il est essentiel de veiller à ce que chaque élève dispose des outils et du soutien dont il a besoin pour réussir, afin de construire un avenir meilleur pour nos enfants et pour notre société dans son ensemble. Les infrastructures sont bien en deçà des normes acceptables pour une province prospère comme l'Ontario.

De plus, il faut soutenir la croissance économique en aidant les petites entreprises locales, en améliorant l'accès aux services sociaux en soutenant les organisations communautaires et en étant beaucoup plus efficace dans l'intégration des nouveaux arrivants qui sont nécessaires pour pallier la pénurie de notre main-d'œuvre. En tant que votre représentante, je m'engage à défendre ces priorités et à travailler en collaboration avec tous les partis et tous les niveaux de gouvernement pour améliorer nos communautés. Vos commentaires sont toujours les bienvenus et appréciés, alors n'hésitez pas à me contacter.

Je vous souhaite à tous un bel automne.

Députée provinciale Lucille Collard

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A new perspective on mental health

By Ralph Hesse

This is the first in a series of articles that will focus on trends in the field of mental health. The next article will explore how those in the field of Positive Psychology have viewed the potential effects of trauma.

Stress, coping skills, and vulnerability are the three foundational elements that most mental health experts use in assessing risk.

Stress is often defined as demands placed upon us, be they physical, emotional, or cognitive.

Coping skills refer to our abilities to manage stress. Examples include communication strategies, hobbies, organizational skills, family and friendship ties, sports, music and intellectual abilities.

Vulnerability is of two parts, with “outer” vulnerability reflecting our past experiences and “inner” vulnerability involving our genetic background. A person with a high level of vulnerability, for example, may have faced childhood trauma as well as have a family history of mental illness.

Throughout the history of psychology, most clinicians believed that high coping skills, low vulnerability, and low stress were the formula for mental health. But there is growing consensus over the past decade that this recipe is incorrect. The misunderstanding primarily involves stress. Everyone has always agreed that we need some amount of stress in that it serves to motivate us. But beyond a measured degree of it, stress was considered “bad” – a poi-

son that threatens our mental stability. Today, the emphasis on promoting mental health is not to reduce stress, but to instead increase coping skills. Stress is now often viewed as “opportunistic” rather than detrimental in nature.

This subtle but important change in perspective aligns with the growth of a new field in psychology called “Positive Psychology.” The founder of Positive Psychology, Martin Seligman, noted that psychologists viewed people in two categories: those with mental illness, and those with mental health. The goal for practitioners was to heal those with mental illness and place them back in the category of the mentally healthful. But what was missed here is that there are many people who don’t have any defined mental illness but are nevertheless

unhappy and unproductive. Positive psychologists thus have viewed people in three categories: those with mental illness; those who languish; and those who flourish. The newer, proactive emphasis in psychology is not to just prevent the acquisition of a mental illness, but to advance strategies in which those who are stagnating can become productive in meaningful ways.

When reducing stress is the only strategy to offset mental illness, then we accept and even promote languishing. But if we view stress – even significant amounts of stress – as opportunistic, dealt with by increasing our capacity for coping, then we invite the possibilities of flourishing, of rising to added heights of mental health. Indeed, it is

hard to be extremely accomplished and self-actualized if you haven’t faced a good deal of stress.

No one would argue that too much stress is harmful, but practitioners in the field of Positive Psychology would state that the best life is gained when we concentrate on our coping skills rather than focus on reducing stress.

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

Urban gardener: The dirt on soil

By Victoria Walker

Gardeners are often advised that healthy soil is fundamental for a flourishing garden. But what is healthy soil? And how do we encourage it?

The short answer is that healthy soil is full of beneficial microorganisms, like bacteria and fungi, that support plant growth. Without these microorganisms, you have dirt rather than soil.

In addition to healthier plants, benefits of great soil include better water retention, reduced erosion, less dust, and sequestration of carbon. That’s right: soil carbon storage is an important, low-cost way of reducing atmospheric carbon. By promoting soil health, home gardeners can play a role – however small – in helping address climate change.

Soil comprises various layers including humus (broken-down organic matter) and topsoil where most plant roots are located. It is important to build up these two layers

since many New Edinburgh gardens have only a thin layer of topsoil. Much of our neighbourhood is built on shale deposits that are remnants of the Champlain Sea covering the area 10,000 years ago.

Soil health is best assured when the “soil food web” works effectively. This is where plants and animals, including microorganisms, work together in a cyclical relationship to decompose organic matter, recycle nutrients, and help plants grow. Allowing the soil food web to do its thing requires gardeners to work with nature rather than try to tame it.

Some strategies to improve soil health include:

Encouraging biodiversity: Incorporate a mix of plants, including natives that are best adapted to our climate, to build a vibrant ecosystem above and below ground.

Composting and mulching: Protect soil and boost soil nutrient by installing a home composter or worm farm –

or both! Apply aged manure. Don’t throw away leaves – spread them over garden beds as mulch in the fall and compost them in the spring.

Avoiding chemicals: Herbicides and pesticides can kill beneficial pollinators and soil microorganisms and disturb the soil food web. Use chemical fertilizers with caution as they can unbalance soil chemistry and create toxic runoff, polluting waterways.

Reducing soil disturbance: Extensive digging disrupts the soil ecosystem. Instead, add organic material to the top few centimetres of soil and allow insects, worms and fungi to work it into the soil. Investigate “no dig” gardening. Try not to compact soil as makes it hard for it to hold water and for roots to grow.

Victoria Walker is a New Edinburgh resident and keen gardener with a particular interest in gardening practices that are kind to the environment.

Garden calendar for October/November

- Plant spring flowering bulbs.
- Clean up gardens but allow a layer of leaves to settle on garden beds for winter protection.
- Ensure new plantings, especially trees, are well watered before the ground freezes.
- Put shelter around newly planted evergreens to protect them from winter’s drying wind and sun. Same for broadleaf evergreens such as rhododendrons.
- Ensure ceramic pots, garden hoses – anything that can be damaged by the winter freeze – are put away before temperatures drop.

Source: Website – Master Gardeners of Ottawa Carleton



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CCC President's report

By Chris Straka, CCC President

Events – CCC Event's listing on pages 34–35 for October/November

Annual General Meeting

The Annual General Meeting of the Crichton Community Council was held Jun 10 at the New Edinburgh Park Field House. Highlights of discussions regarding building initiatives from the preceding year include:

- introduction of ticketed events, including standup comedy nights and local live music concerts that appeal to a wider demographic than has been traditionally served;
- accommodation of new community service groups at the Fieldhouse, such as a



sands of hours in service of the organization's community-building mandate. If you would like to find a role with the CCC that matches your interests and availability, please join us.

Regular meetings of the CCC are typically held on the second Monday of each month, at 7:30 p.m., in the Fieldhouse. Occasionally meeting times, dates, or locations change to accommodate the availability of CCC Directors or guests. Please reach out to the CCC if there



Photo by Chris Straka

Talia Hicks and Maeven Straka in animal themed face paint.

Rotary Club and a Girl Guide troop;

- reincarnation of a weekly playgroup for toddlers; and,
- ongoing net profitability of the community association's activities.

The CCC's board is excited to have successfully attracted new directors and retained long-serving members. The CCC's Board of Directors, acclaimed at the AGM are President – **Chris Straka**; Chairperson and Vice-President – **Dave Pyman**; Treasurer – **Jean Christophe Amado**; Director, Administration – **Helin Burkay**; Director, Field House – **Nick Charland**; Director, Park – **Alain-Rémi Lajeunesse**; and, Director, Promotion – **Loïc Berthou**.

During the past 12 months, the CCC has facilitated more than 24 community events, thanks to the leadership of its board members. The CCC's working board and many regular volunteers give thou-

is a topic you would like to discuss – contact details below.

Capital Improvements

Five years ago, the CCC, in collaboration with NECA, requested that a portion of the New Edinburgh Neighbourhood Building fund be applied to a list of capital improvements to the

Fieldhouse. Although needs were quickly identified and consensus was achieved on their prioritization, implementation by the City of Ottawa (owner of the Fieldhouse) has been extremely slow.

The CCC is pleased to announce that a new, rubberized floor surface will be installed ahead of this year's skating season. Notwithstanding the excessively long wait for action, this improvement will replace the tired rubber mats, thereby improving the safety of winter users, the general cleanliness of the building and the room's acoustic properties. We hope that the long-overdue room dividers and sound dampening panels will also be installed soon to mitigate background noise and the reverberation that has plagued users of the room for decades.

A second improvement to the building expected this October is the modification of the Fieldhouse's electrical system, to make it ready for on-site electrical generation, in preparation for the next time electrical service is disrupted for an extended period. In the coming months, the CCC will collaborate with



Photo by Chris Straka

CCC Treasurer Jean-Christophe Amado and CCC Director Loïc Berthou selling food and beverage tickets.



Photo by Tim Straka

MPP Lucille Collard presenting CCC President Chris Straka with certificate recognizing the CCC's 50th anniversary in 2024.

NECA and city staff to develop an emergency preparedness plan to improve our neighbourhood's resilience.

In the coming months the CCC and NECA will continue work to advance the proposal to extend the Fieldhouse roof toward Stanley Avenue to create a larger covered outdoor space. This improvement will enhance our capacity to offer

before the end of October to ensure delivery in time for the holiday season.

CCC Communications

Information about the CCC's initiatives and events is communicated through a variety of methods.

Event information is posted on the New Edinburgh neighbourhood website: newedinburgh.ca/events,



Photo by Chris Straka

CCC Housemates Lynda DeGuire and Dawn Straka with CCC Vice President Dave Pyman and CCC Ice Technician Sean Fraser cooking and serving food.

outdoor events in all seasons and climatic conditions.

New Edinburgh Apparel

New Edinburgh apparel will be available again soon! Two unique print designs were developed by the CCC to celebrate our neighbourhood. One features a map of New Edinburgh roads, paths, rivers and building footprints. Another uses the unique road signs of the Heritage Conservation District as inspiration. Either design can be applied to the front of a T-shirt, long sleeve T-shirt or hooded sweater. A link to the online store will be provided in the CCC's next news and information email. Order

on Facebook: facebook.com/NEfieldhouse and on Instagram: instagram.com/NEfieldhouse.

The CCC communicates with neighbours using an open email list that you can subscribe to by sending a request to newed@perambulatorposse.ca

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

See you in the park!

An update from the House of Commons



Mona Fortier
Ottawa-Vanier MP

As we approach the end of summer, I wish all those returning to school, and their families, a year filled with success and enriching discoveries!

I've been active in the riding this summer, with numerous meetings and events, as well as visits to businesses and organizations to take the pulse and listen to residents. Among these meetings, I had the pleasure of chatting with business and community leaders, including beneficiaries of the Canada Summer Jobs program. Thanks to this program, 366 young people have found employment with 122 local organizations and businesses in Ottawa-Vanier, representing an investment of \$1.6 million to contribute to their salaries.

