

NEW EDINBURGH NEWS

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Photo courtesy Chris Straka

Brick Award Winner and Community Builder Chris Straka.

BRICK Awards 2024 – Meet this year’s winners

By Gail McEachern

The BRICK Award—the Burgh Renovation, Improvement and Construction Kudos – was created by the New Edinburgh Community Alliance (NECA) in 2009 to recognize construction projects involving an addition to a building, the restoration of significant architectural elements on an existing house, or a new infill development sensitive to the surrounding neighbourhood aesthetic. The original focus was on physical “bricks and mortar” projects. However, since its inception, the concept has expanded to include a separate award

for a Community Builder: an exceptional person whose contribution of time and talents have enriched the New Edinburgh community.

The BRICK awards for 2024 were announced at NECA’s Annual General Meeting in October.

Bricks and Mortar Award

In the Bricks and Mortar category Martin Normandeau and Dmytro Hys, the owners of 51 Crichton Street, were selected for their meticulous and thorough restoration of their Victorian-style heritage designated property known as Tubman House. It was origi-

nally owned and occupied by the Tubman family from 1874 to 1986 and represents one of the earliest buildings from the early Mill Village of New Edinburgh.

When the new owners took over the property in 2020, their goal was to restore the heritage building to its original materials and historic integrity according to the best practices in the field. This was a daunting task involving hours of research to determine what architectural elements belonged to the original house but had been altered

Continued on page 27

Proposal to redevelop Beechwood—Springfield corner prompts concerns

By John Leefe

Well, here we go again: another major mixed-use development application on Beechwood Avenue, followed by a tsunami of concerns from both neighbourhood community associations and individual residents.

The proponent is requesting city approval to demolish four existing buildings in Lindenlea to construct an eight-storey, mixed-use building at the end of the block bounded by Springfield Road, Beechwood Avenue, and Douglas Avenue. The area is question is home to the restaurants Dante, Schoolhouse Pizza, Edinburger, Shawarma

King, and Chilaquiles, as well as Rockcliffe Chiropractic and Melanie Hair Cutters.

In September, the notice of the applications for a zoning by-law amendment and accompanying site plan control was posted on Springfield Road. This triggered a 28-day comment period in which community groups and individual residents were invited to provide input. The applicants are requesting permission to demolish the existing buildings; relief from zoning provisions to increase the building height; a decrease in the required building setbacks, and reduce both the minimum required land-

scaped area and number of parking spaces for residential units.

The proposed building would have four commercial units on the ground floor and 121 residential units, ranging in size from studio to three-bedroom apartments. Access to the commercial units would be off Beechwood; residential access would be off Springfield and Douglas. Thirty underground parking spaces are also proposed for residents, with 18 retail and visitor spaces to be accessed off Springfield. Bicycle parking spaces would be located

Continued on page 18

Vanier Parkway Extension: 25 years later

By Paul McConnell

No need to panic, Vanier Parkway will not be extended through New Edinburgh! But as long-time residents will remember, this was a real threat that hung over the community for decades. It may seem unbelievable today, but from the early 1970s until 1999, the Official Regional Transportation Plan called for the Vanier Parkway to be extended from Beechwood through New Edinburgh, across the park and, via a new bridge over the Rideau River, to connect with the MacDonald-Cartier Bridge. It’s hard to imagine how damaging this major highway would have been to New Edinburgh. This month we celebrate the 25th anniversary of the removal of the Vanier Parkway Extension (VPE) from the Official Plan. This is an opportunity to revisit what almost happened to our neighbourhood and consider the lessons learned.

What was the VPE?

The roots of this project go back to a master transportation plan developed for Ottawa in the 1960s. It

envisaged an expressway constructed to connect the Queensway directly with a bridge to Quebec. Despite some objections from local communities, the first sections were completed in the 1970s through Overbook and Vanier as far as Beechwood Avenue. It seemed only a matter of time before the final section, the VPE, would be built through New Edinburgh and its park. Starting at the junction of Beechwood and the St. Patrick Bridge, this would have entailed constructing a four-lane highway, elevated in part, along a route that largely followed today’s multi-use path along the narrow “panhandle” by the Rideau River. After reaching the area near the present-day Fieldhouse, where feeder connections with Dufferin Road and Stanley Avenue were envisaged, it would have tracked across the playing fields and woodland, heading towards a new bridge over the Rideau in the vicinity of the present-day lookout.

Why was the VPE thought necessary?

Continued on page 26

NEN Delivery Volunteers Wanted

Do you have a couple of hours every few months to spare? We could use your help.

Contact John Leefe by phone at 613-302-4946 or by email at jparkerleefe57@gmail.com

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 meeting will take place **Tuesday January 21, 7:00 p.m.** online only. 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, New Edinburgh News**
newednews@hotmail.com

Learn more at
newedinburgh.ca

NECA President's Report



Ray Boomgaardt
NECA President

Our Annual General Meeting in October was a great opportunity to look back over the past year, to look forward to next year, and to hear from our Councillor, Rawlson King.

Looking back

We extended BRICK awards to **Chris Straka** for his work as a Community Builder, and to **Martin Normandeau** and his partner for their renovations of the "Tubman House" on Crichton Street at the Union Street corner.

NECA continues to enjoy stable finances and the meeting decided that no outside audit was needed.

The NECA by-laws were approved with updates to comply with revised provincial legislation.

The City has decided to move forward with improvements to the fieldhouse.

Looking forward

NECA will be providing input on City zoning by-laws and trying to understand the implications for our Heritage zone of recent provincial legislation.

NECA will be cooperating with other community groups to provide input with respect of the proposed development at Springfield and Beechwood.

NECA plans to make a submission to the City to rename the park and will discuss with the NCC, the hope being to have one name for the entire park.

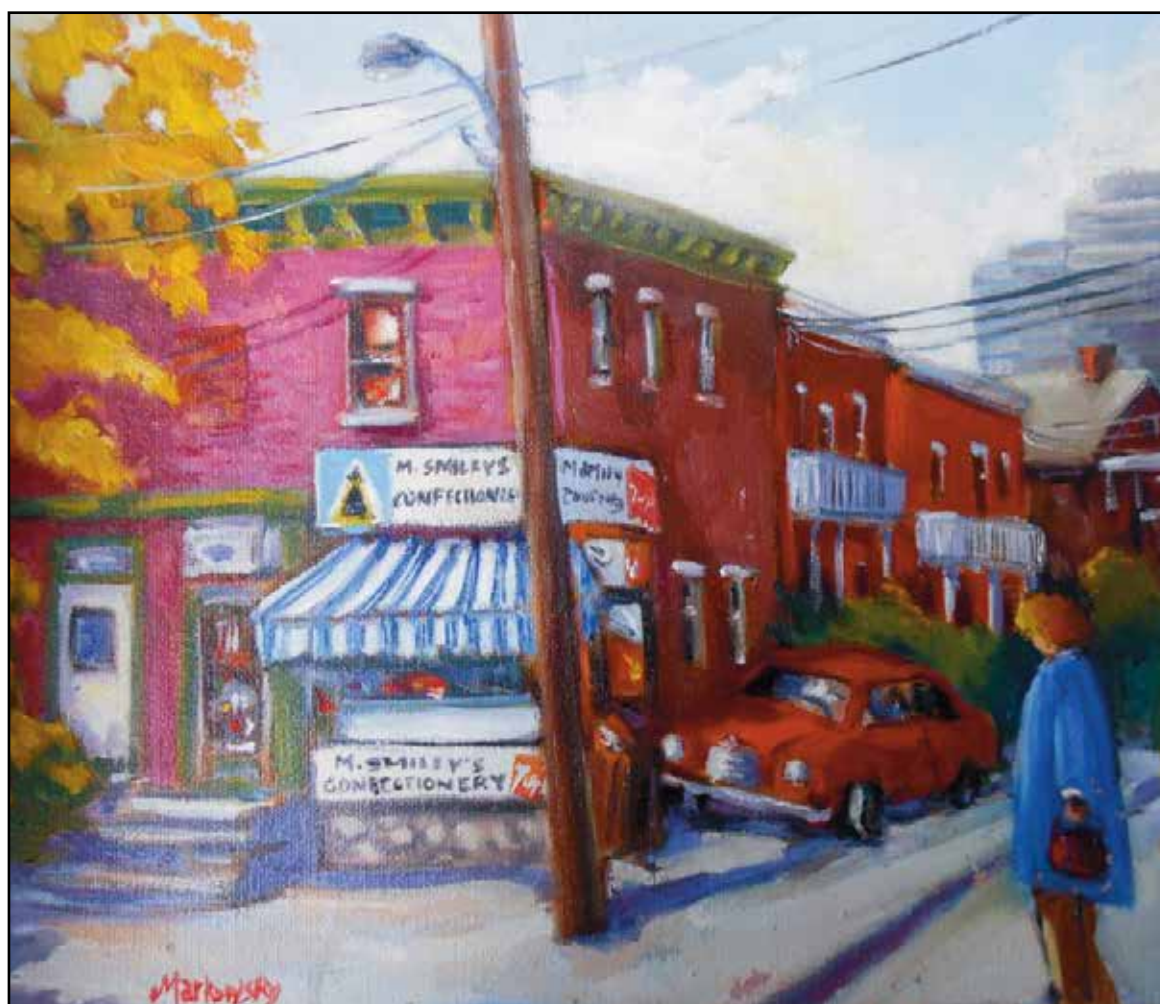
The Councillor spoke about the work he is doing for the neighbourhood, including the proposal to restrict parking in the area between Dufferin and Sussex. He also indicated that he was prepared to pay the cost of the park renaming submission from his budget. On the parking issue he took under consideration the proposal by some members that

the time limit for parking be two hours rather than one. He also undertook to look into the question, raised by another member, as to whether the parking permits for residents would actually be available to all, or might depend on whether residents had existing parking.

For my part, I would like to say what a privilege it is to have such a hard-working group of directors, and how inspiring it is to hear their reports of the work they are doing. I want to specially call out the work Chris Straka has been doing with the CCC and at our meetings. So many of us have enjoyed the great programming Chris and the CCC are providing at the Fieldhouse, and it's the kind of work that makes our community stronger.

In days such as these, when there is pressure from the province to relax the rules around new construction, and to rethink the role of cycling, it's as important as ever for us to build a strong community, and to try to win consensus for policies that will strengthen our community and contribute to a great and dynamic city.

See you in the neighbourhood!



Smiley's Confectionery used to be on the corner of MacKay and Vaughan streets.

Painting by Martha Markowsky

Letter from the Managing Editor



Sharon Nyangweso
Managing Editor

Dear Readers,

As we approach the end of 2024 and look ahead to 2025, this edition of the New Edinburgh News invites a moment of reflection, celebration, and preparation. We look back on a proud history of community organizing that has, time and again, redefined the path forward for our neighbourhood. From protecting cherished public spaces to demanding better from our elected officials, New Edinburgh has never been passive in the face of challenge.

This issue also takes us

back to a time when New Edinburgh opened its doors to welcome new immigrants, setting the tone for a community that has always been enriched by its diversity. Decades ago, families from all corners of the globe found a sense of belonging here, laying down roots that have shaped our vibrant, ever-evolving neighbourhood. The spirit of care, inclusion, and determination that brought those families into our fold still echoes today.

But as the calendar turns, we are reminded that our work is far from over. December

marks a transition not just of the seasons but of a world bracing for what comes next: an election in Canada, an inauguration in the United States, and an escalating climate crisis that threatens our most vulnerable. These challenges demand our collective resilience and fierce, unrelenting push for what is right.

New Edinburgh's legacy is not merely one of perseverance; it's of fighting—kicking and screaming, if need be—for a better future. As we prepare to meet the complexities of 2025, let us carry forward that spirit of care and action. May we look out for our neighbours, speak up for those who are marginalized, and protect our community with the same passion and tenacity that has defined us for generations.

With gratitude for your continued engagement and courage.

Letter from the Co-Editor



Karen Squires
Co-Editor

As we head into the holiday season, I would like to express my thanks to the NECA board members who continuously provide ongoing support and content, based on key strategic priorities our community association works hard to advance each year. Further, I would like to thank our contributors dedicated to covering important/emerging topics which seem to be resonating with community members in each edition. In this edition, we look back into the past to remember what some earlier "Community Builders" fought to preserve such as our landscape, our heritage and

our green spaces through the Vanier Parkway Extension article. We also tackle current issues such as Traffic and Safety (now including cyclists), Environment and Climate Change, and Heritage and Development. You will read a detailed report of the proposed site plan at 47 Beechwood which has captured the attention of residents, nearby businesses and community associations. Plus we include more good content around health and wellness further supported by information on getting out in nature such as park activities, bird watching and

events! However, I also want to give a huge shout out to everyone who makes this edition come to fruition five times each year beginning with our advertisers who support this community paper. This could not happen without their support! So, please continue reading and treat yourself to the many products and services offered by our businesses in the 'hood—both established and newly opened. Finally, our amazing NEN team work many hours, attend many meetings and share many cups of coffee to get the job done well. Many thanks to all who contribute and we look forward to seeing you around the neighbourhood over the holidays, starting with Holiday Lights on November 30th. So, check out the Events Calendar to learn something new, get active or hear good music in and around the 'hood!

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

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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

Send us your letters: editor@newedinburgh.ca

Letters to the editor must include writer's name, address and contact info. We will only print your contact information if explicitly requested to do so in your letter. 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.

Letters to the Editor

We are blessed in Ottawa with an excellent series of trails designed for shared multi-use purposes. This means people walking, dog-walking, jogging or running, and in-line skating, as well as older people using walkers, young families strolling with their prams and small children, and of course cyclists.

I have a bike and have ridden for years, BUT I am appalled by the number of cyclists who race by without an “on your left” or a bell ring. Based on our daily 10km walks, by me and my husband’s unofficial count, this is 50 per cent of cyclists. We feel badly for the other 50 per cent who are actually respectful of the shared path rules, as this disregard has a perceived impact on all.

It is incumbent on any cycling group, formal or ad hoc, to make sure cyclists know and follow the rules. Cycling groups and clubs who do not inform and educate their members may be at risk of serious liability claims.

I had the misfortune to be walking with my husband on a beautiful late September

afternoon on the shared path beside the George Etienne Parkway towards the Aviation Museum. Suddenly, without warning, I was hit from behind by a cyclist on a racing bike, directly in the back. I was lifted into the air and then crashed to the ground. [The cyclist] also flew off his bike and was bleeding from his head. He kept repeating that he went to ring his bell, and his hand slipped. Ambulances were called. He went in the first one because of his potential head wound. We never saw or heard from him again.

I was taken to the trauma unit of the Civic Hospital where I [was found to have] suffered a fractured pelvis, shattered elbow, and two broken bones in my right arm. My sense (yes, no proof except by my husband’s and bystanders’ recollection of the horror, and his repeated refrain that he wasn’t speeding and his hand slipped) was that he was speeding, he waited until he was too close to a pedestrian to attempt to ring his bell, lost control, and I was on the receiving end.

If shared paths are to be a

thing, we simply must do better. Respect for one another, and the different uses of a SHARED path must be paramount. And cyclist groups, informal or clubs with members, seriously need to wake up about potential legal action. PLEASE HAVE RESPECT FOR SHARED PATHS!!

Sarah A.

I support “the case against Ford’s proposed bike lane ban.” As a matter of principle, it is wrong for a provincial government to regulate a matter that ought to be a municipal responsibility. I do want however to point out one feature of the article by Bennett and Chelo that weakens the case. Traffic may be down in London, U.K., but have the authors taken into account the congestion charge? When I was the federal deputy minister of Infrastructure 20 years ago, a study I commissioned concluded that the charge had reduced car traffic by 13 per cent, I recall.

The above being said, I would add a suggestion. As the article points out, “some

CORRECTION from Parks Update – October Edition

The Elisabeth Salm Community Pollinator Meadow was mentioned in the article (p. 9) but should have been *Elisabeth C. Salm Community Pollinator Meadow* as the full name of the newly regenerated area at Stanley Park, now in progress. As well, the caption to the image on page 8 named “Lyle Hall” as Elisabeth’s husband, rather than Lyle Young. We apologize for these errors.

cyclists should follow traffic rules more closely.” That is too modest a suggestion. Cyclists should follow the rules of the rules of the road, the rules should be visibly enforced, non-compliance should have real consequences. That would be good and would help the case made in the article, which, as I said, I support.

André J.
Dufferin Rd.

I read with incredulity the opinion editorial of current Ottawa Mayor Mark Sutcliffe in the October edition of the New Edinburgh News. In reply, I bring news from the Rest of Canada.

There is not a city in Canada which benefits more from federal government largesse than Ottawa. Set aside the tens of thousands of excellent public sector jobs and the buoyant property tax revenue thereby sustained. Ottawa enjoys more federally-run museums, monuments and arts venues per capita than most provinces can boast. And the National Capital Commission maintains breathtaking green infrastructure and parks which Ottawans regularly use for leisure and commuting whilst taking it all for granted. A recent visitor from my hometown, approximately 1,300 kilometres to the east, exclaimed that “You guys

live in a fairytale land of bike paths and parks.”

It is bold indeed to suggest that Ottawa’s incompetent execution of light rail transit should be anyone else’s problem. Let’s face it: Ottawans chose Mayor Sutcliffe’s predecessor, Jim Watson, who ran loudly on the delirious promise of light rail; Ottawans re-elected Mayor Watson and the councillors who supported this project two more times, ignoring innumerable warning signs and metaphorical off-ramps.

Instead of begging for yet more handouts, if Ottawa wants to find cash to improve transit, help yourself: implement Congestion Pricing. Follow the leads of London, Singapore, Stockholm, and Milan, and the proposed initiative in New York. Now that the technology is proven, Ottawa can have the latest generation. Make it expensive to be in a private vehicle within key zones during peak travel times. Use the deluge of revenue thus obtained to buy 200 new, quiet, comfortable buses, which will arrive on-time 95 per cent of the time thanks to the reduction in traffic. It’s what every congested city – including Gatineau, where I live – should be doing.

Joel H., Hull

I’ve lived near Beechwood Avenue almost my whole life. For the brief period I was away, I lived in Victoria, BC, where I was lucky enough to take a course at the University of Victoria that focused on municipal issues. During this course, I took part in a field trip to a relatively new (as it was back in 2015), modern, artful, sustainable, eco-conscious building, called the Atrium. The Atrium had been developed by Jawl Properties,

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a local property owner that held (and still holds) a strong reputation for environmentally sound, attractive properties across Victoria.

The Atrium is a multi-storey building in downtown Victoria with multiple floors of office space rented by blue-chip tenants. As it was explained to me and the other students in our course, because the upper floors are strong generators of rental income, the developers were able to take a chance on smaller independent businesses to occupy the ground level, public-facing spaces. The Atrium's retail space was therefore custom-built for local businesses seeking expansion opportunities. Two pre-existing successful small businesses, Habit coffee shop and Zambri's Italian restaurant, moved into the Atrium into spaces tailor-made for them, and both businesses remain there to this day, almost 15 years later.

Here is a short news clip on the topic: jawlproperties.com/news/a-channel-news-feature. I moved back to Ottawa in 2016, and since then have lived as a renter in Centretown and now as a homeowner in Vanier. Over the past eight years, I have frequently wondered why nowhere in Ottawa is there a place as inspired as Victoria's Atrium, and seemingly no developer as committed to creating a liveable community as Jawl Properties in Victoria. Perhaps there are developers who want to see our city's small businesses flourish and improve our streetscapes, strengthen our communities, and (please!) just give us an interesting destination. But unfortunately, I've mostly borne witness to the same uninspired boxes going up, with cavernous main-floor commercial spaces that often remain empty for years, if they're not occupied by a bank or a Starbucks.

I know there are small businesses that could fill these spaces. As an example, Red Door Provisions, an excellent independent coffee shop on Beechwood, recently expressed on their social media a desire to expand and remain in the neighbourhood. Wouldn't it be fantastic if it, and other small successful businesses like it, were given a chance by one of these developers, to fulfill their potential – and at the same time, benefit the neigh-

bourhood by helping it hold on to its wonderful, unique character?

We can't stop the modernization of our main streets. But surely, we can modernize in a way that doesn't deprive our neighbourhoods of their souls.

*Sincerely,
Madeleine H.
Vanier resident*

I'm a homeowner residing on Keefer Street, having recently moved to New Edinburgh after living in the Glebe for 25+ years. One of the many reasons why my husband and I decided to make this move was watching overzealous City of Ottawa parking officers loop our old neighbourhood three to four times daily dolling out tickets, all the while systematically destroying the Glebe's already fragile retail strip and penalizing homeowners for having a daytime visitor. I was very disappointed to read in the October issue of the *New Edinburgh News* that the new proposed parking rules will limit parking to one hour between 7 a.m. and 6 p.m. Monday to Friday on our street and the extended parking zone from Stanley to MacKay and from Dufferin to Thomas.

I understand the desire to standardize parking restrictions across the neighbourhood and I know we have a problem with government workers parking daily through the workweek, especially on the mandated return to workdays of Tuesday through Thursday. However, one hour seems excessively punitive to both New Edinburgh residents and visitors. In one hour, you can't have a visitor over for lunch. In one hour, you can't visit a loved one at Governor's Walk or any of the other neighbourhood retirement homes. In one hour, you can't take your dog for a leisurely walk in the park. In one hour, you can't take your toddler for a playdate at the Field House. In one hour, you can't participate in one of the many community activities at MacKay United Church's Memorial Hall. You get the idea.

I see residents can purchase guest parking permits which sounds like yet another tax grab. Plus, how long will these be available? We used to have guest parking permits for purchase in the Glebe, but these disappeared through

the years along with on-street parking. Finally, restricting parking in this zone will just push the problem closer to Beechwood, putting more adverse pressure of merchants and restaurants still trying to recover from Covid [restrictions].

Two-hour on-street parking through the workweek would be a much more equitable solution for all parties and still address the challenge of people using our streets as a free government parking lot.

*Best Regards,
Jenn M.*

The critical context you offered before the Mayor's letter on page 6 and your TRC message on page 3 of the October edition of the *NEN* are important for folks to keep in mind and very much appreciated by our family! Since you have become the Managing Editor we look forward to actually reading the content of the *NEN* rather than just skimming the headlines and looking at the cute dog pics.

Well done and happy Thanksgiving!

Natasha and Miriam

Thank you for the informative article by Sarah Anson-Cartwright on the draft plan for the SGENC Park. I have been following this issue, particularly as it pertains to Pine Hill. I'd like to just pick up on two points:

1. the "endangered species" the NCC refers to, which according to the plan would "direct off-leash activities away from the endangered species, as required under the Species at Risk Act."

I asked for, and received from the NCC, a list of the endangered species supposedly at Pine Hill, from an environmental report conducted some years ago. I have



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walked around the entire site of Pine Hill too many times to count over the past 14 years and noted the flora and fauna on numerous occasions. I have not seen any of the species listed as either *at risk*, *regionally rare*, or *of interest*. I do know that some of the species occur, in small numbers, in Rockcliffe Park, for example, a couple of rare fern species are (or more likely were) found on the cliff face above the Ottawa River, and a single Hackberry tree was found in 1980. Similarly, the other five species were scattered through Rockcliffe Park, and mostly away from the areas used by visitors.