The Canadian Dental Care Plan continues to be of great service to many Canadians, with more than 650,000 people having received dental care, including more than 225,000 seniors in Ontario. More than 2.3 million Canadians have been approved for care. Since July, approved Canadians can visit any dental care provider to receive the care they need, provided the provider agrees to directly bill SunLife. With more than 75 per cent of providers in Canada now participating in the program, we are increasing access to dental care for all Canadians. Visit Canada.ca/dental to learn more! Additionally, our gov-

ernment continues to move forward with crucial initiatives such as Bill C-64, the Act respecting pharmacare. This bill aims to establish a national pharmacare program that will make prescription medications more accessible to all Canadians, an important step towards a more equitable healthcare system.

The Bank of Canada has recently lowered its overnight rate three times this summer, from 4.75 per cent to 4.5 per cent and then to 4.25 per cent. These successive reductions are great news for Canadians. They reflect the success of our economic plan to create conditions favorable to lower interest rates. As the first G7 country to cut rates, we are supporting homeowners renewing their mortgages, first-time home buyers, and businesses of all sizes. Our responsible approach also helps keep inflation in check, as outlined in this year's budget. By doing so, we are creating favorable conditions for sustainable economic growth, quality jobs, and a better qual-



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ity of life for all Canadians. As always, if you need assistance with federal programs or services, contact my team at 613-998-1860 or email mona.fortier@parl.gc.ca.

**

Alors que nous approchons la fin de l'été, je souhaite à toutes celles et à ceux qui retournent à l'école ou aux études postsecondaires, ainsi qu'à leurs familles, une année remplie de succès et de découvertes enrichissantes!

J'ai été active cet été dans la circonscription avec de nombreuses rencontres, événements, ainsi que des visites d'entreprises et organisations pour prendre le pouls et entendre les points de vue des résidents. Parmi ces rencontres, j'ai eu le plaisir de discuter avec des dirigeants d'entreprises et des leaders communautaires, notamment des bénéficiaires du programme Emplois d'été Canada. Grâce à ce programme, 366 jeunes ont trouvé un emploi au sein de 122 organisations et entreprises locales d'Ottawa-Vanier, représentant un investissement de 1,6 M\$ pour contribuer à leurs salaires.

Le Régime canadien de soins dentaires continue de

rendre d'importants services à de nombreux Canadiens. Plus de 650 000 personnes au pays ont déjà bénéficié de soins dentaires, dont plus de 225 000 aînés en Ontario. Plus de 2,3 millions de Canadiens ont été approuvés pour des soins. Depuis juillet, les Canadiens approuvés peuvent se rendre chez n'importe quel fournisseur de soins dentaires pour recevoir les soins nécessaires, à condition que le fournisseur accepte de facturer directement SunLife. Avec plus de 75 % des fournisseurs au Canada participant désormais au programme, nous améliorons l'accès aux soins dentaires pour tous les Canadiens. Rendez-vous sur Canada.ca/dentaire pour en savoir plus! De plus, notre gouvernement continue d'avancer avec des initiatives cruciales comme le projet de loi C-64, Loi concernant l'assurance-médicaments. Ce projet de loi vise à mettre en place un régime national d'assurance-médicaments qui rendra les médicaments sur ordonnance plus accessibles pour tous les Canadiens, une étape importante vers un système de santé plus équitable pour tous les Canadiens.

La Banque du Canada a

récemment réduit son taux directeur à trois reprises depuis juin, passant de 4,75 % à 4,5 %, puis à 4,25 %. Ces réductions successives sont une excellente nouvelle pour les Canadiens et témoignent du succès de notre plan économique visant à créer des conditions favorables à la baisse des taux d'intérêt. En étant le premier pays du G7 à réduire ses taux, et à le faire une troisième fois, nous soutenons les propriétaires en renouvellement de leur hypothèque, les premiers acheteurs de maison et les entreprises de toutes tailles. Cette approche responsable nous permet également de maintenir l'inflation sous contrôle, conformément à notre budget de l'année. Nous travaillons à créer des conditions propices à une croissance économique durable, à des emplois de qualité et à une meilleure qualité de vie pour tous les Canadiens.

Comme toujours, si vous avez besoin d'aide pour des programmes ou services fédéraux, n'hésitez pas à contacter mon équipe au 613-998-1860 ou par courriel à mona.fortier@parl.gc.ca.

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A Few Tips for Fall

- Watch for overloaded school bags (and make sure to keep shoulders back!).
- Workstations need to be ergonomically appropriate to maintain good neck and shoulder posture.
- Smartphones - Keep your head up!
- In addition, shovels, whether in dirt or snow, need ergonomic attention. Get your garden put to bed sooner rather than later to save your backs and necks.

Mum's the word: A splash of fall colour

By Doug Cornish

If tulips usher in the spring season, chrysanthemums surely end the vibrant floral autumnal season. Mums, as they are affectionately called, are the last annual flower that most people buy except for bulbs (which are really just future flowers). Mums add vibrancy to the fall season, as they come in many colours ranging from deep red, to white, yellow, pink, purple, and orange. Some outdoor potted mums are even a colour mix in the same pot – they are the colours of fall. Mums provide a nice complement to the brilliant coloured falling leaves from the trees, and some hybrid mums can even be two-toned in colour. There are perennial mums, but most people this time of year have bought an annual mum and placed it on their doorstep, or even hung one (or two) in a hanging basket.

Chrysanthemums were first cultivated in China as a flowering herb as far back as the fifteenth century BCE. In Chinese art the chrysanthemum is noted as one of the Four Gentlemen, one of the Four Noble Ones. Not only important in art, but yellow or white chrysanthemum flow-

ers are boiled to make a tea in some parts of East Asia. The chrysanthemum was introduced into European culture in the seventeenth century. The name “chrysanthemum” is derived from the Greek words “chryso,” meaning gold, and “antheon,” meaning flower. The flower became popular in Europe during the nineteenth century, and by the late 1800s was one of the most popular cut flowers in the world.

Chrysanthemums are more than just pretty flowers; they symbolize happiness, have antioxidant properties, and are used in traditional medicine. They're also the birth flower for November, making them a meaningful gift for November birthdays.

Mums clearly add to mother nature's painterly fall landscape. Like any flower, they give hope and promise to a sometimes dull and cold world, and during this time of year, they are the last floral hurrah, before the seasonal landscape turns cold and white. Akin to tulips, mums can thrive in a cooler climate; at this time of year, when most flowers are fading, or have died, the chrysanthemum colourfully and



Photo by Karen Squires

New Edinburgh Residents embrace a mums-filled fall.

proudly declares that the season has not yet ended. In their silent beauty they speak to anyone willing to listen, to anyone with imagination enough to interpret their existence and significance. In a Simon and Garfunkel kind of way, they are the sounds of floral silence. Sitting elegantly before a front door, they invite a smile, and provide a solitary moment of thought or meditation in passing, before returning to the hustle and bustle of the outside world, or before entering into a home.

The fact that they are called simply mums, is significant and heartwarming, because mothers are also affectionately called mums – everyone loves a mum – they can be depended on in time of need. Chrysanthemums are not just splashes of brilliant colour, much needed this time of year, they are floral lightbulbs that can brighten up anyone's mood.

In this autumn time of year, Chrysanthemums are Mums' Day all fall long, and as some might say: mum's the word.

Doug Cornish lives a short walk from the Beechwood Cemetery.

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Fighting depression, one supported step at a time

By Eleanor Dunn

Some people suffering from depression turn to drink, others take drugs. My personal kryptonite was ice cream and chocolate. Winston Churchill called his bouts the “black dog” and he hid that dark companion well as he led his nation through the terrible realities of World War II.

I blamed my dance with gloom on necessary surgeries cancelled by the pandemic. This delay came with an inability to recover the level of fitness I enjoyed pre-pandemic, despite following every instruction from my physiotherapist. This, combined with the unexpected deaths of two my younger sisters in a 12-month period between 2022 and 2023 and the loss of my little dog Hamish made matters worse. The last straw was a never-ending plague of box elder bugs from a neighbour’s Manitoba maple which made it impossible to enjoy my backyard.

I settled for life in front of the TV with a freezer well-stocked with ice cream (Kawartha Dairy Moose Tracks to be exact), and a pantry with a good supply of large bars of chocolate (Walmart’s finest), until Mar. 25 of this year. That was the date of a meeting with my doctor, and she read me the riot act. I had lost interest in exercise, to the point of giving

up aquafit and golf — both of which I had enjoyed regularly prior to the pandemic. I was facing the serious onset of a future with mobility issues.

“Pull yourself together! You are dangerously close to becoming a diabetic, so off to the pre-diabetic clinic at the Bruyère with you. Here’s some material about the Glycemic Index diet; start it now because your blood pressure is too high! Get up off the chair and get exercising again!”

The thought of life as a diabetic really scared me, I ordered a copy of *Glycemic Index for Dummies* and decided to adopt a walking routine. The Norwegian poles were helpful but awkward, and stenosis in my lumbar spine required more support. So, a walker was in my future. With a lot of research, I concluded that a rollator model from Denmark was ideal for me. I found a Canadian distributor and within a week, I had my new set of wheels – and it has changed my life.

Along with the diet, a daily walk has become the norm: I try to get in two or even three kilometres on my outings. The bike path along the Rideau River has a

nice, smooth surface, unlike our New Edinburgh sidewalks, which leave a lot to be desired.

There is empty space in my freezer where the ice cream containers used to sit, and no chocolate bars in the pantry. When I saw my doctor in July, she was impressed. My blood pressure was down and so was my blood glucose. I

feel renewed and mentally in a better place, and I am keeping up my new routine. Now, if only I hadn’t given away my clothes to the thrift store last fall!

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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For the Birds

By Jane Heintzman

The spring, summer and early autumn of 2024 have been among the richest and most memorable birding seasons I can ever remember. Not only have we encountered a remarkable diversity of species, the sheer numbers in our birding haunts has been exceptionally high. Cornell University's Merlin app has proven an invaluable tool in identifying tricky bird calls and songs, especially in the case of secretive warblers and others sheltering in the dense foliage of trees and shrubs. Throughout the season, Merlin has revealed innumerable species which would otherwise have remained mysterious.

We didn't need to stray far from our homes in Ottawa and the Georgian Bay to run up our very robust bird list of 2024. The majority of our encounters took place in or around Stanley Park by the Rideau River, in our own garden on Stanley Avenue, and close to our cottage on a small, two-acre island near Parry Sound. While more ambitious expeditions to birding hotspots in the region, notably "warbler haven" at Mud Lake in Britannia, can be richly rewarding, our own neighbourhood is fortunate to have exceptional songbird habitat right outside our front doors.

In spring and early summer,

our seasonal regulars turned up in large numbers, notably plump American robins in full throat at both dawn and dusk; flashy yellow American goldfinches, rosy house finches, melodious song sparrows nesting in our garden, white-throated sparrows, chipping sparrows, Northern cardinals, raucous red-winged blackbirds, Eastern phoebes, downy-, hairy- and pileated woodpeckers, white-breasted nuthatches, turkey vultures and common ravens.

Highlights during this period included an extremely vocal warbling vireo nesting directly across the road from our house, and an unexpectedly long list of warblers: American redstarts (scores of them!); common yellowthroat; a Blackburnian warbler; yellow-rumped warblers; black-and-white warblers; yellow warblers; Nashville warblers, palm warblers, and black-throated green warblers. Other early summer notables included a Northern mockingbird, a Northern shrike, numerous Northern flickers, Great-crested flycatchers, Gray catbirds, including one foraging on the ground in our garden, and a Lincoln's sparrow.

A surprise addition to our species list, identified via the Merlin app, was a chimney swift very close to our house. The chimney swift,



Photo by David Howe

Double crested Cormorants.

though undistinguished in its smudge-grey plumage, is an acrobatic flyer, spending most of its life airborne in pursuit of insects. When it lands, the swift is unable to perch, but instead clings to vertical walls inside chimneys or hollow trees. Merlin's clue appears to have been the bird's distinctive chattering call.

Out on the Rideau River in Stanley Park, Canada geese once again invaded in large numbers, possibly discouraging other (less obnoxious) waterfowl from turning up in the area near the Rideau Falls. We did, however, spot such regulars as Mallards, black ducks, common goldeneye, common mergansers and hooded mergansers. To our disappointment, the lovely wood ducks that are normally on the scene, did not turn up this year. Nor did I

spot a Great blue heron along the shoreline, – possibly also because of the pushy Canada geese, combined with declining local fish populations.

In early July, we migrated to the Georgian Bay near Parry Sound where birding activity was in full swing. The cottage visit began with a great disappointment: the osprey (fish hawk) nest across from our island was empty for only the second time in many decades. While other nests in the area appeared to be active, the piercing cheep cheep that traditionally greets our arrival was absent. We're hoping that life will return to the nest next season, when an adolescent bird, possibly sitting it out in the south this year, is ready to make the return journey next April.

But in all other respects, the 2024 season was far from disappointing. Regulars on our island included red-eyed vireos, Eastern phoebes (vocalizing competitively with the noisy red-eyes), American robins, song sparrows, white-throated sparrows, dark-eyed juncos, red-winged blackbirds, common grackles, European starlings, chipping sparrows, pileated- and downy woodpeckers, and Northern flickers, with their piercing kekekeke call. A deep-throated common raven was also resident close by, regaling us with its frog-like gronk calls and other vocalizations.

With the help of the Merlin app, we added several species to our local list, notably cedar waxwings, house wrens, grasshopper sparrows, and Eastern woodpeewees.

The latter are medium-sized, olive-grey insectivores with a piercing and unmistakable pee-a-wee call that is impossible to ignore, especially at close quarters as ours were! Although less abundant than they were at home in Ottawa, numerous warblers also turned up in our vicinity, notably yellow-rumped warblers, yellow warblers, black-and-white warblers, and beautiful yellow-green pine warblers, in their element amidst groves of pine and oak trees.

A nightly visitor at the cottage throughout the summer was the Eastern whip-poor-will, a well-camouflaged member of the nightjar family – seldom seen but frequently heard, precisely at dusk when its haunting whip poorwill call begins, and continues almost unbroken, long into the night. We were frequently enveloped on summer evenings by the competing calls of common loons, alternating with the whip-poor-will song – truly a northern Ontario version of surround sound!

Common loons were, as always, a highlight of our cottage visit. This year, a trio of loons were regulars in the bay directly in front of our island, where their signature calls became the soundtrack of our days and evenings. On one occasion, all three lined up very close to our dock, treating us to a "loon dance" in which they rose up out of the water, flapped their wings, splashed energetically, and ultimately drove off one of the trio in a burst of sudden aggression.

As always, double-crested

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cormorants, common terns, ring-billed and herring gulls were on the scene in significant numbers, but apart from common merganser females, with broods in two, we saw very few ducks this year. We spotted several great blue herons during our visit, but sadly none on our island, where they have frequented a fishing spot very close to our front window. Perhaps significantly, we also heard no sonorous bullfrogs in our pond this year – a favourite delicacy of the heron.

By late August when we had our last visit to the cottage, the blue jay population had returned in large numbers, making its presence known with its harsh, resonant squawks. Our island is an annual target for the jays, as our numerous oak trees offer a feast of acorns.

Although our annual visit to Prince Edward Island was focused more on grandchildren than on birding activity, we did encounter many of my favourite local species during our brief midsummer visit. Highlights included a bald eagle, numerous osprey, a magnificent large black-backed gull, numerous ring-billed and herring gulls, common terns, flocks of skittering semi-palmated plovers at the water's edge, blue jays, chattering American goldfinches in the roadside shrubbery, and common ravens.

The Migration Surge and the Arrival of Autumn

As I write in mid-September, the annual bird migration to southern wintering grounds is well underway, with massive flocks heading down the Atlantic flyway to warmer



Hairy Warbler.

Photo by David Howe

winter habitat. Birders can't fail to be struck by the dramatic changes in bird behaviour at this time of year. With the end of the breeding season – when their activity reflects the imperatives of territory protection and nest guarding lead to “crowd avoidance” on the part of most species – birds begin to form sizeable flocks in preparation for their southern journeys.

Birds' activity becomes noticeably more frenetic in their search for food supplies to help them bulk up for the strenuous flight. The plump, contented American robins of spring become almost unrecognizable in their lean and hungry fall appearance and high-speed perpetual motion. Even the year-round resident black-capped chickadees ramp up their bustling activity as they cache food supplies throughout their territory for later consumption in winter. And you needn't go far in the neighbourhood before hearing the familiar screech or metallic chink of the blue jay, savouring the fall harvest of

acorns.

In our own garden, migrating Northern flickers, cedar waxwings and American robins have descended in droves, competing for the mountain ash berries and crab apples remaining on our trees. I



Brant.

Photo by David Howe

watched in amazement as a beautiful Northern flicker sidled up to our kitchen window, proudly displaying its bold black necklace and then

turning coquettishly to reveal the brilliant red shaft on the back of its neck.

The perils of the long migratory flight to Central and South America, the Gulf of Mexico and the southern United States are an annual gauntlet for birds, and sadly, there are invariably many casualties en route. Light pollution and collisions with buildings remain a significant threat, despite the efforts of many urban centres to mitigate the risks. Safe Wings Ottawa (safewings.ca) is an organization devoted to educating the public in measures to reduce the risk of collisions, and whenever possible, to rescue injured birds reported to its office at (613) 216-8999.

Reports from Our Readers
Local birder and bird pho-

grapher David Howe has taken full advantage of the abundance of bird species in our community. David reports that this year's fall migration started unusually early this year, peaking in late August when the numbers of birds in Stanley Park began to drop off. “Our biggest day was August 24 when we spotted 60 different species coming through the park”, says David. His other summer highlights included two Stanley Park firsts: the black-billed cuckoo and the Carolina wren. And on the evening of Aug. 23, David watched from his balcony as a large flock of more than 20 common nighthawks surged along the Rideau River corridor en route to their winter habitat.

David underscored our good fortune here in New Edinburgh: “According to eBird, Stanley Park recorded 91 species this summer, and was the Number 10 Birding Hotspot in the Ottawa region!” Astonishingly, David spotted all but two of those 91 species!

Avian Bistro operator Philip MacAdam recently welcomed a ruby-throated hummingbird and an elfin red-breasted nuthatch to his garden at Alexander and Thomas Streets, where they joined a collection of regular customers such as American goldfinches, North cardinals and black-capped chickadees at his well-stocked feeding stations. Warblers and migrating tree swallows have also made an appearance this fall. But, says Philip, “the geese stole the show with their perfectly arrayed, low-flying V formations. An inspiration!”

Jane is a long time contributor to NEN, well known for her pieces about local businesses as well as her dedication to 'For the Birds'.

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Flowing into fall with grace, gratitude and grounding

By Sophia Wood
Massicotte

We have at our doorstep yet another transitional point in our calendar year, one marked with crisp mornings, longer nights, and erratic weather. These are mirrored in our body and mind as a feeling of dryness in our senses, fragility in our joints, restlessness in our body, and anxiety in our mind.

Just as nature is slowly preparing for the colder, darker months ahead so, too, are we invited to prepare our mind, body, and senses to welcome and honour this next phase in her cycle. Autumn is, in many ways, the season of surrender; if we look to nature we can see the wisdom in surrendering.

The rose surrenders its petals, teaching us that just because something is beautiful doesn't mean it must exist in that shape forever;

yet it will likely be beautiful again. The trees surrendering their leaves, showing us how many more stars we can see through bare branches, and how much is revealed to us when we are brave enough to stand bare.

Our hearts are filled with gratitude as we celebrate our summer's labour and accomplishments in community, allowing the reciprocal energy of love to flow – giving and receiving with no agenda in mind but to connect. We can also take this time to reflect on our challenges and how we have overcome them, or perhaps on the goals we had set in the spring and of which we have yet to see the results.

Instead of falling into the “should have, could have, would have” and continuing on our hamster wheel of never-ending “doingness,” we can choose to take this time to pause, ground into our

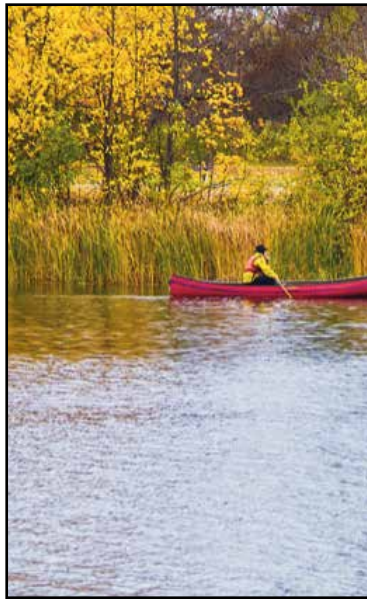


Photo by Andre R Gagne

We are lucky to have access to the river in the hood. This body of water is a great reminder to take a moment of still, commune with nature, and see it's ebs and flow reflected in yourself.

body, open our hearts, connect with each other, and recognize what we already have

right here, right now. Family, fresh food, fresh air – beauty, love, and abundance.

As the leaves continue gracing us with a changing colour-scape of orange, yellow, and red, we are also being invited to adjust our own lifestyle, habits, and attitude to flow in sync with nature's rhythm. It's time to look at our behavioural and thought patterns and come back to our self-care practices to help ground our body, calm our mind, and soothe our senses. To honour this powerful transition, we go back to basics: food, rest, and energy management.