I am very in favour of protecting species at risk, but at Pine Hill, none of those listed in the NCC report occur. To use them as an excuse for limiting or even closing the off-leash dog area is egregious.

2. the NCC seems fixated on a lookout across the Ottawa River. The NCC report indicates "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." This is quite simply preposterous, as anyone who has walked there

even a few times will agree. On the other hand, there is a large area in Rockcliffe Park where the river view is splendid. I noted that the NCC had pruned some of the shrubs, but even without that, the view is clear and far-reaching. This would never be the case at Pine Hill.

I cannot help but wonder if the NCC planners are confusing Pine Hill with Rockcliffe Park. There seems no other explanation for these mistakes.

*Christine H.
Braemar St.*

Thank you for prefacing the Mayor's piece with your valuable context-setting comments. I would have been disappointed and irritated if it had been (re)printed as-is.

*Best regards,
Sarah A-C.*



Deadline
for the next issue

Jan 10

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This season my wish for all is to return to the simple joy of the holidays - consider some new and old fashioned ideas for gift giving:

- Donation to The Food Bank for whomever you would be buying something who needs nothing
- gift certificate to The Pet Pantry to nourish some of our "best friends ever" when these costs have also soared
- home made jams, jellies, pickles or cookies
- gift certificates for cleaning by local providers - especially nice after festive gatherings
- colourful hand made socks and mittens made by loving hands from local, gifted knitters
- a post Christmas massage for tired Angel Moms
- certificates for babysitting so parents can have a time out and a special meal in a local restaurant
- gifts of a fitness assessment by local professionals to kick start those New Year's resolutions
- prepaid physiotherapy assessment re: fall prevention or pre-op strengthening for a loved one

All these ideas can be sourced locally. We can make a difference together in our community, take care of one another and spread the real joy of Christmas.

Pam Siekierski
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Crichton Community Council President's report

By Chris Straka, CCC
President

Fieldhouse roof extension

The New Edinburgh Community Building Fund was established by the City of Ottawa to be used exclusively for capital improvements to the New Edinburgh Park Fieldhouse.

The existing Fieldhouse roof provides limited cover from the elements, extending about five feet beyond the building's walls on only two sides. The existing roof canopy does not provide sufficient protection for current events like the farmers' market, seasonal community picnics, fitness programming, and outdoor films. The need for a covered outdoor space in New Edinburgh Park was particularly evident in the planning for the annual Chief Pinesi Day. In 2024, event organizers were burdened by the \$8,000 cost for rental of a tent erected adjacent to the Fieldhouse for one day to accommodate this unique event's need for open-sided protection from the elements.

The CCC and NECA directors propose that a portico be created on the street side of the Fieldhouse to provide a covered outdoor space at least 20 feet deep and 30 feet wide. The architectural concept proposed involves projecting the distinctive roof form above the front door toward Stanley Avenue, supported by new columns echoing the form of the existing columns.

Discussions at both NECA and CCC public meetings have confirmed that both organizations believe the project has merit, is an appropriate use of the Community Building Fund, and should be explored in more detail by City staff. We look forward in the new year to reporting on our progress, made with the support of Councillor King



Image by Chris Straka

Aerial view of Fieldhouse with proposed roof extension.



Image by Chris Straka

Front view of Fieldhouse with proposed roof extension to support outdoor events and activities year-round.

and his diligent team.

Events

A full slate of events is scheduled for the next couple of months:

- Dec. 9 – CCC meeting
- Nov. 30 – Holiday Lights Gathering
- Jan. 11 – New Year Brunch
- Jan. 13 – Children's Playgroup (and subsequent Thursdays)
- Thursdays beginning in January – Senior's Social Group

For more details, please read the following section to choose your preferred method to stay informed and up to date!

CCC Communications

We provide information about the CCC's initiatives and events through a variety of methods.

Event information is available online:

- newedinburgh.ca/events/
- [facebook.com / NEfieldhouse](https://facebook.com/NEfieldhouse)
- [instagram.com / NEfieldhouse](https://instagram.com/NEfieldhouse)

We send out information via an open email list – subscribe by visiting: perambulatorposse.ca/mailman/listinfo/newed_perambulatorposse.ca

We also contact neighbours directly using a closed email distribution list used exclusively by neighbourhood associations. To add your contact information to the CCC's email distribution list, please email the request to: CrichtonCommunityCouncil@gmail.com

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How to react in a climate backlash? Get loud!

By Sarah Anson-Cartwright

When events seem out of control, all we can control is our reaction to them. For those who care about climate action, events are piling up – and not in a good way.

Even in this city, the winds of a climate backlash – and its helpmate, misinformation – have reached the shores of the Rideau. Climate deniers were among the delegations speaking at committee meetings of City Council last year. Community advocates have witnessed people spreading misinformation and calling for climate action delay at City committee meetings.

Most disconcerting is that councillors do not appear to have asserted that climate change is real and a settled fact at Ottawa's City Hall. (Almost five years ago, in January 2020, City Council approved a substantive Climate Change Master Plan which includes a thorough energy transition strategy.)

In fact, one councillor



Photo courtesy Sarah Anson-Cartwright
Heat pump transferring energy for a home.

explained that a City committee meeting is a safe space and everyone has the right to say what they want.

And so it was that in the summer of 2023, the City decided to temporarily ban installation of renewable energy facilities and battery storage. Renewable energy storage is a key to climate and community resilience – but in Ottawa, the transition to renewable energy is on pause.

Misinformation, by a very small but vocal minority, is fomenting a climate backlash in this city.



Photo courtesy Sarah Anson-Cartwright

In New Edinburgh, one can find residents' climate and energy-related actions: solar panels on a garage on one of the lanes, and a heat pump (below) transferring energy for a home. Taking action on climate change means targeting those responsible for the problem and taking collective action.

For residents who care about climate action, the spread of misinformation in the municipal space is disheartening but not unexpected. It prompted Community Associations for Environmental Sustainability (CAFES) to hold a Speak Up for Climate Change workshop to motivate and equip those of us who care to have conversations and take civic action.

Knowing how to talk about climate action is a valuable skill, that requires two key pillars. First, realize that people who are climate deniers will not be responsive to facts. Second, keep in mind that more than 70 per cent of Canadians worry about climate change and want climate action by governments. In other words, there is a silent majority who care about the climate and its impacts.

A backlash is happening internationally and there is a lot at stake.

According to the University of Ottawa's Information Integrity Lab, "As scientific consensus around the human-driven nature of climate change has grown, so too has the proliferation of false narratives."

Catherine Abreu, an internationally recognized Canadian climate justice advocate, spoke on a panel discussion broadcast by CBC Radio. "I think a really important thing to ask ourselves, as we are

often mired in this hopeless, demobilizing narrative [of not being able to do enough] is: Who benefits when we are sold on that narrative? Who benefits when we are trapped in despair that we can't as individuals solve this huge problem?"

And Abreu's answer is: "The incumbents who benefit from the status quo – i.e., the fossil fuel industry – that's who benefits from those narratives."

"Despite six [International Panel on Climate Change (IPCC)] reports, 28 [Conference of the Party (COP)] meetings, hundreds of other reports, and tens of thousands of scientific papers, the world has made only very minor headway on climate change, in part because of stiff resistance from those benefiting financially from the current fossil-fuel based system," according to The 2024 State of the Climate Report by Bioscience and published by Oxford University Press in October 2024 (before COP29).

The report's authors warn: "We fear the danger of climate breakdown. The evidence we observe is both alarming and undeniable, but it is this very shock that drives us to action."

Katharine Hayhoe, a well-known Canadian atmospheric scientist, climate communicator, professor based in Texas

Speak up for climate action: Suggestions from CAFES

Every person who speaks up for climate action in their everyday life or municipal decision-making spaces is helping accelerate climate action in the City of Ottawa.

How will you speak up? What action feels good for you? What builds on your strengths or passions? What approach most resonates with you?

Here are five suggestions:

1. Talk to five of your neighbours.

2. Talk to five of your colleagues.

3. Volunteer for a community climate organization. People concerned about climate change are stepping up and collaborating within community organizations to help accelerate climate action.

4. Contact your City Councillor: Tell them why you are concerned about climate change and ask your councillor what the City is doing to accelerate climate action. The pushback when trying to effect change can be intense, however, when councillors feel the support of individuals and organizations, it can help them persevere!

5. Delegate or present during a committee meeting at Ottawa City Hall. If it's your first time, consider speaking for just two or three minutes (five minutes is the maximum time allowed).

You can find more advice and information at the CAFES Misinformation Project website!

and researcher of the misinformation and false narratives about climate change.

"Inoculating people" before they encounter lies and conspiracies can be incredibly effective, says Hayhoe. "I just don't see in Canada a lot of the inoculation going on in terms of helping people understand how climate change is already affecting you here and now," she said at an event covered by Politico's Ottawa Playbook newsletter.

There's been a shift from the old denial – "climate change isn't happening" – to the new denial – "climate solutions won't work," according to presenters at the CAFES workshop on climate misinformation.

Hayhoe says: "We have to

show people there are solutions that are viable, that are already being implemented today. The biggest thing we lack is efficacy. If people understand what they do to make a difference, most people are willing to act."

As Margaret Atwood said recently, in her frank way: "the climate crisis is something we have to deal with, or we're cooked – literally."

Sarah Anson-Cartwright lives in New Edinburgh and dedicates this article to the memory of Hugh Robertson, a longtime contributor to NEN and an inspiration, with Jo-Ann, his wife, for sustainable living. He once wrote: "Take courage: confront conformity, consumption and denial."

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Honouring our past, embracing our future: Welcoming newcomers with open hearts in New Edinburgh

By Sharon Nyangweso

In the November 1979 issue of *New Edinburgh News*, an advertisement for a Polish-Italian restaurant captured a vivid piece of the immigrant experience in Ottawa. The ad reflected not just the blending of cuisines but the intertwining stories of two immigrant communities navigating life in a new country. Immigrants brought with them resilience, rich cultural traditions, and culinary diversity that infused neighbourhoods like New Edinburgh with character. Yet their journeys were complex and often fraught with challenges, including cultural isolation, economic struggles, and the pervasive chill of discrimination.

Despite these hardships, the contributions of immigrants laid the foundations of Ottawa's unique cultural landscape. Their influence was apparent in the food, languages, music, and celebrations that became woven into the city's fabric. By opening businesses, like the Polish-Italian restaurant in the ad, immigrants carved out spaces for community, sharing their

heritage while adapting to Canadian life. This history serves as a reminder of the richness that diverse cultures have continuously brought to neighbourhoods like New Edinburgh.

Today, in 2024, Ottawa stands on the cusp of another major transformation as global crises – including conflicts, climate change, economic instability, and genocide – drive an influx of immigrants and refugees seeking safety and opportunity. The community is once again called to respond. It's an opportunity to reflect on the past and ensure that this new chapter is marked by understanding, empathy, and inclusivity.

This moment demands that we move beyond the ambivalence and guardedness that sometimes greeted past newcomers. Instead, it calls for an embrace that recognizes the hardships many people face when they leave everything behind in search of safety and a new life. The strength of New Edinburgh and Ottawa as a whole lies in diversity, built and sustained by generations of immigrants.

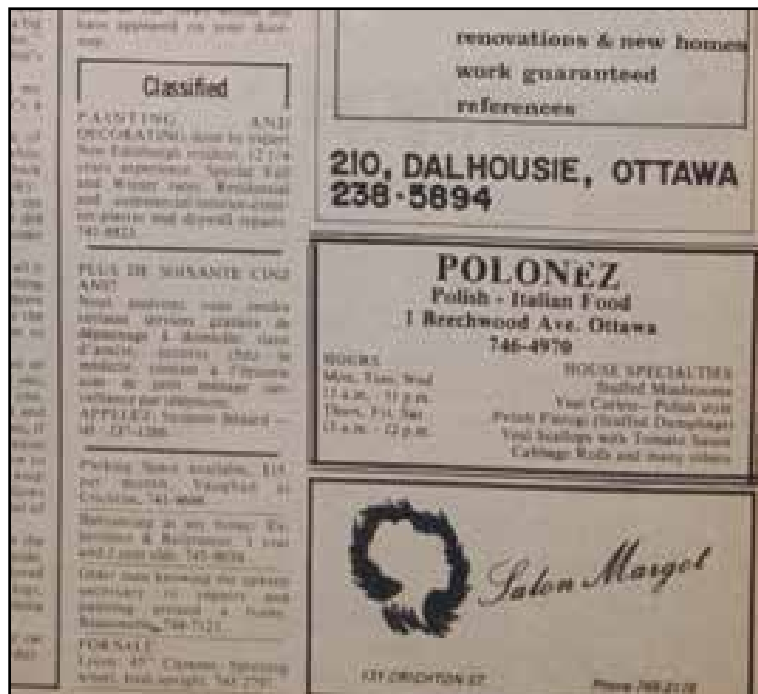


Image from NEN Archives

Ad from page 6 of the November 1979 issue of NEN.

Each wave of arrivals brings unique experiences and skills that, when welcomed with open hearts, enrich the entire community.

Above all, we must acknowledge a fundamental truth: only one community has an ancestral and inherent claim to this land: the Algonquin people.

Everyone else, whether they arrived centuries ago or yesterday, are immigrants. With this perspective, there is a shared responsibility to honor Indigenous stewardship and treat each other, especially the most recent newcomers, with the kindness and respect that such a shared space demands.

As Ottawa anticipates an increase in immigrants and refugees, it's vital that residents see this as an opportunity to celebrate and support new members of the community. The 1979 Polish-Italian restaurant ad stands as a historical touchpoint, reminding us how immigrants shape and sustain the neighbourhoods they call home. It challenges us not to let fear or indifference dictate our responses but to act with the knowledge that the strength of New Edinburgh's past, present, and future is rooted in the collective stories of those who have come from all over the world to build a life here.

By welcoming new immigrants with empathy, understanding, and celebration, Ottawa ensures that its neighbourhoods remain vibrant and continue to thrive – honoring both the legacy of past arrivals and the spirit of those who are yet to come.

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

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Positive updates from City Hall



Rawlson King
City Councillor, Ward 13

It is with great pleasure that I share that a longtime resident of New Edinburgh has received King Charles III's Coronation Medal for her service to children and youth at the local and national levels, particularly for her work in our communities. Dr. Sue Bennett is a Professor of Pediatrics and Psychiatry at the University of Ottawa, a pediatrician and psychoanalyst. She serves as Director of the Child & Youth Protection Program at the Children's Hospital of Eastern Ontario (CHEO). She has worked with mistreated children, youth, and families for more than 20 years. My connection with Dr. Bennett comes from our shared desire to see youth in Rideau-Rockcliffe and across this city have every

opportunity offered to them. Please join me in congratulating her on this well-deserved accolade.

There have been many positive updates for the New Edinburgh Park Fieldhouse in recent weeks:

Work was recently completed on the new accessible washroom doors at the Fieldhouse, funded through the City Facilities operating budget. As well, a new bicycle parking rack and a bicycle repair station are anticipated to be installed near the Fieldhouse early next year. I intend to cover the \$3,000 sponsorship fee for the bike repair stand through the Ward 13 Cash-In-Lieu-of-Parkland Fund.

A generator connection was recently installed at the

Fieldhouse, as part of an innovative pilot project to future-proof the Fieldhouse in times of emergency and widespread power outages. Conditions across the city in the aftermath of the 2018 tornadoes, the 2022 derecho storm and subsequent ice storms have demonstrated the need for more resilient communities and neighbourhoods, as well as the extreme conditions we are experiencing due to climate change. My thanks to the Crichton Community Council (CCC) for their advocacy and vision to better safeguard the community.

Skating in New Edinburgh will be more exciting this year with the addition of skate-proof flooring at the Fieldhouse. Thanks to the vision of the Crichton Community Council, flooring is intended to be installed prior to skate season this winter. Following that, City Facilities staff intend to arrange for the interior of the Fieldhouse to receive a fresh coat of paint.

I am also very pleased to

report that after more than two years of advocacy, ongoing meetings behind the scenes and countless emails, the portion of the pathway along Stanley Avenue near the Fieldhouse has been added to the City's winter maintenance beat, starting this winter. This will provide a safer, more direct link for users from the existing sidewalk along the east side of Dufferin and Stanley to the signalized pedestrian crossing (PXO) and existing sidewalk on the southern portion of Stanley. I want to thank Chris Straka and Jason Tavoularis, with the CCC and New Edinburgh Community Alliance (NECA), for their tireless advocacy on this issue.

In spring 2024, my office conducted a parking survey to address concerns about Global Affairs parking and vehicles occupying spots daily. With more than 200 responses, most residents supported creating a guest

permit parking option and reducing time limits. After further feedback, I've asked staff for details on historical parking petitions and a full review of parking restrictions from Stanley Avenue to MacKay Street and Dufferin Road to Thomas Street, excluding current permitted zones, to ensure any change considered makes the most sense for New Edinburgh. Given the longstanding nature of this issue, change is needed but must be fully understood. I appreciate the input from residents and believe the final plan will benefit the community. As we move forward, we welcome further feedback before the proposal is presented to the Transportation Committee.

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

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Let's talk about bikes in the 'Burgh

By Kenneth Watson

Note from the editor: The following article argues that cycling remains marginal due to disinterest, climate, and safety concerns. While these points have some merit, they overlook key factors. Low cycling rates in cities like Ottawa often stem from a lack of safe, connected infrastructure, not a lack of interest. Cities such as Copenhagen and Montreal, which face similar or harsher climates, demonstrate that strategic investments in bike networks can boost cycling rates.

Watson's focus on safety risks is valid but incomplete; protected bike lanes improve safety and encourage more cycling. His comparisons, particularly with Canberra, miss the mark: Canberra's car-centric design limits cycling uptake despite its bike paths. Even Amsterdam's challenges, like theft and safety, show that supportive infrastructure sustains high cycling rates.

Ultimately, the article's claim that cycling will remain limited underestimates how effective infrastructure and cultural shifts can drive change.

Bicycles, e-bikes or scooters make up 4 per cent of all trips reported in Ottawa's 2022 *Origin Destination*

Survey. The author counted traffic during peak commuting time on a fine autumn morning at the intersection of Beechwood Avenue and Springfield Road and found a similar figure: 4.7 per cent. These figures indicate an increase in cycling over the past decade in part due to the collapse of Ottawa public transit (365,000 person trips in 2011 to 215,000 in 2022). Nevertheless, cycling remains a tiny part of transportation. Why?

There appear to be three reasons. First, our climate discourages personal investment in cycling. Second, cycling on city streets is unsafe compared with car travel. Third, most adults past their mid-twenties appear to be fundamentally uninterested in cycling even under the best conditions.

Risks of cycling

Based on the time spent traveling, which is the best measure of exposure to risk, a cyclist is five times more likely to have a fatal accident or a severe injury than a car driver. (Anne Lusk, Harvard University, "Is Cycling Safe?" *Harvard Gazette* January 30, 2023).

Cyclists do not have the physical protection that car drivers enjoy, nor are they sufficiently visible to drivers.

Many recent model cars have wider pillars between the windows, a higher side beltline body, larger headrests, and smaller back windows, making it harder for the driver to see cyclists. Ottawa cyclists tend to neglect visibility precautions. Fluorescent biking jackets are rare (in contrast to Europe where they are common), daytime running lights are also rare, and the visibility flags that one sometimes sees on small children's bikes are absent on adult's bikes.

Unfortunately, some cyclists create unnecessary risks to themselves and others by disobeying traffic rules. One often sees cyclists exceeding the 20 km/hr. speed limit on NCC bike paths, not giving way to pedestrians, or going through stop signs or red lights without stopping. On the plus side for safety, most Ottawa cyclists wear helmets although they are mandatory only for children under 18 years of age.

Ottawa compared with Canberra

In rainy, foggy, snowy, or icy conditions, (that is, quite a lot of the time in Ottawa), risk increases and bike usage drops. In contrast, the Australian national capital, Canberra, has a good cycling climate year-round and a much more extensive network

of off-street bike paths that was planned from the inception of the city in the 1920s. Although Canberra has half Ottawa's population and half its area, it has five times more off-street bike paths (approximately 1000 km compared with Ottawa's 200 km).

Nevertheless, startlingly, cycling for commuting or leisure in Canberra is just as rare as it is in Ottawa – 4 per cent of commuting trips are by bicycle and 2.5 per cent of all daily trips. (Household Travel Survey, 2022). It may be a discouraging conclusion for bicycle enthusiasts, but most people are simply not interested in cycling.

Ottawa compared with Amsterdam

The Netherlands is flat and the weather mild. About a third of trips in Amsterdam are by bike. However, it is a risky business. Disproportionately, just over half the 5,000 traffic accident victims in 2023 were cyclists, with young people aged 18 to 24 most at risk (VeiligheidNL). In a survey, in 2023, about 40 per cent of Amsterdam's cyclists reported that they did not feel safe cycling on the streets. Many bicycles in Amsterdam are visibly dilapidated, which does not help safety. The Dutch seem to have decided not to spend much on their

bicycles, perhaps because in 2023, there were 85,000 bicycle thefts in the Netherlands, of which about 11,000 occurred in Amsterdam. Also, the increasing numbers of e-bikes and e-cargo bikes reduces the safety of ordinary bicycles. They can travel fast and silently and have enough mass to cause fatalities. Delivery people, not just in the Netherlands, appear to break traffic rules even more frequently than ordinary cyclists. Consequently, the Amsterdam city government recently banned motorized cycles from bike lanes.

Summing up: bikes in the Burgh

In summary, bicycling accounts for an extremely small percentage of trips and indications are that it will stay that way. One would like to think that improving biking infrastructure might increase the proportion of trips by bicycle, but Canberra's experience suggests not. Fundamental constraints will remain. Ottawa's climate is not conducive to cycling for a significant part of the year; it is risky; and cyclists are a small demographic (children and young adults, by and large).

Parks review as we head into winter

By Karen Squires and Katherine Lloyd

As the colder, shorter days descend upon us, what changes can you expect to see in the park? Well, for one you will see fewer of those tri-waste bins (larger 3 color plastic bins) beyond the Fieldhouse area. Therefore you will see

fewer of those bins around the dog park areas but the National Capital Commission (NCC) has now installed several new, smaller bins to serve dog park users during the winter months. Fortunately when the park volumes increase the tri bins should be back throughout the park!

We've learned from Ecology Ottawa there have been some delays on the removal of invasive species around Monarch Meadow, due to land management approvals in this area. However, if you are still interested in getting involved, please reach out to Ecology Ottawa's lead consultant Sharon Boddy at CarlingtonHampton@gmail.com and she will update you on details as soon as more information is available. Sharon will be happy to put you on the list to assist with the removal of invasive species or planting native species, once the dates have been finalized for next year!