We can enjoy creating culinary delights with seasonal fruits and veggies; slowing down our pace; choosing to add more slow nature walks into our day; connecting with one another through storytelling, a warm hug and perfectly spiced drink; and allowing what no longer serves us to be released. What are you

celebrating this fall season? What needs to be released and let go? How do you want to feel this fall season? What lifestyle choices will support you in feeling this way?

Change is not easy. But it's made much easier when we remember we are empowered beings, and we get to co-create our own reality. Always guided by mother nature through these transitions, we can attune to her rhythm and adjust our own pace to match hers.

That, my friends, is when we get to taste what it feels like to be in harmony, in ease and in flow with Life.

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

The case against Ford's proposed bike lane ban

Continued from page 1

lanes in that period.

Myth #2: Bike lanes are mostly empty

There is a perception that bike lanes are underutilized, leading some to argue that the investment isn't justified.

Indeed, this viewpoint often overlooks several key factors. First, the presence of bikes is less noticeable than that of cars because they are much smaller, less noisy and don't idle toxic gases in front of your kid's school. Second, construction of bike lanes significantly increases cycling rates, as the proverb goes: “If you build them, they will come.” Consequently, a new bike lane may require an adaptation period to be used to its full capacity.

Additionally, bike lanes often serve multiple purposes. They not only facilitate commuting but also support recreational cycling and promote a healthier lifestyle. Even if bike lanes are not heavily used at all times, they provide essential infrastructure that makes biking safer and more appealing, particularly for those who may be hesitant to ride in traffic.

Myth #3: Bike lanes are bad for business

There is a belief that bike

lanes can reduce the availability of street parking, which some businesses and residents oppose.

While it's true that bike lanes may reduce some street parking, this is often outweighed by the broader benefits they provide. First, bike lanes can encourage more people to cycle rather than drive, which can lead to a decrease in overall vehicle traffic and demand for parking. As cycling becomes the more popular mode of transportation, the need for car parking may diminish over time.

Additionally, bike lanes can enhance local business environments. Studies have shown that areas with bike-friendly infrastructure tend to attract more foot traffic and cycling customers, which can lead to increased sales for local businesses. Cyclists and pedestrians often stop more frequently and spend more time in an area compared to drivers, boosting economic activity.

Myth #4: Bikes are dangerous; cars protect us

As a cyclist, it is common to hear drivers blaming accidents on the cyclists that ride dangerously, weaving in and out of traffic.

While everybody can agree

that some cyclists should follow traffic rules more closely, this problem is greatly diminished by the crushing statistics from road accidents where each year cars kill roughly 40,000 people in America alone. Our love for SUVs and pickup trucks has meant that North American roads are nearly twice as dangerous per mile driven as those in the rest of the Western world.

Still, many believe that cycling that is inherently dangerous, ignoring studies showing that the health benefits of cycling far outweigh the risks. Surprisingly, even in heavily polluted cities, when weighing long-term health benefits from cycling against possible risks from increased exposure to air pollution, research shows that promoting cycling is still justified. When we invest in cycling infrastructure, safety improvements are significant: better air quality and fewer road accidents.

Myth #5: Cyclists don't pay for the roads

This is another favourite to throw out there. Some motorists claim that cyclists don't contribute to road maintenance since they don't pay car-specific taxes – and we know roads aren't cheap. Ottawa spent about \$831 mil-

lion on road maintenance and construction in 2023. The city has also invested heavily in bike infrastructure, about \$5 million in 2023 – that's 0.6 per cent of investment that goes directly to cyclists.

The reality is that cyclists don't use the road the same way. Road wear from bicycles is negligible compared to the damage caused by heavier vehicles. The load (and therefore the damage) a vehicle imposes on a road follows the “fourth-power law”: if a car weighs on average 20 times more than a bike and rider, it will cause 20⁴ or 160,000 times more damage.

It remains true that some road costs are borne by motorists alone, this includes parking fees, license registration and gas tax. A major contributor, the Gas Tax Fund is scheduled to pay about \$31 million to the city of Ottawa in 2024, which still falls very short of the overall cost. So, while drivers do contribute directly to the cost of maintaining and building roads, the majority is still paid by all taxpayers, which includes cyclists – not to mention that most cyclists also own cars and pay the same taxes as drivers.

If the Ford government were truly interested in reducing gridlock and getting people

moving, he would look at the failings of our road network and land-use planning including:

- stroads (high-speed roads with commercial destinations and accesses – think Merivale Road);
- focus on speed and capacity (signalization) over uninterrupted flow and low delay features (i.e., roundabouts and overpasses);
- highly car-dependent land-use planning; and it comes as no shock...
- not building better cycling infrastructure!

The legislation is expected to be tabled after MPPs return from an extended summer break on Oct. 21. We strongly encourage *New Edinburgh News* readers to get in touch with our MPP, Lucille Collard, at (613) 744-4484 or LCollard.mpp.co@liberal.ola.org and make it clear you do not support this proposed legislation.

The information in this opinion article is based on research readily available and a list of the references can be provided. Carol Bennett is a researcher at the Ottawa Hospital Research Institute and Joana Chelo is a science teacher and a process engineer. They both live in the neighbourhood where they run, walk dogs and...bike.

From India, with love

By John Leefe

For Tony Gaston, India is a corner of our globe that must be experienced to be understood. From its extravagant sculptures, bright colours, sacred rivers, and impossible legends, the New Edinburgh-based ornithologist and ecologist explores this multi-faceted country in his new book *Heart of India: In Search of Art, Culture and Wildlife*.

Inspired by his nearly 50 years working and trekking across the most remote parts of India with his late wife, Anne-Marie, Gaston describes this unique travelogue as “a series of minuscule fragments of the amazing richness and variety of this fecund, roiling heart of humanity.”

Comprising nine chapters, each focusing on one of India’s diverse regions and cultures, the insightful, anecdotal text is complemented with vivid photos (most taken by Anne-Marie) and heart-felt poems. Gaston acknowledges that India cannot be approached objectively, which is one of the book’s

greatest virtues, as the reader is presented with a variety of prose, poems, diaries and images showing India in all of its complexity and grandeur.

The couple’s love affair with India began when they first met in Cairo, Egypt in 1969 while Gaston was working for Yale University’s Peabody Museum as a fossil collector. At that time, Anne-Marie was already an accomplished dancer, having studied the classical dance of Tamil Nadu (Bharatanatyam) for two years with the Canadian Universities Service Overseas. From 1964 to 1966, Anne-Marie worked as a special needs teacher in Madras (Chennai) where she developed a deep interest in the arts in India. Gaston describes a serendipitous encounter during breakfast at a Cairo hotel, when Gaston was dazzled by “a young woman [who] appeared looking slightly myopic and short on sleep, but she was, nonetheless, smiling and gazing around...with the enthusiasm of the eager tourist... She surveyed the slightly run-down

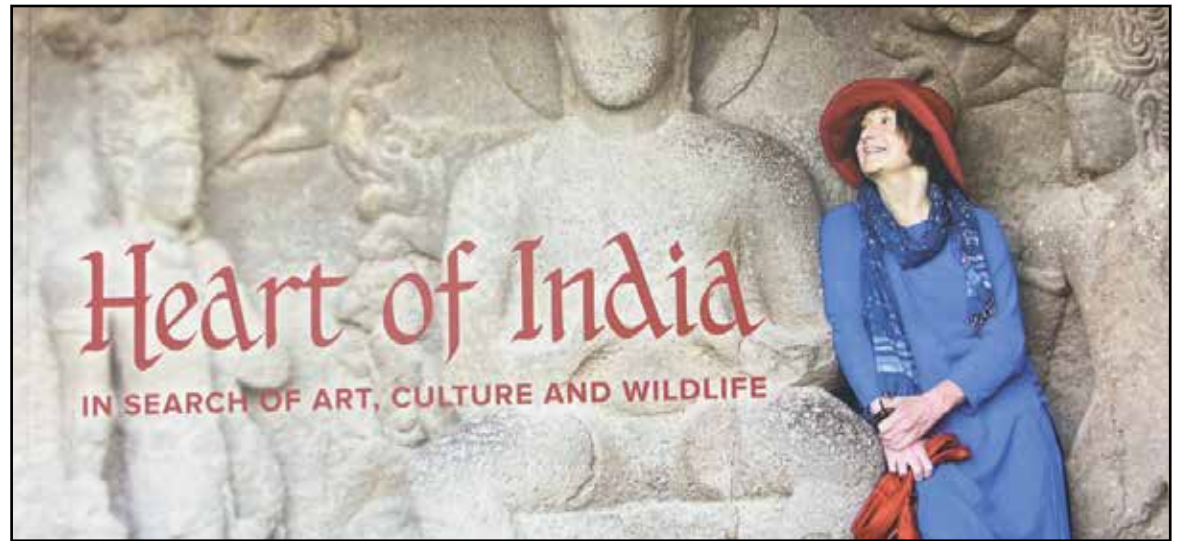


Photo by David Rostenne

Heart of India book cover.

dining room, saw me and headed to my table. I could not believe my luck”.

Prior to the book launch, I spoke with Tony Gaston about the inspiration for the book and life of travel with Anne-Marie. What follows is an edited transcript.

John Leefe (JL): *Heart of India* is part travelogue, personal memoir, and love letter to Anne-Marie, written in both prose and poetry with stunning photos of the culture and landscape. It’s hard to categorize: was this your intention in writing it?

Tony Gaston (TG): We had always intended to write a book about our experiences in India. Had Anne-Marie lived, the book would have had a completely different flavour. I do some creative writing so there is a combination of many elements, and it was written over quite a long period of time so it’s a bit of a hodgepodge. I wrote an earlier book, *African Journey*, which was intended as a book about Africa but ended up being more about me, whereas this book started off as a book about Anne-Marie and me, but ended up as a book about India! As I got more into it, India became more of the character of the book and after the first chapter the “we” sort of faded into the background.

JL: You meet Anne-Marie in Cairo while working for Yale University’s Peabody Museum. Was it almost love at first sight?

TG: Yes, within a few days I became convinced that this was who I wanted to be with. We had this very uncomfortable journey back to Cairo. We spent the whole time talking, for perhaps 12 hours, and had so much in common and

I found what she’d done so fascinating. We complemented each other and were both interested in everything. I got heavily into art, architecture, and dance because of her and would not have gone anywhere near these subjects had I not met her. Although she was a good teacher, she was really a consummate learner; her real interest was in finding out what other people knew, and she was very smart about finding out who had the goods and who was full of BS. She was close friends with some outstanding people at Oxford who appreciated the intensity of her interests. Neither of us had much idea of a career; rather we had ideas on going to a certain place.

JL: How did Anne-Marie become so interested in Indian dance and music?

TG: Her PhD thesis was on the sociology of Indian dancing and musicians, which led to her interest in the drumming used to accompany the dance. She continued to study with her guru until his death in 1991. Her thesis was published in two editions: one on the Rajasthan musicians, and the other on the traditional dancers. She was quite successful as a dancer and performed at the National Arts Centre for about 12 years. A career as a dancer traditionally peaks over time, but within Indian dance, you can keep going because you can put together a perfectly acceptable show without the most taxing physical elements. You can move toward more descriptive dances, which she did as her career progressed.

JL: What are your favourite regions of India?

TG: The Western Himalayas, but I have a soft

spot for Kerala in the south. After 2010, we used to go for a few weeks to Kerala and stay in a guesthouse on the beach in a place called Kannur. I should also add that in the chapter entitled “Dead Centre”, I write about India’s tribal people, who hardly ever get a mention. Not many people are aware that there are about 200 million people in India who fall totally outside of the social structures of Hinduism. I’m not talking about the “untouchables,” but the tribal people are separate and make up the Indigenous, pre-Aryan population. There is an amazing parallel between the tribal peoples and the Indigenous peoples of Canada in how they have been treated.

JL: Your book is published by a local publisher. Can you tell us a bit about them and how it will be marketed, as well as the upcoming launch?

TG: Northern Books was started by Frederica de Laguna, and taken over by her student when she passed away. Anne-Marie was part of the group known as the International Network for Training, Education, and Research on Culture, which is basically a group that studies women-dominated cultures or matriarchal societies. I took the manuscript to them and they were pleased to publish it. I plan to market it locally and through contacts that I have in universities, especially in the UK.

Heart of India is now available at Books on Beechwood and will be officially launched on October 27th at the Ottawa School of Dance on Crichton Street.

Recently retired public servant John Leefe lives in Lindenlea.

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The rewilding of Noel Street

By Tony Gaston

Most folks, especially gardeners, will have noticed that summer of 2024 has been unusually hot and wet. Moreover, the rainfall has come in regular amounts, rather than in one big rainy session. This combination is excellent for plant growth, forcing those who like a tidy lawn to spend more time than usual mowing. Those who have vegetables to weed have had to spend more time on their knees. Another byproduct of the recent weather has been a remarkable burst of vegetation in the gutters of New Edinburgh's streets.

Gutters are not normally a particularly good place to look for biodiversity. After all, they are specifically designed to carry water away, so we expect them to be rather arid most of the time. However, the volume and regularity of gutter inundations this summer has created an opportunity for vegetation to get a foothold, creating veritable linear meadows of grasses and forbs. (Those are herbs other than grass! –Eds)

For those of you anticipating the imminent end to civilisation as we know it, this may be an early indicator of what is to come as the cities, depopulated by pandemics, zombies, or alien lizardmen, begin to rewild. There is perhaps a little hope to be gleaned from this unexpected efflorescence of vegetation, suggesting that any surviving ruminants will find plenty to eat amid the ruins of civilisation.



Photo by Tony Gaston

Grey Treefrog found perched on the front door, just above the keyhole, at 174 Dufferin Road. From the size (<2 cm long) it must have been a this-year's hatching. What was it doing on my front door? Maybe it was looking at itself in the reflection? Removed from the door and released in my garden.

tion.

Being curious and unencumbered by duties, I decided to estimate the biodiversity of the newly rewilded Noel Street gutters. To this end, I enlisted the advice of my neighbour, one Chat GPT (Gerry) on how to get started. He/she (pronoun unknown) advised me to begin with a species inventory which should yield "Species Richness", the most fundamental measure of biodiversity. To date, after perhaps an hour of crouching in the road, drawing curious glances from passers-by and pass-byers, I have (with help from iNaturalist) identified three grasses (Annual Meadow Grass; Green Bristle Grass; Hairy Crabgrass), and nine wildflowers (technically, forbs): Horsetweed;

Prickly Sow Thistle; Black Nightshade; American Plantain; Wood Sorrel; Lambsquarters; Fringed Willowherb; Spotted Lady's Thumb; and Copperleaf.

These are not isolated sprigs, but verdant streaks of green running alongside the curb. It is easy to imagine that once the first few pioneer species got a foothold, they impeded the flow of water, causing soil washed from verges and gardens to accumulate, encouraging further plants to take root. This is a self-sustaining, virtuous cycle where the growth of one plant encourages the growth of others. The species involved, naturally, are those well-equipped to disperse, having easily disseminated, fast-germinating seeds. Generation times are



Photo by Tony Gaston

Spotted Lady's Thumb, Noel St.

as short as a few weeks. They are often described as "ruderals" (growing in rubble) or "weeds" (growing in the wrong place). Both are, in a way, pejorative, so I prefer to call them pioneers, which puts a more positive spin on their contribution to Earth's ecology.

It is worth noting that the common gutter plants of Noel Street are not a random assortment of the plants that grow on typical roadside verges in Ottawa: the grasses are certainly there and American Plantain, often Sow Thistle, but I would not describe the other species as typical of the sort of verges maintained by the City. Copperleaf, not uncommon in the gutter sample, I have not identified in New Edinburgh previously, although iNaturalist has one record in Vanier and another in Manor Park. Nor are Fringed (Northern) Willowherb or

Lambsquarters especially common. The only specimen of Black Nightshade I have recorded in New Edinburgh to date was peeking out of the pavement on my patio.

So, does this gutter rewilding create biodiversity? Yes! I found 12 species of plants (at least) in a strip of land about 15 cm wide by 400 m long: approximately 50 square metres if we omit the driveway entrances. Try finding that many vascular plants in 50 square metres of the Gatineau Park, our local yardstick for "natural environment." Will they be joined by mosses, lichens, ferns and fungi? Watch this space....

Tony Gaston used to be a member of the Canadian Wildlife Service. He has lived on Dufferin Road since 1980 and would welcome comments from fellow gutter-gazers: tonygastonconsult@gmail.com

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The summer we went to war

By Janet Ruddock

My husband, Frank, and our downstairs neighbour agreed to meet in the lane that afternoon. Frank and she shared weekly garbage detail. With a few exceptions, the system went well.

That week, things went wrong. The night before garbage collection, Frank headed to the garbage shed, kitchen compost bag in hand, to the green container. Opening the lid, a tidal wave of maggots poured over the edge onto the ground. By flashlight it looked worse than it probably was. Shrieking, Frank threw the bag in and slammed the lid. On his return I heard the gory details.

Next morning, Frank dragged the dreaded compost container out to the lane for collection. Duly disturbed, the stream of maggots surged

over the edge and erupted onto Avon Lane. A sharp-eyed robin flew in for a buffet breakfast. Not sure Frank enjoyed his own breakfast; this sort of thing can destroy one's appetite.

No one could be more fastidious about that compost than Frank. I rather think he took it as a personal affront that maggots dared to infest the container in the first place. In fact, cleanliness, though a good start, has little to do with it. Flies lay eggs wherever they want. How they get into a regulation closed container within which are tightly sealed plastic bags is anybody's guess.

We shared the maggot news with our neighbour via email. Post-garbage collection, they would meet for clean-up operations. Frank, gentleman that he is, suggested our

neighbour delay starting until he returned from driving me to the dentist.

No one expected the appointment to last two hours. Two fillings, fitting for a three-crown bridge, and a temporary mould takes a long time. I'd won the Triple Crown and rather wish I'd lost.

On our arrival home, our neighbour was in the lane, eager to get started. She'd donned rubber gloves and begun hosing operations. Frank seemed keen to join her, seizing any opportunity to commandeer her expansion hose, which, at full force, surpassed the power of Niagara Falls. That would excite anyone. I guess.

I had no interest in the proceedings, feeling none too well after my marathon appointment. The heat

wave didn't help. Retreating behind the garden gate, I collapsed into the nearest chair. I could have climbed the fire escape to our second-floor rear entry. Slightly woozy from my dental marathon, I didn't. Besides, I didn't want to completely miss the action in the lane.

The hose was doing a terrific job of blasting the maggots and some collected sludge from the compost container. It was also power washing Avon Lane. The action suddenly stopped, and Frank came through the garden gate clearly intent on something. He paused long enough to say I looked awful, and my face was lopsided. Thanks for that, Frank. It was brutally hot. Into the house he went to get me a drink.

A few minutes later, he came down the fire escape, a bottle of wine in one hand, a large jug of bleach in the other. I knew I didn't look great, but did he intend to do me in? "Hey, Frank!" I yelled across the garden. "Which one's for me: the bleach or the wine?" "Very funny," he said, deftly producing a wine

glass from his back pocket. Off he went through the gate with the bleach.

Meanwhile, maggots drowning in the flood waters of Avon Lane had attracted back-lane regulars. It seemed no one was immune. Eager to share experiences and offer advice, small pockets of bystanders joined in neighbourly conversation. Eradicating maggots seemed second only to safeguarding garbage cans from raccoons. No lack of fun in this neck of the woods.

The well-hosed, maggot-free compost container was liberally doused with Javex, swilled with water, emptied, and declared clean. Our entire section of Avon Lane had never been more pristine.

Entertainment over, next on the agenda was dinner.

Nobody wanted rice. 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 an advocate for those with rheumatoid arthritis and chronic pain.



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Local author's new book spotlights Canada's most famous carnival showman

By Lorie Boucher

Long before he landed in New Edinburgh 16 years ago, John Thurston worked on midway carnivals across Canada to pay his university tuition. The one-time carnie went on to become a writer and editor, publishing a book on Susanna Moodie and many articles on nineteenth-century culture. In his new book, John unites his personal experience and his interest in popular culture.

Carnie King: The Story of Patty Conklin and Conklin Shows (Dundurn Press) is the biography of Joe Renker, the flamboyant founder of what was once the world's largest carnival company. Born in the late nineteenth century to German immigrant parents, Renker started on the mean streets of New York, selling peanuts. He became a small-time carnival operator willing to try anything to promote his company, including changing his name to Patty Conklin. He transformed himself into a carnie celebrity, the main attraction in his own show. Winning the midway for the

Canadian National Exhibition in Toronto in 1937, Patty made it his personal world's fair and the foundation of his reputation as North America's leading carnival owner.

Carnie King follows Patty from birth to his death in 1970 and continues the story of Conklin Shows' expansion under his son, Jim, and grandson, Frank. Jim and Frank Conklin built on the Canadian National Exhibition, winning the contracts for exhibitions across the country – like the Calgary Stampede and the Pacific National Exhibition – until they were playing the biggest fairs and exhibitions throughout North America. After several attempts, they eventually won the contract for Ottawa's Central Canada Exhibition in 1997 and held the midway right up until the Ex's final year in 2010. If you've screamed on a ride, eaten a candy apple, or won a stuffed animal at a carnival in Canada, you've likely been on a Conklin Shows midway.