Friends of the Park met with the City and NCC recently on more measures to ensure cyclists in the park adhere to speed limits. This has become an issue in recent years so the goal is to ensure better signage throughout the park

noting the 20km speed limit so all park users can remain safe. There have been some incidents in the park and surrounding areas which have seriously affected people and their dogs, and we encourage residents to be aware and respectful of rules regarding multi use pathways: no bikes on gravel walkways, speed limits, etc.

Expect follow-up reporting on potential tree planting and news regarding existing planting by the Rideau Valley Conservation Authority around the flood-plain area and the replanting of the fallen and cut trees along Stanley Avenue and the river between the Minto Bridges and Sussex Drive.

As always, we want to ensure our parks are clean and safe for all users to enjoy the beautiful green space we are so privileged to share. We also want to improve biodi-

versity, so we have asked the NCC and the City to mow less of the green space in and around the dog park areas so natural habitat can flourish. Hopefully you will see new signage upcoming in the spring on some of these projects!

Finally, if anyone sees anything of concern during the winter months, please call 311, and stay away from the water's edge to avoid incidents involving dogs requiring rescue from the river. Remember: with climate change the river is not safe to be on at any time, so please be mindful! Otherwise, enjoy the holiday season; very best wishes to you and yours and we look forward to seeing you out and about enjoying the park soon!

Karen Squires and Katherine Lloyd sit on the NECA Board and Co-Chair Friends of the Park

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Looking forward to a festive and productive month



Lucille Collard
MPP Ottawa-Vanier

As we welcome the holiday season and look ahead to a new year, it is timely to highlight the incredible community spirit that defines New Edinburgh. From festive gatherings to community initiatives, there is always something interesting happening in the neighborhood.

This past year, I've had the pleasure of connecting with many of you and hearing about the issues that matter most to you. Healthcare

remains a major concern, with many still struggling to access family doctors and timely care. Education is another area of concern, and I strongly believe that we need to ensure that our children have access to quality educators, the best infrastructure and the resources and support they deserve.

That's why I have strongly advocated for our provincial government to collaborate with municipal and federal

partners to implement effective, coordinated strategies on these critical issues. While it's encouraging to see the government consult expert advisory groups and make high-profile hires like Jane Philpott to address health-care challenges, these expert recommendations only make a difference if they are put into action. Seeing valuable advice left on paper is frustrating for everyone, especially when these issues have such an impact on our daily lives. Real change requires a commitment to follow through and ensure that expert insights are used to drive tangible improvements.

I send you my warmest wishes for a joyful holiday season. May this time bring you peace, happiness, and the opportunity to connect with loved ones. I look forward to continuing our work together in 2025, and I am always here to listen to your concerns and ideas and bring them forward at Queen's Park.

Happy holidays and happy new year,

**

Alors que les fêtes approchent

et qu'une nouvelle année s'annonce, il m'apparaît opportun de souligner l'esprit de communauté qui fait de New Edinburgh un endroit si spécial. Qu'il s'agisse d'événements festifs ou d'initiatives de quartier, il y a toujours quelque chose d'intéressant qui se passe dans le voisinage.

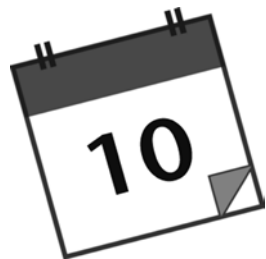
Cette année, j'ai eu le plaisir de rencontrer plusieurs d'entre vous et d'écouter les enjeux qui vous tiennent le plus à cœur. La santé reste une préoccupation majeure, beaucoup ayant encore du mal à accéder à un médecin de famille et à des soins dans des délais raisonnables. L'éducation est un autre domaine de préoccupation, et je suis convaincue que nous devons garantir à nos enfants l'accès à des enseignants de qualité, aux meilleures infrastructures et aux ressources et le soutien dont ils ont besoin.

C'est pourquoi j'ai plaidé fermement pour que notre gouvernement provincial collabore avec les partenaires municipaux et fédéraux afin de mettre en place des stratégies efficaces et coordonnées

sur ces enjeux critiques. Il est encourageant de voir le gouvernement consulter des groupes d'experts et recruter des personnalités de premier plan, comme Jane Philpott pour aborder les défis du système de santé. Toutefois, ces recommandations d'experts n'ont de valeur que si elles sont suivies d'actions concrètes. Voir des conseils précieux rester sur papier est frustrant pour tous, surtout lorsque ces enjeux affectent autant notre quotidien. Le changement réel exige un engagement à suivre ces recommandations et à faire en sorte que les idées des experts mènent à des améliorations tangibles.

Je vous adresse mes vœux les plus chaleureux pour une saison des fêtes joyeuse. Que cette période vous apporte paix, bonheur et de précieux moments avec vos proches. J'ai hâte de poursuivre notre travail ensemble en 2025, et je suis toujours là pour écouter vos préoccupations et les porter à Queen's Park.

Joyeuses fêtes et bonne année



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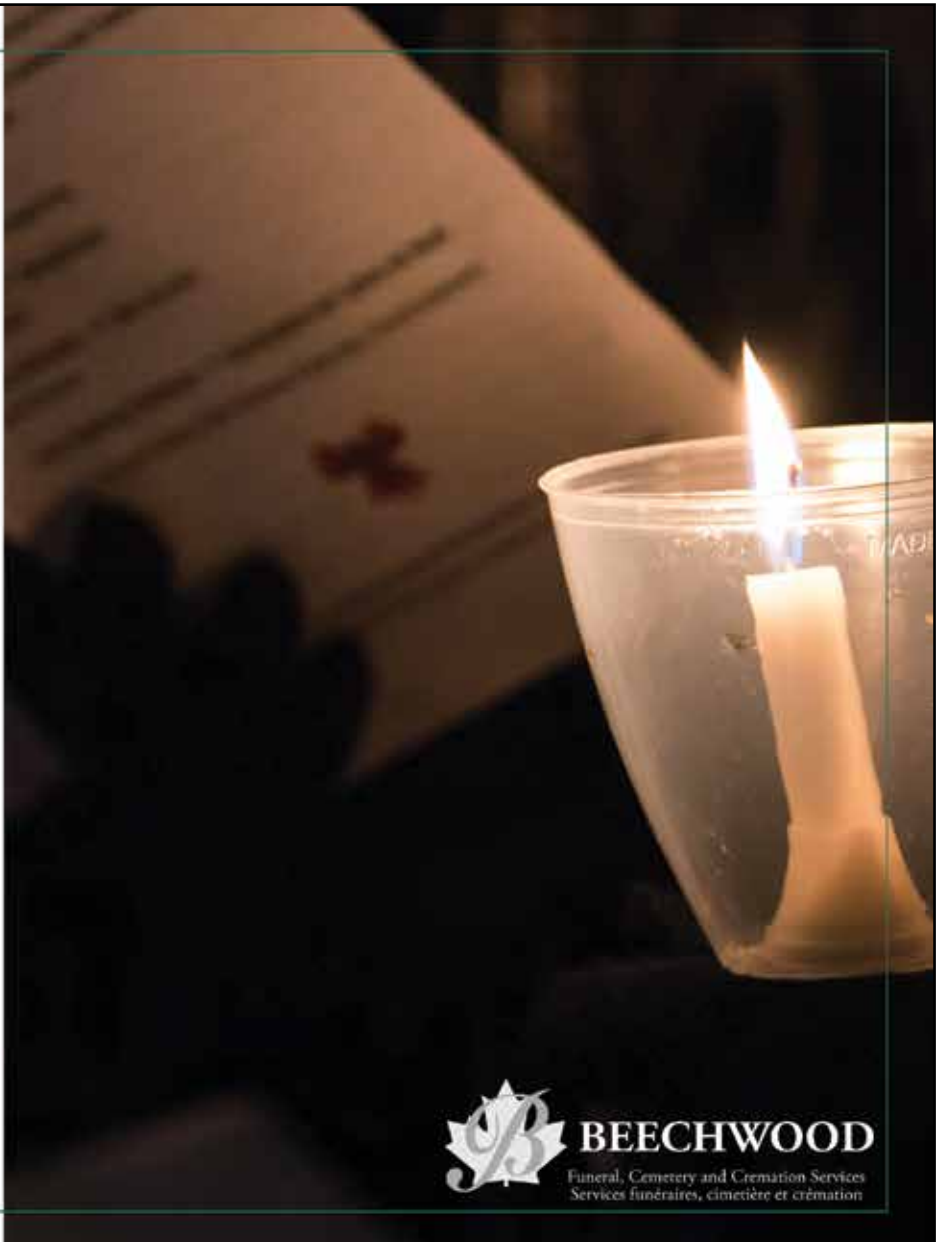
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A glimpse back in time: One family's arrival to New Edinburgh

By Eleanor Dunn

I was born in Halifax, Nova Scotia, in 1937. My father was a professor of Economics at Dalhousie University, and my mother had been a schoolteacher prior to marriage. They were both immigrants from Scotland.

My father had been loaned as an economist to the Rowell-Sirois Royal Commission on Canada's Economic Prospects and that was where he caught the eye of C.D. Howe, the "Minister of Everything" in Prime Minister MacKenzie King's government. And that's why the family found itself in Ottawa in 1942, living at 209 MacKay Street. Dad had been seconded to one of the war ministries: Munitions and Supply.

New Edinburgh was a working-class neighbourhood in those days. And there was a small business of one type or another on every block of Crichton Street from Union to Beechwood.

Younger readers will be surprised to learn that many things were rationed during World War II in Canada. A small number of private citizens, such as doctors (who still made house calls in those days) were given ration stamps for gasoline and tires. My dad took the wheels off his car, putting wooden blocks under the axles and stacking the wheels in a corner of our garage which opened on to Avon Lane. There it would sit for the duration of the war.

McCreery's, at the corner of Union and Crichton, was where my mother did our grocery shopping. I remember walking to the store with her and my younger sister Gretel. Mother had the ration coupons, which were issued by the government and based on the number of family members. There were always McCreerys behind the counter. One would portion out the meat ration, another would portion out the flour and sugar rations into brown paper bags; butter was also rationed. It was a very busy store, catering primarily to the Burgh's English-speaking residents. There was a similar type of store further along Crichton in the block between Keefer and Dufferin which

catered to the neighbourhood's Francophone residents. That storefront window is still visible, but the store itself is gone; it's now a private home. McCreery's building still stands as Union St. Cafe today. Two other stores on either side of Crichton between Union and Queen Victoria have since been converted into residences.

Leech's drugstore stood at the corner of Crichton and Keefer, but today you'll know it as the New Edinburgh Spa. Mr. Leech made up the prescriptions, and there was a woman pharmacist — unusual for those days when women's opportunities were limited to teaching, nursing or secretarial work. Leech's also stocked perfume, face cream and Revlon cosmetics.

Kitty-corner from Leech's was Archie Levitan's variety store where newspapers, tobacco products, and sweets were sold. Archie also had ice cream in the form of Mello-rolls. There was a Chinese-owned laundry next door to Archie's where my father's shirts went until the owner decided to retire and I had the task of riding my bicycle, carrying the shirts to the imposing grey stone edifice on St. Patrick Street which today is the Chinese Embassy. In those days, it was the home of the Good Shepherd Laundry — but that's another story.

On the other side of Crichton, in the middle of the block between Keefer and Dufferin, there was a garage that didn't pump gas but rath-

er repaired vehicles. At the end of Dufferin, across the railroad tracks, there was an icehouse where the blocks of ice cut from the Rideau River were stored. Many families in the Burgh still had ice-boxes; in fact, my mother was considered a wealthy woman because we had a refrigerator, purchased before the war and moved, along with our electric stove, from our house in Halifax. Blocks of ice were delivered in a horse-drawn cart. Borden's Dairy also used horse and cart to deliver milk, as did Morrison-Lamothe, delivering bread.

There were two variety stores on MacKay — one on the block between Dufferin

and Noel. Today, it's a vacant lot with a \$1 million asking price. This little shop was favoured by the kids in the neighbourhood, it carried a good supply of penny candy. If you had a nickel, you could really treat yourself! There was another variety store further down MacKay, close to Vaughan, almost opposite the Fire Station. And there were other retail businesses on Beechwood — Hart's Drugs, Art's Smoke Shop, Jolicoeur Hardware, the Linden Theatre (another kid-friendly establishment) where the Saturday matinee usually included a couple of westerns and some cartoons.

Some of the little shops disappeared in the 1960s when

gentrification came to the Burgh. Supermarkets opened up — Steinberg's was the first to occupy the site where the Metro stands today. The Claude Hotel is gone, as are many other small businesses on Beechwood, replaced by condos with retail on the ground floor. So much has changed, and yet the people of the Burgh still make it an incredible place.

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

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BURGH BUSINESS BRIEFS

By Randy Mar, John Leefe and Karen Squires

Mood Moss celebrates 20 years!

Many readers will know that **Mood Moss Flowers** is a long-time fixture anchoring the corner of Beechwood and Marier. And that the studio's specialty is adding colour, fragrance, and decorative elements to any home or business. But did you know that it's the 20th year of business for owner **Eric Cardinal**?

In conversation with *NEN*, Eric recalls that when he first opened Mood Moss in August 2004, the main businesses on the eastern fringe of Beechwood were The Works and PetValu. Today, Mood Moss and PetValu continue as neighbours, with Nuvo Optical having moved across the parking lot to expanded space of its own. Eric said he couldn't be happier being in the thick of it all!

Eric is confident he and his staff of five can enhance any setting or occasion with a creative and colourful floral arrangement. Mood Moss focuses on meeting client's needs as they celebrate their special occasions and milestones: holidays, weddings, anniversaries, graduations, sympathy and funerals. Even if they're just in need of everyday mood enhancers!

With the upcoming holiday season, clients will see a transition to evergreens, with pine and cedar featured among the foliage and scents, along with poinsettias, Christmas cactus, and amaryllis. They'll also see displays of more decorative items such as green, dried, and artificial wreathes, along with tree ornaments and table setting elements.



Photo by Philippe Marchand

Mood Moss with Dianne Alain, owner Eric Cardinal and Buffy Main.

Eric tries to source from local Ontario, Quebec, and Canadian growers, artisans, and suppliers – a new one being *en form*, a line of colourful, decorative ribbed vases, planters, and pitchers.

Mood Moss creations are attention-getters in local homes and nearby hotels, schools, and embassies. Not only do Eric and his team work their magic in their 800 sq. ft. storefront on Beechwood, but they will come to a clients' home to create and maintain seasonal arrangements in outdoor pots.

Eric says clients and neigh-

bours have been nothing short of amazing to him and his team since day one. After 20 years in business, having been fortunate to have grown his client base during the recent pandemic period, Eric has seen a lot of changes in the neighbourhood. The additions of The Kavanaugh and the Wateridge Village developments nearby are the most recent, with more coming as restoration and construction projects near completion or get underway along Beechwood.

There are new faces and facets in the shop, too. Eric proudly mentions that his 16-year-old son spent part of the summer at the shop and helps with special events and during busy stretches. Mood Moss will soon launch a refreshed website designed in-house by a staff member

who studied web design in her spare time. And their original cash register will soon be replaced with an enhanced point-of-sale platform by Ottawa-based Shopify.

Eric closed our chat by acknowledging that the 20-year milestone is special to him, but that he is grateful, because much of that success has come from being part of an incredible community. *-RM*

Linden restaurant to open in early 2025

There's a bright new light about to shine on the Beechwood Avenue restaurant scene. Local entrepreneur **Tracey Clark** – founder and former owner of Bridgehead Coffee – recently announced that she's diving back into the business, launching a new restaurant aptly named Linden. Expected to open in

late January or early February of 2025, her new restaurant will be in a quirky little house on 119 Beechwood on the corner of Chapleau St. across from Red Door Provisions. Linden will focus on creatively inspired 12-inch pizzas and salads in a cozy setting with just 25 seats. A small bar will offer expertly-crafted cocktails by Camille Hopper-Naud, wines mainly from Italy and Quebec, a few pizza-friendly beers, and many non-alcoholic options.

"The way the space is configured lends itself to a great little hole-in-the-wall restaurant like those cheek-by-jowl places we love in larger cities," Clark says. Although the ground floor is only 700 square feet, there will be additional space in the basement and an additional 16 seats added when the city approves a raised patio.

Clark explains that the name "Linden" resonated with her for many years as an ideal name for a restaurant in our neighbourhood. "When I was 15 years old, I would cycle from Cumberland before working at the New Edinburgh Tennis Club and get a really strong cup of tea at the Linden restaurant. That restaurant was beside the Linden Theatre (where Beechwood Pharmacy is now) and the house for the restaurant also reminds me of the small houses in Lindenlea," she says.

A self-described "cooking nerd" and graduate of the San Francisco Baking Institute, Clark has a strong vision when talking about menu planning. She is currently seeking a head chef who shares her approach and values. "I'm a dough person and have a strong interest and passion in this; I'll be working in close collaboration with our chef" she says. She looks forward to creating a "Forest Floor" mushroom

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Photo by Philippe Marchand

Linden's owner Tracey Clark.

pizza, a Gorgonzola cheese and rosemary "Rose Loves Mary" pizza, and an eggplant "Involtini" – Italian for "little bundle." There will be seasonally driven desserts, too.

Despite the significant challenges facing the restaurant business since the pandemic lockdowns, Clark remains optimistic about her new venture. "To me it's all about people. I see neighbourhood places as pollinators of community. If you treat guests and staff the way you would want to be treated, and feed them what you would want to eat, and do it with warmth, empathy and love, surely challenges can be overcome." We will feature an additional article on the Linden when it officially opens in 2025. –JL

Christmas comes early to Jacobsons

Rachel Mathies has been with Jacobsons for almost a year – and she's now officially the new General Manager and excited to roll out the holiday season menu items with the team. On Nov. 30, Santa will be at the store from 10 a.m. to 3 p.m., so bring the kids, enjoy some hot apple cider, and see one-of-a-kind wreaths by Baroque Blooms. The store is decked out with holiday items to kickstart the season!

Rachel also mentioned this year's Advent calendars include many options like Chocolate by Le Chocolat des Français from France, and LAKRIDS BY BÜLOW, candy coated specialty licorice from a Danish confec-

tionery company, popular every year, as well tea calendars by Mariage Frères in Paris.

Many of our readers will know about Jacobsons' amazing selection of cheeses offered year-round, but during the holiday season you can expect amazing new additions such as the 24- and 36-month-old Comté from the Franche-Comté region of France. From the same region, you can purchase Vacherin Mont d'Or: produced only for the holiday season, wrapped in cambium from Norwegian Spruce trees. If you are thinking fondue, Jacobsons will offer you pre-shredded fondue packages to share with friends on cold winter nights. With Jacobsons' selection from various local suppliers, you don't have to go far for your bread, or for fresh pastries for that extra-special holiday brunch with family and friends!

For gift ideas, Jacobsons boasts a huge assortment of seasonal products for your kitchen: aprons, oven mitts, tea towels and napkins. Outside of the holiday season, Jacobsons has great options for any time of year, from mugs and serveware, to chutneys, nuts and charcuterie boards. Their frozen section has great dessert options in addition to their dazzling selection of cakes, mousses, and mini desserts and tarts of all shapes and sizes, stuffed with cremes or other delicious toppings.

Need some crowd-pleaser gifts to bring for holiday visits? Jacobsons has you covered! Check out the selection of shortbreads from Shortbread House



Photo by Karen Squires

Kayleigh Banks at Jacobsons' pastry counter.

from Edinburgh in beautiful artistic cylindrical tins; Holdsworth chocolate boxes; MacKay's Cranberry Sauce; The Original Cake Co. artisan fruitcakes; and Lily Pud Christmas Puddings, to name just a few.

Sometimes in all the food preparations, we forget about beverages beyond wine, so remember to stock up on Jacobsons' alcohol-free options including their selection of sparkling apple or cranberry apple ciders; 0% Sparkling Rosé and Blancs de Blancs from ALT; Collective Arts NA Beer; and a selection

of NA Zero-Proof Cocktails. Jacobsons will make your holiday gatherings less hectic, even if you just need that one extra gift item, dessert, or special cheese. So drop by and check out what's on offer this year! –KS

Pet Valu Beechwood expands

Pet Valu, a mainstay in Beechwood Village and a family-operated franchise for over 20 years, has expanded its space by nearly one-third. This growth reflects the store's dedication to evolving

Continued on page 16

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Continued from page 15

with the community's needs and maintaining high standards in pet care and services.

Co-owner and manager **Daniel Korolev**, who works alongside his mother, **Irena Korolev**, said the opportunity for expansion arose when Nuvo Optical moved to a different location in the same plaza two years ago.

"This year felt like the right time to move forward with the expansion," he said. "It's important to keep pace with the growth in pet products and services to better serve our clients and meet their needs."

The additional space has enabled the store to broaden its offerings, including increased freezer capacity to accommodate the rising demand for frozen raw pet foods and an expanded range of pet food lines and nutritional products.

Customers will notice a greater selection of cat structures and a wide array of dog beds displayed along a full wall. The expansion also allowed for better organization of shelving and display areas, with cat and dog sections swapping places.

Daniel's journey in the pet industry began at age 16 when he worked part-time at

his family's previous Pet Valu location at Westgate Mall under Irena's guidance. After completing his studies in Small Business at Algonquin College, he applied his knowledge to store operations.

Since moving to the Beechwood location nine years ago, he has taken on more and more responsibilities.

"I've seen how hard my mother has worked for this business as an immigrant from Ukraine who started from scratch. I felt it was my duty to support her and share the load."

One of the most rewarding parts of the job, Daniel said, is helping pet owners find solutions to their pets' health concerns. "There's nothing better than hearing that what we recommended has worked for a pet," he said. "Pet owners are amazing to work with, and it's fulfilling to educate new pet owners because there are so many options out there now."

Daniel emphasized that he couldn't do without his dedicated team. "Most of our staff have been with us for over four years and have completed extensive training and certification in pet health and nutrition, with over 60 hours of training modules and tests."



Photo by Philippe Marchand

Daniel Korolev of Pet Valu with expanded location on Beechwood.

The COVID-19 pandemic brought its challenges, but Daniel and his team adapted quickly, offering daily local deliveries and disinfecting items before drop-offs. In-person deliveries have since been phased out in favour of online shopping.

Pet Valu Beechwood has substantially longer hours compared to other Beechwood businesses (9:00 a.m. to 9:00 p.m. on most

days) and is known for its military and senior discounts offered on the last Thursday of each month, ample parking, carry-out services, a self-serve dog wash, and expert pet advice.

"Our staff is trained to find solutions for our customers' needs, not to upsell," Daniel said. "If they don't know the answer, they'll be honest and do their best to find a solution. And when it's necessary, they'll always recommend visiting a vet."

Community involvement is a core part of Pet Valu's mission. The store hosts monthly fundraising and adoption events, partnering with such local animal rescues as Freedom Dog Rescue; Ottawa Stray Cat Rescue; Sit With Me Dog Rescue; the Ferret Rescue Society of Ottawa; and Galaxy Reptile Rescue. Events have included nail trimming services, dog washes, and themed photo

shoots, including popular Santa photos for pets.