More than just a history of Conklin Shows, *Carnie*

King explores how midways work – their commercial and popular presence in North America. The story it tells is based on extensive research, including dozens of interviews with carnies and deep-dives into the Conklin archives.

"Some of my best days ever have been spent going through crumbling paper newspapers or cracked reels of microfilm," says John. He fondly remembers research trips for the book that took him to Baraboo, Wisconsin; Trenton, New Jersey; and Gibtown, Florida. "Research and writing are a means of discovery. They are a way to make sense of the past and how it relates to the present. For me, writing is also a means of personal discovery. It's a way of understanding myself, my thoughts and feelings, my attitudes and beliefs."

The book reveals a unique and overlooked part of twentieth-century culture and presents a vivid account of three generations of showmen and their dominance of midways

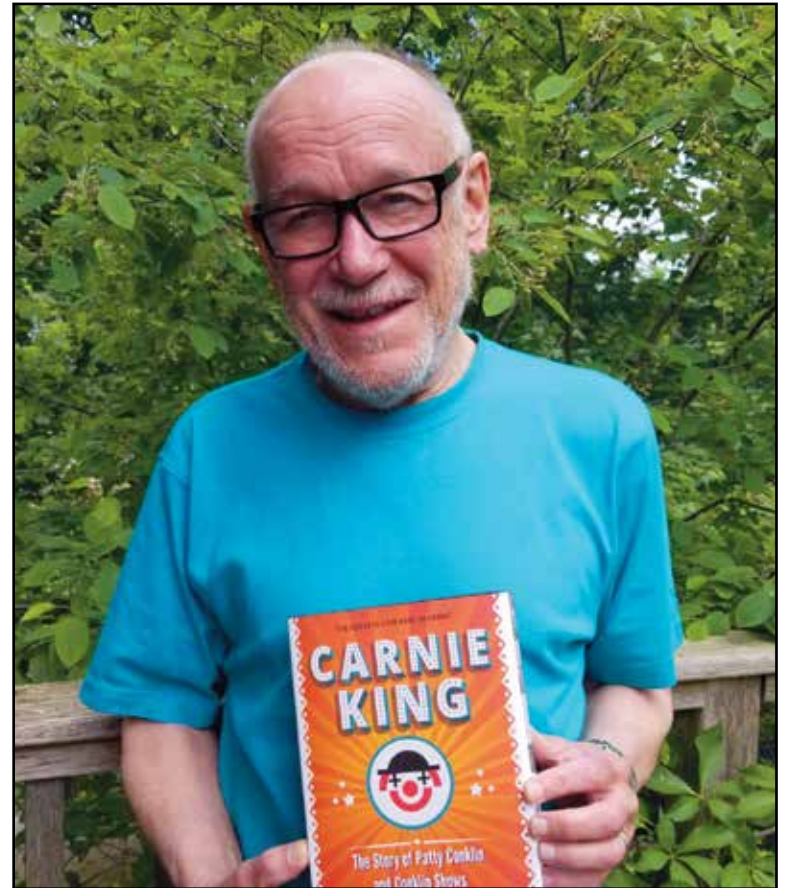


Photo by Lorie Boucher

Author John Thurston with his new book *Carnie King*.

across the continent.

Carnie King is available at Books on Beechwood and other local bookstores.

Lorie Boucher is a long-time resident of New Edinburgh and married to carnie-turned-author John Thurston.

The 2025 Spring Book Sale wants your books!

By Carolyn Brereton

Spring may seem a long way off, but volunteers with the Rockcliffe Park Spring Book Sale are already working towards next year's event and would like your donations of gently used books in English and French. Please remember: no encyclopedias, magazines, or textbooks. Please drop donations off to the library at 380 Springfield Road during opening hours or come to our next Book Drive in the Community Centre parking lot. The exact date is yet to be determined, but will likely take place in mid-November, weather permitting. We will announce the date via local listservs and online at newedinburgh.ca.

Thanks to the generous support of this community, the post-COVID relaunch of the sale in April 2024 was an outstanding success, enabling us to make a very generous grant to the library. In a June meeting, Tania Mohr, OPL

Program Manager for Cluster 4 (the five library branches in our area including Rockcliffe Park) and Martha Hodgson, RP Branch Supervisor, outlined how the money was spent last year and where this year's revenue will be directed. Just over half of the funds remain with the Rockcliffe Branch, most of which will be used to enhance the collections, especially express books, DVDs, and magazines and newspapers; the rest will go to programming.

This funding also allows for a variety of programs system-wide which would otherwise not be available. A highlight from July 2023 was the virtual visit from children's author Gordon Korman, hosted by the Rockcliffe Park Rebel Readers kids' book club. More than 3,000 students from schools around the city participated. Another system-wide virtual author visit is planned for this year. Other initiatives include distribution of board books to vulner-

able communities; books in Inuktitut/English for the graduating Inuktitut Kindergarten class at R. E. Wilson school; music programming at St. Brigid School, and programming with the Elmvale Acres branch to increase library services to address complex mental health challenges of students connected to CHEO.

Not all the programming is directed towards literacy for children. Martha and her team at the branch are involved in outreach to local seniors' residences. They also arrange for imaginative art programs for adults and presentations from local authors, while the popular Music in the Stacks series entertains library visitors of all ages.

Please bring us your used books and help to support our wonderful local library and to promote literacy in Ottawa.

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

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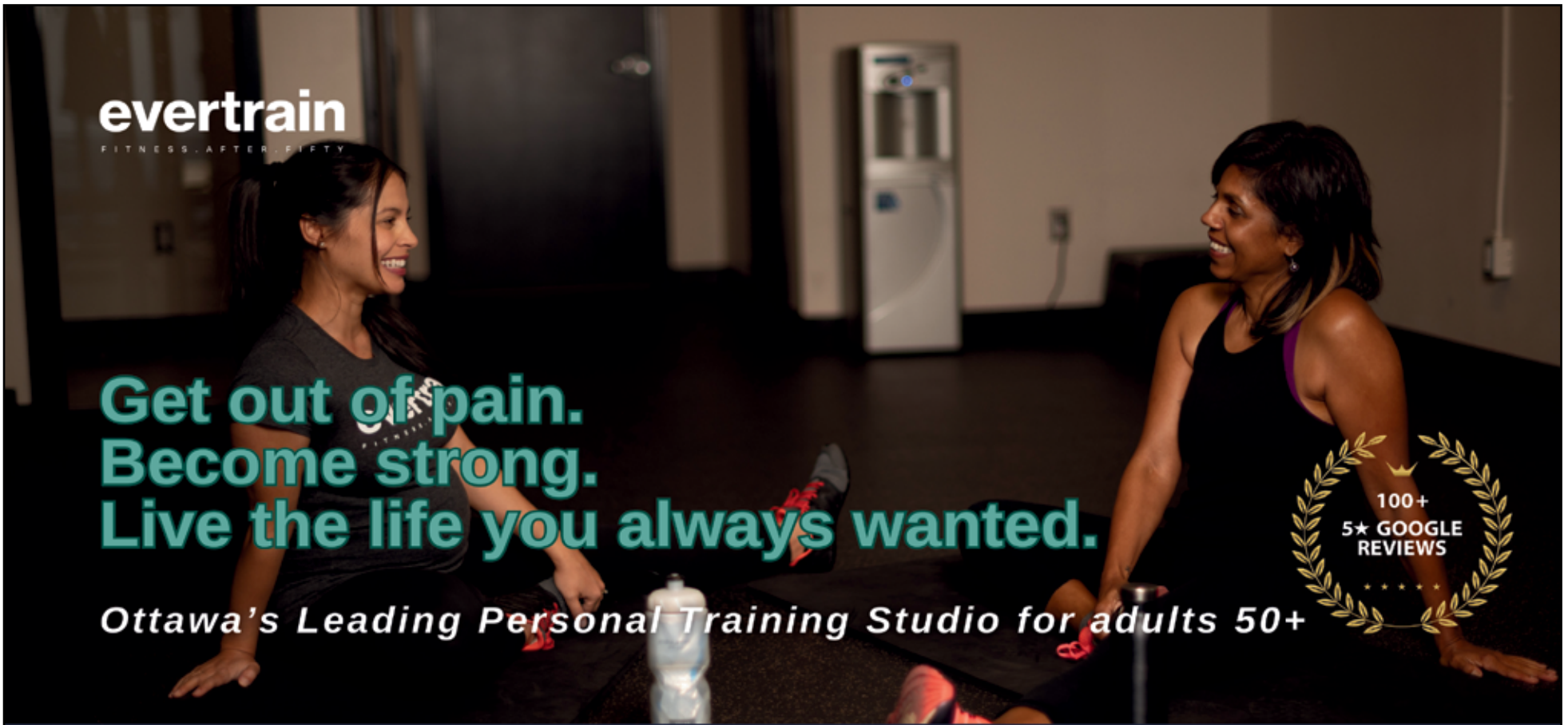
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Steel Magnolias tickets on sale at Linden House Theatre

By Janet Uren

Linden House Theatre is producing a marvellous classic this year – *Steel Magnolias* by Robert Harling. Tickets for the company’s 16th annual production go on sale Oct. 1. The play tells the story of the laughter-filled relationship between six Louisiana women, and the strength and joy that comes from friendship in hard times.

Angela Boychuk, formerly an actor with the Shaw Festival and the Stratford Festival, and for many years the drama teacher at Elmwood School, will be directing this year’s show. Six of Ottawa’s best known community actors will be acting in the piece, including a number well known to Linden House audiences: Venetia Lawless, Lindsay Laviolette, and Jennie Sheffield. We are also welcoming Linda Webster, back after last year’s debut with the company and Jane Morris, from the Ottawa Little Theatre, who joins us for the first time.

A lot has changed since 2007 when Linden House Theatre produced its first annual show at Elmwood Theatre in Rockcliffe. Buying tickets, for example, used to involve a phone call to the producer or a visit to Books on Beechwood. Those still work, but now it’s just as easy to go online at lindenhouse-



Photo by Janet Uren
Linda Webster does Jenny Sheffield’s hair for a *Steel Magnolias* photo session. Linda and Jenny play the two hairdressers in this Louisiana story. Jane Morris, who plays their crusty friend, is in the background.

theatre.ca and hit a few links. Technology has not been the only change in the past 17 years. Linden House has been steadily building an audience for its annual show, and many people say they look forward to it as part of their autumn entertainment. It certainly suggests that the original vision for the company – “Theatre for the joy of it!” – has landed in the marketplace. Performances will take place Nov.22–23 and Nov.

29–30 at 7:30 p.m., with matinees on Nov. 24 and 30 and on Dec. 1 at 2 pm. The venue is Elmwood School, 261 Buena Vista Road in Rockcliffe. Free parking is available. Tickets (\$30) are now on sale at lindenhousetheatre.ca, at Books on Beechwood, or by phone at 613.842.4913. Janet Uren is a professional writer, currently working with Martha Edmond on a history of New Edinburgh.