Pet Valu Beechwood is exploring the addition of pet grooming services and is currently seeking an experienced pet groomer to join their team. Those interested in the grooming position are invited to contact the store directly or reach out via email. In the interim, the store offers walk-in pet nail trimming services on Saturdays during limited hours. Customers should call ahead for specific details.

With this expansion, Pet Valu Beechwood reaffirms its commitment to their neighbouring communities, providing comprehensive pet care services, and remaining a trusted partner for pet owners. -RM

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The upside of trauma: Opportunities for growth and resilience

By Ralph Hesse

Here is a stunning fact: Exposure to trauma leads to a greater chance for significant emotional growth than it does to developing Post-Traumatic Stress Disorder (PTSD). Understandably, no one wishes to face trauma, loosely defined as an experience whereby the individual faces the threat of death, faces serious injury or the threat of serious injury, learns of a loved one facing similar circumstances, or experiences repeated exposure to death and suffering (such as first-responders).

Indeed, living a life without significant and repeated trauma offers a much greater chance of overall emotional health than its counterpart. Nevertheless, research suggests that if and when we do face trauma, it is far from inevitable that PTSD will follow, and more likely that we will psychologically grow from the experience. The likelihood of developing PTSD after experiencing trauma is difficult to quantify.

The World Health Organization estimates that 5 percent of individuals

exposed to trauma develop PTSD. *The Diagnostic and Statistical Manual of Mental Disorders – Fifth Edition* (published by the American Psychiatric Association) estimates a lifetime risk of 8 percent. Organizations focused on specific populations at general risk, such as soldiers in war zones or first responders offer generally higher rates, but estimates vary widely.

Although it is impossible to determine exact frequencies of PTSD, there is still a wealth of data and research on the topic. But not until the advent of Positive Psychology did we scientifically investigate PTSD's opposite. How many of you have ever heard of Post-Traumatic Growth (PTG)? The term was introduced in 1996 by psychologists Richard Tedeschi and Lawrence Calhoun. It refers to a dynamic whereby some people not only bounce back from trauma but exhibit enhanced psychological growth. They are, in short, now "better off" from experiencing trauma. Specific symptoms of PTG, are:

- An increased feeling of personal strength and self-

reliance;

- A greater appreciation of life and respect for its fragility;

- Closer ties to family;

- An increased clarity about what is important in life;

- A deeper and often spiritual sense of the meaning of life;

- A commitment to take life easier;

- The perception of oneself as a survivor rather than a victim.

In a study on Post-Traumatic Growth in 2020, Christina Pollari and her colleagues examined 4,934 persons who were either in the World Trade Center Buildings when they were attacked or were first responders or direct witnesses who were in lower Manhattan when the attack occurred. They found that 34 per cent of the people they studied showed moderate to high levels of Post Traumatic Growth 15 years after their traumatic experience. This contrasts with numerous other studies associated with 9/11 which revealed rates of PTSD far lower than that 34 per cent of people reporting PTG. Additionally, PTG is more enduring and often a lifetime outcome, whereas PTSD tends to diminish over time.

Persons who are open to new experiences as well as people with a deep sense of spiritualism are likelier candidates for PTG. Your general state of mental health before the trauma is also a determining factor. Individuals with strong coping skills and no previous mental health problems are much likely to develop PTG. A very important factor is how the person "cognitively appraises" the traumatic event. If someone in the twin towers on 9/11, for example, walked away with the dominant and persistent perspective of, "they're out to get freedom-loving people like me, none of us are ever safe" versus, "there are good and bad people in the world, and from now on I'll always make an effort to be good," then one can easily see how each perspective can shape the outcome of PTSD versus PTG.

A few important caveats:

- You can develop PTSD and, later in life, develop PTG; one is not exclusive to the other.

- Trauma will have some negative effects on all of us. It is perfectly normal to feel a sense of deep sadness, or fear, or anxiety after facing trauma. But these feelings do not mean that you have PTSD. Such a diagnosis involves a much more intense and complicated array of symptoms. What is important to know is that PTSD is not an inevitable outcome of trauma, and that you may very well end up a stronger and more grateful person due to an experience you wish you never had.

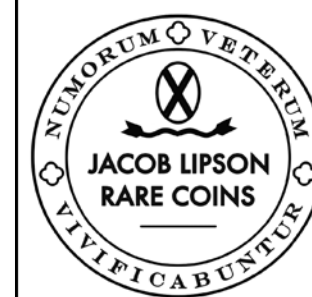
Ralph Hesse currently teaches psychology at the

State University of New York at Cortland. He has taught for 24 years and has taught online courses since moving to Lindenlea. He is retired from his primary job as a civil service psychologist serving persons with developmental disabilities. He holds a Master's degree in Experimental Psychology.

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Symptoms of PTSD

Primary resource (*The Diagnostic and Statistical Manual of Mental Disorder – Fifth Edition*)

- Recurrent, involuntary and intrusive memories of the traumatic event.
- Recurrent and distressing dreams associated with the traumatic event.
- Involuntary and often vivid flashbacks of the traumatic event such that you feel you are re-living the event.
- Extreme distress when exposed to cues (symbols, objects) associated with the traumatic event.
- Persistent avoidance of anything actual or symbolic associated with the traumatic event.
- Distorted thoughts about the event and exaggerated negative beliefs about oneself, others, or the world.
- Persistent feelings of fear, horror, anger, guilt, or shame.
- Diminished interest in day-to-day activities.
- Feelings of detachment or estrangement from others.
- Persistent inability to feel joy or to have loving feelings.
- Irritability and angry outbursts.
- Reckless or self-destructive behavior.
- Exaggerated startle response.
- Difficulty concentrating.
- Hypervigilance.
- Poor sleep.

Note that people diagnosed with PTSD have some of these symptoms, but rarely all of them. There are many more considerations when making a clinical diagnosis, so please use this list as a guide only.



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Proposal to redevelop Beechwood–Springfield corner prompts concerns

Continued from page 1

at building entrances along Beechwood and inside the building on the ground level.

Although Ottawa's 2022 Official Plan allows for eight-storey buildings of this nature, the current zoning by-law does not, hence the need for a zoning amendment.

In a submission to the City's Planning and Building Services Department, Lindenlea Community Association (LCA) President Tanya Allem articulated several concerns. Two of her major points: "the current development proposal does not support the concept of a 15-minute neighbourhood" and "the impact on small businesses and restaurants would have "a devastating long-term impact on Lindenlea and the adjacent communities."

While it does not oppose high-density development in principle, the LCA "firmly opposes" the requested by-law amendments for relief from height and setback requirements. The group

states that the proposal would "create an unsafe intersection at Beechwood Avenue and Springfield Road, in one of the highest traffic areas of Beechwood where pedestrians, cyclists and cars/buses converge."

Specific concerns outlined in their submission include:

- Insufficient commercial space with only four commercial units being proposed.

- Existing small businesses likely to permanently close as they cannot afford the high cost of rent that such new developments usually require.

- Height changes from six to eight storeys and setbacks on all four sides would create "canyon" effects by blocking sunlight along Beechwood and residential housing.

- A dramatic increase in the density and traffic at a critical intersection on Beechwood and Springfield, with the parking lot exit feeding into this congestion, creating safety concerns for pedestrians and cyclists.



Photo by courtesy John Leefe

47 Beechwood proposed building design (Springfield Rd. and Beechwood).

- The loss of nine trees along Beechwood Avenue and too much concrete that's not consistent with the village feel of the community.

To address these concerns, the LCA "strongly urges" additional commercial units be included and perhaps most crucially "a commitment by the developer to ensure affordable rent for small businesses." They also request a clear plan to ensure traffic and pedestrian safety, and a clear commitment from the Planning Department to create a site design and amenities that ameliorate the community infrastructure on the corner of Beechwood and Springfield.

In a submission dated Oct. 16, the Vanier Community Association (VCA) "welcome the redevelopment of the site" and endorse mixed-use developments with greater density. However, there are several caveats expressed, notably that any redevelopment respects the applicable zoning by-law, Official Plan, and Beechwood Community Design Plan. The VCA echo many of the LCA's concerns, chief among them the traffic impacts on both Springfield Road and Douglas Avenue.

Some key additional substantive concerns:

- Inclusion of more com-

mercial units to replace the six existing businesses.

- Clarification from City staff on responsibility for road modifications including the bike track, tree planting, and landscaping.

- Provision for affordable housing through the city's Affordable Housing Community Improvement Plan and federal CMHC program.

- The adverse effects of significantly reduced communal space and amenities.

The VCA also raises concerns regarding the pre-application consultation process, noting the "failure of city planning staff to include community associations and Beechwood Village Alliance (BVA) members in the pre-application process."

Councillor Rawlson King facilitated a virtual Community Information Session on Nov. 12 to hear from neighbourhood residents and the Beechwood Improvement Association (BIA). Attending the session were representatives of the city planning department and Novatech, the engineering firm hired by the proponent (Dr. Hussain Rahal) to prepare the documents required for planning approval consideration. Ryan Koolwine, a Manor Park resident and

the project's principal architect (of Project 1 Studio), spoke briefly about the need to redevelop the corner. He acknowledged that the current structures are near the end of their functional life-cycle with "ceiling heights that are sub-optimal and gaps between existing buildings that extend beyond property lines and are not directed towards pedestrian use."

Koolwine highlighted some of the proposal's most positive aspects. It is a barrier-free, accessible multi-faceted building with red brick, black, and white exterior colours and an overall aesthetic with the appearance of several smaller buildings rather than one monolithic structure. The design includes a large public space on the corner of Beechwood and Springfield ideally suited to everyday interaction, with an archway extending from the building to improve privacy and encourage public use. The net loss of retail space would be less than 1,000 square feet. A cycling path would be integrated with the green buffer area in front, and new street trees on Beechwood and Douglas to replace the older ones lost. The new building would be set back farther from Beechwood, allowing

Continued on page 19

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Continued from page 18

for a better view along the street, and for shared space between pedestrians, cyclists, and drivers. The Poet's Hill sightlines of Parliament Hill would be protected.

While residents attending the session were mostly sympathetic with the need to redevelop the site, many raised specific concerns about the proposal that echoed those of the community associations. Diane McIntyre said her biggest concern was the "obscene" loss of the existing mature trees. "Mature trees provide us with air filtration and last a long time. From my experience, wherever we've been promised the same number of trees to replace, it does not happen."

Douglas Avenue resident David Orfald acknowledged the current buildings are out of date, but felt the proposed building is simply too large for the size of the lot, saying: "it's like trying to put a size eight foot into a size six shoe." He added that "it will create a canyon-like effect down Beechwood like you see in some of the worst parts of Westboro." He was also skeptical about the proposal

to include four retail spaces, noting that the space beside the LCBO on Beechwood has been vacant for about five years.

Andrew Wisniowski of Lindenlea also expressed concern about the size of the proposed building. Like Orfald, he believes the development will create a canyon-like effect on Beechwood, adding that "the Official Plan has not delivered a lot of great visionary neighbourhoods." He cited the St. Charles condo development as an alternative style that respects the idea of public space, and said he likes the creation of a park-like setting at that location.

Nathalie Carrier spoke positively about the proposal on behalf of the BIA. Acknowledging Beechwood Avenue businesses need more dense housing to thrive, she likes that the development includes three-bedroom housing units as it is "more conducive to families." She's also optimistic that some of the businesses affected, such as Schoolhouse Pizza and Edinburger, may well re-open because the proponent, Dr. Hussain Rahal, is an investor

in those restaurants. While she said there were some concerns, she said the BIA fundamentally endorses the proposal and remains hopeful that these can be worked out in further discussions with the developer.

However, several participants expressed skepticism that the existing restaurants would be able to afford the rents in the new commercial space. Karim Teyib, part owner of the new restaurant Dante could not attend the meeting, but he confirmed that it was "100% certain" he would not return to the new commercial space being proposed.

Andrew McCreith of the city's Planning Department spoke about the application approval process and the next steps moving forward with the zoning by-law amendment. Although the 28-day public comment circulation phase has passed, all residents are encouraged to continue sending their comments to the city's DevApp site or to Councillor King's office.

Once all comments have been received, the planners will prepare and table a report with the Planning

and Housing Committee containing recommendations to either approve or reject the application for the zoning by-law amendment. It's expected the report to the Committee will happen early in 2025.

If the Committee approves, conditions would be added regarding setbacks and height restrictions. The Committee's recommendations will then be sent to City Council for a vote, at which time a 20-day appeal period begins. Only property owners and public agencies may make appeals to the Ontario Land Tribunal.

Councillor King reiterated that city staff will prepare a transcript of concerns about the application and that he will fully consider these before taking any position on the proposal.

Lindenlea resident Ralph Hesse did not attend the information session on Nov. 12 but has served on both the Lindenlea Community Association and Beechwood Village Alliance. Based on his experience with other Beechwood Avenue developments, he is not optimistic that community concerns will be considered in the approval process. He wrote: "Sadly,

it has become increasingly clear that the City of Ottawa views public response to development proposals as simply a formality. In short, it has no impact. Cynically, it appears that when the City of Ottawa asks for her citizens to provide public response, it is done so that officials can state that they facilitated a democratic process. We are, if you will, just a step in the process of inevitably approving whatever a developer wants."

New Edinburgh News will continue to monitor this important development proposal as the consultation process moves forward.

Retired public servant John Leefe lives in Lindenlea.



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For the Birds

By Jane Heintzman

As I write in mid-November, the annual southerly migration of local song birds has largely run its course, leaving a greatly depleted birding landscape as we head into the winter months. Not only have species numbers dropped dramatically since our last report in October, the seasonal rheostat has muted both the brilliant colours of the breeding season and the melodic songs of spring and summer.

While the absence of foliage on the trees is unquestionably an advantage for bird spot-

ting in my experience, it's largely offset by the duller fall plumage of many species (American Goldfinches and Fall warblers come to mind), along with the disappearance of the auditory clues that can be crucial to bird identification. As the poet Thomas Hood so famously captured it: ".....No fruit, no flowers, no leaves, no birds/ November!"

South America. This year's punishing hurricane season in the southern U.S., where sequential hurricanes Helene and Milton inflicted serious damage to coastal areas in their wake, has undoubtedly destroyed many of the stop-over sites on which migrating flocks depend for rest and refuelling. Sadly, it seems likely that many avian travelers caught in the hurricane zones will not have survived to return next spring.

In our community, the late fall birding landscape is not



American Crow.

Photo by David Howe

entirely bleak – or silent. The familiar buzzy sound of the **Black-capped chickadee** continues apace as the industrious little birds cache (i.e., store and hide) food bundles for the lean months to come. They cache insects and oil-rich conifer seeds over remarkably large territories, and through a special seasonal adaptation of their brain hippocampus, are able to remember the location of these hiding places for many weeks.

Nor are they entirely vegetarian: as the cold sets in, they are known to consume energy-rich fat from animal carcasses to generate the

body heat needed for survival. If you have feeders on the go to help the avian winter warriors survive the harsh months to come, **black-oil sunflower seed** is a favourite of chickadees, whose powerful beaks are well adapted to breaking open the seeds to get at the kernel.

The **Blue Jay** is perhaps the signature fall bird in our region, known for its imposing size, its bright plumage, and its harsh "jaay, jaay" calls. It's also known to imitate the calls of local hawks, a phenomenon which I believe I encountered when a jay on the Rockcliffe Parkway produced a close approximation of the *kek, kek, kek* alarm call of the **sharp-shinned hawk**. Like the Black-capped chickadee, the Blue Jay is a food hoarder in the fall, storing up supplies of acorns and other nuts for winter consumption.



Glossy Ibis.

Photo by David Howe

Apart from the muted *chip* of the **Northern Cardinal** and the squeaky *sweeyeet* of the remaining **American goldfinches** in our community, the most prominent bird sounds are the raucous *cawing* of **American crows** and the *croaks, gronks* and other vocalizations of their **Common raven** cousins. These imposing black birds are typecast for the Hallowe'en season of witches, goblins, and evil spirits, typically appearing in large numbers throughout the neighbourhood.

American crows survive the winter by gathering at dusk to roost in large, often massive, flocks. One of the largest roosts in Ottawa is near the General Campus of the

Ottawa Hospital, where as many as 10,000 birds have been recorded in severe winters. Locally, I have spotted large roosts close to the Beechwood Cemetery, and we're on the lookout for others this fall on our walks along the Rockcliffe Parkway past the Rockcliffe Pavilion.

The communal roosting habits of crows have been closely studied by ornithologists, whose explanations for the practice include:

- collective protection against predators such as hawks, owls and eagles, or "safety in numbers";
- protection against predation during food foraging, with some crows acting as lookouts to sound the alarm in case of approaching danger;

together in roosts to share body heat.

Depleted though the birding landscape has been this fall, there have been many hangers-on to brighten the picture as we head into winter. **Northern cardinals** are still on the scene in our garden, *chipping* in the cedar bush and occasionally popping out to investigate the pickings under our feeders.

Earlier in the Fall, **American robins** invaded the garden to check out our mountain ash tree, along with the now-dying apple and crab apple trees nearby. Sadly, the latter two yielded almost no fruit this year, but the robin flock remained around for several weeks. Unlike the rosy-breasted and robust robins of spring and summer, these critters seemed leaner, more peripatetic and almost colourless. Seems as if avian fall fashion is almost as dull and drab as the human version!



Photo by David Howe

Wilson's Warbler.

With luck, a good number of these robins will remain with us throughout the winter if conditions are not too severe. **Song sparrows** and **white-throated sparrows** remained around in our garden and in the neighbourhood until well into October, as did **white-breasted nuthatches** and **Northern flickers**. **Dark-eyed juncos** foraged in our flowerbeds until mid-November, and fast-moving junco flocks were regularly in evidence along the Rockcliffe Parkway. Juncos are especially easy to identify thanks to the signature flash of their white tail feathers as they take off in flight.

Much as I enjoy the spec-



Common Raven.

Photo by David Howe

tackle of hardy woodpeckers at this time of year, I dread it when they descend on our garden – a sure sign that their chosen foraging spot is another dead or dying tree. But so it is this year, and a succession of downy and hairy woodpeckers has been busily mining the branches of our failing Northern spy apple tree and the crab apple next to it. If and when a massive pileated woodpecker moves in to take over, the end is near for these two venerable trees!

Elsewhere in this issue is a report on the resurgence of the wild turkey population in this area, particularly in and around the Beechwood Cemetery. After daily encounters with a large wild turkey family in Rockcliffe Park, we can wholeheartedly confirm the local population explosion of this ungainly

species. Our particular family appears to live within a well-defined area along Manor Road between Buena Vista and Coltrin Roads, where it has been a regular presence for at least the past five years. But this year, its numbers have notably escalated from an average of five or six birds to over a dozen, ranging from several enormous adults to a gaggle of smaller, young birds. Judging by the size and bulk of these bruisers, the spots in which they forage for food must be raked clean of the nuts, seeds, insects and fruit which form their diet.

Shortly before I wrapped up this column, I glanced out the window to catch sight of a large Cooper's hawk in the middle of our lawn. It flew off abruptly when it detected my presence, but not before catching a hapless songbird.

Be warned of these predators if you have feeders on the go!

Reports from Readers:

Local birder/bird photographer David Howe has recently encountered much the same cast of characters as mentioned in this column, notably Blue jays, Common Ravens, American crows and Black-capped chickadees. David's photo contributions for this edition also include a collection of Fall warblers ("which seem a distant memory now!"), and a Glossy Ibis – the celebrity bird of the fall in the Ottawa region. The showy creature visited a storm pond in Carleton Place in mid-September, and was a first sighting for David in this region.

Philip MacAdam's fall bird list covered a predictable lineup of Northern cardinals, Black-capped chickadees, dark-eyed juncos, Common ravens, turkey vultures and herring gulls, along with a family of wild turkeys which are turning up throughout the neighbourhood this year. He is miss-



Photo by David Howe

Yellow-rumped Warbler.



Blue Jay.

Photo by David Howe

ing the musical accompaniment of birdsong on his early morning dog walks – as are



Photo by David Howe

Cedar Waxwing.

we all!

If you're eager to keep birds around in your yard, and to help the winter warriors survive the coming cold and bitter weather, a useful guide to the seed types recommended to attract specific species can be found at allaboutbirds.org.

One important caveat as you load up your backyard feeders: make sure that you keep the feeding stations filled throughout the winter months, even when you're away on a sunny southern holiday. In the months when weather conditions are harsh and the birds' food sources are scanty, many birds become dependent on these feeders for their survival, so their lives may be threatened if the cupboard is suddenly bare. Ask a family member or friend to take over feeder duties in your absence.

To keep track of the bird life in our region as the winter unfolds, visit the Ottawa Field Naturalists Club website – ofnc.ca – for regular reports on the birding hotspots. You can also check out Ottawa e-bird – ebird.org – for the latest sightings in and around our neighbourhood.

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

UrbanOttawa.com

Com-mu-ni-ty: 1. A group of people living together in one locality having common interests. 2. The district or area in which they live.

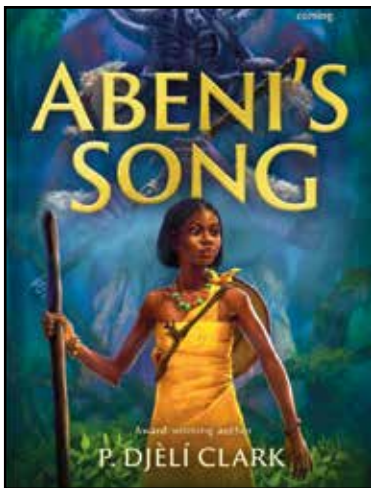
If your community means more to you than a dictionary definition, then consider working with a Realtor who understands the dynamics of our neighbourhoods and can express why they are such great places to live. Natalie is an integral part of her community and appreciates what yours means to you. Get in touch to discuss how to be "market ready" when the time comes or how to best position yourself for a purchase.

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Books on Beechwood's Christmas reading list

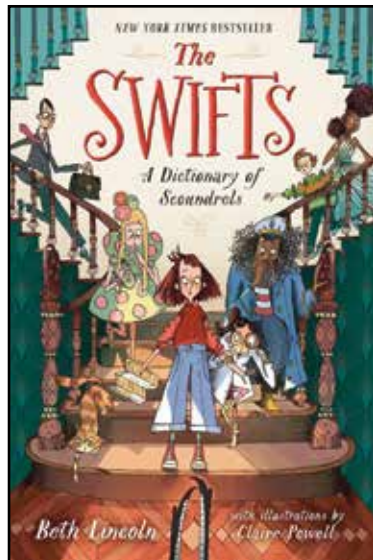
As the holiday season approaches, Books on Beechwood has put together a festive and diverse reading list to delight readers of all ages and interests. Whether you're shopping for a young adventurer, a mystery enthusiast, or someone looking for an inspiring story to curl up with, there's something special here for everyone. From enchanting children's tales set in magical worlds to riveting biographies and thought-provoking science fiction, this curated collection offers a little bit of magic for everyone to enjoy during the cozy winter months.

KIDS & TEENS



Abeni's Song by P. Djeli Clark

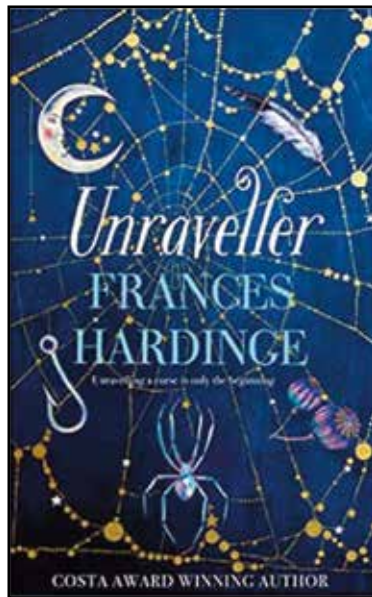
(Ages 8-12)
An enchanting and powerful coming-of-age story set in a West African Village. Authentic characters ground a narrative rich with folklore and magical storytelling to create a vibrant exploration of bravery and hope. –Dave M.



The Swifts: A Dictionary of Scoundrels by Beth Lincoln (Ages 8-12)

In the decidedly quirky Swift family, tradition dictates that everybody receives a randomly chosen name from the sacred Family Dictionary and then must live up to it. Young Shenanigan finds herself ably investigating the mysterious death of Arch-Aunt Schadenfreude with games, wordplay, and mischief to help her along. Great fun!

Aptly described as “Knives Out meets Lemony Snicket.” –Bridget



Unraveller by Frances Hardinge (Ages 12+)

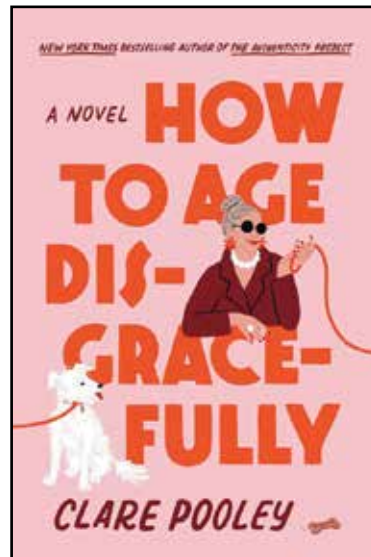
This teen fantasy novel weaves together dark magic, complex characters, and an eerie atmosphere to create a world where curses, mystery, and redemption collide. Thrilling and thought-provoking! –Dave M.

Curious Tides by Pascale Lacelle (Ages 14+)

Set against the backdrop of student romances and cliques at Aldryn College for Lunar Magics, this teen novel introduces readers to Emory and Baz, two friends trying to come to grips with the tragic death of Romie, Emory's friend and Baz's sister. In a

world where magic is strictly controlled, trying to discover the truth of what happened is proving more challenging than either Baz or Emory thought, especially as they struggle with their own burgeoning powers. –Mike

FICTION



How To Age Disgracefully by Clare Pooley

Another fun and inspirational quick read by the author of *The Authenticity Project* and *Iona Iverson's Rules for Commuting*. The members of the Senior Citizen's Social Club & a daycare join forces to save their beloved community centre. A funny yet poignant romp with unforgettable characters. –Cathy



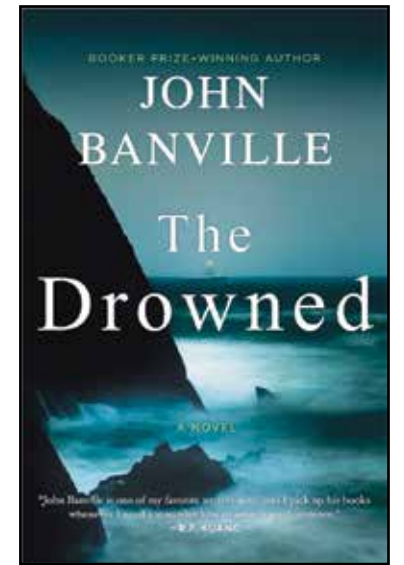
The Briar Club by Kate Quinn

Set in a Washington, DC boarding house during the McCarthy era, this novel about female friendship and community sparkles. Featuring mystery, secrets, gangsters, recipes, and a wonderful cast of quirky characters (including a house!), this newest Kate Quinn book does not disappoint. I loved it! –Cathy

Sipsworth by Simon Van Booy

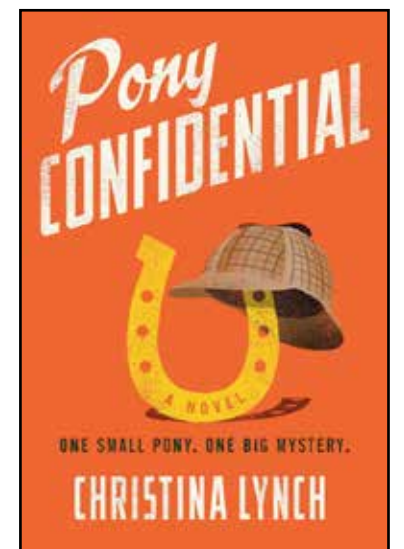
A charming, quirky novel about the bond between an elderly lady and a small animal – deeply moving and uplifting. –Stephanie

MYSTERY



The Drowned by John Banville

This latest in the Strafford and Quirke series is the follow-up to the previous book, *The Lock-Up*. Loose ends from that novel are cleared up and relationships become more complex, including Strafford and Quirke's own, as they begin to work out their differences. As you would expect from a Booker Prize winner, the language is beautiful, the characters are well drawn, and the conclusion is surprising and satisfying. –Mike



Pony Confidential by Christina Lynch

After years of being passed from person to unethical person, a 25-year-old pony decides to set out in search of his “childhood” owner, Penny. With the help of his friend Circe, a world-weary goat, pony experiences lots of strange encounters and near misses on his journey, only to

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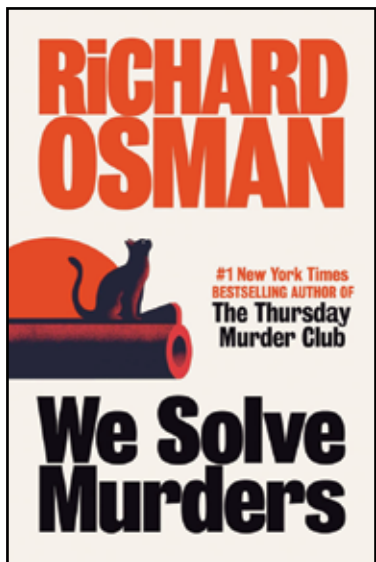
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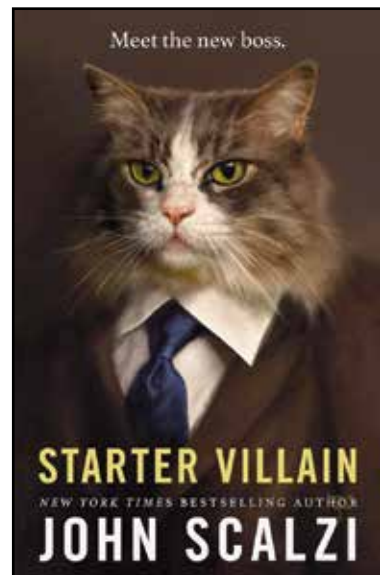
be derailed at the last possible moment by a murder charge being brought against his beloved person! Now pony's quest turns into an investigation as he sets out to uncover the truth in order to save his girl's life. A delightful and insightful read. *—Bridget*

This riveting fantasy novel is a captivating and richly detailed alternate history which explores the interaction of Viking colonizers and Indigenous peoples. The world-building is immersive and the narrative offers a fresh and thought-provoking perspective on power, tradition, and resilience. *—Dave M.*

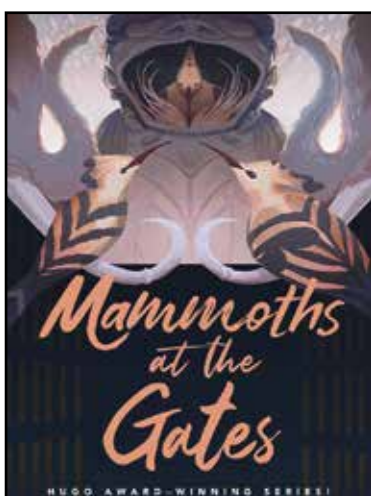


We Solve Murders by Richard Osman

The cast of characters in Richard Osman's new series is not to be missed. While completely different from *The Thursday Murder Club*, it is still a mystery with great dialogue and a propelling plot line. I laughed, I cried, and I can't wait for the next installment! *—Cathy*



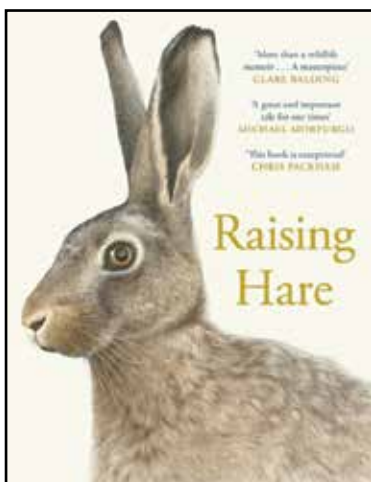
Starter Villain by John Scalzi
Scalzi's sharp humour and knack for creating quirky, lovable characters provide a fresh take on villainy and make this story an absolute delight. A fast-paced, endlessly entertaining romp! *—Dave M.*



Mammoths at the Gates by Nghi Vo

A captivating exploration of family, memory, and belonging! This story's blend of mythical elements with heart-felt emotion makes it a truly enchanting and unforgettable read. *—Dave M.*

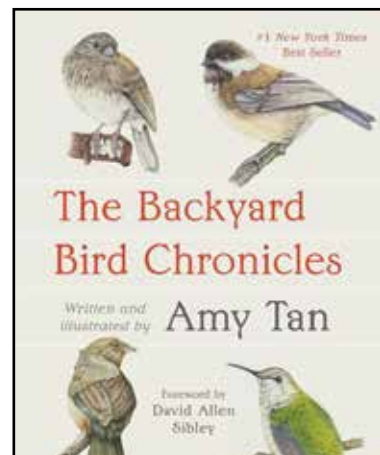
BIOGRAPHY



Raising Hare by Chloe Dalton

This lyrical and tender account of the author's rescue and raising of an abandoned leveret is a reminder to us all of the magic of the natural world and a beautiful testament to the relationships that can develop between animals and humans. From one of the many ecstatic reviews: "I cared so deeply about Hare that I found myself holding my breath." *—Bridget*

SCIENCE & NATURE

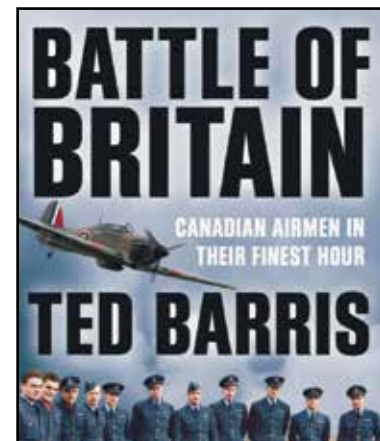


The Backyard Bird Chronicles by Amy Tan

This is the most charming, accessible, and beautiful book on birds I have seen in many years. It is a distillation of 17 volumes of notebooks recording award-winning author Tan's playful and increasing-

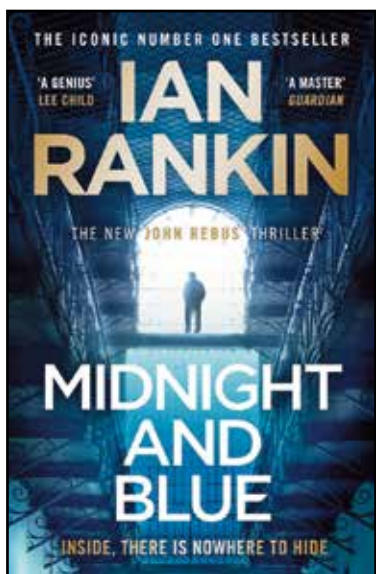
ly knowledgeable observations of the many visitors to her very bird-friendly garden. Tan's delightful illustrations and handwritten notes add to the charm and insight. A unique must for all birders and bird lovers. *—Bridget*

HISTORY



The Battle of Britain by Ted Barris

I've read a few books by Barris and they've all been very enjoyable. Here, he follows Canadians in the Battle of Britain. From the early preparations to the climactic missions, he shows us how involved the Canadians were in defending Britain from the Germans. Forget what the film *The Battle of Britain* portrayed: this is the real Canadian story, told from the skies downward. *—Mike*



Midnight and Blue by Ian Rankin

Detective Inspector John Rebus is in jail for attempted murder, but that doesn't stop him from investigating the death of a fellow inmate. Meanwhile, the detectives at Rebus' old police headquarters are investigating a missing teenager – is she dead or did she disappear on purpose? *—Stephanie*

SCIENCE-FICTION & FANTASY

To Shape a Dragon's Breath by Moniquill Blackgoose

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Inspiring change – One asana at a time

By **Debjani Mitra-Levesque**

This series is dedicated to change makers in our community. Please email Debjani Mitra – debjanimitr@gmail.com – if you would like to be featured for this column or have any suggestions. In this issue, I interview **Solmaz Hicks** who offers yoga classes at the New Edinburgh Fieldhouse.

What inspired you to get into and eventually teach yoga? Has yoga always been part of your life?

I started getting into yoga after having my girls in Istanbul. Life there is extremely chaotic – especially as a pharmacist with two young children – and I felt I needed something to help me re-centre myself.

After we moved to Canada, my life became even more challenging, adapting to a new culture and figuring out next steps in my career. Soon after that, we were hit by the COVID-19 pandemic, and yoga really helped to keep me grounded and focused on the many wonderful things in my life. That was when I decided to commit to yoga and take a yoga teacher training course, to dive deeper into yoga philosophy and asanas (poses).

What are your favourite aspects of teaching?

What I love the most about teaching is connecting with people. Although yoga is mainly about mindfulness and delving deeper into oneself, it can also be a wonderful communal activity. As I help people with their poses, I can get to know a little more about them. It's actually a very interactive and wonderfully engaging experience. Having worked at several pharmacies in Ottawa, I also noticed that many people rely too heavily on medications to help them with their physical and mental health issues, rather than relying on their own abilities to process pain of all sorts. Yoga has allowed me to discover these abilities in myself, and I hope that others can work on their inner strength as I have.

You have been making yoga more accessible to



Photo courtesy of Debjani Mitra-Levesque

Strength and resilience: Yoga teacher Solmaz Hicks brings mindful movement to our community.

our neighbourhood and now offer routine classes at the New Edinburgh Fieldhouse. Tell me a bit more about how you bring aspects of community building and connection into your yoga practice. Why is this important you?

My husband and I love New Edinburgh and the life we've built here together for our family. We're lucky to have such wonderful neighbours and friends. While I started teaching regularly at the Rideau Sports Club and giving private lessons, I realized that offering courses at the Fieldhouse would be a great way of giving something back to the community. I'm thrilled at the reception I've received, and I'm so happy with the participation from

our community and people from other neighbourhoods. It's been a great way to bring a diverse group of people together, and I hope to offer more classes in the future.

Where can we find out more information about your classes?

The Crichton Community Council (CCC) has been excellent at promoting my classes on their website. Please contact me by email at perisamolmaz@hotmail.com if you're interested in learning more about my classes.

Debjani is an occasional contributor to NEN who lives in New Edinburgh. She is a public health professional who is passionate about advocating children's and women's health.

Me against the milk foam

By Janet Ruddock

I decided to jolly up my morning coffee, replicating that hard-to-resist layer of creamy milk and foam on top of a Union Street Café brew. Our kitchen counter is not huge, so I wasn't in any rush to invest in a mega coffee machine. The easy solution was to google "how to make foamy milk." Sure enough, I was thrust into a whole new world, making me wonder if I'd been living in a cave this whole time! Our French press and Italian mini-espreso maker suddenly seem positively primitive.

Foamy milk gizmos online sent my head spinning, but for a wee bit of foam on my espreso, cheap and simple was what I wanted. Handheld whizzing wands fit the bill, but that didn't narrow things down much with a dizzying array to choose from, too. Overwhelming to the uneducated.

So, change of plan to an online search of "best handheld milk foamers of 2024." I zeroed in on rechargeable models because replacing batteries on small home appli-

ances is a royal pain. Having chosen the winner from my top choices, I googled precisely how it worked before committing myself. Yes, this was taking considerable time for a \$25 investment, but I was on a mission and these things looked like fun. This new toy came with a stand, so it didn't roll off the counter onto the floor. Seemed sensible.

I clicked the link and found myself on the way to North Korea? One more click would apparently give me access to its internet. Holy smokes, I'm outta here. Hit Back, Back, Back, Back.

I called over to Frank, my husband slash technical advisor working at his dining room table office. "You did *WHAT?*" he asked, somewhat alarmed. "Linked to North Korea internet? How is that even possible?" Apparently, it is, I said. I almost did it. In a flash, Frank wiped out the recent search history on my tablet. How foamy milk searches can send anybody to North Korea, I'll never know.

Still, I wanted a milk foamer. "Stick with Amazon

reviews," my husband said. "It's safer." Not always, thought I. I've had some crazy problems there, too. In any case, I stuck with them and placed my order.

Next day saw the arrival of my hand-held milk foamer. My string-pull activated veggie chopper-mincer came, too, I was in kitchen gadget heaven. It was time for elevenses, that great British tradition of stopping everything at 11 a.m. for tea or coffee and biscuits. A custom to embrace, and I have.

YouTube offered helpful how-tos on best techniques for hand-held milk foamers. I had watched enough to become an expert. Good thing, as this foamer came sans instructions. The box exterior showed assembly instructions and that was it.

I failed step one. Insert whisk end into device. No way that plastic bit was fitting into that handle. Not on my watch, anyway. I don't interrupt my husband when he's working unless it's important. This was, so I called him into the kitchen. I was mollified when, on first attempt,

he failed, too. "Where's the instruction book?" he said. He likes instruction booklets: we have a drawer full of them, including ones for things long since gone. The instruction booklets in Chinese only are my personal favourite.

The box is it; I told him. There are pictures. It says: "Push firmly." He was not impressed. I could tell. But, with impressive force, he inserted the whisk end into the device. "You realize it's never coming out," he said. He was being difficult. "Why would I want it to?" I asked. I aimed a few trial whizzes up in the air like a taser. How hard could foaming milk be? Frank didn't want to find out and left.

I microwaved milk in a small, ceramic pitcher to hot but not boiling per the YouTube method I'd deemed simplest. With whisk planted firmly in the milk, I turned it on. Milk erupted all over the counter and everywhere else. Foamy milk on steroids, but no milk in the jug – foamed or otherwise.

Undaunted, I pulled out a large, glass measuring cup,

the better to contain the excitable milk for attempt two. I added more milk this time to sink the whisk deeper into the hot milk. Got that up and down, round and round action going like the pro I knew I was. The results were spectacular! I had enough silky cream at the bottom and luxuriant foam on top to serve a crowd at Starbucks.

Sadly, in all the excitement, I'd forgotten to make the espreso to go with it. When the espreso maker burred its ready-to-pour sound, my foam had deflated. Warm scum comes to mind. The next day, I whisked that milk into a frenzy that turned into absolutely nothing except milk. I'd forgotten the important microwave part of the process. I'd lost my inner barista, and also my taste for foamy milk. Until tomorrow, anyway.

Janet Ruddock and her husband Frank settled in the 'Burgh after a nomadic life with Global Affairs. Janet is a writer, traveler, lover of the arts and advocates for those with rheumatoid arthritis and chronic pain.

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Vanier Parkway Extension: 25 years later

Continued from page 1

Today, the VPE looks like a brutal project from the communist era. But to the planners, it seemed like a good idea because the automobile was king. The Queensway had been carved through the middle of Centretown and was deemed a success. Building a highway along a straight line between the Queensway and the MacDonald-Cartier bridge seemed like the logical next step. Planners were conscious of Ottawa's anticipated population growth and calculated that the existing roads around King Edward and the bridge to Quebec would reach gridlock by the year 2000. Something had to be done. Concepts such as urban intensification and environmental protection had yet to arrive on the scene, and the potential impact of improved public transportation was not considered. From a narrow, regional planning perspective, the VPE provided a practical solution for improving traffic flow.

What would have been the impact of the VPE?

It's hard to imagine how damaging this project would have been to New Edinburgh. Many of the houses on the south and west side of Crichton from Beechwood to Dufferin would be demolished to accommodate the new roadbed. The elevated, illuminated, noisy highway would obliterate the children's playground, baseball diamond, and soccer pitch, as well as clearing a route through the woodland. It would bisect the park and separate residents from ready access to the Rideau River. Stanley Avenue, one of the jewels of the Heritage Conservation District, would be modified to provide access ramps for the VPE, with Dufferin providing an additional connection. Crichton Street would have to be closed at the new Beechwood junction, so it was proposed that MacKay be widened to accommodate additional traffic and buses. The net result? The special character of New Edinburgh and its parks would have been permanently and radically transformed by the VPE in many ways.

Clearly, a basic environmental assessment would have flagged significant problems

such as irreparable damage to the Rideau's shoreline, major loss of trees and parkland, loss of a valuable recreational resource in this urban area, and adverse heritage impacts. It would have raised doubts over the fundamental viability of the VPE project. But this was the early 1970s, and environmental concerns were not a high priority. When critics raised these major problems, they were dismissed as irrelevant to the initial route-planning discussions. Instead, they would be considered only at some later stage of the process, once key decisions had been made.

How did the community respond to the VPE threat?

New Edinburgh residents responded with horror and a determination to see the Official Plan modified. At first, many residents believed that getting the VPE completely removed from the Plan was unrealistic. Discussions began over measures to mitigate impact and negotiate trade-offs, like a new Fieldhouse and playground. Gradually, as the full extent of the project's impacts became apparent, New Edinburgh residents got organized and began a campaign to get the VPE completely removed from the Official Plan. Significantly, the VPE provided the catalyst for the community to create the forerunner of today's New Edinburgh Community Association (NECA) and the launch of the *New Edinburgh News* (NEN). Large numbers of residents mobilized in opposition to the VPE, bringing with them a whole range of skills. There were filmmakers, photographers, writers, lawyers, strategists. Some organized fundraising events to help cover the cost of expert witnesses and legal fees. Others demonstrated outside City Hall or joined publicity stunts like planting saplings in the park across the proposed route of the VPE. Residents got involved however best they could. The "Parks, Not Pavement" campaign had its ups and downs and lasted for decades. But the community never gave up, and with new residents joining the fight, they kept up the momentum at Ontario Municipal Board (OMB) hearings and other events.