Almost time for St. Bart’s annual bazaar

By Liz Heatherington

The St. Bart’s Bazaar is one of the most popular events in New Edinburgh’s fall calendar! Not only is it a great place to meet friends, enjoy tea, and see your neighbours, it also presents great tables of bargains including antiques, gifts, jewellery, books, preserves, toys, games, crafts, knitting, Christmas decorations, and a superb baking table. You can enjoy shopping knowing you’re helping many important causes.

The event supports the work of the church and food banks at the Rideau Rockcliffe Community Resource Centre, Cornerstone Women’s’

Shelter, and Belong Ottawa – which provides hot drinks and all-day snacks, as well as showers and laundry facilities for those in need – and The Well/La Source which supplies meals, clothing, and social support. Year after year, our bazaar has been a great success and that’s thanks to YOU: our community! We are only as good as the donations we receive: if you are downsizing or wanting to dispose of household items, please consider donating to our bazaar. We are always seeking unique souvenirs, classic tea sets, glass, costume jewellery, books, attic treasures,

toys, games, and special hand-made items. Closer to the date we would also appreciate donations of home-baked goods and preserves! Please do not hesitate to call either Liz at 613.745.4677 or Linda at 613.298.9980 with any questions. We are happy to pick up donations, and we thank you in advance for considering St Bart’s. Looking forward to seeing you on Sat., Nov. 2 at 125 MacKay Street between 12 p.m. and 4 p.m. Linda Assad-Butcher and Liz Heatherington are Co-Conveners of Church of St Bartholomew, Annual Bazaar

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#Winterbiking in Ottawa? This is for you!

By Sean Flynn

With continued challenges of transit in our city (especially in New Edinburgh!) and the continued traffic nightmare in and around downtown, more and more people are turning to cycling as a mode of commuting and getting around the city beyond. The biggest challenge encountered by Ottawans is cycling in the 25 months of winter each year. In my 10 to 12 years of year-round cycling experience, true winter cycling starts around mid-December and lasts until late March or early April most years. My commute is not only much faster than transit but can also be faster than by car, going as far as Bell's Corners (20 km) during rush hour on the Queensway. It is much faster and more reliable to travel by bicycle than either driving or transit to most points in the city.

The best time to start your

with the first hints of frost and chilly weather. Those precious few weeks in late September and October will tell you very quickly if you need to fine-tune your cold-weather wardrobe or invest in better apparel, resistant to the elements. This time also gives you the opportunity to experience handling your bike in progressively more challenging conditions and build your confidence navigating the roads and paths once winter sets in.

These months give you time to establish your route(s) wherever you'll be doing most of your winter cycling – commuting, school pickup and drop-off, errands, or recreation. Although the City and National Capital Commission (NCC) have been expanding the winter path network, there are still several NCC paths that won't be winter maintained – most notably along the Rideau River path that is groomed for skiing.



Photo by Sean Flynn

Winter Cycling with Xmas Tree - easy breezy with Sean Flynn.



Photo by Sean Flynn

Classic Winterbike with avid cyclist Sean Flynn.

winter cycling adventure is now. The great thing about October and November is these months typically give us a gradual introduction to more inclement weather, cold, and challenging road conditions. In the summer, it can be easy to avoid rain and cycle in fair-weather conditions. But come September, the rain is far more frequent and by October, there's also a mix of foliage on the ground along

Choosing a Bike for Winter Cycling

The choice of bike is really a function of three factors:

- general distances travelled on most trips (short: 1–5km; medium: 5–10km; longer: 10km+);
- will you need to transport groceries, kids, etc.; and
- will some of your route be on unplowed terrain

The only distance that really

matters is if your trips are going to be longer than 10km on a regular basis. This is the one where you may want to consider a lighter (and likely more expensive) bike, like a gravel bike with gravel tires (also suitable for snow), as this will make it easier to handle the longer distances and have components that will withstand long trips in winter conditions. With the other two distances, a very basic mountain bike or cargo bike (pictured) will be sufficient.

Generally, you'd wear the same winter clothes as you would going for a walk. As you get into the medium and longer distances, you may get both very hot and very cold at the same time! Having a breathable Gore-Tex shell jacket and a thin long-sleeve shirt (I use a performance merino wool base layer) is usually good enough even down to -20°C. However, keeping your extremities warm is the biggest challenge, even when the rest of your body will be extremely warm. Heated gloves and boots have come a long way, but I've had success with -40°C rated Sorels for many winters now.

For some, a large backpack (with waist- and chest-straps) for longer rides (like commuting) is sufficient for cargo. If I'm going to get some groceries, my cargo Dutch bike with lots of carrying capacity is my go-to.

Some people prefer panniers and racks to haul things – it comes down to personal preference. Most riders tend to start with existing backpacks and invariably upgrade their bike with panniers and a rack. There's no real hard-and-fast rule here. With carrying kids, most often, the specialized cargo bikes (like the box bike/Bakfiets) come outfitted ready to take on all the elements to protect that precious cargo!

When I started winter cycling, I purchased studded knobby tires for my bike. While I paid a cost in terms of speed (since it's more effort to go faster with those tires), I felt extremely confident in all winter conditions, including ice on the road. However, with experience, a good set of knobby or gravel tires is all you need for most types of winter road commuting, especially if most of your route is plowed or treated. The one wild card is if you intend to do lots of cycling over snow-covered paths or roads. This is where a fat bike with large tires that allow you to "float" over the snow becomes a more suitable ride. However, you won't be going very fast, and you'll be working hard to go farther than 10 or 20kms! Your local bike shop is a great resource for advice.

I cannot emphasize enough how important it is to have a good set of fenders and pogies

(also known as built-in bar mitts). The fenders will not only keep you from getting filthy and drenched, they'll also help keep your bike from getting bombarded with grit and water. You'll still get a bit dirty and wet in rain and snow, but the fenders make the ride far more tolerable. Pogies are perhaps one of the most underrated inventions ever! Even in -20°C weather, my pogies let me cycle wearing only thin wool gloves, leaving my hands perfectly warm and dry for commutes upwards of 90 minutes.

If you're able to leave your bike outside all winter in a safe place and can dust off the snow and ice buildup after each ride, that's ideally the best option for keeping corrosion getting too aggressive towards the end of the winter. If you're like me and bring your bike inside, it's ideal to give your bike a quick rinse with water before bringing it into the warm to get the salt, sand, and grit off. You'll also need to relubricate your chain regularly. The good thing about the winter, is that our local bike shops are usually not too busy if you need help!

If you have any other cycling questions, you can find Sean Flynn on Twitter or Instagram at the handle @sfyfo or in real life walking, running and riding around the neighbourhood on any given day of the year!

A blast from New Ed's past: Where did everyone go?!

By Sharon Nyangweso

In the September 1978 issue of *New Edinburgh News*, a snapshot of our vibrant neighbourhood shines through the advertisements that dotted the pages. From bustling grocers and handy hardware stores to cozy restaurants and local services, Beechwood, Springfield, Crichton, and surrounding streets were once home to a thriving retail scene that anchored the community. These local businesses were more than just convenient—they fostered a sense of connection and vibrancy that defined our neighbourhood.

As you flip through this archive, take a moment to enjoy the nostalgia of old businesses that have come and gone. You'll find charming ads for butcher shops, florists, and restaurants that used to be household names. Perhaps you'll recognize some of the places or names from your own childhood, or from stories passed down over the years.

In the upcoming issues of the *NEN*, we'll be digging deeper into a question that's



Page 4 of the September 1978 issue of *New Edinburgh News*.

on many residents' minds: Why don't we see as many thriving retail spaces in our community today? What changed over the decades, and what do we need to do to revive this vital part of our neighbourhood? With a vibrant history of local commerce, New Edinburgh once supported a broad spectrum of businesses. Now, we have the chance to explore what led to the current shifts and what it will take to return to a bustling retail environment once again.

We invite you to browse through the September 1978 issue, reflect on the stores and services that once defined our neighbourhood, and stay tuned as we investigate the past, present, and future of retail in New Edinburgh. Our hope is that these insights spark meaningful conversations on how we can encourage local businesses to thrive in the years to come.

You can view the archival issue on the *NEN* website and relive a time when local commerce was at the heart of our community.

Were you a business owner, or do you have memories of the shops and services that once graced our streets? If you have stories, insights, or memories of those businesses that shaped our neighborhood, we'd love to include them in future issues. Whether it's a favorite store from the past or a beloved local service, your stories are key to understanding the rich history of commerce in New Edinburgh.

Lastly, we'd love to hear your vision for the future. What businesses would you like to see grace New Edinburgh once again? Reach out and share your thoughts—we're excited to build a thriving community together.

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

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Fall events at the Rockcliffe Park Library

By Martha Hodgson

Children's Programs

Family Storytime: Stories, rhymes, and puppet play for children and a parent or caregiver. Mondays at 9:30 a.m. (except Sep. 30 and Oct. 14). Drop-ins welcome.

Rebel Readers Kids' Book Club: Oct. 15 to Nov. 12. Registration is required: in person, by phone, or online.

Weekly Pop-up Activities: Drop in any Thursday for self-directed math, science, or art fun! Every Thursday 3:00–4:30 p.m. Drop-ins welcome.

Adult Programs

Crafternoon: Do you like to knit, crochet, or do handiwork of some kind? Join like-minded individuals for an enjoyable afternoon of crafting. Bring any project you are working on. Mondays from 1–3 p.m. Drop-ins welcome.

Rockcliffe Park Book Club: First Tuesday of every month, 1:30–2:30 p.m. Drop-ins welcome.

What we'll be reading and discussing:

Oct. 1 – *The Marriage Portrait* by Maggie O'Farrell

Nov. 5 – *Mrs. Dalloway* by Virginia Woolf

Dec. 10 – *Becoming Mrs. Lewis* by Patti Callahan Henry

Music in the Stacks: Roddy Elias, Beyond Borders acoustic jazz guitar. Thu., Oct. 3, 6:30 p.m. Drop-ins welcome.



The Rockcliffe Park library branch, 380 Springfield Rd.

Keep an ear out for more interesting performers in the branch this fall and winter.

Animal Farm: Experience the Story! Sat., Nov. 16, 2:30–4:30 p.m. A group reading with playwright Maeve Colleary-D'Amico. Ages 12+ only. Registration is required: in person, by phone, or online.

Basic Photo Editing: Tue. Nov. 14, 5:30–7:30 p.m. Learn easy, stunning photo editing techniques! Lynda Buske will demonstrate how to enhance your photos by adjusting light, colour, and composition using free photo editing software (PhotoScape X) available for both Windows and macOS.

Restoring Old Photos: Tue., Nov. 21, 5:30–7:30 p.m. Bring cherished photos to life by digitizing old prints. Then touch them up by straighten-

ing, sharpening, and removing scratches and spots using the free photo editing software Photoscape X.