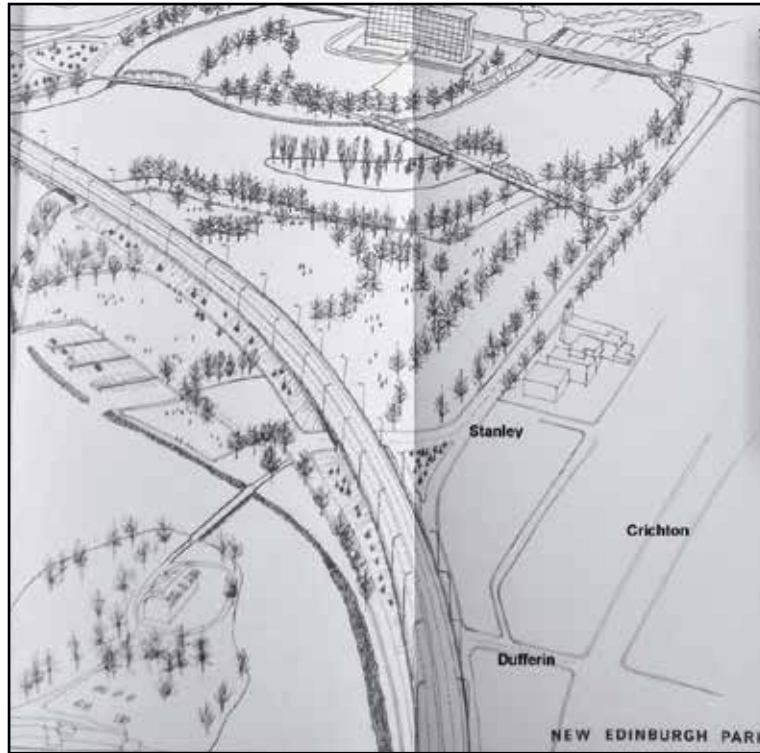


Photo by Paul McConnell

Illustration of the proposed Vanier Parkway Extension.

Why was the VPE dropped?

In the early years, New Edinburgh stood alone and prospects were bleak. The provincial government, the municipal government, and the NCC all supported the VPE. But at every opportunity, the motivated, noisy, and well-organized New Edinburgh community was able to keep the negative effects front and centre: an approach that registered with politicians, if not planners. The VPE remained in the Official Plan but, clearly, it was an expensive option costing billions, leaving little room in the City's capital budget for other, more pressing projects. In the absence of special funding, the VPE became a lower priority and construction plans never progressed.

This was the situation throughout the 1980s, an uncertain time for residents. Frustratingly, in 1988, the regional government issued a new Official Plan that still included the VPE. In 1990, New Edinburgh residents appealed this decision at the OMB but lost. However, in the early 1990s, the provincial government changed the funding rules – planning subsidies would be available only for projects undergoing an environmental assessment and scheduled to begin construction within five years. Furthermore, 20 years after the original proposal, there was a more enlightened

approach to environmental issues in urban planning. A viable, less expensive, less intrusive, and less damaging solution was identified – modification of the junction at Beechwood and Crichton, coupled with the widening and realignment of St. Patrick Street to provide a multilane connection to King Edward Avenue. The VPE became even less of a priority. An environmental assessment was never initiated and, when the Official Plan was reviewed in 1995, the VPE was no longer included.

But the VPE threat didn't end there

Just as New Edinburgh residents had campaigned to remove the VPE from the Official Plan, residents in Ottawa's Lowertown were campaigning to keep the VPE in. They believed the new highway would bring some relief to the busy King Edward area, so they appealed to the OMB to have the VPE reinstated. The OMB hearing took place in 1999. Unlike the OMB hearing in 1990, this time New Edinburgh was on the same side as NCC and the municipal government. They no longer supported the VPE because of the cost and environmental impact. Furthermore, being designated as a truck-free "Parkway," the VPE would not have decreased the number of trucks on King Edward, yet would increase New Edinburgh's own traffic problems. Common sense

prevailed and the Lowertown appeal was dismissed. The OMB decision to confirm removal of the VPE from the Official Plan was announced in time to feature prominently in the December issue of *NEN*, 25 years ago.

What lessons can we learn?

This abridged account does not do justice to the remarkable work done by so many community volunteers. NECA's President in 1999, Gail McEachern, described it well: "This has been a long battle, and once again, as in the past, the community rallied behind this effort.... We were blessed with contributions of time, talent and energy made by many supporters. 'Parks not pavement', the community's mantra for 30 years, has finally been heard."

In celebrating the 25th anniversary of this success story, two lessons stand out:

1. Sometimes, the people can "beat City Hall." With organization and commitment, the community can be effective in modifying official views. If change is going to damage our neighbourhoods, we should speak out.

2. A big factor in ensuring New Edinburgh remains such a great place to live has been the input of so many residents over past decades, and that tradition continues to this day.

Like those impressive residents 25 years ago who helped preserve the local environment we enjoy today, we can all find ways to participate in the protection and improvement of our neighbourhood. We should never take the good health of New Edinburgh for granted. Let's ensure the well-being of this special community for the decades to come.

Source material for this article came from early planning documents located by staff at the City of Ottawa Archives, back issues of NEN, and from excellent research undertaken by local resident, Janet Uren. A fuller account of the VPE saga will be available next year in a book on the history of New Edinburgh by Janet Uren and Martha Edmond.

Paul McConnell moved to River Lane with wife Beverley in 1981 and served on the NECA Board for several years.

BRICK Awards 2024 – Meet this year’s winners

Continued from page 1

or eliminated over time. Then the challenge was to find the appropriate company to develop historically accurate replicas of the original. For starters, the roof leaked, the exterior siding hid worsening structural damage, and sagging parts of the foundation that had been infiltrated by water and black mold.

The renovation process included:

- Restoration of the stone foundation and structural reinforcement of the house;

- Replacement of the roof with Western Cedar shingles;

- Reconstruction of the front porch and its decorative pierced wooden balustrade;

- Restoration of the front door and installation of exact replicas of the Eastlake style original door handle and hinges;

- Restoration of five of the original wooden windows and the construction of new windows to replace six inappropriate ones composed of PVC;

- Installation of solid brass window locks on the new and restored heritage windows, using replicas of the one original Eastlake-style lock found in the house;

- Restoration of the wood clapboard siding and repainting of the house in more appropriate heritage colours (sage green for the walls, and blue/green for the window frames and front door);

- Replacing the existing modern, closed-panel fencing with a Gothic picket fence with Georgian post caps; and
- Rehabilitation of the gar-



Photo by Karen Squires

Martin Normandeau on the front porch of their newly renovated family home on Crichton St.

den to include more than 100 trees, shrubs and plants mainly native to this area.

According to the owners, there is still some “fine tuning” to be done, but their accomplishments to date are a testimony to their determination, respect for history, and attention to detail. This is a project very deserving of a BRICK Award.

Community Builder Award

The BRICK Award for Community Builder recognizes persons who through their vision and leadership have dedicated their time to enriching the lives of others in our community. Chris Straka, President of the

Crichton Community Council (CCC) is the deserving recipient in this category for 2024. Since joining CCC’s Board of Directors in 2016, Chris has served in a variety of roles including Director – Parks, Director – Fieldhouse, and Director – Communications, followed by Vice-President and President. In 2022, he sustained and revitalized the organization when it was on the brink of closing due to volunteer burnout. Every role Chris occupied was characterized by his ability to connect with others – continuously nurturing alliances with neighbours, municipal councillors, City of Ottawa staff, and representatives of the

National Capital Commission (NCC). He also has a gift for maintaining an effective, energized focus on “getting things done.”

Some of Chris’ key accomplishments:

- Overseeing the design and construction of a \$350,000 playground redevelopment in New Edinburgh Park in collaboration with the City of Ottawa and consultants.

- Leading successful lobbying efforts that resulted in significant changes to the public space within 150 metres of the Fieldhouse to improve the safety and enjoyment of users. These included a multi-use pathway linking two unconnected sections of NCC property, construction of a sidewalk from Crichton along Dufferin to the park and associated traffic calming measures.

- Defining the terms for the use of the New Edinburgh Community Building Fund: a \$250,000 resource dedicated to capital improvements for the Fieldhouse. Chris achieved consensus among facility users, community associations, City staff and other stakeholders in prioritizing the following improvements: rubberized flooring throughout the building; a moveable partition wall and sound attenuation panels; modifications to the electrical system to support the building’s use as an emergency relief centre; and installation of free, publicly accessible, high-speed wireless internet.

- Implementing an online Fieldhouse reservation system that has resulted in a

significant increase in the use of the facility for profit-generating private rentals, which then fund free public events.

Establishing the regular use of the building and park by such groups as the Rotary club, the Girl Guides, a Company of Fools performing arts group, and the Beechwood Market.

Setting up of a group of Keymasters who open and close the Fieldhouse daily, providing access to the public washrooms and water fountain by park users. Keymasters also monitor the condition of the Fieldhouse as well as the surrounding park, and report any service needs to the City of Ottawa.

Increasing the number of events offered to the community from just two to 24 per year over just 18 months. Chris has established new community services and event traditions, including Canada Day Fireworks, outdoor films, a seniors’ social group, a children’s play group, stand-up comedy shows, live music concerts, and the holiday lights gathering.

Chris has been a pivotal force in developing and successfully implementing the CCC’s community building mandate. His extraordinary contributions to New Edinburgh community deserve to be honoured with a BRICK Award.

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



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A long, long story: A 200-year history of New Edinburgh

By Janet Uren

Progress is being made, slowly and surely on the upcoming history of New Edinburgh with a target launch date in September 2025. Nineteen of the projected 21 chapters have been drafted with material spanning the foundation of an industrial village in 1829 all the way to the preservation struggles of the 21st century.

If there has been one surprise for co-authors Martha Edmond and Janet Uren since they began this project in 2012, it is the richness of the story that has been told on the streets of our village. There is almost no Canadian theme you can touch on – from transportation and religion to politics and sport – that has not been part of New Edinburgh's story over the

past 200 years.

It is going to be a big book. It talks about the mills and tells the story of many of the multi-generational families that lived in New Edinburgh for four or five generations. The book will trace the history of the oldest surviving houses, the churches and why there have been so many over time, and little St. Martin's (founded in a blacksmith shop on John Street and dramatically destroyed in the great sewer explosion of 1929). The book traces the story of the old shops and shopkeepers. It recounts what childhood was like in the 1940s and '50s. It tells the heroic tale of the Vanier Arterial extension and how the community fought tooth and nail for some 30 years to keep a highway from passing through our park.

A chapter on New Edinburgh's extraordinary sports heritage is included, which holds a few surprises. It is well known that four Hockey Hall-of-Famers first played the game as kids in New Edinburgh in the early 20th century; less well known are our contributions to golf (Ottawa's first golf course was laid out at Rideau Hall around 1880); modern tennis (brought here around 1880 by members of the Governor General's staff); football (the Ottawa Rough Riders played their first game at Rideau Hall in 1876); and figure skating (the famous Minto Skating Club founded in 1903 around the wonderful skating parties held at Rideau Hall).

All this and more, which explains why the book is taking some time to finish. We hope to complete the writing by year's end, which will be followed by producing the book as a beautifully designed volume. This decade-long project has been a labour of love for Martha and me. We will be launching a crowdfunding campaign offering pre-sales of the book and asking for help with the cost of printing. We hope many of you reading this today will consider supporting the project and that others will turn out to buy the book next year.

Until then, stay tuned.

Janet Uren is a professional writer, currently working with Martha Edmond on a history of New Edinburgh.

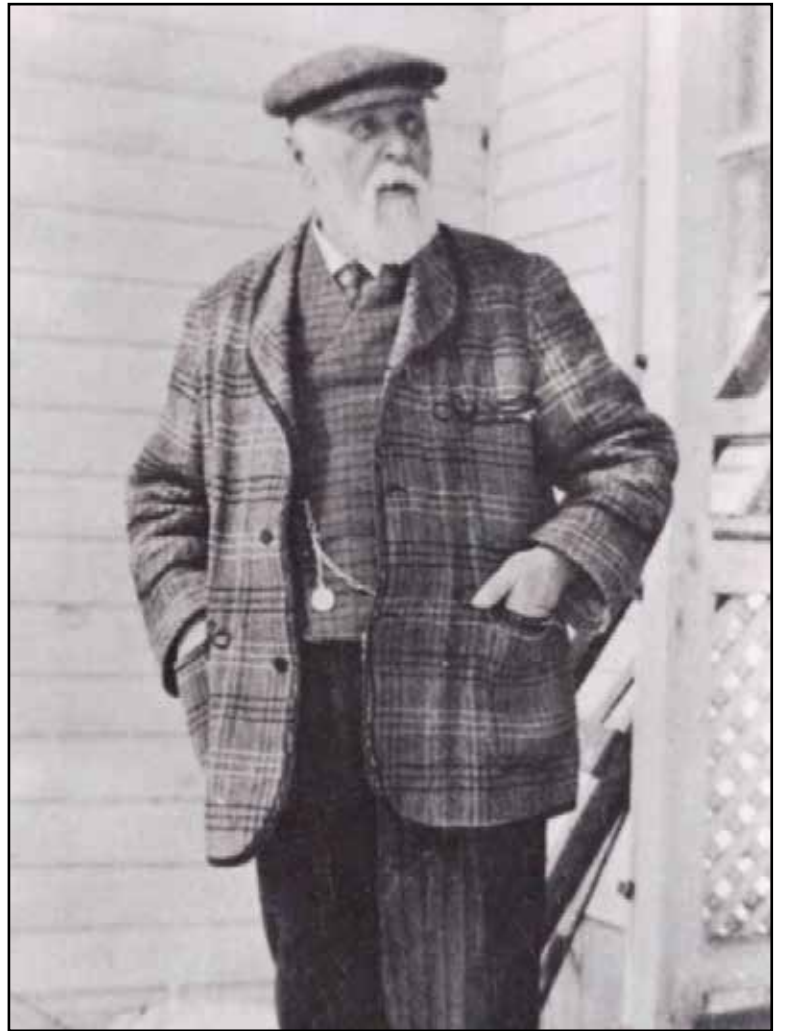


Photo courtesy of Donald Robert Bell

The upcoming history tells the story of many villagers – Dr. William Ralph Bell, for example, physician in the village from 1868 to 1917.

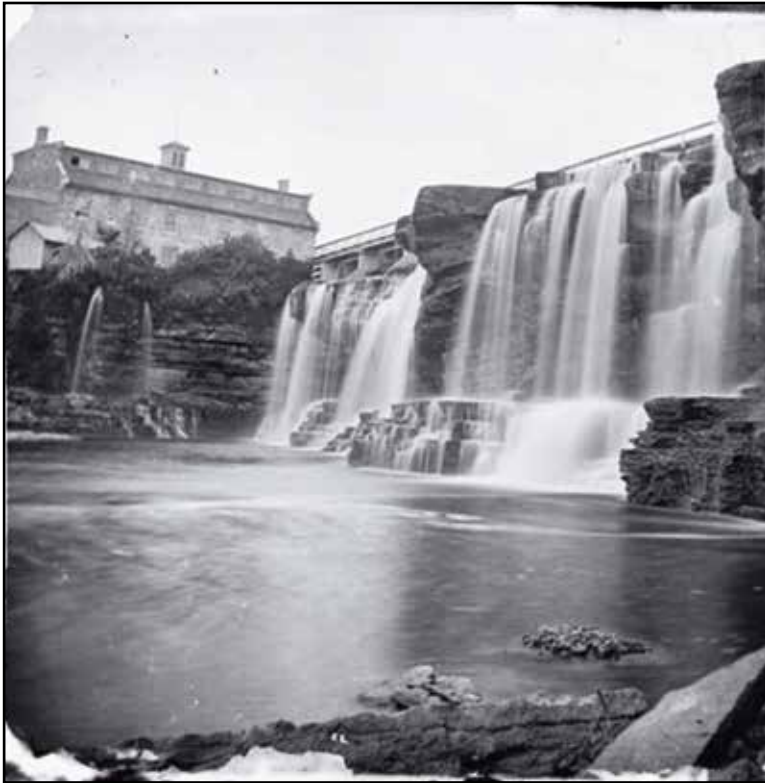


Photo from Library and Archives Canada (a008346)

Rideau Falls and the New Edinburgh Woolen Mill, c. 1870. The village began life as an industrial village. Mills were founded at the Rideau Falls in the 1830s and flourished into the 20th century, when fire, a changing economy and an interest in urban renewal led to their clearing away and the establishment of a park around the falls.



Photo from Library and Archives Canada (a008346)

A different angle of the New Edinburgh Woolen Mill.



Photo courtesy of Jean Larivière

The face of the village has changed over time. Crichton Street, for example, used to be lined with shops. One of them was Simone Grocery Confectionery, which operated at 143 Crichton Street in the 1960s.

Re-Parenting to heal your inner child

By Sophia Wood
Massicotte

Do you ever feel like a part of you has been hurt, neglected or forgotten? That part of you is your inner child, and it's high time to heal and reconnect with it. In this article, you will discover how your inner child gets wounded, the ways it manifests in your adult life, and simple yet powerful practices to start healing and connecting with your wounded inner child.

Who is the inner child?

Your inner child is a part of your unconscious, which still carries the essence of your childhood. This includes your playful, curious, excitable, imaginative aspects that are full of life and wonder. It also includes aspects that are afraid, reactive, suppressed or wounded, where the child self has become stuck or frozen at a certain age and has not grown up over time into adult emotional maturity and consciousness. The way you were parented, your conditioning, and your education system play a huge role in the way your child self grows, responds, reacts and matures into adulthood.

What is the "wounded" child?

The wounded child is a shadow that is deeply related to your most pressing challenges related to survival and holds the memories of your childhood. This includes where you may have experienced abuse, neglect, control, abandonment, enmeshment, or other hard and soft traumas. As with all shadows, you can identify it, acknowledge it, validate it, and use it to become aware of self-absorbed attitudes and hidden motives.

What causes a wounded inner child?

Inner child wounds stem from a variety of childhood experiences and are often associated with attachment and relationships to caregivers; therefore, they tend to manifest the most strongly in relationships, especially more intense and vulnerable relationships such as romantic partnerships. The most prominent forms of inner child wounds are abandonment, guilt, neglect, and trust. Whether you experienced neglect, abuse, or other forms of trauma, it is essen-

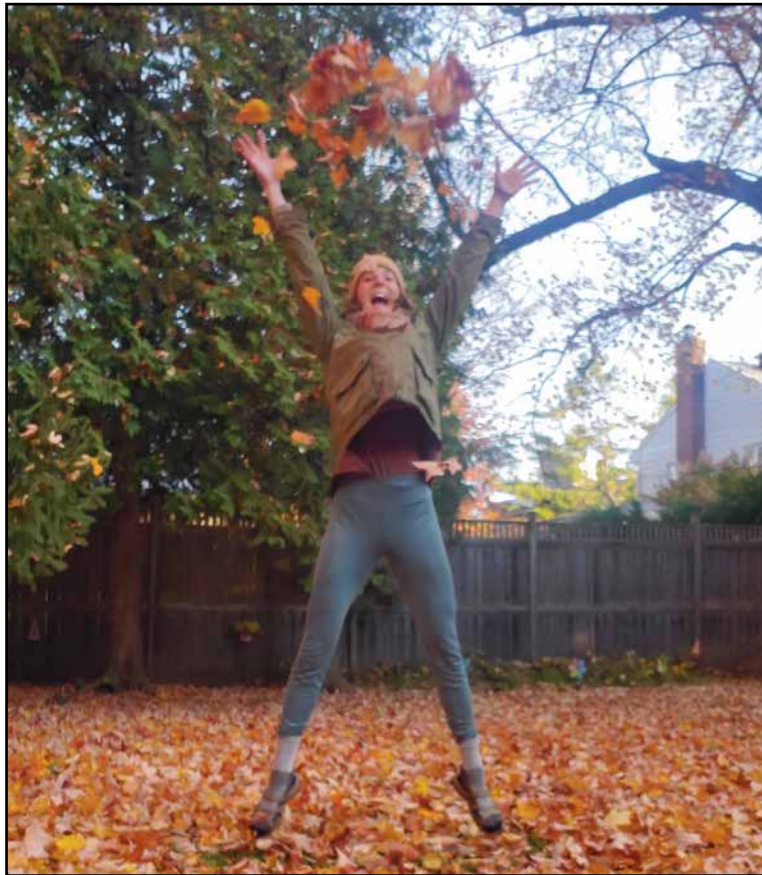


Photo by Sophia Wood Massicotte

Re-Parenting to heal your inner child.

tial to recognize that these events shape your beliefs, behaviours, and relationships as an adult.

Cultivating your inner family: Re-parenting your inner child

Re-parenting your inner child requires cultivating your inner family – creating safety in your body, compassionately expressing your emotions, listening to your inner child, and setting healthy boundaries. The more you do this, the more your inner child is going to trust you, feel seen and important, be able to fully express, grow up and mature into an adult who knows what he or she wants, knows how to honor him or herself fully and knows his or her worth. Conscious Father energy holds space, remains present and witnesses without judgment. Conscious Mother energy is unconditionally loving, forgiving, nurturing and compassionate. You can consciously bring in healthy Father and Mother energy to yourself and to your inner child during these following practices.

Practice #1: Creating safety in your body (Listen, Witness, Feel)

Creating safety comes from our ability to sit with uncomfortable feelings and sensations in our body, to witness

ourselves with compassion and curiosity. You can also learn to listen to your inner child by dialoguing with this part of you, moving back and forth between your inner child and adult self to uncover how you feel and what you need. Ask your inner child what they think and feel about something before making decisions and begin setting boundaries that reflect this new level of love, protection and honour for yourself.

Practice #2: Setting healthy boundaries (Honouring your needs)

Boundaries can be described as imaginary lines we draw around ourselves to protect our physical, sexual, and emotional energy from people's imposing or unwanted behaviour. When we know what our boundaries are and how to assert them, we teach others how to interact with us during communication, at work, dealing with our children, interacting with family members, and when we are engaging sexually. Ask yourself: What do I need right now to completely love, honour and look after myself?

Practice #3: Play and have fun (Freedom to let loose)

Your inner child has a lot to teach you, not only from the growing pains but also through the aliveness and

wonder that your wise, divine child holds – where you're able to enjoy the present moment, freely express yourself, trust love and savour the simple things in life. Ask yourself: What activity makes me feel most alive and joyful? What did I love as a child? How can I make space in my day to day to add more of those activities into my life?

Healing your inner child is

not for the faint hearted. It's a form of deep shadow work that requires commitment and consistency as well as vulnerability and grace.

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

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There are aliens among us!

By Tony Gaston

It is a standard trope of science fiction that aliens in disguise may be lurking among us ready to take over the world. In a less-apocalyptic vein, I can confirm that there are indeed aliens among us; some possibly with ambitions to take over the world, but they are not disguised, although they may be cryptic. They lurk in the woods, they bury themselves in the soil, they hop about our lawns, they pollinate our flowers, infect our trees, and sprout in our hedges, verges and parklands. “They” are the species of animals and plants that, before the arrival of settler Europeans, were not found in Canada. Since we arrived, they have taken every opportunity to follow us from their

society.” The use of the term “invasive” certainly has a threatening sound and emphasizes that, having arrived, they are likely to multiply and spread, sometimes to our detriment. They come in all sizes and designs, from bugs and earthworms to rats and partridges. In this piece I am going to focus on birds, especially those that have made their home in Ottawa.

Although many alien species entered Canada accidentally, all the alien birds found locally were deliberately introduced to North America. Once here, however, they spread by their own efforts. The chirpy house sparrow is a case in point. Introduced in New York in the nineteenth century, they multiplied and spread so that they have now

ly, “European starling”) and rock (town, feral) pigeon. All are common, but their occurrence is determined by the distribution of people. All are most abundant in towns and cities: you will look for them in vain in Gatineau Park, although they can all be seen on the streets of Chelsea. In fact, when you penetrate the heart of Ottawa, in the dense urban setting of centre town, these three may be the only birds you encounter on a stroll, perhaps joined by ring-billed gulls and crows in open spaces.

Not all introductions fare as well as sparrows, starlings and pigeons. The crested myna, introduced to Vancouver in the 1890s, became common in the early twentieth century but diminished thereafter, and none remain in North America today. The fact that a species is introduced does not mean it will become invasive. Unfortunately, there does not seem to be any easy way to predict how things will go. The rose-ringed parakeet, a tropical bird, invaded England in the 1970s. Despite being native to the figs and palms of India, it has become feral, with perhaps 100,000 now living in London. When I was a teenage birder in UK in the 1950s, I was sitting on a beach on the Kent coast, when I saw a rose-ringed parakeet flying in from the sea. It could have come from France, but more probably some sailor had released it as his ship passed up the Channel. Was that loner the tip of the spear? I like to think so.

The rock pigeon, usually ignored by birders, is as much a part of city landscape as Starbucks and mailboxes. In fact, it may have the closest and longest association with humans of any bird, being used over millennia as food, as pets, for display in competition, for racing and, in war, for message carrying (starting with the Romans). These ostensibly parochial birds have an amazing ability to return to their native loft if released far away, even when they have been transported in a darkened cage. In my youth in UK, it was common to see pigeons being unloaded on a railway platform at some far-flung station. The cage came with instructions for the sta-



House Sparrow.

Photo courtesy Tony Gaston



Starling on feeder.

Photo courtesy Tony Gaston

places of origin, either voluntarily, by climbing into our luggage or onto our persons; involuntarily by being deliberately transported; or accidentally, by being caught up in one of our merchant ventures.

Several words get attached to species that have recently arrived: “Invasive,” “Exotic,” “Alien,” “Introduced.” Any one of these may be used to describe the newcomers. Ontario has an Invasive Species Act that defines newcomer species that are thought to create a problem for native species and controls their import and management in the province. Invasive species are therein defined as “harmful alien organisms whose introduction or spread threatens the environment, the economy, or

reached north to Arviat in Keewatin and Norman Wells in the Northwest Territories. The Eurasian collared dove, introduced from the Bahamas to Florida in the 1970s, and still a very uncommon visitor to the Ottawa region, spread northwestwards to (as of 2024) Haida Gwaii and, in Ontario, Timiskaming – all in the space of 50 years.

The prevalence of alien birds varies from place to place, depending on the climate and the enthusiasm of the human population for exotic pets. Florida had 36 alien species breeding in 2004, of which 16 were “well established.” Here in New Edinburgh, there are only three that you might notice, now that the ‘royal’ mute swans no longer grace the Rideau: the house sparrow, starling (technical-

tionmaster to release them at a set time and then return the cage (prepaid) whence it had come. The pigeons usually got home first because they flew direct, rather than via the railway tracks. That was also how messages reached England from the continent during WWII. So next time you find a pigeon pecking about in the park, consider that you are not just witnessing an alien, opportunist scavenger, but also a show-bird, a racer, and a war hero.

Both house sparrow and starling have declined substantially: by 50 per cent since 1970, according to the Government of Canada.

other hand, they thrive only in the habitats that we ourselves have created: the cliff-like buildings, the cavities we create for their nesting convenience, the food that we carelessly cast in our streets and parks. And how even more cheerless would be our winters if there were no sparrows chirping from the bushes, no pigeons strolling on the pavement, no flocks of starlings whistling from the overhead wires. For me, these “alien” birds are anything but alien. They have been our acolytes for thousands of years. Where we go, they go. Our city would be a sadder place without them.



Town Pigeons.

Photo courtesy Tony Gaston

However, no one is trying to prevent these trends because, as alien species, they are regarded as interlopers and the government would be happy to get rid of them. As an ecologist, I guess I should feel the same. On the

Tony Gaston used to be a member of the Canadian Wildlife Service. He has lived on Dufferin Road since 1980 and would welcome any comments on his articles at tonygastonconsult@gmail.com

Urban gardener: follow the science!

By Victoria Walker

New Edinburgh's mature trees, in both public areas and private gardens, are one of the most beautiful features of our village. They provide a cooling canopy in summer, and leaves from deciduous trees provide natural mulch for soil and plants over winter. By sequestering carbon, our "urban forest" also has an important role in defending against climate change.

But caring for new trees can be confusing for home gardeners, particularly if trees are failing to thrive. While most of us know that healthy trees need water, sun, air, and nutrients, understanding how these elements fit together is a great way to troubleshoot. In other words, to give your tree the best chance, follow the science.

Location, location, location

Trees have evolved to adapt to their environment. Selecting the right tree for the right location is an important first step in promoting healthy trees. The easiest trees to grow, therefore, are such Ottawa native trees as the pagoda dogwood, chokecherry, hornbeam, and silver maple. When troubleshooting, check whether the tree is suitable to grow in the Ottawa climate. Does the tree receive the right amount of sun (keeping in mind that not all trees prefer full sun)? Is the soil healthy? Is the tree being buffeted by such environmental factors as high winds or falling ice?

Protect the bark

If a tree is failing to thrive, determine whether something – pests, disease, lawnmowers, improper staking – is stopping the cambium from doing its job. Cambium – the thin layer between the wood of the tree and the bark – transports water around the tree, stores sugar, and transports sugar to the roots. Cork cambium



Photo courtesy Victoria Walker

This stunning garden on Stanley Avenue has an array of mature and newly planted trees.

is responsible for tree bark, which protects the tree from injury. The cambium layer is where cell division takes place and allows for trees to increase size each growing season. So, it is critically important for tree growth that its cambium remains strong and disease-free.

Healthy roots

A healthy root system enables trees to absorb necessary water and nutrients, while providing an anchor to withstand wind and gravity. Ninety per cent of tree roots are found in the top 30 centimetres of soil. As a result, the root area needs sufficient water and nutrients for the transport roots to do their job delivering sugars to root tips, and water and nutrients from those absorbing roots back to the tree trunk and leaves. Keep watering trees, particularly those that are newly planted, right up until the

ground freezes. Circling roots – those that wrap around the tree trunk – or unnecessary disturbance of the root area can also impair tree growth.

Healthy leaves

The primary source of energy production for trees is via photosynthesis, so leaves are critical for helping water uptake through the tree roots. Water loss is controlled through leaf pores called stomata which open and close based on light and environmental conditions. If tree leaves look unwell, check whether the tree has adequate (or too much) water, or if leaves have been damaged by pests, disease or environmental factors.

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 December/January

Source: Master Gardeners of Ottawa Carleton: mgottawa.ca

- Keep watering new plantings, particularly trees, right up until the ground freezes.
- Remove diseased plant debris but leave the leaves on garden beds for winter.
- Leave flower stalks, dried leaves, and grasses in perennial beds for winter interest and because pollinators can use thick stems as nesting sites.
- Does your garden look good in winter? Review your garden design with a view to possible changes in the new year.
- Check out seed and plant catalogues.
- Consider joining a garden club or horticultural society



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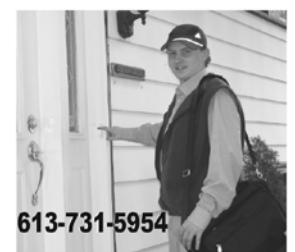
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The remarkable wild turkey comeback

By Jean-Pierre Bacle

Beechwood Cemetery is beautifully landscaped and hosts a variety of flora and fauna. Amongst the most conspicuous, especially during the fall, is the eastern wild turkey (*Meleagris gallopavo silvestris*). Few of us know, however, that in the early 1900s the species was extirpated – wiped out – from Ontario due to overhunting and loss of native forest habitat. Efforts to reintroduce the wild turkey back to Ontario began in 1984 and have succeeded since. The turkey population is now estimated to be as high as 100,000.

Native to North America, wild turkeys are often spotted throughout the cemetery and in backyards in the surrounding neighbourhoods of Vanier and Rockcliffe. A flock was even spotted near where I live, crossing Jolliet Avenue to reach the house of a resident offering them food. Within the cemetery grounds this flock can travel two to three kilometres to consume a variety of acorns, nuts, seeds, berries, grasses, sedges, and even insects. Chances are you'll see these birds dur-

ing your walk through the cemetery grounds – at one location one day, and on the next, wandering in a totally different area.

With winter around the corner, these birds prepare for colder weather ahead by

prizes an adult hen with their juvenile females (jennies) and juvenile males (jakes).

In contrast, adult males (gobblers or toms) form smaller groups during this period. A trio of gobblers are commonly seen foraging



Photo by Jean-Pierre Bacle

Two of a known flock of three males, with hair-like beards protruding from their chests.

forming larger flocks. During October we observed a flock of 10 to 15. One local couple reported the largest flock seen thus far this year: 22 birds. A typical winter flock com-

the northern section of the cemetery. Males are distinguished by their greater size and colourful plumage. The distinctive feathery beard hanging from the chest is a



Photo by Jean-Pierre Bacle

A flock of 11 individuals, three of which were out of frame.

giveaway. Spring is mating season, which usually begins in April.

The general perception is that wild turkeys are strictly ground feeding birds. However, wild turkeys do fly to access fruits in trees. More

the snow in search of food and climb low shrubs to forage for frozen berries and nutritious buds. Beechwood Cemetery offers a variety of habitats that suit this bird species, and thus is a remarkable reminder of its biodiversity.



Photo by Jean-Pierre Bacle

Perching wild turkey scoping the grounds.

importantly though, at dusk they fly up into trees, preferably tall ones, to seek protection from such ground predators as foxes and coyotes, often seen by the author. The fact that wild turkeys have great day-vision but limited night-vision is an added reason for them to seek shelter up in trees.

Winter is a critical period for wild turkeys, which is why their range is limited to the southern areas of the province where conditions are less harsh. To survive they will have to scratch through

Keep a look out for these iconic birds next time you enjoy a peaceful walk in our cemetery.

Jean-Pierre Bacle is a retired Canadian graduate of the University of Ottawa living in both Ottawa (near Beechwood Cemetery) and Alexandria, VA. His background is in geography, natural resources, and natural sciences. Since retiring, he's engaged in citizen science activities ranging from wildlife monitoring, habitat assessment, and natural resource education.

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Rockcliffe Park Library – Winter programming

By Martha Hodgson

Rockcliffe Park Library has a lot of exciting programming for you to enjoy this fall and winter! Much of our programming is made possible by proceeds from the annual Rockcliffe Park Spring Book Sale, next scheduled for Spring 2025. Come in and visit us any time at 380 Springfield Road or join us for any of the following programs. Please note that any registrations can be done in person, by phone or online at bibliottawalibrary.ca/en

Upcoming children's programs include:

Drop-In Family Storytime: Every Monday morning at 9:30 a.m. Stories, rhymes and songs for children and a parent or caregiver. All ages welcome.

Drop-In Pop-Up Fun for Kids: Every Thursday from 3–4:30 p.m. Join us for a different self-directed pop-up activity in either art, science, games, or puzzle challenges. Ages 3+ (with adult supervision).

Upcoming adult programs:

Drop-In Crafternoon:

Every Monday, 1–3 p.m. Please join like-minded individuals for an enjoyable afternoon of crafting. Bring any project that you are working on and join us for a cup of tea.

Drop-In Rockcliffe Park Adult Book Club: Tuesdays, 1:30–2:30 p.m. Dec. 10, 2024: *Becoming Mrs. Lewis* by Patti Callahan Henry. Jan. 7, 2025: *The Many Lives of Mama Love* by Lara Love Hardin.

Paint Night with Stephanie Brownness: Thursday, Dec. 12, 5:30–7:30 pm. Registration is required. Join us to create your own original artwork with professional artist Stephanie Brownness. Get step-by-step instructions in real time as you create your own version of a pre-planned winter landscape themed acrylic on canvas. Supplies provided.

Drop-In Family Music in the Stacks – Winter Solstice edition: Louis Mercier, French Canadian Music. Tuesday, Dec. 17, 6:30–7:30 pm. Step into the enchanting world of Louis Mercier's

holiday performance, where French-Canadian story, song, and dance come alive in a captivating celebration of culture and tradition. This performance promises an immersive experience that not only entertains but also educates, making language learning a delightful journey.

Holiday Reading Recommendations

All available at Ottawa Public Library website: bibliottawa.ca

Three Holidays and a Wedding by Uzma Jalaluddin. A rom-com with insight into customs of three faiths; Christmas, Ramadan, and Hanukkah by Canadian writers Uzma Jalaluddin and Marissa Stapely.

The Hunting Party by Lucy Foley. During the languid days of the Christmas break, a group of thirtysomething friends from Oxford meet to welcome in the New Year together, a tradition they began as students 10 years ago. On New Year's Day, one of them is dead, and another one of them did it. Keep your

friends close, the old adage goes.... But just how close is too close?

Holiday Cookies: *Showstopping Recipes to Sweeten the Season* by Elisabet der Nederlander. Includes instructions for gingerbread houses, cookie place cards, and cookie ornaments. Each cookie may become your new Christmas classic!

Merry Wheels on the Bus: A Holiday Wheels on the Bus Book by Elizabeth J. Mills. One merry bus goes HO-HO-

HO, HO-HO-HO, HO-HO-HO / One merry bus goes HO-HO-HO, All through the snow.... (For children.)

The Snowy Nap by Jan Brett. After hearing about winter from his friends, Hedge the hedgehog tries to stay awake to experience its wonders. (For children.)

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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Seventeen Voyces Christmas gems



Photo courtesy Clare Jackson

Seventeen Voyces Choir.



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By Clare Jackson

Join Ottawa's premier chamber choir to celebrate the holiday season this month with a festive concert of carols! Seventeen Voyces will bring Christmas cheer to St. Bartholomew's Church in New Edinburgh on Sunday, Dec. 22.

After a highly successful Christmas concert at St. Bartholomew's last season, Seventeen Voyces returns to New Edinburgh this month with more seasonal gems to fill your spirits. This year's concert will feature a mixture of early music – a specialty of the choir – and such festive

favourites as "I Saw Three Ships," "Past Three O'Clock" and "Riu, Riu Chiu." The choir may also bring back – by popular demand – a rousing rendition of "You're a Mean One, Mr. Grinch." A clip of the choir performing this piece last year has garnered nearly 10,000 views on YouTube!

Seventeen Voyces has a well-established reputation in Ottawa for presenting eclectic concerts featuring seldom heard music. The choir has collaborated with many top Ottawa ensembles, including Thirteen Strings, the Ottawa Baroque Consort, and the National Arts Centre Orchestra. While Seventeen Voyces began by specializing in music from the Renaissance and Baroque time periods, its repertoire has expanded over the years to encompass music of all eras. In 2023, for example, the choir gave a concert of arranged and parodied nursery rhymes, including pieces written by its founder and director, Kevin Reeves.

Seventeen Voyces also has an annual tradition of presenting a classic silent film each season accompanied by live choral and organ music. This highly successful series of concerts has been held annually by the choir for over two decades.

This year's Christmas-themed concert will take place twice: on Saturday, Dec. 21 at

7:30 p.m. at St. Matthew's Anglican Church (130 Glebe Avenue, Ottawa) and on Sunday, Dec. 22 at 4:00 p.m. at St. Bartholomew's Church (125 MacKay Street, Ottawa). Tickets are \$30; \$20 for students; and free for children 12 and under. Tickets can be purchased online at seventeenoyces.ca/concerts or at the door (cash, credit and debit accepted).

Join us at St. Bart's on Dec. 22 for what promises to be a delightful seasonal concert!

Audiences can also mark their calendars for Seventeen Voyces' final two concerts of their 2024/25 season. Romantic Voyces will showcase music by Brahms, Mendelssohn, and other Romantic era composers just in time for Valentine's Day weekend on Sunday, Feb. 16, 2025 at 4:00 p.m. at St. Matthew's Church. The final concert of the season will be the aforementioned live music accompaniment to the silent film Ben Hur. This promises to be a spectacular performance with guest singers the Ewashko Singers, virtuoso organist Matthew Larkin, four percussionists, and vocal soloists. The performance will take place Friday, May 2 and Saturday, May 3, 2025 at St. Matthew's Church.

Clare Jackson is a board member and singer with Seventeen Voyces Choir

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The power of singing together

By Martha Tobin, Big Soul Project Member

The very first concert I ever attended was at the old Montreal Forum to see the rock band The Cars. The energy and the excitement in the venue was palpable. In fact, even now when I hear a song by The Cars, it transports me back to the late 1970s – the people and events that were happening in my life.

The power of music is extraordinary for its ability to help us recall memories, but studies show that listening to music and singing are beneficial on many other levels. In addition to helping us unwind, music can help stimulate the brain, and reduce anxiety and blood pressure, as well as improve our sleep quality, our concentration, our creativity, and our overall mental alertness.

The 120-plus members of Big Soul Project Community Choir (BSP) and their in-house band, Deep Groove,



Photo courtesy Martha Tobin

Big Soul Community Choir.

know the power of music and singing. The choir's motto – "Lifting You Higher" – is apparent in all their upbeat music, focused on promoting hope, love, peace, and empowerment. The 27-year-

old choir has grown quite a bit since the pandemic – many people now want to sing together. As Daniel Levitin, psychology professor at McGill University and the author of *This is Your*

Brain on Music, says "group singing isn't just good for the soul – it's good for the body." It makes people feel connected, elevates their mood and makes them feel part of a community.

And happily, music is an excellent way to engage and stimulate your brain throughout the aging process. According to a *Guardian Nurses Healthcare Advocates* article, "if you want to firm up your body, head to the gym; if you want to exercise your brain, listen to music." This year, Big Soul Community Choir's annual seasonal concert is on Saturday, Dec. 7 at Carleton Dominion Chalmers Centre. This concert is sure to entertain and inspire with a mix of funky to festive music that will have the audience singing along – and often dancing in the aisles! Come out and let the music of the evening transport you, connect you, inspire you and recharge you. The concert will not only lift the audience spiritually and emotionally but will also lift the community: Big Soul Project Community Choir will again be fundraising for the Ottawa Food Bank. Tickets available online at bigsoulproject.com

Concerts, holiday services and ongoing lecture series at MacKay United

By Eleanor Dunn

"Chestnuts roasting on an open fire / Jack Frost nipping at your nose."

These are the opening lines from *The Christmas Song*, written by the late Mel Torme, and one of the best-loved songs of the season. It will likely be performed at the Christmas at MacKay concert which, this year, will be held on Sunday, Dec. 15 at 7:00 p.m. in the Sanctuary at MacKay United Church.

Once again, the Vyhovski Strings will be featured, along with some fabulous singers and other musicians. Last year, it was standing room only. This year, thanks to the renewal of the Sanctuary over the summer, guests can comfortably access extra seating in the balcony. The concert is free, but goodwill donations are gratefully received. Funds raised will go to support the Centre 507 drop-in for marginalized and homeless persons in the downtown core.

Immediately following the concert, which usually ends around 8:30 p.m., all are invited to the Memorial Hall

where refreshments will be served and MacKay's United Church Women (UCW) are hosting their Big, Big, Bake Sale. Tables will be groaning under the weight of homemade seasonal baked goods, jams, and chutneys. This is the UCW's main fundraiser which allows the organization to provide financial support to such organizations as The Mission, and Cornerstone Housing for Women, and camperships to Camp Kalalla and Camp Awesome.

The traditional candlelight family service will be held Dec. 24 at 4:00 p.m. and the Bittersweet of Christmas evening is on Dec. 17.

Despite being occupied with preparing for seasonal events at MacKay and at home, the UCW leadership has been lining up guest speakers for the meetings from January to June 2025. Laura Watson of Own the Podium will be the January guest and will speak about Canada at the Paris Olympic Games. This event will be held on Zoom: access details will be available through the church office. All other meetings are held in the

Ladies' Parlour at the church at 1:00 p.m. on the second Wednesday each month. Bonnie Mende talks about Guatemala in February, and church council chair David Fraser is the March guest. Local author Janet Uren will speak about the Linden House Theatre and her new book on the history of New Edinburgh

in April. The group is still seeking a speaker for the May meeting, and the season will conclude in June with Arctic photographer Michelle Valberg. The UCW is exploring ways to offer its home-bound members access to the meetings via Zoom, using the AV equipment the organization installed in the Ladies'

Parlour last year.

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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Remembering through music: The revival of the MacKay United Church Carillon Chimes

By Denis Côté

For nearly eight years, the beautiful *Carillon Chimes* of Mackay United Church remained silent, a poignant absence in our community. Recently, Master Electrician Carol Gauvreau and I embarked on a mission to uncover the cause. Our investigation led us into the tower's two attics, where through debris and cobwebs we discovered that much of the old wiring had corroded and disconnected. After replacing the outdated wires and connections, we are thrilled to announce that the chimes are once again ringing out and can be heard every Sunday prior to the 10:30 a.m. service.

The Tower *Carillon Chimes* are not just a musical feature, they carry deep historical significance. Dedicated in 1948, they honour the brave men and women who served during World War II. According to MacKay United Church historian Alan Bowker, 189 individuals from the congregation served in uniform during WWII. Tragically, six of these heroes made the ultimate sacrifice: Gordon Blair; Robert Balfour Campbell; Thomas Campbell MacFarlane; Harold Melville Rogers; Howard Bruce Shaver; and Garth Alford Witty.



Photo by Denis Côté

The Tower Carillon chimes is not just a feature.

In his book, *A Church at War: MacKay Presbyterian Church, New Edinburgh, and the First World War*, Bowker highlights the unique nature of MacKay United Church memorials.

“Unlike the prominent plaques commemorating those lost in the First World War, the memorials for

the Second World War are smaller and more understated. They include dedications for significant objects in the church, such as the organ and the chimes, as well as the Memorial Hall, which opened in 1951. The Hall stands as a tribute to those whose sacrifices allowed us to gather in peace.”



Photo by Denis Côté

Renowned historian Tim Cook, in his book *The Fight for History*, also notes the post-war shift in how we honour our fallen ones. While the First World War saw a plethora of traditional memorials, the sentiment after World War II leaned toward creating living spaces – hospitals, parks, and schools – that serve as daily reminders of sacrifice and hope for the future.

As we enjoy the melodious notes of the *Carillon Chimes*, let us also take a moment to remember those who served. It is worth visiting the newly refurbished church to view the plaque dedicated to our WWII veterans, located at the base of the stairway lead-

ing to the MacKay Church Tower.