Keep an eye on the OPL website for more programming to come, including a special event planned for December...

Much of our programming is made possible by proceeds from the annual Rockcliffe Park Spring Book Sale. Come in and visit us any time or join us for any of our programs. Please note that any registrations can be done in person at 380 Springfield Rd., by phone at 613.580.2940, or online at bibliottawalibrary.ca/en

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



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EVENTS CALENDAR

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

OCTOBER

Oct. 1 – Music & Meditation Fall series “Longing” @ 7 p.m. MacKay United Church – 39 Dufferin Rd.

Oct. 5 – Beechwood Market @ 9 a.m.–1 p.m. New Edinburgh Park Fieldhouse – 203 Stanley Ave. For more info: ottstreetmarkets.ca/our-markets/beechnwood-market

Oct. 6 – Pet Blessing Service @ 2 p.m. MacKay United Church – 39 Dufferin Road Co-leaders from MacKay United and St Bartholomew’s will be present for this service on the MacKay St. lawn at Dufferin Road. Please note: pets must be on-leash.

Oct. 8 – Your Next and Best Chapter @ 7–8:30 p.m. – New Edinburgh Fieldhouse – 203 Stanley Ave. Will retirement translate into your best years? What does a vibrant and fulfilling life look like for you? Workshop facilitators, Alison Braun (retirement coach and senior’s wellness coach) and Jacqueline Richards (financial wellness coach and mortgage professional) will help you explore some key steps and secret ingredients to building a happy retirement. Free admission. Light refreshments.

Oct. 12 – Beechwood Market @ 9 a.m.–1 p.m. New Edinburgh Park Fieldhouse – 203 Stanley Ave. For more info: ottstreetmarkets.ca/our-markets/beechnwood-market

Oct. 14 – Thanksgiving Piano Concert @ 7 p.m. – Tea Tyme – 81 Beechwood Ave. A FREE event featuring Beethoven, Chopin, Mozart, and fun jazz by New Edinburgh pianist Keumnim Lim. All are welcome!

Oct. 14 – CCC Board of Directors meeting @ 7:30–9:00 p.m. – New Edinburgh Park Fieldhouse – 203 Stanley Ave. Meetings are held on the second Monday

of every month at same location. Meeting times, dates and locations may vary to accommodate the availability of CCC Directors or guests. Contact CrichtonCommunityCouncil@gmail.com

Oct. 15 – New Edinburgh Community Alliance (NECA) Board Meeting @ 7 p.m. – New Edinburgh Park Fieldhouse, 203 Stanley Ave. All New Edinburgh Residents welcome to attend the board meeting of NECA – more details at newedinburgh.ca and for meeting link if you are unable to attend in person.

Oct. 17 – Ottawa New Music Festival @ 7 p.m. – Ottawa Art Gallery – 50 Mackenzie King Bridge. Experience the world premiere of Frank Horvat’s “Almost Homeless.” Horvat examines the realities faced by a growing number of people grappling with financial hardships and the high cost of living. Frank’s composition takes field recordings of Ottawa residents talking about their life and financial story, reflections on cost of living and combines this footage with music to create a highly personal Ottawa-centred composition. “Almost Homeless” features the festival’s Artistic Directors SHHH!! Ensemble and Ottawa-based violinist Erica Miller. The second half will feature SHHH!! performing works by Harry Stafylakis, Jocelyn Morlock, and Micheline Roi. Event link: eventbrite.ca/e/ottawa-new-music-festival-tickets-933286403757

Oct. 18 – Ottawa New Music Festival @ 7 p.m. – Ottawa Art Gallery – 50 Mackenzie King Bridge. An epic triple header bringing together Halifax-based cellist, composer, and improviser India Gailey, Montreal-based percussionist David Brongo, and Ottawa-based harpist Michelle Gott. Each artist will perform a 30–40-minute set,

followed by a short intermission. Event link: eventbrite.ca/e/ottawa-new-music-festival-tickets-933286403757

Oct. 19 – Beechwood Market @ 9 a.m.–1 p.m. New Edinburgh Park Fieldhouse – 203 Stanley Ave. For more info: ottstreetmarkets.ca/our-markets/beechnwood-market

Oct. 22 – NECA Annual General Meeting @ 7 p.m. – New Edinburgh Field House – 203 Stanley Ave. in person. All residents are welcome to attend and to join the board if interested. Contact newedinburgh@outlook.com if you have any questions in advance.

Oct. 26 – Beechwood Market @ 9 a.m.–1 p.m. New Edinburgh Park Fieldhouse – 203 Stanley Ave. For more info: ottstreetmarkets.ca/our-markets/beechnwood-market


Oct. 26 – Halloween Howl (CCC) @ 2–5 p.m. New Edinburgh Park Fieldhouse – 203 Stanley Ave. A FREE family event – more details at newedinburgh.ca

Oct. 26 – Films at the Fieldhouse: Halloween Night Scare-A-Thon (CCC) @ 6–10 p.m. – New Edinburgh Park Fieldhouse – 203 Stanley Ave. A FREE event – more details at newedinburgh.ca

October through December – The Vanier Park Museum, located in Vanier celebrates the richness of the district’s heritage as well as the history of its people. People of all ages and cultures can discover and appreciate the ways of the local *francophonie* through temporary and permanent exhibitions as well as its yearly edition of the Sugar Festival. Visit museopark.ca for more information on programs.

NOVEMBER

Nov. 2 – Beechwood Market @ 9 a.m.–1 p.m. New



Classified Ads

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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.

Edinburgh Park Fieldhouse – 203 Stanley Ave. For more info: ottstreetmarkets.ca/our-markets/beechnwood-market

Nov. 2 – Comedy at the Fieldhouse (CCC) @ 8–11 p.m. New Edinburgh Park Fieldhouse – 203 Stanley Ave. More details at newedinburgh.ca

Nov. 9 – Beechwood Market @ 9 a.m.–1 p.m. New Edinburgh Park Fieldhouse – 203 Stanley Ave. For more info: ottstreetmarkets.ca/our-markets/beechnwood-market

Nov. 11 – CCC Board of Directors meeting @ 7:30–9 p.m. New Edinburgh Park Fieldhouse, 203 Stanley Ave. Meetings of the CCC Board of Directors are held on the second Monday of every month at the New Edinburgh Park Fieldhouse. Meeting times, dates and locations may vary. Contact CrichtonCommunityCouncil@gmail.com

Nov. 12 – Your Next and Best Chapter: Part 2 @ 7–8:30 p.m. – New Edinburgh Fieldhouse – 203 Stanley Ave. Will retirement translate into your best years? What does a vibrant and fulfilling life look like for you? Workshop facilitators, Alison Braun (retirement coach and senior’s wellness coach) and Jacqueline Richards (financial wellness coach and mortgage professional) will help you explore some key steps and secret ingredients to building a happy retire-

ment. Free admission. Light refreshments.

Nov. 16 – Beechwood Market @ 9 a.m.–1 p.m. New Edinburgh Park Fieldhouse – 203 Stanley Ave. For more info: ottstreetmarkets.ca/our-markets/beechnwood-market

Nov. 16 – Open Mic at the Fieldhouse (CCC) @ 7–10 p.m. – New Edinburgh Park Fieldhouse – 203 Stanley Ave. A FREE event – more details: newedinburgh.ca

Nov. 16 – Beechwood Night Market @ 5 p.m. at MacKay United Church, 39 Dufferin Rd. For more information see mackayunited.ca.

Nov. 19 – NECA Board Meeting @ 7 p.m. – New Edinburgh Park Fieldhouse 203 Stanley Ave. All New Edinburgh residents are welcome to attend the board meeting of NECA. Hybrid format – check newedinburgh.ca to join virtually.

Nov. 30 – Holiday Lights Gathering @ 4–7 p.m. at New Edinburgh Park Fieldhouse (CCC), 203 Stanley Ave. For more information see newedinburgh.ca.

November & December – MacKay United Church, “Longing” – Tuesdays @ 7 p.m. Nov 5, 12, 19 and 26; Dec 3 at 39 Dufferin Rd. An autumn series of music and meditation.



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Welcome!



Photo by Tessa Van Haastrecht

We'd like to welcome **Sarah Green** to New Edinburgh. Sarah just arrived from Nova Scotia in July with her four-year-old son and has launched a satellite office – **Mindhouse Wellness** – nearby, as part of a group of clinical social workers. Sarah works with adult individuals and families to provide support in such areas as depression, anxiety, trauma, addiction, diversity, and relationships. She's really enjoying the neighbourhood with her extended family and her mom, who has been liv-

ing in the area for some time. Welcome, Sarah: we wish you and your son the very best settling in and hope that residents will check out your practice and new location soon!



We are excited to announce that **Alison Braun** has opened her business venture, **Life Matters**, right here in New Edinburgh! Alison offers personalized coaching to help retirees and seniors embrace this exciting new chapter with confidence and clarity. Her services include tailored health and wellness strategies, support for rebuilding connections with loved ones as well as death, dying, and grief coaching. What keeps

her busiest is providing guidance on the non-financial aspects of retirement planning. Alison is dedicated to helping people rediscover their passions, set meaningful goals, and create practical plans to achieve them. Check out events listing for more details on upcoming seminars.



Welcome to Canada to **Viviana Lo Verde**, her husband **Domenico Pellegrino** and their two children **Archille** and **Sonia**, who recently arrived from Italy. After settling in over the summer, they are loving New Edinburgh and looking forward to exploring more of what our amazing neighbourhood and city have to offer!

Congratulations!



Not only did **Katherine Hall** and **Peter** (now both **Lloyds**)

NECA AGM
October 27, 7pm.
 Visit newedinburgh.ca for the Zoom link.

get married in the neighbourhood in July, as promised, we are showing photos of Katherine's dress which she made herself. Well done, Katherine – planning a wedding is already stressful, but making your own dress is an extra nice achievement!



Congratulations to Katherine and Peter on their nuptials.

Looking to volunteer?

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

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



Photo by ??

Representatives from Ottawa Gatineau at One World Grannies Event on Chief William Commanda Bridge.

Despite an unusually cold September day, grandmothers and "grand-others" braved the wind and came out to support National Grandparents Day on Sep. 8 at the Ottawa entrance of the newly repurposed William Commanda Bridge.

The event, in support of the Stephen Lewis Foundation's **Grandmothers to Grandmothers Campaign**, was designed to raise awareness and share information about the critical work grandmother groups and their partners carry out in 15 countries in sub-Saharan Africa. Mme **Claudette Commanda**, Chancellor, University of Ottawa, and granddaughter of Chief William Commanda (for whom the bridge is named), graciously gave Opening Remarks and stayed to chat with participants. Here's hoping for warmer weather next year! Learn more at grandmotherscampaign.org and oneworldgrannies.ca.