In the spirit of remembrance, let's embrace our moral duty to honour the past. Philosopher Paul Ricoeur would argue that exercising our duty of memory still has relevance for the present. In doing so, let the music of the Carillon Chimes be a source of reflection, connecting us to the bravery and dedication of those who came before us.

Denis is a semi-retired psychologist and ex cadre of the public service of Canada. He enjoys volunteering on many initiatives in the Burgh and elsewhere to generate compassion and build healthier communities.

Art Lending of Ottawa welcomes new artists to its December show

By Sarah Bradfield

As winter's chill sets in, there's no better way to brighten up your home or refresh your office than by adding new, vibrant art pieces. Art Lending of Ottawa (ALO) invites you to explore its winter show on Dec. 14, where you'll discover a wide variety of works from 40 talented local artists, including eight new members.

ALO's juried show offers an impressive range of styles and themes to suit any taste. The show provides both purchase and rental options, making it an ideal choice for

those looking to switch up their decor without long-term commitments.

The works of eight new members promises to add fresh energy to the event, offering visitors a broader selection of artwork to explore.

Heather Bennett is an acrylic artist who studied Fine Arts at St. Lawrence College, working primarily in pastel, conte, and acrylic.

Tamara H. Campbell is a mixed media artist specializing in impressionist and abstract works that are inspired by nature's diverse

textures, colours, and forms.

Erika Farkas is a self-taught artist working primarily in oil and is known for her detailed portrayals of the human form.

Jess Fleury is a self-taught visual artist specializing in acrylic painting, ink and marker illustration, wool illustration, and stained glass.

Sandra Hawkins is an artist whose work across acrylic, watercolour, photo-montage, printmaking, video, and installations explores the relationship between water, light, and the natural environment.

Linda Lovell is an artist with a lifelong passion for creative expression, working across such diverse mediums as glass, fabric, clay, ceramics, acrylics, watercolours, and alcohol inks.

Nicolette Pilypaitis is a professional mixed-media artist who has been creating and exhibiting art full-time since 2020.

Kristina Murray is an oil painter who draws inspiration from urban gardens and waterways and explores diverse mediums such as acrylic and encaustic.

The event runs from 10

a.m. to 4 p.m. on **Saturday, Dec. 14** at the Jim Durrell Recreation Centre. Admission and parking are free, making this an easy and accessible event for art lovers across the city. Don't forget to visit ALO's website at artlendingofottawa.ca to browse the gallery and learn more about rental options.

Come and support Ottawa's vibrant art scene this winter and take home a piece that will brighten even the coldest days!

Sarah Bradfield is an artist member of Art Lending of Ottawa.

Christmas for the beauty of it

By Mikayla Odut and Janice Manchee

Who knew an agnostic would pen a beautiful and haunting choral work about Christmas? Rideau Chorale did, and they're going to sing it.

"Ralph Vaughan Williams has been described as 'an extremely English product,'" says Rideau Chorale Music Director Kevin Reeves. "That is, he's a nonconformist, but he respects England's best traditions."

Vaughan Williams was born in 1872 to a family with strong roots in progressive and liberal thinking, including abolition and strengthening the separation of church and state. Vaughan Williams himself was an atheist for a time, but this later eased into a "cheerful agnosticism."

The depth of Vaughan Williams' musical talent was not immediately apparent. He studied at the Royal College of Music both before and after he earned a doctorate in Music at Cambridge University. He also studied with Maurice Ravel and became a close confidant of Gustav Holst. But wider recognition eluded him.

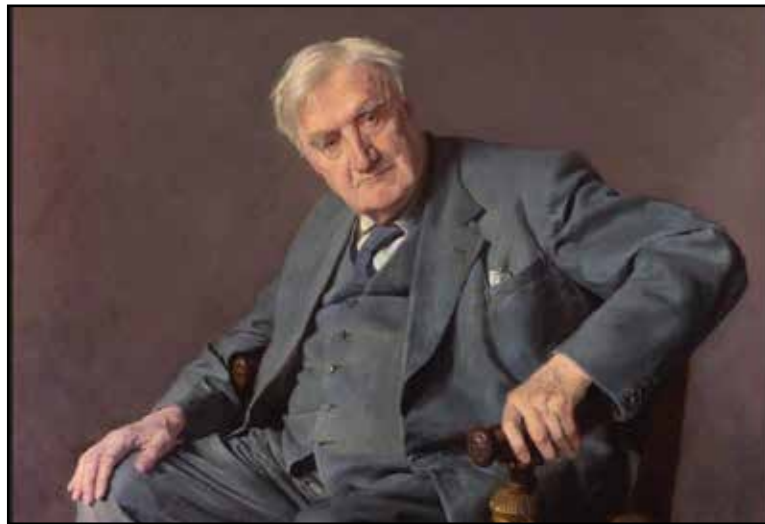


Image courtesy Janice Manchee

Classical composer Ralph Vaughan Williams.

It wasn't until 1910 that he gained recognition with his piece *Fantasia on a Theme by Thomas Tallis*.

"Vaughan Williams believed music should speak to, and be available to, everyone," says Reeves. "He collected folk songs passed through oral tradition and used them in many of his compositions, preserving them."

Vaughan Williams volunteered for WWI service at the age of 42. He served as

a stretcher-bearer in France and Greece. Then, in 1917, he was commissioned and sent to France.

His wartime experience devastated him and he stopped writing music for a period on his return. Like many others, he suffered hearing loss, which led to deafness in his later years. His experience in war inspired the anti-war choral piece *Dona Nobis Pacem* in 1936.

While not a fan of Brahms and Wagner, Vaughan

Williams' love of J.S. Bach was evident in his long-time membership in London's Bach Choir, where he later became the Music Director.

"He tried out new compositions with the Bach Choir," says Reeves, "and over a hundred years later Rideau Chorale will once again pair these two composers at our upcoming concert."

The concert will be held on Saturday, Dec. 7. Rideau Chorale will perform *Fantasia on Christmas Carols* by Vaughan Williams. Written for baritone, chorus, and orchestra, it includes traditional English folk carols.

They will pair this with Bach's cantatas *The Newborn Infant Child* (122) and the famous and beloved *Sleepers Awake* (140).

Local composer Andrew Ager has also updated his *Carol Medley* for this concert and the choir will perform Reeves' *Gloucester Wassail*.

"We're also hoping our audience will raise their voices and join us in a couple of traditional carols to round out the concert," says Reeves.

All that's missing is you!

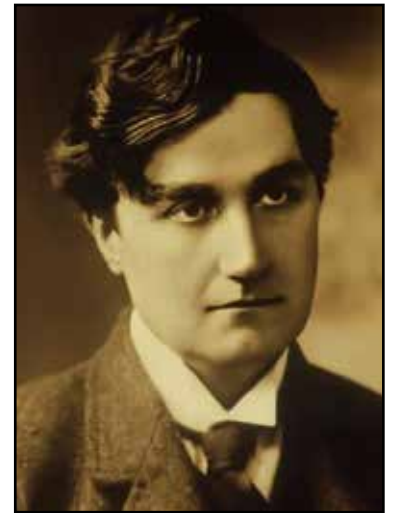


Image courtesy Janice Manchee

Classical composer Ralph Vaughan Williams.

Put Saturday, Dec. 7, 7:30 p.m., Southminster Church at 15 Aylmer Ave., in your calendar and get the holiday season off to a beautiful start!

Information about Rideau Chorale and its virtual and upcoming performances can be found at rideauchorale.com. Tickets will be available on Eventbrite.ca in October. Mikayla Odut is Rideau Chorale's Choir Coordinator and Janice Manchee sings tenor.

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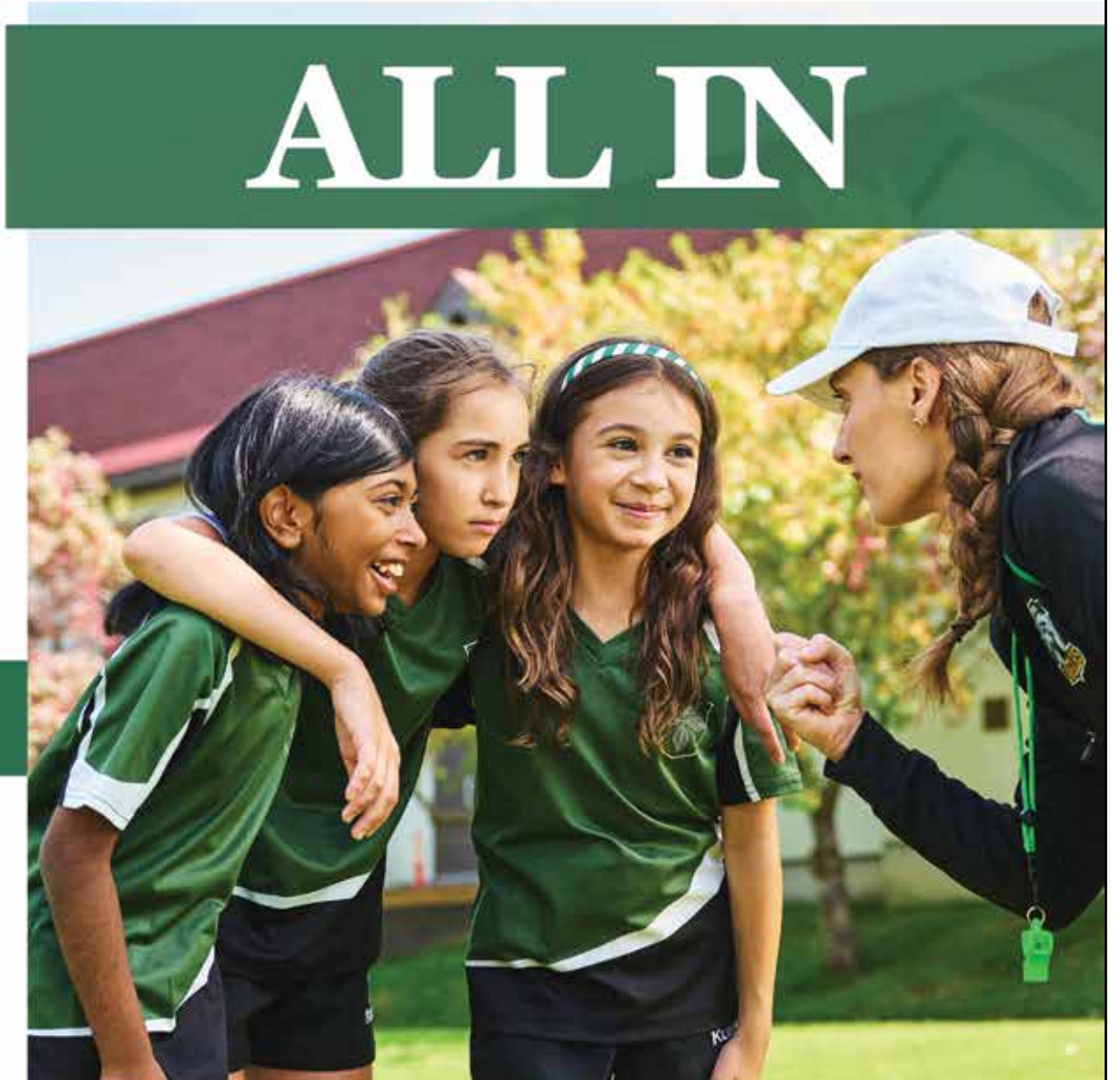
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ALL IN

Enjoying live music in the 'Burgh

By Daniel Hébert

As we settle into new routines and prepare for the upcoming winter, we can look back at our summer of '24. Perhaps those of us who are old enough can compare it to our Summer of '69. This past summer, I spent more time outside than I ever have. One of the great outdoor events in New Edinburgh this past summer was the free live music at "Akoustiks" which occurred every second Wednesday at St. Charles Church. Thanks to the Vanier BIA and the condo board at 135 Barrette Street, those summer evenings were filled with some of the great local musical talent: some well-seasoned, others just launching their music careers, and even one act, 13-year-old Chloé Boulianne, singing in public for the first time.

The events also had games for children, a cash bar, and a merch tent selling such articles as CDs and local vintage items like McArthur Lanes T-shirts. We were also lucky that a local ice cream truck decided to stop by regularly. Many people brought their

own picnic baskets and others brought takeout from local restaurants. Ironically, our new Schoolhouse Pizza opened about a week before the School House band played; this caused some humorous confusion for the band and we think the three band members secretly went to get pizza after their gig.

Some featured artists included Charlie A'Court who won the 2024 East Coast Music Awards Blues Recording of the Year, and Raz Lee. Interestingly, Raz Lee's son Justin is one of the event organizers, and Justin joined his father on stage for a superb rap session. New local band and winners of the Ottawa Music Award's Group of the Year and Ottawa's Faces magazine's Album of the Year, School House performed their exceptional folk-version of Radiohead's "High & Dry." Chloé Boulianne finished her set belting out an outstanding cover version of "Sweet Child 'O Mine." Meanwhile, 14-year-old Illiyah Rose, who has previously opened for the



Photo courtesy Daniel Hébert

School House band in front of St. Charles Market on Beechwood Ave.

likes of Robert Plant, Beck, and Masta Ace, impressed us with her soulful voice. About halfway through her set we found out her accompanying guitarist was, in fact, her father. There were also bilingual performers like Kristine St-Pierre, with her bluesy

flair and introspective folk.

Although one show was delayed an hour due to rain, the events ran from 6–8 p.m. every second Wednesday, with the first held Jul. 17 and the last on Sep. 11. The organizers were able to book an act at the last minute, so

we were once graced with three straight Wednesdays of music events. These free acts are difficult to book, so for the 2025 season visit the Vanier BIA website often to track schedule changes. For instance, the official 2024 schedule was not confirmed until early July.

Some people have a winter book-reading list – might it be time that you added a Music Playlist to your winter plans? If so, be sure to add some of the artists mentioned to your list. You can listen to these artists on Spotify, YouTube, or Instagram throughout your Winter of '24 before discovering more great talent in 2025. Who knows how many of these up-and-comers may become the next Bryan Adams singing about their Summer of '25?

Daniel Hébert lives in New Edinburgh and is a music buff who enjoys such events as Folk Fest, Nostalgia Music Fest, and attends free music events organized by the Ottawa Music Industry Coalition (OMIC).

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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.

NOVEMBER

Nov. 28 @ 7-9 p.m. via Zoom - Doing the ground-work: Preparing your home's landscape for severe weather Is your older home's landscape ready to face extreme weather events? This workshop focuses on how weather affects the outside of your home. Topics will include good practices for the design and management of rainwater flow, safely redirecting or capturing it for use, and the prudent care and maintenance of trees and shrubs. Register at Heritage Ottawa: heritageottawa.org | patrimoineottawa.org

Nov. 28 @ 8-11 a.m. Children's Playgroup (CCC), New Edinburgh Park Fieldhouse 203 Stanley Avenue. Children aged 0-4 and their parents or caregivers are welcome to attend a free drop-in playgroup.

Nov. 30 @ 4-7 p.m. - Holiday lights gathering (CCC), New Edinburgh Park Fieldhouse 203 Stanley Avenue. Warm up for the holiday season with your neighbours at the Fieldhouse! The Crichton Community Council will be welcoming the community at the annual Holiday Lights Gathering.

DECEMBER

Dec. 4 @ 6-8 p.m. Bazaar & tree lighting ceremony, Governors Walk retirement residence, 150 Stanley Ave. Please join us at Governors Walk Retirement Residence

for an evening of Holiday Magic! Enjoy a tree lighting ceremony, shop local craft vendors, and indulge in our hot chocolate bar! For more details call 613-564-9255.

Dec. 5 @ 8-11 a.m. Children's Playgroup (CCC) New Edinburgh Park Fieldhouse 203 Stanley Avenue. Children aged 0-4 and their parents or caregivers are welcome to attend a free drop-in playground.

Dec. 9 @ 7:30-9 p.m. CCC Board of Directors meeting - New Edinburgh Park Fieldhouse 203 Stanley Avenue. Meetings held on the second Monday of every month at the New Edinburgh Park Fieldhouse.

December Events & Services - MacKay United Church, 39 Dufferin Road, New Edinburgh. Vigil for Peace: Tue, Dec 10 @ 7 p.m.; **Christmas at MacKay concert featuring the Vyhovskiy Strings**: Sun, Dec 15 at 7 p.m.; **Bittersweet Christmas service** (for those who find the holidays difficult) Tue, Dec 17 at 7 p.m.; **Christmas carol service**: Sun, Dec 22 at 10:30 a.m.; **Christmas Eve Community service** with special musical guest Rev. Ernie Cox: Tue, Dec 24 at 4:30 p.m.

December Events - St. Bartholomew's Church, 125 MacKay Street, New Edinburgh. Christmas Gems with Seventeen Voyces, Sun, Dec. 22 @ 4:00-5:30 p.m. Join Seventeen Voyces, Ottawa's premier chamber

choir for a lively choral Christmas concert in your neighbourhood! The concert will feature a mixture of early music and holiday classics. The same concert will also be held the day before on Sat, Dec. 21 at 7:30 p.m. at St. Matthew's Anglican Church: 130 Glebe Avenue. Tickets can be purchased online - seventeenoyces.ca/concerts - or at the door by cash, credit or debit. Cost: \$30 adults, \$20 students, free for kids 12 and under.

Dec. 11 @ 7-8 p.m. - Yoga at the Fieldhouse: New Edinburgh Park Fieldhouse 203 Stanley Avenue. Each Wednesday Dec. 11 to Mar. 12 (no class Dec. 25 or Jan. 1) join Solmaz Hicks to unite breath and movement through an asana practice.

Dec. 12 @ 8-11 a.m. Children's Playgroup (CCC): New Edinburgh Park Fieldhouse 203 Stanley Ave. Children aged 0-4 and their parents or caregivers are welcome to attend a free drop-in playgroup.

Dec. 14 @ 10 a.m.-4 p.m. - Art Lending Ottawa (ALO) invites you to explore its winter show at Jim Durrell Recreation Center. Discover works from 40 talented local artists, including eight new members. ALO's juried show offers an impressive range of styles and themes to suit any taste. The show provides both purchasing and rental options, making it an ideal choice to switch your decor without long-term commitments. Admission and parking are free, making this an accessible event for art lovers across the city. Visit artlendingofottawa.ca to learn more about all of the above.

Dec. 19, 26, Jan. 2, 9 @ 8-11:00 a.m. - Children's Playgroup (CCC): New Edinburgh Park Fieldhouse 203 Stanley



Photo by Karen Squires

Holiday lights event at the Fieldhouse.

Avenue. Children aged 0-4 and their parents or caregivers are welcome to attend a free drop-in playgroup.

JANUARY

Jan. 11 @ 10 a.m.-1 p.m., New Year Brunch (CCC), New Edinburgh Park Fieldhouse 203 Stanley Ave. Join your neighbours for brunch at the Fieldhouse in the late morning to welcome the new year. Come for plentiful homemade food, and drinks.

Jan. 13 @ 7:30-9 p.m. CCC Board of Directors Meeting, 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.

Jan. 16 @ 8-11 a.m. Children's Playgroup (CCC): New Edinburgh Park Fieldhouse 203 Stanley Ave. Children aged 0-4 and their parents or caregivers are welcome to attend a free drop-in playgroup.

Jan. 21 @ 7 p.m. NECA Board Meeting: New Edinburgh Park Fieldhouse 203 Stanley Ave. All New Edinburgh residents are welcome to attend the board meeting of the New Edinburgh Community Alliance (NECA). Hybrid format.

Jan. 23 and 30 @ 8-11 a.m. Children's Playgroup (CCC): New Edinburgh Park Fieldhouse 203 Stanley Ave. Children aged 0-4 and their parents or caregivers are welcome to attend a free drop-in playgroup.



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



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Burgh Breezy Bits

Welcome and Congratulations!



Photo by Karen Squires

Jacobsons GM Rachel Mathies and Joel Dinushan.

Congratulations to **Rachel Mathies** who has been with **Jacobsons** for a year and will be taking on a new role as General Manager. Rachel and her partner arrived in Ottawa about one year ago and searched many neighbourhoods to call home. New Edinburgh gave them the authentic community feel they had grown to love while working and living in smaller towns, most recently Kingston. What Rachel loves about New Edinburgh: seeing her customers all around the neighbourhood, not being reliant on a car to get around, and having ample opportunity to enjoy everything the area has to offer with her two dogs! We look forward to seeing Rachel more in the neighbourhood!



Photo courtesy Philippe Marchand

Krystal Merrells performing at Fringe Festival.

Happy 41st International Day of **Krystal Merrells** on Dec. 28! A healthcare provider, dog lover, and gardener by day, and performer by night, she lights up the stage as an improviser and actress. In the photo, you'll see Krystal recently delighting Ottawa Fringe Festival audiences in both a play and an improvised '90s sitcom. She also leads workplace improv workshops and enjoys recreational ballet at the School of Dance on Crichton. Happy birthday Krystal: here's to another year of creativity and joy!

David Lived in Love

Below is a poem written by **Nicholas Paget**, in remembrance of his father **David Paget**, who died in early November 2023. David was a New Edinburgh resident and a great fan of New Edinburgh News. The NEN team sends our condolences to David's family and celebrates his life.

David lived in love,
For his family.
For his friends.
For many and more.
And in love,
He helped his friends flourish,
His children blossom,
And his wife thrive,
In a place of his creation,
In the warm vale of his devotion.
But no place is safe from happen-
stance.
And a storm came to the happy vale
he had made.
So David fought against the storm.
Against the rain and the wind and
the darkness.
But he was in the storm,
The storm in the tender glen that he
had made,
When lightning struck,
And broke his heart.

David lived in love,
And David died in love,
And so this remains certain:
Had he the chance,
To brave that place once more,
To make his happy vale anew,
Knowing full well what dangers
loomed:
That a storm would come,
That the darkness would come,
That death would come,
He would make that place again.
A place of deep affection where his
friends could flourish,
A vale of loving tenderness where
his children could blossom,
A world of profound devotion where
his wife could thrive.
He would make that place again.
And again and again and again.
Because David lived in love.
– Nicholas Paget



Photo by Karen Squires

Welcome **Lauren Evenson** and **Jack Hull** to the neighbourhood! After both spending some time abroad, they are happy to be back home opening their new business **ChiroHouse** at 125 Beechwood Avenue at the end of November. Jack, a family and wellness chiropractor, will be providing comprehensive care for families optimizing health and well-being from pregnancy through childhood. Lauren will be managing the day-to-day business operations on location. The partners have taken over the entire second floor of the building and you can find more information about their business and their focus at chirohouse.ca. *New Edinburgh News* will also be featuring ChiroHouse in the February edition once they are fully set up, so stay tuned!

Condolences

Our sincere condolences to former longtime Crichton Street resident **Alexandra Reid** on the recent death of her mother **Isabelle Hyndman Reid**. For many years, Alexandra and Isabelle were well-known members of the dog-walking community in Stanley Park, where they walked faithfully with their succession of lovely black Labradors.

NEN Delivery Volunteers Wanted

Do you have a couple of hours every few months to spare? We could use your help.

Contact **John Leefe** by phone at 613-302-4946 or by email at jparkerleefe57@gmail.com